

### Standing Tumbling

- Limited to a single back handspring
- Standing series and jumps connected immediately to a back handspring are not permitted.
- Flips and aerials are not permitted.

### Running Tumbling

- Limited to back and front handspring series.
- Flips and aerials are not permitted.

### Stunts

- Single leg stunts may not be held at or pass through the extended position. Extended liberties are not permitted.
- All release moves must land in a cradle.
- Inversions are allowed only in transitions from ground level inversions to a non-inverted position. No other inversions are permitted.
  - Example: A handstand on the ground to a non-inverted stunt is permitted.
  - Example: Starting in a cradle or prone position and transitioning to an inverted position in NOT permitted.
- Twisting transitions are limited to a 1/2 twist by the top person.
  - Exceptions: Log/barrel rolls are permitted.

### Pyramids

- Extended single leg stunts must be braced by at least one person at or below prep level.
  - Connection must be made prior to the execution of the single leg extended stunt
  - Connection must be made at or below prep level
- Inversions in pyramids are not permitted with the exception of the inversions allowed under Novice stunts rules.
- Any time a top person is released by the bases and braced by other top persons, no skill is permitted during transition and must land in a cradle.
- Release moves in pyramids are not permitted with the exception of release moves under Novice stunt rules.

### Dismounts

- Dismounts are limited to straight pop-downs, basic straight cradles, and a 1/4 twist.

### Tosses

- Straight ride tosses are the only permitted body position.

STUNT DIFFICULTY	PYRAMID DIFFICULTY	TUMBLING DIFFICULTY
3-4	3-4	3-4
Extension Preps or One Leg Variations Below Prep Level	Pyramids involving Extended Two Leg Stunts and/or One Leg Stunts at Prep Level	Cartwheels or Round-offs or Forward/Backward Rolls
4-5	4-5	4-5
Extension Preps or One Leg Variations Below Prep Level	Pyramids involving Extended One Leg Stunts at Prep Level	Round-offs BHS or Standing BHS

To be scored in the high range, MOST of the team which is 75% of the team must perform the skill set. Teams that do not master the skill set performed by MOST of the team will be scored in a lower range

### Tosses

- Tosses are not required, but may be rewarded in the "Pyramid" category

### Jump Difficulty (4.0 – 5.0)

- 4.0 – Single jumps
- 4.2 – Double jump combinations
- 4.4 – Triple jump combinations with no variety
- 4.6 – Triple jump combinations with variety
- 4.8 – Quad jump combinations or triple jump combinations and a single jump, no variety
- 5.0 – Quad jump combinations or triple jump combinations and a single jump, with variety

### Timing (9.0 – 10)

- Synchronization and uniformity

### Routine Composition (9.0 – 10)

- Spacing, seamless movement and patterns, execution of formations

### Voice/Inflection (9.0 – 10)

- Pace of cheer is practical, and flow of words is easy to understand

### Crowd Effective Material (9.0 -10)

- Easy to follow, encourages crowd participation, use of props (signs, poms, flags, megaphones)

### Motions/Dance (9.0 – 10)

- Team's ability to incorporate transitions, level changes, footwork and floorwork, with a variety of visual movement and high level of perfection along with motion technique throughout the routine.

### Performance (9.0 – 10)

- Genuine enthusiasm and energy level throughout routine

### Program Representation (9.0 – 10)

- Sportsmanship, performance integrity, appearance

### Overall Appeal (9.0 – 10)

