

PERFORMANCE REC 2020-2021 RULE BOOK

LEVELS 1-4



General Routine:

- Performance Rec divisions will follow All Star Elite scoring.
- Performance Rec teams will receive Stunt quantity score instead of coed quantity regardless if they have males on the team.
- Routines are done entirely to music.
- Timing will begin with first note of music.

Routine time total:

- Maximum 2:30 (no minimum time)
- Affiliated vs. Non-Affiliated will not be recognized
- ▶ CCE will not require a chant in the routine

Performance Rec Guidelines:

- Organization is completely independent from All Star.
- Organization may be independent of town/city organization/clubs.
- Team does not necessarily cheer for a supported, sports program. The team performs at random events throughout the season.
- ► Team must provide a roster with birth dates. Roster must be updated for each event and provided at check in for event. Team must readily produce roster and copies of each athlete's birth certificates at each event.
- ► Team must fill age requirement for the division they are entering on/before August 31, 2020.
- ► Team must submit a medical waiver for each athlete per season
- ► Team agrees to adhere to event producers rules & regulations
- All teams must adhere to general safety & level rules for the division in which team is registered



LEVELS 1-4 RUBRICS



2020 - 2021 PERFORMANCE REC SCORING SYSTEM - BUILDING LEVEL 1 – 4

STUNT DIFFICULTY		
3.0 - 3.5	BELOW	Skills performed do not meet Low range requirement
3.5 - 4.0	LOW	4 different level appropriate skills performed by Most of the team
4.0 - 4.5	MID	4 different level appropriate skills performed by Most of the team, 1 of which is Elite level appropriate
4.5 - 5.0	HIGH	4 different level appropriate skills performed by Most of the team, 2 of which are Elite level appropriate

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

BODY POSITIONS

- Lib and platform are not considered body positions
 Body positions include: Stretch, bow and arrow, arabesque, scale, scorpion.

BUILDING	QUANTITY (CHART
# OF ATHLETES	MAJORITY	MOST
5 - 11	1	1
12 - 15	1	2
16 - 19	2	3
20 - 23	3	4
24 - 27	4	5
28 - 30	4	6
31 - 38	5	7

STUNT QUANTITY BASED ON A TRADITIONAL GROUP OF 4 OR MORE, RIPPLED OR SYNCHRONIZED IN TH SAME SECTION WITHOUT RECYCLING ATHLETES.	
4.0	Less than a Majority of the team performs a level appropriate building skill
4.2	Majority of the team performs a level appropriate building skill
4.4	Most of the team performs a level appropriate building skill
4.6	Less than a Majority of the team performs the same Elite level appropriate building skill
4.8	Majority of the team performs the same Elite level appropriate building skill
5.0	Most of the team performs the same Elite level appropriate building skill

PYRAM	PYRAMID DIFFICULTY	
3.0 - 3.5	BELOW	Skills performed do not meet Low range requirement
3.5 - 4.0	LOW	2 different level appropriate skills and 2 structures performed by Most of the team
4.0 - 4.5	MID	3 different level appropriate skills and 2 structures performed by Most of the team
4.5 - 5.0	HIGH	4 different level appropriate skills and 2 structures performed by Most of the team

TOSS DIFFICULTY	
4.0	Less than a Majority of the team performs a toss
4.5	Majority of the team performs a level appropriate toss
5.0	Majority of the team performs a level appropriate toss rippled or synchronized in the same section

Same Section - Athletes may not be recycled.

DIFFICULTY DRIVERS

- · Degree of difficulty
- · Percent of team participation
- · Combination of skills (level and non-level appropriate)
- · Pace of skills performed



2020 - 2021 PERFORMANCE REC SCORING SYSTEM - TUMBLING LEVEL 1 – 4

STANDING TUMBLING DIFFICULTY		
3.0 - 3.5	BELOW	Skills performed do not meet Low range requirement
3.5 - 4.0	LOW	Most of the team performs a level appropriate pass
4.0 - 4.5	MID	Majority of the team performs the same level appropriate pass which must be synchronized from initiation of the pass
4.5 - 5.0	HIGH	Most of the team performs the same level appropriate pass which must be synchronized from initiation of the pass, plus Majority of the team performs an additional level appropriate pass

RUNNING TUMBLING DIFFICULTY 3.0 - 3.5 BELOW Skills performed do not meet Low range requirement 3.5 - 4.0 LOW Less than a Majority of the team performs a level appropriate pass 4.0 - 4.5 MID Majority of the team performs a level appropriate pass 4.5 - 5.0 HIGH Most of the team performs a level appropriate pass

JUMP DIFFICULTY JUMPS MUST USE A WHIP APPROACH TO BE CONSIDERED CONNECTED.		
3.5	Skills performed do not meet 4.0 requirement	
4.0	Most of the team performs 1 advanced jump	
4.5	Most of the team performs 2 connected advanced jumps. Must be synchronized and must include a variety. Tiny/Mini: Most of the team performs 2 advanced jumps must be synchronized, but DO NOT need to be connected or include a variety.	
5.0	Most of the team performs 3 connected advanced jumps or 2 connected advanced jumps, plus 1 additional advanced jump. Must be synchronized and include a variety. Tiny/Mini: Most of the team performs 3 advanced jumps must be synchronized, but DO NOT need to be connected or include a variety.	

TUMBLING/JUMP QUANTITY CHART		ITY CHART
# OF ATHLETES	MAJORITY	MOST
5 - 7	2	3
8 - 9	4	5
10 - 11	5	6
12 - 14	6	7
15 - 16	7	9
17 - 19	8	10
20 - 22	10	12
23 - 25	11	13
26 - 27	13	15
28 - 30	14	16
31 - 38	15	18
-		

DIFFICULTY DRIVERS

- · Degree of difficulty
- · Percent of team participation
- · Combination of skills
- · Synchronization of passes
- · Variety of passes

STANDING TUMBLING DIFFICULTY

In an effort to reduce the number of Standing Tumbling passes performed in L1-L5 & 6 JR, the following criteria will be used when awarding higher scores within a range:

- Degree of Difficulty of the passes
- Variety of Passes
- Satisfies or exceeds the quantity requirement utilizing grouped or synchronized passes

STANDING TUMBLING/RUNNING TUMBLING

- 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).
- L1 L5 & 6 JR Standing Tumbling Same level appropriate synchronized pass cannot be used to fulfill Majority pass requirement.
- No skills out of a RO that are ILLEGAL in L1 will count for level appropriate credit in L2.
- No skills out of a BHS step out ½ turn that are ILLEGAL in L2 will count for level appropriate credit in L3.
- No skills out of a Tuck, in Standing Tumbling, that are ILLEGAL in L4 will count for level appropriate credit in L5 (i.e. BHS-Tuck-BHS-Tuck).
- Punch front forward roll will not count for level appropriate credit in L4.
- 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.

JUMPS

- Variety at least 2 different jumps. Performing the same jump with different legs doesn't constitute as variety. (i.e. left/right hurdler).
- Jump skills must land on feet to be considered level appropriate and receive difficulty credit (i.e. jumps that land on knee(s) or seat, etc. would not count).
- Basic Jumps: Spread Eagle, Tuck Jump
- Advanced Jumps: Pike, Right/Left Hurdlers (front or side), Toe Touch



2020 - 2021 PERFORMANCE REC SCORING SYSTEM - OVERALL

STUNT CREATIVITY		
	2.0 - 2.5	Stunt skills incorporate visual, unique or innovative ideas. This includes level and non-level appropriate skills.

PYRAMID CREATIVITY		
	2.0 - 2.5	Pyramid skills incorporate visual, unique or innovative ideas. This includes level and non-level appropriate skills.

DANCE	
1 90-10	A team's ability to demonstrate a high level of energy and entertainment value which incorporates multiple visual elements including a variety of levels, formation changes, partner work, footwork and floorwork. This includes technique, perfection, synchronization, pace and intricacy of dance moves performed.

SHOWMANSHIP/APPROPRIATE ATHLETIC IMPRESSION*		
9.0 - 10	A team's ability to demonstrate high levels of energy and excitement while maintaining genuine enthusiasm and showmanship. This will include appropriate athletic impression throughout the routine.	
	*At this time, masks, face coverings, video quality, etc. currently do not allow for the Showmanship category to be properly scored at both Live and Virtual events. For all events until further notice, teams will be scored based on their Appropriate Athletic Impression rather than Showmanship. This score will start at a 10.0 and may be reduced by .2 for each instance where inappropriate choreography, music, etc. is displayed. The entire judging panel will need to agree that the team lacked Appropriate Athletic Impression to reduce their score. This score will be final and cannot be reviewed/challenged.	

ROUTINE COMPOS	TION
9.0 - 10	A team's ability to demonstrate precise spacing in formations and seamless patterns of movement in transitions performed throughout the routine. This includes innovative, visual and intricate ideas, as well as, any additional skills performed to enhance overall appeal.



2020 - 2021 PERFORMANCE REC SCORING SYSTEM - EXECUTION

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 5.0 and may be reduced by .1, .2 or .3 based on the lack of technical execution of each driver 1. Minor technique issues by the team, not just 1 athlete in Tumbling/Jumps or 1 athlete in Stunts/Pyramid/Tosses 2. Multiple technique issues by the team 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, the below examples:								
Top Person	Body control Uniform flexibility Motion placement Legs straight/locked and toes pointed							
Bases/Spotters	Stability of the stunt Solid stance Positioned shoulder width apart Feet stationary							
Transitions	Entries Dismounts Speed/control/flow from skill to skill							
Synchronization*	• Timing							
Obvious Mistakes	 .2 - 2 errors (Bobbles**, Building Falls, and/or Major Building Falls) .3 - 3 or more errors (Bobbles**, Building Falls, and/or Major Building Falls) 							

^{**}Bobbles - Stunt/Pyramid skills that almost fall, but are saved.

STANDING/RUNNING TUMBLING DRIVERS Each driver may include, but is not limited to, the below examples:									
Approach	Arm placement into a pass/skill Swing/prep Chest placement Flow from skill to skill in a pass								
Speed	Consistent or increases through pass/skills Connection of pass/skills								
Body Control	Head placement Arm/shoulder placement in skills Hips Leg placement in skills Pointed toes								
Landings	Controlled Legs/feet together Chest placement Finished pass/skill Incomplete twisting skills								
Synchronization*	• Timing								

TOSS DRIVERS Each driver may include, but is not limited to, the below examples:								
Top Person	Body control Consistent execution of skill/trick Legs straight/toes pointed Arm placement							
Bases/Spotters	Using arms/legs to throw together Solid stance Positioned shoulder width apart Timing							
Height	Relative to the size of the athletes performing the toss							
Cradle	Arms up to catch high Legs used to absorb catch Group positioned no more than shoulder width apart Controlled							
Obvious Mistakes	• .3 - Building Falls, and/or Major Building Falls							

JUMP DRIVERS Each driver may include	IUMP DRIVERS Each driver may include, but is not limited to the below examples:								
Approach • Consistent entry • Swing/prep									
Arm Placement • Arm position within jump(s)									
Leg Placement	 Straight legs Pointed toes Hip placement/rotation Hyperextension Height 								
Landings	Legs/feet together Chest placement								
Synchronization	• Timing								



ELITE LEVEL

APPROPRIATE

· RELEASED INVERSION FROM BELOW PREP

LEVEL TO EXTENDED STUNT

2020 - 2021 PERFORMANCE REC SCORING SYSTEM - STUNTS

Hone Color Colors (1986)			LEVEL 1		
	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STUNTS
LEVEL APPROPRIATE	INVERSION TO GROUND LEVEL	SWITCH UP TO LIB BELOW PREP LEVEL SWITCH UP TO BODY POSITION BELOW PREP LEVEL TIC TOC BELOW PREP LEVEL (LIB TO LIB) TIC TOC BELOW PREP LEVEL (LIB TO BODY POSITION)	* ½ TWISTING TRANSITION TO BELOW PREP LEVEL * ½ DOWN TO GROUND LEVEL * ½ TWISTING TRANSITION FROM PREP LEVEL	STEP DOWN STRAIGHT CRADLE	BACK STAND PREP LEVEL SHOW & GO STRADDLE SIT FLAT BACK EXTENDED STRADDLE SIT BELOW PREP LEVEL 1 LEG STUNT EXTENDED FLAT BACK PREP LEVEL 1 LEG STUNT WITH BRACER PREP LEVEL TO PRONE LEG STUNT BELOW PREP LEVEL SHOULDER SIT CHAIR SHOULDER SIT COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY TRANSITION FROM BELOW PREP
ELITE LEVEL APPROPRIATE		TIC TOC BELOW PREP LEVEL (BODY POSITION TO BODY POSITION)	* ¼ TWISTING TRANSITION TO PREP		¼ TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT WITH BRACER
			LEVEL 2		
	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STUNTS
LEVEL APPROPRIATE	INVERSION FROM GROUND LEVEL TO BELOW PREP LEVEL INVERSION FROM GROUND LEVEL TO PREP LEVEL	SWITCH UP TO LIB PREP LEVEL TIC TOC PREP LEVEL (LIB TO LIB) TIC TOC PREP LEVEL (LIB TO BODY POSITION)	* ½ TWISTING TRANSITION TO BELOW PREP LEVEL * ½ TWISTING TRANSITION TO PREP LEVEL 1 LEG * ** **TWISTING TRANSITION TO PREP LEVEL 1 LEG * **STUNT * ½ TWISTING TRANSITION TO PREP LEVEL BODY POSITION * **TWISTING TRANSITION TO EXTENDED STUNT	STRAIGHT CRADLE FROM EXTENSION STRAIGHT CRADLE FROM PREP LEVEL BODY POSITION METRIC PROPERTY OF THE PROPERTY	PRONE PREP LEVEL 1 LEG STUNT EXTENSION BARREL ROLL LEAP FROG VARIATIONS % TWIST TO PRONE WALK IN PREP LEVEL PRESS EXTENSION COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY
ELITE LEVEL APPROPRIATE	INVERSION FROM GROUND LEVEL TO EXTENDED STUNT	TIC TOC PREP LEVEL (BODY POSITION TO BODY POSITION)	½ TWISTING TRANSITION TO EXTENDED STUNT		½ TWISTING INVERSION TO EXTENDED STUNT ¾ TWISTING TIC TOC TO PREP LEVEL 1 LEG STUNT ¾ TWISTING INVERSION TO PREP LEVEL 1 LEG STUNT
			LEVEL 3		
	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STUNTS
LEVEL APPROPRIATE	INVERTED BELOW PREP LEVEL INVERTED AT PREP LEVEL DOWNWARD INVERSION FROM BELOW PREP LEVEL	RELEASE TO PREP LEVEL OR BELOW SWITCH UP TO PREP LEVEL LIB BALL UP, STRADDLE UP AND/OR RELEASE TO PREP LEVEL LIB TIC TOC BELOW PREP LEVEL TO BELOW PREP LEVEL (LIB TO LIB) TIC TOC BELOW PREP LEVEL TO PREP LEVEL (LIB TO LIB) TO LIB)	FULL UP BELOW PREP LEVEL FULL UP PREP LEVEL STUNT ½ TWISTING TRANSITION TO EXTENDED 1 LEG STUNT FULL UP TO PREP LEVEL 1 LEG STUNT PREP LEVEL FULL TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT	STRAIGHT CRADLE FROM EXTENDED 1 LEG STUNT FULL DOWN FROM PREP 1/2 TWISTING DISMOUNT FROM EXTENDED 1 LEG FULL DOWN FROM EXTENSION SINGLE SKILL CRADLE FROM 2 LEG STUNT (NON-TWISTING)	FULL TWIST TO PRONE FROM PREP LEVEL EXTENDED 1 LEG STUNT SUSPENDED FRONT FLIP SPECIALTY SUSPENDED FRONT FLIP (NON-TWISTING) SUSPENDED TWISTING FRONT FLIP TOSS HANDS SINGLE BASED 1 LEG EXTENDED STUNTS TOSS HANDS PAUSE PRESS EXTENSION WALK IN EXTENSION COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY
ELITE LEVEL APPROPRIATE	INVERSION TO EXTENDED 1 LEG STUNT	TIC TOC PREP LEVEL LIB TO EXTENDED BODY POSITION SWITCH UP TO PREP LEVEL BODY POSITION BALL UP OR STRADDLE UP TO PREP LEVEL BODY POSITION RELEASE TO PREP LEVEL BODY POSITION	FULL UP TO PREP LEVEL BODY POSITION The strength of the stren		½ TWISTING INVERSION TO EXTENDED 1 LEG STUNT FULL TWISTING TIC TOC AT PREP LEVEL (LIB TO BODY POSITION)
			LEVEL 4		
	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STUNTS
LEVEL APPROPRIATE	RELEASED INVERSION TO PREP LEVEL OR BELOW RELEASED INVERSION AT PREP LEVEL TO PREP LEVEL DOWNWARD INVERSION FROM PREP LEVEL EXTENDED INVERTED STUNT	SWITCH UP TO EXTENDED 1 LEG STUNT RELEASE TO EXTENDED STUNT TIC TOC LIB TO LIB (HIGH TO LOW) HELICOPTER RELEASE MOVES RELEASE TO EXTENDED LIB SWITCH UP TO EXTENDED BODY POSITION FULL TWISTING RELEASE TO PREP LEVEL OR BELLOW SELECTION OF THE PROPERTY	• 1 ½ TWISTING TRANSITION TO BELOW PREP LEVEL • ¾ TWISTING TRANSITION TO EXTENDED STUNT • FULL UP TO EXTENDED 2 LEG STUNT • 1 ½ TWISTING TRANSITION TO PREP LEVEL • 1 ½ TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT	FULL DOWN FROM EXTENDED 1 LEG STUNT DOUBLE DOWN FROM PREP LEVEL DOUBLE DOWN FROM EXTENDED STUNT KICK FULL TWISTING DISMOUNT	TOSS EXTENSION TOSS 1 LEG EXTENDED STUNT COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY

 RELEASE TO EXTENDED BODY POSITION EXTENDED STUNT (NOT INCLUDING SWITCH UP) This document includes examples of level appropriate skills. Coaches are still responsible for ensuring that any skills performed in their routine are compliant with the Industry Standard Safety Rules. Please check back as this document may be updated throughout the season.

FULL UP TO EXTENDED LIB (NOT BODY POSITION)

1 ½ TWISTING TRANSITION TO PREP LEVEL BODY POSITION

EXTENDED FULL TWISTING TRANSITION TO

FULL TWISTING INVERSION TO EXTENDED STUNT
 FULL TWISTING TIC TOC RELEASE TO PREP LEVEL

LEG STUNT
 FULL TWISTING BALL UP, STRADDLE UP AND/OR SWITCH UP TO PREP LEVEL BODY POSITION

1 ½ TWISTING BALL UP, STRADDLE UP AND/OR SWITCH UP TO PREP LEVEL 1 LEG STUNT

RELEASE FROM PREP LEVEL TO PREP LEVEL

· TIC TOC EXTENDED BODY POSITION TO PREP LEVEL OR BELOW BODY POSITION (HIGH TO

POSITION

BALL UP OR STRADDLE UP TO EXTENDED BODY



2020 - 2021 PERFORMANCE REC SCORING SYSTEM - TOSSES

LEVEL 2

NON - TWISTING	TWISTING
STRAIGHT RIDE TOSS	

LEVEL 3

NON - TWISTING	TWISTING
BALL ARCH • PRETTY GIRL ARCH • PIKE ARCH KICK ARCH • BALL-X • TOE TOUCH	FULL TWIST

LEVEL 4

NON - TWISTING	TWISTING
BALL KICK • PIKE-X • HITCH KICK • SWITCH KICK • DOUBLE TOE TOUCH	BALL FULL • PIKE FULL • KICK FULL TOE TOUCH FULL • FULL UP TOE TOUCH • DOUBLE FULL



2020 - 2021 PERFORMANCE REC SCORING SYSTEM - TUMBLING

LEVEL 1

STANDING TUMBLING SKILLS

FORWARD ROLL • STRADDLE ROLL • HANDSTAND • HANDSTAND FORWARD ROLL • FRONT LIMBER FRONT WALK OVER • CARTWHEEL • BACKWARD ROLL

BACK EXTENSION ROLL • PUSH UP TO BACKBEND • STANDING BACKBEND
BACKBEND KICK OVER • BACK WALKOVER • CONNECTED SKILLS CARTWHEEL BACK WALKOVER

RUNNING TUMBLING SKILLS

CARTWHEEL • FRONT WALKOVER • ROUND OFF • CARTWHEEL BACK WALKOVER FRONT WALKOVER TO CARTWHEEL/ROUND OFF CARTWHEEL 1/2 TURN FRONT WALKOVER • CONNECTED SKILLS -CARTWHEEL/BACK WALKOVER

LEVEL 2

STANDING TUMBLING SKILLS

STANDING BACK HANDSPRING • BACK HANDSPRING STEP OUT BACK EXTENSION ROLL BACK HANDSPRING • BACK WALKOVER BACK HANDSPRING

RUNNING TUMBLING SKILLS

CARTWHEEL BHS • ROUND OFF BHS • ROUND OFF BHS STEP OUT ROUND OFF BHS SERIES • FRONT WALKOVER TO ROUND OFF BHS SERIES

LEVEL 3

STANDING TUMBLING SKILLS

BHS SERIES • JUMP TO BHS • JUMP TO BHS SERIES
BHS SERIES JUMP BHS SERIES • BHS STEP OUT BHS COMBO

RUNNING TUMBLING SKILLS

AERIALS • PUNCH FRONT • ROUND OFF TUCK • ROUND OFF BHS BACK TUCK ROUND OFF BHS SERIES TO BACK TUCK • FRONT WALKOVER TO ROUND OFF BHS BACK TUCK FRONT WALKOVER TO ROUND OFF BHS SERIES BACK TUCK

LEVEL 4

STANDING TUMBLING SKILLS

STANDING BACK TUCK • BHS BACK TUCK • BHS SERIES TO BACK TUCK JUMP BHS BACK TUCK • JUMP BHS SERIES TO BACK TUCK

RUNNING TUMBLING SKILLS

CARTWHEEL BACK TUCK • ROUND OFF LAYOUT
ROUND OFF BHS LAYOUT/LAYOUT STEPOUT / X-OUT • ROUND OFF BHS SERIES TO
LAYOUT FRONT WALKOVER THROUGH TO LAYOUT • PUNCH FRONT STEPOUT TO LAYOUT
ROUND OFF BHS SERIES TO LAYOUT • ROUND OFF BHS WHIP BHS TO LAYOUT
PUNCH FRONT STEPOUT TO ROUND OFF BHS WHIP BHS TO BACK TUCK
FRONT HANDSPRING PUNCH FRONT
FRONT HANDSPRING PUNCH FRONT



DEDUCTION SHEET



2020 - 2021 DEDUCTION SYSTEM

All deductions may include, but are not limited to the following examples:

ROUTINE INFRACTIONS

ATHLETE FALL - .25

• Drops to the performance surface during tumbling and/or jump skills

Includes the following:

- · Hand, hands or head down in tumbling or jump skills
- Knee or knees down in tumbling or jump skills

BUILDING FALL - .75

Drops from a building skill or transition during a stunt, pyramid and/or toss

Includes the following:

- · Base or spotter drops to the performance surface during a building skill
- Drops to a cradle and/or load in position

MAJOR BUILDING FALL - 1.25

Drops to the performance surface from a stunt, pyramid or toss by the top person and/or the bases/spotters

Includes the following:

- Top person drops to the performance surface
- Multiple bases and/or spotters drop to the performance surface
- Top person lands on base and/or spotter who drops to the performance surface

MAXIMUM - 1.75

• When multiple deductions should be assessed during a stunt or toss (by a single group) or during a pyramid sequence, then the sum of those deductions will not be greater than 1.75 During pyramids where a fall continues to effect other portions of the pyramid, the deduction will not exceed 1.75. Two separated pyramids will result in separate deductions. The MAX deduction for a pyramid will not exceed 3.5.

RULE VIOLATIONS

BOUNDARY VIOLATIONS - .25

The performance surface is defined as the 42' x 54' competition floor. The competition boundary is defined as the performance surface and any immediate adjacent safety border. A .25 deduction will be assessed per occurrence for an athlete that makes contact with both feet outside the competition boundary. Stepping on, or just past the white tape is not a boundary violation.

TIME LIMIT VIOLATIONS - .25

Teams that exceed their time limit associated with their category will be subject to the following deduction:

- Routines that exceed a time limit run a risk of being assessed a deduction. Judges will use a stop watch or similar device time variations, judges will not issue a deduction until their stopwatch/clock shows a time that exceeds 0:03 seconds over the limit.
- All Star/Rec Star Teams must not exceed 2:30 minutes
- All Star Prep Teams must not exceed 2:00 minutes
- · Traditional Rec Teams must not exceed 3:00 minutes
- Tiny Novice & Novice Teams must not exceed 1:30 minute

SAFETY VIOLATIONS

- .50 Tumbling skills performed out of level and General Safety Guidelines will be issued a .50 deduction.
- 1.0 Building skills performed out of level will be issued a 1.0 deduction.

IMAGE POLICY - .25

Inappropriate choreography, uniform and/or music, as well as violations that break the image policy will be issued a .25 deduction.

UNSPORTSMANLIKE CONDUCT DEDUCTION - 1.0

When a coach is in discussion with an official, other coaches, athletes and parents/spectators they must maintain proper professional conduct. Failing to do so will result in 1.0 deduction and removal of coach or disqualification.

Includes the following:

- Inappropriate and deliberate physical contact between athletes during the event
- Abuse of equipment or any items associated with the event
- Using language or a gesture that is obscene, offensive, or insulting
- · Using language or gestures that offend race, religion, color, descent or national or ethnic origin
- Failing to perform a routine
- Excessive appealing at Score Check
- Showing dissent towards scoring official decision by word or action
- Threat of assault to an event representative
- · Public criticism of an event related incident or event official

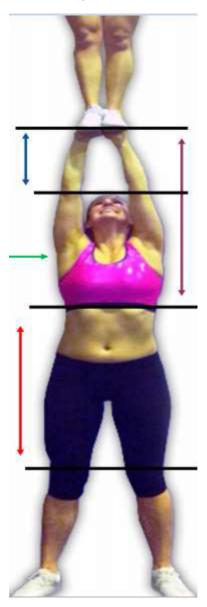
STUNT LEVEL ILLUSTRATION

'Extended Level' or 'Passing Above Prep Level

Shoulder Level

Wai t Le el'

'Ground Le el



Prep Level

Note: You must consult the glossary and the rules for further specifications, explanations and restrictions when interpreting the stunt level.



DIFFICULTY SCORING GUIDE

- This Scoring Guide is strictly for guidance purposes. It is the Judges discretion to score higher or lower depending on number of athletes, number of groups performing skill, and difficulty of skill performed!
- There may be routines where skills performed do not fit perfectly in these grids.



2020-2021 Performance Rec Stunt Difficulty Score Guide

STUNT QUANTITY CHART

# OF ATHLETES	MAJORITY	MOST	FULL TEAM
5 - 7	1	1	1
8 - 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 - 30	4	6	7
31 - 35	5	7	8
36 - 38	5	7	9

*** LEVEL 1: If skills are limited to below prep level, the Difficulty score may not be higher than a 4.7... regardless of the number of skills performed.

DIFFICULTY

0 = No skills performed

BELOW 3.0 - No level appropriate skills

- 3.1 1 level appropriate skill performed by MOST
- 3.2 1 level appropriate skill performed by FULL TEAM
- 3.3 2 Different level appropriate skills performed by MOST
- 3.4 3 Different level appropriate skills performed by MOST or 2 by FULL TEAM
- 3.5 3 Different level appropriate skills performed by FULL TEAM

LOW 3.5 - 4 Different level appropriate skills performed by MOST

- 3.6 5 Different level appropriate skills performed by MOST or 4 by FULL TEAM
- 3.7 6 Different level appropriate skills performed by MOST or 5 by FULL TEAM
- 3.8 7 Different level appropriate skills performed by MOST or 6 by FULL TEAM
- 3.9 8 Different level appropriate skills performed by MOST or 7 by FULL TEAM
- 4.0 8 Different level appropriate skills performed by FULL TEAM

MID 4.0 - 3 level appropriate skills & 1 Elite performed by MOST

- 4.1 3 level appropriate skills & 1 Elite performed by FULL TEAM
- 4.2 4 level appropriate skills & 1 Elite performed by MOST
- 4.3 4 level appropriate skills & 1 Elite performed by FULL TEAM
- 4.4 5 level appropriate skills & 1 Elite performed by MOST
- 4.5 5 level appropriate skills & 1 Elite performed by FULL TEAM

HIGH 4.5 - 2 level appropriate skills & 2 Elite performed by MOST

- 4.6 2 level appropriate skills & 2 Elite performed by FULL TEAM
- 4.7 1 level appropriate skill & 3 Elite performed by MOST
- 4.8 1 level appropriate skill & 3 Elite performed by FULL TEAM
- 4.9 4 Elite performed by MOST
- 5.0 4 Elite performed by FULL TEAM
- * Level Appropriate skills listed and ELITE skills highlighted on STUNT Example sheet*
- * Not all Level appropriate skills are listed on STUNT Example sheet
- * Skills performed identically more than once, will only count once toward difficulty.
- * A repeat skill performed with creative or stylistic differences will each be counted separately toward difficulty.

 **Clarification: an identical skill performed more than once ending in a different body position will only count once toward difficulty.

Disclaimer: this is a Scoring Guide...it is Judge discretion to score higher or lower depending on number of athletes, number of groups performing skill, and difficulty of skill performed! There may be routines where skills performed do not fit perfectly in this grid.



2020-2021 Performance Rec Pyramid Difficulty Score Guide

STUNT QUANTITY CHART												
# OF ATHLETES	MAJORITY	MOST	FULL TEAM									
5 - 7	1	1	1									
8 - 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 - 30	4	6	7									
31 - 35	5	7	8									
36 - 38	5	7	9									

- ***MOST GROUPS MUST BE INVOLVED IN PYRAMID
- * Level Appropriate skills listed on PYRAMID Example sheet*
- * Not all Level appropriate skills are listed on PYRAMID Example sheet
- * Skills performed identically more than once, will only count once toward difficulty.
- * A repeat skill performed with creative or stylistic differences will each be counted separately toward difficulty.

Clarification: an identical skill performed more than once ending in a different body position will only count once toward difficulty.

- *** PYRAMIDS THAT WILL RECEIVE SCORES IN THE LOW RANGE (refer to Stunt Quantity Chart).
- * If MOST groups are not actively involved in the pyramid
- * A Pyramid that has 0 1 structures
- Stunts performed in close proximity (IE. within arms reach) but never connect
- *** LEVEL 1: If skills are limited to below prep level, the Difficulty score will not be higher than a 4.7 (regardless of the number of skills performed)

 : If skills are limited to below extended level, the Difficulty score will not be higher than a 4.9 (regardless of the number of skills performed)
- * " " = Judge Discretion

Ex: Team of 36 athletes with 9 groups involved in Pyramid

7 groups perform non level appropriate skills and 2 perform 4 level appropriate skills (with 2 structures)

2 x 4 = 8 skills - based on the grid, the Difficulty score should be a 4.5 & 4.6

# OF ATHLETES		Е	BELOW			2 DIFFEF	LOW 2 DIFFERENT L/A SKILLS + 2 STRUCTURES 3				MID 3 DIFFERENT L/A SKILLS + 2 STRUCTURES						HIGH 4 DIFFERENT L/A SKILLS + 2 STRUCTURES						
5 - 7	-	-	-	-	-	2	-		-	-	2	3	-	-	-	-	3	4	-	-	5	-	6
8 - 11	-	-	-	-	-	2	-	-	-	-	3	3	-	-	-	-	4	4	5	6	-	7	8
12 - 15	-	-	-	-	-	2	-	-	3	-	4	3	-	-	4	-	5	4	5	6	8	9	10
16 - 19	-	-	-	-	-	2	-	3	4	-	5	3	-	4	5	-	6	4	6	7	9	10	12
20 - 23	-	-	-	-	-	2	3	4	-	5	6	3	4	5	7	8	9	4	7	10	12	15	18
24 - 27	-	-	-	-	-	2	3	4	6	7	8	3	5	7	8	10	12	4	7	10	14	17	20
28 - 30	-	-	-	-	-	2	4	6	8	10	12	3	5	7	9	11	13	4	8	12	16	20	24
31 - 35	-	-	-	-	-	2	4	7	9	12	14	3	5	7	10	12	14	4	9	14	18	23	28
36 - 38		-	-	-	-	2	5	7	10	12	15	3	5	8	10	13	15	4	9	14	20	25	30
SCORE >	3.0	3.1	3.2	3.3	3.4	3.5	3.6	3.7	3.8	3.9	4.0	4.0	4.1	4.2	4.3	4.4	4.5	4.5	4.6	4.7	4.8	4.9	5.0

^{***}Disclaimer: this is a Scoring Guide...it is Judge discretion to score higher or lower depending on number of athletes, number of groups performing skill, and difficulty of skill performed! There may be routines where skills performed do not fit perfectly in this grid.***



2020-2021 Performance Rec Tumbling Difficulty Score Guide Level 1 - 4

STANDING TUMBLING

	BELOW			LOW				MID				HIGH									
# OF ATHLETES	>	MOST	(NON	SYNC	H)	N	MOST (NON S	SYNCH)	N	IAJOR	ITY (SY	(NCH)	+	PASS 1 = MOST	(SYN	ICH) & F	PASS 2 =	: MAJO	RITY +
5 - 7	1	1	2	3	4	3	4	5	5	6	2	3	4	5	6	S = 3 Total = 5	7	9	11	13	15
8 - 9	1	3	5	6	8	5	6	8	9	10	4	6	8	10	12	S = 5 Total = 9	12	15	18	21	24
10 - 11	1	3	6	8	10	6	8	9	11	12	5	8	10	13	15	S = 6 Total = 11	15	19	22	26	30
12 - 14	1	4	7	9	12	7	9	11	12	14	6	9	12	15	18	S = 7 Total = 13	18	22	27	31	36
15 - 16	1	4	8	11	14	9	11	14	16	18	7	11	14	18	21	S = 9 Total = 16	22	28	33	39	45
17 - 19	1	5	9	12	16	10	13	15	18	20	8	12	16	20	24	S = 10 Total = 18	25	31	38	44	51
20 - 22	1	6	11	15	20	12	15	18	21	24	10	15	20	25	30	S = 12 Total = 22	30	37	45	52	60
23 - 25	1	6	12	17	22	13	16	20	23	26	11	17	22	28	33	S = 13 Total = 24	33	42	51	60	69
26 - 27	1	7	14	20	26	15	19	23	26	30	13	20	26	33	39	S = 15 Total = 28	38	48	58	68	78
28 - 30	1	8	15	21	28	16	20	24	28	32	14	21	28	35	42	S = 16 Total = 30	41	52	62	73	84
31 - 34	1	8	16	23	30	18	23	27	32	36	15	23	30	38	45	S = 18 Total = 33	45	57	69	81	93
35 - 38	1	10	18	27	35	18	25	32	38	45	15	24	34	43	52	S = 18 Total = 33	47	62	76	91	105
SCORE>	3	3.1	3.2	3.3	3.4	3.5	3.6	3.7	3.8	3.9	4	4.1	4.2	4.3	4.4	4.5	4.6	4.7	4.8	4.9	5
						MOST					MAJ					MOST + MAJ					

^{* #} of passes determine DIFFICULTY range starting point

RUNNING TUMBI ING

4.0 = Wax 30010 II 110	- Openany	paccoc	aro porto	iiiioa (io	garaiooo	- Trambo	. o. pacc	00 001101	111100)		1101	AIAIIA	u i u	IAIDE	.11144						
			BELOV	V				LOW					MID					HIGH			
# OF ATHLETES			> L/A				> N	1AJOR	ITY			MA	JORIT	Υ+				MOST +	-		
5 - 7	-	-	-	-	-	1	1	1	2	2	2	3	4	5	6	3	4	6	7	9	10
8 - 9	-	-	-	-	-	1	2	4	5	6	4	6	8	10	12	5	7	9	12	14	16
10 - 11	-	-	-	-	-	1	3	5	6	8	5	8	10	13	15	6	9	12	14	17	20
12 - 14	-	-	-	-	-	1	3	6	8	10	6	9	12	15	18	7	10	14	17	21	24
15 - 16	-	-	-	-	-	1	4	7	9	12	7	11	14	18	21	9	13	17	22	26	30
17 - 19	-	-	-	-	-	1	4	8	11	14	8	12	16	20	24	10	15	20	24	29	34
20 - 22	-	-	-	-	-	1	5	10	14	18	10	15	20	25	30	12	18	23	29	34	40
23 - 25	-	-	-	-	-	1	6	11	15	20	11	17	22	28	33	13	20	26	33	39	46
26 - 27	-	-	-	-	-	1	7	13	18	24	13	20	26	33	39	15	22	30	37	45	52
28 - 30	-	-	-	-	-	1	7	14	20	26	14	21	28	35	42	16	24	32	40	48	56
31 - 34	-	-	-	-	-	1	8	15	21	28	15	23	30	38	45	18	27	36	44	53	62
35 - 38	-	-	-	-	-	1	10	18	27	35	15	24	34	43	52	18	28	39	49	60	70
SCORE>	3.0	3.1	3.2	3.3	3.4	3.5	3.6	3.7	3.8	3.9	4.0	4.1	4.2	4.3	4.4	4.5	4.6	4.7	4.8	4.9	5.0
											MAJ					MOST					

^{* #} of passes determine DIFFICULTY range starting point

^{*} Once in range: Level Appropriate passes = 1 pass /Specialty passes = 2 passes

^{*} LEVEL 1 : If skills/passes are limited toorwardrollsandcartwheels,theDi fficulty score will not be higher than a 4.7 (regardless of number of passes performed)

^{* 4.8 =} Max score if no Specialtypasses are performed (regardless of number of passes performed)

 $^{^{\}star}\,$ 5.0 is not given unless every athlete on the team performs a level appropriate pass.

^{* *** #} of passes, # of specialty passes and degree of Difficulty determine score

^{*} SPECIALTY skills highlighted on TUMBLING Example sheet. Not all level appropriate/ specialty skills are listed on TUMBLING Example sheet.

^{*} Once in range: Level Appropriate passes = 1 pass /Specialty passes = 2 passes

^{*} LEVEL 1 : If skills/passes are limited to forward rolls and cartwheels, the Difficulty score will not be higher than a 4.7 (regardless of number of passes performed)

^{* 4.8 =} Max score if no Specialty passes are performed (regardless of number of passes)

^{* 5.0} is not given unless every athlete on the team performs a level appropriate pass.

^{* *** #} of passes, # of specialty passes and degree of Difficulty determine score

^{*} SPECIALTY skills highlighted on TUMBLING Example sheet. Not all level appropriate/ specialty skills are listed on TUMBLING Example sheet.

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2020-2021 Performance Rec OVERALL SCORE GUIDE

DANCE 9.0 - 10.0 (BUILD scoresheet)						
Start at :	9.0					
Timing/Synchronization:	0	.1	.2	.3		
Creativity (Partner Work, Foot Work, Floor Work):	0	.1		.3		
Level Changes:	0	.1				
Formation Changes (2 or more by Majority):	0	.1	.2			
TOTAL =		_				
PERFORMANCE 9.0 - 10.0 (TUMBLE scoresho	eet)					
Start at :	9.0					
*Energy (strength):	0	.1	.2	.3		
*Showmanship (entertainment of presentation):	0	.1	.2	.3		
*Overall Impression of Routine Performance:	0	.1	.2	.3	.4	
TOTAL =		_				
ROUTINE COMPOSITION 9.0 - 10.0 (TUMBI	_E scores	sheet)				
Start at :	9.0					
*Spacing:	0	.1		.3		
*Patterns of Movement/Flow of Routine :	0	.1	.2	.3		
*Overall Creativity of Routine/Choreography:	0	.1	.2	.3	.4	
TOTAL =		_				

TOTAL = _____



PERFORMANCE REC MASTER SCORESHEET



PERFORMANCE REC CLUB MASTER SCORE SHEET

Building Skills	Max Score	Difficulty	Technique
STUNTS	10	3.0-5.0	3.5-5.0
PYRAMIDS	10	3.0-5.0	3.5-5.0
TOSSES	10	4.0-5.0	3.5-5.0
STUNT QUANTITY	5	4.0-5.0	
TOTAL	35		_

Tumbling Skills	Max Score	Difficulty	Technique
STANDING TUMBLING	10	3.0-5.0	3.5-5.0
RUNNING TUMBLING	10	3.0-5.0	3.5-5.0
JUMPS	10	3.5-5.0	3.5-5.0
TOTAL	30		

OVERALL ROUTINE	Max Score	Total
STUNT CREATIVITY	2.5	2.0-2.5
PYRAMID CREATIVITY	2.5	2.0-2.5
DANCE	10	9.0-10.0
ROUTINE COMPOSITION	10	9.0-10.0
PERFORMANCE	10	9.0-10.0
TOTAL	35	

TOTAL POSSIBLE POINTS	
LEVELS 1 & MINI 2	90
LEVELS 2-4	100