# 2022-23
# RECREATIONAL CHEER

# What is recreational (rec) cheer?

- Traditionally, a rec cheer team was affiliated with, reported to, and governed by an organization such as the following: YMCA, Boys & Girls Club, Community Youth Organization, Pop Warner, City/Country Parks and Recreation Program or any other community run program NOT associated with a school or an All Star program. At least half of the team was required to have cheered for a sport within these organizations.

    *more recently, teams are no longer required to be affiliated

# DSCA Recognized rec divisions: 2 types

- Performance: is defined as a Rec division where teams typically have a main focus of competition. Teams in these divisions often practice more, have competition practices and/or compete on a regular basis.
  - Routines must consist of Music. Routine Max: 2:30 minutes
- Traditional: is defined as a lower commitment and/or entry level competitive rec division. Teams in this division often practice less, focus on cheering for athletic teams and/or compete very sporadically
  - Routines must consist of Cheer & Music combination. Routine Max: 2:30 minutes Music Max: 1:30 minutes

DSCA will not differentiate between Affiliated/Non-affiliated

# DSCA recognized Rec Divisions Cont'd

Each Rec division type (Performance/Traditional) will also be divided based on:

- Age
  - 6&under, 8&under, 10&under, 12&under etc...
- Level
  - Performance: levels 1-4
  - Traditional: Levels 1-3

# Performance Rubic: Building

- Same as/comparable to All Star Elite Rubric For levels 1-5, Jr6

## 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 |

## 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 |

## DIFFICULTY DRIVERS

- Degree of difficulty
- Percent of team participation (Maximizing stunt groups based on the number of athletes)
- Combination of skills (level and non-level appropriate)
- Pace of skills performed

## 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 |

## BUILDING QUANTITY CHART

| # OF ATHLETES | NUMBER OF GROUPS | |
|---|---|---|
| | MAJORITY | MOST |
| 5 - 11 | 1 | 1 |
| 12 - 15 | 1 | 2 |
| 16 - 19 | 2 | 3 |
| 20 - 23 | 3 | 4 |
| 24 - 30 | 4 | 5 |
| 31 - 36 | 5 | 6 |

# Performance Rubric: Tumbling

- Same as/comparable to AS Elite L 1-5, Jr6.  (6under/8under have same exception as tiny/mini in AS Elite)

## 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 include a variety.<br>6U/8U: 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.<br>6U/8U: 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

| # OF ATHLETES | MAJORITY | MOST |
|---|---|---|
| 5 - 7 | 2 | 4 |
| 8 - 9 | 4 | 5 |
| 10 - 15 | 6 | 7 |
| 16 - 19 | 8 | 9 |
| 20 - 25 | 10 | 13 |
| 26 - 30 | 14 | 16 |
| 31 - 36 | 15 | 18 |

## 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 |

## DIFFICULTY DRIVERS

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

## STANDING TUMBLING DIFFICULTY

In an effort to reduce the number of Standing Tumbling passes performed in L1 - L4, 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

# Tumbling continued:

| 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 |



## ADDITIONAL INFORMATION

- L1 - L4 Standing Tumbling – Same level appropriate synchronized pass cannot be used to fulfill Majority pass requirement.
- 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.
- L2 - No skills out of a RO that are ILLEGAL in L1 will count for level appropriate credit.
- L3 - No skills out of a BHS step out 1/2 turn that are ILLEGAL in L2 will count for level appropriate credit.
- L4 - Punch front forward roll will not count for level appropriate credit.

# Performance: Tecnique

Execution: range is 3.5-5.0

and will utilize the driver

system to determine

deductions for technique.

| EXECUTION | |
|---|---|
| 3.5 - 5.0 | Athletes are expected to demonstrate excellent technique when performing each skill. A team's execution will be determined by all athletes performing the skill.<br><br>• 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<br>• .1 - Minor technique issues by the team, not just 1 athlete in Tumbling/Jumps or 1 athlete in Stunts/Pyramid/Tosses<br>• .2 – Multiple technique issues by the team<br>• .3 – Widespread technique issues by the team<br>• No more than .3 will be taken off for a single driver.<br>• 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<br>• Uniform flexibility<br>• Motion placement<br>• Legs straight/locked and toes pointed |
| Bases/Spotters | • Stability of the stunt<br>• Solid stance<br>• Positioned shoulder width apart<br>• Feet stationary |
| Transitions | • Entries<br>• Dismounts<br>• Speed/control/flow from skill to skill |
| Synchronization* | • Timing |
| Obvious Mistakes | • .2 - 2 errors (Bobbles**, Building Falls, and/or Major Building Falls)<br>• .3 - 3 or more errors (Bobbles**, Building Falls, and/or Major Building Falls) |

*Teams that do not perform at least 1 level appropriate skill/transition by 2 or more groups in Stunts and Pyramids will automatically receive .3 off for Synchronization.
**Bobbles - Stunt/Pyramid skills that almost fall, but are saved. This does not include omitted skills.

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

Teams with only 1 toss will always receive .3 off for each driver, regardless of the severity of the issue.

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

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

# Performance DCCA Scoresheets

**Building Judge** : (Level 1 skill restriction: no tosses)

Level 1

Levels 3-4

| | DIFFICULTY | EXECUTION | TOTAL SCORE | TOTAL MAX SCORE |
|---|---|---|---|---|
| STUNTS | 3.0 – 5.0 | 3.5 – 5.0 | | 10 |
| PYRAMIDS | 3.0 – 5.0 | 3.5 – 5.0 | | 10 |
| BUILDING CREATIVITY | 2.0 – 2.5 | | | 2.5 |
| TOTAL | | | | 22.5 |

| | DIFFICULTY | TECHNIQUE/ EXECUTION | TOTAL SCORE | TOTAL MAX SCORE |
|---|---|---|---|---|
| STUNTS | 3.0 – 5.0 | 3.5 – 5.0 | | 10 |
| PYRAMIDS | 3.0 – 5.0 | 3.5 – 5.0 | | 10 |
| TOSSES | 4.0 – 5.0 | 3.5 – 5.0 | | 10 |
| BUILDING CREATIVITY | 2.0 – 2.5 | | | 2.5 |
| TOTAL | | | | 32.5 |

# Performance Score Sheets cont'd:

**Tumbling Judge**: All Levels

|  | DIFFICULTY | EXECUTION | TOTAL SCORE | TOTAL MAX SCORE |
|---|---|---|---|---|
| STANDING TUMBLING | 3.0 – 5.0 | 3.5 – 5.0 |  | 10 |
| RUNNING TUMBLING | 3.0 – 5.0 | 3.5 – 5.0 |  | 10 |
| JUMPS | 3.5 – 5.0 | 3.5 – 5.0 |  | 10 |
| TOTAL |  |  |  | 30 |

# Performance Score Sheets cont'd:

**Overall/ Crowd Leading Judge**: All Levels

| | DIFFICULTY | TOTAL SCORE | TOTAL MAX SCORE |
|---|---|---|---|
| CHANT | 4.0 - 5.0 | | 5 |
| VOICE | 2.0 - 2.5 | | 2.5 |
| DANCE | 9.0 – 10.0 | | 10 |
| ROUTINE COMPOSITION | 9.0 –10.0 | | 10 |
| PERFORMANCE | 9.0 – 10.0 | | 10 |
| TOTAL | | | 37.5 |

Removed for 21/22

# Traditional Rubric: Building

● Same as/Comparable to  All Star Prep

Notice the omission of

Tosses in the rubric.

Tosses are **NOT** permitted

In the Traditional Rec

division.

## 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 |

## BUILDING QUANTITY CHART

| # OF ATHLETES | NUMBER OF GROUPS | |
|---|---|---|
| | MAJORITY | MOST |
| 5 - 11 | 1 | 1 |
| 12 - 15 | 1 | 2 |
| 16 - 19 | 2 | 3 |
| 20 - 23 | 3 | 4 |
| 24 - 30 | 4 | 5 |
| 31 - 36 | 5 | 6 |

## PYRAMID DIFFICULTY

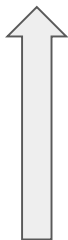| | | |
|---|---|---|
| 3.0 - 3.5 | BELOW | Skills performed do not meet Low range requirement |
| 3.5 - 4.0 | LOW | 2 different level appropriate skills and 2 structures performed by Most of the team |
| 4.0 - 4.5 | MID | 3 different level appropriate skills and 2 structures performed by Most of the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

## DIFFICULTY DRIVERS

- Degree of difficulty
- Percent of team participation (Maximizing stunt groups based on the number of athletes)
- Combination of skills (level and non-level appropriate)
- Pace of skills performed

## ADDITIONAL INFORMATION

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

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.

# Traditional Rubric: Tumbling

● Same as/comparable to AS prep

| 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 include a variety. 6U/8U: Most of the team performs 2 advanced jumps must be synchronized, but DO NOT need to be connected or include a variety. |

| TUMBLING/JUMP QUANTITY CHART | | |
|---|---|---|
| # OF ATHLETES | MAJORITY | MOST |
| 5 - 7 | 2 | 4 |
| 8 - 9 | 4 | 5 |
| 10 - 15 | 6 | 7 |
| 16 - 19 | 8 | 9 |
| 20 - 25 | 10 | 13 |
| 26 - 30 | 14 | 16 |
| 31 - 36 | 15 | 18 |

**DIFFICULTY DRIVERS**

• Degree of difficulty
• Percent of team participation
• Combination of skills
• Synchronization of passes
• Variety of 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

**Note the 4.5 range requirements

# Traditional Rubric: Tumbling Cont'd

- Same as/Comparable to AS prep

| 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 |

| 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 |

**ADDITIONAL INFORMATION**

- 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.

- L2 - No skills out of a RO that are ILLEGAL in L1 will count for level appropriate credit.

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

# Traditional Rubric: Overall

Key difference from performance Rec

Is the emphasis on cheer execution

and crowd leading utilizing spirit props.

| BUILDING CREATIVITY | |
|---|---|
| 2.0 - 2.5 | Building skills incorporate visual, unique or innovative ideas. This includes level and non-level appropriate skills. This may include: Entries • Transitions • Dismounts • Clarity • Flow |

| ROUTINE COMPOSITION | |
|---|---|
| 9.0 - 10 | A team's ability to demonstrate the following throughout the routine: Precise spacing • Formations • Transitions. This also includes innovative, visual and intricate ideas, as well as, any additional skills performed to enhance the overall appeal. |

| DANCE | |
|---|---|
| 9.0 - 10 | A team's ability to demonstrate a high level of energy and entertainment value which may incorporate: Visual elements • Variety of levels • Formation changes • Footwork • Floorwork • Partner work This also includes: Technique • Perfection • Synchronization • Pace |

| SHOWMANSHIP | |
|---|---|
| 9.0 - 10 | A team's ability to demonstrate high levels of energy and excitement while maintaining genuine enthusiasm. This will include appropriate athletic impression throughout the routine. |

| CHEER MOTION EXECUTION | |
|---|---|
| 4.0 - 5.0 | A team's ability to demonstrate clean motions with strength, precision, and timing. |

| VOICE | |
|---|---|
| 2.0 - 2.5 | The chant can be performed over top of the music, to a backbeat, or with no background music. The words of the chant may not be pre-recorded and must be said only by the athletes on the performance surface. The pace of the chant should be practical and easy to understand. Judges will be scoring voice projection, inflection, flow, and clarity of the chant. |

| OVERALL CROWD EFFECTIVENESS | |
|---|---|
| 9.0 - 10 | The team's ability to lead a crowd through use of verbal commands in call and response style cheer, supported by proper use and timing of skills to support crowd engagement. Team's should demonstrate high levels of energy and positively promote their organization within their cheer |

| PROPER USE OF SIGNS, POMS, OR MEGAPHONES | |
|---|---|
| 2.0 - 2.5 | The team's ability to use props to enhance crowd engagement. |

# Traditional Rubric: Technique

Execution will be

3.5-5.0 and will also

Utilize the driver system

For deduction.



**EXECUTION**

| 3.5 - 5.0 | Athletes are expected to demonstrate excellent technique when performing each skill. A team's execution will be determined by all athletes performing the skill.<br>• 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<br>• .1 - Minor technique issues by the team, not just 1 athlete in Tumbling/Jumps or 1 athlete in Stunts/Pyramid/Tosses<br>• .2 - Multiple technique issues by the team<br>• .3 – Widespread technique issues by the team<br>• No more than .3 will be taken off for a single driver.<br>• 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<br>• Uniform flexibility<br>• Motion placement<br>• Legs straight/locked and toes pointed |
|---|---|
| Bases/Spotters | • Stability of the stunt<br>• Solid stance<br>• Positioned shoulder width apart<br>• Feet stationary |
| Transitions | • Entries<br>• Dismounts<br>• Speed/control/flow from skill to skill |
| Synchronization* | • Timing |
| Obvious Mistakes | • .2 - 2 errors (Bobbles**, Building Falls, and/or Major Building Falls)<br>• .3 - 3 or more errors (Bobbles**, Building Falls, and/or Major Building Falls) |

*Teams that do not perform at least 1 level appropriate skill/transition by 2 or more groups in Stunts and Pyramids will automatically receive .3 off for Synchronization.
**Bobbles - Stunt/Pyramid skills that almost fall, but are saved. This does not include omitted skills.

**STANDING/RUNNING TUMBLING DRIVERS**
*Each driver may include, but is not limited to, the below examples:*

| Approach | • Arm placement into a pass/skill<br>• Swing/prep<br>• Chest placement<br>• Flow from skill to skill in a pass |
|---|---|
| Speed | • Consistent or increases through pass/skills<br>• Connection of pass/skills |
| Body Control | • Head placement<br>• Arm/shoulder placement in skills<br>• Hips<br>• Leg placement in skills<br>• Pointed toes |
| Landings | • Controlled<br>• Legs/feet together<br>• Chest placement<br>• Finished pass/skill<br>• Incomplete twisting skills |
| Synchronization* | • Timing |

**JUMP DRIVERS**
*Each driver may include, but is not limited to, the below examples:*

| Approach | • Consistent, entry<br>• Swing/prep |
|---|---|
| Arm Placement | • Arm position within jump(s) |
| Leg Placement | • Straight legs<br>• Pointed toes<br>• Hip placement/rotation<br>• Hyperextension<br>• Height |
| Landings | • Legs/feet together<br>• Chest placement |
| Synchronization | • Timing |

# Traditional Rec DCCA Score sheets

**Building/Overall Judge:**

| | DIFFICULTY | EXECUTION | TOTAL SCORE | TOTAL MAX SCORE |
|---|---|---|---|---|
| STUNTS | 3.0 – 4.5 | 3.5 – 5.0 | | 9.5 |
| PYRAMIDS | 3.0 – 4.5 | 3.5 – 5.0 | | 9.5 |
| ROUTINE COMPOSITION | 9.0 - 10.0 | | | 10 |
| BUILDING CREATIVITY | 2.0 – 2.5 | | | 2.5 |
| TOTAL | | | | 31.5 |

# Traditional Score sheets cont'd

**Tumbling/Overall Judge:**

|  | DIFFICULTY | EXECUTION | TOTAL SCORE | TOTAL MAX SCORE |
|---|---|---|---|---|
| STANDING TUMBLING | 3.0 – 4.5 | 3.5 – 5.0 | | 9.5 |
| RUNNING TUMBLING | 3.0 – 4.5 | 3.5 – 5.0 | | 9.5 |
| JUMPS | 3.5 – 4.5 | 3.5 – 5.0 | | 9.5 |
| DANCE | 9.0 - 10.0 | | | 10 |
| PERFORMANCE | 9.0 - 10.0 | | | 10 |
| TOTAL | | | | 48.5 |

# Traditional Score sheets cont'd

**Crowd Leading Judge:**

| | DIFFICULTY | TOTAL SCORE | TOTAL MAX SCORE |
|---|---|---|---|
| CHEER MOTION EXECUTION | 4.0 – 5.0 | | 5 |
| VOICE | 2.0 – 2.5 | | 2.5 |
| OVERALL CROWD EFFECTIVENESS | 9.0 - 10.0 | | 10 |
| PROPER USE OF SIGNS, POMS, OR MEGAPHONES | 2.0 - 2.5 | | 2.5 |
| TOTAL | | | 20 |

# Rec Level Appropriate Skills: Building

*Note: Traditional Rec

Does not have Level4

## LEVEL 1

|  | INVERSION STYLE | RELEASE STYLE | TWISTING | DISMOUNT STYLE | OTHER STUNTS |
|---|---|---|---|---|---|
| LEVEL APPROPRIATE | • INVERSION TO GROUND LEVEL | • SWITCH UP TO LIB BELOW PREP LEVEL<br>• SWITCH UP TO BODY POSITION BELOW PREP LEVEL<br>• TIC TOC BELOW PREP LEVEL (LIB TO LIB)<br>• TIC TOC BELOW PREP LEVEL (LIB TO BODY POSITION) | • ½ TWISTING TRANSITION TO BELOW PREP LEVEL<br>• ¼ DOWN TO GROUND LEVEL<br>• ½ TWISTING TRANSITION FROM PREP LEVEL | • STEP DOWN<br>• STRAIGHT CRADLE | • BACK STAND<br>• PREP LEVEL SHOW & GO<br>• STRADDLE SIT<br>• FLAT BACK<br>• EXTENDED STRADDLE SIT<br>• BELOW PREP LEVEL 1 LEG STUNT<br>• EXTENDED FLAT BACK<br>• PREP LEVEL 1 LEG STUNT WITH BRACER<br>• PREP LEVEL TO PRONE<br>• 1 LEG STUNT BELOW PREP LEVEL<br>• SHOULDER SIT<br>• CHAIR<br>• SHOULDER STAND<br>• COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY<br>• TRANSITION FROM BELOW PREP LEVEL TO PREP LEVEL BODY POSITION STUNT WITH BRACER |
| ELITE LEVEL APPROPRIATE |  | • TIC TOC BELOW PREP LEVEL (BODY POSITION TO BODY POSITION) | • ½ TWISTING TRANSITION TO PREP |  | • ½ 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<br>• INVERSION FROM GROUND LEVEL TO PREP LEVEL | • SWITCH UP TO LIB PREP LEVEL<br>• TIC TOC PREP LEVEL (LIB TO LIB)<br>• TIC TOC PREP LEVEL (LIB TO BODY POSITION) | • ½ TWISTING TRANSITION TO BELOW PREP LEVEL<br>• ½ TWISTING TRANSITION TO PREP LEVEL<br>• ½ TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT<br>• ½ TWISTING TRANSITION TO PREP LEVEL BODY POSITION<br>• ½ TWISTING TRANSITION TO EXTENDED STUNT | • STRAIGHT CRADLE FROM EXTENSION<br>• STRAIGHT CRADLE FROM PREP LEVEL BODY POSITION<br>• ½ TWISTING DISMOUNT FROM PREP OR EXTENSION | • PREP LEVEL 1 LEG STUNT<br>• EXTENSION<br>• BARREL ROLL<br>• LEAP FROG VARIATIONS<br>• ½ TWIST TO PRONE<br>• WALK IN PREP LEVEL PRESS EXTENSION<br>• 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<br>• ½ TWISTING TIC TOC TO PREP LEVEL 1 LEG STUNT<br>• ½ 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<br>• INVERTED AT PREP LEVEL<br>• DOWNWARD INVERSION FROM BELOW PREP LEVEL | • RELEASE TO PREP LEVEL OR BELOW<br>• SWITCH UP TO PREP LEVEL LIB<br>• BALL UP, STRADDLE UP AND/OR RELEASE TO PREP LEVEL LIB<br>• TIC TOC PREP LEVEL TO BELOW PREP LEVEL (LIB TO LIB)<br>• TIC TOC BELOW PREP LEVEL TO PREP LEVEL (LIB TO LIB) | • FULL UP BELOW PREP LEVEL<br>• FULL UP PREP LEVEL STUNT<br>• ½ TWISTING TRANSITION TO EXTENDED 1 LEG STUNT<br>• FULL UP TO PREP LEVEL 1 LEG STUNT<br>• PREP LEVEL FULL TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT | • STRAIGHT CRADLE FROM EXTENDED 1 LEG STUNT<br>• FULL DOWN FROM PREP<br>• ½ TWISTING DISMOUNT FROM EXTENDED 1 LEG<br>• FULL DOWN FROM EXTENSION<br>• SINGLE SKILL CRADLE FROM 2 LEG STUNT (NON-TWISTING) | • FULL TWIST TO PRONE FROM PREP LEVEL<br>• EXTENDED 1 LEG STUNT<br>• SUSPENDED FRONT FLIP<br>• SPECIALTY SUSPENDED FRONT FLIP (NON-TWISTING)<br>• SUSPENDED TWISTING FRONT FLIP<br>• TOSS HANDS<br>• SINGLE BASED 1 LEG EXTENDED STUNTS<br>• TOSS HANDS PAUSE PRESS EXTENSION<br>• WALK IN EXTENSION<br>• 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<br>• SWITCH UP TO PREP LEVEL BODY POSITION<br>• BALL UP OR STRADDLE UP TO PREP LEVEL BODY POSITION<br>• RELEASE TO PREP LEVEL BODY POSITION | • FULL UP TO PREP LEVEL BODY POSITION<br>• ½ TWISTING TRANSITION TO EXTENDED 1 LEG STUNT<br>• PREP LEVEL FULL TWISTING TRANSITION TO PREP LEVEL BODY POSITION |  | • ½ TWISTING INVERSION TO EXTENDED 1 LEG STUNT<br>• 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<br>• RELEASED INVERSION AT PREP LEVEL TO PREP LEVEL<br>• DOWNWARD INVERSION FROM PREP LEVEL<br>• EXTENDED INVERTED STUNT | • SWITCH UP TO EXTENDED 1 LEG STUNT<br>• RELEASE TO EXTENDED STUNT<br>• TIC TOC LIB TO LIB (HIGH TO LOW)<br>• HELICOPTER RELEASE MOVES<br>• RELEASE TO EXTENDED LIB<br>• SWITCH UP TO EXTENDED BODY POSITION<br>• FULL TWISTING RELEASE TO PREP LEVEL OR BELOW<br>• RELEASE FROM PREP LEVEL TO PREP LEVEL | • 1 ½ TWISTING TRANSITION TO BELOW PREP LEVEL<br>• ½ TWISTING TRANSITION TO EXTENDED STUNT<br>• FULL UP TO EXTENDED 2 LEG STUNT<br>• 1 ½ TWISTING TRANSITION TO PREP LEVEL<br>• 1 ½ TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT | • FULL DOWN FROM EXTENDED 1 LEG STUNT<br>• DOUBLE DOWN FROM PREP LEVEL<br>• DOUBLE DOWN FROM EXTENDED STUNT<br>• KICK FULL TWISTING DISMOUNT | • TOSS EXTENSION<br>• TOSS 1 LEG EXTENDED STUNT<br>• COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY |
| ELITE LEVEL APPROPRIATE | • RELEASED INVERSION FROM BELOW PREP LEVEL TO EXTENDED STUNT | • TIC TOC EXTENDED BODY POSITION TO PREP LEVEL OR BELOW BODY POSITION (HIGH TO LOW)<br>• BALL UP OR STRADDLE UP TO EXTENDED BODY POSITION<br>• RELEASE TO EXTENDED BODY POSITION (NOT INCLUDING SWITCH UP) | • FULL UP TO EXTENDED LIB (NOT BODY POSITION)<br>• 1 ½ TWISTING TRANSITION TO PREP LEVEL BODY POSITION<br>• EXTENDED FULL TWISTING TRANSITION TO EXTENDED STUNT |  | • FULL TWISTING INVERSION TO EXTENDED STUNT<br>• FULL TWISTING TIC TOC RELEASE TO PREP LEVEL STUNT<br>• FULL TWISTING BALL UP, STRADDLE UP AND/OR SWITCH UP TO PREP LEVEL BODY POSITION<br>• 1 ½ TWISTING BALL UP, STRADDLE UP AND/OR SWITCH UP TO PREP LEVEL 1 LEG STUNT |

# Tosses

*Remember! Tosses are **NOT** allowed in performance L1 or ANY level of Traditional Rec

**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 |

# Tumbling

**LEVEL 1**

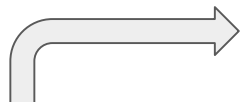| STANDING TUMBLING SKILLS | RUNNING TUMBLING SKILLS |
|---|---|
| FORWARD ROLL • STRADDLE ROLL • HANDSTAND • HANDSTAND FORWARD ROLL • FRONT LIMBER<br>FRONT WALK OVER • CARTWHEEL • BACKWARD ROLL<br>BACK EXTENSION ROLL • PUSH UP TO BACKBEND • STANDING BACKBEND<br>BACKBEND KICK OVER • BACK WALKOVER | CARTWHEEL • FRONT WALKOVER • ROUND OFF • CARTWHEEL BACK WALKOVER<br>FRONT WALKOVER TO CARTWHEEL/ROUND OFF<br>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<br>BACK EXTENSION ROLL BACK HANDSPRING • BACK WALKOVER BACK HANDSPRING | CARTWHEEL BHS • ROUND OFF BHS • ROUND OFF BHS STEP OUT<br>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<br>BHS SERIES JUMP BHS SERIES • BHS STEP OUT BHS COMBO | AERIALS • PUNCH FRONT • ROUND OFF TUCK • ROUND OFF BHS BACK TUCK<br>ROUND OFF BHS SERIES TO BACK TUCK • FRONT WALKOVER TO ROUND OFF BHS BACK TUCK<br>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<br>JUMP BHS BACK TUCK • JUMP BHS SERIES TO BACK TUCK | CARTWHEEL BACK TUCK • ROUND OFF LAYOUT<br>ROUND OFF BHS LAYOUT/LAYOUT STEPOUT / X-OUT • ROUND OFF BHS SERIES TO LAYOUT<br>FRONT WALKOVER THROUGH TO LAYOUT • PUNCH FRONT STEPOUT TO LAYOUT<br>ROUND OFF BHS SERIES TO LAYOUT • ROUND OFF BHS WHIP BHS TO LAYOUT<br>PUNCH FRONT STEPOUT TO ROUND OFF BHS WHIP BHS TO BACK TUCK<br>FRONT HANDSPRING PUNCH FRONT<br>FRONT HANDSPRING PUNCH FRONT THROUGH TO ROUND OFF BHS BACK TUCK/LAYOUT |

Performance Rec only