



Rec Level 1 Score Sheet

Tumbling & Routine Composition

Tumbling 10.0 Points

Guidance	Range	Skills
Minimum	6.0-6.9	Minimal incorporation of tumbling skills. Less than 1/4th of team performed forward OR backward rolls
Low	7.0-7.9	Forward OR backward rolls by at least 1/4th of team.
Medium	8.0-8.9	Cartwheels by at least 1/4th of team.
High	9.0-10.0	Round offs by at least 1/4th of team.

TUMBLING TECHNIQUE 1.0 Points

CHOREOGRAPHY/OVERALL IMPRESSION 10.0 Points

Guidance	Range	Skills
Minimum	5.0-5.9	Lacking/poor pace and flow of routine, smooth transitions, choice and use of music and/or timing. Lacking/poor visual effects, level changes, roll offs. Lacking/poor creativity.
Low	6.0-6.9	Minimal/inconsistent pace and flow of routine, smooth transitions, choice and use of music and/or timing. Minimal/inconsistent visual effects, level changes, roll offs. Minimal/inconsistent creativity. Minimal execution of routine.
Medium	7.0-7.9	Moderate/consistent pace and flow of routine, smooth transitions, choice and use of music and/or timing. Moderate/consistent visual effects, level changes, roll offs. Moderate/consistent creativity. Low execution of routine.
High	8.0-8.9	Good pace and flow of routine, smooth transitions, choice and use of music and/or timing. Good visual effects, level changes, roll offs. Good creativity. Average to moderate execution of routine.
Maximum	9.0-10.0	Excellent/innovative pace and flow of routine, smooth transitions, choice and use of music and/or timing. Excellent/innovative visual effects, level changes, roll offs. Excellent/innovative creativity. Highest/strongest level of routine execution.

Total Tumbling & Routine Composition 21 Points

Rec Pyramids

PYRAMIDS 10.0 Points

Guidance	Range	Skills
Minimum	5.0-5.9	Minimal to no incorporation. Pyramids that include connecting individuals at ground level.
Low	6.0-6.9	Pyramids below prep level.
Medium	7.0-7.9	Pyramids involving prep level 2 leg stunts or prep level single leg stunts braced on BOTH sides.
High	8.0-10.0	Pyramids involving extended 2 leg stunts OR prep level single leg stunts braced on only 1 side. The highest point range will be awarded to teams performing the highest skill LEGALLY possible with consideration given to the number of participants on the team.

PYRAMID TECHNIQUE 1.0 Points

DISMOUNTS 10.0 Points

Guidance	Range	Skills
Low	7.0-7.9	Minimal to no incorporation of dismounts. Less than majority of team incorporated any dismount
Medium	8.0-8.9	Pop off, step, OR shove wrap by the majority of your team.
High	8.0-10.0	Straight ride cradles by a majority of your team.

DISMOUNT TECHNIQUE 1.0 Points

MOTIONS 10.0 Points

Guidance	Range	Skills
Minimum	0.0-5.9	Lacking strength and technique in motions. Movements lacking basic technique. Slow paced, drawn out lengthy sections. Little or no control over arm placement. Lacking sharpness. Lacking/poor incorporation into cheer and/or dance.
Low	6.0-6.9	Moderate motion technique. Lacking sharpness and overall motion control. Moderately paced. Lacking creativity and variety in motions. Weak incorporation into cheer. Low energy motions with minimal to zero transitions and level changes.
Medium	7.0-7.9	Good basic technique. Missing motion strength and sharpness. Varied motions moderately paced. Good incorporation into cheer. Average energy level of motions with minimal transitions and level changes
High	8.0-8.9	Great technique and control. Sharp motions. Excellent pace. Motion sequences include variety. Minimal visual enhancement. Great incorporation into cheer. Moderate energy with some transitions and level changes
Maximum	9.0-10.0	Precise motion technique and placements. Strong sharp motions. Variety of upbeat and stylized fast paced motion sequences. Visually enhancing motion sections. Excellent incorporation into cheer. Multiple transitions, level changes with high energy.

Total Rec Pyramids 32 Points

Rec Stunts & Jumps

STUNTS

10.0 Points

Guidance	Range	Skills
Minimum	5.0-5.9	2 leg knee stands and minimal incorporation of stunts by majority of team.
Low	6.0-6.9	2 leg thigh stands/shoulder sits by majority of team.
Medium	7.0-7.9	ONLY Prep Level 2 leg stunts OR ONLY below prep level single leg stunts (liberty, scorpion, scale, arabesque) by majority of team.
High	8.0-10.0	Prep level 2 leg stunts AND below prep level single leg stunt variations/body positions (liberties, stretches, scorpions, scales, arabesque) by majority of team.

STUNT TECHNIQUE

1.0 Points

JUMPS

10.0 Points

Guidance	Range	Skills
Minimum	6.0-6.9	Single below level jumps not in continuous combination performed by less than majority of team.
Low	7.0-7.9	Single below level jumps not in continuous combination performed by majority of team.
Medium	8.0-8.9	Multiple continuous jump combination performed by majority of team with below level jumps OR single level jumps performed by majority of team but not in continuous combination.
High	9.0-10.0	Multiple continuous jump combination performed by majority of the team with level jumps OR single hyper-extended jumps performed by majority of team

JUMP TECHNIQUE

1.0 Points

DANCE

10.0 Points

Guidance	Range	Skills
Minimum	0.0 -5.9	Lacking strength and technique in dance. Movements lacking basic technique. Slow paced, drawn out lengthy sections. Little or no control over arm placement. Lacking sharpness. Lacking/poor incorporation of dance.
Low	6.0 -6.9	Moderate dance technique. Lacking sharpness and overall motion control. Moderately paced. Lacking creativity and variety in dance. Weak incorporation of dance. Low energy dance with minimal to zero transitions and level changes in dance.
Medium	7.0-7.9	Good basic technique. Missing motion strength and sharpness. Varied dance moderately paced. Good incorporation of dance. Average energy level with minimal transitions and level changes in dance
High	8.0-8.9	Great technique and control. Sharp dance. Excellent pace. Dance sequences include variety. Moderate visual enhancement. Great incorporation of dance. Moderate energy with some transitions and level changes in dance
Maximum	9.0-10.0	Precise dance technique and placements. Strong sharp dance. Variety of upbeat and stylized fast paced dance sequences. Visually enhancing dance sections. Excellent incorporation of dance. Multiple transitions, level changes and variety in dance with high energy.

Total Rec Stunts & Jumps

32 Points

Maximum Score

85 Points



Rec Level 2 Score Sheet

Tumbling & Routine Composition

Tumbling 6.0 Points

Guidance	Range	Skills
Minimum	2.0-2.9	Minimal incorporation of tumbling skills. Less than 1/4th of team performed forward OR backward rolls
Low	3.0-3.9	Forward OR backward rolls by at least 1/4th of team.
Medium	4.0-4.9	Round offs OR cartwheels by 1/4 of team
High	5.0-6.0	Walkovers by 1/4 of team

TUMBLING TECHNIQUE 1.0 Points

TOSSES 3 Points

Guidance	Range	Skills
Low	0.0-0.0	Zero tosses
Medium	1.0-1.9	Minimal incorporation OR less than a majority of team performed straight ride tosses (baskets, squishy, sponge, scrunch, etc.)
High	2.0-3.0	Straight ride tosses (baskets, squishy, sponge, scrunch, etc.) by a majority team.

TOSSES TECHNIQUE 1 Points

CHOREOGRAPHY/OVERALL IMPRESSION 10.0 Points

Guidance	Range	Skills
Minimum	5.0-5.9	Lacking/poor pace and flow of routine, smooth transitions, choice and use of music and/or timing. Lacking/poor visual effects, level changes, roll offs. Lacking/poor creativity.
Low	6.0-6.9	Minimal/inconsistent pace and flow of routine, smooth transitions, choice and use of music and/or timing. Minimal/inconsistent visual effects, level changes, roll offs. Minimal/inconsistent creativity. Minimal execution of routine.
Medium	7.0-7.9	Moderate/consistent pace and flow of routine, smooth transitions, choice and use of music and/or timing. Moderate/consistent visual effects, level changes, roll offs. Moderate/consistent creativity. Low execution of routine.
High	8.0-8.9	Good pace and flow of routine, smooth transitions, choice and use of music and/or timing. Good visual effects, level changes, roll offs. Good creativity. Average to moderate execution of routine.
Maximum	9.0-10.0	Excellent/innovative pace and flow of routine, smooth transitions, choice and use of music and/or timing. Excellent/innovative visual effects, level changes, roll offs. Excellent/innovative creativity. Highest/strongest level of routine execution.

Total Tumbling & Routine Composition 21 Points

Rec Pyramids

PYRAMIDS 10.0 Points

Guidance	Range	Skills
Minimum	5.0-5.9	Pyramids involving below prep level OR Minimal incorporation
Low	6.0-6.9	Pyramids involving prep level stunts
Medium	7.0-7.9	Pyramids involving extended 2 leg stunts.
High	8.0-10.0	Pyramids involving extended single leg stunts. Highest range will be awarded to teams performing the highest skill LEGALLY possible with consideration given to the the number of participants on the team.

PYRAMID TECHNIQUE 1.0 Points

DISMOUNTS 10.0 Points

Guidance	Range	Skills
Low	7.0-7.9	Minimal incorporation OR less than majority of team performed dismounts allowed in this skill level such as pop-off, step, shove wrap, straight ride cradle, or non twisting alternate cradles.
Medium	8.0-8.9	Pop off, step off by majority of team.
High	9.0-10.0	Straight ride cradle by majority of team.

DISMOUNT TECHNIQUE TECHNIQUE 1.0 Points

MOTIONS 10.0 Points

Guidance	Range	Skills
Minimum	0.0-5.9	Lacking strength and technique in motions. Movements lacking basic technique. Slow paced, drawn out lengthy sections. Little or no control over arm placement. Lacking sharpness. Lacking/poor incorporation into cheer and/or dance.
Low	6.0-6.9	Moderate motion technique. Lacking sharpness and overall motion control. Moderately paced. Lacking creativity and variety in motions. Weak incorporation into cheer. Low energy motions with minimal to zero transitions and level changes.
Medium	7.0-7.9	Good basic technique. Missing motion strength and sharpness. Varied motions moderately paced. Good incorporation into cheer. Average energy level of motions with minimal transitions and level changes
High	8.0-8.9	Great technique and control. Sharp motions. Excellent pace. Motion sequences include variety. Minimal visual

	Maximum	9.0-10.0	enhancement. Great incorporation into cheer. Moderate energy with some transitions and level changes Precise motion technique and placements. Strong sharp motions. Variety of upbeat and stylized fast paced motion sequences. Visually enhancing motion sections. Excellent incorporation into cheer. Multiple transitions, level changes with high energy.
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Total Rec Pyramids

32 Points

Rec Stunts & Jumps

STUNTS

10.0 Points

Guidance	Range	Skills
Minimum	4.0-4.9	2 leg knee stands and minimal incorporation of stunts by majority of team.
Low	5.0-5.9	2 leg thigh stands/shoulder sits by majority of team.
Medium	6.0-6.9	ONLY Prep Level 2 leg stunts OR ONLY below prep level single leg stunts (liberty, scorpion, scale, arabesque) by majority of team.
High	7.0-7.9	Prep level 2 leg stunts AND below prep level single leg stunt variations/body positions (liberties, stretches, scorpions, scales, arabesque) by majority of team.
Maximum	8.0-10.0	Prep level single leg stunt variations (liberties, stretches, scorpions, scales, arabesque) OR two leg extended stunts OR 1/2 twist mounts to prep or extension level by a majority of team.

STUNT TECHNIQUE

1.0 Points

JUMPS

10.0 Points

Guidance	Range	Skills
Minimum	5.0-5.9	Single below level jumps not in continuous combination performed by less than majority of team.
Low	6.0-6.9	Single below level jumps not in continuous combination performed by majority of team.
Medium	7.0-7.9	Multiple continuous jump combination performed by majority of team with below level jumps OR single level jumps performed by majority of team but not in continuous combination.
High	8.0-8.9	Multiple continuous jump combination performed by majority of the team with level jumps
Maximum	9.0-10.0	Multiple continuous hyper-extended jump combination executed by a majority of team OR Single hyper-extended jumps performed by a majority of team.

JUMP TECHNIQUE

1.0 Points

DANCE

10.0 Points

Guidance	Range	Skills
Minimum	0.0 -5.9	Lacking strength and technique in dance. Movements lacking basic technique. Slow paced, drawn out lengthy sections. Little or no control over arm placement. Lacking sharpness. Lacking/poor incorporation of dance.
Low	6.0 -6.9	Moderate dance technique. Lacking sharpness and overall motion control. Moderately paced. Lacking creativity and variety in dance. Weak incorporation of dance. Low energy dance with minimal to zero transitions and level changes in dance.
Medium	7.0-7.9	Good basic technique. Missing motion strength and sharpness. Varied dance moderately paced. Good incorporation of dance. Average energy level with minimal transitions and level changes in dance
High	8.0-8.9	Great technique and control. Sharp dance. Excellent pace. Dance sequences include variety. Moderate visual enhancement. Great incorporation of dance. Moderate energy with some transitions and level changes in dance
Maximum	9.0-10.0	Precise dance technique and placements. Strong sharp dance. Variety of upbeat and stylized fast paced dance sequences. Visually enhancing dance sections. Excellent incorporation of dance. Multiple transitions, level changes and variety in dance with high energy.

Total Rec Stunts & Jumps

32 Points

Maximum Score

85 Points



Rec Level 3 Score Sheet

Tumbling & Routine Composition

Tumbling 7.0 Points

Guidance	Range	Skills
Minimum	2.0-2.9	Forward OR backward rolls by 1/4th of team.
Low	3.0-3.9	Round off OR cartwheel by 1/4th of team.
Medium	4.0-4.9	Walkovers by 1/4th of team.
High	5.0-6.0	Single handsprings by 1/4th of team.
Maximum	6.0-7.0	Series handsprings OR round off back tuck OR round off back handspring back tuck OR running front tuck by 1/4th of team

TUMBLING TECHNIQUE 1.0 Points

TOSSES 7.0 Points

Guidance	Range	Skills
Low	0.0-0.0	Zero tosses
Medium	4.0-4.9	Minimal incorporation OR less than a majority of team performed straight ride tosses
High	5.0-5.9	Straight ride tosses by a majority team.
Maximum	6.0-6.9	Non-twisting trick toss execution (toe touch, kick, pike, tuck, etc.) by majority of your team

TOSSES TECHNIQUE 1 Points

CHOREOGRAPHY/OVERALL IMPRESSION 10.0 Points

Guidance	Range	Skills
Minimum	5.0-5.9	Lacking/poor pace and flow of routine, smooth transitions, choice and use of music and/or timing. Lacking/poor visual effects, level changes, roll offs. Lacking/poor creativity.
Low	6.0-6.9	Minimal/inconsistent pace and flow of routine, smooth transitions, choice and use of music and/or timing. Minimal/inconsistent visual effects, level changes, roll offs. Minimal/inconsistent creativity. Minimal execution of routine.
Medium	7.0-7.9	Moderate/consistent pace and flow of routine, smooth transitions, choice and use of music and/or timing. Moderate/consistent visual effects, level changes, roll offs. Moderate/consistent creativity. Low execution of routine.
High	8.0-8.9	Good pace and flow of routine, smooth transitions, choice and use of music and/or timing. Good visual effects, level changes, roll offs. Good creativity. Average to moderate execution of routine.
Maximum	9.0-10.0	Excellent/innovative pace and flow of routine, smooth transitions, choice and use of music and/or timing. Excellent/innovative visual effects, level changes, roll offs. Excellent/innovative creativity. Highest/strongest level of routine execution.

Total Tumbling & Routine Composition 26 Points

Rec Pyramids

PYRAMIDS 10.0 Points

Guidance	Range	Skills
Minimum	5.0-5.9	Pyramids involving below prep level OR Minimal incorporation
Low	6.0-6.9	Pyramids involving prep level stunts
Medium	7.0-7.9	Pyramids involving extended 2 leg stunts.
High	8.0-8.9	Pyramids involving extended single leg stunts braced on one or both sides.
Maximum	9.0-10.0	Pyramids involving tic-tocs, high to high, low to high, switch up release moves OR ball ups braced on both sides.

PYRAMID TECHNIQUE 1.0 Points

DISMOUNTS 10.0 Points

Guidance	Range	Skills
Minimum	5.0-5.9	Pop off, step off by majority of team
Low	6.0-6.9	Straight ride cradle from prep level or below stunts by majority of team.
Medium	7.0-7.9	Straight ride cradle from extended stunts by majority of team.
High	8.0-8.9	Full downs from 2 leg prep level stunts OR alternate cradles by majority of team
Maximum	9.0-10.0	Full downs from 2 leg extended stunts OR prep single leg stunts by majority of team.

DISMOUNT TECHNIQUE 1.0 Points

MOTIONS 10.0 Points

Guidance	Range	Skills
Minimum	0.0-5.9	Lacking strength and technique in motions. Movements lacking basic technique. Slow paced, drawn out lengthy sections. Little or no control over arm placement. Lacking sharpness. Lacking/poor incorporation into cheer and/or dance.
Low	6.0-6.9	Moderate motion technique. Lacking sharpness and overall motion control. Moderately paced. Lacking creativity and variety in motions. Weak incorporation into cheer. Low energy motions with minimal to zero transitions and level changes.

Medium	7.0-7.9	Good basic technique. Missing motion strength and sharpness. Varied motions moderately paced. Good incorporation into cheer. Average energy level of motions with minimal transitions and level changes
High	8.0-8.9	Great technique and control. Sharp motions. Excellent pace. Motion sequences include variety. Minimal visual enhancement. Great incorporation into cheer. Moderate energy with some transitions and level changes
Maximum	9.0-10.0	Precise motion technique and placements. Strong sharp motions. Variety of upbeat and stylized fast paced motion sequences. Visually enhancing motion sections. Excellent incorporation into cheer. Multiple transitions, level changes with high energy.

Total Rec Pyramids

32 Points

Rec Stunts & Jumps

STUNTS

10.0 Points

Guidance	Range	Skills
Minimum	4.0-4.9	ONLY prep level 2 leg stunts OR ONLY below prep level single leg stunts (liberty, scorpion, scale, arabesque) by a majority of team.
Low	5.0-5.9	Prep level 2 leg stunts AND below prep level single leg stunt variations/body positions (liberties, stretches, scorpions, scales, arabesque) by a majority of team.
Medium	6.0-6.9	Prep level single leg stunt variations (liberties, stretches, scorpions, scales, arabesque) OR two leg extended stunts OR 1/2 twist load mounts to prep level by a majority of team
High	7.0-7.9	Extended single leg liberty OR 1/2 twist mounts to extension level by a majority of team.
Maximum	8.0-10.0	Extended Single leg stunt variations (stretches, scorpions, scale, arabesque) OR full twisting mounts to prep level by a majority of team.

STUNT TECHNIQUE

1.0 Points

JUMPS

10.0 Points

Guidance	Range	Skills
Minimum	6.0-6.9	Single below level jumps not in continuous combination performed by less than majority of team.
Low	7.0-7.9	Multiple continuous below level jump combination performed by majority of team OR single level jumps performed not in continuous combination by majority of team.
Medium	8.0-8.9	Multiple continuous jump combination performed by majority of team with level jumps OR single hyper-extended jumps performed by a majority of team OR single jump performed by majority of team with 1/4th of team incorporating a standing handspring/handspring series continuously with the jumps or immediately following the jumps.
High	9.0-10.0	Multiple continuous hyper-extended jump combination performed by a majority of team OR multiple continuous jumps performed by majority of team with 1/4 of the team incorporating a standing handspring/handspring series continuously with the jumps or immediately following the jumps.

JUMP TECHNIQUE

1.0 Points

DANCE

10.0 Points

Guidance	Range	Skills
Minimum	0.0 -5.9	Lacking strength and technique in dance. Movements lacking basic technique. Slow paced, drawn out lengthy sections. Little or no control over arm placement. Lacking sharpness. Lacking/poor incorporation of dance.
Low	6.0 -6.9	Moderate dance technique. Lacking sharpness and overall motion control. Moderately paced. Lacking creativity and variety in dance. Weak incorporation of dance. Low energy dance with minimal to zero transitions and level changes in dance.
Medium	7.0-7.9	Good basic technique. Missing motion strength and sharpness. Varied dance moderately paced. Good incorporation of dance. Average energy level with minimal transitions and level changes in dance
High	8.0-8.9	Great technique and control. Sharp dance. Excellent pace. Dance sequences include variety. Moderate visual enhancement. Great incorporation of dance. Moderate energy with some transitions and level changes in dance
Maximum	9.0-10.0	Precise dance technique and placements. Strong sharp dance. Variety of upbeat and stylized fast paced dance sequences. Visually enhancing dance sections. Excellent incorporation of dance. Multiple transitions, level changes and variety in dance with high energy.

Total Rec Stunts & Jumps

32 Points

Maximum Score

90 Points



Rec Level 4 Score Sheet

Tumbling & Routine Composition

Tumbling 7.0 Points

Guidance	Range	Skills
Minimum	2.0-2.9	Walkovers, round off, cartwheel, forward or backward rolls by 1/4th of team.
Low	3.0-3.9	Single handsprings by 1/4th of team.
Medium	4.0-4.9	Series handsprings by 1/4th of team.
High	5.0-6.0	Tucks/flips by 1/4th of team.
Maximum	6.0-7.0	Advanced standing OR running tumbling skills (i.e. layout, x out, pike) by 1/4th of team

TUMBLING TECHNIQUE 1.0 Points

TOSSES 7.0 Points

Guidance	Range	Skills
Low	3.0-3.9	Basic straight ride tosses by majority of team.
Medium	4.0-4.9	Non- twisting toss (toe touch, switch kick, pike arch, tuck arch, etc.) by majority of team
High	5.0-5.9	Single twisting tosses by majority of team.
Maximum	6.0-6.9	Trick/single twist combinations (ex. kick full) by majority of team.

TOSSES TECHNIQUE 1 Points

CHOREOGRAPHY/OVERALL IMPRESSION 10.0 Points

Guidance	Range	Skills
Minimum	5.0-5.9	Lacking/poor pace and flow of routine, smooth transitions, choice and use of music and/or timing. Lacking/poor visual effects, level changes, roll offs. Lacking/poor creativity.
Low	6.0-6.9	Minimal/inconsistent pace and flow of routine, smooth transitions, choice and use of music and/or timing. Minimal/inconsistent visual effects, level changes, roll offs. Minimal/inconsistent creativity. Minimal execution of routine.
Medium	7.0-7.9	Moderate/consistent pace and flow of routine, smooth transitions, choice and use of music and/or timing. Moderate/consistent visual effects, level changes, roll offs. Moderate/consistent creativity. Low execution of routine.
High	8.0-8.9	Good pace and flow of routine, smooth transitions, choice and use of music and/or timing. Good visual effects, level changes, roll offs. Good creativity. Average to moderate execution of routine.
Maximum	9.0-10.0	Excellent/innovative pace and flow of routine, smooth transitions, choice and use of music and/or timing. Excellent/innovative visual effects, level changes, roll offs. Excellent/innovative creativity. Highest/strongest level of routine execution.

Total Tumbling & Routine Composition 26 Points

Rec Pyramids

PYRAMIDS 10.0 Points

Guidance	Range	Skills
Minimum	5.0-5.9	Pyramids involving prep level stunts
Low	6.0-6.9	Pyramids involving extended 2 leg stunts.
Medium	7.0-7.9	Pyramids involving transitions 2 high OR extended single leg stunts braced on both sides.
High	8.0-8.9	Pyramids involving tic-tocs braced on both sides OR extended single leg stunts braced on only one side.
Maximum	9.0-10.0	Pyramids involving 2.5 high released transitions from the bases OR tic-toc release moves braced on one side or less OR braced inversion transitions (flat back, roll up).

PYRAMID TECHNIQUE 1.0 Points

DISMOUNTS 10.0 Points

Guidance	Range	Skills
Minimum	5.0-5.9	Pop off, step off by majority of team
Low	6.0-6.9	Straight ride cradle by majority of team
Medium	7.0-7.9	Single twist cradles from prep level one leg stunts OR extended two leg stunts by the majority of team
High	8.0-8.9	Double twisting cradles from prep level two leg stunts by the majority of team.
Maximum	9.0-10.0	Double twisting cradles from extended two leg stunts OR single twisting cradles from extended single leg stunts by a majority of team

DISMOUNT TECHNIQUE 1.0 Points

MOTIONS 10.0 Points

Guidance	Range	Skills
Minimum	0.0-5.9	Lacking strength and technique in motions. Movements lacking basic technique. Slow paced, drawn out lengthy sections. Little or no control over arm placement. Lacking sharpness. Lacking/poor incorporation into cheer and/or dance.
Low	6.0-6.9	Moderate motion technique. Lacking sharpness and overall motion control. Moderately paced. Lacking creativity and variety in motions. Weak incorporation into cheer. Low energy motions with minimal to zero transitions and level

Medium	7.0-7.9	changes. Good basic technique. Missing motion strength and sharpness. Varied motions moderately paced. Good incorporation into cheer. Average energy level of motions with minimal transitions and level changes
High	8.0-8.9	Great technique and control. Sharp motions. Excellent pace. Motion sequences include variety. Minimal visual enhancement. Great incorporation into cheer. Moderate energy with some transitions and level changes
Maximum	9.0-10.0	Precise motion technique and placements. Strong sharp motions. Variety of upbeat and stylized fast paced motion sequences. Visually enhancing motion sections. Excellent incorporation into cheer. Multiple transitions, level changes with high energy.

Total Rec Pyramids

32 Points

Rec Stunts & Jumps

STUNTS

10.0 Points

Guidance	Range	Skills
Minimum	4.0-4.9	ONLY prep level 2 leg stunts OR ONLY below prep level single leg stunts (liberty, scorpion, scale, arabesque) by a majority of team.
Low	5.0-5.9	Prep level 2 leg stunts AND below prep level single leg stunt variations/body positions (liberties, stretches, scorpions, scales, arabesque) by majority of team.
Medium	6.0-6.9	Prep level single leg stunt variations (liberties, stretches, scorpions, scales, arabesque) OR two leg extended stunts OR 1/2 twist mounts to prep or extension by a majority of team
High	7.0-7.9	Extended single leg stunt variations (liberties, stretches, scorpions, scales, arabesque) OR full twisting load in mounts to prep level stunts by majority of team.
Maximum	8.0-10.0	Full twisting load in mounts to extended level stunts OR full released tic-tocs/switch ups by majority of team.

STUNT TECHNIQUE

1.0 Points

JUMPS

10.0 Points

Guidance	Range	Skills
Minimum	5.0-5.9	Less than majority of team performed single below level jumps not in continuous combination
Low	6.0-6.9	Single below level jumps not in continuous combination by a majority of team.
Medium	7.0-7.9	Multiple below level continuous jump combination performed by majority of team OR single level jumps performed not in continuous combination by a majority of team
High	8.0-8.9	Multiple continuous level jump combination performed by majority of team OR single jumps performed by majority of team with hyper-extended jumps OR single jumps performed by majority of the team with incorporation of standing back handspring/handspring series continuously with the jumps or immediately following the jumps by 1/4th of team.
Maximum	9.0-10.0	Multiple hyper-extended continuous jump combination executed by majority of team OR multiple continuous jumps combination performed by majority of the team with incorporation of standing back handspring/handspring series continuously with the jumps or immediately following the jumps by 1/4th of team OR single/multiple jumps by majority of team with a standing handspring tuck continuously with the jumps or immediately following the jumps by 1/4th of team.

JUMP TECHNIQUE

1.0 Points

DANCE

10.0 Points

Guidance	Range	Skills
Minimum	0.0 -5.9	Lacking strength and technique in dance. Movements lacking basic technique. Slow paced, drawn out lengthy sections. Little or no control over arm placement. Lacking sharpness. Lacking/poor incorporation of dance.
Low	6.0 -6.9	Moderate dance technique. Lacking sharpness and overall motion control. Moderately paced. Lacking creativity and variety in dance. Weak incorporation of dance. Low energy dance with minimal to zero transitions and level changes in dance.
Medium	7.0-7.9	Good basic technique. Missing motion strength and sharpness. Varied dance moderately paced. Good incorporation of dance. Average energy level with minimal transitions and level changes in dance
High	8.0-8.9	Great technique and control. Sharp dance. Excellent pace. Dance sequences include variety. Moderate visual enhancement. Great incorporation of dance. Moderate energy with some transitions and level changes in dance
Maximum	9.0-10.0	Precise dance technique and placements. Strong sharp dance. Variety of upbeat and stylized fast paced dance sequences. Visually enhancing dance sections. Excellent incorporation of dance. Multiple transitions, level changes and variety in dance with high energy.

Total Rec Stunts & Jumps

32 Points

Maximum Score

90 Points