

CHEER



CHEER SAFETY RULES



OFFICIAL SCORING SYSTEM



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Aerial: Cartwheel or walkover in which the athlete's hands do not touch the ground.

Airborne: Free of contact with a person and/or the performing surface.

Backbend (stunting): Athlete's body forms an arch, typically supported by the hands and feet with the abdomen facing upwards.

Backward Roll: A non-airborne tumbling skill where the athlete's body is rotated backwards through an inverted position by lifting the hips over the head/shoulders and curving the back with knees tucked, landing on the feet.

Ball-X: Top person goes from a tucked position to a straddle/x position with the arms and legs or just the legs usually during a toss.

Barrel Roll: See "log roll"

Base: A person who provides support for a top person. The person(s) that holds, lifts, or tosses a top person into a stunt. Must be in direct physical contact with the performing surface. If there is only one person under a top person's foot, regardless of hand placement, that person is considered a base. A base may not support any weight of a top person while the base is in backbend or inverted position

Basket Toss: A toss involving 2 or 3 bases and a spotter, in which 2 of the bases use their hands to interlock wrists.

Block Cartwheel: A cartwheel which becomes airborne when the tumbler pushes through the shoulders against the performing surface during the skill.

Brace/Bracer: A **brace** is the physical connection from one top person to another top person that helps provide stability. A top person's hair and/or uniform is not a legal body part to use while bracing a pyramid or pyramid transition. A **bracer** is a top person in direct physical contact with another top person that helps provide stability. A required bracer cannot pass through an inverted position during a transition.

Braced flip: A stunt in which a top person performs a hip-over-head rotation while in physical contact with another top person.

Cartwheel: A tumbling skill where the athlete remains in contact with the performing surface, rotating sideways, where the hands make contact one at a time while the body inverts and lands one foot at a time in an upright position.

Catcher(s): Person(s) responsible for the safe landing of a top person during a stunt/dismount/toss/release. All catchers must be attentive, must not be involved in other choreography, must not be involved in anything that could prevent them from catching, must make physical contact with the top person upon catching, and must be on the performing surface when the skill is initiated.

Chair: A prep level stunt in which the base(s) supports the ankle of the top person with one hand underneath the seat of the top person with the other hand. The supported leg must be in a vertical position underneath the top person.

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Coed Style Toss: A single base grabs the top person at the waist and tosses the top person from ground level.

Cradle: A dismount in which the top person is caught in a cradle position (top person lands in a "V"/pike/hollow body position with face up, legs straight and together below prep level with bases supporting the top person by wrapping arms under the back and under the legs of the top person).

Cupie: A stunt where the top person is in an upright, standing position and has both feet together in the hand(s) of the base(s). Also referred to as an "Awesome".

Dismount: The ending movement from a stunt or pyramid that is released to a cradle or released to the performing surface. If released to the performing surface, top person must land on their feet. No stunt, pyramid, individual or prop may move over or under a dismount, and a dismount may not be thrown over, under, or through stunts, pyramids, individuals or props. Dismounts may not intentionally travel. Tension drops/rolls of any kind are not allowed. Dismounts must return to original base(s) unless dismounting single based stunts with multiple top persons. Dismounts to the performance surface require assistance from the original base/spotter unless performing a straight drop/small hop off with no additional skills from waist level or below to the performing surface. Top persons may not be or come in contact with each other while released from bases. All multi-based waist level cradles in which the bases begin underneath the top person's feet will be considered a toss, and must follow toss rules.

Dive Roll: An airborne skill that begins with a horizontal forward diving motion and results in a forward roll.

Downward Inversion: A stunt or pyramid in which an inverted person's center of gravity is moving towards the performing surface.

Drop: Dropping to the knee, thigh, seat, front, back, or split position onto the performing surface from an airborne position or inverted position without first bearing weight on the hands/feet which breaks the impact of the drop.

Extended Arm Level: The highest point of a base's arm(s), (not spotter's arms), when standing upright with the arm(s) fully extended over the head.

Extended Stunt: When the entire body of the top person is above the head of the base(s). If the primary base(s) squat, go to their knees or drop the overall height of the stunts while extending their arms (excluding floor stunts), the skill would be considered extended. Stunts where the base(s) arms are extended overhead, but are NOT considered "Extended Stunts" since the height of the body of the top person is similar to a prep level stunt are: chairs, torches, flat backs, straddle lifts, suspended rolls and leap frogs.

Flat Back: A stunt in which the top person is in a face-up, straight-body position parallel to the performing surface. This is considered a two leg stunt.

Flat Body: When the top person's torso is parallel to the performing surface.

Flip: In **stunting**, a skill that passes through an inverted position with hip-over-head rotation without contact with a base or the performing surface. In **tumbling**, a skill that involves passing through an inverted position with hip-over-head rotation without contact with the performing surface.

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Floor Stunt: Base lying on the performing surface on their back with their arm(s) extended. This is considered a waist level stunt.

Flyer: See "Top Person".

Forward Roll: A non-airborne tumbling skill where the athlete's body is rotated forward through an inverted position by lifting the hips over the head/shoulders and curving the back with knees tucked, landing on the feet.

Free Flipping Stunt: A stunt release move that involves a top person passing through an inverted position with hip-over-head rotation without physical contact with a base, brace, or the performing surface. This does not include Release Moves that start inverted and rotate to non-inverted.

Free Release Move: A release move in which the top person becomes free of contact with all bases, bracers, or the performing surface.

Front Tuck: A tumbling skill in which the athlete generates momentum upward to perform a forward flip in a tuck position.

Full: A 360 degree twisting rotation.

Ground Level: On the performing surface.

Hand/Arm Connection: The physical contact between two or more athletes using the hand(s)/arm(s). The shoulder is not considered a legal connection when hand/arm connection is required.

Handspring: An airborne tumbling skill where the body springs from the feet onto the hands and lands back on the feet, either forward or backwards, while rotating through a handstand position

Handstand: A skill that involves supporting the body in an inverted, vertical position by balancing on the hands where the arms of the athlete are extended straight by the head and ears.

Helicopter: A stunt where a top person in a horizontal position is tossed to rotate around a vertical axis (like helicopter blades) before being caught by original bases.

Horizontal Axis(Twisting in Stunts): An invisible line drawn from front to back through the belly button of a non-upright top person.

Initiation/Initiating: The beginning of a skill; the point from which it originates. The point of initiation for building skills is the bottom of the dip from which the skill originates.

Inversion/Inverted: Athlete has at least one foot above the head, and shoulders are below the waist.

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Layout: An airborne tumbling skill or toss skill which involves a hip-over-head rotation in a stretched, hollow body position.

Leap Frog: A stunt in which a top person is transitioned from one set of bases to another, or back to the original bases, by passing over the torso and through the extended arms of the base. The top person remains upright and stays in continuous contact with the base while transitioning. Leap Frog Variations involve a top person transitioning over the torso of a base and/or another top person.

Leg/Foot Connection: The physical contact between two or more athletes using the leg(s)/foot (feet). Any connection from the shin to the toe is considered a legal connection when leg/foot connection is allowed.

Liberty: A stunt in which the base(s) hold one foot of the top person while the other foot is next to the knee by bending the leg.

Load-In: A stunting position in which the top person has at least one foot in the base(s) hands. The base(s) hands are at waist level.

Log Roll: A release move that is initiated at waist level, in which the top person's body typically rotates 360 degrees while remaining parallel to the performing surface. An "Assisted Log Roll" would be the same skill, with assistance from a base that maintains contact throughout the transition.

Multi-based Stunt: A stunt having 2 or more bases not including the spotter.

New Base(s): Base(s) previously not in direct contact with the top person of a stunt.

Non-Inverted Position: A body position in which either of the conditions below are met: 1. The top person's shoulders are at or above their waist. 2. The top person's shoulders are below their waist and both feet are below their head.

Onodi: A back handspring with a half turn to the hands where the athlete finishes with a front handspring.

Original Base(s): Base(s) which is in contact with the top person during the initiation of the skill/stunt.

Pancake: A downward inversion stunt in which both of the top person's legs/feet remain in the grip of a base(s) while performing a fold over/pike forward rotation to be caught on the top person's back.

Paper Dolls: Single-leg stunts bracing each other while in the single leg position. The stunts may or may not be extended.

Pike: Body bent forward at the hips with legs straight and together

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Prep Level: The lowest connection between the base(s) and the top person is above waist level and below extended level. i.e. prep, shoulder level hitch, shoulder sit. A stunt may also be considered at Prep-Level if the arm(s) of the base(s) are extended overhead, but are NOT considered "Extended Stunts" since the height of the body of the top person is similar to a shoulder/prep level stunt. i.e. flat back, straddle lifts, chair, T-lift. If the primary base(s) squat, go to their knees or drop the overall height of the stunt with the lowest connection being at prep level, the skill would be considered Prep Level. A stunt is considered below Prep Level if at least one foot of the top person is at waist level, as determined by the height/positioning of the base. (Exception: chair, T-lift and shoulder sit are prep level stunts)

Primary Support: Supporting a majority of the weight of the top person.

Prone: Flat body, face downward position.

Prop: An object that can be manipulated. Flags, banners, signs, pom poms, megaphones, and pieces of cloth are the only props allowed. Any uniform piece purposefully removed from the body and used for visual effect will be considered a prop.

Punch Front: See "Front Tuck".

Pyramid: Two or more connected stunts.

Rebound: An airborne position not involving hip-over-head rotation, where the athlete uses one's own feet and lower body power to bounce off the performing surface from a tumbling skill.

Release Move: The top person is free of contact with all athletes on the performing surface. May not pass over, under or through other stunts, pyramids, individuals, or props. Top persons in separate release moves may not be or come in contact with each other. No single based split catches. To determine the height of a release move, at the highest point of the release, the distance from the top person's hips to the extended arms of the bases will be used to determine the height of the release. If that distance is greater than the length of the top person's legs (Level 3-4), or greater than the length of the top person's legs plus an additional 18 in/46cm (Level 5-7), it will be considered a toss or dismount, and must follow the appropriate "Toss" or "Dismount" rules. All multi-based waist level cradles in which the bases begin underneath the top person's feet will be considered a toss, and must follow toss rules.

Rewind: A backward free-flipping release move from ground level used as an entrance skill into a stunt.

Round off: Similar to a cartwheel, except the athlete lands with two feet placed together on the performing surface instead of one foot at a time, facing the direction from which they started.

Running Tumbling: Tumbling that involves a forward step or a hurdle used to gain momentum as an entry to a tumbling skill.

Second Level: Any person being supported above the performing surface by one or more bases.

Series Front or Back Handsprings: Two or more front or back handsprings performed consecutively by an athlete.

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Shoulder Level: A stunt in which the connection between the base(s) and top person is at shoulder height of the base(s).

Shoulder Sit: A stunt in which a top person sits on the shoulder(s) of a base(s). This is considered a prep level stunt.

Shoulder Stand: A stunt in which an athlete stands on the shoulder(s) of a base(s).

Shushunova: A straddle jump (toe touch) landing on the performing surface in a prone/push-up position.

Single Based Stunt: A stunt using a single base for support.

Single Leg Stunt: See "Stunt".

Split Catch: A stunt with a top person who is in an upright position having knees forward. The base(s) is holding both inner thighs as the top person typically performs a high "V" motion, creating an "X" with the body.

Sponge Toss: A stunt similar to a basket toss in which the top person is tossed from the "Load In" position. The top person has both feet in the bases' hands prior to the toss.

Spotter: A person responsible for preventing injuries of a top person during a stunt, pyramid, or toss by protecting the head, neck, back and shoulder area. A spotter must be your own team members and trained in proper spotting techniques. Must be standing on the performing surface. Must be attentive to the stunt being performed and may not be involved in anything that could prevent them from spotting such as holding a sign. Must be able to touch the base of the stunt for which they are spotting. May not stand so their torso is under the stunt. May grab the wrist(s) of the base(s), other parts of the base(s) arms, the top person(s) legs/ankles or does not have to touch the stunt at all. May not have both hands under the sole of the top person's foot/feet or under the hands of the bases. If the spotter's hand is under the top person's foot, it must be their front hand, and their back hand may be placed at the back of the ankle/leg of the top person or on the back side of the back wrist of the base. May not be both a base and the required spotter at the same time. If there is only one person under a top person's foot, regardless of hand placement, that person is considered a base.

Standing Tumbling: A tumbling skill (series of skills) performed from a standing position without any previous forward momentum. Any number of steps backward prior to execution of tumbling skill(s) is still defined as "standing tumbling."

Step Out: A tumbling skill that lands on one foot at a time as opposed to landing on both feet simultaneously.

Straddle Lift: See "V-Sit".

Straight Cradle: A release move/dismount from a stunt to a cradle position where the top person keeps their body in a "Straight Ride" position -- no skill (i.e. turn, kick, twist, pretty girl, etc.) is performed.

Straight Ride: The body position of a top person performing a toss or dismount that doesn't involve any trick in the air. It is a straight line position that teaches the top to reach and to obtain maximum height on toss.

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Stunt: Any skill in which a top person is supported above the performance surface by one or more persons. A stunt is determined to be "One Leg" or "Two Leg" by the number of feet that the top person has being supported by a base(s). If the top person is not supported under any foot, then the number of legs in which the top person is supported will determine if it is a "One Leg" or a "Two Leg" stunt. Exception: If a top person is in a V-sit, pike position or flat body position the stunt will be considered a "Two Leg" stunt.

Suspended Roll: A stunt skill that involves hip-over-head rotation from the top person while connected with hand/arm to hand/arm of the base(s). Each hand/arm of the top person must be connected to a separate hand/arm of the base(s). The base(s) may have their arms extended and will release the feet/legs during the rotation of the skill. This is considered a prep level stunt.

T-Lift:

A stunt in which a top person with arms in a t-motion is supported on either side by two bases that connects with each of the hands and under the arms of the top person. The top person remains in a non-inverted, vertical position while being supported in the stunt.

Tension Roll/Drop: A pyramid/stunt in which the base(s) and top(s) lean forward in unison until the top person(s) leaves the base(s) without assistance. Traditionally the top person(s) and/or base(s) perform a forward roll after becoming free from contact from each other.

Three Quarter (3/4) Front Flip: (Stunt) A forward hip-over-head rotation in which a top person is released from an upright position to a cradle position. (Tumble) A forward hip-over-head rotation from an upright position to a seated position on the ground, with the hands and/or feet landing first.

Tic-Tock: A stunt that is held in a static position on one leg, base(s) dip and release top person in an upward fashion, as the top person switches their weight to the other leg and lands in a static position on their opposite leg.

Toe/Leg Pitch: A single or multi-based stunt in which the base(s) toss upward traditionally using a single foot or leg of the top person to increase the top person's height.

Top Person: The athlete(s) being supported above the performance surface in a stunt, pyramid or toss.

Toss: An airborne stunt where base(s) execute a throwing motion initiated from waist level to increase the height of the top person. The top person becomes free from all contact of bases, bracers and/or other top persons. The top person is free from performing surface when toss is initiated (ex: basket toss or sponge toss). Requires a minimum of 3, maximum of 4 tossing bases. All bases must have feet on the performing surface. Tosses must be caught in cradle position by at least 3 bases one of which is positioned at the head and shoulder area of the top person. The bases must remain stationary during toss. Top person must have both feet in/on hands of bases at initiation of toss. No stunt, pyramid, individual, or prop may move over or under a toss, and a toss may not be thrown over, under, or through stunts, individuals or props. Top persons in separate tosses may not come in contact with each other. Only a single top person is allowed during a toss. All multi-based waist level cradles in which the bases begin underneath the top person's feet will be considered a toss, and must follow toss rules.

Note: Toss to hands, toss to extended stunts and toss chair are NOT included in this category. (See Release Moves).

Twisting Tosses: Twisting is cumulative. All twisting up to $1\frac{1}{4}$ is considered 1 skill, exceeding $1\frac{1}{4}$ up to $2\frac{1}{4}$ is two skills. ie. A $\frac{1}{2}$ twist, X, $\frac{1}{2}$ twist is considered 2 skills: 1 full twist and 1 additional skill.

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Tower Pyramid: A stunt on top of a waist level stunt.

Transitional Pyramid: A top person moving from one position to another in a pyramid. The transition may involve changing bases provided at least one athlete at prep level or below maintains constant contact with the top person.

Transitional Stunt: Top person or top persons moving from one stunt position to another thereby changing the configuration of the beginning stunt. Each point of initiation is used in determining the beginning of a transition. The end of a transition is defined as a new point of initiation, a stop of movement, and/or the top person making contact with the performance surface.

Traveling Toss: A toss which intentionally requires the bases or catchers to travel in a certain direction to catch the top person. (This does not include a quarter or half turn by the bases in tosses such as a "Kick Full").

Tuck Position: A body position where the knees and hips are bent and drawn into the chest.

Tumbling: Any hip-over-head skill that is not supported by a base that begins and ends on the performing surface. When no tumbling is allowed after a particular tumbling skill, at least one step into the next tumbling skill must be included to separate the two passes. Stepping out of a skill is considered a continuation of the same tumbling pass and an additional step is needed to separate the passes. If the athlete finishes the skill with both feet together, only one step is needed to create a new tumbling pass.

Twist/Twisting: An athlete performing a rotation around their body's vertical axis. (vertical axis=head to toe axis). **Twisting tumbling** skills involve hip-over-head rotation around athlete's vertical axis. **Twisting in stunts** is counted on two separate axes, the vertical and horizontal axis. Simultaneous twisting on both axes will be counted separately and not cumulatively. The degree of twist is determined by the total cumulative rotation of the top person's hips in relation to the performing surface (Once a stunt is hit, and the top person shows a clear and definite stop, they may continue to walk the stunt in additional rotation). A new twisting transition begins with a dip by the bases and/or change in direction of the twisting rotation.

Two - High Pyramid: A pyramid in which all top persons are primarily supported by a base(s) who is in direct weight-bearing contact with the performing surface. Any time a top person is released from their base(s) in a "Pyramid Release Move", regardless of the height of the release, this top person would be considered "passing above two persons high". "Passing above two persons high" does not relate to the actual height of the top person but to the number of layers to which they are connected.

Two and One Half (2 ½) - High Pyramid: A pyramid in which the top person(s) has weight bearing support (not braced) by at least one other top person and is free of contact from the base(s). Pyramid height for a "Two and One Half High Pyramid" is measured by body lengths as follows: chairs, thigh stands and shoulder straddles are 1 ½ body lengths; shoulder stands are 2 body lengths; extended stunts (i.e. extension, liberty, etc.) are 2 ½ body lengths.

"Above Two and One Half (2 ½) High Pyramid" is a partially/fully upright prep level Middle Layer holding a fully upright prep level stunt. Exception: 2 ½ high chairs are considered 2 ½ high pyramids.

Upright: A body position of a top person in which the athlete is in a standing or sitting position while being supported by a base(s). i.e. star, liberty, v-sit.

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V-Sit: A top person's body position when sitting in a stunt with straight legs parallel to the performing surface in a "V" position. This is considered a two-leg stunt.

Vertical Axis (Twisting in Stunts or Tumbling): An invisible line drawn from head to toe through the body of the tumbling athlete or top person.

Waist Level: A stunt in which the lowest connection between the base(s) and the top person is above ground level and below prep level and/or at least one foot of the top person is below prep level, as determined by the height/positioning of the base. Examples of stunts that are considered waist level: All 4s position based stunts, a nugget-based stunt. A chair and a shoulder sit are considered prep level stunts, not waist level.

Waist Level Cradle: A release move that initiates below prep level and is caught in a cradle position. All multi-based waist level cradles in which the bases begin underneath the top person's feet will be considered a toss, and must follow toss rules.

Walkover: A non-airborne tumbling skill where the athlete leans forward to a handstand and brings the legs over and back down to the floor one at a time (front walkover) or by arching backwards similar to a handstand and lands on the feet one at a time (back walkover) with support of one or both hands.

Wrap Around: A stunt transition that involves a single base holding a top person in a cradle position releasing the legs of the top person and swings the legs around the back of the base. The base then wraps their free arm around the legs of the top person with the top person's body wrapped around the back of the base.

Whip: A non-twisting, backward-traveling, aerial tumbling skill in which the athlete's feet rotate over their head and body, while the body remains in a stretched upper back position. A "Whip" has the look of a back handspring without the hands contacting the ground.

X-Out: A tumbling skill or toss in which an athlete performs a flip while spreading the arms and legs into an "x" fashion during the rotation of the flip.

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1. All athletes must be supervised during all official functions by a qualified director/coach.
2. Coaches must require proficiency before skill progression. Coaches must consider the athlete, group and team skill levels with regard to proper performance level placement.
3. All teams, gyms, coaches and directors must have an emergency response plan in the event of an injury.
4. Athletes and coaches may not be under the influence of alcohol, narcotics, performance enhancing substances or over-the-counter medications that would hinder the ability to supervise or execute a routine safely, while participating in a practice or performance.
5. Technical skills (stunts, pyramids, tosses or tumbling) may not be performed on concrete, asphalt, wet or uneven surfaces or surfaces with obstructions during practice or a performance.
6. Soft-soled shoes must be worn while competing. No dance shoes/boots, and/or gymnastics slippers (or similar) allowed. Shoes must have a solid sole.
7. Jewelry of any kind is prohibited (e.g., navel jewelry, tongue jewelry, earrings, necklaces, pins on uniforms, etc.) and must be removed. Rhinestones may not be adhered to the skin. Medical bracelets are allowed provided they are taped to the body.
8. Any height increasing apparatus used to propel an athlete is not allowed. Exception: spring floor.
9. Props are not necessary for the performance of a routine. If props are used in a routine the prop must receive pre-approval from the IASF, prior to use, to ensure the safety of the athletes. Flags, banners, signs, pom poms, megaphones and pieces of cloth are the only props allowed. Props may not have sharp, unyielding, and/or pointed edges and may not obstruct, or potentially obstruct, the athlete's vision. No prop may be weight-bearing and/or athletes are not permitted to bear weight on any prop. Props with poles or similar support apparatus may not be used in conjunction with any kind of stunt or tumbling. All props must be safely discarded out of harm's way (example: throwing a hard sign across the mat from a stunt would be illegal). Once a uniform piece is purposefully used for visual effect it will be considered a prop.
10. Supports, braces and soft casts which are unaltered from the manufacturer's original design/production do not require any additional padding. Supports/braces and soft casts that have been altered from the manufacturer's original design/production must be padded with a closed-cell, slow-recovery foam padding no less than one-half inch thick if the participant is involved in stunts, pyramids or tosses. A participant wearing a hard cast (example: fiberglass or plaster) or a walking boot must not be involved in stunts, pyramids, tumbling or tosses.
11. On the level grid, all skills allowed at a particular level encompass all skills allowed in the preceding level. If a skill is not allowed in a particular level, it is also not allowed in the preceding level(s).
12. Required spotters for all skills must be your own team's members, and be trained in proper spotting techniques.
13. Drops including but not limited to knee, seat, front, back and split drops from a jump, stunt, or inverted position are not allowed unless the majority of the weight is first borne on the hands or feet, which breaks the impact of the drop. Shushunovas are allowed. Clarification: Drops that include any weight bearing contact with the hands and feet are not in clear violation of this rule.
14. Timing will begin with the first movement, voice, or note of music, whichever comes first. Timing will end with the last movement, last voice, or note of music, whichever comes last. Routine performance time may not exceed 2:30. Non-tumbling routines may not exceed 2:00. Global routines may not exceed 3:30(30-40 seconds for opening Cheer portion, 20 second maximum to move from cheer portion and set up for music portion, and music portion may not exceed 2:30).
15. Athletes must have at least one foot, hand or body part (other than hair) on the performing surface when the routine begins. Exception: Athletes may have their feet in the hands of base(s) if the base(s) hands are resting on the performing surface.
16. The competitors who begin a routine must remain the same throughout the course of a routine. A performer is not permitted to be "replaced" by another performer during the routine.
17. An athlete must not have gum, candy, cough drops or other such edible or non-edible items, which may cause choking, in her/his mouth during practice and/or performance.

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TUMBLING

	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5	LEVEL 6
A. GENERAL May jump/rebound over an individual; May rebound from feet into a stunt transition; When rebounding into a stunt transition, may not rebound to inverted or through an inverted position; NO tumbling over, under, or through a stunt, individual or prop; NO tumbling while holding/contact with prop	½ rebound to prone allowed NO dive rolls	NO dive rolls in arched or swan position and may not twist	NO dive rolls in arched or swan position and may not twist	NO dive rolls in arched or swan position and may not twist	NO dive rolls in arched or swan position and may not twist	Dive rolls may not twist
B. STANDING	Skills with constant physical contact with the performing surface such as cartwheels, rolls, walkovers, handstands Blocked cartwheels allowed	Single handspring NO twisting or turning allowed after back handspring step out; NO jump skills connected to handspring; NO twisting while airborne except round offs	Series handsprings; Jump in combination with handspring(s) NO flips allowed; NO twisting while airborne except round-offs	Standing tucks and tucks from a back handspring entry; 1 flip and 0 twisting; NO tumbling allowed after a tuck ; Aerials (front walkover and cartwheel) and Onodis are allowed. NO jump flip or consecutive flip/flip	Jump flip; Up to 1 flipping and 0 twisting rotation	Up to 1 flipping and 2 twisting rotations; If exceeds 1 twist, must be preceded by a minimum of 2 non-twisting, backward traveling tumbling skills, (one must be back handspring, excludes back extension roll) NO flipping and twisting into a double twisting skill. NO twisting out of a double twisting skill.
C. RUNNING	Skills with constant physical contact with the performing surface such as cartwheels, rolls, walkovers Blocked cartwheels and round offs allowed NO tumbling immediately after round off or round off rebound	Handspring series NO twisting or turning allowed after back handspring step out; NO twisting while airborne except round offs	Round off or round off back handspring(s) into back tuck; Aerial cartwheels; Front tucks; ¾ front flips, NO tumbling after a tuck or aerial cartwheel; NO tumbling prior to front tuck except front handspring ; NO twisting while airborne except round offs and aerial cartwheels	1 flipping and 0 twisting; Aerial cartwheels/walkovers, and Onodis allowed	Up to 1 flipping and 1 twisting rotation from a running, round off, back handspring or front handspring entry. NO trick allowed during full twisting skills and must land with both feet on the performing surface. NO tumbling after full twisting skill.	Up to 1 flipping and 2 twisting rotations NO flipping and twisting into a double twisting skill. NO twisting out of a double twisting skill.

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STUNTS-PAGE 1

	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5	LEVEL 6
A. SPOTTERS	Prep level and above; Floor stunt Exception: Shoulder sit, T-lift, Stunts only supported at waist	Above prep level; Floor stunt	Above prep level; Single based stunts with multiple top persons require spotter for each top person	Above prep level; Single based stunts with multiple top persons require spotter for each top person	Above prep level; Single based stunts with multiple top persons require spotter for each top person	Above prep level; Single based stunts with multiple top persons require spotter for each top person
B. STUNT HEIGHT NO single based or assisted single based extended stunts for U12 and below but may pass above prep level if allowed	Waist level single leg; Prep level two leg (may pass above prep level); Prep level single leg with additional base with hand/arm connection to top person prior to initiation; Walk up shoulder stand NO single based stunts with multiple top persons	Prep level single leg (may pass above prep level); Above prep level two leg NO single based stunts with multiple top persons	Above prep level single leg	Above prep level single leg	Above prep level single leg	Above prep level single leg
C. TRANSITION	Must remain in contact with at least one base No leap frog/leap frog variations	Must remain in contact with at least one base	Must remain in contact with at least one base unless legal as release move	Must remain in contact with at least one base unless legal as release move	See release moves	See release moves
D. TWISTING	Up to ¼ EXCEPTION: Rebound ½ turn to prone; Wrap around; Up to ½ twist starts & ends on performing surface and only supported at the waist	Up to ½ twist EXCEPTION: Single full twisting log roll with no additional skills that starts and ends in cradle position	Up to 1 twist to prep level or below; Up to ½ twist to extended single leg; Up to 1 twist to extended two leg stunt	Up to 1 ½ twists to prep level or below; Up to 1 ½ twists to extended two leg stunt; Up to 1 twist to extended single leg stunt	Up to 2 twists to prep level or below; Up to 2 twists to extended two leg stunt; Up to 1 1/2 twists to extended single leg stunt	Up to 2 ¼ twists
E. RELEASE MOVES Requires 3 catchers for multi-based stunt, and 2 catchers for single based stunt that lands in a horizontal position; May not land inverted; May not intentionally travel; Must return to original base(s); NO free flips (see Exception for Level 6)	Not allowed other than dismounts	Not allowed other than dismounts, tosses, and full twisting log rolls with no additional skills that start and end in a cradle position	Starts at waist level or below and lands at prep level or below; May not exceed extended arm level; 1 skill and 0 twisting EXCEPTION: Log rolls up to one twist and must land in cradle, flat back or prone NO helicopters; May not involve inversions	Starts at prep or below if lands at extended; May not exceed extended arm level; 2 skills; Helicopters 180 degrees with 0 twisting, 3 catchers; Inverted to non-inverted with 0 twisting, requires spotter if lands at prep level or above NO twisting to and from an extended stunt; May not pass through an inverted position.	Does not exceed 18 inches/46 cm above bases' extended arm level; Helicopters 180 degrees, 3 catchers; Inverted to non-inverted with 0 twisting, requires spotter if lands at prep level or above May not pass through an inverted position	Does not exceed 18 Inches/46cm above bases' extended arm level; Inverted to non-inverted up to ½ twist, requires spotter if lands at prep level or above; Helicopters 180 degrees, 3 catchers May not pass through an inverted position EXCEPTION (EXCLUDES JUNIOR 6): Rewinds are allowed 1 flipping rotation ONLY, 0 twisting, requires minimum of 1 catcher/1 spotter for single based stunt, minimum of 2 catchers/1 spotter for multi-based stunt. Leg pitch, toe pitch or similar type tosses not allowed to initiate skill; No tumbling prior to rewind



STUNTS-PAGE 2

	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5	LEVEL 6
F. INVERSIONS	Not allowed (Inverted athlete must maintain contact with performing surface)	Ground level inversions that transition directly to non-inverted position.	Prep Level Suspended rolls that exceed ½ twist must land in cradle	Extended	Extended	Extended
G. DOWNWARD INVERSIONS Downward inversions may not come in contact with each other; Must maintain contact with original base EXCEPTION: Original base may lose contact when becomes necessary to do so such as in cartwheel-style transitions	Not allowed	Not allowed	Waist level or below (may pass through prep level); Must have 2 catchers in contact between waist and shoulder region of torso of top person NO 2 leg pancake style stunts	Prep level with 3 catchers (may pass above prep level), 2 in contact between waist and shoulder region of top person EXCEPTION: Controlled lowering of extended inverted stunt to prep level If passes above prep level may not land, stop or touch the ground inverted EXCEPTION: Controlled lowering of extended inverted stunt to prep level	Above prep level with 3 catchers, 2 in contact between waist and shoulder region of top person From above/passes above prep level may not land, stop or touch the ground inverted EXCEPTIONS: Lowering of extended inverted stunt to prep level, passing above prep level to prep level, or from extended non-inverted to inverted stunt at prep level	Above prep level with 3 catchers, 2 in contact between waist and shoulder region of top person From above/passes above prep level may not land, stop or touch the ground inverted EXCEPTIONS: Lowering of extended inverted stunt to prep level, passing above prep level to prep level, or from extended non-inverted to inverted stunt at prep level
H. OVER/UNDER Stunt or individual passing over/under a separate stunt or individual	Arms and Legs allowed	Arms and Legs allowed	Arms and Legs Allowed	Individual under stunt; stunt over an individual	Allowed	Allowed

OFFICIAL SCORING SYSTEM



COPBRANDS INTERNATIONAL SPORTS COMPANY

PYRAMIDS-PAGE 1						
	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5	LEVEL 6
A. GENERAL	Must follow stunt and dismount rules and allowed up to 2 high; Top person must receive primary support from a base unless legal as a release transition; Released transitions may not come in contact with other stunt/pyramid release moves; Required catchers/spotters must be stationary, must maintain visual contact with the top person throughout the entire transition, and may not be involved in any other skill or choreography when the transition is initiated; Primary weight may not be borne at second level.					
B. STRUCTURES (Single based or assisted single based extended stunts are not allowed in U12 and below; Required bracer(s)/connection(s) must be connected to top person by initiation of skill, and remain in contact throughout skill)	Two leg extended connected to prep level or below bracer with hand/arm connection; Prep level single leg connected to prep level or below bracer with hand/arm connection NO extended stunt connected to extended stunt Prep level bracers must have both feet in the bases' hands unless in shoulder sit, flat back, straddle lift, or shoulder stand	Extended single leg connected to prep level or below bracer with hand/arm connection NO extended stunt connected to extended stunt Prep level bracers must have both feet in the bases' hands unless in shoulder sit, flat back, straddle lift, or shoulder stand	No extended single leg connected to extended stunt	No extended single leg connected to extended single leg stunt		
C. NON-RELEASED TRANSITIONS	TWISTING- Up to ¼ twist INVERSIONS- Must follow stunt rules	TWISTING- Up to ½ twist Log rolls may not be assisted by another top person INVERSIONS- Must follow stunt rules	TWISTING- Up to 1 twist (Prep level bracer required through transition if exceeds ½ twist to extended single leg stunt) INVERSIONS- Must follow stunt rules. EXCEPTION: Top person may pass through an inverted position and must remain in contact with base and bracer at prep level or below through entire transition, must start and end at prep level or below	TWISTING- Up to 1 ½ twists (must be connected to a bracer at prep level or below if exceeds one twist to extended single leg stunt) INVERSIONS- Must follow stunt rules	TWISTING- Up to 2 twists (must be connected to a bracer at prep level or below if exceeds 1 ½ twists to extended single leg stunt) INVERSIONS- Must follow stunt rules	TWISTING- Up to 2 ¼ twists INVERSIONS- Must follow stunt rules



PYRAMIDS-PAGE 2

	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5	LEVEL 6
<p>D. RELEASED TRANSITIONS</p> <p>(Contact must be maintained with the same bracer/bracers throughout the transition; Contact must be made with a base on the performing surface before contact with the bracer(s) is lost (this does not include the uniform or hair); If 2 bracers are required, must be on 2 separate sides of the body; May not be connected/braced to top persons above prep level; Braced inversions/flips may not travel downward while inverted)</p>	<p>Not allowed other than dismounts</p>	<p>Not allowed other than dismounts and tosses</p> <p>Log rolls may not be assisted by another top person</p>	<p>NON-INVERTED- 2 bracers (one of which must be hand/arm to hand/arm, the other may be hand/arm or hand/arm to foot/lower leg); 2 catchers; May not change bases</p> <p>EXCEPTION: Legal stunt release moves may be performed with 1 bracer; release moves to extended with 1 bracer must initiate from waist level or below with hand/arm connection</p> <p>TWISTING- 1 twist 2 bracers hand/arm connections</p> <p>BRACED INVERSIONS- Not allowed</p>	<p>NON-INVERTED- 1 bracer; 2 catchers (Minimum of 1 catcher and 1 spotter)</p> <p>TWISTING- 1 ½ twists with 1 bracer; 2 catchers (Minimum of 1 catcher and 1 spotter)</p> <p>BRACED INVERSIONS/FLIPS- 2 bracers; Up to 1 ¼ flipping, 0 twisting; May not change bases; 3 catchers</p> <p>EXCEPTION: Braced flips that land in an upright position at prep level or above require a minimum of 1 catcher and 2 spotters);</p> <p>EXCEPTION: Legal stunt release moves may be performed with only 1 bracer</p>	<p>NON-INVERTED- 1 bracer; 2 catchers (Minimum of 1 catcher and 1 spotter)</p> <p>TWISTING- 2 twists; 2 catchers (Minimum of 1 catcher and 1 spotter)</p> <p>BRACED INVERSIONS/FLIPS- 1 bracer; Up to 1 ¼ flipping, 0 twisting; 3 catchers</p> <p>EXCEPTION: Braced flips that land in an upright position at prep level or above require a minimum of 1 catcher and 2 spotters</p>	<p>NON-INVERTED- 1 bracer; 2 catchers (Minimum of 1 catcher and 1 spotter)</p> <p>TWISTING- 2 ¼ twists; 2 catchers (Minimum of 1 catcher and 1 spotter)</p> <p>BRACED INVERSIONS/FLIPS- 1 bracer; Up to 1 ¼ flipping and ½ twisting or ¾ flipping and up to 1 twist; 3 catchers</p> <p>EXCEPTION: Non-twisting braced flips that land in an upright position at prep level or above require a minimum of 1 catcher and 2 spotters</p>
<p>E. OVER/UNDER</p> <p>Stunt, pyramid or individual over/under a separate stunt, pyramids or individual</p>	<p>Arms and legs allowed</p>	<p>Arms and legs allowed</p> <p>Top person may not pass over/under torso of another top person</p>	<p>Arms and legs allowed</p> <p>Top person may not pass over/under torso of another top person</p>	<p>No stunt over separate stunt</p> <p>Top person may not invert over/under torso of another top person</p>		

OFFICIAL SCORING SYSTEM

COPBRANDS INTERNATIONAL SPORTS COMPANY



DISMOUNTS AND TOSSES

	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5	LEVEL 6
A. GENERAL DISMOUNT	Single based cradles require a spotter with at least one hand-arm supporting waist to shoulder region of top person; Multi-based cradles require 2 catchers and a spotter with at least one hand-arm supporting waist to shoulder region of top person; Cradles from single based stunts with multiple top persons require 2 catchers for each top person, and catchers and bases must be stationary prior to initiation; Dismounts may not invert or land inverted; No free flipping or assisted flipping dismounts allowed					
B. DISMOUNTS	Straight pop downs, basic straight cradles NO waist level cradles, sponge tosses or dismounts from above prep level in pyramids	Straight pop downs, basic straight cradles, and ¼ turn cradles NO waist level cradles in U8 division	1 ¼ twist or 1 trick from two legs; ¼ twist cradles from single leg; All dismounts from prep level and above involving a trick must land in cradle NO dismounts from an inverted position	2 ¼ twist from two legs; 1 ¼ twist from single leg; May not exceed 2 tricks Dismounts from an inverted position may not twist	2 ¼ twist; May not exceed 3 tricks If exceeds 1 ½ twists, no other skill allowed Dismounts from an inverted position may not twist	2 ¼ twists Dismounts from an inverted position may twist up to a 1/2
A. GENERAL TOSSES	Minimum of 3, maximum of 4 tossing bases, one base must be behind the top person; Must be caught in cradle position by at least 3 original bases one of which is positioned at the head and shoulder area of the top person; NO flipping, inverted, or intentionally traveling tosses					
B. TOSSES	Not allowed including waist level cradles and sponge tosses	Straight ride NO tosses allowed in U8 Division	1 trick or up to 1 ¼ twists Exception: Ball X Arch does not count as trick	2 ¼ twists; May not exceed 2 tricks	2 ½ twists; May not exceed 3 tricks If exceeds 1 ½ twists, no other skill allowed	2 ½ twists

OFFICIAL SCORING SYSTEM

COPBRANDS INTERNATIONAL SPORTS COMPANY



LEVEL 7

TUMBLING

A. GENERAL	May jump/rebound over an individual; May rebound from feet into a stunt transition; When rebounding into a stunt transition, may not rebound to inverted or through an inverted position (EXCEPTIONS: Cartwheel rewind, round off rewind and standing single back handspring rewinds allowed. NO tumbling skills prior to the cartwheel, round off or standing back handspring); NO tumbling over, under, or through a stunt, individual, or prop; NO tumbling while holding/contact with prop; Dive rolls may NOT twist
B. STANDING	Up to 1 flipping and 2 twisting rotations; If exceeds 1 twist, must be preceded by at least one backward traveling, non-twisting tumbling skill. NO twisting out of a double twisting skill.
C. RUNNING	Up to 1 flipping and 2 twisting rotations NO twisting out of a double twisting skill.

STUNTS

A. SPOTTERS	During one-arm stunts above prep level other than cupies and liberties; When the load transition involves a release move exceeding one twist, a release move to/from an inverted position landing at prep level or above, a free flip; Stunt with inverted top person above prep level; When the top person is released from above ground level to a one-arm stunt; Coed style tosses to a new base (base that is tossing top person may become the spotter); Single based stunts with multiple top persons require a separate spotter for each top person
B. STUNT HEIGHT	Above prep level single leg stunt
C. TWISTING	2 ¼
D. RELEASE MOVES	May not exceed 18 inches/46cm above extended arm level; May not land inverted (EXCEPTIONS: Ground level handstand may be released to hand-to-hand stunt with 0 twisting and 0 flipping; Release from prep level and below to a prep level inverted position with 0 twisting and 0 flipping); Must return to original bases (EXCEPTION 1: Coed style tosses to a new base if stunt is thrown by a single base and caught by at least one base not involved in any other skill or choreography when transition is initiated, the original tossing base may become the spotter. EXCEPTION 2: Toss single based stunts with multiple top persons, the original base may become the spotter); Helicopters up to 180 degree rotation with at least 2 catchers with one positioned at head and shoulder area of top person; May not intentionally travel except for exceptions above.
E. REWINDS/FREE FLIPPING TRANSITIONS	Must return to original bases. Originate from ground level: 1 ¼ flipping and 1 ¼ twisting rotations; Toe pitch, leg pitch or similar type tosses ALLOWED in initiating free flipping skills; Cartwheel rewind, round off rewind, and standing single back handspring rewinds allowed with no tumbling skills allowed prior to the cartwheel, round off or standing back handspring. Originate from stunt: 1 ¼ flipping and ½ twisting rotation; Must initiate from prep level only and must land in a cradle, horizontal position or in a standing position on the performing surface (if lands on the performing surface, must follow dismount rules). 1 flipping rotation or less requires 2 catchers, if exceeds 1 flipping rotation requires 3 catchers.
F. INVERSIONS	Downward inversions from above prep level require at least 2 catchers; Top person must maintain contact with a base. EXCEPTIONS: Lowering of an inverted stunt to prep level, passing above prep level to prep level, or from an extended non-inverted to inverted stunt at prep level.



LEVEL 7

PYRAMIDS

A. GENERAL	Up to 2 ½ high. EXCEPTION: Tower pyramids are allowed
B. SPOTTERS	Must follow stunt spotter rules. EXCEPTION: One arm extended paper dolls require a spotter for each top person. 2 ½ High Pyramid: Require a spotter in front and back for each top person on the top level in position the entire time the top person is at 2 ½ high. Spotters may stand slightly to the side but must remain in position to spot top person, must maintain visual contact with the top person the entire time the top person is at 2 ½ high level, may not be primary support of the pyramid; 2 ½ HIGH PYRAMID WITH HORIZONTAL TOP PERSON must be on 2 of the 4 sides of pyramid, may not be on foot/feet/leg side of top person; TOWER PYRAMID requires a spotter not in contact with the pyramid behind the top person. If a base is needed to assist middle layer, an additional spotter who is not in contact with the pyramid is required.
C. FREE FLYING MOUNTS/ TRANSITIONS	From ground level allowed 1 flipping and 1 twisting rotation or 0 flipping and 2 ¼ twisting rotations. From above ground level allowed 1 ¼ flipping and 0 twisting or 0 flipping and 2 twisting rotations. May not land in an inverted position; May not significantly exceed the height of intended skill; May not pass over, under or through other stunts, pyramids, individuals or props.
D. RELEASE MOVES	May pass above 2 ½ high during transitions; If released from a second layer base and caught by a second layer base, the second layer base catching the top person must be the second layer base that originally released top person; May not land inverted; May not pass over, under, or through a prop. Free release moves from 2 ½ high pyramids may not land in an inverted position; Up to 0 flipping and 1 twisting rotation. Requires 2 catchers.
E. INVERSIONS	Allowed up to 2 ½ high; Downward inversions from above prep level require assistance by at least 2 catchers and must maintain contact with a base or another top person.
F. RELEASED BRACED INVERSIONS/ FLIPS	Up to 1 ¼ flipping and 1 twisting rotation; Requires 1 prep level or below bracer for 2 high pyramids; 2 catchers (EXCEPTION: If lands in an upright position at prep level or above requires 1 base and 1 additional spotter); Braced inversions to 2 ½ high pyramids may be caught by 1 person; Base/Spotter must be stationary, must maintain visual contact with the top person through transition, may not be involved with any other skill or choreography when transition is initiated.



LEVEL 7

DISMOUNTS

<p>A. GENERAL</p>	<p>See "Dismounts" in Glossary</p>
<p>B. REQUIREMENTS</p>	<p>STUNT DISMOUNTS TO CRADLE: Up to 2 ¼ twist cradle; Dismounts that exceed 1 ¼ twists require an additional spotter that assists on the cradle; When cradling single based stunts with multiple top persons, 2 catchers must catch each top person and must be stationary prior to dismount; Cradles from 1 arm stunts that involve a twist must have a spotter assisting the cradle with at least one hand-arm supporting the head and shoulder of the top person; Free flipping dismounts to cradle up to 1 ¼ flipping and ½ twisting rotations, must originate from prep level, require at least 2 catchers, one of which is an original base; Back flipping dismounts must go to cradle.</p> <p>STUNT DISMOUNT TO PERFORMING SURFACE: Up to 2 ¼ twists; If exceeds 1 ¼ twist must be assisted by 2 catchers or 1 catcher with a spotter; Free flipping dismounts are only allowed in front flipping rotation, up to 1 front flipping and 0 twisting rotations, must have spotter, must originate from prep level.</p> <p>2 HIGH PYRAMID DISMOUNTS TO CRADLE: Must follow stunt dismount rules.</p> <p>2 ½ HIGH PYRAMID DISMOUNTS TO CRADLE: Up to 2 ¼ twists, requires 2 catchers, 1 of which must be stationary at initiation of cradle; Up to ¾ front flip and ½ twist, requires 2 catchers, one on each side of the top person and 1 of which must be stationary when the cradle is initiated.</p> <p>2 ½ HIGH PYRAMID DISMOUNT TO PERFORMING SURFACE: Up to 1 ¼ twists and must be assisted by 2 catchers or 1 catcher with a spotter.</p>

TOSES

<p>A. GENERAL</p>	<p>Minimum of 3, maximum of 4 tossing bases; One base must be behind the top person during the toss and may assist the top person into the toss (EXCEPTION 1: Tossing from one set of bases to another set of bases/catchers. EXCEPTION 2: Arabians). Must be performed from ground level and must land in a cradle position by at least 3 bases, one of which is positioned at the head and shoulder area of the top person.</p>
<p>B. REQUIREMENTS</p>	<p>Non-flipping tosses may not exceed 3 ½ twists; Flipping tosses are allowed up to 1 ¼ flipping rotation and 2 additional skills. A tuck, pike, or lay out are not counted in the 2 additional skills.</p>
<p>C. FLYOVERS</p>	<p>Top persons tossed to another set of bases must be thrown by 3 or 4 stationary bases and must be caught in a cradle position by at least 3 stationary catchers. Catchers may not be involved in any other choreography and must have visual contact with top person when the toss is initiated and must maintain visual contact throughout the entire toss. The toss is allowed up to 0 flipping and 1 ½ twisting rotations or ¾ front flips with 0 twists.</p>



NON-TUMBLING

A. TIME LIMIT	2:00
B. TUMBLING	Not allowed EXCEPTIONS: Forward rolls, handstands, cartwheels and round offs allowed for stunting purposes or formation changes and must follow appropriate level inversion rules. EXAMPLE: Level 3 downward inversion from cradle position, "back walkover" out to the performing surface would be legal if starts at waist level, has 2 catchers between the waist and shoulder region of torso of the top person as it transitions through a handstand position.



SCORING SYSTEM

UNITED

SISTEMA COPBRANDS UNIFICADO



BUILDING / ELEVACIONES

JUDGE: _____

TEAM: _____

CATEGORY: _____

DIFFICULTY 4.5 MAX

2.5 pts 3.0 pts 3.5 pts 4.0 pts 4.5 pts

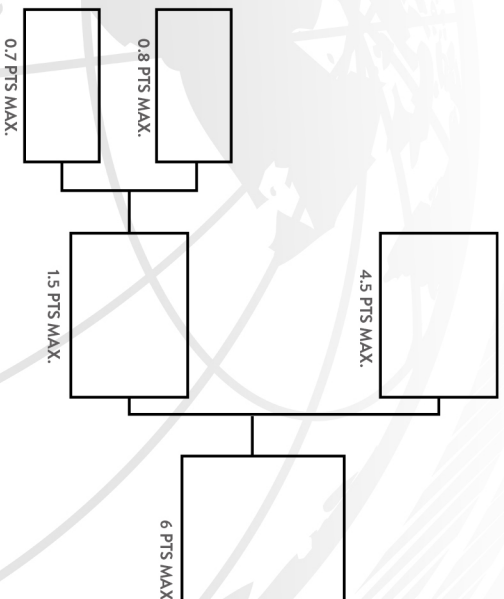
DRIVERS 1.5 PTS

DEGREE OF DIFFICULTY (0-0.8)

HABILIDADES AVANZADAS POR EL MOST		HABILIDADES ELITE POR EL MOST	
SKILL 1	0.1	OR	0.2
SKILL 2	0.1	OR	0.2
SKILL 3	0.1	OR	0.2
SKILL 4 / CDB	0.1	OR	0.2

MAX OF PARTICIPATION (0-0.7)

0 pts 0.3 pts 0.5 pts 0.7 pts



PYRAMIDS

DIFFICULTY 4.0 PTS MAX

2.0 - 2.5 pts 2.5 - 3.0 pts 3.0 - 3.5 pts 3.5 - 4.0 pts

BELOW LOW MILD HIGH

DRIVERS

% PART	LAS	COMB	RT
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4.0 PTS MAX.

TOSSES

DIFFICULTY 2.0 PTS MAX

1.0 pts 1.5 pts 1.7 pts 2.0 pts

BELOW LOW MILD HIGH

2.0 PTS MAX.

TOTAL

12 PTS MAX.

ROUTINE CREATIVITY 2.0 PTS MAX

1.5 - 2.0

2.0 PTS MAX.

CALIFICACIONES PROMEDIADAS Y TOMADAS PARA EL VALOR EN EL VALOR TOTAL OVERALL

SHOWMANSHIP 2.0 PTS MAX

1.5 - 2.0

2.0 PTS MAX.

CALIFICACIONES PROMEDIADAS Y TOMADAS PARA EL VALOR EN EL VALOR TOTAL OVERALL

ADDITIONAL COMMENTS:

SCORING SYSTEM

UNITED

SISTEMA COPBRANDS UNIFICADO



STUNT DIFFICULTY
 STUNT SKILLS WILL ONLY RECEIVE FULL CREDIT IF THEY SHOW CONTROL

2.5	Skills performed do not meet 3.0 requirement
3.0	4 different level appropriate skills performed by MOST of the team
3.5	2 different level appropriate skills performed by MOST of the team at the same time rippled or synchronized without recycling athletes
4.0	3 different level appropriate skills performed by MOST of the team at the same time rippled or synchronized without recycling athletes
4.5	4 different level appropriate skills performed by MOST of the team at the same time rippled or synchronized without recycling athletes

STUNT DRIVERS

Once a Stunt Difficulty score is determined, each stunt skill will be evaluated based on the following criteria: Degree of Difficulty & Max Participation. Each category has a maximum number of points, outlined in the charts below for a total of 1.5 points.

STUNT DEGREE OF DIFFICULTY (0 - 0.8)

	Advanced skill by MOST	OR	Elite skill by MOST
Skill 1	0.1	OR	0.2
Skill 2	0.1	OR	0.2
Skill 3	0.1	OR	0.2
Skill 4	0.1	OR	0.2

STUNT MAX PARTICIPATION (0 - 0.7)

(RIPPLED OR SYNCHRONIZED IN THE SAME SECTION WITHOUT RECYCLING ATHLETES)

Level Appropriate Skill by MAX OR Advanced Skill by MOST	0.3
Advanced Skill by MAX OR Elite Skill by MOST	0.5
Elite Skill by MAX	0.7

BUILDING QUANTITY CHART

# OF ATHLETES	NUMBER OF GROUPS		
	MAJORITY	MOST	MAX
5 - 11	1	2	3
12 - 17	2	3	4
18 - 22	3	4	5
23 - 30	4	5	6
31 - 38	5	6	7

PYRAMID DIFFICULTY

2.0 - 2.5	BELOW	Skills performed do not meet Low range requirement
2.5 - 3.0	LOW	2 different level appropriate skills and 2 structures
3.0 - 3.5	MID	3 different level appropriate skills and 2 structures performed by MOST of the team
3.5 - 4.0	HIGH	4 different level appropriate skills and 2 structures performed by MOST of the team

PYRAMID DIFFICULTY DRIVERS

Degree of Difficulty:

- Maximizing the number of groups performing each level appropriate transition
- Utilizing level appropriate stunts into structures/within sequence
- Combination of skills (level and non-level appropriate)
- Pace & Connection of skills performed

TOSS DIFFICULTY

1.0	Less than a MAJORITY of the team performs a toss
1.5	MAJORITY of the team performs a level appropriate toss
1.7	MAJORITY of the team performs a level appropriate NON-TWISTING toss rippled or synchronized in the same section* without recycling athletes
2.0	MAJORITY of the team performs a level appropriate TWISTING toss rippled or synchronized in the same section* without recycling athletes

ADDITIONAL INFORMATION

Skills that are not required to be synchronized may be cumulative to meet a difficulty requirement.

To receive credit for a structure in Pyramid Difficulty, 2 or more stunts must be connected by 2 or more top persons

L6- All pyramid skills that are Level Appropriate in L5 will be given Level Appropriate credit.

BODY POSITIONS

- Lib and platform are not considered body positions
- Body positions include: Stretch, bow and arrow, arabesque, scale, scorpion



STUNT DIFFICULTY
 STUNT SKILLS WILL ONLY RECEIVE FULL CREDIT IF THEY SHOW CONTROL

2.5	Skills performed do not meet 3.0 requirement
3.0	4 different level appropriate skills performed by MOST of the team
3.5	2 different level appropriate skills performed by MOST of the team at the same time rippled or synchronized without recycling athletes
4.0	3 different level appropriate skills performed by MOST of the team at the same time rippled or synchronized without recycling athletes
4.5	3 different level appropriate skills performed by MOST of the team at the same time rippled or synchronized without recycling athletes, plus a Coed Style Stunt

STUNT DRIVERS

Once a Stunt Difficulty score is determined, each stunt skill will be evaluated based on the following criteria: Degree of Difficulty & Max Participation. Each category has a maximum number of points, outlined in the charts below for a total of 1.5 points.

DEGREE OF DIFFICULTY (0 - 0.8)

	Advanced skill by MOST	OR	Elite skill by MOST
Skill 1	0.1		0.2
Skill 2	0.1		0.2
Skill 3	0.1		0.2
	Advanced Coed Style	OR	Elite Coed Style
Coed Style Skill	0.1		0.2

STUNT MAX PARTICIPATION (0 - 0.7)
 (RIPPLED OR SYNCHRONIZED IN THE SAME SECTION WITHOUT RECYCLING ATHLETES)

Level Appropriate Skill by MAX OR Advanced Skill by MOST	0.3
Advanced Skill by MAX OR Elite Skill by MOST	0.5
Elite Skill by MAX	0.7

BUILDING QUANTITY CHART

# OF ATHLETES	NUMBER OF GROUPS		
	MAJORITY	MOST	MAX
5 - 11	1	2	3
12 - 17	2	3	4
18 - 22	3	4	5
23 - 30	4	5	6
31 - 38	5	6	7

COED QUANTITY CHART

# OF MALES ON TEAM	# OF STUNTS
1 or more	1

COED STYLE

- Based on a group of 3. Consisting of a Base, Top Person and Spotter.
- Entry must be a Toss or Walk-In.
- Toss - Top person starts with both feet on performing surface. Base starts with hands on Top Persons' waist. Spotter may not start under the Top Persons foot.
- Walk-In - Top person and Base start facing each other with one-foot loaded in.
- Base must be directly under the stunt.
- Base and Spotter may not be chest to chest

DEGREE OF DIFFICULTY COED CREDIT

- Only skills listed under Coed Style will count.
- Rippled or synchronized in the same section without recycling athletes
- Stunts must be held for 4 counts. These counts will start once the stunt hits the intended level
 - Ex. Toss hands: counts begin when the stunt stops at prep level
 - Ex. Toss hands press extension: counts begin when the stunt stops at extended level
- Coed stunts must dismount/pop off to the performance surface to receive full Coed credit.
- Coed Stunts that become a pyramid will not receive coed credit.

PYRAMID DIFFICULTY

2.0 - 2.5	BELOW	Skills performed do not meet Low range requirement
2.5 - 3.0	LOW	2 different level appropriate skills and 2 structures
3.0 - 3.5	MID	3 different level appropriate skills and 2 structures performed by MOST of the team
3.5 - 4.0	HIGH	4 different level appropriate skills and 2 structures performed by MOST of the team

PYRAMID DIFFICULTY DRIVERS

- Degree of Difficulty:
- Maximizing the number of groups performing each level appropriate transition
 - Utilizing level appropriate stunts into structures/within sequence
 - Combination of skills (level and non-level appropriate)
 - Pace & Connection of skills performed

TOSS DIFFICULTY

1.0	Less than a MAJORITY of the team performs a toss
1.5	MAJORITY of the team performs a level appropriate toss
1.7	MAJORITY of the team performs a level appropriate NON-TWISTING toss rippled or synchronized in the same section* without recycling athletes
2.0	MAJORITY of the team performs a level appropriate TWISTING toss rippled or synchronized in the same section* without recycling athletes



TUMBLING / GIMNASIA

JUDGE: _____

TEAM: _____

CATEGORY: _____

STANDING

DIFFICULTY 3.0 MAX

1.5 pts	2.0 pts	2.5 pts	3.0 pts
BELOW	LOW	MID	HIGH

DRIVERS 1 PT MAX
DEGREE OF DIFFICULTY (0-1.0)

LEVEL APPROPRIATE BY MAJORITY	ADVANCED / ELITE BY MAJORITY
SKILL 1: 0.2	0.4
ADVANCE BY MOST	ELITE BY MOST
SKILL 3: 0.4	0.6

OR

```

    graph TD
      A[3.0 PTS MAX.] --- B[ ]
      B --- C[ ]
      C --- D[4.0 PTS MAX.]
      E[1 PTS MAX.] --- F[ ]
      F --- G[ ]
      G --- D
  
```

RUNNING

DIFFICULTY 3.0 PTS MAX

1.5 pts	2.0 pts	2.5 pts	3.0 pts
BELOW	LOW	MID	HIGH

DRIVERS 1 PT MAX
DEGREE OF DIFFICULTY (0-0.5)

ADVANCE BY MOST	ELITE BY MOST
0.3	0.5

OR

LEVEL APPROPRIATE BY MAJORITY	ADVANCE/ELITE BY MAX
0.3	0.5

MAX OF PARTICIPATION (0-0.5)

```

    graph TD
      A[0.5 PTS MAX.] --- B[ ]
      B --- C[ ]
      C --- D[3.0 PTS MAX.]
      E[ ] --- F[ ]
      F --- G[ ]
      G --- H[4.0 PTS MAX.]
      I[1.0 PTS MAX.] --- J[ ]
      J --- K[ ]
      K --- H
  
```

0.5 PTS MAX.

JUMP

DIFFICULTY 2.0 PTS MAX

0.5 pts	1.0 pts	1.5 pts	2.0 pts
BELOW	LOW	MID	HIGH

2.0 PTS MAX.

ROUTINE CREATIVITY 2.0 PTS MAX

1.5 - 2.0

2.0 PTS MAX.

SHOWMANSHIP 2.0 PTS MAX

1.5 - 2.0

2.0 PTS MAX.

ADDITIONAL COMMENTS:

TOTAL 10 PTS MAX.

CALIFICACIONES PROMEDIA-
DAS Y TOMADAS PARA EL
VALOR EN EL VALOR TOTAL
OVERALL

PROMEDIA-
DAS Y TOMADAS PARA EL
VALOR EN EL VALOR TOTAL
OVERALL



JUMP DIFFICULTY	
JUMPS MUST USE A WHIP APPROACH TO BE CONSIDERED CONNECTED. WHIP APPROACH- CONTINUOUS MOVEMENT THROUGH SWING, CONNECTING 2 OR MORE JUMPS.	
0.5	Skills performed do not meet 1.0 requirement
1.0	MOST of the team performs 1 advanced jump
1.5	MOST of the team performs 2 connected advanced jumps. Must be synchronized and include a variety.
	Tiny/Mini: MOST of the team performs 2 advanced jumps must be synchronized, but DO NOT need to be connected or include a variety.
2.0	MAX of the team performs 3 connected advanced jumps or 2 connected advanced jumps, plus 1 additional advanced jump. Must be synchronized and include a variety.
	Tiny/Mini: MAX of the team performs 3 advanced jumps must be synchronized, but DO NOT need to be connected or include a variety.

TUMBLING/JUMP QUANTITY CHART				
# OF ATHLETES	MAJORITY	MOST	MAX	
5 - 11	5	6	10	
12 - 17	6	7	12	
18 - 22	9	10	18	
23 - 30	11	12	22	
31 - 38	15	16	30	

STANDING TUMBLING DRIVERS

Once a Standing Tumbling Difficulty score is determined, each skill/pass will be evaluated based on it's Degree of Difficulty. Each category has a maximum number of points, outlined in the charts below for a total of 1 point.

STANDING TUMBLING DEGREE OF DIFFICULTY (0 - 1.0)		
(To receive credit for each Skill/Pass section below the skills performed must be DIFFERENT)		
	Level Appropriate by MAJORITY	Advanced/Elite by MAJORITY
Skill/Pass 1	0.2	OR 0.4
	Advanced by MOST	Elite by MOST
Skill/Pass 2	0.4	OR 0.6

JUMPS

- Variety - at least 2 different jumps. Performing the same jump with different legs doesn't constitute as variety. (I.e. left/right hurdler)
- Jump skills must land on feet to be considered level appropriate and receive difficulty credit (i.e., jumps that land on knee(s) or seat, etc. would not count).
- Basic Jumps: Spread Eagle, Tuck Jump
- Advanced Jumps: Pike, Right/Left Hurdlers (front or side), Toe Touch, Double Nine

RUNNING TUMBLING DRIVERS

Once a Running Tumbling Difficulty score is determined, each skill/pass will be evaluated based on it's Degree of Difficulty and Max Participation. Each category has a maximum number of points, outlined in the charts below for a total of 1 point.

STANDING TUMBLING DIFFICULTY	
1.5	Skills performed do not meet 2.0 requirement
2.0	Less than a MAJORITY of the team performs a level appropriate pass
2.5	MAJORITY of the team performs a level appropriate pass
3.0	MOST of the team performs a level appropriate pass

RUNNING TUMBLING DEGREE OF DIFFICULTY (0 - 0.5)		
	Advanced by MOST	Elite by MOST
Skill/Pass	0.3	OR 0.5

RUNNING TUMBLING DIFFICULTY	
1.5	Skills performed do not meet 2.0 requirement
2.0	Less than a MAJORITY of the team performs a level appropriate pass
2.5	MAJORITY of the team performs a level appropriate pass
3.0	MOST of the team performs a level appropriate pass

RUNNING TUMBLING MAX PARTICIPATION (0 - 0.5)	
Skills/Passes are cumulative throughout the routine.	
Level Appropriate - Skill/Pass by MAX	0.3
Advanced/Elite Level Appropriate - Skill/Pass by MAX	0.5

ADDITIONAL INFORMATION

- Standing/Running Tumbling Difficulty and the Degree of Difficulty driver can be achieved by a cumulative approach
- Tumbling passes must land on feet to be considered level appropriate and receive difficulty credit (i.t., jump 3/4 front flip to seat, back handsprings which lands in a prone position, etc w. would not count).
- Jumps within a pass will not break up the pass (i.e., Toe Touch-BHS-Toe Touch-BHS is 1 pass in L3).
- T-Jumps are not considered a jump and will break up a pass into two separate passes.



EXECUTION / EJECUCIÓN

JUDGE: _____

TEAM: _____

CATEGORY: _____

STUNTS EXECUTION 4.0 PTS MAX

2.8 - 3.0 3.0 - 3.5 3.5 - 4.0

LOW MID HIGH

DRIVERS		
TP	B/S	T
		SY

4.0 PTS MAX.

PYRAMID EXECUTION 4.0 PTS MAX

2.8 - 3.0 3.0 - 3.5 3.5 - 4.0

LOW MID HIGH

DRIVERS		
TP	B/S	T
		SY

4.0 PTS MAX.

TOSSES EXECUTION 2.0 PTS MAX

1.3 - 1.5 1.5 - 1.8 1.8 - 2.0

LOW MID HIGH

DRIVERS		
TP	B/S	H

2 PTS MAX.

10 PTS MAX.

TUMBLING

STANDING TUMBLING 4.0 PTS MAX

2.8 - 3.0 3.0 - 3.5 3.5 - 4.0

LOW MID HIGH

DRIVERS		
APP	BC	L
		SY

4.0 PTS MAX.

RUNNING TUMBLING 4.0 PTS MAX

2.8 - 3.0 3.0 - 3.5 3.5 - 4.0

LOW MID HIGH

DRIVERS		
APP	BC	L
		SY

4.0 PTS MAX.

10 PTS MAX.

JUMPS EXECUTION 2.0 PTS MAX

1.3 - 1.5 1.5 - 1.8 1.8 - 2.0

LOW MID HIGH

DRIVERS		
AP	LP	SY

2 PTS MAX.

TOTAL

20 PTS MAX.

ADDITIONAL COMMENTS:



EXECUTION - STUNT/PYRAMID & STANDING/RUNNING TUMBLING

4.0	<p>Athletes are expected to demonstrate excellent technique when performing each skill. A team's execution will be determined by all athletes performing the skill.</p> <ul style="list-style-type: none"> • Scores will start at a 4.0 and may be reduced by .1, .2 or .3 based on the lack of technical execution of each driver • .1 - Minor technique issues by the team, not just 1 athlete in Tumbling or 1 athlete in Stunts/Pyramid • .2 - Multiple technique issues by the team • .3 - Widespread technique issues by the team • No more than .3 will be taken off for a single driver. • Stylistic differences will not factor into a teams' Execution score.
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EXECUTION - TOSS & JUMPS

2.0	<p>Athletes are expected to demonstrate excellent technique when performing each skill. A team's execution will be determined by all athletes performing the skill.</p> <ul style="list-style-type: none"> • Scores will start at a 2.0 and may be reduced by .1, .2 or .3 based on the lack of technical execution of each driver • .1 - Minor technique issues by the team, not just 1 athlete in Jumps or 1 athlete in Tosses • .2 - Multiple technique issues by the team • .3 - Widespread technique issues by the team • No more than .3 will be taken off for a single driver. • Stylistic differences will not factor into a teams' Execution score.
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STUNT/PYRAMID DRIVERS

Each driver may include, but is not limited to, the below examples:

Top Person	<ul style="list-style-type: none"> • Body control • Uniform flexibility • Legs straight/locked and toes pointed
Bases/Spotters	<ul style="list-style-type: none"> • Stability of the stunt • Solid stance • Feet stationary
Transitions	<ul style="list-style-type: none"> • Entries • Dismounts • Control from skill to skill
Synchronization*	<ul style="list-style-type: none"> • Timing <p>*Teams that do not perform at least 1 level appropriate skill/transition by 2 or more groups in Stunts and Pyramids will automatically receive .3 off for Synchronization.</p>

TOSS DRIVERS

Each driver may include, but is not limited to, the below examples:

<p>Teams that only perform 1 toss will automatically receive .3 off for any driver that constitutes a reduction, regardless of the severity of the issue.</p> <p>Straight ride tosses will ONLY affect a team's execution score in level 2.</p>	
Top Person	<ul style="list-style-type: none"> • Body control • Consistent execution of skill/trick • Legs straight/toes pointed • Arm placement
Bases/Spotters	<ul style="list-style-type: none"> • Using arms/legs to throw together (Timing) • Solid stance • Controlled • Cradle
Height	<ul style="list-style-type: none"> • Distance between top persons' feet and hands of the bases (The value deducted will not exceed 0.1)

STANDING/RUNNING TUMBLING DRIVERS

Each driver may include, but is not limited to, the below examples:

Approach	<ul style="list-style-type: none"> • Arm placement into a pass/skill • Swing/prep • Chest placement
Body Control	<ul style="list-style-type: none"> • Head placement • Arm/shoulder placement in skills • Hips • Leg placement in skills • Control from skill to skill in a pass • Pointed toes
Landings	<ul style="list-style-type: none"> • Controlled • Chest placement • Finished pass/skill • Incomplete twisting skills
Synchronization*	<ul style="list-style-type: none"> • Timing <p>*Teams that do not perform at least 1 level appropriate pass synchronized in a group (two or more athletes) will automatically receive .3 off for Synchronization.</p>

JUMP DRIVERS

Each driver may include, but is not limited to, the below examples:

Arm Placement	<ul style="list-style-type: none"> • Approach • Consistent entry • Swing/prep • Arm position within jump(s)
Leg Placement	<ul style="list-style-type: none"> • Straight legs • Pointed toes • Hip placement/rotation/Hyperextension • Height • Legs/feet together • Chest placement • Landings
Synchronization	<ul style="list-style-type: none"> • Timing (The value deducted will not exceed 0.1)



FORMATIONS & TRANSITIONS

1.0 - 2.0	<p>A team's ability to demonstrate precise spacing and uniform movement.</p> <p>The Formations & Transitions score will start at 2.0 and will be reduced .1 for EACH formation and transition that lacks precision.</p>
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ROUTINE CREATIVITY

1.5 - 2.0	<p>Routine Creativity is the average of 3 opinions supplied by the Building, Tumbling, and Overall Judge and is based on the team's incorporation of innovative, visual, and intricate ideas throughout the routine. Each judge is looking specifically at the skill sections that pertain to their respective categories and how they are composed, as defined below.</p> <p>Overall Judge: Innovative, visual, and intricate ideas as well as any additional skills performed that enhance the overall appeal and flow of the routine. Overall judges scores encapsulate the entire routine from start to finish.</p> <p>Building Judge: Incorporation of creative, innovative, and visual elements in the Entries, Transitions, and Dismounts of all Building skills. This includes both level and non-level appropriate skills. Pace/connection of skills will be considered.</p> <p>Tumbling Judge: Incorporation of clear visual tumbling patterns that enhance the skills performed.</p>
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DANCE

Dance will be evaluated as a team's ability to demonstrate a variety of difficulty elements with strong execution, based on the elements below.

0.5 - 1.0	DIFFICULTY ELEMENTS	Visual elements • Variety of levels • Formation changes • Footwork • Floorwork • Partner work • Pace
0.5 - 1.0	EXECUTION	Technique • Perfection • Motion Strength/Placement • Synchronization • Energy/Entertainment Value

SHOWMANSHIP

1.0 - 2.0	<p>Showmanship is an average of 3 scores provided by the Building, Tumbling, and Overall Judges based on the panel's impression of the entire performance encompassing all category areas focusing on the team's energy, genuine enthusiasm, confidence, eye contact, and facial expression.</p> <p>This category is not skill based but will take into consideration appropriate athletic impression throughout the routine.</p>
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Assisted (Stunt - Coed Style)	A coed style stunt becomes assisted if at any point the spotter touches the base and/or top person, including the dip for the dismount.
Combination Pass (Tumbling)	Multiple skills that are continuous and do not involve elements that would break it up into multiple passes. Example: Level 1 – Back Walkover Series or FWO - CW - BWO
Combination Skills (Stunt)	Two or more skills are simultaneously performed to make one transitional style skill. Example: Full Twisting Tic-Toc
Connected Pass (Tumbling)	Two or more passes that are broken up by; step(s), chasse/sashay, rebound step, a pause, etc. This does not include a jump within a pass. Example: Level 3 – Punch Front Chasse or Step FWO - RO - BHS - Tuck
Connected Skills (Stunt)	Two or more skills are performed in sequence to each other
Cumulative (General)	Multiple skills performed throughout the routine
Dismount (Stunt)	The ending movement from a stunt or pyramid that is released to a cradle or released to the performance surface.
Extension (Stunt)	A stunt at the extended level where the top person is held in a standing vertical position
Hands (Stunt - Coed Style)	A single-based stunt at prep level where the top person is supported under both feet and is held in a standing vertical position by 1 base, who is standing on the performance surface.
Inversion Style (Stunt)	An athlete has at least one foot above the waist/hips, and the head/shoulders are below the waist/hips at the initiation (bottom of the dip) of the skill.
Lib (Stunt)	A single-leg stunt in which the base(s) hold 1 foot of the top person's supported leg while the top person's unsupported leg is bent, and the foot is placed next to the knee. Both knees of the top person are facing forward/same direction.
Load Position (Stunt - Coed Style)	A position where the top person has both feet on the performance surface, hands on the base's wrists, and the base has hands on the top person's waist.
Release Style (Stunt)	Top person and bases break contact to execute a building skill. Release skills need to release from and return to the same base/bases. In levels 1, 2, and 3, skills will resemble a released skill where a spotter may maintain contact except for on the foot. Clarification: For release style skills combined with twisting skills where the bases cannot fully release the top person, a base may start under the foot of the top person if that foot is in the lib position and the skill still resembles the look of a release style stunt
Synchronized (General)	The same skill is performed at the same time by two or more athletes/groups.

STUNTS

RELEASE STYLE	TWISTING	COMBINATION/OTHER SKILLS	DISMOUNT
LEVEL APPROPRIATE			
<ul style="list-style-type: none"> RELEASE STYLE FROM GROUND LEVEL (SWITCH UP) TO LIB BELOW PREP LEVEL TIC TOC BELOW PREP LEVEL (LIB TO LIB) 	<ul style="list-style-type: none"> 1/4 TWISTING TRANSITION TO BELOW PREP LEVEL 1/4 TWISTING TRANSITION TO GROUND LEVEL 1/4 TWISTING TRANSITION FROM PREP LEVEL 	<ul style="list-style-type: none"> BACK STAND PREP LEVEL SHOW & GO STRADDLE SIT FLAT BACK EXTENDED STRADDLE SIT BELOW PREP LEVEL 1 LEG STUNT EXTENDED FLAT BACK PREP LEVEL 1 LEG STUNT WITH BRACER SHOULDER SIT CHAIR SHOULDER STAND PRONE 	<ul style="list-style-type: none"> STEP DOWN
ADVANCED LEVEL APPROPRIATE			
<ul style="list-style-type: none"> RELEASE STYLE FROM GROUND LEVEL (SWITCH UP) TO BODY POSITION BELOW PREP LEVEL TIC TOC BELOW PREP LEVEL (LIB TO BODY POSITION) TIC TOC AT PREP LEVEL (LIB TO BODY POSITION) WITH BRACER RELEASE STYLE FROM GROUND LEVEL (SWITCH UP) TO PREP LEVEL LIB WITH BRACER RELEASE STYLE FROM WAIST LEVEL TO PREP LEVEL LIB WITH BRACER 	<ul style="list-style-type: none"> 1/4 TWISTING TRANSITION TO PREP LEVEL LIB WITH BRACER FROM BELOW PREP LEVEL 1/4 TWISTING TRANSITION AT PREP LEVEL TO PREP LEVEL STUNT 	<ul style="list-style-type: none"> TRANSITION FROM BELOW PREP LEVEL TO PREP LEVEL BODY POSITION STUNT WITH BRACER 1/4 TWISTING TIC TOC AT PREP LEVEL WITH BRACER (LIB TO LIB) 	
ELITE LEVEL APPROPRIATE			
<ul style="list-style-type: none"> TIC TOC AT PREP LEVEL (BODY POSITION TO BODY POSITION) WITH BRACER TIC TOC BELOW PREP LEVEL (BODY POSITION TO BODY POSITION) RELEASE STYLE FROM GROUND LEVEL (SWITCH UP) TO PREP LEVEL BODY POSITION WITH BRACER RELEASE STYLE FROM WAIST LEVEL TO PREP LEVEL BODY POSITION WITH BRACER 	<ul style="list-style-type: none"> 1/4 TWISTING TRANSITION TO PREP STUNT FROM BELOW PREP LEVEL 1/4 TWISTING TRANSITION FROM BELOW PREP LEVEL TO PREP LEVEL BODY POSITION WITH BRACER 	<ul style="list-style-type: none"> 1/4 TWISTING TIC TOC AT PREP LEVEL WITH BRACER (BODY POSITION TO BODY POSITION) 1/4 TWISTING RELEASE FROM GROUND LEVEL (SWITCH UP) TO PREP LEVEL LIB WITH BRACER 1/4 TWISTING RELEASE FROM WAIST LEVEL TO PREP LEVEL LIB 1/4 TWISTING TIC TOC BELOW PREP LEVEL (BODY POSITION TO BODY POSITION) 	<ul style="list-style-type: none"> STRAIGHT CRADLE FROM PREP STUNT

STANDING TUMBLING

LEVEL APPROPRIATE	ADVANCED LEVEL APPROPRIATE	ELITE LEVEL APPROPRIATE
<ul style="list-style-type: none"> FORWARD ROLL STRADDLE ROLL PUSHUP TO BACKBEND BACKWARD ROLL (BWR) HANDSTAND BACKBEND KICK OVER STANDING BACKBEND FRONT LIMBER/BACK LIMBER 	<ul style="list-style-type: none"> HANDSTAND FORWARD ROLL BACK WALKOVER (BWO) BWO - BWR - BWO 	<ul style="list-style-type: none"> BACK WALKOVER SERIES BACK WALKOVER SWITCH LEG BACK EXTENSION ROLL BACK EXTENSION ROLL - BWO/BWO SERIES VALDEZ

RUNNING TUMBLING

LEVEL APPROPRIATE	ADVANCED LEVEL APPROPRIATE	ELITE LEVEL APPROPRIATE
<ul style="list-style-type: none"> CARTWHEEL (CW) CARTWHEEL - BACKWARD ROLL 	<ul style="list-style-type: none"> ROUND OFF (RO) FRONT WALKOVER (FWO)/FWO SERIES CARTWHEEL - BWO 	<ul style="list-style-type: none"> CARTWHEEL - BWO SERIES FWO - CARTWHEEL/ROUND OFF FWO - CW - BWO/BWO SERIES FWO - CW - BWO SWITCH LEG

STUNTS

INVERSION STYLE	RELEASE STYLE	TWISTING	COMBINATION/OTHER SKILLS	DISMOUNT
LEVEL APPROPRIATE				
<ul style="list-style-type: none"> • INVERSION FROM GROUND LEVEL TO BELOW PREP LEVEL • INVERSION FROM GROUND LEVEL TO PREP LEVEL 	<ul style="list-style-type: none"> • TIC TOC AT PREP LEVEL (LIB TO LIB) 	<ul style="list-style-type: none"> • 1/2 TWISTING TRANSITION TO BELOW PREP LEVEL • 1/2 TWISTING TRANSITION TO PREP LEVEL • 1/4 TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT • 1/4 TWISTING TRANSITION TO EXTENDED STUNT 	<ul style="list-style-type: none"> • PREP LEVEL 1 LEG STUNT • EXTENSION • BARREL ROLL • LEAP FROG VARIATIONS • WALK IN PREP LEVEL PRESS EXTENSION • 1/2 TWISTING TRANSITION TO PRONE 	<ul style="list-style-type: none"> • STRAIGHT CRADLE FROM PREP LEVEL BODY POSITION
ADVANCED LEVEL APPROPRIATE				
<ul style="list-style-type: none"> • INVERSION FROM GROUND LEVEL TO PREP LEVEL 1 LEG STUNT 	<ul style="list-style-type: none"> • TIC TOC AT PREP LEVEL (LIB TO BODY POSITION) • RELEASE STYLE FROM GROUND LEVEL (SWITCH UP) TO PREP LEVEL LIB • RELEASE STYLE FROM WAIST LEVEL TO PREP LEVEL LIB 	<ul style="list-style-type: none"> • 1/2 TWISTING TRANSITION AT PREP LEVEL TO PREP LEVEL BODY POSITION 	<ul style="list-style-type: none"> • 1/2 TWISTING TIC TOC TO PREP LEVEL 1 LEG STUNT • 1/2 TWISTING INVERSION FROM GROUND LEVEL TO PREP LEVEL 1 LEG STUNT • 1/2 TWISTING TRANSITION FROM EXTENSION TO CRADLE POSITION 	<ul style="list-style-type: none"> • STRAIGHT CRADLE FROM EXTENSION
ELITE LEVEL APPROPRIATE				
<ul style="list-style-type: none"> • INVERSION FROM GROUND LEVEL TO EXTENSION • INVERSION FROM GROUND LEVEL TO PREP LEVEL BODY POSITION 	<ul style="list-style-type: none"> • TIC TOC AT PREP LEVEL (BODY POSITION TO BODY POSITION) • RELEASE STYLE FROM GROUND LEVEL (SWITCH UP) TO PREP LEVEL BODY POSITION • RELEASE STYLE FROM WAIST LEVEL TO PREP LEVEL BODY POSITION 	<ul style="list-style-type: none"> • 1/2 TWISTING TRANSITION TO EXTENSION • 1/2 TWISTING TRANSITION TO PREP LEVEL BODY POSITION 	<ul style="list-style-type: none"> • 1/2 TWISTING INVERSION FROM GROUND LEVEL TO EXTENSION • 1/2 TWISTING INVERSION FROM GROUND LEVEL TO PREP LEVEL BODY POSITION • 1/2 TWISTING TIC TOC AT PREP LEVEL 1 LEG STUNT TO BODY POSITION 	<ul style="list-style-type: none"> • 1/4 TWISTING DISMOUNT FROM PREP STUNT OR EXTENSION TO CRADLE POSITION

TOSSES

NON - TWISTING	TWISTING
<ul style="list-style-type: none"> • STRAIGHT RIDE TOSS 	

STANDING TUMBLING

LEVEL APPROPRIATE	ADVANCED LEVEL APPROPRIATE	ELITE LEVEL APPROPRIATE
<ul style="list-style-type: none"> • BACK HANDSPRING (BHS) • BACK HANDSPRING STEP OUT 	<ul style="list-style-type: none"> • BACK WALKOVER - BHS • BACK WALKOVER - BHS STEP OUT • BHS STEP-OUT - BACK WALKOVER 	<ul style="list-style-type: none"> • BWO - BHS STEP OUT - BWO • BWO SWITCH LEG - BHS • BHS STEP OUT - BWO - BHS • VALDEZ - BHS/BHS STEP OUT • BACK EXTENSION ROLL - BHS/BHS STEP OUT

RUNNING TUMBLING

LEVEL APPROPRIATE	ADVANCED LEVEL APPROPRIATE	ELITE LEVEL APPROPRIATE
<ul style="list-style-type: none"> • CARTWHEEL - BHS • ROUND OFF (RO) - BHS 	<ul style="list-style-type: none"> • ROUND OFF (RO) - BHS STEP OUT • CW - BHS STEP OUT • FRONT HANDSPRING (FHS) • FWO - FHS 	<ul style="list-style-type: none"> • SERIES FRONT HANDSPRINGS • BOUNDER/FLYSPRING • CW - BHS SERIES • RO - BHS SERIES • FWO - RO - BHS/BHS SERIES • CW - BHS STEP OUT - BWO - BHS/BHS SERIES • RO - BHS STEP OUT - BWO - BHS/BHS SERIES



STUNTS

INVERSION STYLE	RELEASE STYLE	TWISTING	COMBINATION/OTHER SKILLS	COED STYLE	DISMOUNT
LEVEL APPROPRIATE					
<ul style="list-style-type: none"> • INVERTED BELOW PREP LEVEL • INVERTED AT PREP LEVEL • DOWNWARD INVERSION FROM BELOW PREP LEVEL 	<ul style="list-style-type: none"> • RELEASE TO PREP LEVEL OR BELOW • TIC TOC BELOW PREP LEVEL TO BELOW PREP LEVEL (LIB TO LIB) • TIC TOC BELOW PREP LEVEL TO PREP LEVEL (LIB TO LIB) 	<ul style="list-style-type: none"> • 3/4 TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT • FULL TWISTING TRANSITION BELOW PREP LEVEL • FULL TWISTING TRANSITION TO PREP LEVEL • FULL TWISTING TRANSITION TO/AT PREP LEVEL LIB • 1/4 TWISTING TRANSITION TO EXTENDED 1 LEG STUNT 	<ul style="list-style-type: none"> • SUSPENDED FORWARD ROLL • FULL TWISTING TRANSITION FROM PREP LEVEL TO PRONE • EXTENDED LIB • 1/2 TWISTING SUSPENDED FORWARD ROLL 	ASSISTED OR UNASSISTED: <ul style="list-style-type: none"> • WALK IN/TOSS HANDS • WALK IN/TOSS HANDS PRESS EXTENSION • WALK IN EXTENSION 	<ul style="list-style-type: none"> • STRAIGHT CRADLE FROM EXTENDED 1 LEG STUNT • 1/4 TWISTING DISMOUNT FROM EXTENDED 1 LEG STUNT
ADVANCED LEVEL APPROPRIATE					
<ul style="list-style-type: none"> • INVERSION FROM WAIST/PREP LEVEL TO EXTENDED 1 LEG STUNT • INVERSION FROM GROUND LEVEL TO EXTENDED LIB 	<ul style="list-style-type: none"> • RELEASE FROM GROUND LEVEL (SWITCH UP) TO PREP LEVEL LIB • RELEASE FROM WAIST LEVEL (BALL UP, STRADDLE UP ETC) TO PREP LEVEL LIB • TIC TOC FROM PREP LEVEL LIB TO EXTENDED BODY POSITION 	<ul style="list-style-type: none"> • FULL TWISTING TRANSITION TO PREP LEVEL BODY POSITION • FULL TWISTING TRANSITION AT PREP LEVEL (LIB TO LIB) • 1/2 TWISTING TRANSITION TO EXTENDED LIB • FULL TWISTING TRANSITION TO/AT PREP LEVEL TO PREP LEVEL BODY POSITION 	<ul style="list-style-type: none"> • FULL TWISTING INVERSION TO PREP STUNT • 1/2 TWISTING INVERSION TO EXTENDED LIB 	ASSISTED: <ul style="list-style-type: none"> • WALK IN HANDS PRESS EXTENDED 1 LEG STUNT • TOSS HANDS PRESS EXTENDED 1 LEG STUNT • WALK-IN EXTENDED 1 LEG STUNT/1 ARM STUNT 	
ELITE LEVEL APPROPRIATE					
<ul style="list-style-type: none"> • INVERSION FROM GROUND LEVEL TO EXTENDED BODY POSITION 	<ul style="list-style-type: none"> • RELEASE FROM GROUND LEVEL (SWITCH UP) TO PREP LEVEL BODY POSITION • RELEASE FROM WAIST LEVEL (BALL UP, STRADDLE UP ETC) TO PREP LEVEL BODY POSITION 	<ul style="list-style-type: none"> • FULL TWISTING TRANSITION AT PREP LEVEL (BODY POSITION TO BODY POSITION) • FULL TWISTING TRANSITION TO EXTENSION • 1/2 TWISTING TRANSITION TO EXTENDED BODY POSITION 	<ul style="list-style-type: none"> • FULL TWISTING TIC TOC AT PREP LEVEL (LIB TO BODY POSITION) • FULL TWISTING INVERSION FROM PREP LEVEL OR BELOW TO PREP LEVEL 1 LEG STUNT • 1/2 TWISTING INVERSION FROM GROUND LEVEL TO EXTENDED BODY POSITION • FULL TWISTING SUSPENDED FORWARD ROLL 	UNASSISTED: <ul style="list-style-type: none"> • WALK IN HANDS PRESS EXTENDED 1 LEG STUNT • TOSS HANDS PRESS EXTENDED 1 LEG STUNT • WALK-IN EXTENDED 1 LEG STUNT/1 ARM STUNT 	<ul style="list-style-type: none"> • FULL DOWN FROM PREP STUNT/EXTENSION

TOSESSES

NON - TWISTING	TWISTING
BALL ARCH • LIB ARCH • PIKE ARCH • KICK ARCH • BALL - X • TOE TOUCH	FULL TWIST

STANDING TUMBLING

LEVEL APPROPRIATE	ADVANCED LEVEL APPROPRIATE	ELITE LEVEL APPROPRIATE
<ul style="list-style-type: none"> • BHS/BHS STEP OUT - BHS/BHS STEP OUT • ADVANCED JUMP - BHS/BHS STEP OUT • BHS/BHS SERIES - ADVANCED JUMP 	<ul style="list-style-type: none"> • BWO - BHS SERIES • BHS - BHS - BHS OR MORE • ADVANCED JUMP - BHS SERIES 	<ul style="list-style-type: none"> • BHS/BHS SERIES - ADVANCED JUMP - BHS/BHS SERIES • ADVANCED JUMP - BHS - ADVANCED JUMP - BHS • BHS STEP OUT - BHS SERIES • BHS STEP OUT - BWO - BHS SERIES • BWO - BHS - ADVANCED JUMP - BHS/BHS SERIES

RUNNING TUMBLING

LEVEL APPROPRIATE	ADVANCED LEVEL APPROPRIATE	ELITE LEVEL APPROPRIATE
<ul style="list-style-type: none"> • ROUND OFF - TUCK • AERIAL 	<ul style="list-style-type: none"> • PUNCH FRONT (PF) • ROUND OFF - BHS SERIES - TUCK 	<ul style="list-style-type: none"> • FWO - AERIAL • BOUNDER/FLYSPRING - AERIAL • ROUND OFF - BHS - TUCK • RO - BHS STEP OUT - 1/2 TURN - RO - TO - TUCK • FWO - RO - TO - TUCK • BOUNDER/FLYSPRING - RO - TO - TUCK FRONT • HANDSPRING (FHS) - PUNCH FRONT



STUNTS

INVERSION STYLE	RELEASE STYLE	TWISTING	COMBINATION/OTHER SKILLS	COED STYLE	DISMOUNT
LEVEL APPROPRIATE					
<ul style="list-style-type: none"> RELEASED INVERSION TO PREP LEVEL OR BELOW RELEASED INVERSION AT PREP LEVEL TO PREP LEVEL DOWNWARD INVERSION FROM PREP LEVEL 	<ul style="list-style-type: none"> TIC TOC LIB TO LIB (HIGH TO LOW) HELICOPTER RELEASE MOVES RELEASE FROM PREP LEVEL TO PREP LEVEL RELEASE TO EXTENSION 	<ul style="list-style-type: none"> 1 1/2 TWISTING TRANSITION TO BELOW PREP LEVEL 1 1/2 TWISTING TRANSITION TO PREP LEVEL 3/4 TWISTING TRANSITION TO EXTENDED STUNT 	<ul style="list-style-type: none"> FULL TWISTING RELEASE TO PREP LEVEL OR BELOW 	ASSISTED OR UNASSISTED: <ul style="list-style-type: none"> WALK IN/TOSS HANDS WALK IN/TOSS HANDS PRESS EXTENSION WALK IN/TOSS EXTENSION 	
ADVANCED LEVEL APPROPRIATE					
<ul style="list-style-type: none"> EXTENDED INVERTED STUNT 	<ul style="list-style-type: none"> RELEASE FROM WAIST OR PREP LEVEL TO EXTENDED LIB TIC TOC EXTENDED BODY POSITION TO PREP LEVEL OR BELOW LIB (HIGH TO LOW) RELEASE FROM GROUND LEVEL (SWITCH UP) TO EXTENDED BODY POSITION 	<ul style="list-style-type: none"> 1 1/2 TWISTING TRANSITION TO/AT PREP LEVEL LIB FULL TWISTING TRANSITION TO EXTENSION 	<ul style="list-style-type: none"> FULL TWISTING RELEASE FROM WAIST LEVEL TO PREP LEVEL LIB FULL TWISTING RELEASE FROM GROUND LEVEL (SWITCH UP) TO PREP LEVEL LIB FULL TWISTING RELEASE FROM PREP LEVEL (TIC TOC) TO PREP LEVEL LIB 1 1/2 TWISTING RELEASE FROM GROUND LEVEL (SWITCH UP) TO PREP LEVEL LIB 	ASSISTED: <ul style="list-style-type: none"> WALK IN HANDS PRESS EXTENDED 1 LEG STUNT TOSS HANDS PRESS EXTENDED 1 LEG STUNT WALK-IN EXTENDED 1 LEG STUNT/1 ARM STUNT TOSS EXTENDED 1 LEG STUNT/1 ARM STUNT 	<ul style="list-style-type: none"> FULL DOWN FROM EXTENDED 1 LEG STUNT
ELITE LEVEL APPROPRIATE					
<ul style="list-style-type: none"> RELEASED INVERSION FROM PREP LEVEL OR BELOW TO EXTENDED STUNT BACK HANDSPRING UP TO EXTENDED STUNT 	<ul style="list-style-type: none"> RELEASE FROM WAIST OR PREP LEVEL TO EXTENDED BODY POSITION TIC TOC EXTENDED BODY POSITION TO PREP LEVEL BODY POSITION (HIGH TO LOW) 	<ul style="list-style-type: none"> 1 1/2 TWISTING TRANSITION TO/AT PREP LEVEL BODY POSITION 1 1/2 TWISTING TRANSITION AT PREP LEVEL (BODY POSITION TO BODY POSITION) 1 1/2 TWISTING TRANSITION TO EXTENSION FULL TWISTING TRANSITION TO EXTENDED 1 LEG STUNT FULL TWISTING TRANSITION AT EXTENDED LEVEL 	<ul style="list-style-type: none"> FULL TWISTING RELEASE FROM GROUND LEVEL (SWITCH UP) TO PREP LEVEL BODY POSITION 1 1/2 TWISTING RELEASE FROM GROUND LEVEL (SWITCH UP) TO PREP LEVEL BODY POSITION FULL TWISTING RELEASE FROM WAIST LEVEL (TIC TOC, BALL UP OR STRADDLE UP) TO PREP LEVEL BODY POSITION 1 1/2 TWISTING RELEASE FROM WAIST LEVEL OR ABOVE (TIC TOC, BALL UP OR STRADDLE UP) TO PREP LEVEL LIB FULL TWISTING RELEASE FROM PREP LEVEL (TIC TOC) TO PREP LEVEL BODY POSITION FULL TWISTING INVERSION TO EXTENDED STUNT 	UNASSISTED: <ul style="list-style-type: none"> WALK IN HANDS PRESS EXTENDED 1 LEG STUNT TOSS HANDS PRESS EXTENDED 1 LEG STUNT WALK-IN EXTENDED 1 LEG STUNT/1 ARM STUNT TOSS EXTENDED 1 LEG STUNT/1 ARM STUNT 	<ul style="list-style-type: none"> DOUBLE DOWN FROM PREP STUNT/EXTENSION KICK FULL TWISTING DISMOUNT

TOSSES

NON - TWISTING	TWISTING
BALL KICK • PIKE-X • HITCH KICK • SWITCH KICK • DOUBLE TOE TOUCH	BALL FULL • LIB FULL • PIKE FULL • KICK FULL TOE TOUCH FULL • FULL UP TOE TOUCH • DOUBLE FULL

STANDING TUMBLING

LEVEL APPROPRIATE	ADVANCED LEVEL APPROPRIATE	ELITE LEVEL APPROPRIATE
<ul style="list-style-type: none"> BACK TUCK BACKWARD ROLL - TUCK 	<ul style="list-style-type: none"> BHS SERIES - TUCK ONODI BWO - TUCK 	<ul style="list-style-type: none"> BACK EXTENSION ROLL - TUCK VALDEZ - TUCK

RUNNING TUMBLING

LEVEL APPROPRIATE	ADVANCED LEVEL APPROPRIATE	ELITE LEVEL APPROPRIATE
<ul style="list-style-type: none"> CARTWHEEL - TUCK FWO - CW - TUCK ROUND OFF - LAYOUT ROUND OFF - ONODI FRONT AERIAL FRONT AERIAL - RO - TO - TUCK FRONT HANDSPRING - PF 	<ul style="list-style-type: none"> PF - PF PF STEP OUT - AERIAL ROUND OFF - BHS SERIES - LAYOUT PF STEP OUT - RO - TO - TUCK AERIAL - BACK TUCK/LAYOUT/LAYOUT STEP OUT FWO - AERIAL - TUCK ROUND OFF - TO - WHIP/TUCK - TO - TUCK FRONT AERIAL - RO - TO - WHIP - TO - TUCK FWO - RO - TO - WHIP/TUCK - TO - TUCK PF STEP OUT - RO - TO - WHIP/TUCK - TO - TUCK FRONT HANDSPRING - PF STEP OUT - RO - TO - TUCK FRONT HANDSPRING - PF STEP OUT - RO - TO - WHIP/TUCK - TO - TUCK 	<ul style="list-style-type: none"> ROUND OFF - BHS - LAYOUT/LAYOUT STEP OUT/X-OUT/SWITCH LEG ROUND OFF - ONODI - TO - LAYOUT FRONT WALKOVER - RO - TO - LAYOUT FRONT AERIAL - RO - TO - WHIP - LAYOUT PF STEP OUT - RO - TO - LAYOUT ROUND OFF - TO - WHIP/TUCK - TO - LAYOUT FWO - ROUND OFF - TO - WHIP/TUCK - TO - LAYOUT PF STEP OUT - RO - TO - WHIP/TUCK - TO - LAYOUT FRONT HANDSPRING - PF STEP OUT - RO - TO - LAYOUT FRONT HANDSPRING - PF STEP OUT - RO - TO - WHIP/TUCK - TO - LAYOUT



STUNTS

INVERSION STYLE	RELEASE STYLE	TWISTING	COMBINATION/OTHER SKILLS	COED STYLE	DISMOUNT
LEVEL APPROPRIATE					
<ul style="list-style-type: none"> RELEASED INVERSION TO PREP LEVEL OR BELOW RELEASED INVERSION AT PREP LEVEL TO PREP LEVEL DOWNWARD INVERSION FROM PREP LEVEL 	<ul style="list-style-type: none"> TIC TOC LIB TO LIB (HIGH TO LOW) HELICOPTER RELEASE MOVES RELEASE FROM PREP LEVEL TO PREP LEVEL RELEASE TO EXTENSION 	<ul style="list-style-type: none"> 1 1/2 TWISTING TRANSITION TO BELOW PREP LEVEL 1 1/2 TWISTING TRANSITION TO PREP LEVEL 3/4 TWISTING TRANSITION TO EXTENDED STUNT 	<ul style="list-style-type: none"> FULL TWISTING RELEASE TO PREP LEVEL OR BELOW 	<p>ASSISTED OR UNASSISTED:</p> <ul style="list-style-type: none"> WALK IN/TOSS HANDS WALK IN/TOSS HANDS PRESS EXTENSION WALK IN/TOSS EXTENSION 	
ADVANCED LEVEL APPROPRIATE					
<ul style="list-style-type: none"> EXTENDED INVERTED STUNT 	<ul style="list-style-type: none"> RELEASE FROM WAIST OR PREP LEVEL TO EXTENDED LIB TIC TOC EXTENDED BODY POSITION TO PREP LEVEL OR BELOW LIB (HIGH TO LOW) RELEASE FROM GROUND LEVEL (SWITCH UP) TO EXTENDED BODY POSITION 	<ul style="list-style-type: none"> 1 1/2 TWISTING TRANSITION TO/AT PREP LEVEL LIB FULL TWISTING TRANSITION TO EXTENSION 	<ul style="list-style-type: none"> FULL TWISTING RELEASE FROM WAIST LEVEL TO PREP LEVEL LIB FULL TWISTING RELEASE FROM GROUND LEVEL (SWITCH UP) TO PREP LEVEL LIB FULL TWISTING RELEASE FROM PREP LEVEL (TIC TOC) TO PREP LEVEL LIB 1 1/2 TWISTING RELEASE FROM GROUND LEVEL (SWITCH UP) TO PREP LEVEL LIB 	<p>ASSISTED:</p> <ul style="list-style-type: none"> WALK IN HANDS PRESS EXTENDED 1 LEG STUNT TOSS HANDS PRESS EXTENDED 1 LEG STUNT WALK-IN EXTENDED 1 LEG STUNT/1 ARM STUNT TOSS EXTENDED 1 LEG STUNT/1 ARM STUNT 	<ul style="list-style-type: none"> FULL DOWN FROM EXTENDED 1 LEG STUNT
ELITE LEVEL APPROPRIATE					
<ul style="list-style-type: none"> RELEASED INVERSION FROM PREP LEVEL OR BELOW TO EXTENDED STUNT BACK HANDSPRING UP TO EXTENDED STUNT 	<ul style="list-style-type: none"> RELEASE FROM WAIST OR PREP LEVEL TO EXTENDED BODY POSITION TIC TOC EXTENDED BODY POSITION TO PREP LEVEL BODY POSITION (HIGH TO LOW) 	<ul style="list-style-type: none"> 1 1/2 TWISTING TRANSITION TO/AT PREP LEVEL BODY POSITION 1 1/2 TWISTING TRANSITION AT PREP LEVEL (BODY POSITION TO BODY POSITION) 1 1/2 TWISTING TRANSITION TO EXTENSION FULL TWISTING TRANSITION TO EXTENDED 1 LEG STUNT FULL TWISTING TRANSITION AT EXTENDED LEVEL 	<ul style="list-style-type: none"> FULL TWISTING RELEASE FROM GROUND LEVEL (SWITCH UP) TO PREP LEVEL BODY POSITION 1 1/2 TWISTING RELEASE FROM GROUND LEVEL (SWITCH UP) TO PREP LEVEL BODY POSITION FULL TWISTING RELEASE FROM WAIST LEVEL (TIC TOC, BALL UP OR STRADDLE UP) TO PREP LEVEL BODY POSITION 1 1/2 TWISTING RELEASE FROM WAIST LEVEL OR ABOVE (TIC TOC, BALL UP OR STRADDLE UP) TO PREP LEVEL LIB FULL TWISTING RELEASE FROM PREP LEVEL (TIC TOC) TO PREP LEVEL BODY POSITION FULL TWISTING INVERSION TO EXTENDED STUNT 	<p>UNASSISTED:</p> <ul style="list-style-type: none"> WALK IN HANDS PRESS EXTENDED 1 LEG STUNT TOSS HANDS PRESS EXTENDED 1 LEG STUNT WALK-IN EXTENDED 1 LEG STUNT/1 ARM STUNT TOSS EXTENDED 1 LEG STUNT/1 ARM STUNT 	<ul style="list-style-type: none"> DOUBLE DOWN FROM PREP STUNT/EXTENSION KICK FULL TWISTING DISMOUNT

TOSES

NON - TWISTING	TWISTING
BALL KICK • PIKE-X • HITCH KICK • SWITCH KICK • DOUBLE TOE TOUCH	BALL FULL • LIB FULL • PIKE FULL • KICK FULL TOE TOUCH FULL • FULL UP TOE TOUCH • DOUBLE FULL

STANDING TUMBLING

LEVEL APPROPRIATE	ADVANCED LEVEL APPROPRIATE	ELITE LEVEL APPROPRIATE
<ul style="list-style-type: none"> BACK TUCK BACKWARD ROLL - TUCK 	<ul style="list-style-type: none"> BHS SERIES - TUCK ONODI BWO - TUCK BACK EXTENSION ROLL - TUCK VALDEZ - TUCK 	<ul style="list-style-type: none"> BHS/BHS STEP OUT - TUCK ADVANCED JUMP - BHS SERIES - TUCK ADVANCED JUMP - BHS - TUCK

RUNNING TUMBLING

LEVEL APPROPRIATE	ADVANCED LEVEL APPROPRIATE	ELITE LEVEL APPROPRIATE
<ul style="list-style-type: none"> CARTWHEEL - TUCK FWO - CW - TUCK ROUND OFF - LAYOUT ROUND OFF - ONODI FRONT AERIAL FRONT AERIAL - RO - TO - TUCK FRONT HANDSPRING - PF 	<ul style="list-style-type: none"> PF - PF PF STEP OUT - AERIAL ROUND OFF - BHS SERIES - LAYOUT PF STEP OUT - RO - TO - TUCK AERIAL - BACK TUCK/LAYOUT/LAYOUT STEP OUT FWO - AERIAL - TUCK ROUND OFF - TO - WHIP/TUCK - TO - TUCK FRONT AERIAL - RO - TO - WHIP - TO - TUCK FWO - RO - TO - WHIP/TUCK - TO - TUCK PF STEP OUT - RO - TO - WHIP/TUCK - TO - TUCK FRONT HANDSPRING - PF STEP OUT - RO - TO - TUCK FRONT HANDSPRING - PF STEP OUT - RO - TO - WHIP/TUCK - TO - TUCK 	<ul style="list-style-type: none"> ROUND OFF - BHS - LAYOUT/LAYOUT STEP OUT/X-OUT/SWITCH LEG ROUND OFF - ONODI - TO - LAYOUT FRONT WALKOVER - RO - TO - LAYOUT FRONT AERIAL - RO - TO - WHIP - LAYOUT PF STEP OUT - RO - TO - LAYOUT ROUND OFF - TO - WHIP/TUCK - TO - LAYOUT FWO - ROUND OFF - TO - WHIP/TUCK - TO - LAYOUT PF STEP OUT - RO - TO - WHIP/TUCK - TO - LAYOUT FRONT HANDSPRING - PF STEP OUT - RO - TO - LAYOUT FRONT HANDSPRING - PF STEP OUT - RO - TO - WHIP/TUCK - TO - LAYOUT

INVERSION STYLE	RELEASE STYLE	TWISTING	COMBINATION/OTHER SKILLS	COED STYLE	DISMOUNT
LEVEL APPROPRIATE					
<ul style="list-style-type: none"> DOWNWARD INVERSION FROM EXTENDED STUNT DOWNWARD INVERSION FROM EXTENDED 1 LEG STUNT RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO EXTENSION RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO LIB 	<ul style="list-style-type: none"> TIC TOC LIB TO LIB (HIGH TO HIGH) TIC TOC LIB TO LIB (LOW TO HIGH) TIC TOC LIB TO BODY POSITION (LOW TO HIGH) 	<ul style="list-style-type: none"> FULL TWISTING TRANSITION TO EXTENDED BODY POSITION 1/4 - 1 3/4 TWISTING TRANSITION TO EXTENSION DOUBLE TWISTING TRANSITION TO EXTENSION 	<ul style="list-style-type: none"> 1 1/2 - 2 TWIST TO PRONE TWISTING HELICOPTER RELEASE MOVES 1/4 - 3/4 TWISTING TIC TOC TO EXTENDED 1 LEG STUNT 1/2 TWISTING RELEASE FROM GROUND LEVEL (SWITCH UP) TO EXTENDED 1 LEG STUNT 1/2 TWISTING RELEASE FROM WAIST LEVEL (BALL UP) TO EXTENDED 1 LEG STUNT 	ASSISTED OR UNASSISTED: <ul style="list-style-type: none"> WALK IN/TOSS EXTENSION WALK IN/TOSS HANDS PRESS EXTENDED 1 LEG STUNT WALK IN/TOSS EXTENDED 1 LEG STUNT 	<ul style="list-style-type: none"> DOUBLE DOWN FROM EXTENDED LIB
ADVANCED LEVEL APPROPRIATE					
<ul style="list-style-type: none"> PREP LEVEL HAND IN HAND TO EXTENSION RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO EXTENDED BODY POSITION REWIND TO PREP 	<ul style="list-style-type: none"> TIC TOC LIB TO BODY POSITION (HIGH TO HIGH) 	<ul style="list-style-type: none"> DOUBLE TWISTING TRANSITION TO/AT EXTENDED LIB 1 1/2 - 1 3/4 TWISTING TRANSITION TO/AT EXTENDED LIB 	<ul style="list-style-type: none"> FULL TWISTING TIC TOC TO EXTENDED LIB (LOW TO HIGH) FULL TWISTING RELEASE FROM GROUND LEVEL (SWITCH UP) TO EXTENDED LIB 1/4 TWISTING RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO EXTENDED BODY POSITION 1/4 TWISTING BACK HANDSPRING UP TO EXTENDED LIB 1 1/2 TWISTING RELEASE FROM GROUND LEVEL (SWITCH UP) TO EXTENDED LIB 	ASSISTED: <ul style="list-style-type: none"> TOSS EXTENDED 1 LEG STUNT TOSS EXTENDED 1 ARM STUNT TOSS FULL UP TO EXTENDED STUNT TOSS FRONT HANDSPRING 1/2 UP TO EXTENDED STUNT REWIND TO EXTENDED STUNT REWIND TO PREP 	<ul style="list-style-type: none"> DOUBLE DOWN FROM EXTENDED BODY POSITION
ELITE LEVEL APPROPRIATE					
<ul style="list-style-type: none"> PREP LEVEL HAND IN HAND TO EXTENDED LIB EXTENDED HAND IN HAND TO EXTENSION REWIND TO EXTENDED STUNT 	<ul style="list-style-type: none"> TIC TOC BODY POSITION TO BODY POSITION (HIGH TO HIGH) 	<ul style="list-style-type: none"> 1 1/2 TWISTING TRANSITION TO/AT EXTENDED BODY POSITION 1 3/4 TWISTING TRANSITION TO/AT EXTENDED BODY POSITION DOUBLE TWISTING TRANSITION TO/AT EXTENDED BODY POSITION 	<ul style="list-style-type: none"> 1/4 TWISTING BACK HANDSPRING UP TO EXTENDED BODY POSITION 1/4 - 3/4 TWISTING TIC TOC EXTENDED BODY POSITION TO BODY POSITION (HIGH TO HIGH) FULL TWISTING TIC TOC TO EXTENDED LIB (HIGH TO HIGH) 1/2 TWISTING RELEASED INVERSION TO EXTENDED STUNT 1/2 TWISTING FRONT HANDSPRING UP TO EXTENDED STUNT FULL TWISTING RELEASE FROM GROUND LEVEL (SWITCH UP) TO EXTENDED BODY POSITION FULL TWISTING TIC TOC TO EXTENDED BODY POSITION (LOW TO HIGH) 1 1/2 TWISTING RELEASE FROM GROUND LEVEL (SWITCH UP) TO EXTENDED BODY POSITION FULL TWISTING RELEASE FROM WAIST LEVEL (BALL UP) TO EXTENDED BODY POSITION 	UNASSISTED: <ul style="list-style-type: none"> TOSS EXTENDED 1 LEG STUNT TOSS EXTENDED 1 ARM STUNT TOSS FULL UP TO EXTENDED STUNT TOSS FRONT HANDSPRING 1/2 UP TO EXTENDED STUNT REWIND TO EXTENDED STUNT REWIND TO PREP 	<ul style="list-style-type: none"> FULL KICK FULL DISMOUNT KICK DOUBLE TWISTING DISMOUNT

TOSESSES

NON - TWISTING	TWISTING
PIKE HITCH KICK • PIKE KICK PRETTY GIRL • PIKE SWITCH KICK • HITCH KICK KICK	BALL DOUBLE FULL • PIKE DOUBLE FULL • KICK DOUBLE FULL TOE TOUCH DOUBLE FULL • DOUBLE UP TOE TOUCH • HITCH KICK DOUBLE FULL • SWITCH KICK DOUBLE FULL KICK FULL KICK FULL



STUNTS

INVERSION STYLE	RELEASE STYLE	TWISTING	COMBINATION/OTHER SKILLS	COED STYLE	DISMOUNT STYLE
LEVEL APPROPRIATE					
<ul style="list-style-type: none"> FREE FLIPPING FROM GROUND LEVEL TO CRADLE FLIPPING FROM GROUND LEVEL TO PREP LEVEL FLIPPING FROM GROUND LEVEL TO EXTENSION DOWNWARD INVERSION FROM EXTENDED STUNT DOWNWARD INVERSION FROM EXTENDED 1 LEG STUNT RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO EXTENSION RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO LIB 	<ul style="list-style-type: none"> TIC TOC LIB TO LIB (HIGH TO HIGH) TIC TOC LIB TO LIB (LOW TO HIGH) TIC TOC LIB TO BODY POSITION (LOW TO HIGH) 	<ul style="list-style-type: none"> 1 1/4 - 1 3/4 TWISTING TRANSITION TO EXTENSION DOUBLE TWISTING TRANSITION TO EXTENSION 	<ul style="list-style-type: none"> 1 1/2 - 2 TWIST TO PRONE TWISTING HELICOPTER RELEASE MOVES 1/2 TWISTING FRONT HANDSPRING UP TO EXTENSION 1/4 - 3/4 TWISTING TIC TOC TO EXTENDED 1 LEG STUNT 1/2 TWISTING RELEASE FROM GROUND LEVEL (SWITCH UP) TO EXTENDED 1 LEG STUNT FREE FLIPPING WITH TWISTING FROM GROUND LEVEL TO CRADLE 1/2 TWISTING RELEASE FROM WAIST LEVEL (BALL UP) TO EXTENDED 1 LEG STUNT 	ASSISTED OR UNASSISTED: <ul style="list-style-type: none"> WALK IN/TOSS EXTENDED EXTENSION WALK IN/TOSS HANDS PRESS EXTENDED 1 LEG STUNT WALK IN/TOSS EXTENDED 1 LEG STUNT 	<ul style="list-style-type: none"> FRONT FREE FLIPPING DISMOUNT TO GROUND LEVEL FREE FLIPPING DISMOUNT FROM PREP LEVEL OR BELOW TO CRADLE DOUBLE DOWN FROM EXTENDED 1 LEG STUNT
ADVANCED LEVEL APPROPRIATE					
<ul style="list-style-type: none"> PREP LEVEL HAND IN HAND TO EXTENSION RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO EXTENDED BODY POSITION REWIND TO PREP 	<ul style="list-style-type: none"> TIC TOC LIB TO BODY POSITION (HIGH TO HIGH) 	<ul style="list-style-type: none"> DOUBLE TWISTING TRANSITION TO/AT EXTENDED LIB 1 1/2 - 1 3/4 TWISTING TRANSITION TO/AT EXTENDED LIB 	<ul style="list-style-type: none"> 1/2 TWISTING FRONT HANDSPRING UP TO EXTENDED 1 LEG STUNT FULL TWISTING TIC TOC TO EXTENDED LIB (LOW TO HIGH) FULL TWISTING RELEASE FROM GROUND LEVEL (SWITCH UP) TO EXTENDED LIB FLIPPING WITH TWISTING FROM GROUND LEVEL TO PREP LEVEL 1/4 TWISTING RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO EXTENDED BODY POSITION 1/4 TWISTING BACK HANDSPRING UP TO EXTENDED LIB OR BODY POSITION 1 1/2 TWISTING RELEASE FROM GROUND LEVEL (SWITCH UP) TO EXTENDED LIB 	ASSISTED OR UNASSISTED: <ul style="list-style-type: none"> TOSS EXTENDED 1 LEG STUNT TOSS EXTENDED 1 ARM STUNT TOSS FULL UP TO EXTENDED STUNT TOSS FRONT HANDSPRING 1/2 UP TO EXTENDED STUNT REWIND TO EXTENDED STUNT 	
ELITE LEVEL APPROPRIATE					
<ul style="list-style-type: none"> PREP LEVEL HAND IN HAND TO EXTENDED LIB EXTENDED HAND IN HAND TO EXTENSION REWIND TO EXTENDED STUNT 	<ul style="list-style-type: none"> TIC TOC BODY POSITION TO BODY POSITION (HIGH TO HIGH) 	<ul style="list-style-type: none"> 1 1/2 TWISTING TRANSITION TO/AT EXTENDED BODY POSITION 1 3/4 TWISTING TRANSITION TO/AT EXTENDED BODY POSITION DOUBLE TWISTING TRANSITION TO/AT EXTENDED BODY POSITION 	<ul style="list-style-type: none"> FULL TWISTING BACK HANDSPRING UP TO EXTENDED STUNT 1 1/2 TWISTING FRONT HANDSPRING UP TO EXTENDED STUNT 1/4 - 3/4 TWISTING TIC TOC EXTENDED BODY POSITION TO BODY POSITION (HIGH TO HIGH) FULL TWISTING TIC TOC TO EXTENDED LIB (HIGH TO HIGH) 1/2 TWISTING RELEASED INVERSION TO EXTENDED STUNT FULL TWISTING RELEASE FROM GROUND LEVEL (SWITCH UP) TO EXTENDED BODY POSITION FULL TWISTING TIC TOC TO EXTENDED BODY POSITION (LOW TO HIGH) 1 1/2 TWISTING RELEASE FROM GROUND LEVEL (SWITCH UP) TO EXTENDED BODY POSITION FULL TWISTING RELEASE FROM WAIST LEVEL (BALL UP) TO EXTENDED BODY POSITION FLIPPING WITH TWISTING FROM GROUND LEVEL TO EXTENDED STUNT 	ASSISTED OR UNASSISTED: <ul style="list-style-type: none"> TOSS EXTENDED 1 LEG STUNT TOSS EXTENDED 1 ARM STUNT TOSS FULL UP TO EXTENDED STUNT TOSS FRONT HANDSPRING 1/2 UP TO EXTENDED STUNT REWIND TO EXTENDED STUNT 	<ul style="list-style-type: none"> FULL KICK FULL DISMOUNT KICK DOUBLE TWISTING DISMOUNT FREE FLIPPING WITH 1/2 TWIST DISMOUNT FROM PREP LEVEL TO CRADLE

TOSSES

NON - TWISTING	TWISTING
TUCK • X-OUT • PIKE • LAYOUT	LAYOUT FULL • LAYOUT DOUBLE FULL • X-OUT FULL • SPLIT FULL • ARABIAN 1 1/2 PIKE OPEN DOUBLE FULL



STANDING TUMBLING

LEVEL APPROPRIATE	ADVANCED LEVEL APPROPRIATE	ELITE LEVEL APPROPRIATE
<ul style="list-style-type: none"> ADVANCED JUMP BACK TUCK 	<ul style="list-style-type: none"> BHS SERIES - FULL ADVANCED JUMP - BHS SERIES - FULL BHS - WHIP - BHS SERIES - FULL BHS SERIES - WHIP - FULL BHS - WHIP - TO - FULL 	<ul style="list-style-type: none"> BHS - FULL ADVANCED JUMP - BHS - FULL STANDING FULL ADVANCED JUMP - FULL BHS - WHIP - FULL ADVANCED JUMP - BHS - WHIP - FULL BHS SERIES - DOUBLE FULL ADVANCED JUMP - BHS SERIES - DOUBLE FULL BHS - WHIP - BHS SERIES - DOUBLE FULL BHS SERIES - WHIP - DOUBLE FULL BHS - WHIP - DOUBLE FULL ADVANCED JUMP - BHS/BHS SERIES - WHIP - DOUBLE FULL BHS SERIES - FULL/DOUBLE FULL - WHIP - FULL/DOUBLE FULL

RUNNING TUMBLING

LEVEL APPROPRIATE	ADVANCED LEVEL APPROPRIATE	ELITE LEVEL APPROPRIATE
<ul style="list-style-type: none"> CARTWHEEL - FULL RO - FULL RO - BHS/BHS SERIES - FULL FWO - TO - FULL SIDE AERIAL/FRONT AERIAL - FULL RO - TO - ONODI - TO - FULL FRONT FULL 	<ul style="list-style-type: none"> RO - BHS - KICK FULL/FULL STEP OUT PUNCH FRONT STEP OUT - TO - FULL RO - WHIP - FULL RO - TO - WHIP - TO - FULL 1.5 TWISTING FRONT LAYOUT 	<ul style="list-style-type: none"> RO - ARABIAN/HALF STEP OUT - RO - TO - FULL FRONT HANDSPRING - FRONT FULL FRONT HANDSPRING - PF - RO - TO - FULL RO - BHS - FULL - TO - FULL RO - TO - FULL - FULL RO - TO - 1.5 STEP OUT - TO - FULL 1.5 TWISTING FRONT LAYOUT - TO - FULL/DOUBLE FULL RO - DOUBLE FULL RO - TO - DOUBLE FULL FRONT WALKOVER - TO - DOUBLE FULL PF STEP OUT - TO - DOUBLE FULL RO - TO - WHIP - TO - DOUBLE FULL RO - WHIP - DOUBLE FULL RO - ARABIAN - TO - DOUBLE FULL RO - TO - FULL - TO - DOUBLE FULL RO - TO - 1.5 STEP OUT - TO - DOUBLE FULL RO - TO - DOUBLE - BHS SERIES - TO - DOUBLE FULL RO - TO - FULL - TO - WHIP - DOUBLE FULL PF STEP OUT - RO - TO - WHIP - TO - DOUBLE FULL RO - TO - DOUBLE FULL - WHIP - DOUBLE FULL PF STEP OUT - RO - ARABIAN - RO - TO - WHIP - DOUBLE FULL



EQUIPO / TEAM _____

CATEGORIA / DIVISION _____

NIVEL _____

LECTURA DE ABREVIATURAS

ST: Standing Tumbling / RT: Running Tumbling / S: Stunts / PY: Pyramids / T: Tosses / MD: Motions, Dance / J: Jumps
 AF: Athlete Fall / B: Boobles / BF: Building Fall / MF: Major Building Fall / SV: Safety Violation

DEDUCCIONES SOBRE RUTINA

ROUTINE DEDUCTIONS

	NUMBER	DEDUCTION
ATHLETE FALL:	0,15 X	=
BOBBLES:	0,25 X	=
BUILDING FALL:	0,75 X	=
MAJOR BUILDING FALL:	1,25 X	=
BOUNDARY VIOLATION:	0,05 X	=

GENERAL DEDUCTIONS

	NUMBER	DEDUCTION
UNIFORM VIOLATION:	0,05 X	=
TIME VIOLATION +3 SEC:	0,05 X	=

TOTAL DEDUCCIONES

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COMENTARIOS

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ESTADISTICA DEDUCCION	ST	RT	S	PY	T	J	AF	B	BF	MF	SV
TIEMPO DE REFERENCIA TIMING REFERENCE											

ESTADISTICA DEDUCCION	ST	RT	S	PY	T	J	AF	B	BF	MF	SV
TIEMPO DE REFERENCIA TIMING REFERENCE											

ESTADISTICA DEDUCCION	ST	RT	S	PY	T	J	AF	B	BF	MF	SV
TIEMPO DE REFERENCIA TIMING REFERENCE											

ESTADISTICA DEDUCCION	ST	RT	S	PY	T	J	AF	B	BF	MF	SV
TIEMPO DE REFERENCIA TIMING REFERENCE											

ESTADISTICA DEDUCCION	ST	RT	S	PY	T	J	AF	B	BF	MF	SV
TIEMPO DE REFERENCIA TIMING REFERENCE											

ESTADISTICA DEDUCCION	ST	RT	S	PY	T	J	AF	B	BF	MF	SV
TIEMPO DE REFERENCIA TIMING REFERENCE											

ESTADISTICA DEDUCCION	ST	RT	S	PY	T	J	AF	B	BF	MF	SV
TIEMPO DE REFERENCIA TIMING REFERENCE											

ESTADISTICA DEDUCCION	ST	RT	S	PY	T	J	AF	B	BF	MF	SV
TIEMPO DE REFERENCIA TIMING REFERENCE											

ESTADISTICA DEDUCCION	ST	RT	S	PY	T	J	AF	B	BF	MF	SV
TIEMPO DE REFERENCIA TIMING REFERENCE											

ESTADISTICA DEDUCCION	ST	RT	S	PY	T	J	AF	B	BF	MF	SV
TIEMPO DE REFERENCIA TIMING REFERENCE											

VIOLACIONES DE SEGURIDAD

FIRMA JUEZ

NIVEL: _____ EJERCICIO: _____
 COMENTARIOS: _____ # DE INCIDENCIAS: _____

LETTER: _____
 LETTER: _____
 # DE INCIDENCIAS: _____

NIVEL: _____ EJERCICIO: _____
 COMENTARIOS: _____ # DE INCIDENCIAS: _____

LETTER: _____
 LETTER: _____
 # DE INCIDENCIAS: _____

Athlete Fall - .15

DROPS TO THE PERFORMANCE SURFACE DURING TUMBLING AND/OR JUMP SKILLS

This includes the following:	This does NOT includes the following:
<ul style="list-style-type: none"> • Hand, hands, or head down in tumbling or jump skills • Knee or knees down in tumbling or jump skills • Tumbling transitions in and/or out of a building skill 	<ul style="list-style-type: none"> • An athlete that trips while walking during a transition

Building Bobble - .25

BUILDING SKILLS THAT ALMOST DROP, BUT ARE SAVED

This includes the following:	This does NOT includes the following:
<ul style="list-style-type: none"> • Base or spotter drops to the performance surface during a building skill • Top person leans and/or bears weight on base/spotter and is pushed back up into the stunt/skill • Lowering of a stunt from extended position to prep level (not timing issue) • Coed style (unassisted or assisted) stunts that drop to a load in position • Pyramid skills that would fall without the bracer or bracers support • Both feet of the top person come in contact with the performance surface during a cradle/prone (excluding one foot). • Both hands of the top person come in contact with the performance surface during a cradle/prone(excluding one hand) • Drops to the performance surface from a nugget, thigh stand and/or waist level style stunt on to their feet (not timing issues) 	<ul style="list-style-type: none"> • An omitted skill • Drop in body position by top person • Excessive movement by bases • Balance check by top person

Building Fall - .75

DROPS FROM A BUILDING SKILL OR TRANSITION

This includes the following:	This does NOT includes the following:
<ul style="list-style-type: none"> • Drops to a cradle position • Drops to a load in position • Drops to a prone position • Coed style (unassisted or assisted) stunts that drop to a cradle and/or prone • Coed style (unassisted or assisted) stunts that drop to the performance surface (not in a load in position) with assistance from bases and/or spotter 	<ul style="list-style-type: none"> • Coed style (unassisted or assisted) stunts that drop to a load in position

Major Building Fall - 1.25

DROPS TO THE PERFORMANCE SURFACE FROM A BUILDING SKILL BY THE TOP PERSON AND/OR THE BASES/SPOTTERS

This includes the following:	This does NOT includes the following:
<ul style="list-style-type: none"> • Multiple bases and/or spotters drop to the performance surface • Top person lands on base and/or spotter who drops to the performance surface • Coed style (unassisted or assisted) stunts where the top person lands on performance surface without assistance from bases and/or spotter 	<ul style="list-style-type: none"> • Top person comes in contact with the performance surface during a transitional-stunt and/or pyramid that is continuous without interruption/stopping • Top person is set out of a building skill, transitions, and drops to the performance surface (this includes tripping while walking)

VIOLACIONES DE SEGURIDAD POR NIVEL

0.05	<p>- Violation of the general safety rules and/or to the level tumbling rules:</p> <ul style="list-style-type: none"> - If any routine requirements are broken, regardless of the number of athletes. - If any illegal tumbling ability is executed, regardless of the number of athletes.
0.10	<p>- Building out of level violation</p> <ul style="list-style-type: none"> - If a out of level skill is executed, regardless of the number of groups. (Ex: level 1 performing a stunt with 1/2 turn) - If the majority of the team (50% or more of the groups) executes a level of their level but illegally (eg, level 1 performing Liberty in PREP and loses momentarily and accidentally grip)
0.50	<p>- Building All Level Rules Violation</p> <ul style="list-style-type: none"> - If a skill is illegally executed and this is obviously dangerous and insecure, regardless of the number of groups. - If a particular skill is executed without the required number of athletes to legally execute it, regardless of the number of groups. (EJ1: Level 1 executing prep level stunt without spotter) (ex2: level 4 receiving a pyramid connected rotation with only 2 receptors) (eg do not have the number of requested receptors) - If any rule is broken that applies for all levels from 1 to 6, regardless of the number of groups (eg any level, executing a loose movement that ends inverted.)"

WARNINGS:

0.0	<p>"If less than 50% of the team groups execute a level skill but illegally.</p> <ul style="list-style-type: none"> - In pyramids, 50% is defined by the number of groups that execute the illegal skill, not by the total number of pyramid groups. - If a team has sent a video for review to Copbrands during the season, it was said that it was legal but now the skill is illegal due to an update in the rules. - If a team has sent a video for review to Copbrands during the season, it was said that it was legal but the answer was incorrect. - When the skill is not clear to the judge.
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EVENTOS DE MÚLTIPLES DÍAS:	# DE GRUPOS	MINORIA (MENOS DE 50%)	MAYORIA (MAS DEL 50%)	# DE GRUPOS	MINORIA (MENOS DE 50%)	MAYORIA (MAS DEL 50%)
Note 1: If an illegal skill is not seen during day 1 and is done again during day 2, the penalty will be set on the score of day 1.	1	N/A	1	6	1-3	4-6
	2	1	2	7	1-3	4-7
	3	1	2-3	8	1-4	5-8
Note 2: If there is a warning during day 1 and none of the groups corrects it on day 2 will apply the complete penalty to the score of day 2.	4	1-2	3-4	9	1-4	5-9
	5	1-2	3-5	10-11	1-5	6-10





SCORING SYSTEM

OPEN

SISTEMA COPBRANDS ABIERTO



BUILDING / ELEVACIONES

JUDGE: _____

TEAM: _____

CATEGORY: _____

DIFFICULTY 3.6 MAX

1.0 pts	2.0 pts	2.4 pts	2.6 pts	2.8 pts	3.0 pts	3.2 pts	3.4 pts	3.6 pts
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DRIVERS 0.6 PTS
DEGREE OF DIFFICULTY (0-0.2)
0.0 - 0.2 PTS

PASE AND FLOW (0-0.2 PTS MAX)
0.0 PTS 0.1 PTS 0.2 PTS

CEED STUNT (0-0.2 PTS MAX)
0.0 PTS 0.1 PTS 0.2 PTS

DIFFICULTY 3.4 PTS MAX

0.0 PTS	1.0 PTS	2.0 PTS	2.5 PTS	3.0 PTS	3.2 PTS	3.4 PTS
---------	---------	---------	---------	---------	---------	---------

DRIVERS 0.6 PTS MAX

NOT SHOWN	LOW			MODERATE		HIGH
	0	0.1	0.15	0.15	0.2	
% PART	0	0.1	0.15	0.15	0.2	
INCOOP. ELITE % L.A. SKILLS	0	0.1	0.15	0.15	0.2	
PACE / FLOW	0	0.1	0.15	0.15	0.2	

TOSSES

DIFFICULTY 2.0 PTS MAX

1.0 PTS	1.5 PTS	1.75 PTS	2.0 PTS
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BELOW LOW MID HIGH

BUILDING OVERALL MASTERY 2.0 PTS MAX

NOT SHOWN	LOW			MODERATE		HIGH
	0.0 PTS	0.5 - 0.6 PTS	0.7 - 0.8 PTS	0.7 - 0.8 PTS	0.9 - 1.0 PTS	
VISUALS & CREATIVITY	0.0 PTS	0.5 - 0.6 PTS	0.7 - 0.8 PTS	0.7 - 0.8 PTS	0.9 - 1.0 PTS	
SHOWMANSHIP	0.0 PTS	0.5 - 0.6 PTS	0.7 - 0.8 PTS	0.7 - 0.8 PTS	0.9 - 1.0 PTS	

ADDITIONAL COMMENTS:

TOTAL 12 PTS MAX.

SCORING SYSTEM

OPEN

SISTEMA COPBRANDS ABIERTO



BUILDING QUANTITY CHART

# of Athletes	Majority	Most	Max	Max+
5-11	1	1	2	3
12-15	1	2	3	4
16-19	2	3	4	5
20-23	3	4	5	6
24-27	4	5	6	7
28-31	5	6	7	8
32-38	6	7	8	9

STUNT DIFFICULTY - MAX BASELINE POINTS: 3.6

Stunt skills will only receive credit if they show control through the pop or transition to another skill.

1.0	Stunts performed do not meet the requirements listed below
2.0	Two (2) level appropriate skills performed by Most
2.6	One (1) elite skill performed by Most and Two (2) level appropriate skills by Most
2.8	One (1) elite skill performed by Most and Three (3) level appropriate skills by Most.
3.0	Two (2) elite skills performed by Most and Two (2) level appropriate skills performed by Most
3.2	Three (3) elite skills performed by Most and One (1) level appropriate skills performed by Most
3.4	One (1) elite skill performed by Max and Three (3) elite skills performed by Most
	Five (5) elite skills performed by Most
3.6	Two (2) elite skills performed by Max and Two (2) elite skills performed by Most
	One (1) elite skill performed by Max and Four (4) elite skills performed by Most
*All Skills performed must be different - Repeated skills will not count toward Stunt Difficulty Score. Skills must be synchronized or rippled in order to earn credit for Stunt Difficulty.	

ADDITIONAL INFORMATION

- Body Positions: Stretch, Bow and Arrow, Arabesque, Scale and Scorpion.
- Lib, torch, hitch, and platform are not considered body positions.
- Release style stunts must be free of contact from the bottom of the foot to count towards difficulty credit as a release style skill

STUNT DIFFICULTY DRIVERS - MAX POINTS: 0.4

Points in addition to baseline score.

Degree of Difficulty

0.0 - 0.2	Stunts will be assessed according to their variety of elements and the complexity and combinations of the skills used throughout the routine. *Refer to Degree of Difficulty Chart for further breakdown of this driver.
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Pace & Flow

0.0	Skills did not show continuous movement, fluid connections or acceptable pace
0.1	Skills executed at a moderate pace with continuous transitions in and out
0.2	Skill executed at a quick pace while showing seamless transitions in and out

BUILDING OVERALL MASTERY - MAX POINTS: 2

Not Shown	Low	Moderate	High	Specific Drivers
0.0	0.5-0.6	0.7-0.8	0.9-1.0	Variety of visual and creative elements in building skills/transitions
0.0	0.5-0.6	0.7-0.8	0.9-1.0	Confident performance/entertainment value during building skills and transitions

BUILDING QUANTITY CHART

# of Athletes	Majority	Most	Max	Max+
5-11	1	1	2	3
12-15	1	2	3	4
16-19	2	3	4	5
20-23	3	4	5	6
24-27	4	5	6	7
28-31	5	6	7	8
32-38	6	7	8	9

COED QUANTITY CHART**

# of Males on Team	# of Stunts
1-3	1
4-5	2
6-7	3
8-9	4
10-11	5
12-13	6
14-19	7

STUNT DIFFICULTY - MAX BASELINE POINTS: 3.4

Stunt skills will only receive full credit if they show control through the pop or transition to another skill

1.0	Stunts performed do not meet the requirements listed below
2.0	Two (2) level appropriate skills performed by Most of the team
2.4	One (1) elite skill performed by Most and Two (2) level appropriate skills by Most
2.6	One (1) elite skill performed by Most and Three (3) level appropriate skills by Most
2.8	Two (2) elite skills performed by Most and Two (2) level appropriate skills performed by Most
3.0	Three (3) elite skills performed by Most and One (1) level appropriate skills performed by Most
3.2	One (1) elite skill performed by Max and Three (3) elite skills performed by Most
	Five (5) elite skills performed by Most
3.4	Two (2) elite skills performed by Max and Two (2) elite skills performed by Most
	One (1) elite skill performed by Max and Four (4) elite skills performed by Most

*All Skills performed must be different - Repeated skills will not count toward Stunt Difficulty Score.
 Skills must be synchronized or rippled in order to earn credit for Stunt Difficulty.
 **Please refer to Coed Quantity Chart for levels 6 & 7 ONLY - excluding Junior Level 6

STUNT DIFFICULTY COED CREDIT

Only skills listed under Coed Style Level Appropriate Skills list will count
 Rippled or synchronized in the same sections without recycling athletes
 Stunts must be held for 4 counts. Counts begin once the stunt hits the intended level
 Coed stunts must dismount to the performance floor to receive full credit
 Coed stunts that become part of a pyramid will not receive Coed credit

COED STYLE

Based on a group of 3 (Base, Flyer & Support Person)
 Entry must be a Toss or Walk-in
 Base must be directly under the stunt
 Base and Support Person cannot be chest to chest
 Only 1 Coed Style Stunt is required for Levels 3-5
 Coed Style Stunt counts towards the requirement regardless of the gender of the athletes performing the stunt.

ADDITIONAL INFORMATION

Body Positions: Stretch, Bow and Arrow, Arabesque, Scale and Scorpion. Lib, torch, hitch and platform are not considered body positions.

STUNT DIFFICULTY DRIVERS - MAX POINTS: 0.6

Points in addition to baseline score.
 Degree of Difficulty

0.0 - 0.2	Skills will be assessed according to their variety of elements and the complexity and combinations of the skills used throughout the routine. *Refer to Degree of Difficulty Chart for further breakdown of this driver.
Pace & Flow	
0.0	Skills did not show continuous movement, fluid connections or acceptable pace of skills
0.1	Skills executed at a moderate pace with continuous transitions in and out of skills
0.2	Skill executed at a quick pace while showing a seamless transitions in and out of skills
Coed Stunt	
0.1	Level Appropriate Coed Style Stunt
0.2	Elite Level Appropriate Coed Style Stunt

BUILDING OVERALL MASTERY - MAX POINTS: 2

Not Shown	Low	Moderate	High	Specific Drivers
0.0	0.5-0.6	0.7-0.8	0.9-1.0	Variety of visual and creative elements in building skills/transitions
0.0	0.5-0.6	0.7-0.8	0.9-1.0	Confident performance/entertainment value during building skills and transitions



BUILDING QUANTITY CHART				
# of Athletes	Majority	Most	Max	Max+
5-11	1	1	2	3
12-15	1	2	3	4
16-19	2	3	4	5
20-23	3	4	5	6
24-27	4	5	6	7
28-31	5	6	7	8
32-38	6	7	8	9

PYRAMID DIFFICULTY - MAX BASELINE POINTS: 3.4	
0.0	Pyramid skills and/or structures performed did not meet criteria for scores listed below.
1.0	Did not meet the requirement of pyramid difficulty
2.0	Two (2) different level appropriate skills. One (1) structure performed by Most
2.5	Two (2) different level appropriate skills. Two (2) structures performed by Most
3.0	Three (3) different level appropriate skills. Two (2) structures performed by Most
3.2	Four (4) different level appropriate skills performed. Two (2) structures performed by Most
3.4	Four (4) different level appropriate skills. Two (2) structures performed by Max

ADDITIONAL INFORMATION
L6 - All Pyramid skills that are level appropriate in L5 will be given level appropriate credit.
Pyramid structures consist of two or more stunts connected to one another
When Most/Max is used in the pyramid difficulty chart, it is only referring to the structures.
Building Skills will get Stunt or Pyramid difficulty credit. They will not count in both categories at the same time. If the stunt is going to connect to another stunt, it will count as a pyramid skill.

PYRAMID DIFFICULTY DRIVERS - MAX POINTS: 0.6				
<i>Points in addition to baseline score</i>				
Not Shown	Low	Moderate	High	Specific Drivers
0.0	0.1	0.15	0.2	Participation/Involvement - (0.2 is awarded if Max+ is used)
0.0	0.1	0.15	0.2	Incorporation of elite stunt skills and level appropriate pyramid skills
0.0	0.1	0.15	0.2	Pace/Flow of skills
<i>Low - Little to no use of specific driver throughout and/or in parts of pyramid</i>				
<i>Moderate - Average use of specific driver throughout and/or in parts of pyramid</i>				
<i>High - Exceptional use of specific driver throughout the entirety of pyramid</i>				

TOSS DIFFICULTY - MAX POINTS: 2	
<i>Level 1 and Mini Level 2 must execute a Show & Go that passes above prep level with a traditional basket or extension grip while maintaining contact with the flyer. Credit will be given for Tiny and Mini teams if a prep level Show & Go is executed.</i>	
1.0	Majority of the team performed a non level appropriate toss rippled or synchronized in the same section
1.5	Less than Majority of the team performed a level appropriate toss rippled or synchronized in the same section.
1.75	Majority of the team performed a level appropriate toss not rippled or synchronized, but cumulative throughout the routine.
2.0	Majority of the team performed a level appropriate toss rippled or synchronized in the same section.
<i>Same section - single portion of the routine where skills form a skill set (Primary Stunts, Pyramids, Secondary Stunts, Standing Tumbling, Running Tumbling, Jumps) are performed.</i>	
<i>Level 1 - Show & Go must not twist or travel. They must start and end in the same load/sponge position.</i>	

TUMBLING / GIMNASIA

JUDGE: _____

TEAM: _____

CATEGORY: _____

STANDING TUMBLING

DIFFICULTY 3.6 MAX

- 2.0 2.5 2.6 2.7 2.8 2.9 3.0 3.2 3.4 3.6

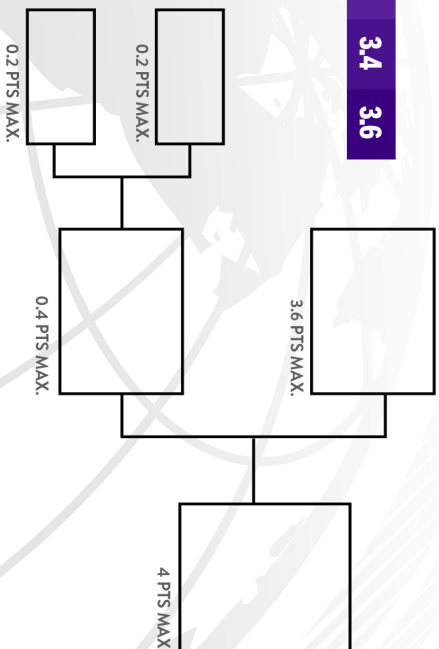
DIFFICULTY DRIVERS 0.4 PT MAX

VARIETY & INNOVATION (0-0.2)

- 0.0 pts 0.1 pts 0.2 pts

DEGREE OF DIFFICULTY (0-0.2 PTS MAX)

- 0.0 - 0.2 pts



RUNNING TUMBLING

DIFFICULTY 3.4 PTS MAX

- 2.0 2.2 2.4 2.6 2.8 3.0 3.2 3.4

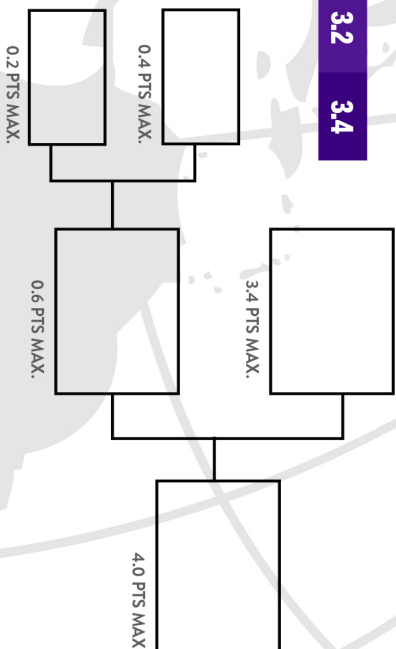
DRIVERS 0.6 PTS MAX

SAME SECTION (0-0.2)

- 0.0 0.1 0.2 0.3 0.4

DEGREE OF DIFFICULTY (0-0.2 PTS MAX)

- 0.0 - 0.2 PTS



JUMPS

DIFFICULTY 1.0 PTS MAX

- 0.0 0.25 0.5 0.75 1.0

1 PTS MAX.

BUILDING OVERALL MASTERY 2.0 PTS MAX

INNOVATIVE FORMATIONS & USE OF THE FLOOR

NOT SHOWN

0.0 PTS

0.5 - 0.6 PTS

0.7 - 0.8 PTS

0.9 - 1.0 PTS

SHOWMANSHIP DURING TUMBLING

0.0 PTS

0.5 - 0.6 PTS

0.7 - 0.8 PTS

0.9 - 1.0 PTS



ADDITIONAL COMMENTS:

TOTAL

11 PTS MAX.

SCORING SYSTEM

OPEN

SISTEMA COPBRANDS ABIERTO



STANDING TUMBLING DIFFICULTY - MAX BASELINE POINTS: 3.6	
2.0	Less than Majority of the team performs a level appropriate pass
2.5	Majority of the team performs a level appropriate pass
2.6	Most of the team performs a level appropriate pass
2.7	Max of the team performs a level appropriate pass
2.8	Majority of the team performs an elite level appropriate pass
2.9	Most of the team performs an elite level appropriate pass
3.0	Max of the team performs an elite level appropriate pass
3.2	Majority of the team performs the same elite level appropriate pass which must be synchronized from initiation of the pass
3.4	Most of the team performs the same elite level appropriate pass which must be synchronized from initiation of the pass
3.6	Max of the team performs the same elite level appropriate pass which must be synchronized from initiation of the pass

STANDING DIFFICULTY DRIVER - MAX POINTS: 0.4	
Variety & Innovation	
0.0	Passes do not show innovative elements/variety
0.1	Passes executed with minor innovative elements and a variety of skills
0.2	Passes executed with multiple innovative elements and a variety of skills
Degree of Difficulty	
0.0-0.2	Complexity of the level specific skills utilized. The number of skills used in the pass as well as the use of different skills will be taken into consideration for this driver.

ADDITIONAL TUMBLING INFORMATION	
L1 - Cartwheel does not get standing tumbling credit.	
Tumbling passes must land on feet to receive level appropriate difficulty credit (ex: Jump 3/4 front flip to seat, back handsprings which lands in a prone position would not count)	
Jumps within a pass will not break up the pass (ex: Toe Touch - BHS - Toe Touch - BHS is 1 pass in L3)	
T-Jumps are not considered a jump and will break up a pass into two separate passes.	
Skills that are illegal for a lower level do not automatically make them a Level Appropriate Skill for a higher level.	
L2 - No L1 skills out of a round-off that are illegal in L1 will count for level appropriate credit.	
L3 - No L2 skills out of BHS-stepout 1/2-turn that are illegal in L2 will count for level appropriate credit	
L4 - Punch front forward roll will not count for level appropriate credit.	
L5 - Not all L4 skills out of a standing tuck that are illegal in L4 will count for level appropriate credit (ex: BHS - Tuck - BHS or Tuck - BHS)	
Skills that are not required to be synchronized may be cumulative to meet a difficulty requirement.	

ADDITIONAL JUMP INFORMATION	
Jump skills must land on feet to be receive difficulty credit (ex: jumps that land on knee(s) or seat would not count)	
Advanced Jumps: Pike, Right/Left Hurdler (Front or Side), Toe Touch	

Tumbling Quantity Chart			
# of Athletes	Majority	Most	Max
5-11	5	6	7
12-15	6	7	9
16-19	8	10	12
20-23	10	13	16
24-27	12	15	19
28-31	14	18	22

Teams with less than 7 members, 100% of team must perform skill to reach Max quantity

RUNNING TUMBLING DIFFICULTY - MAX BASELINE POINTS: 3.4	
2.0	Less than the majority of the team performs a level appropriate pass
2.2	Majority of the team performs a level appropriate pass
2.4	Most of the team performs a level appropriate pass
2.6	Max of the team performs a level appropriate pass
2.8	Most of the team performs a level appropriate pass, plus Majority of the team performs an additional elite level appropriate pass
3.0	Most of the team performs a level appropriate pass, plus Most of the team performs an additional elite level appropriate pass
3.2	Max of the team performs a level appropriate pass, plus Majority of the team performs an additional elite level appropriate pass
3.4	Max of the team performs a level appropriate pass, plus Most of the team performs an additional elite level appropriate pass

RUNNING DIFFICULTY DRIVER - MAX POINTS: 0.6	
Participation in Same Section	
0.0	Less than Max performs a level appropriate pass in the Same Section
0.1	Max performs a level appropriate pass in the Same Section
0.2	Majority performs an elite level appropriate pass in the Same Section
0.3	Most performs an elite level appropriate pass in the Same Section
0.4	Max performs an elite level appropriate pass in the Same Section
Degree of Difficulty	
0.0-0.2	Complexity of the level appropriate skills utilized. The number of skills used within the pass, as well as the use of different skills will be taken into consideration for this driver.

JUMP DIFFICULTY - MAX POINTS: 1	
0.0	Less than Majority of the team performs an advanced jump
0.25	Majority of the team performs one (1) advanced jump
0.5	Most of the team performs one (1) advanced jump
0.75	Most of the team performs two (2) advanced jumps that show variety
1.0	Most of the team performs total of three (3) advanced jumps that show variety, two (2) of which need to be connected

Tiny/Mini: Most of the team performs three (3) advanced jumps must be synchronized, but do not need to be connected or include a variety. Jumps must use a whip approach to be considered connected. Whip approach: continuous movement through swing connecting 2 or more jumps.

TUMBLING OVERALL MASTERY				
Not Shown	Low	Moderate	High	Specific Drivers
0.0	0.5-0.6	0.7-0.8	0.9-1.0	Innovative formations and use of the floor throughout routine
0.0	0.5-0.6	0.7-0.8	0.9-1.0	Confident performance during tumbling sections throughout routine

STANDING TUMBLING DIFFICULTY - MAX BASELINE POINTS: 3.6	
2.0	Less than Majority of the team performs a level appropriate pass
2.8	Majority of the team performs a level appropriate pass which must be in the same section.
3.0	Most of the team performs a level appropriate pass which must be in the same section.
3.2	Max of the team performs a level appropriate pass which must be in the same section
3.2	Majority of the team performs an elite level appropriate pass which must be in the same section.
3.4	Most of the team performs an elite level appropriate pass which must be in the same section.
3.6	Max of the team performs an elite level appropriate pass which must be in the same section.

Tumbling Quantity Chart			
# of Athletes	Majority	Most	Max
5-11	5	6	7
12-15	6	7	9
16-19	8	10	12
20-23	10	13	16
24-27	12	15	19
28-31	14	18	22
32-38	16	20	25

Teams with less than 7 members, 100% of team must perform skill to reach Max quantity

RUNNING TUMBLING DIFFICULTY - MAX BASELINE POINTS: 3.4	
2.0	Less than the majority of the team performs a level appropriate pass
2.6	Majority of the team performs a level appropriate pass
2.8	Most of the team performs a level appropriate pass
3.0	Majority of the team performs an elite level appropriate pass and Most of the team performs a level appropriate pass
3.2	Most of the team performs an elite level appropriate pass and Majority of the team performs a level appropriate pass
3.4	Max of the team performs an elite level appropriate pass <u>OR</u> Most of the team performs an elite level appropriate pass and Most of the team performs an additional level appropriate pass.

STANDING DIFFICULTY DRIVER - MAX POINTS: 0.4	
Variety & Innovation	
0.0	Passes did not show innovative elements/variety
0.1	Passes executed with minor innovative elements and a variety of skills
0.2	Passes executed with multiple innovative elements and a variety of skills
Degree of Difficulty	
0.0-0.2	Complexity of the level specific skills utilized. (How hard is the skill compared to other skills in the level?) The number of skills used in the pass as well as the use of different skills will be taken into consideration for this driver.



RUNNING DIFFICULTY DRIVER - MAX POINTS: 0.6	
Participation in Same Section	
0.0	Less than Max performs a level appropriate pass in the same section
0.1	Max performs a level appropriate pass in the same section
0.2	Majority performs an elite level appropriate pass in the same section
0.3	Most performs an elite level appropriate pass in the Same Section
0.4	Max performs an elite level appropriate pass in the same section
Degree of Difficulty	
0.0-0.2	Complexity of the specific skills utilized. The number of skills used within the pass, as well as the use of different skills will be taken into consideration for this driver.

TUMBLING OVERALL MASTERY				
Not Shown	Low	Moderate	High	Specific Drivers
0.0	0.5-0.6	0.7-0.8	0.9-1.0	Innovative formations and use of the floor throughout routine
0.0	0.5-0.6	0.7-0.8	0.9-1.0	Confident performance during tumbling sections throughout routine

ADDITIONAL JUMP INFORMATION	
Jump skills must land on feet to be considered level appropriate and receive difficulty credit (ex: jumps that land on knee(s) or seat would not count)	
Advanced Jumps: Pike, Right/Left Hurdler (Front or Side), Toe Touch	

JUMP DIFFICULTY - MAX POINTS: 1	
0.0	Less than Majority of the team performs an advanced jump
0.25	Majority of the team performs one (1) advanced jump
0.5	Most of the team performs one (1) advanced jump
0.75	Most of the team performs two (2) advanced jumps that show variety
1.0	Most of the team performs total of three (3) advanced jumps that show variety, two (2) of which need to be connected

Jumps must use a whip approach to be considered connected. Whip approach: continuous movement through swing connecting 2 or more jumps.

ADDITIONAL TUMBLING INFORMATION	
Tumbling passes must land on feet to receive level appropriate difficulty credit (ex: Jump 3/4 front flip to seat, back handsprings which lands in a prone position would not count)	
Jumps within a pass will not break up the pass (ex: Toe Touch - BHS - Toe Touch - BHS is 1 pass in L3)	
T-Jumps are not considered a jump and will break up a pass into two separate passes.	
Skills that are not required to be synchronized may be cumulative to meet a difficulty requirement.	



ROUTINE AND DANCE MASTERY

JUDGE: _____

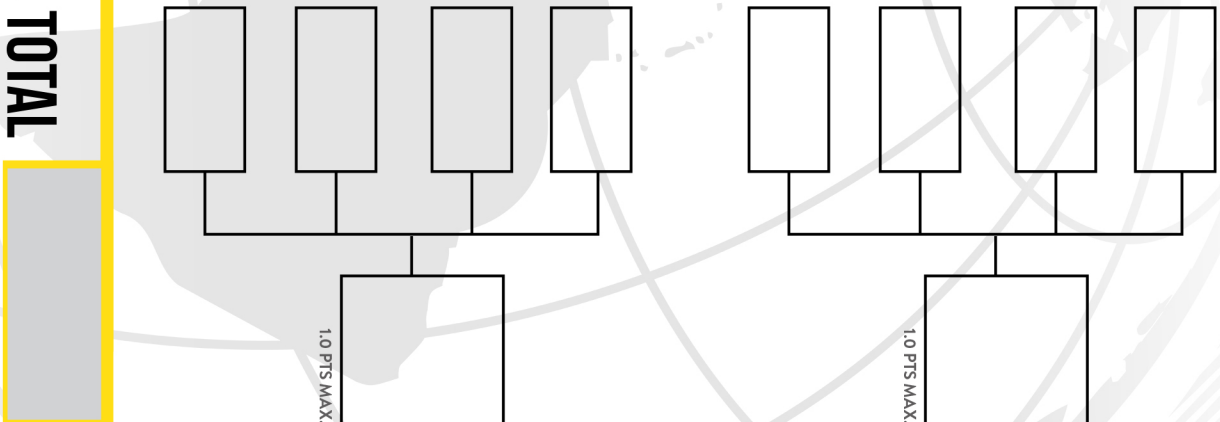
TEAM: _____

CATEGORY: _____

DANCE MASTERY 1.0 PTS MAX

PAGE & FLOW		0	0.1	0.15	0.2	0.25
NOT SHOWN	LOW			AVERAGE	HIGH	EXCEPTIONAL
PERFORMANCE						
0	0.1	0.15	0.2	0.25		
NOT SHOWN	LOW	AVERAGE	HIGH	EXCEPTIONAL		
LEVEL CHANGES & MOV						
0	0.1	0.15	0.2	0.25		
NOT SHOWN	LOW	AVERAGE	HIGH	EXCEPTIONAL		
MOTIONS & SYNCRO						
0	0.1	0.15	0.2	0.25		
NOT SHOWN	LOW	AVERAGE	HIGH	EXCEPTIONAL		
ROUTINE MASTERY 1.0 PTS MAX						
PAGE & FLOW						
0	0.1	0.15	0.2	0.25		
NOT SHOWN	LOW	AVERAGE	HIGH	EXCEPTIONAL		
PERFORMANCE						
0	0.1	0.15	0.2	0.25		
NOT SHOWN	LOW	AVERAGE	HIGH	EXCEPTIONAL		
LEVEL CHANGES & MOV						
0	0.1	0.15	0.2	0.25		
NOT SHOWN	LOW	AVERAGE	HIGH	EXCEPTIONAL		
MOTIONS & SYNCRO						
0	0.1	0.15	0.2	0.25		
NOT SHOWN	LOW	AVERAGE	HIGH	EXCEPTIONAL		

ADDITIONAL COMMENTS:



SCORING SYSTEM

OPEN

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ROUTINE MASTERY - MAX POINTS: 1

Not Shown	Low	Average	High	Exceptional	Specific Drivers
0.0	0.1	0.15	0.2	0.25	Continuous flow in transitions
0.0	0.1	0.15	0.2	0.25	Visual, engaging and entertaining
0.0	0.1	0.15	0.2	0.25	Confidence in execution of routine
0.0	0.1	0.15	0.2	0.25	Precise spacing and formations

Points combined to reach maximum score.

DANCE MASTERY - MAX POINTS: 1

Not Shown	Low	Average	High	Exceptional	Specific Drivers
0.0	0.1	0.15	0.2	0.25	Pace, flow and transitions
0.0	0.1	0.15	0.2	0.25	Performance and engagement
0.0	0.1	0.15	0.2	0.25	Level changes and intricate movements
0.0	0.1	0.15	0.2	0.25	Precise motions and synchronization

Points combined to reach maximum score.

EXECUTION / EJECUCIÓN

JUDGE: _____

TEAM: _____

CATEGORY: _____

STUNTS TECHNIQUE 5.0 PTS MAX

DRIVERS REMOVED				
FLYERS	0	0.2	0.4	0.6
BASES & SPOTTERS	0	0.2	0.4	0.6
TRANSITIONS	0	0.2	0.4	0.6
TIMING & SYNCRO	0	0.2	0.4	0.6
IMPECCABLE	GOOD	AVERAGE	NEEDS WORK	

5.0 PTS MAX.

PYRAMID TECHNIQUE 5.0 PTS MAX

DRIVERS REMOVED				
FLYERS	0	0.2	0.4	0.6
BASES & SPOTTERS	0	0.2	0.4	0.6
TRANSITIONS	0	0.2	0.4	0.6
TIMING & SYNCRO	0	0.2	0.4	0.6
IMPECCABLE	GOOD	AVERAGE	NEEDS WORK	

5.0 PTS MAX.

TOSSES TECHNIQUE 3.0 PTS MAX

DRIVERS REMOVED				
FLYERS	0	0.2	0.4	0.6
BASES & SPOTTERS	0	0.2	0.4	0.6
HEIGHT	0	0.2	0.4	0.6
TIMING & SYNCRO	0	0.2	0.4	0.6
IMPECCABLE	GOOD	AVERAGE	NEEDS WORK	

3.0 PTS MAX.

13 PTS MAX.

TUMBLING

RUNNING TUMBLING TECHNIQUE 5.0 PTS MAX

DRIVERS REMOVED				
A PROX	0	0.2	0.4	0.6
BODY CONTROL	0	0.2	0.4	0.6
LANDING	0	0.2	0.4	0.6
TIMING & SYNCRO	0	0.2	0.4	0.6
IMPECCABLE	GOOD	AVERAGE	NEEDS WORK	

5.0 PTS MAX.

STANDING TUMBLING TECHNIQUE 5.0 PTS MAX

DRIVERS REMOVED				
A PROX	0	0.2	0.4	0.6
BODY CONTROL	0	0.2	0.4	0.6
LANDINGS	0	0.2	0.4	0.6
TIMING & SYNCRO	0	0.2	0.4	0.6
IMPECCABLE	GOOD	AVERAGE	NEEDS WORK	

5.0 PTS MAX.

JUMPS TECHNIQUE 2.0 PTS MAX

DRIVERS REMOVED				
FLYERS	0	0.1	0.2	0.3
BASES & SPOTTERS	0	0.1	0.2	0.3
HEIGHT	0	0.1	0.2	0.3
TIMING & SYNCRO	0	0.1	0.2	0.3
IMPECCABLE	GOOD	AVERAGE	NEEDS WORK	

2.0 PTS MAX.

12 PTS MAX.

ADDITIONAL COMMENTS:

TOTAL

25 PTS MAX.

SCORING SYSTEM

OPEN

SISTEMA COPBRANDS ABIERTO



STUNT / PYRAMID TECHNIQUE DRIVERS - MAX POINTS: 5

**Stunt & Pyramid Technique are two separate scoring categories. Each category has a max of 5 points.

Impeccable	Good	Average	Needs Work	Specific Drivers
0.0	0.2	0.4	0.6	Flyer
0.0	0.2	0.4	0.6	Bases / Support Persons
0.0	0.2	0.4	0.6	Transitions
0.0	0.2	0.4	0.6	Timing & Synchronization

Points are based on occurrence and removed from the maximum possible score.

STUNT/PYRAMID TECHNIQUE DRIVER DEFINITIONS

Including but not limited to

Flyer	<ul style="list-style-type: none"> • Body control • Flexibility of body positions • Motion placement/accuracy • Uniformity among flyers 	Bases/Support Persons	<ul style="list-style-type: none"> • Body control • Stability of the stunt • Technique in lifts and catches • Uniformity among groups
Transitions	<ul style="list-style-type: none"> • Entry • Dismount • Control throughout 	Timing & Synchronization	<ul style="list-style-type: none"> • Timing of skills performed in groups or by the team at the same time

TOSS TECHNIQUE DRIVERS - MAX POINTS: 3

Impeccable	Good	Average	Needs Work	Specific Drivers
0.0	0.2	0.4	0.6	Flyer
0.0	0.2	0.4	0.6	Bases / Support Persons
0.0	0.2	0.4	0.6	Height
0.0	0.2	0.4	0.6	Timing & Synchronization

Points are based on occurrence and removed from the baseline score.

Teams that perform one (1) toss will have 0.6 automatically subtracted from any driver category regardless of severity.

TOSS TECHNIQUE DRIVER DEFINITIONS

Including but not limited to

Flyer	<ul style="list-style-type: none"> • Body control • Consistent execution of skill • Legs straight / toes pointed • Arm placement 	Bases/Support Persons	<ul style="list-style-type: none"> • Use of arms/legs to throw together • Solid stance • Controlled • Cradle
Timing	<ul style="list-style-type: none"> • Timing of skills performed in groups or by the team at the same time 	Height	<ul style="list-style-type: none"> • Distance between flyers feet and support persons hands

TUMBLING TECHNIQUE DRIVERS - MAX POINTS: 5

**Standing & Running Tumbling Technique are two separate scoring categories. Each category has a max of 5 points.

Impeccable	Good	Average	Needs Work	Specific Drivers
0.0	0.2	0.4	0.6	Approach
0.0	0.2	0.4	0.6	Body Control
0.0	0.2	0.4	0.6	Landings
0.0	0.2	0.4	0.6	Timing & Synchronization

Points are based on occurrence and removed from the baseline score.

TUMBLING TECHNIQUE DRIVER DEFINITIONS

Including but not limited to

Approach	<ul style="list-style-type: none"> • Arm placement into a pass/skill • Body positioning at initiation of skill • Chest placement • Connection of pass/skills 	Landings	<ul style="list-style-type: none"> • Controlled • Legs/feet together • Chest placement • Landing on feet • Completion of skills
Body Control	<ul style="list-style-type: none"> • Head placement • Arm/shoulder placement in skills • Hips • Leg placement in skills • Absorbing appropriately between skills 	Timing & Synchronization	<ul style="list-style-type: none"> • Timing of skills performed in groups or by the team at the same time

JUMP TECHNIQUE DRIVERS - MAX POINTS: 2

Impeccable	Good	Average	Needs Work	Specific Drivers
0.0	0.1	0.2	0.3	Body Control
0.0	0.1	0.2	0.3	Approach (Swing)
0.0	0.1	0.2	0.3	Landings
0.0	0.1	0.2	0.3	Timing & Synchronization

Points are based on occurrence and removed from the baseline score.

JUMP TECHNIQUE DRIVER DEFINITIONS

Including but not limited to

Approach	<ul style="list-style-type: none"> • Arm placement into a jump • Swing/prep • Chest placement • Flow of connected jumps 	Landings	<ul style="list-style-type: none"> • Controlled • Legs/feet together • Chest placement • Jump completion • Landing on feet
Body Control	<ul style="list-style-type: none"> • Head placement • Arm/shoulder placement • Hips • Leg placement/ positioning • Pointed toes 	Timing & Synchronization	<ul style="list-style-type: none"> • Timing of skills performed in groups or by the team at the same time

Skills listed below are EXAMPLES but are not limited to

LEVEL 1		
Standing Tumbling		Running Tumbling
Level Appropriate	Forward Roll • Staddle Roll • Backward Roll • Handstand Handstand Forward Roll • Backbend Kickover • Front Limber/Back Limber • Back Walkover • 1 Arm Back Walkover • Back Extension Roll Back Walkover Switch Leg • Valdez	Cartwheel • Round Off • Front Walkover • Cartwheel Back Walkover • Front Walkover - Cartwheel/Roundoff
Elite Level Appropriate	Elite level skills include two (2) or more connected level appropriate skills. A pause, clean, or step between skills will not count as connected skills. BWO - BWO • VZ - BWO • BER - BWO • BWO - BER	Elite level includes three (3) or more connected level appropriate skills. A pause, clean, or step between skills will not count as connected skills. Front Walkover - Cartwheel - Back Walkover (Variations)
LEVEL 2		
Standing Tumbling		Running Tumbling
Level Appropriate	Back Handspring Variation • Back Handspring Step Out	Cartwheel - BHS • RO - BHS • RO - BHS Step Out • Front Handspring • Bounder/Flyspring
Elite Level Appropriate	Elite Level skills include two (2) or more connected skills, including at least one (1) level appropriate skill. BWO Switch Leg - BHS - BHS Step Out - BWO - BHS • Valdez - BHS • Valdez - BHS Step Out Back Extension Roll - Back Handspring • Back Walkover - Back Handspring Back Walkover - Back Handspring Step Out	Elite level skills include three (3) or more connected skills, including at least one (1) level appropriate skill. RO - BHS Series • FWO - RO - BHS/BHS Series • RO - BHS - Rebound - RO - BHS
LEVEL 3		
Standing Tumbling		Running Tumbling
Level Appropriate	BHS Series (Only 2) • Jump - BHS • BWO - BHS Series • BHS Step out - BWO - BHS Series	Punch Front • RO - Tuck • Aerial • RO - BHS Tuck • RO - BHS Series - Tuck
Elite Level Appropriate	Elite level skills include three (3) or more connected skills, including at least two (2) level appropriate skill connections. BHS Series (3 or more) • Jump - BHS Series • Jump - BHS - Jump - BHS • BHS Series (3 or more) including a Step Out as one of the skills • BWO - BHS - Jump - BHS/BHS Series • Jump - BHS Series • BHS - Jump - BHS **MUST BE AN ADVANCED JUMP**	Elite level skills include any two connected level appropriate skills OR any level appropriate skill connected by a lower level running tumbling skill. Front Handspring - Punch Front • FWO - Aerial RO - BHS Step Out - 1/2 Turn - RO - BHS - Tuck • FWO - RO - BHS - Tuck FWO - RO - BHS Series - Tuck • Bounder/Flyspring - RO - BHS - Tuck • Aerial - Tuck* • PF - Tuck* *must initiate RO within 4 counts after landing first skill
LEVEL 4		
Standing Tumbling		Running Tumbling
Level Appropriate	BHS Series - Back Tuck • BHS - Back Tuck	Cartwheel - Back Tuck • RO - Layout • RO - BHS - Layout/Layout step out/X-Out/Switch Leg PF step out - RO - BHS - Tuck • Front Walkover - RO - BHS - Layout • Aerial - Back Tuck Front Handspring - Punch Front • RO - Onodi - through to Tuck
Elite Level Appropriate	Jump - BHS Series - Back Tuck • Jump - BHS - Back Tuck • BWO - Tuck • Back Tuck Jump - Back Handspring step out - Back Tuck •Back Walkover - Back Tuck • Back Handspring step out - Back Tuck **MUST BE AN ADVANCED JUMP**	Elite level skills include two (2) level appropriate skills executed within one (1) pass. Punch Front step out - RO - BHS - Layout • RO - Whip - Tuck OR BHS - Layout RO - BHS - Whip - Layout OR BHS - Layout • PF step out - RO - BHS - Whip - Layout OR BHS - Layout Front Handspring - PF step out - RO - BHS - Layout Front Handspring - PF step out - RO - BHS - Whip - Layout OR BHS - Layout • RO - Onodi - through to Layout

Skills listed below are EXAMPLES but are not limited to

LEVEL 5

Standing Tumbling

Running Tumbling

Level Appropriate	BHS - Tuck - BHS - Tuck • BHS - Whip - BHS - Tuck • BHS Series - Whip - BHS - Tuck Jump - BHS Series - Whip - BHS - Tuck • BHS Series - Layout	RO - Full • RO - BHS Series - Full • RO - BHS - Full • Front Walkover - RO - BHS Series - Full Front Walkover - RO - BHS - Full • RO - Arabian
Elite Level Appropriate	Jump - BHS - Whip - Tuck • BHS - Whip - BHS Series - Layout/Layout Step Out/X-Out • BHS - Whip - BHS - Layout • BHS Series - Whip - Layout • BHS - Whip - Layout • Jump - BHS Series - Whip - Layout OR BHS - Layout • Jump - Back Tuck • Jump - BHS - Whip - Layout OR BHS - Layout BHS - Layout • Jump - BHS Series - Layout • BHS Series - Whip - Tuck **MUST BE AN ADVANCED JUMP**	Front Full • PF step out - RO - BHS - Full • Front Handspring - PF step out - RO - BHS - Full RO - Whip - BHS Series - Full • RO - Whip - BHS - Full • Front Handspring - Front Full PF step out - RO - Whip - BHS - Full • Front Handspring - PF step out - RO - Whip - BHS - Full RO Arabian - Full

LEVEL 6

Standing Tumbling

Running Tumbling

Level Appropriate	Jump Back Tuck • BHS Series - Full • Jump - BHS Series - Full • BHS Series - Full • BHS Series - Full BHS - Whip - BHS Series - Full	Cartwheel - Full • Front Handspring - Punch Front - RO - BHS - Full Front Aerial/Onodi - through to Full • Front Full • Front Handspring - Full Punch Front Step out - through to Full • RO - BHS - Whip - through to Full
Elite Level Appropriate	Jump - BHS - Full • BHS - Full • BHS Series - Whip - Full • Standing Full • Jump - Full • BHS Series - Double Full Jump - BHS Series - Double Full • BHS - Whip - BHS Series - Double Full • BHS Series - Whip - Double Full BHS - Whip - Double Full • Jump - BHS - BHS - Whip - Double Full • Jump - BHS - Whip - Double Full • BHS Series - Full - Whip - Full/Double Full • BHS Series - Double Full - Whip - Double Full **MUST BE AN ADVANCED JUMP**	RO - Half Full Step out - through to Full • RO - Whip - Full • RO - Arabian - RO - BHS - Full • RO - Double Full RO - BHS - Double Full • Front Walkover - through to Double Full • Punch Front Step out - through to Double Full RO - BHS - 1.5 Full Step out - through to Full • RO - BHS - Whip - through to Double Full RO - Whip - Double Full • RO - Arabian - through to Double Full • RO - BHS - Full through to Double Full RO - BHS - 1.5 Step out - through to Double Full • RO - BHS - Double - BHS series to Double Full RO - BHS - Full - Whip - Double Full • PF Step out - RO - BHS - Whip - BHS - Double Full RO - BHS - Double Full - Whip - Double Full • PF Step out - RO - Arabian - RO - BHS - Whip - Double Full

LEVEL 7

Standing Tumbling

Running Tumbling

Level Appropriate	Jump Back Tuck • BHS Series - Full • Jump - BHS Series - Full • BHS - Whip - BHS Series - Full	Cartwheel - Full • Front Aerial/Onodi - through to Full • Front Full • Front Handspring - Full Punch Front Step out - through to Full • RO - BHS - Whip - through to Full Front Handspring - Punch Front - RO - BHS - Full
Elite Level Appropriate	BHS - Full • BHS Series - Whip - Full • Standing Full • Jump - Full • Jump - BHS - Full • BHS Series - Double Full Jump - BHS Series - Double Full • BHS - Whip - BHS Series - Double Full • BHS Series - Whip - Double Full BHS - Whip - Double Full • Jump - BHS - BHS - Whip - Double Full • Jump - BHS - Whip - Double Full BHS Series - Full - Whip - Full/Double Full • BHS Series - Double Full - Whip - Double Full **MUST BE AN ADVANCED JUMP**	RO - Whip - Full • RO - Half Full Step out - through to Full • RO - Arabian - RO - BHS - Full • RO - Double Full RO - BHS - Double Full • Front Walkover - through to Double Full • Punch Front Step out - through to Double Full RO - BHS - 1.5 Full Step out - through to Full • RO - BHS - Whip - through to Double Full RO - Whip - Double Full • RO - Arabian - through to Double Full • RO - BHS - Full to Double Full RO - BHS - 1.5 Step out - through to Double Full • RO - BHS - Double - BHS series to Double Full RO - BHS - Full - Whip - Double Full • PF Step out - RO - BHS - Whip - BHS - Double Full RO - BHS - Double Full - Whip - Double Full • PF Step out - RO - Arabian - RO - BHS - Whip - Double Full



Level 1					
Inversion Style	Release Style	Twisting	Dismount	Other Stunts	
Level Appropriate	<ul style="list-style-type: none"> NO INVERSIONS ARE ALLOWED IN LEVEL 1 STUNTS 	<ul style="list-style-type: none"> SWITCH UP TO LIB BELOW PREP LEVEL SWITCH UP TO BODY POSITION BELOW PREP LEVEL SWITCH UP TO PREP LEVEL 1 LEG STUNT TIC TOC BELOW PREP LEVEL (LIB TO LIB) TIC TOC BELOW PREP LEVEL (LIB TO BODY POSITION) TIC TOC BELOW PREP LEVEL (BODY POSITION TO LIB) PREP LEVEL TIC TOC (LIB TO LIB) WITH REQUIRED HAND/ARM CONNECTION 	<ul style="list-style-type: none"> 1/4 TWISTING TRANSITION TO BELOW PREP LEVEL 1/4 DOWN TO GROUND LEVEL 1/4 TWISTING TRANSITION FROM PREP LEVEL 	<ul style="list-style-type: none"> STEP DOWN STRAIGHT CRADLE 	<ul style="list-style-type: none"> BACK STAND PREP LEVEL SHOW & GO STRADDLE SIT FLAT BACK EXTENDED STRADDLE SIT EXTENDED FLAT BACK PREP LEVEL 1 LEG STUNT WITH BRACER PREP LEVEL TO PRONE 1 LEG STUNT BELOW PREP LEVEL SHOULDER SIT CHAIR SHOULDER STAND COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY TRANSITION FROM BELOW PREP LEVEL TO PREP LEVEL BODY POSITION STUNT WITH BRACER
Elite Level Appropriate	<ul style="list-style-type: none"> TIC TOC BELOW PREP LEVEL (BODY POSITION TO BODY POSITION) PREP LEVEL TIC TOC (LIB TO BODY POSITION) WITH REQUIRED HAND/ARM CONNECTION PREP LEVEL TIC TOC (BODY POSITION TO BODY POSITION) WITH REQUIRED HAND/ARM CONNECTION SWITCH UP FROM GROUND LEVEL TO PREP LEVEL BODY POSITION WITH REQUIRED HAND/ARM CONNECTION TIC TOC FROM 1 LEG STUNT AT WAIST LEVEL TO PREP LEVEL BODY POSITION WITH REQUIRED HAND/ARM CONNECTION 	<ul style="list-style-type: none"> 1/4 TWISTING TRANSITION TO PREP FROM BELOW PREP LEVEL 1/4 TWISTING TRANSITION FROM BELOW PREP LEVEL TO PREP LEVEL 1 LEG STUNT (WITH REQUIRED HAND/ARM CONNECTION) 		<ul style="list-style-type: none"> 1/4 TWISTING TIC TOC AT PREP LEVEL WITH REQUIRED HAND/ARM CONNECTION (1 LEG TO BODY POSITION) 1/4 TWISTING SWITCH UP (RELEASE FROM GROUND LEVEL TO PREP LEVEL) 1 LEG STUNT WITH REQUIRED HAND/ARM CONNECTION 1/4 TWISTING SWITCH UP, (RELEASE FROM WAIST LEVEL TO PREP LEVEL 1 LEG STUNT WITH REQUIRED HAND/ARM CONNECTION) 1/4 TWISTING TIC TOC AT WASIT LEVEL - BODY POSITION TO BODY POSITION. 	

Level 2					
Inversion Style	Release Style	Twisting	Dismount	Other Stunts	
Level Appropriate	<ul style="list-style-type: none"> INVERSION FROM GROUND LEVEL TO BELOW PREP LEVEL INVERSION FROM GROUND LEVEL TO PREP LEVEL 1 LEG STUNT INVERSION FROM GROUND LEVEL TO BELOW PREP LEVEL 	<ul style="list-style-type: none"> SWITCH UP TO PREP LEVEL LIB TIC TOC PREP LEVEL (LIB TO LIB) TIC TOC PREP LEVEL (LIB TO BODY POSITION) RELEASE STYLE FROM WAIST LEVEL TO PREP LEVEL LIB 	<ul style="list-style-type: none"> 1/2 TWISTING TRANSITION TO BELOW PREP LEVEL 1/2 TWISTING TRANSITION TO PREP LEVEL 1/4 TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT 1/2 TWISTING TRANSITION TO PREP LEVEL BODY POSITION 1/4 TWISTING TRANSITION TO EXTENDED STUNT 	<ul style="list-style-type: none"> STRAIGHT CRADLE FROM EXTENSION STRAIGHT CRADLE FROM PREP LEVEL BODY POSITION 1/4 TWISTING DISMOUNT FROM PREP OR EXTENSION 	<ul style="list-style-type: none"> PREP LEVEL 1 LEG STUNT EXTENSION BARREL ROLL LEAP FROG VARIATIONS 1/2 TWIST TO PRONE WALK IN PREP LEVEL PRESS EXTENSION COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY
Elite Level Appropriate	<ul style="list-style-type: none"> INVERSION FROM GROUND LEVEL TO EXTENDED STUNT 	<ul style="list-style-type: none"> TIC TOC AT PREP LEVEL (BODY POSITION TO BODY POSITION) RELEASE STYLE FROM GROUND LEVEL TO PREP LEVEL BODY POSITION RELEASE STYLE FROM WAIST LEVEL TO PREP LEVEL BODY POSITION 	<ul style="list-style-type: none"> 1/2 TWISTING TRANSITION TO EXTENDED STUNT 		<ul style="list-style-type: none"> 1/2 TWISTING INVERSION TO EXTENDED STUNT 1/2 TWISTING TIC TOC TO PREP LEVEL 1 LEG STUNT 1/2 TWISTING INVERSION TO PREP LEVEL 1 LEG STUNT



Level 3						
Inversion Style	Release Style	Twisting	Dismount	Coed Style	Other Stunts	
Level Appropriate	<ul style="list-style-type: none"> • INVERTED BELOW PREP LEVEL • INVERTED AT PREP LEVEL • DOWNWARD INVERSION FROM PREP LEVEL OR BELOW 	<ul style="list-style-type: none"> • RELEASE TO PREP LEVEL OR BELOW • SWITCH UP TO PREP LEVEL LIB • BALL UP, STRADDLE UP AND/OR RELEASE TO PREP LEVEL LIB • TIC TOC BELOW PREP LEVEL TO BELOW PREP LEVEL (LIB TO LIB) • TIC TOC BELOW PREP LEVEL TO PREP LEVEL (LIB TO LIB) 	<ul style="list-style-type: none"> • FULL UP BELOW PREP LEVEL • FULL UP PREP LEVEL STUNT • 1/4 TWISTING TRANSITION TO EXTENDED 1 LEG STUNT • FULL UP TO PREP LEVEL 1 LEG STUNT • PREP LEVEL FULL TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT 	<ul style="list-style-type: none"> • STRAIGHT CRADLE FROM EXTENDED 1 LEG STUNT • FULL DOWN FROM PREP • 1/4 TWISTING DISMOUNT FROM EXTENDED 1 LEG • FULL DOWN FROM EXTENSION • SINGLE SKILL CRADLE FROM 2 LEG STUNT (NON-TWISTING) 	<p>ASSISTED OR UNASSISTED:</p> <ul style="list-style-type: none"> • WALK IN/TOSS HANDS • WALK IN/TOSS HANDS PRESS EXTENSION • WALK IN EXTENSION <p>ASSISTED:</p> <ul style="list-style-type: none"> • WALK IN HANDS PRESS EXTENDED SINGLE LEG STUNT • TOSS HANDS PRESS EXTENDED SINGLE LEG STUNT • WALK-IN EXTENDED SINGLE LEG STUNT/ SINGLE ARM STUNT 	<ul style="list-style-type: none"> • FULL TWIST TO PRONE FROM PREP LEVEL • EXTENDED 1 LEG STUNT • SUSPENDED FRONT FLIP • SPECIALTY SUSPENDED FRONT FLIP (NON-TWISTING) • SUSPENDED TWISTING FRONT FLIP • TOSS HANDS • SINGLE BASED 1 LEG EXTENDED STUNTS • TOSS HANDS PAUSE PRESS EXTENSION • WALK IN EXTENSION • COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY
Elite Level Appropriate	<ul style="list-style-type: none"> • INVERSION TO EXTENDED 1 LEG STUNT 	<ul style="list-style-type: none"> • TIC TOC PREP LEVEL LIB TO EXTENDED BODY POSITION • BALL UP OR STRADDLE UP TO PREP LEVEL BODY POSITION • SWITCH UP TO PREP LEVEL BODY POSITION • RELEASE TO PREP LEVEL BODY POSITION 	<ul style="list-style-type: none"> • FULL UP TO PREP LEVEL BODY POSITION • FULL UP TO EXTENDED TWO LEG STUNT • 1/2 TWISTING TRANSITION TO EXTENDED 1 LEG STUNT • PREP LEVEL FULL TWISTING TRANSITION TO PREP LEVEL BODY POSITION 	<ul style="list-style-type: none"> • FULL TWISTING SUSPENDED FORWARD ROLL 	<p>UNASSISTED:</p> <ul style="list-style-type: none"> • WALK IN HANDS PRESS EXTENDED SINGLE LEG STUNT • TOSS HANDS PRESS EXTENDED SINGLE LEG STUNT • WALK-IN EXTENDED SINGLE LEG STUNT/ SINGLE ARM STUNT • WALK-IN FULL TWIST TO EXTENDED TWO LEG STUNT. 	<ul style="list-style-type: none"> • 1/2 TWISTING INVERSION TO EXTENDED 1 LEG STUNT • FULL TWISTING INVERSION TO PREP LEVEL LIB OR BODY POSITION • FULL TWISTING FROM PREP LEVEL LIB FOOT POSITION TO PREP LEVEL BODY POSITION

Level 4						
Inversion Style	Release Style	Twisting	Dismount	Coed Style	Other Stunts	
Level Appropriate	<ul style="list-style-type: none"> • RELEASED INVERSION TO PREP LEVEL OR BELOW • RELEASED INVERSION AT PREP LEVEL TO PREP LEVEL • DOWNWARD INVERSION FROM PREP LEVEL • EXTENDED INVERTED STUNT 	<ul style="list-style-type: none"> • SWITCH UP TO EXTENDED 1 LEG STUNT • RELEASE TO EXTENDED STUNT • TIC TOC LIB TO LIB (HIGH TO LOW) • HELICOPTER RELEASE MOVES • RELEASE TO EXTENDED LIB • SWITCH UP TO EXTENDED BODY POSITION • FULL TWISTING RELEASE TO PREP LEVEL OR BELOW • RELEASE FROM PREP LEVEL TO PREP LEVEL 	<ul style="list-style-type: none"> • 1/12 TWISTING TRANSITION TO BELOW PREP LEVEL • 3/4 TWISTING TRANSITION TO EXTENDED STUNT • FULL UP TO EXTENDED 2 LEG STUNT • 1/12 TWISTING TRANSITION TO PREP LEVEL • 1/12 TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT 	<ul style="list-style-type: none"> • FULL DOWN FROM EXTENDED 1 LEG STUNT • DOUBLE DOWN FROM PREP LEVEL 	<p>ASSISTED OR UNASSISTED:</p> <ul style="list-style-type: none"> • WALK IN/TOSS HANDS • WALK IN/TOSS HANDS PRESS EXTENSION • WALK IN/TOSS EXTENSION <p>ASSISTED:</p> <ul style="list-style-type: none"> • WALK IN HANDS PRESS EXTENDED SINGLE LEG STUNT • TOSS HANDS PRESS EXTENDED SINGLE LEG STUNT • WALK-IN EXTENDED SINGLE LEG STUNT/ SINGLE ARM STUNT • TOSS EXTENDED SINGLE LEG STUNT/SINGLE ARM STUNT 	<ul style="list-style-type: none"> • TOSS EXTENSION • TOSS 1 LEG EXTENDED STUNT • COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY
Elite Level Appropriate	<ul style="list-style-type: none"> • RELEASED INVERSION FROM PREP LEVEL OR BELOW TO EXTENDED STUNT 	<ul style="list-style-type: none"> • TIC TOC EXTENDED BODY POSITION TO PREP LEVEL OR BELOW BODY POSITION (HIGH TO LOW) • BALL UP OR STRADDLE UP TO EXTENDED BODY POSITION • RELEASE TO EXTENDED BODY POSITION (NOT INCLUDING SWITCH UP) 	<ul style="list-style-type: none"> • FULL UP TO EXTENDED 1 LEG STUNT • 1/12 TWISTING TRANSITION TO PREP LEVEL BODY POSITION • 1/12 TWISTING TRANSITION TO EXTENDED 2 LEG STUNT • EXTENDED FULL TWISTING TRANSITION TO EXTENDED STUNT 	<ul style="list-style-type: none"> • DOUBLE DOWN FROM EXTENDED STUNT • KICK FULL TWISTING DISMOUNT 	<p>UNASSISTED:</p> <ul style="list-style-type: none"> • WALK IN HANDS PRESS EXTENDED SINGLE LEG STUNT • TOSS HANDS PRESS EXTENDED SINGLE LEG STUNT • WALK-IN EXTENDED SINGLE LEG STUNT/ SINGLE ARM STUNT • TOSS EXTENDED SINGLE LEG STUNT/ SINGLE ARM STUNT 	<ul style="list-style-type: none"> • FULL TWISTING INVERSION TO EXTENDED STUNT • FULL TWISTING TIC TOC RELEASE TO PREP LEVEL 1 LEG STUNT • FULL TWISTING BALL UP, STRADDLE UP AND/OR SWITCH UP TO PREP LEVEL BODY POSITION • 1/12 TWISTING BALL UP, STRADDLE UP AND/OR SWITCH UP TO PREP LEVEL 1 LEG STUNT

Level 5						
	Inversion Style	Release Style	Twisting	Dismount	Coed Style	Other Stunts
Level Appropriate	<ul style="list-style-type: none"> DOWNWARD INVERSION FROM EXTENDED STUNT DOWNWARD INVERSION FROM EXTENDED 1 LEG STUNT RELEASED INVERSION FROM PREP LEVEL TO EXTENSION 	<ul style="list-style-type: none"> 1/4 TWIST SWITCH UP TO EXTENDED 1 LEG STUNT TIC TOC LIB TO LIB (HIGH TO HIGH) TIC TOC LIB TO LIB (LOW TO HIGH) 1/2 TURN SWITCH UP TO EXTENDED 1 LEG STUNT TIC TOC LIB TO BODY POSITION (LOW TO HIGH) TWISTING HELICOPTER RELEASE MOVES 	<ul style="list-style-type: none"> 1 1/4 UP TO EXTENDED STUNT DOUBLE UP TO PREP LEVEL STUNT 		<p>ASSISTED OR UNASSISTED:</p> <ul style="list-style-type: none"> WALK IN/TOSS HANDS WALK IN/TOSS HANDS PRESS EXTENSION WALK IN/TOSS EXTENSION <p>ASSISTED:</p> <ul style="list-style-type: none"> WALK IN HANDS PRESS EXTENDED SINGLE LEG STUNT TOSS HANDS PRESS EXTENDED SINGLE LEG STUNT WALK-IN EXTENDED SINGLE LEG STUNT/SINGLE ARM STUNT TOSS EXTENDED SINGLE LEG STUNT/SINGLE ARM STUNT 	<ul style="list-style-type: none"> 1/2 - 2 TWIST TO PRONE TOSS 1/4 - 3/4 TWIST TO EXTENDED STUNT TOSS EXTENDED 1 ARM STUNT TOSS FULL TWIST TO EXTENDED STUNT COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY
Elite Level Appropriate	<ul style="list-style-type: none"> RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO EXTENDED 1 LEG STUNT BACK HANDSPRING UP TO EXTENDED BODY POSITION 	<ul style="list-style-type: none"> TIC TOC EXTENDED 1 LEG STUNT TO BODY POSITION (HIGH TO HIGH) SWITCH UP FULL TWIST TO EXTENDED 1 LEG STUNT 1/2 TWISTING BALL UP TO EXTENDED BODY POSITION 1/2 TWISTING SWITCH UP TO EXTENDED BODY POSITION 	<ul style="list-style-type: none"> FULL UP TO EXTENDED BODY POSITION 1 1/2 UP TO EXTENDED SINGLE LEG STUNT DOUBLE UP TO EXTENDED STUNT 	<ul style="list-style-type: none"> DOUBLE DOWN FROM 1 LEG STUNT 	<p>UNASSISTED:</p> <ul style="list-style-type: none"> WALK IN HANDS PRESS EXTENDED SINGLE LEG STUNT TOSS HANDS PRESS EXTENDED SINGLE LEG STUNT WALK-IN EXTENDED SINGLE LEG STUNT/SINGLE ARM STUNT TOSS EXTENDED SINGLE LEG STUNT/SINGLE ARM STUNT 	<ul style="list-style-type: none"> 1/4 - 3/4 TWISTING TIC TOC EXTENDED 1 LEG STUNT TO EXTENDED 1 LEG STUNT (HIGH TO HIGH) FULL TWISTING TIC TOC TO EXTENDED 1 LEG STUNT (LOW TO HIGH) UNASSISTED COED STYLE TOSS EXTENDED 1 ARM STUNT

Level 6							
	Inversion Style	Release Style	Twisting	Dismount	Coed Style	Other Stunts	
Level Appropriate	<ul style="list-style-type: none"> DOWNWARD INVERSION FROM EXTENDED STUNT DOWNWARD INVERSION FROM EXTENDED 1 LEG STUNT RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO EXTENSION RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO LIB 	<ul style="list-style-type: none"> TIC TOC LIB TO LIB (HIGH TO HIGH) TIC TOC LIB TO LIB (LOW TO HIGH) 1/2 TURN SWITCH UP TO EXTENDED 1 LEG STUNT TIC TOC LIB TO BODY POSITION (HIGH TO HIGH) TIC TOC LIB TO BODY POSITION (LOW TO HIGH) TWISTING HELICOPTER RELEASE MOVES SWITCH UP FULL TWIST TO EXTENDED 1 LEG STUNT 1/2 TWISTING BALL UP TO EXTENDED BODY POSITION 	<ul style="list-style-type: none"> FULL UP TO EXTENDED 1 LEG STUNT 1 1/4 - 1 3/4 UP TO EXTENDED STUNT 1 1/4 - 1 3/4 UP TO EXTENDED 1 LEG STUNT DOUBLE UP TO EXTENDED STUNT 		<ul style="list-style-type: none"> DOUBLE DOWN FROM 1 LEG STUNT 	<p>ASSISTED OR UNASSISTED:</p> <ul style="list-style-type: none"> WALK IN/TOSS EXTENDED DOUBLE LEG STUNT WALK IN/TOSS HANDS PRESS EXTENDED SINGLE LEG STUNT WALK IN/TOSS EXTENDED SINGLE LEG STUNT <p>ASSISTED:</p> <ul style="list-style-type: none"> TOSS EXTENDED SINGLE LEG STUNT TOSS EXTENDED SINGLE ARM STUNT TOSS FULL UP TO EXTENDED STUNT TOSS FRONT HANDSPRING 1/2 UP TO EXTENDED STUNT REWIND TO EXTENDED STUNT (INT 6 ONLY) REWIND TO PREP (INT 6 ONLY) 	<ul style="list-style-type: none"> 1/2 - 2 TWIST TO PRONE COED STYLE TOSS 1/4 - 3/4 TWIST TO EXTENDED STUNT 1/4 - 3/4 TWISTING TIC TOC TO EXTENDED 1 LEG STUNT COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY
Elite Level Appropriate	<ul style="list-style-type: none"> RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO EXTENDED BODY POSITION 1/4 TWISTING BACK HANDSPRING UP TO EXTENDED BODY POSITION REWIND TO PREP (INT 6 AND SENIOR LEVEL 6 TEAMS ONLY) 	<ul style="list-style-type: none"> SWITCH UP FULL TWIST TO EXTENDED BODY POSITION TIC TOC BODY POSITION TO BODY POSITION (HIGH TO HIGH) FULL TWISTING BALL UP TO EXTENDED BODY POSITION 1/2 TWISTING SWITCH UP TO EXTENDED 1 LEG STUNT 	<ul style="list-style-type: none"> 1 1/2 UP TO EXTENDED BODY POSITION 1 3/4 UP TO EXTENDED BODY POSITION DOUBLE UP TO EXTENDED 1 LEG STUNT 	<ul style="list-style-type: none"> KICK DOUBLE TWISTING DISMOUNT FULL KICK FULL DISMOUNT 	<p>UNASSISTED:</p> <ul style="list-style-type: none"> TOSS EXTENDED SINGLE LEG STUNT TOSS EXTENDED SINGLE ARM STUNT TOSS FULL UP TO EXTENDED STUNT TOSS FRONT HANDSPRING 1/2 UP TO EXTENDED STUNT REWIND TO EXTENDED STUNT (INT 6 ONLY) REWIND TO PREP (INT 6 ONLY) 	<ul style="list-style-type: none"> UNASSISTED COED STYLE TOSS EXTENDED 1 ARM STUNT COED STYLE TOSS FRONT HAND SPRING RELEASE 1/2 TWIST TO EXTENDED STUNT UNASSISTED COED STYLE TOSS FULL TWIST TO EXTENDED STUNT FULL TWISTING TIC TOC TO EXTENDED 1 LEG STUNT (HIGH TO HIGH) TOSS FRONT HANDSPRING 1/2 UP RELEASE TO EXTENDED STUNT 1/2 TWISTING RELEASED INVERSION TO EXTENDED STUNT FULL TWISTING TIC TOC TO EXTENDED 1 LEG STUNT (LOW TO HIGH) 	



Level 7						
	Inversion Style	Release Style	Twisting	Dismount	Coed Style	Other Stunts
Level Appropriate	<ul style="list-style-type: none"> • FREE FLIPPING FROM GROUND LEVEL TO CRADLE • FLIPPING FROM GROUND LEVEL TO PREP LEVEL • FLIPPING FROM GROUND LEVEL TO EXTENSION • DOWNWARD INVERSION FROM EXTENDED STUNT • DOWNWARD INVERSION FROM EXTENDED 1 LEG STUNT 	<ul style="list-style-type: none"> • TIC TOC LIB TO LIB (HIGH TO HIGH) • TIC TOC LIB TO LIB (LOW TO HIGH) • 1/2 TURN SWITCH UP TO EXTENDED 1 LEG STUNT • TIC TOC LIB TO BODY POSITION (HIGH TO HIGH) • TIC TOC LIB TO BODY POSITION (LOW TO HIGH) • TWISTING HELICOPTER RELEASE MOVES • SWITCH UP FULL TWIST TO EXTENDED 1 LEG STUNT • 1/2 TWISTING BALL UP TO EXTENDED BODY POSITION • TIC TOC BODY POSITION TO BODY POSITION (HIGH TO HIGH) 	<ul style="list-style-type: none"> • FREE FLIPPING WITH TWISTING FROM GROUND LEVEL TO CRADLE • FLIPPING WITH TWISTING FROM GROUND LEVEL TO PREP LEVEL • FLIPPING WITH TWISTING FROM GROUND LEVEL TO EXTENSION • FULL UP TO EXTENDED 1 LEG STUNT • 1 1/4 - 1 3/4 UP TO EXTENDED STUNT • 1 1/4 - 1 3/4 UP TO EXTENDED 1 LEG STUNT • DOUBLE UP TO EXTENDED STUNT • DOUBLE TWISTING TRANSITION TO EXTENDED STUNT • 1 1/2 TWISTING TRANSITION TO EXTENDED LIB • 1 3/4 TWISTING TRANSITION TO EXTENDED LIB 	<ul style="list-style-type: none"> • FRONT FREE FLIPPING TO GROUND LEVEL • FREE FLIPPING FROM PREP LEVEL OR BELOW TO CRADLE • DOUBLE DOWN FROM 1 LEG STUNT • KICK DOUBLE TWISTING DISMOUNT 	<p>ASSISTED OR UNASSISTED:</p> <ul style="list-style-type: none"> • WALK IN/TOSS EXTENDED DOUBLE LEG STUNT • WALK IN/TOSS HANDS PRESS EXTENDED SINGLE LEG STUNT • WALK IN/TOSS EXTENDED SINGLE LEG STUNT <p>ASSISTED:</p> <ul style="list-style-type: none"> • TOSS EXTENDED SINGLE LEG STUNT • TOSS EXTENDED SINGLE ARM STUNT • TOSS FULL UP TO EXTENDED STUNT • TOSS FRONT HANDSPRING 1/2 UP TO EXTENDED STUNT • REWIND TO EXTENDED STUNT 	<ul style="list-style-type: none"> • 1 1/2 - 2 TWIST TO PRONE • 1/4 - 3/4 TWISTING TIC TOC TO EXTENDED 1 LEG STUNT • FULL TWISTING TIC TOC TO EXTENDED 1 LEG STUNT (LOW TO HIGH) • 1/2 TWISTING RELEASE FROM WAIST LEVEL (BALL UP) TO EXTENDED BODY POSITION • 1/4 - 3/4 TWISTING TIC TOC EXTENDED BODY POSITION TO BODY POSITION • FULL TWISTING TIC TOC TO EXTENDED LIB (LOW TO HIGH) • FULL TWISTING RELEASE FROM GROUND LEVEL (SWITCH UP) TO EXTENDED LIB • 1/2 TWISTING RELEASE FROM WAIST LEVEL (BALL UP) TO EXTENDED BODY POSITION • 1/4 TWISTING BACK HANDSPRING UP TO EXTENDED LIB • 1 1/2 TWISTING RELEASE FROM GROUND LEVEL (SWITCH UP) TO EXTENDED LIB
Elite Level Appropriate	<ul style="list-style-type: none"> • FLIPPING FROM GROUND LEVEL TO EXTENDED SINGLE LEG AND/OR SINGLE ARM STUNT • RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO EXTENDED STUNT 	<ul style="list-style-type: none"> • REWIND TO EXTENDED STUNT • ROUND OFF REWIND TO EXTENDED STUNT 	<ul style="list-style-type: none"> • FLIPPING WITH TWISTING FROM GROUND LEVEL TO EXTENDED SINGLE LEG • 1 1/2 TWISTING TRANSITION TO EXTENDED BODY POSITION • 1 3/4 TWISTING TRANSITION TO EXTENDED BODY POSITION • DOUBLE TWISTING TRANSITION TO EXTENDED LIB OR BODY POSITION 	<ul style="list-style-type: none"> • FREE FLIPPING WITH 1/2 TWIST FROM PREP LEVEL TO CRADLE 	<p>UNASSISTED:</p> <ul style="list-style-type: none"> • TOSS EXTENDED SINGLE LEG STUNT • TOSS EXTENDED SINGLE ARM STUNT • TOSS FULL UP TO EXTENDED STUNT • TOSS FRONT HANDSPRING 1/2 UP TO EXTENDED STUNT • REWIND TO EXTENDED STUNT 	<ul style="list-style-type: none"> • BACK HANDSPRING FULL UP TO EXTENDED STUNT • FULL TWISTING TIC TOC TO EXTENDED BODY POSITION (LOW TO HIGH) • FULL TWISTING RELEASE FROM GROUND LEVEL (SWITCH UP) TO EXTENDED BODY POSITION • FULL TWISTING TIC TOC TO EXTENDED LIB (HIGH TO HIGH) • FRONT HANDSPRING 1/2 UP TO EXTENDED STUNT • 1 1/2 TWISTING RELEASE FROM GROUND LEVEL (SWITCH UP) TO EXTENDED BODY POSITION • FULL TWISTING RELEASE FROM WAIST LEVEL (BALL UP) TO EXTENDED BODY POSITION



LEVEL 1

NON-TWISTING

NON-RELEASE SHOW & GO ABOVE PREP LEVEL
 TINY AND MINI TEAMS CAN EXECUTE THIS SKILL AT PREP LEVEL TO RECEIVE TOSS CREDIT

TWISTING

NOT ALLOWED
 (SHOW & GO REQUIREMENT IS NOT ALLOWED TO TWIST)

LEVEL 2

NON-TWISTING

STRAIGHT RIDE TOSS

TWISTING

NOT ALLOWED

LEVEL 3

NON-TWISTING

BALL ARCH • PRETTY GIRL ARCH • PIKE ARCH • KICK ARCH • BALL-X • TOE TOUCH

TWISTING

FULL TWIST

LEVEL 4

NON-TWISTING

BALL KICK • PIKE-X • HITCH KICK • SWITCH KICK • DOUBLE TOE TOUCH

TWISTING

BALL FULL • PIKE FULL • KICK FULL • TOE TOUCH FULL • FULL UP TOE TOUCH • DOUBLE FULL

LEVEL 5

NON-TWISTING

PIKE HITCH KICK • PIKE KICK PRETTY GIRL • PIKE SWITCH KICK • HITCH KICK KICK

TWISTING

HITCH KICK FULL • SWITCH KICK FULL • KICK KICK FULL • PIKE KICK FULL • KICK FULL KICK

LEVEL 6

NON-TWISTING

PIKE HITCH KICK • PIKE KICK PRETTY GIRL • PIKE SWITCH KICK • HITCH KICK KICK

TWISTING

BALL DOUBLE FULL • PIKE DOUBLE FULL • KICK DOUBLE FULL • TOE TOUCH DOUBLE FULL • DOUBLE UP TOE TOUCH
 HITCH KICK DOUBLE FULL • SWITCH KICK DOUBLE FULL • KICK FULL KICK FULL

LEVEL 7

NON-TWISTING

TUCK • X-OUT • LAYOUT

TWISTING

LAYOUT FULL • LAYOUT DOUBLE FULL • X-OUT FULL • SPLIT FULL • ARABIAN 1 1/2 • PIKE OPEN DOUBLE FULL

Utilization of minimal bases: Stunts performed demonstrate skills involving the least necessary number of athletes. (Additional athletes may be added to the traditional stunt group (4 athletes) in order to safely create and demonstrate skills.

Utilization of combined skills: Stunt elements demonstrate two or more skills performed as one. (Examples: a spinning tic toc, a spinning inversion, a multi trick toss, etc.)

Utilization of connected skills: Skills performed demonstrate immediate transition from the completion of one skill to the initiation of the next skill.

Movement and usage of floor: How the stunts performed change position, evolve, transition, and maneuver in reference to each other and the floor.

Variety of skills: Utilization of different elements and/or skills.

Quantity of skills: Display of a cumulative number of skills throughout the routine, performed by one or more groups.

Value of Skills: Increased complexity of level specific skills demonstrated.