



### BUILDING QUANTITY CHART

# of Athletes	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
28-31	5	6	7
32-38	6	7	8

### STUNT DIFFICULTY - MAX BASELINE POINTS: 3.6

Stunt skills will only receive credit if they show control through the pop or transition to another skill.

1.0	Stunts performed do not meet the requirements listed below
2.0	Two (2) level appropriate skills performed by Majority
2.6	Three (3) level appropriate skills performed by Majority
2.8	Two (2) level appropriate skills performed by Most
3.0	Three (3) level appropriate skills performed by Most
3.2	One (1) elite skill performed by Most and One (1) level appropriate skill performed by Most
3.4	One (1) elite skills performed by Most and Two (2) level appropriate skills performed by Most
3.6	One (1) elite skills performed by Max and Two (2) level appropriate skills performed by Most
<p>*All Skills performed must be different - Repeated skills will not count toward Stunt Difficulty Score. Skills must be synchronized or rippled in order to earn credit for Stunt Difficulty.</p>	

### ADDITIONAL INFORMATION

Body Positions: Stretch, Bow and Arrow, Arabesque, Scale and Scorpion.

Lib, torch, hitch, and platform are not considered body positions.

Release style stunts must be free of contact from the bottom of the foot to count towards difficulty credit as a release style skill.

### STUNT DIFFICULTY DRIVERS - MAX POINTS: 0.4

Points in addition to baseline score.

#### Degree of Difficulty

0.0 - 0.2	Stunts will be assessed according to their variety of elements and the complexity and combinations of the skills used throughout the routine. *Refer to Degree of Difficulty Chart for further breakdown of this driver.
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#### Pace & Flow

0.0	Skills did not show continuous movement, fluid connections or acceptable pace
0.1	Skills executed at a moderate pace with continuous transitions in and out
0.2	Skill executed at a quick pace while showing seamless transitions in and out

### BUILDING OVERALL MASTERY - MAX POINTS: 2

Not Shown	Low	Moderate	High	Specific Drivers
0.0	0.5-0.6	0.7-0.8	0.9-1.0	Variety of visual and creative elements in building skills/transitions
0.0	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	Majority	Most	Max	Max+
5-11	1	1	2	3
12-15	1	2	3	4
16-19	2	3	4	5
20-23	3	4	5	6
24-27	4	5	6	7
28-31	5	6	7	8
32-38	6	7	8	9

### ADDITIONAL INFORMATION

Pyramid structures consist of two or more stunts connected to one another

When Most/Max is used in the pyramid difficulty chart, it is only referring to the structures.

### PYRAMID DIFFICULTY - MAX BASELINE POINTS: 3.4

0.0	Pyramid skills and/or structures performed did not meet criteria for scores listed below.
1.0	Zero (0) level appropriate skills. One (1) structure performed by Most
2.0	One (1) level appropriate skill. One (1) structure performed by Most
2.5	Two (2) different level appropriate skills. One (1) structure performed by Most
3.0	Two (2) different level appropriate skills. Two (2) structures performed by Most
3.2	Three (3) different level appropriate skills performed. Two (2) structures performed by Majority
3.4	Three (3) different level appropriate skills. Two (2) structures performed by Most

### PYRAMID DIFFICULTY DRIVERS - MAX POINTS: 0.6

*Points in addition to baseline score*

Not Shown	Low	Moderate	High	Specific Drivers
0.0	0.1	0.15	0.2	Participation - (0.2 is awarded if Max+ is used)
0.0	0.1	0.15	0.2	Incorporation of elite stunt skills and level appropriate pyramid skills
0.0	0.1	0.15	0.2	Pace/Flow of skills
<i>Low - Little to no use of specific driver throughout and/or in parts of pyramid</i>				
<i>Moderate - Average use of specific driver throughout and/or in parts of pyramid</i>				
<i>High - Exceptional use of specific driver throughout the entirety of pyramid</i>				

### TOSS DIFFICULTY - MAX POINTS: 2

*Level 1 and Mini Level 2 must execute a Show & Go that passes above prep level with a traditional basket or extension grip while maintaining contact with the flyer.  
Credit will be given for Tiny and Mini teams if a prep level Show & Go is executed.*

1.0	Majority of the team performed a non level appropriate toss rippled or synchronized in the same section
1.5	Less than Majority of the team performed a level appropriate toss rippled or synchronized in the same section.
1.75	Majority of the team performed a level appropriate toss not rippled or synchronized, but cumulative throughout the routine.
2.0	Majority of the team performed a level appropriate toss rippled or synchronized in the same section.

*Same section - single portion of the routine where skills form a skill set (Primary Stunts, Pyramids, Secondary Stunts, Standing Tumbling, Running Tumbling, Jumps) are performed.  
Level 1 - Show & Go must not twist or travel. They must start and end in the same load/sponge position.*



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# 2023 - 2024 COMPETITIVE REC SCORING SYSTEM

LEVELS 1.1 - 4.2 TUMBLING

## STANDING TUMBLING DIFFICULTY - MAX BASELINE POINTS: 3.6

2.0	Less than Majority of the team performs a level appropriate pass
2.4	Majority of the team performs a level appropriate pass
2.6	Most of the team performs a level appropriate pass
2.8	Max of the team performs a level appropriate pass
3.0	Majority of the team performs an elite level appropriate pass
3.2	Most of the team performs an elite level appropriate pass
3.4	Majority of the team performs the same elite level appropriate pass which must be synchronized from initiation of the pass
3.6	Most of the team performs the same elite level appropriate pass which must be synchronized from initiation of the pass

## STANDING DIFFICULTY DRIVER - MAX POINTS: 0.4

### Variety & Innovation

0.0	Passes do not show innovative elements/variety
0.1	Passes executed with minor innovative elements and a variety of skills
0.2	Passes executed with multiple innovative elements and a variety of skills

### Degree of Difficulty

0.0-0.2	Complexity of the level specific skills utilized. The number of skills used in the pass as well as the use of different skills will be taken into consideration for this driver.
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## ADDITIONAL TUMBLING INFORMATION

**L1 - Cartwheel does not get standing tumbling credit.**

Tumbling passes must land on feet to receive level appropriate 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.

Skills that are illegal for a lower level do not automatically make them a Level Appropriate Skill for a higher level.

L2 - No L1 skills out of a round-off that are illegal in L1 will count for level appropriate credit.

L3 - No L2 skills out of BHS-stepout 1/2-turn that are illegal in L2 will count for level appropriate credit.

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

## ADDITIONAL JUMP INFORMATION

Jump skills must land on feet to be receive difficulty credit (ex: jumps that land on knee(s) or seat would not count)

Advanced Jumps: Pike, Right/Left Hurdler (Front or Side), Toe Touch

## Tumbling 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
28-31	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
2.8	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	Majority of the team performs an elite level appropriate pass
3.6	Most of the team performs an elite level appropriate pass

## RUNNING DIFFICULTY DRIVER - MAX POINTS: 0.4

### Variety & Innovation

0.0	Passes do not show innovative elements/variety
0.1	Passes executed with minor innovative elements and a variety of skills
0.2	Passes executed with multiple innovative elements and a variety of skills

### Degree of Difficulty

0.0-0.2	Complexity of the level appropriate skills utilized. The number of skills used within the pass, as well as the use of different skills will be taken into consideration for this driver.
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## JUMP DIFFICULTY - MAX POINTS: 1

0.0	Less than Majority of the team performs an advanced jump
0.25	Majority of the team performs one (1) advanced jump
0.5	Most of the team performs one (1) advanced jump
0.75	Most of the team performs two (2) advanced jumps that show variety
1.0	Most of the team performs total of three (3) advanced jumps that show variety.

*Tiny/Mini: Most of the team performs three (3) advanced jumps must be synchronized, but they do not need to include a variety.*

## TUMBLING OVERALL MASTERY

Not Shown	Low	Moderate	High	Specific Drivers
0.0	0.5-0.6	0.7-0.8	0.9-1.0	Innovative formations and use of the floor throughout routine
0.0	0.5-0.6	0.7-0.8	0.9-1.0	Confident performance during tumbling sections throughout routine



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# 2023 - 2024 COMPETITIVE REC SCORING SYSTEM

## ROUTINE & DANCE MASTERY

### ROUTINE MASTERY - MAX POINTS: 1

Not Shown	Low	Average	High	Exceptional	Specific Drivers
0.0	0.1	0.15	0.2	0.25	Continuous flow in transitions
0.0	0.1	0.15	0.2	0.25	Visual, engaging and entertaining
0.0	0.1	0.15	0.2	0.25	Confidence in execution of routine
0.0	0.1	0.15	0.2	0.25	Precise spacing and formations

Points combined to reach maximum score.

### DANCE MASTERY - MAX POINTS: 1

Not Shown	Low	Average	High	Exceptional	Specific Drivers
0.0	0.1	0.15	0.2	0.25	Pace, flow and transitions
0.0	0.1	0.15	0.2	0.25	Performance and engagement
0.0	0.1	0.15	0.2	0.25	Level changes and intricate movements
0.0	0.1	0.15	0.2	0.25	Precise motions and synchronization

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



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# 2023 - 2024 COMPETITIVE REC SCORING SYSTEM

## TECHNIQUE

### STUNT / PYRAMID TECHNIQUE DRIVERS - MAX POINTS: 5

\*\*Stunt & Pyramid Technique are two separate scoring categories. Each category has a max of 5 points.

Impeccable	Good	Average	Needs Work	Specific Drivers
0.0	0.2	0.4	0.6	Flyer
0.0	0.2	0.4	0.6	Bases / Support Persons
0.0	0.2	0.4	0.6	Transitions
0.0	0.2	0.4	0.6	Timing & Synchronization

Points are based on occurrence and removed from the maximum possible score.

### STUNT/PYRAMID TECHNIQUE DRIVER DEFINITIONS

Including but not limited to

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>

### TOSS TECHNIQUE DRIVERS - MAX POINTS: 3

Impeccable	Good	Average	Needs Work	Specific Drivers
0.0	0.2	0.4	0.6	Flyer
0.0	0.2	0.4	0.6	Bases / Support Persons
0.0	0.2	0.4	0.6	Height
0.0	0.2	0.4	0.6	Timing & Synchronization

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

Teams that perform one (1) toss will have 0.6 automatically subtracted from any driver category regardless of severity.

### TOSS TECHNIQUE DRIVER DEFINITIONS

Including but not limited to

Flyer	<ul style="list-style-type: none"> <li>• Body control</li> <li>• Consistent execution of skill</li> <li>• Legs straight / toes pointed</li> <li>• Arm placement</li> </ul>	Bases/Support Persons	<ul style="list-style-type: none"> <li>• Use of arms/legs to throw together</li> <li>• Solid stance</li> <li>• Controlled</li> <li>• Cradle</li> </ul>
Timing	<ul style="list-style-type: none"> <li>• Timing of skills performed in groups or by the team at the same time</li> </ul>	Height	<ul style="list-style-type: none"> <li>• Distance between flyers feet and support persons hands</li> </ul>

### TUMBLING TECHNIQUE DRIVERS - MAX POINTS: 5

\*\*Standing & Running Tumbling Technique are two separate scoring categories. Each category has a max of 5 points.

Impeccable	Good	Average	Needs Work	Specific Drivers
0.0	0.2	0.4	0.6	Approach
0.0	0.2	0.4	0.6	Body Control
0.0	0.2	0.4	0.6	Landings
0.0	0.2	0.4	0.6	Timing & Synchronization

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

### TUMBLING TECHNIQUE DRIVER DEFINITIONS

Including but not limited to

Approach	<ul style="list-style-type: none"> <li>• Arm placement into a pass/skill</li> <li>• Body positioning at 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

Impeccable	Good	Average	Needs Work	Specific Drivers
0.0	0.1	0.2	0.3	Body Control
0.0	0.1	0.2	0.3	Approach (Swing)
0.0	0.1	0.2	0.3	Landings
0.0	0.1	0.2	0.3	Timing & Synchronization

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

### JUMP TECHNIQUE DRIVER DEFINITIONS

Including but not limited to

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>





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## 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 Handstand Forward Roll • Backbend Kickover • Front Limber/Back Limber • Back Walkover • 1 Arm Back Walkover • Back Extension Roll Back Walkover Switch Leg • Valdez	Cartwheel • Round Off • Front Walkover • Cartwheel Back Walkover • Front Walkover - Cartwheel/Roundoff
Elite Level Appropriate	<b>Elite level skills include two (2) or more connected level appropriate skills. A pause, clean, or step between skills will not count as connected skills.</b> BWO - BWO • VZ - BWO • BER - BWO • BWO - BER	<b>Elite level includes three (3) or more connected level appropriate skills. A pause, clean, or step between skills will not count as connected skills.</b> 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	<b>Elite Level skills include two (2) or more connected skills, including at least one (1) level appropriate skill.</b> 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	<b>Elite level skills include three (3) or more connected skills, including at least one (1) level appropriate skill.</b> RO - BHS Series • FWO - RO - BHS/BHS Series • RO - BHS - Rebound - RO - BHS

### LEVEL 3

#### Standing Tumbling

#### Running Tumbling

Level Appropriate	BHS Series (Only 2) • 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	<b>Elite level skills include three (3) or more connected skills, including at least two (2) level appropriate skill connections.</b> BHS Series (3 or more) • Jump - BHS Series • Jump - BHS - Jump - BHS • BHS Series (3 or more) including a Step Out as one of the skills • BWO - BHS - Jump - BHS/BHS Series • Jump - BHS Series • BHS - Jump - BHS **MUST BE AN ADVANCED JUMP**	<b>Elite level skills include any two connected level appropriate skills OR any level appropriate skill connected by a lower level running tumbling skill.</b> 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 first skill

### 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	Jump - BHS Series - Back Tuck • Jump - BHS - Back Tuck • BWO - Tuck • Back Tuck Jump - Back Handspring step out - Back Tuck •Back Walkover - Back Tuck • Back Handspring step out - Back Tuck **MUST BE AN ADVANCED JUMP**	<b>Elite level skills include two (2) level appropriate skills executed within one (1) pass.</b> 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 • FWO - RO - BHS - Layout



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# 2023 - 2024 COMPETITIVE REC SCORING SYSTEM

## STUNT SKILLS

### Level 1

Inversion Style		Release Style		Twisting		Dismount		Other Stunts	
Level Appropriate	<ul style="list-style-type: none"> <li>NO INVERSIONS ARE ALLOWED IN LEVEL 1 STUNTS</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>SWITCH UP TO PREP LEVEL 1 LEG STUNT</li> <li>TIC TOC BELOW PREP LEVEL (LIB TO LIB)</li> <li>TIC TOC BELOW PREP LEVEL (LIB TO BODY POSITION)</li> <li>TIC TOC BELOW PREP LEVEL (BODY POSITION TO LIB)</li> <li>PREP LEVEL TIC TOC (LIB TO LIB) WITH REQUIRED HAND/ARM CONNECTION</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>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 (LIB TO BODY POSITION) WITH REQUIRED HAND/ARM CONNECTION</li> <li>PREP LEVEL TIC TOC (BODY POSITION TO BODY POSITION) WITH REQUIRED HAND/ARM CONNECTION</li> <li>SWITCH UP FROM GROUND LEVEL TO PREP LEVEL BODY POSITION WITH REQUIRED HAND/ARM CONNECTION</li> <li>TIC TOC FROM 1 LEG STUNT AT WAIST LEVEL TO PREP LEVEL 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> <li>1/4 TWISTING TRANSITION FROM BELOW PREP LEVEL TO PREP LEVEL 1 LEG STUNT (WITH REQUIRED HAND/ARM CONNECTION)</li> </ul>		<ul style="list-style-type: none"> <li>1/4 TWISTING TIC TOC AT PREP LEVEL WITH REQUIRED HAND/ARM CONNECTION (1 LEG TO BODY POSITION)</li> <li>1/4 TWISTING SWITCH UP (RELEASE FROM GROUND LEVEL TO PREP LEVEL) 1 LEG STUNT WITH REQUIRED HAND/ARM CONNECTION</li> <li>1/4 TWISTING SWITCH UP, (RELEASE FROM WAIST LEVEL TO PREP LEVEL) 1 LEG STUNT WITH REQUIRED HAND/ARM CONNECTION</li> <li>1/4 TWISTING TIC TOC AT WASIT LEVEL - BODY POSITION TO BODY POSITION.</li> </ul>				

### Level 2

Inversion Style		Release Style		Twisting		Dismount		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 1 LEG STUNT</li> <li>INVERSION FROM GROUND LEVEL TO BELOW PREP LEVEL</li> </ul>	<ul style="list-style-type: none"> <li>SWITCH UP TO PREP LEVEL LIB</li> <li>TIC TOC PREP LEVEL (LIB TO LIB)</li> <li>TIC TOC PREP LEVEL (LIB TO BODY POSITION)</li> <li>RELEASE STYLE FROM WAIST LEVEL TO PREP LEVEL LIB</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 1 LEG STUNT</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 AT PREP LEVEL (BODY POSITION TO BODY POSITION)</li> <li>RELEASE STYLE FROM GROUND LEVEL TO PREP LEVEL BODY POSITION</li> <li>RELEASE STYLE FROM WAIST LEVEL TO PREP LEVEL 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>				



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# 2023 - 2024 COMPETITIVE REC SCORING SYSTEM

## STUNT SKILLS

### Level 3

Inversion Style		Release Style		Twisting		Dismount		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 PREP LEVEL OR BELOW</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>	<p>ASSISTED OR UNASSISTED:</p> <ul style="list-style-type: none"> <li>• WALK IN/TOSS HANDS</li> <li>• WALK IN/TOSS HANDS PRESS EXTENSION</li> <li>• WALK IN EXTENSION</li> </ul> <p>ASSISTED:</p> <ul style="list-style-type: none"> <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 FLIP</li> <li>• SPECIALTY SUSPENDED FRONT FLIP (NON-TWISTING)</li> <li>• SUSPENDED TWISTING FRONT FLIP</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>• FULL UP TO EXTENDED TWO LEG STUNT</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>• FULL TWISTING SUSPENDED FORWARD ROLL</li> </ul>	<p>UNASSISTED:</p> <ul style="list-style-type: none"> <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> <li>• WALK-IN FULL TWIST TO EXTENDED TWO LEG STUNT.</li> </ul>	<ul style="list-style-type: none"> <li>• 1/2 TWISTING INVERSION TO EXTENDED 1 LEG STUNT</li> <li>• FULL TWISTING INVERSION TO PREP LEVEL LIB OR BODY POSITION</li> <li>• FULL TWISTING FROM PREP LEVEL LIB FOOT POSITION TO PREP LEVEL BODY POSITION - (ONE HAND ON BOTTOM OF LIB FOOT)</li> </ul>					

### Level 4

Inversion Style		Release Style		Twisting		Dismount		Coed Style		Other Stunts	
Level Appropriate	<ul style="list-style-type: none"> <li>• RELEASED INVERSION TO PREP LEVEL OR BELOW</li> <li>• RELEASED INVERSION AT PREP LEVEL TO PREP LEVEL</li> <li>• DOWNWARD INVERSION FROM PREP LEVEL</li> <li>• EXTENDED INVERTED STUNT</li> </ul>	<ul style="list-style-type: none"> <li>• SWITCH UP TO EXTENDED 1 LEG STUNT</li> <li>• RELEASE TO EXTENDED STUNT</li> <li>• TIC TOC LIB TO LIB (HIGH TO LOW)</li> <li>• HELICOPTER RELEASE MOVES</li> <li>• RELEASE TO EXTENDED LIB</li> <li>• SWITCH UP TO EXTENDED BODY POSITION</li> <li>• FULL TWISTING RELEASE TO PREP LEVEL OR BELOW</li> <li>• RELEASE FROM PREP LEVEL TO PREP LEVEL</li> </ul>	<ul style="list-style-type: none"> <li>• 1 1/2 TWISTING TRANSITION TO BELOW PREP LEVEL</li> <li>• 3/4 TWISTING TRANSITION TO EXTENDED STUNT</li> <li>• FULL UP TO EXTENDED 2 LEG STUNT</li> <li>• 1 1/2 TWISTING TRANSITION TO PREP LEVEL</li> <li>• 1 1/2 TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT</li> </ul>	<ul style="list-style-type: none"> <li>• FULL DOWN FROM EXTENDED 1 LEG STUNT</li> <li>• DOUBLE DOWN FROM PREP LEVEL</li> </ul>	<p>ASSISTED OR UNASSISTED:</p> <ul style="list-style-type: none"> <li>• WALK IN/TOSS HANDS</li> <li>• WALK IN/TOSS HANDS PRESS EXTENSION</li> <li>• WALK IN/TOSS EXTENSION</li> </ul> <p>ASSISTED:</p> <ul style="list-style-type: none"> <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> <li>• TOSS EXTENDED SINGLE LEG STUNT/SINGLE ARM STUNT</li> </ul>	<ul style="list-style-type: none"> <li>• TOSS EXTENSION</li> <li>• TOSS 1 LEG EXTENDED STUNT</li> <li>• COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY</li> </ul>					
Elite Level Appropriate	<ul style="list-style-type: none"> <li>• RELEASED INVERSION FROM PREP LEVEL OR BELOW TO EXTENDED STUNT</li> </ul>	<ul style="list-style-type: none"> <li>• TIC TOC EXTENDED BODY POSITION TO PREP LEVEL OR BELOW BODY POSITION (HIGH TO LOW)</li> <li>• BALL UP OR STRADDLE UP TO EXTENDED BODY POSITION</li> <li>• RELEASE TO EXTENDED BODY POSITION (NOT INCLUDING SWITCH UP)</li> </ul>	<ul style="list-style-type: none"> <li>• FULL UP TO EXTENDED 1 LEG STUNT</li> <li>• 1 1/2 TWISTING TRANSITION TO PREP LEVEL BODY POSITION</li> <li>• 1 1/2 TWISTING TRANSITION TO EXTENDED 2 LEG STUNT</li> <li>• EXTENDED FULL TWISTING TRANSITION TO EXTENDED STUNT</li> </ul>	<ul style="list-style-type: none"> <li>• DOUBLE DOWN FROM EXTENDED STUNT</li> <li>• KICK FULL TWISTING DISMOUNT</li> </ul>	<p>UNASSISTED:</p> <ul style="list-style-type: none"> <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> <li>• TOSS EXTENDED SINGLE LEG STUNT/ SINGLE ARM STUNT</li> </ul>	<ul style="list-style-type: none"> <li>• FULL TWISTING INVERSION TO EXTENDED STUNT</li> <li>• FULL TWISTING TIC TOC RELEASE TO PREP LEVEL 1 LEG STUNT</li> <li>• FULL TWISTING BALL UP, STRADDLE UP AND/OR SWITCH UP TO PREP LEVEL BODY POSITION</li> <li>• 1 1/2 TWISTING BALL UP, STRADDLE UP AND/OR SWITCH UP TO PREP LEVEL 1 LEG STUNT</li> </ul>					





Updated 11/08/2023

# 2023 - 2024 COMPETITIVE REC SCORING SYSTEM

## TOSS SKILLS

### LEVEL 1

#### NON-TWISTING

NON-RELEASE SHOW & GO ABOVE PREP LEVEL  
TINY AND MINI TEAMS CAN EXECUTE THIS SKILL AT PREP LEVEL TO RECEIVE TOSS CREDIT

#### TWISTING

NOT ALLOWED  
(SHOW & GO REQUIREMENT IS NOT ALLOWED TO TWIST)

### LEVEL 2

#### NON-TWISTING

STRAIGHT RIDE TOSS

#### TWISTING

NOT ALLOWED

### LEVEL 3

#### NON-TWISTING

BALL ARCH • PRETTY GIRL ARCH • PIKE ARCH • KICK ARCH • BALL-X • TOE TOUCH

#### TWISTING

FULL TWIST

### LEVEL 4

#### NON-TWISTING

BALL KICK • PIKE-X • HITCH KICK • SWITCH KICK • DOUBLE TOE TOUCH

#### TWISTING

BALL FULL • PIKE FULL • KICK FULL • TOE TOUCH FULL • FULL UP TOE TOUCH • DOUBLE FULL



Updated 11/08/2023

# 2023 - 2024 COMPETITIVE REC SCORING SYSTEM

## STUNT DEGREE OF DIFFICULTY CHART

**Utilization of minimal bases:** Stunts performed demonstrate skills involving the least necessary number of athletes. (Additional athletes may be added to the traditional stunt group (4 athletes) in order to safely create and demonstrate skills.

**Utilization of combined skills:** Stunt elements demonstrate two or more skills performed as one. (Examples: a spinning tic toc, a spinning inversion, a multi trick toss, etc.)

**Utilization of connected skills:** Skills performed demonstrate immediate transition from the completion of one skill to the initiation of the next skill.

**Movement and usage of floor:** How the stunts performed change position, evolve, transition, and maneuver in reference to each other and the floor.

**Variety of skills:** Utilization of different elements and/or skills.

**Quantity of skills:** Display of a cumulative number of skills throughout the routine, performed by one or more groups.

**Value of Skills:** Increased complexity of level specific skills demonstrated.