



PERFORMANCE REC– EXCEL: 2017-2018 Scoring Ranges



STUNTS

LEVEL APPROPRIATE				
INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STUNTS
<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 • 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) 	<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 • COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY • TOSS HANDS • SINGLE BASED 1 LEG EXTENDED STUNTS • TOSS HANDS PAUSE PRESS EXTENSION • WALK IN EXTENSION
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 • SWITCH UP TO PREP LEVEL BODY POSITION • BALL UP, STRADDLE UP AND/OR RELEASE TO PREP LEVEL BODY POSITION 	<ul style="list-style-type: none"> • FULL UP TO PREP LEVEL BODY POSITION • 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"> • 1/2 TWISTING INVERSION TO EXTENDED 1 LEG STUNT

PYRAMID

INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STUNTS
<ul style="list-style-type: none"> • BRACED STUNT SKILLS 	<ul style="list-style-type: none"> • BRACED STUNT SKILLS • BRACED RELEASE TO EXTENDED 2 LEG, ARM BRACED ON 2 SIDES • BRACED RELEASE TO EXTENDED SINGLE LEG, ARM BRACED ON 2 SIDES 	<ul style="list-style-type: none"> • BRACED STUNT SKILLS • BRACED FULL UP TO EXTENDED 2 LEG 	<ul style="list-style-type: none"> • STUNT SKILLS 	<ul style="list-style-type: none"> • BRACED STUNT SKILLS • BRACED COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY

BASKETS

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



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STUNT QUANTITY-(BASED ON A GROUP OF 4, RIPPLE OR SYNCHRONIZED IN THE SAME SECTION)

		STUNT/TOSS	QUANTITY	
		# OF ATHLETES	MAJORITY	MOST
4.0	Less than a Majority of the team performs a level appropriate building skill	5-11	1	1
4.2	Majority of the team performs a level appropriate building skill	12-15	1	2
4.4	Most of the team performs a level appropriate building skill	16-19	2	3
4.6	Less than a Majority of the team performs the same Elite level appropriate building skill	20-23	3	4
4.8	Majority of the team performs the same Elite level appropriate building skill	24-27	4	5
5.0	Most of the team performs the same Elite level appropriate building skill	28-30	4	6
		31-38	5	7

STUNT DIFFICULTY

Score Range	Difficulty Level	Description
3.0 - 3.5	BELOW	Skills performed do not meet Low range requirement
3.5 - 4.0	LOW	4 different level appropriate skills performed by Most of team
4.0 - 4.5	MID	4 different level appropriate skills performed by Most of team, 1 of which is Elite level appropriate
4.5 - 5.0	HIGH	4 different level appropriate skills performed by Most of team, 2 of which are Elite level appropriate

COED QUANTITY - LEVEL 3 & 4 SENIOR TEAMS (BASED ON A GROUP OF 3, RIPPLE OR SYNCHRONIZED IN THE SAME SECTION)

	COED STYLE ASSISTED	COED STYLE UNASSISTED	# OF MALES ON THE TEAM	# OF COED STYLE STUNTS
3.5	Skills performed do not meet 4.0 requirement	Skills performed do not meet 4.0 requirement		
4.0	Walk-in Hands Toss Hands	N/A	4-5	2
4.2	Walk-in Hands press Extension Toss Hands press Extension	N/A	6-7	3
4.4	Walk-in Extended double leg stunt Toss Extended double leg stunt (Level 4 ONLY) Walk-in Hands press Extended single leg stunt/single arm stunt Toss Hands press Extended single leg stunt/single arm stunt	Walk-in Hands Toss Hands	8-9	4
4.6	Walk-in Extended single leg stunt/single arm stunt Toss Extended single leg stunt/single arm stunt (Level 4 ONLY)	Walk-in Hands press Extension Toss Hands press Extension	10-11	5
4.8	N/A	Walk-in Extended double leg stunt Toss Extended double leg stunt (Level 4 ONLY) Walk-in Hands press Extended single leg stunt/single arm stunt Toss Hands press Extended single leg stunt/single arm stunt	12-13	6
5.0	N/A	Walk-in Extended single leg stunt/single arm stunt Toss Extended single leg stunt/single arm stunt (Level 4 ONLY)	14-15	7
			16-17	8
			18-19	9

TOSS DIFFICULTY

4.0	Less than a Majority of the team performs a toss
4.5	Majority of the team performs a level appropriate toss
5.0	Majority of the team performs a level appropriate toss rippled or synchronized in the same section

PYRAMID DIFFICULTY

Score Range	Difficulty Level	Description
3.0 - 3.5	BELOW	Skills performed do not meet Low range requirement
3.5 - 4.0	LOW	2 different level appropriate skills, 2 structures performed by Most of the team
4.0 - 4.5	MID	3 different level appropriate skills, 2 structures performed by Most of the team
4.5 - 5.0	HIGH	4 different level appropriate skills, 2 structures performed by Most of the team

STUNT TECHNIQUE

3.5 - 4.0	Less than 50% of the athletes execute excellent precision and form
4.0 - 4.5	50% of the athletes execute excellent precision and form
4.5 - 5.0	75% of the athletes execute excellent precision and form

TOSS TECHNIQUE DRIVERS

- Top Person
- Bases/Spotters
- Height
- Dismount/Cradle
- Synchronization/Timing

STUNT/PYRAMID TECHNIQUE DRIVERS

- Top Person
- Bases/Spotters
- Transitions/Dismounts
- Perfection
- Synchronization

DIFFICULTY TECHNIQUE DRIVERS

- Difficulty of the skill
- Percent of team participation
- Combination of skills (level and non-level appropriate)
- Pace of skills performed



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STUNT CREATIVITY

2.0-2.3	Less than 50% of the stunt skills incorporate visual, unique or innovative ideas. This includes level and non-level appropriate skills
2.3-2.5	50% of the stunt skills incorporate visual, unique or innovative ideas. This includes level and non-level appropriate skills

PYRAMID CREATIVITY

2.0-2.3	Less than 50% of the pyramid skills incorporate visual, unique or innovative ideas. This includes level and non-level appropriate skills
2.3-2.5	50% of the pyramid skills incorporate visual, unique or innovative ideas. This includes level and non-level appropriate skills

DANCE

9.0 - 10	A team's ability to demonstrate a high level of energy and entertainment value which incorporates multiple visual elements including a variety of levels, formation changes, partner work, footwork and floor work . This includes technique, perfection, synchronization, pace and intricacy of dance moves performed.
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ROUTINE COMPOSITION

9.0 - 10	A team's ability to demonstrate precise spacing and seamless patterns of movement performed throughout the routine. This includes innovative, visual and intricate ideas , as well as, any additional skills performed to enhance the overall appeal .
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PERFORMANCE

9.0 - 10	A team's ability to demonstrate high levels of energy and excitement while maintaining genuine enthusiasm and showmanship . This will include appropriate athletic impression throughout the routine.
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STANDING TUMBLING	RUNNING TUMBLING
BHS SERIES • JUMP TO BHS • JUMP TO BHS SERIES BHS SERIES JUMP BHS SERIES • BHS STEP OUT BHS COMBO	ARIELS • PUNCH FRONT • ROUND OFF TUCK • ROUND OFF BHS BACK TUCK ROUND OFF BHS SERIES TO BACK TUCK • FRONT WALKOVER TO ROUND OFF BHS BACK TUCK • FRONT WALKOVER TO ROUND OFF BHS SERIES BACK TUCK

STANDING TUMBLING DIFFICULTY (LEVEL 1-5 YOUTH, JR, RESTRICTED)

3.0 - 3.5	BELOW	Skills performed do not meet Low range requirement
3.5 - 4.0	LOW	Majority of the team performs a level appropriate pass
4.0 - 4.5	MID	Most of the team performs the same level appropriate pass which must be synchronized from initiation of the pass
4.5 - 5.0	HIGH	Most of the team performs the same level appropriate pass which must be synchronized from initiation of the pass, plus Majority of the team performs an additional level appropriate pass

RUNNING TUMBLING DIFFICULTY (LEVEL 1-5 YOUTH, JR, RESTRICTED)

3.0 - 3.5	BELOW	Skills performed do not meet Low range requirement
3.5 - 4.0	LOW	Less than a Majority of the team performs a level appropriate pass
4.0 - 4.5	MID	Majority of the team performs a level appropriate pass
4.5 - 5.0	HIGH	Most of the team performs a level appropriate pass

TUMBLING/JUMPS QUANTITY

# OF ATHLETES	MAJORITY	MOST
5 - 7	3	4
8 - 9	4	6
10 - 11	5	7
12 - 14	6	9
15 - 16	7	11
17 - 19	8	12
20 - 22	10	15
23 - 25	11	17
26 - 27	13	19
28 - 30	14	21
31 - 38	15	23

JUMPS DIFFICULTY

3.5	Skills performed do not meet 4.0 requirement
4.0	Most of the team performs 1 advanced jump
4.5	Most of the team performs 2 connected advanced jumps . Must be synchronized and must include a variety Tiny/Mini: Most of the team performs 2 advanced jumps must be synchronized , but DO NOT need to be connected
5.0	Most 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: Most of the team performs 3 advanced jumps must be synchronized , but DO NOT need to be connected .

BASIC JUMPS: Spread Eagle, Tuck Jump // ADVANCED JUMPS: Pike, Right/Left Hurdlers (front or side), Toe Touch

TECHNIQUE

3.5 - 4.0	Less than 50% of the athletes execute excellent precision and form
4.0 - 4.5	50% of the athletes execute excellent precision and form
4.5 - 5.0	75% of the athletes execute excellent precision and form

DIFFICULTY DRIVERS

- Difficulty of the skill
- Percent of team participation
- Combination of skills (level and non-level appropriate)
- Pace of skills performed

TUMBLING TECHNIQUE DRIVERS

- Approach
- Speed
- Body Control
- Landings
- Synchronization

JUMPS TECHNIQUE DRIVERS

- Arm Placement
- Leg Placement
- Hyperextension/Height
- Landings
- Synchronization