



## School/Rec Advanced Performance Routine Rules, Restrictions, and Ranges

*\*Advanced teams will follow Industry Standard Guidelines with no other skill restrictions\**

### 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)

STUNT DIFFICULTY	PYRAMID DIFFICULTY	TUMBLING DIFFICULTY
<b>2-3</b>	<b>2-3</b>	<b>2-3</b>
Extension Preps or One Leg Variations Below Prep Level  Extensions or One Leg Variations at Prep Level	Pyramids involving an Extended Two Leg Stunts and/ or One Leg Stunt at Prep Level  Pyramids involving an Extended One Leg Stunt	Cartwheels or Round-offs or Forward/Backward Rolls  Round-off BHS or Standing BHS
<b>3-4</b>	<b>3-4</b>	<b>3-4</b>
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
<b>4-5</b>	<b>4-5</b>	<b>4-5</b>
Required: Elite Skills*  Single Twist from One Leg Stunts Or Extended Stunt Sequence performed by a Single Base, Unassisted	Pyramids involving Extended One Leg Stunts with Multiple Transitional Sequences , at least one of which is a Braced Flip Transition or Arm Braced Tic Toc and Multiple Extended Structures	Layouts or Standing Back Tucks or Standing BHS Back Tuck

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

### \*Stunts

#### Elite Stunt Skills

- Full up to extended positions
- Release moves to extended positions
- Tick Toc variations
- Other unique mounts and transitions with similar difficulty