



School/Rec Intermediate Performance Routine Rules, Restrictions, and Ranges

Standing Tumbling

- Standing tucks or back handspring (s) tucks are not permitted.
- Flips are not permitted.

Running Tumbling

- Flips are only permitted to be performed in the TUCK position and must be performed from a round-off or a round-off back handspring(s).
- Skills performed with hand support prior to the round-off or round-off back handspring(s) are permitted.
- Punch fronts are not permitted
- Twisting is not permitted while airborne.
 - Exception: Aerial cartwheels are permitted
- Tumbling after a tucked flip or aerial cartwheel is not permitted.
- Cartwheel tucks and/or cartwheel back handspring tucks are not permitted

Stunts

- Twisting transitions to and from an extended position are not permitted to exceed a ½ twist.
- Twisting transitions to, from, and at prep level are not permitted to exceed 1 twist.
- Release moves must start below prep level and must be caught at or below prep level.
- Release moves are not permitted to pass above extended arm level.

Pyramids

- Braced flips are not permitted

Dismounts

- Dismounts from any single stunt are limited to straight pop downs, straight ride cradles, and a ¼ turn cradles.
- Dismounts from any two leg stunt are limited to 1 ¼ twist.

Tosses

- Only 1 skill is permitted during tosses.
- Twisting rotations are limited to 1 twist.

STUNT DIFFICULTY	PYRAMID DIFFICULTY	TUMBLING DIFFICULTY
2-3	2-3	2-3
Extension Preps or One Leg Variations Below Prep Level	Pyramids involving an Extended Two Leg Stunt and/ or One Leg Stunt at Prep Level	Cartwheels or Round-offs or Forward/Backward Rolls
3-4	3-4	3-4
Extensions or One Leg Variations at Prep Level	Pyramids involving an Extended One Leg Stunt	Round-off BHS or Standing BHS
4-5	4-5	4-5
Extended One Leg Stunts Required Dismount Single Twist from Two Leg Stunts	Pyramids involving multiple transitional elements, one of which is a release and multiple extended structures including Extended one leg stunts	Round-off BHS Tucks or Round-off Tucks or Standing BHS Series or Jump/BHS Combinations

To be scored in the high range, MOST of the team which is 75% of the team must perform the skill set. Teams that do not master the skill set performed by MOST of the team will be scored in a lower range

Tosses

- Tosses are rewarded in the “Pyramid” category

Jump Difficulty (4.0 – 5.0)

- 4.0 – Single jumps
- 4.2 – Double jump combinations
- 4.4 – Triple jump combinations with no variety
- 4.6 – Triple jump combinations with variety
- 4.8 – Quad jump combinations or triple jump combinations and a single jump, no variety
- 5.0 – Quad jump combinations or triple jump combinations and a single jump, with variety

Timing (9.0 – 10)

- Synchronization and uniformity

Routine Composition (9.0 – 10)

- Spacing, seamless movement and patterns, execution of formations

Voice/Inflection (9.0 – 10)

- Pace of cheer is practical, and flow of words is easy to understand

Crowd Effective Material (9.0 -10)

- Easy to follow, encourages crowd participation, use of props (signs, poms, flags, megaphones)

Motions/Dance (9.0 – 10)

- Team’s ability to incorporate transitions, level changes, footwork and floorwork, with a variety of visual movement and high level of perfection along with motion technique throughout the routine.

Performance (9.0 – 10)

- Genuine enthusiasm and energy level throughout routine

Program Representation (9.0 – 10)

- Sportsmanship, performance integrity, appearance

Overall Appeal (9.0 – 10)