

# on Squad \_\_\_\_\_ Max # groups \_\_\_\_\_

<b>STANDING TUMBLING</b>				
<b>3-2-1 Points</b> <i>Beginning Level Tumbling</i> Forward Rolls Cartwheels Round-offs	<b>4-5 Points</b> <i>Beginner to Intermediate Tumbling</i> A few to some standing back handsprings	<b>6-7-8 Points</b> <i>Intermediate to Advanced Tumbling</i> Back Handspring performed by the majority of the team Some handspring tucks A few standing tucks	<b>9-10 Points</b> <i>Advanced to Elite Tumbling</i> Majority to all of team performs standing back handsprings Majority of team performs standing tucks	<b>Standing Tumbling</b> <b>10 Points (Max)</b>
<b>RUNNING TUMBLING</b>				
<b>3-2-1 Points</b> <i>Beginning Level Tumbling</i> Cartwheels Roundoffs	<b>4-5 Points</b> <i>Beginner to Intermediate Tumbling</i> A few to some single back handsprings Back handspring series	<b>6-7-8 Points</b> <i>Intermediate to Advanced Tumbling</i> Round-off BHS (single) some to majority of squad Round-off BHS series by some of squad A few series that end with Tucks	<b>9-10 Points</b> <i>Advanced to Elite Tumbling</i> Majority to all of team performs series w/BHS Majority of team performs series that end in tucks or higher Series end with layouts and fulls	<b>Running Tumbling</b> <b>10 Points (Max)</b>
<b>JUMPS</b>				
<b>3-2-1 Points</b> <b>Beginning Level Jumps</b> Beginner level jumps only Tuck Spread Herkie	<b>4-5 Points</b> <b>Beginner to Intermediate Jumps</b> Herkie Double hook Limited to only one squad toe touch in the entire routine	<b>6-7-8 Points</b> <b>Intermediate to Advanced Jumps</b> Toe touch Side hurdler Front hurdler Performed by majority of squad Need a little more variety in jumps	<b>9-10 Points</b> <b>Advanced to Elite Jumps</b> Majority to all of team performs more than average amount of jumps in routine, includes: Toe touches Side hurdler Front hurdler Pike Combination jumps	<b>Jumps</b> <b>10 Points (Max)</b>
<b>PARTNER STUNTS</b>				
<b>3-2-1 Points</b> <b>Beginning Level Stunts</b> Primarily Thigh Stands	<b>4-5 Points</b> <b>Beginner to Intermediate Stunts</b> Primarily Prep level stunts Shoulder sits One leg stunts at prep level	<b>6-7-8 Points</b> <b>Intermediate to Advanced Stunts</b> Extensions extended liberty's Some (limited) liberty variations Some series stunts Average variety	<b>9-10 Points</b> <b>Advanced to Elite Stunts</b> One leg extended stunts (liberty variations) Lots of series/combination stunts Cupies, etc Good variety	<b>Partner Stunts</b> <b>10 Points (Max)</b>
<b>PYRAMIDS</b>				
<b>3-2-1 Points</b> <b>Beginning Level Stunts</b> Primarily Thigh Stands	<b>4-5 Points</b> <b>Beginner to Intermediate Stunts</b> Primarily Prep level stunts Shoulder sits One leg stunts at prep level	<b>6-7-8 Points</b> <b>Intermediate to Advanced Stunts</b> Pyramids include: Extensions Extended liberty's Extended Heel Stretches Average variety	<b>9-10 Points</b> <b>Advanced to Elite Stunts</b> One leg extended stunts (liberty variations) lots of series/combination transitional pyramids Pyramids include cupies, Good variety	<b>Pyramids</b> <b>10 Points (Max)</b>
<b>CRADLES &amp; DISMOUNTS</b>				
<b>3-2-1 Points</b> <b>Beginning Level dismounts</b> Step offs only	<b>4-5 Points</b> <b>Beginner to Intermediate dismounts</b> Basic Cradles only	<b>6-7-8 Points</b> <b>Intermediate to Advanced dismounts</b> Twisting (360) from a majority of stunts	<b>9-10 Points</b> <b>Advanced to Elite dismounts</b> Twisting from majority of stunts 720 (double downs) from extended one leg stunts	<b>Cradles &amp; Dismounts</b> <b>10 Points (Max)</b>
<b>TOSSES &amp; BASKET TOSSES</b>				
<b>3-2-1 Points</b> <b>Beginning Level tosses</b> Tosses from Sponge position only or only one toss	<b>4-5 Points</b> <b>Beginner to Intermediate tosses</b> Tosses from Sponge position only or only one to a few tosses	<b>6-7-8 Points</b> <b>Intermediate to Advanced tosses</b> Toe touch tosses Multiple amount of tosses in the routine – and variations on the types of tosses	<b>9-10 Points</b> <b>Advanced to Elite tosses</b> Specialty tosses and an above average amount of tosses in the routine.	<b>Tosses</b> <b>10 Points (Max)</b>