



# State Championship Scoring Ranges & General Information

## General Information

### Category Difficulty - How Scoring Ranges are Determined

Majority is defined as half plus 1 of the team (see quantity charts).

The majority must perform the same skills in the stunt sequence to ensure difficulty credit is earned in a desired range. Skills performed by less than the majority will earn a score in a lower range.

Stunting skills must be performed by the majority of the team either simultaneously or in a ripple to receive credit. Single and multiple stunt sequences will be credited throughout the routine.

*Example: There are 16 girls and 4 stunt groups. 3 groups must perform the same skill to score in the difficulty credit within a range.*

Performing at least 1 level appropriate skill by the majority of your team will get you within that range.

Pyramids and toss skills will be cumulatively counted throughout the routine.  
Basket tosses are not required but may be rewarded in the Pyramid section.

Jumps must be performed by the majority of the team simultaneously.  
They are not cumulative and must be synchronized. Jumps must be connected.  
Jump variety = 2 or more different jumps that are connected i.e., Pike - Toe Touch  
**ADVANCED JUMPS include Toe Touch, Right/Left Hurdler either Front/Side, Pike, Double 9**

Standing/Running tumbling must be performed by the majority of the team.  
See Tumbling Quantity Chart. They will be cumulatively added throughout the routine.  
Synchronization is not required but may increase your score within the range.

## **Division Restrictions: *National Federation Rules Apply***

### **Non Tumbling**

Teams that compete in this division will not receive a tumbling difficulty or technique score.

Tumbling skills are not allowed in the Non-Tumbling division only, and if performed will receive a **2.5 point deduction**.

Legal inversions into or from load ins, stunts and pyramids will not be considered tumbling and are allowed in this division.

### **Intermediate Category**

Skills will be scored according to the Intermediate rubric on the category score sheets.

Please be advised that the maximum score in stunting, standing and running tumbling, and pyramids/tosses in the Intermediate Division will not be comparable to the maximum score in the general High School division.

If you perform skills that are out of level, they will not be scored or count toward your final score.

You will be given a **2.5 point deduction** per category for skills performed out of the Intermediate Division.

There will be no limit on jumps. All types of jumps are allowed in the Intermediate Division.

### **Standing/Running Tumbling:**

1. No airborne skills are allowed. Exception: Side aerial Cartwheels are allowed.
2. Series handsprings are allowed.
3. Jump to Single Back Handspring allowed.
4. Flipping skills with or without twisting are not allowed.

### **Stunts:**

1. Twisting transitions to and from an extended position may not exceed 1/2 twisting transition.
  2. Twisting transitions to, from, and at prep level may not exceed 1 twisting rotation.
  3. Release moves must start below prep level and must be caught at prep level or below.
  4. Release moves may not pass above extended arm level.
  5. Release moves may not twist.
- Exception: Barrel Roll that begins and ends in a cradle, flatback, or prone position, and has 1 twisting rotation.
6. Body Positions only include the following: Liberty, Arabesque, Heel Stretch or Pretty Girl.
  7. Downward Inversions from below prep level are permitted.
  8. Prep level inverted stunts are permitted.
  9. Released inversions to below prep level are permitted.
  10. Ground inversions to below prep level are permitted.

### **Pyramids:**

1. Extended one leg stunts may not be braced to another extended stunt.
2. Braced Rolls and Braced Flips are allowed and must land below Prep Level or in a cradle.  
EXCEPTION- Braced Rolls where the back spot maintains constant contact with the flyer may continue through to an extended single leg stunt that is braced on both sides.
3. During a pyramid transition, a top person may be released from the bases if the top person stays in direct contact with 2 different top persons at Prep Level or below. Contact must be maintained with the same bracers throughout the entire transition. Contact must be made with a base(s) on the performing surface BEFORE contact with the bracer is lost.

### **Tosses:**

1. Up to 2 tricks - non twisting - allowed during toss.

### **Dismounts:**

1. Only straight pop down, basic straight rides, and 1/4 turn cradles are allowed from any 1 leg stunt.
2. Up to 1 and 1/4 twists are allowed from any two leg stunt.

# TUMBLING DIFFICULTY

The following grid outlines the point ranges for specific skill sets performed by the **MAJORITY** of the team.\*

Skills performed by **LESS** than the **MAJORITY** of the team will move the score into a lower range.

Skills performed in addition to the **MAJORITY** *MAY* move the score higher in the range. \* See Quantity Chart below

Synchronized tumbling in each range will score higher than individual passes.

**MAJORITY** for tumbling is defined as half plus 1 of the team. Jumps are not cumulative.

## 3.6- 5

**STANDING TUMBLING:** Jump/Tuck Combo • Standing Back Tucks • Standing BHS Lay Outs • Standing Full Twist •

Standing BHS Full • Cartwheel Tuck • Cartwheel Full

**RUNNING TUMBLING:** Punch Front • RO LO • RO BHS LO • RO Full • RO BHS Full • Specialty Passes of Similar Difficulty

## 2.6-3.5

**STANDING TUMBLING:** Jump BHS Combinations • Standing BHS Back Tuck •

**RUNNING TUMBLING:** RO Back Tuck • RO BHS (single or series) Back Tuck •

**INTERMEDIATE DIVISION MAX SCORE 2.5**

1.6-2.5

**INTERMEDIATE DIVISION MAX SCORE 2.5**

**STANDING TUMBLING:** Standing BHS • Standing BHS series • **Jump to Single BHS**

**RUNNING TUMBLING:** RO BHS • RO BHS Series • FWO RO BHS (single or series)

## 0-1.5

Forward/Backward Rolls • Cartwheels • Round Offs • Forward/Backward Walk Overs •

### TUMBLING/JUMP QUANTITY CHART

Number of Athletes	Majority	Number of Athletes	Majority
5	3	21	11
6	4	22	12
7	4	23	12
8	5	24	13
9	5	25	13
10	6	26	14
11	6	27	14
12	7	28	15
13	7	29	15
14	8	30	16
15	8	31	16
16	9	32	17
17	9	33	17
18	10	34	18
19	10	35	19
20	11	36	19

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#### Tumbling Technique Drivers

- Fluidity/Power/ Speed
- Control
- Body position  
(Core/Arms/Head/Leg/Chest/Toes)

#### Jump Technique Drivers

- Height/Control
- Flexibility/ Leg & Hip Placement
- Position/ Arm & Chest Placement

#### JUMP DIFFICULTY

- |   |   |
|---|---|
| 5 | <b>Double</b> Adv Jump Combo with variety plus 1 Additional Adv Jump    |
| 4 | <b>Double</b> Adv Jump Combo with NO variety plus 1 Additional Adv Jump |
| 3 | <b>Double</b> Adv Jump Combo with variety                               |
| 2 | <b>Double</b> Adv Jump Combo with no variety                            |
| 1 | Single Jumps  |

Jumps are not cumulative must be synched w/ no ripples and must be connected.

Jump Variety = 2 or more different jumps that connect

*Example- Pike Toe Touch= Variety*

See types of advanced jumps listed on General Info Sheet

## STUNT DIFFICULTY

The following grid outlines the point ranges for specific skill sets performed by the **MAJORITY** of the team.\* Skills performed by **LESS** than the MAJORITY of the team will move the score into a lower range. Skills performed in addition to the MAJORITY **MAY** move the score higher in the range. Similar stunting skills performed without front spots will score higher than stunting skills performed with front spots.

	5.0 - 4.5	4.4 - 3.6	3.5 - 2.6	2.5 - 1.6	1.5-0.0
<b>Release</b> When scoring difficulty, judges will take into account the following: minimum movement of bases, limited number and type of connections between bases and top, top person's beginning and ending position, and completion of the skill.	<ul style="list-style-type: none"> <li>• Full up switch ups</li> <li>• Full twisting release moves to extended</li> <li>• Full up quick toss to extended</li> <li>• High to High Tick Tocks (body position to body position)</li> <li>• High to High Tick Tocks</li> </ul>	<ul style="list-style-type: none"> <li>• Low to high tick tick variations (body position to body position)</li> <li>• 1/2 twisting release moves to extended</li> <li>• Quick toss to single leg extended</li> <li>• 1/2 switch up to extended one leg</li> </ul>	<ul style="list-style-type: none"> <li>• Quick toss to extended two leg</li> <li>• Release moves caught at prep level or below</li> <li>• Release moves caught at extended (low to high tick tick, prep release ball to extended)</li> <li>• Switch up to extended one leg</li> <li>• 1/4 switch up to extended one leg</li> </ul>	<ul style="list-style-type: none"> <li>• Release move from below prep level to prep level (Quick toss, switch up, ball up)</li> <li>• Prep level tick tick</li> </ul> <p style="text-align: center;"><b>INTERMEDIATE DIVISION</b></p>	<ul style="list-style-type: none"> <li>• Release move from below prep level to below prep level</li> <li>• Horizontal release move caught below prep level</li> </ul>
<b>Inversion</b> Credit for inversions will only be received if the weight of the top person is held in the upper portion of the top and the skill is inverted at the dip.	<ul style="list-style-type: none"> <li>• Shoulder inversion release to extended body position</li> <li>• Ground inversion release to extended body position</li> <li>• Hand to hand inversion</li> <li>• Full twisting ground inversion to extended</li> </ul>	<ul style="list-style-type: none"> <li>• 1/2 twisting ground inversion to extended</li> <li>• Release Prep level inversion to extended two leg</li> <li>• Non released prep inversions to extended</li> <li>• Ground inversions to extended two leg</li> </ul>	<ul style="list-style-type: none"> <li>• Suspended Roll include twisting variations</li> <li>• Released inversions to prep level</li> <li>• Ground inversion to prep level</li> <li>• Downward Inversion from prep level (foldover)</li> </ul>	<ul style="list-style-type: none"> <li>• Suspended Roll</li> <li>• Downward Inversion below prep level</li> <li>• Prep level inverted stunts</li> <li>• Released inversions to below prep level</li> <li>• Ground inversions to below prep level</li> </ul> <p style="text-align: center;"><b>INTERMEDIATE DIVISION</b></p>	<ul style="list-style-type: none"> <li>• Inverted skills below prep level</li> <li>• Below prep level inversions out of stunts (yo-yo, back walkover, etc.)</li> </ul>
<b>Twisting</b> When scoring difficulty, judges will take into account the following: minimum movement of bases, limited number and type of connections between bases and top, top person's beginning and ending position, and completion of the skill.	<ul style="list-style-type: none"> <li>• Double up to extended</li> <li>• Double around prep to extended</li> <li>• High to high full around - 2 feet</li> <li>• High to high full around - 1 foot</li> </ul>	<ul style="list-style-type: none"> <li>• Full up to single leg extended variations</li> <li>• Full around prep to extended</li> <li>• 1 - 1/2 up to extended single leg</li> <li>• 1 - 1/2 around prep to extended</li> <li>• 1 - 1/2 up to extended two leg</li> </ul>	<ul style="list-style-type: none"> <li>• Full up to extended two leg</li> <li>• Full up to extended target / liberty</li> <li>• Twisting transitions from extended level to side / prone</li> </ul>	<ul style="list-style-type: none"> <li>• Full up to prep level two leg</li> <li>• Full up to prep single leg variations limited to liberty, heel stretch, arabesque, pretty girl</li> <li>• 1/2 up to extended</li> <li>• 1/2 twisting transitions from prep to prone</li> <li>• Rewind transition to load</li> </ul> <p style="text-align: center;"><b>INTERMEDIATE DIVISION</b></p>	<ul style="list-style-type: none"> <li>• 1/4 up to prep</li> <li>• 1/2 up to prep</li> <li>• 1/4 up to extended</li> </ul>
<b>Other</b> When scoring difficulty, judges will take into account the following: minimum movement of bases, limited number and type of connections between bases and top, top person's beginning and ending position, and completion of the skill	<ul style="list-style-type: none"> <li>• Single base extended body position</li> <li>• Single base extended variations that include twisting / releases (low to high tick tick, full up, 1/2 switch up)</li> </ul>	<ul style="list-style-type: none"> <li>• Switch up to extended one leg single base</li> <li>• Single base extended liberty</li> </ul>	<ul style="list-style-type: none"> <li>• Single leg extended variations</li> <li>• Full twisting dismount from single leg stunts</li> <li>• Single base extension</li> <li>• 1/2 Twisting to extended single base</li> </ul>	<ul style="list-style-type: none"> <li>• Single leg extended variations limited to liberty, heel stretch, arabesque, pretty girl</li> <li>• Single base prep</li> <li>• Full twisting dismount from two leg extended stunts</li> <li>• Full twisting dismount from single leg prep level stunts</li> </ul> <p style="text-align: center;"><b>INTERMEDIATE DIVISION</b></p>	<ul style="list-style-type: none"> <li>• Straddle lift at prep level</li> <li>• Flat back stunt</li> <li>• Prep</li> <li>• Extension</li> <li>• Full twisting dismount from two leg prep level</li> </ul>
<b>Coed</b> Unless listed as Assisted, All Coed stunts are to be considered Unassisted. Assisted skills will not receive full credit	<ul style="list-style-type: none"> <li>• Toss to immediate extended body position</li> <li>• Low to low/high tick tocks</li> <li>• Toss one arm extended</li> <li>• Toss full up to extended</li> <li>• 1/2 Twist or greater release moves (Hands full arounds/ low to high)</li> <li>• High to High Tick Tocks</li> <li>• Released Inversion to prep level</li> <li>• Released inversion to extended</li> </ul>	<ul style="list-style-type: none"> <li>• Walk in to extended single leg/single arm variation</li> <li>• Toss hands press to extended single leg/ single arm</li> <li>• Toss extension</li> <li>• Toss extended platform to single leg variation</li> <li>• Toss to immediate extended liberty</li> </ul>	<ul style="list-style-type: none"> <li>• Walk in hands press extension</li> <li>• Toss hands press extension</li> <li>• Walk in extension</li> <li>• Assisted full up variations to extended level</li> </ul>	<ul style="list-style-type: none"> <li>• Assisted coed skills at extended level</li> <li>• Toss Hands</li> </ul> <p style="text-align: center;"><b>INTERMEDIATE DIVISION</b></p>	<ul style="list-style-type: none"> <li>• Assisted walk in chair</li> <li>• Assisted toss chair</li> <li>• Assisted walk in hands</li> <li>• Assisted toss hands</li> <li>• Assisted coed skills at prep level</li> </ul>

*The skills listed above are examples of range appropriate skills.*

Difficulty Drivers
<ul style="list-style-type: none"> <li>• Percent of Team Participation</li> <li>• Complexity of skill/sequence</li> <li>• Pace of sequence and speed of skill</li> </ul>
Building Technique Drivers
<ul style="list-style-type: none"> <li>• Stability/Control</li> <li>• Flyer Position/ Flexibility/ Technique</li> <li>• Base Position/ Technique</li> </ul>

ALL GIRL QUANTITY CHART	
Number of Girls	Number of Stunt Groups
6-11	1-2
12-15	2-3
16-19	3-4
20-23	4-5
24-27	5-6
28-30	6-7
31-36	7-8

COED QUANTITY CHART	
Number of Males	Number of Stunt Groups
1-3	1
4-5	2
6-7	3
8-9	4
10-11	5
12-13	6
14-15	7
16-17	8
18-20	9

**PYRAMID DIFFICULTY**

The following grid outlines the point ranges for specific skill sets performed by the **MAJORITY** of the team.\*

Skills performed by **LESS** than the **MAJORITY** of the team will move the score into a lower range.

Skills performed in addition to the **MAJORITY MAY** move the score higher in the range. \* See Quantity Chart pg. 2

Similar stunting skills performed without front spots will score higher than stunting skills performed with front spots.

	5.0 - 4.5	4.4 - 3.6	3.5 - 2.6	2.5 - 1.6	1.5-0.0
<b>Pyramids</b>	Pyramids involving Extended One Leg Stunts with Multiple Transitional Sequences and Multiple Extended Structures/Pictures, including a variety of the following in alignment with the skills listed under the <b>5 - 4.5 stunt range</b> : - Released transition - Non-released transition - Braced Roll/ Flip transition - Spinning transition - Inverted transition	Pyramids involving Extended One Leg Stunts with Multiple Transitional Sequences and Multiple Extended Structures/Pictures, including a variety of the following in alignment with the skills listed under the <b>4.4 - 3.6 stunt range</b> : - Released transition - Non-released transition - Braced Roll/ Flip transition - Spinning transition - Inverted transition	Pyramids involving Extended One Leg Stunts with Multiple Transitional Sequences and Multiple Extended Structures/Pictures, including a variety of the following in alignment with the skills listed under the <b>3.5 - 2.6 stunt range</b> : - Released transition - Non-released transition - Braced Roll/ Flip transition - Spinning transition - Inverted transition	Pyramids involving Extended One Leg Stunts with Multiple Transitional Sequences and Multiple Extended Structures/Pictures, including a variety of the following in alignment with the skills listed under the <b>2.5-1.6 stunt range and Intermediate Division restrictions page</b> : - Released transition - Non-released transition - Braced Roll/ Flip transition - Spinning transition - Inverted transition  <b>INTERMEDIATE DIVISION</b>	Pyramids should include Multiple Transitional Sequences and Multiple Structures/Pictures involving the following: • Braced Extended Two Leg stunts • Braced Non Released stunt to/at prep level or below • Braced One Leg Stunts at Prep Level  Additionally, transitions in the categories listed below must align with the skills listed under the <b>1.5-0.0 stunt range</b> : - Released transition - Non-released transition - Spinning transition - Inverted transition
<b>Tosses</b>	<ul style="list-style-type: none"> <li>• Two skill plus single twist toss</li> </ul>	<ul style="list-style-type: none"> <li>• Single skill plus single twist toss</li> </ul>	<ul style="list-style-type: none"> <li>• Single twisting toss</li> </ul>	<ul style="list-style-type: none"> <li>• Two skill non twisting toss</li> </ul> <b>INTERMEDIATE DIVISION</b>	<ul style="list-style-type: none"> <li>• Single skill non twisting toss</li> </ul>

**TOSSES are not required but may be rewarded in the Pyramid Section**

<b>Difficulty Drivers</b>
<ul style="list-style-type: none"> <li>• Percent of Team Participation</li> <li>• Complexity of skill/sequence</li> <li>• Pace of sequence and speed of skill</li> </ul>
<b>Building Technique Drivers</b>
<ul style="list-style-type: none"> <li>• Stability/Control</li> <li>• Flyer Position/ Flexibility/ Technique</li> <li>• Base Position/ Technique</li> </ul>

<b>ALL GIRL QUANTITY CHART</b>	
Number of Girls	Number of Stunt Groups
6-11	1-2
12-15	2-3
16-19	3-4
20-23	4-5
24-27	5-6
28-30	6-7
31-36	7-8

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