



PERFORMANCE REC

2026-2027

BUILDING QUANTITY CHART

# OF ATHLETES	# OF GROUPS		
	MAJORITY	MOST	MAX
5-11	1	2	3
12-17	2	3	4
18-22	3	4	5
23-30	4	5	6
31-36	5	6	7

ADDITIONAL INFORMATION

Skills that are not required to be synchronized may be cumulative to meet a difficulty requirement

To receive credit for a structure in Pyramid Difficulty, 2 or more stunts must be connected by 2 or more top persons.

BODY POSITIONS: Stretch, Bow & Arrow, Arabesque, Scale & Scorpion

- Lib & platform are NOT considered body positions

PYRAMID DIFFICULTY

Skills will only receive credit if they show control

2.0-2.5	BELOW	Skills do NOT meet LOW requirements
2.5-3.0	LOW	2 different level appropriate skills & 2 structures
3.0-3.5	MID	3 different level appropriate skills & 2 structures performed by MOST of team
3.5-4.0	HIGH	4 different level appropriate skills & 2 structures performed by MOST of team

PYRAMID DIFFICULTY DRIVERS

DEGREE OF DIFFICULTY:

- Maximizing the number of groups performing each level appropriate transition
- Using level appropriate stunts into structures/within sequence
- Combination of skills (level and non-level appropriate)
- Pace and Connection of skills performed

TOSS DIFFICULTY

1.0	Less than MAJORITY of team performs a toss
1.5	MAJORITY of team performs a level appropriate toss
2.0	MAJORITY of team performs a level appropriate toss rippled or sync in the same section, without recycling athletes

STUNT DIFFICULTY

Skills will only receive credit if they show control

2.5	Skills do NOT meet 3.0 requirements
3.0	4 different level appropriate skills performed by MOST
3.5	2 different Level appropriate skills performed by MOST at the same time (ripple or synchronized) without recycling athletes
4.0	3 different Level appropriate skills performed by MOST at the same time (ripple or synchronized) without recycling athletes
4.5	4 different Level appropriate skills performed by MOST at the same time (ripple or synchronized) without recycling athletes

STUNT DRIVERS

Once a stunt difficulty score is determined, each stunt skill will be evaluated based on the following: Degree of difficulty, & Max participation, Each category has a max number of points, outlined in the chart below for a total of **1.5 points**.

DEGREE OF DIFFICULTY (0- 0.8)

	Advanced skill by MOST		Elite skill by MOST	
Skill 1	0.1	OR	0.2	
Skill 2	0.1	OR	0.2	
Skill 3	0.1	OR	0.2	
Skill 4	0.1	OR	0.2	

STUNT MAX PARTICIPATION (0- 0.7)

Rippled or sync in same section without recycling athletes

Level skill by MAX OR Advanced skill by MOST	0.3
Advanced skill by MAX OR Elite skill by MOST	0.5
Elite skill by MAX	0.7

TUMBLING/JUMP QUANTITY CHART

# OF ATHLETES	MAJORITY	MOST	MAX
5-11	5	6	10
12-17	6	7	12
18-22	9	10	18
23-30	11	12	22
31-36	15	16	30

JUMP DIFFICULTY

Jumps must use a whip approach to be considered connected.

Whip approach- continuous arm movement through the swing, connecting 2+ jumps.

0.5	Skills do NOT meet 1.0 requirements
1.0	MOST of the team performs 1 advanced jump
1.5	MOST of the team performs 2 connected advanced jumps must be synchronized, and include variety Tiny/Mini: MOST of the team performs 2 advanced jumps, must be sync, but do NOT need to be connected or include variety.
2.0	MAX of the team performs 3 connected advanced jumps or 2 connected advanced jumps plus 1 additional advanced jump. <i>Must be synchronized, and include variety</i> *Teams w/less than 5 athletes: All athletes must perform 3 connected advanced jumps or 2 connected advanced jumps, plus 1 additional advanced jump. Jumps must be sync & have variety. Tiny/Mini: MAX of the team performs 3 advanced jumps, must be sync, but do NOT need to be connected or include variety.

JUMPS

- **VARIETY:** at least 2 different jumps. Performing the same jump with different legs does NOT count. (I.E. left/right)

Jumps must land on feet to be considered level appropriate and receive difficulty credit.

Advanced Jumps: Pike, Right/Left Hurdler (front or side), Toe Touch, Double Nine **Basic Jumps:** Spread eagle, Tuck Jump

ADDITIONAL INFORMATION

- Standing/Running Tumbling Difficulty and the Degree of Difficulty driver can be achieved by a cumulative approach.
- Tumbling passes must land on feet to be considered level appropriate and receive difficulty credit (i.e., jump 3/4 front flip to seat, back handsprings which lands in a prone position, etc. would not count).
- Jumps within a pass will not break up the pass (i.e., 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.

STANDING TUMBLING DIFFICULTY

1.5	Skills do NOT meet 2.0 requirements
2.0	Less than MAJORITY performs level appropriate pass
2.5	MAJORITY performs level appropriate pass
3.0	MOST performs level appropriate pass

RUNNING TUMBLING DIFFICULTY

1.5	Skills do NOT meet 2.0 requirements
2.0	Less than MAJORITY performs level appropriate pass
2.5	MAJORITY performs level appropriate pass
3.0	MOST performs level appropriate pass

STANDING TUMBLING DRIVERS

Once a standing tumbling difficulty score is determined, each skill/pass will be evaluated based on degree of difficulty. Each category has a max number of points, outlined in the chart below for a total of **1.0 points**.

STANDING TUMBLING - DEGREE OF DIFFICULTY (0- 1.0)

(To receive credit for each Skill/Pass the skills must be DIFFERENT)

	Level skill by MAJORITY	Advanced/Elite skill by MAJORITY
SKILL/PASS 1	0.2	OR 0.4
	Advanced skill by MOST	Elite skill by MOST
SKILL/PASS 2	0.4	OR 0.6

RUNNING TUMBLING DRIVERS

Once a running tumbling difficulty score is determined, each skill/pass will be evaluated based on degree of difficulty & max participation. Each category has a max number of points, outlined in the chart below for a total of **1.0 points**.

RUNNING TUMBLING - DEGREE OF DIFFICULTY (0- 0.5)

	Advanced skill by MOST	Elite skill by MOST
SKILL/PASS	0.3	OR 0.5

RUNNING TUMBLING MAX PARTICIATION (0 - 0.5)

Level Pass/Skill by MAX	0.3
Advanced/Elite Pass/Skill by MAX	0.5



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EXECUTION- Stunt/Pyramid & Standing/Running Tumbling

4.0	Athletes are expected to demonstrate excellent technique when performing each skill. A team's execution will be determined by all athletes performing the skill.
	• Scores will start at a 4.0 and may be reduced by .1, .2 or .3 based on the lack of technical execution of each driver • 0.1 - Minor technique issues by the team • 0.2 - Multiple technique issues by the team • 0.3 - Widespread technique issues by the team • No more than .3 will be taken off for a single driver. • Stylistic differences will not factor into a teams' Execution score.

EXECUTION- Toss/Jumps

2.0	Athletes are expected to demonstrate excellent technique when performing each skill. A team's execution will be determined by all athletes performing the skill.
	• Scores will start at a 2.0 and may be reduced by .1, .2 or .3 based on the lack of technical execution of each driver • 0.1 - Minor technique issues by the team • 0.2 - Multiple technique issues by the team • 0.3 - Widespread technique issues by the team • No more than .3 will be taken off for a single driver. • Stylistic differences will not factor into a teams' Execution score

STUNT/PYRAMID DRIVERS

Each driver may include, but is not limited to:

TOP PERSON	• Body Control • Uniform Flexibility • Legs Straight and toes pointed
BASE/SPOTTERS	• Stability of stunt • Solid stance • Stationary Feet
TRANSITIONS	• Entries • Dismounts • Control from Skill to Skill
SYNC*	• Timing *Teams that do not perform at least 1 level appropriate skill transition by 2 or more groups in Stunts and Pyramids will automatically receive 0.3 off for Sync

TOSS DRIVERS

Each driver may include, but is not limited to:

Teams that only perform 1 toss will automatically receive 0.3 off for any driver that constitutes a reduction, regardless of the severity of the issue.

Straight ride tosses will ONLY affect a team's execution score in L2.

TOP PERSON	• Body Control • Legs Straight/toes pointed • Consistent execution of skill • Arm placement
BASE/SPOTTERS	• Using Arms/Legs to toss together • Solid stance • Controlled • Cradle
TRANSITIONS	• Distance between top persons' feet and hands of the bases (value deduction will not exceed 0.1)

STANDING/RUNNING TUMBLING DRIVERS

Each driver may include, but is not limited to:

APPROACH	• Arm placement into skill • swing/prep • Chest placement
BODY CONTROL	• Placement of: Head, Arm/Shoulders, and/or Legs • Hips • Control from skill to skill in pass • Pointed toes
LANDINGS	• Control • Chest Placement • Finished pass/skill • Incomplete twisting skills
SYNC*	• Timing *Teams that do not perform at least 1 level appropriate pass transition by 2 or more groups in Stunts and Pyramids will automatically receive 0.3 off for Sync

JUMP DRIVERS

Each driver may include, but is not limited to:

ARM PLACEMENT	• Approach • Consistent entry • Swing/Prep • Arm positioning within jump(s)
LEG PLACEMENT	• Straight legs • Pointed Toes • Height • Hip Placement/Rotation • Hyperextension • Chest Placement • Legs/Feet together • Landings
SYNC*	• Timing (value deducted will not exceed 0.1)



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FORMATIONS & TRANSITIONS

1.0-2.0

- A team's ability to demonstrate precise spacing and uniform movement.
- The Formations & Transitions score will start at 2.0 and will be reduced 0.1 for EACH formation and transition that lacks precision.

ROUTINE CREATIVITY

1.5-2.0

- Routine Creativity is the average of 3 opinions supplied by the Building, Tumbling, and Overall Judge and is based on the team's incorporation of innovative, visual, and intricate ideas throughout the routine. Each judge is looking specifically at the skill sections that pertain to their respective categories and how they are composed, as defined below.
- **Overall Judge:** Innovative, visual, and intricate ideas as well as any additional skills performed that enhance the overall appeal and flow of the routine. Overall judges' scores encapsulate the entire routine from start to finish.
- **Building Judge:** Incorporation of creative, innovative, and visual elements in the Entries, Transitions, and Dismounts of all Building skills. This includes both level and non-level appropriate skills. Pace/connection of skills will be considered.
- **Tumbling Judge:** Incorporation of clear visual tumbling patterns that enhance the skills performed.

DANCE- *Dance will be evaluated as a team's ability to demonstrate a variety of difficulty elements with strong execution, based on the elements below.*

0.5-1.0

DIFFICULTY ELEMENTS

- Visual elements
- Variety of Levels
- Formation changes
- Footwork
- Floorwork
- Partner Work
- Pace

0.5-1.0

EXECUTION

- Technique
- Perfection
- Motion strength/Placement
- Synchronization
- Energy/Entertainment Value

SHOWMANSHIP

1.0-2.0

- Showmanship is an average of 3 scores provided by the Building, Tumbling, and Overall Judges based on the panel's impression of the entire performance encompassing all category areas focusing on the team's energy, genuine enthusiasm, confidence, eye contact, and facial expression.
- This category is not skill based but will take into consideration appropriate athletic impression throughout the routine.