

2020 - 2021 PERFORMANCE RECREATION SCORING SYSTEM - TUMBLING

* The Recreation Scoring System is designed for teams to be performing level appropriate skills in order to receive credit for difficulty in stunts, pyramids, standing tumbling, running tumbling, and tosses. Level appropriate skills are determined by the Recreation Cheer Safety Rule allowances within each level. The numeric level in which the skill is first allowed will be considered to be a level appropriate skill, and count for difficulty credit. Below you will find the rule progression to aid teams in creating a legal but creative sequence, along with a list of examples of level appropriate skills.

LEVEL 1 / LEVEL 2.1 / LEVEL 3.1

STANDING TUMBLING SKILLS	RUNNING 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	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	RUNNING TUMBLING SKILLS
STANDING BACK HANDSPRING • BACK HANDSPRING STEP OUT BACK EXTENSION ROLL BACK HANDSPRING • BACK WALKOVER BACK HANDSPRING • JUMP TO BHS	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	RUNNING TUMBLING SKILLS
BHS SERIES • JUMP TO BHS • JUMP TO BHS SERIES • BHS SERIES JUMP • BHS STEP OUT BHS COMBO	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	RUNNING TUMBLING SKILLS
STANDING BACK TUCK • BHS BACK TUCK • BHS SERIES TO BACK TUCK JUMP BHS BACK TUCK • JUMP BHS SERIES TO BACK TUCK • JUMP TO TUCK • BHS TO LAYOUT/FULL • BHS SERIES TO LAYOUT / FULL	CARTWHEEL BACK TUCK • ROUND OFF LAYOUT ROUND OFF BHS LAYOUT/LAYOUT STEPOUT / X-OUT • ROUND OFF BHS SERIES TO LAYOUT /FULL "FRONT WALKOVER THROUGH TO LAYOUT/FULL • PUNCH FRONT STEPOUT TO LAYOUT /FULL • ROUND OFF BHS SERIES TO LAYOUT /FULL • ROUND OFF BHS WHIP BHS TO LAYOUT /FULL PUNCH FRONT STEPOUT TO ROUND OFF BHS WHIP BHS TO BACK TUCK" FRONT HANDSPRING PUNCH FRONT FRONT HANDSPRING PUNCH FRONT THROUGH TO ROUND OFF BHS BACK TUCK/LAYOUT / FULL