

ROUTINE SCORING SYSTEM

INDIVIDUAL

RULES:

- (2) Standing Passes
- (2) Running Passes
- (3) Connected Jumps - variety of (2)
- (3) Eight Count Dance

LENGTH: 1 Minute And 30 Seconds

RUNNING DIFFICULTY	10
STANDING DIFFICULTY	10
RUNNING EXECUTION	5
STANDING EXECUTION	5
DANCE	5
JUMPS	5
ROUTINE COMPOSITION	5
OVERALL IMPRESSION	5
TOTAL POINTS	50

STUNT

RULES:

- (6) Building Skills
- (1) Basket Toss*

LENGTH: 1 Minute

BUILDING DIFFICULTY	20
BUILDING EXECUTION	20
ROUTINE COMPOSITION	5
OVERALL IMPRESSION	5
TOTAL POINTS	50

GROUP ROUTINE

RULES:

- Must Include Sections: Stunt, Basket, Standing, Running, Jumps and Dance
- (4) Building Skills
- (1) Basket Toss
- (1) Synch Standing Tumble Section
- (1) Synch Running Tumble Section
- (3) Connected Jumps - variety of (2)
- (3) Eight Count Dance

LENGTH: 2 Minutes

BUILDING DIFFICULTY	10
RUNNING DIFFICULTY	5
STANDING DIFFICULTY	5
BUILDING EXECUTION	5
RUNNING EXECUTION	5
STANDING EXECUTION	5
DANCE	2.5
JUMPS	2.5
ROUTINE COMPOSITION	5
OVERALL IMPRESSION	5
TOTAL POINTS	50

Any additional skills may increase score.

The Individual, Tumble, and Group Routine divisions must perform on a spring floor.

The Stunt Routine division may perform on a spring floor, hard floor, or grass.

TUMBLE

RULES:

- (3) Running Passes
- (3) Standing Passes
- Every Skill, Motion, Movement, & Transition Must Be Done In Unison

LENGTH: 1 Minute

RUNNING DIFFICULTY	15
STANDING DIFFICULTY	15
RUNNING EXECUTION	5
STANDING EXECUTION	5
ROUTINE COMPOSITION	5
OVERALL IMPRESSION	5
TOTAL POINTS	50

NON-TUMBLE ROUTINE

RULES:

- Must Include Sections: Jump, Stunt, Basket, and Dance
- (6) Building Skills
- (2) Basket Toss
- (3) Connected Jumps - variety of (2)
- (5) Eight Count Dance

LENGTH: 2 Minutes

BUILDING DIFFICULTY	20
BUILDING EXECUTION	10
DANCE	5
JUMPS	5
ROUTINE COMPOSITION	5
OVERALL IMPRESSION	5
TOTAL POINTS	50

DEDUCTIONS

ATHLETE FALL - .75

- Body Contact To The Performance Floor
- Obvious Tumbling Mistake

STUNT ISSUE - .75

- Bobbles Or Transitional Issues
- Drops To A Cradle Or Load-In Position
- Single Base Falling To The Performance Floor
- Incomplete Basket Toss
- Obvious Building Mistake

STUNT FALL - 1.00

- Stunt Drops To The Performance Floor
- Flyer Falling To The Performance Floor
- Multiple Bases Falling To The Performance Floor

MAXIMUM STUNT - 1.50

- Multiple Issues In The Stunt

TIME VIOLATION - 1.00

- Exceeding The Required Time Limit

BOUNDARY VIOLATION - .50

- Step Outside The Performance Floor

IMAGE POLICY - .50

- Inappropriate Choreography
- Wearing A Gym Uniform / Gym Logo

UNSPORTSMANLIKE CONDUCT - 1.00

BUILDING DIFFICULTY

0 Points:	No skills performed
1-9 Points:	Performed less than half of necessary skills
9-17 Points:	Perform more than half of necessary skills
0-1 Points:	Creativity
1-2 Points:	Basket Toss

Once in range - the score will be based on degree of difficulty, body positions, transitions, dismounts, combination of skills, pace, and creativity.

BUILDING EXECUTION

0-4 Points:	Poor
4-6 Points:	Average
6-8 Points:	Great
8-10 Points:	Excellent

Score will be based on the top person and bases performance.

Factors include: stability, transitions, flexibility, body control, and movement.

** basket toss execution score included in this section **

DANCE

Visuals, levels, formation changes, footwork, floor work, pace, level of perfection, and motion strength.

JUMPS

Must be three advanced connected whipped jumps; not 2+1. The score will be based on variety, approach, arm placement, leg placement, landing, and synchronization.

ROUTINE COMPOSITION

Spacing, formations, and routine transitions throughout the performance. It will also include the use of innovative and unique visuals to enhance the overall routine appeal. Each judge will score between 0-5 points then averaged with the other judges for the total score.

** Tumbling and building difficulty scores will be based off the industry standard for each level.

** Levels 3, 4, 5, and Junior Elite are limited to specific divisions. Refer to the "divisions" page for the full list of the divisions.

TUMBLING DIFFICULTY

0 Points:	No skills performed
1-10 Points:	Score based on skills performed

Once in range - the score will be based on participation, the degree of difficulty, variety, and synchronization (for Tumbling and Group Routine divisions).

Group Routine Participation: 1.0 of the 10.0 points

20% (.20) | 40% (.40) | 60% (.60) | 80% (.80) | 100% (1.0)

STANDING & RUNNING EXECUTION

0-2 Points:	Poor
2-3 Points:	Average
3-4 Points:	Great
4-5 Points:	Excellent

Approach, body control, landings, and synchronization (for Tumbling and Group Routine divisions).

OVERALL IMPRESSION

The ability to impress the judges from beginning to end - demonstrating a high level of energy, enthusiasm, and an entertainment value throughout the performance. Each judge will score between 0-5 points then averaged with the other judges for the total score.

