



# 2022 - 2023 COMPETITIVE REC SCORING SYSTEM - BUILDING



STUNT DIFFICULTY - MAX POINTS: 3.6	
Stunt skills will only receive full credit if they show control through the pop or transition to another skill	
1.0	Does not meet the requirement of stunt difficulty
2.0	Two (2) different level appropriate skills performed by most of the team
2.5	Three (3) different level appropriate skills performed by most of the team
3.0	Three (3) different level appropriate skills performed by most of the team; One (1) elite level appropriate performed by most
3.2	Four (4) different level appropriate skills performed by most of the team; One (1) elite skill performed by most
3.4	Four (4) different level appropriate skills performed by most of the team; two (2) elite skills performed by most
3.6	Four (4) different level appropriate skills performed by most of the team; three (3) elite skills are performed by most

STUNT DIFFICULTY DRIVERS - MAX POINTS: 0.4	
<i>Points in addition to baseline score</i>	
Total Participation	
0	Majority/Most stunt groups of elite skills use more than four (4) athletes
0.1	Most stunt groups of elite skills with use of no more than four (4) athletes for any group OR Max stunt groups of elite skills with one (1)+ groups using more than four (4) athletes
0.2	Max stunt groups of elite skills with no more than four (4) athletes used for any groups
Pace & Flow	
0	Skills did not show continuous movement, fluid connections or acceptable pace of skills
0.1	Skills executed at a moderate pace with continuous transition in and out of skills
0.2	Skill executed at a quick pace while showing a seamless transition in and out of skills

STUNT /PYRAMID TECHNIQUE DRIVERS - MAX POINTS: 5*				
<i>*Stunt &amp; Pyramid Technique are two separate scoring categories. Each category has a max of 5 points.</i>				
Impeccable	Good	Average	Needs Work	Specific Drivers
0	0.2	0.4	0.6	Flyer
0	0.2	0.4	0.6	Bases / Support Persons
0	0.2	0.4	0.6	Transitions
0	0.2	0.4	0.6	Timing & Synchronization

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

BUILDING OVERALL MASTERY - MAX POINTS: 2			
Low	Moderate	High	Specific Drivers
0.5-0.6	0.7-0.8	0.9-1.0	Variety of visual and creative elements in building skills/transitions
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	# of Traditional Groups		
	Majority	Most	Max
5-11	1	1	2
12-15	1	2	3
16-19	2	3	4
20-23	3	4	5
24-27	4	5	6
28-30	5	6	7

ADDITIONAL INFORMATION
Skills that are not required to be synchronized may be cumulative to meet a difficulty requirement.
Stunt skills will only receive full credit if they show control through the pop or transition to another skill.
Body Positions: Stretch, Bow and Arrow, Arabesque, Scale and Scorpion. Lib and platform are not considered body positions.
Pyramid Structure consists of two or more stunts connected to one another

PYRAMID DIFFICULTY - MAX POINTS: 3	
0	No stunt connection performed
1.0	Did not meet the requirement of pyramid difficulty
2.0	Two (2) different level appropriate skills and one (1) structure performed by most of the team
2.5	Two (2) different level appropriate skills and two (2) structures performed by most of the team
3.0	Three (3) different level appropriate skills and two (2) structures performed by most of the team

PYRAMID DIFFICULTY DRIVERS - MAX POINTS: 1				
<i>Points in addition to baseline score</i>				
Impeccable	Good	Average	Needs Work	Specific Drivers
0	0.1	0.2	0.25	Participation
0	0.1	0.2	0.25	Incorporation of elite level stunt skills and level appropriate pyramid skills
0	0.1	0.2	0.25	Flow / Pace of skills
0	0.1	0.2	0.25	Use of innovative entry and exit skills

*Low - Little to no use of specific driver throughout and/or parts of pyramid*  
*Moderate - Average use of specific driver throughout and/or parts of pyramid*  
*High - Exceptional use of specific driver throughout the entirety of pyramid*

STUNT/PYRAMID ELEMENTS OF TECHNIQUE			
<i>Including but not limited to</i>			
FLYER	<ul style="list-style-type: none"> <li>Body Control</li> <li>flexibility of body positions</li> <li>Motion placement/accuracy</li> <li>Uniformity among flyers</li> </ul>	BASES / SUPPORT PERSONS	<ul style="list-style-type: none"> <li>Body Control</li> <li>Stability of the stunt</li> <li>Technique in lifts and catches</li> <li>Uniformity among groups</li> </ul>
TRANSITIONS	<ul style="list-style-type: none"> <li>Entry</li> <li>Dismount</li> <li>Control throughout</li> </ul>	TIMING & SYNCHRONIZATION	<ul style="list-style-type: none"> <li>Timing of skills performed in groups or by the team at the same time</li> </ul>



# 2022 - 2023 COMPETITIVE REC SCORING SYSTEM - TUMBLING



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

TUMBLING/JUMP 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
28-30	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: 3.6	
2.0	Less than the 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
3.2	Max of the team performs a level appropriate pass
3.4	Most of the team performs an elite level appropriate pass
3.6	Max of the team performs an elite level appropriate pass

STANDING DIFFICULTY DRIVER - MAX POINTS: 0.4	
Pace & Flow - Max Points: 0.2	
0	Skills did not show continuous movement, fluid connections or acceptable pace of skills
0.1	Skills executed at a moderate pace with continuous transition in and out of skills
0.2	Skill executed at a quick pace while showing a seamless transition in and out of skills
Innovation - Max Points: 0.2	
0	Skills did not show variety or synchronization
0.1	Skills executed with minor innovative elements while performing a variety of skills
0.2	Skills executed with multiple innovative elements while performing a variety of skills

RUNNING DIFFICULTY DRIVERS - MAX POINTS: 0.4	
Pace & Flow - Max Points 0.2	
0	Passes did not show continuous movement, fluid connections or acceptable pace of skills
0.1	Passes executed at a moderate pace with continuous transition in and out of skills
0.2	Passes executed at a quick pace while showing a seamless transition in and out of skills
Innovation - Max Points 0.2	
0	Passes did not show variety or synchronization
0.1	Passes include a variety of skills with minor synchronized passes
0.2	Passes include a variety of skills with major synchronized passes

*Quantities are based on cumulative passes. Passes are permitted to recycle athletes in different sections.*

TUMBLING TECHNIQUE DRIVERS - MAX POINTS: 5			
Low	Moderate	High	Specific Drivers
0.2	0.4	0.6	Approach
0.2	0.4	0.6	Body Control
0.2	0.4	0.6	Landings
0.2	0.4	0.6	Timing & Synchronization

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

**ADDITIONAL TUMBLING INFORMATION**

L1-L5 & Jr. 6 Standing Tumbling - Same level appropriate synchronized pass cannot be used to fulfill Majority pass requirement  
Tumbling passes must land on feet to be considered level appropriate and receive 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.  
L2 - No skills out of a RO that are illegal in L1 will count for level appropriate credit.  
L3 - No 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 - No skills out of a Tuck, in Standing Tumbling, 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**

JUMP DIFFICULTY - MAX POINTS: 1	
0	Most of the team did not perform an advanced jump
0.5	Most of the team performs one (1) advanced jump
0.75	Most of the team performs (2) advanced jumps that show variety
1.0	Most of the team performs total of 3 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

TUMBLING ELEMENTS OF TECHNIQUE			
<i>Including but not limited to</i>			
APPROACH	<ul style="list-style-type: none"> <li>Arm placement into a pass/skill</li> <li>Body positioning for initiation of skill</li> <li>Chest placement</li> <li>Connection of pass/skills</li> </ul>	LANDINGS	<ul style="list-style-type: none"> <li>Controlled</li> <li>Legs/feet together</li> <li>Chest placement</li> <li>Landing on feet</li> <li>Completion of skills</li> </ul>
BODY CONTROL	<ul style="list-style-type: none"> <li>Head placement</li> <li>Arm/shoulder placement in skills</li> <li>Hips</li> <li>Leg placement in skills</li> <li>Absorbing appropriately between skills</li> </ul>	TIMING & SYNCHRONIZATION	<ul style="list-style-type: none"> <li>Timing of skills performed in groups or by the team at the same time</li> </ul>

JUMP TECHNIQUE DRIVERS - MAX POINTS: 2			
Low	Moderate	High	SPECIFIC DRIVERS
0.1	0.2	0.3	Body Control
0.1	0.2	0.3	Approach (swing)
0.1	0.2	0.3	Landing
0.1	0.2	0.3	Timing & Synchronization

*Points are removed from the baseline score.*

TUMBLING OVERALL MASTERY - MAX POINTS: 2			
Low	Moderate	High	Specific Drivers
0.5-0.6	0.7-0.8	0.9-1.0	Innovative formations and use of the floor throughout the routine
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 Hurdlers (Front or Side), Toe Touch  
Jumps must use a whip approach to be considered connected. Whip approach: continuous movement through swing connecting 2 or more

JUMP ELEMENTS OF MASTERY			
<i>Including but not limited to</i>			
APPROACH	<ul style="list-style-type: none"> <li>Arm placement into a jump</li> <li>Swing/prep</li> <li>Chest placement</li> <li>Flow of connected jumps</li> </ul>	LANDINGS	<ul style="list-style-type: none"> <li>Controlled</li> <li>Legs/feet together</li> <li>Chest placement</li> <li>Jump completion</li> <li>Landing on feet</li> </ul>
BODY CONTROL	<ul style="list-style-type: none"> <li>Head placement</li> <li>Arm/shoulder placement</li> <li>Hips</li> <li>Leg placement/ positioning</li> <li>Pointed toes</li> </ul>	TIMING & SYNCHRONIZATION	<ul style="list-style-type: none"> <li>Timing of skills performed in groups or by the team at the same time</li> </ul>



# 2022 - 2023 COMPETITIVE REC SCORING SYSTEM - ROUTINE & DANCE MASTERY



## ROUTINE MASTERY - MAX POINTS: 1

Level of Mastery				Specific Drivers
0	0.1	0.2	0.25	Continuous flow in transitions
0	0.1	0.2	0.25	Visual, engaging and entertaining
0	0.1	0.2	0.25	Confidence in execution of routine
0	0.1	0.2	0.25	Precise spacing and formations

## DANCE MASTERY - MAX POINTS: 1

Level of Mastery				Specific Drivers
0	0.1	0.2	0.25	Pace, flow and transitions
0	0.1	0.2	0.25	Performance and engagement
0	0.1	0.2	0.25	Level changes and intricate movements
0	0.1	0.2	0.25	Precise motions and synchronization



# 2022 - 2023 COMPETITIVE REC SCORING SYSTEM - TUMBLING SKILLS



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 • Cartwheel Handstand Forward Roll • Backbend Kickover • Standing Backbend • Front Limber/Back Limber • Front Walkover Back Walkover • 1 Arm Back/Front Walkover • Back Extension Roll • Back Walkover Switch Leg • Valdez	Cartwheel • RO • Front Walkover • Cartwheel Backwalkover • Front Walkover - Cartwheel/Roundoff
Elite Level Appropriate	<p>Push up to backbend was removed from this list due to it being a shape and not a tumbling skill. Elite Level includes combination of two (2) or more level appropriate skills connected. A pause, clean, or step between skills will not count as connected skills.</p> BWO - BWO • VZ - BWO • BER - BWO • BWO - BER	<p>Elite level includes three (3) or more level appropriate skills connected A pause, clean, or step between skills will not count as connected skills.</p> 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	<p>Elite Level skills include two (2) or more connecting skills including at least one (1) level appropriate skill</p> 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	<p>Elite Level skills includes three (3) or more connecting skills including at least one (1) level appropriate skill</p> RO - BHS Series • FWO - RO - BHS/BHS Series • RO - BHS - Rebound - RO - BHS

## LEVEL 3

Standing Tumbling		Running Tumbling
Level Appropriate	BHS Series • 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	<p>Elite level skills include three (3) or more connected skills including at least two (2) level appropriate skill connections</p> BHS Series - Jump - BHS Series • Jump - BHS - Jump - BHS • BHS Step out - BHS/BHS Series • BWO - BHS - Jump - BHS/BHS Series Jump - BHS Series • BHS - Jump - BHS **MUST BE AN ADVANCED JUMP**	<p>Elite level skills include any two (2) level appropriate skills connected OR any level appropriate skill connected by a lower level running tumbling skill</p> 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 of PF

## 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	<p>Jump - BHS Series - Back Tuck • Jump - BHS - Back Tuck • BWO - Tuck • Back Tuck **MUST BE AN ADVANCED JUMP**</p>	<p>Elite level skill includes two (2) level appropriate skills executed in one (1) pass</p> Punch Front step out - RO - BHS - Layout • RO - Whip - Tuck OR BHS - Layout • Front Handspring - Punch Front - RO - BHS - Tuck 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

## 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	<p>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 - BHS - Whip - Layout OR BHS - Layout • Jump - Back Tuck BHS - Layout • Jump - BHS Series - Layout • BHS Series - Whip - Tuck</p>	<p>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**</p>

Appropriate

Layout - jump - layout - layout - layout - layout - layout - layout  
**\*\*MUST BE AN ADVANCED JUMP\*\***

Layout - jump - layout - layout - layout - layout - layout - layout  
***\*\*Must initiate RO within 4 counts of landing arabian to be connected***



# 2022 - 2023 ALL STAR SCORING SYSTEM - TUMBLING SKILLS



Skills listed below are EXAMPLES but are not limited to

## 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 <b>**MUST BE AN ADVANCED JUMP**</b>	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 BHS Series - Whip - 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 <b>**MUST BE AN ADVANCED JUMP**</b>	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



# 2022 - 2023 COMPETITIVE REC SCORING SYSTEM - STUNT SKILLS



## LEVEL 1

INVERSION STYLE		RELEASE STYLE		TWISTING		DISMOUNT STYLE		OTHER STUNTS	
LEVEL APPROPRIATE	<ul style="list-style-type: none"> <li>• INVERSION TO GROUND LEVEL</li> </ul>	<ul style="list-style-type: none"> <li>• SWITCH UP TO LIB BELOW PREP LEVEL</li> <li>• SWITCH UP TO BODY POSITION BELOW PREP LEVEL</li> <li>• TIC TOC BELOW PREP LEVEL (LIB TO LIB)</li> <li>• TIC TOC BELOW PREP LEVEL (LIB TO BODY POSITION)</li> </ul>	<ul style="list-style-type: none"> <li>• 1/4 TWISTING TRANSITION TO BELOW PREP LEVEL</li> <li>• 1/4 DOWN TO GROUND LEVEL</li> <li>• 1/4 TWISTING TRANSITION FROM PREP LEVEL</li> </ul>	<ul style="list-style-type: none"> <li>• STEP DOWN</li> <li>• STRAIGHT CRADLE</li> </ul>	<ul style="list-style-type: none"> <li>• BACK STAND</li> <li>• PREP LEVEL SHOW &amp; GO</li> <li>• STRADDLE SIT</li> <li>• FLAT BACK</li> <li>• EXTENDED STRADDLE SIT</li> <li>• BELOW PREP LEVEL 1 LEG STUNT</li> <li>• EXTENDED FLAT BACK</li> <li>• PREP LEVEL 1 LEG STUNT WITH BRACER</li> <li>• PREP LEVEL TO PRONE</li> <li>• 1 LEG STUNT BELOW PREP LEVEL</li> <li>• SHOULDER SIT</li> <li>• CHAIR</li> <li>• SHOULDER STAND</li> <li>• COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY</li> <li>• TRANSITION FROM BELOW PREP LEVEL TO PREP LEVEL BODY POSITION STUNT WITH BRACER</li> </ul>				
ELITE LEVEL APPROPRIATE		<ul style="list-style-type: none"> <li>• TIC TOC BELOW PREP LEVEL (BODY POSITION TO BODY POSITION)</li> <li>• PREP LEVEL TIC TOC (BODY POSITION TO BODY POSITION) WITH REQUIRED HAND/ARM CONNECTION</li> </ul>	<ul style="list-style-type: none"> <li>• 1/4 TWISTING TRANSITION TO PREP FROM BELOW PREP LEVEL</li> </ul>		<ul style="list-style-type: none"> <li>• 1/4 TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT (WITH REQUIRED HAND/ARM CONNECTION)</li> <li>• 1/4 TWISTING TIC TOC AT PREP LEVEL WITH REQUIRED HAND/ARM CONNECTION (BODY POSITION TO BODY POSITION)</li> <li>• 1/4 TWISTING SWITCH UP, RELEASE FROM BELOW PREP LEVEL TO PREP LEVEL 1 LEG STUNT WITH REQUIRED HAND/ARM CONNECTION</li> </ul>				

## LEVEL 2

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

## LEVEL 3

INVERSION STYLE		RELEASE STYLE		TWISTING		DISMOUNT STYLE		COED STYLE		OTHER STUNTS	
LEVEL APPROPRIATE	<ul style="list-style-type: none"> <li>• INVERTED BELOW PREP LEVEL</li> <li>• INVERTED AT PREP LEVEL</li> <li>• DOWNWARD INVERSION FROM BELOW PREP LEVEL</li> </ul>	<ul style="list-style-type: none"> <li>• RELEASE TO PREP LEVEL OR BELOW</li> <li>• SWITCH UP TO PREP LEVEL LIB</li> <li>• BALL UP, STRADDLE UP AND/OR RELEASE TO PREP LEVEL LIB</li> <li>• TIC TOC BELOW PREP LEVEL TO BELOW PREP LEVEL (LIB TO LIB)</li> <li>• TIC TOC BELOW PREP LEVEL TO PREP LEVEL (LIB TO LIB)</li> </ul>	<ul style="list-style-type: none"> <li>• FULL UP BELOW PREP LEVEL</li> <li>• FULL UP PREP LEVEL STUNT</li> <li>• 1/4 TWISTING TRANSITION TO EXTENDED 1 LEG STUNT</li> <li>• FULL UP TO PREP LEVEL 1 LEG STUNT</li> <li>• PREP LEVEL FULL TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT</li> </ul>	<ul style="list-style-type: none"> <li>• STRAIGHT CRADLE FROM EXTENDED 1 LEG STUNT</li> <li>• FULL DOWN FROM PREP</li> <li>• 1/4 TWISTING DISMOUNT FROM EXTENDED 1 LEG</li> <li>• FULL DOWN FROM EXTENSION</li> <li>• SINGLE SKILL CRADLE FROM 2 LEG STUNT (NON-TWISTING)</li> </ul>	<ul style="list-style-type: none"> <li>ASSISTED OR UNASSISTED:</li> <li>• WALK IN/TOSS HANDS</li> <li>• WALK IN/TOSS HANDS PRESS EXTENSION</li> <li>• WALK IN EXTENSION</li> <li>ASSISTED:</li> <li>• WALK IN HANDS PRESS EXTENDED SINGLE LEG STUNT</li> <li>• TOSS HANDS PRESS EXTENDED SINGLE LEG STUNT</li> <li>• WALK-IN EXTENDED SINGLE LEG STUNT/ SINGLE ARM STUNT</li> </ul>	<ul style="list-style-type: none"> <li>• FULL TWIST TO PRONE FROM PREP LEVEL</li> <li>• EXTENDED 1 LEG STUNT</li> <li>• SUSPENDED FRONT FUP</li> <li>• SPECIALTY SUSPENDED FRONT FUP (NON-TWISTING)</li> <li>• SUSPENDED TWISTING FRONT FUP</li> <li>• TOSS HANDS</li> <li>• SINGLE BASED 1 LEG EXTENDED STUNTS</li> <li>• TOSS HANDS PAUSE PRESS EXTENSION</li> <li>• WALK IN EXTENSION</li> <li>• COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY</li> </ul>					
ELITE LEVEL APPROPRIATE	<ul style="list-style-type: none"> <li>• INVERSION TO EXTENDED 1 LEG STUNT</li> </ul>	<ul style="list-style-type: none"> <li>• TIC TOC PREP LEVEL LIB TO EXTENDED BODY POSITION</li> <li>• BALL UP OR STRADDLE UP TO PREP LEVEL BODY POSITION</li> <li>• SWITCH UP TO PREP LEVEL BODY POSITION</li> <li>• RELEASE TO PREP LEVEL BODY POSITION</li> </ul>	<ul style="list-style-type: none"> <li>• FULL UP TO PREP LEVEL BODY POSITION</li> <li>• 1/2 TWISTING TRANSITION TO EXTENDED 1 LEG STUNT</li> <li>• PREP LEVEL FULL TWISTING TRANSITION TO PREP LEVEL BODY POSITION</li> </ul>		<ul style="list-style-type: none"> <li>UNASSISTED:</li> <li>• WALK IN HANDS PRESS EXTENDED SINGLE LEG STUNT</li> <li>• TOSS HANDS PRESS EXTENDED SINGLE LEG STUNT</li> <li>• WALK-IN EXTENDED SINGLE LEG STUNT/ SINGLE ARM STUNT</li> </ul>	<ul style="list-style-type: none"> <li>• 1/2 TWISTING INVERSION TO EXTENDED 1 LEG STUNT</li> <li>• FULL TWISTING TIC TOC AT PREP LEVEL (LIB TO BODY POSITION)</li> </ul>					



## 2022 - 2023 COMPETITIVE REC SCORING SYSTEM - DEDUCTIONS



Deductions	Point Penalty	Description <i>Include but not limited to</i>
Athlete Fall	-0.5	Drops to the performance floor during tumbling and/or jump skills. Hand, both hands, knee, both knees, or head hitting the performance floor while performing a tumbling or jump skill or tumbling transitions in and/or out of a building skill.
Building Fall	-0.75	Flyer falls from a stunt onto a base or spot and does not hit the floor and does not maintain control.
Major Building Fall	-1.25	Flyer falls from a stunt onto a base or spot and 1 or more athletes hits the ground with any body part. <b>Stunts that pop off due to safety do not constitute major building fall.</b>
Out of Bounds	-0.25	Both feet off of performance surface. Performance surface includes any borders attached to the performance floor.

Legalities	Point Penalty	Description <i>Include but not limited to</i>
Tumbling/General Rule	-0.05	General rule or tumbling violation
Building	-0.1	Building skill violation
Building Safety Concern	-0.5	When a skill appears to be dangerous/unsafe regardless of the number of groups. If a skill is missing the required number of athletes to perform the skill legally. (Not having enough catchers on released flips in pyramids) If a skill is performed illegally and appears to be inherently dangerous and/or unsafe--regardless of the number of building groups If a skill is missing the number of athletes required to perform that skill legally (ex: not having the number of required catchers for a cradle)





# 2022 - 2023 COMPETITIVE REC SCORE SHEET



<b>Building</b>	Difficulty	Difficulty Drivers	Technique	Maximum Points
Stunts	3.6	0.4	5	9
Pyramids	3	1	5	9
Tosses	2		3	5
Building Overall Mastery	2			2
<b>Total Building Score</b>				<b>25</b>
Comments				

<b>Tumbling</b>	Difficulty	Difficulty Drivers	Technique	Maximum Points
Standing	3.6	0.4	5	9
Running	3.6	0.4	5	9
Jumps	1		2	3
Tumbling Overall Mastery	2			2
<b>Total Tumbling Score</b>				<b>23</b>
Comments				

<b>Routine &amp; Dance Mastery</b>	Maximum Points	
Routine Mastery	1	
Dance Mastery	1	
<b>Total Routine &amp; Dance Score</b>		<b>2</b>
Comments		

<b>TOTAL SCORE</b>			<b>50</b>
--------------------	--	--	-----------