

Stunts	Pyramids	Tosses	Standing tumbling	Running tumbling
4-5 points	4-5 points	4-5 points	4-5 points	4-5 points
stunts below prep level Extension preps	Prep level pyramids	Straight Rides with average Technique with little to no height or Few Tosses	Cartwheels Rolls Few walkovers	Cartwheels Round offs Few walkovers
5-6 points	5-6 points	5-6 points	5-6 points	5-6 points
One Leg variations at prep level below prep level	Prep level pyramids with one leg variations extended pyramids Prep Level one leg stunts in Pyramid	Many synchronized straight Ride tosses with Strong technique	Round offs Walkovers Single back handsprings	Round offs Walkovers Single back handsprings
6-7 Points	6-7 Points	6-7 Points	6-7 Points	6-7 Points
Prep level one leg variations Extensions ground level inversion single twist dismounts	Extended pyramids with one leg stunts transitional extended pyramids	Good height with skills Toe touch Kick arch Tuck One skill performed in toss	Back handsprings	Round off BHS series Walkovers to BHS series Few Tucks
7-8 Points	7-8 Points	7-8 Points	7-8 Points	7-8 Points
Extended One leg variations Inversions at prep level Twisting mounts Walking/turning extended stunt Single twist dismounts	advanced skills on one leg in extended pyramids with one 2 1/2 high transitional pyramids	Multiple toss groups with good skills a flexibility with above average height and technique Strong single twist tosses	Series of BHS Jump BHS series	Most/ All Tuck flips Front Handspring to Back tuck passes
8-9 points	8-9 points	8-9 points	8-9 points	8-9 points
Extended One leg variations Inversions above prep level Full twisting mounts to prep level Release moves Double twist from prep or extensions single twist dismounts from one leg	pyramids involving 2/1/2 transitions Transitional pyramids with braced inversions and level 4 releases Full twist up to extended pyramid full twist dismount for single leg or double from two leg stunts	Two skills performed in toss with strong technique and flexibility Kick or split that include a twist double twist baskets	back tuck Jump BHS Back BHS whip to back tucks Series to Layout X-outs	Layouts Whip through passes Front tuck to back passes
9-10 Points	9-10 Points	9-10 Points	9-10 Points	9-10 Points
Elite single leg stunts with strong flexibility and strong use of inversions/releases and transitional stunts including Three or more body positions and Double twisting dismounts from one leg extended stunt Single Based Stunts	Pyramids involving multiple 2/1/2 transitions and including single braced flips Transitional fast paced level 5 pyramids Multiple pyramids performed within routine with single braced flips or releases Double full twist dismount	Two skills in toss double twists Specialty skills with a skill and two twists Multiple synchronized elite tosses	Jumps to back tuck Standing passes with fulls Specialty passes with fulls or Series to Double Standing Fulls	multiple full twists Multiple flipping passes with fulls Double Twists Multiple Twist Passes Many specialty passes that twist Numerous Double full twist pass

Jumps	Motions & Dance
4-5 points	4-5 points
Low level of execution Tucks Eagles	Slow pace lack of sharpness few level changes or formation changes
5-6 points	5-6 points
Basic jumps slow or no connection Average level of execution	some variety of movement and visual appeal Medium pace Some Variety in motions and dance
6-7 Points	6-7 Points
Basic combos Intermediate combos Two jumps including Toe touch, side hurdler Some level - most below	Good use of motions & dance Good use of levels and formation changes Good sharpness and placement Good use of footwork Good visual effect
7-8 Points	7-8 Points
Three jumps including Toe touch, Front Hurdler, Pike Some above level-most level	Above average pace with strong movement Better use of levels and formation changes Better visual effect Strong use of motions throughout routine Medium paced foot and body isolations
8-9Points	8-9 points
Four or more jumps including double whip jumps and advanced jumps with variety including : Toe touch,pike, front hurdler	advanced pace with strong use of visual effect fast paced with several formations Strong use of footwork and style Strong use of motions throughout routine Good energy and entertainment value
9-10 Points	9-10 Points
Five or more jumps including Triple whip jumps and advanced jumps with variety and strong execution including : Toe touch,pike, front hurdler , double nine and the around the world Most jumps hyperextended	Fast Pace and creative variety of movement Strong use of motions throughout routine Multiple formations with smooth transitions Strong use of footwork and isolations Strong energy and entertainment value strong style of choreography