



# PERFORMANCE REC– ADVANCED: 2017-2018 Scoring Ranges



## STUNTS

LEVEL APPROPRIATE				
INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STUNTS
<ul style="list-style-type: none"> <li>RELEASED INVERSION TO PREP LEVEL OR BELOW</li> <li>RELEASED INVERSION AT PREP LEVEL TO PREP LEVEL</li> <li>DOWNWARD INVERSION FROM PREP LEVEL</li> <li>EXTENDED INVERTED STUNT</li> </ul>	<ul style="list-style-type: none"> <li>SWITCH UP TO EXTENDED 1 LEG STUNT</li> <li>RELEASE TO EXTENDED STUNT</li> <li>TIC TOC LIB TO LIB (HIGH TO LOW)</li> <li>HELICOPTER RELEASE MOVES</li> <li>RELEASE TO EXTENDED LIB</li> <li>SWITCH UP TO EXTENDED BODY POSITION</li> <li>FULL TWISTING RELEASE TO PREP LEVEL OR BELOW</li> <li>RELEASE FROM PREP LEVEL TO PREP LEVEL</li> </ul>	<ul style="list-style-type: none"> <li>1 1/2 TWISTING TRANSITION TO BELOW PREP LEVEL</li> <li>3/4 TWISTING TRANSITION TO EXTENDED STUNT</li> <li>FULL UP TO EXTENDED STUNT</li> <li>1 1/2 TWISTING TRANSITION TO PREP LEVEL</li> <li>1 1/2 TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT</li> </ul>	<ul style="list-style-type: none"> <li>FULL DOWN FROM EXTENDED 1 LEG STUNT</li> <li>DOUBLE DOWN FROM PREP LEVEL</li> <li>DOUBLE DOWN FROM EXTENDED STUNT</li> <li>KICK FULL TWISTING DISMOUNT</li> </ul>	<ul style="list-style-type: none"> <li>COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY</li> <li>TOSS EXTENSION</li> <li>TOSS 1 LEG EXTENDED STUNT</li> </ul>
ELITE LEVEL APPROPRIATE				
<ul style="list-style-type: none"> <li>RELEASED INVERSION FROM BELOW PREP LEVEL TO EXTENDED STUNT</li> </ul>	<ul style="list-style-type: none"> <li>TIC TOC EXTENDED BODY POSITION TO PREP LEVEL OR BELOW BODY POSITION (HIGH TO LOW)</li> <li>BALL UP, STRADDLE UP AND/OR RELEASE TO EXTENDED BODY POSITION (NOT INCLUDING SWITCH UP)</li> </ul>	<ul style="list-style-type: none"> <li>1 1/2 TWISTING TRANSITION TO PREP LEVEL BODY POSITION</li> <li>EXTENDED FULL TWISTING TRANSITION TO EXTENDED STUNT</li> </ul>		<ul style="list-style-type: none"> <li>FULL TWISTING INVERSION TO EXTENDED STUNT</li> <li>FULL TWISTING TIC TOC TO PREP LEVEL 1 LEG STUNT</li> <li>FULL TWISTING BALL UP, STRADDLE UP AND/OR SWITCH UP TO PREP LEVEL BODY POSITION</li> <li>1 1/2 TWISTING BALL UP, STRADDLE UP AND/OR SWITCH UP TO PREP LEVEL 1 LEG STUNT</li> </ul>

## PYRAMID

INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STUNTS
<ul style="list-style-type: none"> <li>BRACED STUNT SKILLS</li> <li>RELEASED BRACED INVERSIONS, BRACED ON 2 SIDES</li> </ul>	<ul style="list-style-type: none"> <li>BRACED STUNT SKILLS</li> <li>BRACED RELEASE TO EXTENDED POSITION, BRACE ON 1 SIDE</li> <li>BRACED RELEASES THAT INVOLVE CHANGING BASES</li> </ul>	<ul style="list-style-type: none"> <li>BRACED STUNT SKILLS</li> <li>BRACED FULL UP TO EXTENDED SINGLE LEG</li> <li>BRACED 1 1/2 TWIST TO EXTENDED DOUBLE LEG</li> </ul>	<ul style="list-style-type: none"> <li>STUNT SKILLS</li> </ul>	<ul style="list-style-type: none"> <li>BRACED STUNT SKILLS</li> <li>BRACED COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY</li> </ul>

## BASKETS

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



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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 <b>Majority</b> of the team performs a level appropriate building skill	5-11	1	1
4.2	<b>Majority</b> of the team performs a level appropriate building skill	12-15	1	2
4.4	<b>Most</b> of the team performs a level appropriate building skill	16-19	2	3
4.6	<b>Less than a Majority</b> of the team performs the same <b>Elite</b> level appropriate building skill	20-23	3	4
4.8	<b>Majority</b> of the team performs the same <b>Elite</b> level appropriate building skill	24-27	4	5
5.0	<b>Most</b> of the team performs the same <b>Elite</b> level appropriate building skill	28-30	4	6
		31-38	5	7

## STUNT DIFFICULTY

Score	Difficulty	Description
3.0 - 3.5	BELOW	Skills performed do not meet <b>Low</b> range requirement
3.5 - 4.0	LOW	<b>4 different</b> level appropriate skills performed by <b>Most</b> of team
4.0 - 4.5	MID	<b>4 different</b> level appropriate skills performed by <b>Most</b> of team, <b>1</b> of which is <b>Elite</b> level appropriate
4.5 - 5.0	HIGH	<b>4 different</b> level appropriate skills performed by <b>Most</b> of team, <b>2</b> of which are <b>Elite</b> 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	<b>Less than a Majority</b> of the team performs a toss
4.5	<b>Majority</b> of the team performs a level appropriate toss
5.0	<b>Majority</b> of the team performs a level appropriate toss <b>rippled</b> or <b>synchronized</b> in the same section

## PYRAMID DIFFICULTY

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

## STUNT TECHNIQUE

3.5 - 4.0	<b>Less than 50%</b> of the athletes execute excellent precision and form
4.0 - 4.5	<b>50%</b> of the athletes execute excellent precision and form
4.5 - 5.0	<b>75%</b> 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 <b>visual, unique or innovative ideas</b> . This includes <b>level</b> and <b>non-level appropriate skills</b>
2.3-2.5	50% of the stunt skills incorporate <b>visual, unique or innovative ideas</b> . This includes <b>level</b> and <b>non-level appropriate skills</b>

## PYRAMID CREATIVITY

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

## DANCE

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

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

9.0 - 10	A team's ability to demonstrate <b>high levels of energy and excitement</b> while maintaining <b>genuine enthusiasm and showmanship</b> . This will include <b>appropriate athletic impression</b> throughout the routine.
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STANDING TUMBLING	RUNNING TUMBLING
STANDING BACK TUCK • BHS BACK TUCK • BHS SERIES TO BACK TUCK JUMP BHS BACK TUCK • BACK WALKOVER BHS BACK TUCK • BHS SERIES TO LAYOUT BHS BACK TUCK BHS BACK TUCK • BHS BACK TUCK BHS LAYOUT • JUMP TO BHS SERIES TO BACK TUCK/LAYOUT • BHS WHIP TO BHS SERIES TO BACK TUCK/LAYOUT	CARTWHEEL BACK TUCK • ROUND OFF LAYOUT • ROUND OFF BHS LAYOUT/LAYOUT STEPOUT / X-OUT • ROUND OFF BHS SERIES TO LAYOUT • FRONT WALKOVER THROUGH TO LAYOUT • PUNCH FRONT STEPOUT TO LAYOUT • ROUND OFF BHS SERIES TO LAYOUT • ROUND OFF BHS WHIP BHS TO LAYOUT • PUNCH FRONT STEPOUT BHS WHIP BHS TO BACK TUCK • PUNCH FRONT STEPOUT BHS WHIP BHS TO LAYOUT • FRONT HANDSPRING PUNCH FRONT • FRONT HANDSPRING PUNCH FRONT THROUGH TO ROUND OFF BHS BACK TUCK/LAYOUT

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

3.0 - 3.5	BELOW	Skills performed do not meet <b>Low</b> range requirement
3.5 - 4.0	LOW	<b>Majority</b> of the team performs a level appropriate pass
4.0 - 4.5	MID	<b>Most</b> of the team performs the same level appropriate pass which must be <b>synchronized from initiation</b> of the pass
4.5 - 5.0	HIGH	<b>Most</b> of the team performs the same level appropriate pass which must be <b>synchronized from initiation</b> of the pass, plus <b>Majority</b> 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 <b>Low</b> range requirement
3.5 - 4.0	LOW	<b>Less than a Majority</b> of the team performs a level appropriate pass
4.0 - 4.5	MID	<b>Majority</b> of the team performs a level appropriate pass
4.5 - 5.0	HIGH	<b>Most</b> 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	<b>Most</b> of the team performs <b>1 advanced jump</b>
4.5	<b>Most</b> of the team performs <b>2 connected advanced jumps</b> . Must be <b>synchronized</b> and must include a <b>variety</b> Tiny/Mini: <b>Most</b> of the team performs <b>2 advanced jumps</b> must be <b>synchronized</b> , but <b>DO NOT</b> need to be connected
5.0	<b>Most</b> of the team performs <b>3 connected advanced jumps</b> or <b>2 connected advanced jumps, plus 1 additional advanced jump</b> . Must be <b>synchronized</b> and include a <b>variety</b> Tiny/Mini: <b>Most</b> of the team performs <b>3 advanced jumps</b> must be <b>synchronized</b> , but <b>DO NOT</b> 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	<b>Less than 50%</b> of the athletes execute <b>excellent precision and form</b>
4.0 - 4.5	<b>50%</b> of the athletes execute <b>excellent precision and form</b>
4.5 - 5.0	<b>75%</b> of the athletes execute <b>excellent precision and form</b>

## 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