2020-2021 Traditional Rec - INTERMEDIATE DIVISION

Most of the team (75%) must perform the skill set below to receive difficulty credit in desired range. (In each category, most of the team must perform each listed skill unless the skills are separated by the word "*OR* " to be eligible for the range. Additional skills performed can increase the teams score within the range.) Skills performed by less than most of the team will earn a score in a lower range.

STUNT DIFFICULTY	PYRAMID DIFFICULTY	TUMBLING DIFFICULTY
2 - 3	**2 - 3**	**2 - 3**
2 Leg Stunts at Prep level or below *OR* 1 Leg variations Below Prep level	Pyramids involving braced 2 Leg Stunts at Extended level or below *OR* braced 1 Leg Stunt at Prep Level or below	Forward/Backward Rolls, Cartwheels *OR* Round-offs
3 - 4	**3 - 4**	**3 - 4**
2 Leg Extended Stunts *OR* 1 Leg variations at Prep level	Pyramids involving a braced Extended 1 Leg Stunt	Standing Back Handspring *OR* Round-off Back Handspring
4 - 5	**4 - 5**	**4 - 5**
Extended 1 Leg Stunts *&* Single Twist from 2 Leg Stunt	Pyramids involving Multiple Extended Structures, including braced Extended 1 Leg Stunts with Multiple Transitional Elements (one must be a Release)	Standing Back Handspring Series, Standing Jump-Handspring combinations, *OR* Running Back Tucks

STUNT QUANTITY CHART

# of Athletes	Most (75%)
5 - 10	1
11 - 15	2
16 - 21	3
22 - 26	4
27 - 31	5
32 - 36	6

TUMBLING/JUMP QUANTITY CHART

# of athletes	Most (75%)	# of athletes	Most (75%)
5	3	21	15
6	4	22	16
7	5	23	17
8	6	24	18
9	6	25	18
10	7	26	19
11	8	27	20
12	9	28	21
13	9	29	21
14	10	30	22
15	11	31	23
16	12	32	24
17	12	33	24
18	13	34	25
19	14	35	26
20	15	36	27

TOSSES

Tosses are not required, but may be rewarded in the "Pyramid" category.

JUMP DIFFICULTY (4.0 - 5.0)

4.0 - Single Jump
4.2 - Double Jump
4.4 - Triple jump with no variety
4.6 - Triple jump with variety
4.8 - Quad jump or Triple jump plus a Single jump with no variety
5.0 - Quad jump or triple jump plus a Single jump with variety

All jump combinations must consist of Advanced jumps and be connected with a whip approach by Most.

Advanced jumps: Toe Touch, (Left & Right) Side and Front Hurdlers & Pike

TECHNIQUE [redacted]

Execution of Stunts, Pyramids, Tumbling, and Jumps will each receive a score out of 5.0

4.0 - 4.3: Most skills performed with below average execution
4.3 - 4.6: Most skills performed with average execution
4.6 - 5.0: Most skills performed with above average execution

TIMING (9.0 - 10.0)

Synchronization & Uniformity

ROUTINE COMPOSITION (9.0 - 10.0)

Spacing, seamless movement patterns, and execution of formations

[redacted]

MOTIONS/DANCE (9.0 - 10.0)

Team's ability to incorporate transitions, level changes, footwork and floor work, with a variety of visual movement with a high level of perfection in all dance movement, as well as motion sequences throughout the routine.

PERFORMANCE/SHOWMANSHIP (9.0 - 10.0)

Genuine enthusiasm and energy level throughout routine

PROGRAM REPRESENTATION (9.0 - 10.0)

Performance Integrity & Overall Impression

2020-2021 Traditional Rec - ADVANCED DIVISION

Most of the team (75%) must perform the skill set below to receive difficulty credit in desired range. (In each category, most of the team must perform each listed skill unless the skills are separated by the word "*OR* " to be eligible for the range. Additional skills performed can increase the teams score within the range.) Skills performed by less than most of the team will earn a score in a lower range.

STUNT DIFFICULTY	PYRAMID DIFFICULTY	TUMBLING DIFFICULTY
2 - 3	**2 - 3**	**2 - 3**
2 Leg Stunts at Extended level or below *OR* 1 Leg variations at Prep level or below	Pyramids involving braced 1 or 2 Leg Extended level or below Stunts	Forward/Backward Rolls, Cartwheels, Round-offs, *OR* Back Handsprings
3 - 4	**3 - 4**	**3 - 4**
Extended 1 Leg Stunts *&* Single Twist from 2 Leg Stunt	Pyramids involving Multiple Extended Structures, including braced Extended 1 Leg Stunts with Multiple Transitional Elements (one must be a Release)	Standing Back Handspring Series, Standing Jump-Handspring combinations, *OR* Running Back Tucks
4 - 5	**4 - 5**	**4 - 5**
Elite Skills* & Single Twist from 1 Leg Stunt, *OR* Extended Stunt sequences performed by an Unassisted Single Base	Pyramids involving Multiple Extended Structures & braced Extended 1 Leg Stunts with Multiple Transitional Sequences (one must be a Braced Flip transition or Arm-Braced Tic Tock)	Standing Back Handspring Tuck, Standing Tuck, *OR* Running Layouts

STUNT QUANTITY CHART

# of Athletes	Most (75%)
5 - 10	1
11 - 15	2
16 - 21	3
22 - 26	4
27 - 31	5
32 - 36	6

STUNT DIFFICULTY

*Elite Stunt Skills include (but are not limited to):

* Full up to extended stunt
* Release moves that land in an extended stunt
* Tick Tock variations that land extended
* Coed Style Toss extended stunt
* *See building document for other skills of similar difficulty*

TOSSES

Tosses are not required, but may be rewarded in the "Pyramid" category.

JUMP DIFFICULTY (4.0 - 5.0)

4.0 - Single Jump
4.2 - Double Jump
4.4 - Triple jump with no variety
4.6 - Triple jump with variety
4.8 - Quad jump or Triple jump plus a Single jump with no variety
5.0 - Quad jump or triple jump plus a Single jump with variety

All jump combinations must consist of Advanced jumps and be connected with a whip approach by Most.

Advanced jumps: Toe Touch, (Left & Right) Side and Front Hurdlers & Pike

TECHNIQUE [redacted]

Execution of Stunts, Pyramids, Tumbling, and Jumps will each receive a score out of 5.0

4.0 - 4.3: Most skills performed with below average execution
4.3 - 4.6: Most skills performed with average execution
4.6 - 5.0: Most skills performed with above average execution

TUMBLING/JUMP QUANTITY CHART

# of athletes	Most (75%)	# of athletes	Most (75%)
5	3	21	15
6	4	22	16
7	5	23	17
8	6	24	18
9	6	25	18
10	7	26	19
11	8	27	20
12	9	28	21
13	9	29	21
14	10	30	22
15	11	31	23
16	12	32	24
17	12	33	24
18	13	34	25
19	14	35	26
20	15	36	27

TIMING (9.0 - 10.0)

Synchronization & Uniformity

ROUTINE COMPOSITION (9.0 - 10.0)

Spacing, seamless movement patterns, and execution of formations

[redacted]

MOTIONS/DANCE (9.0 - 10.0)

Team's ability to incorporate transitions, level changes, footwork and floor work, with a variety of visual movement with a high level of perfection in all dance movement, as well as motion sequences throughout the routine.

PERFORMANCE/SHOWMANSHIP (9.0 - 10.0)

Genuine enthusiasm and energy level throughout routine

PROGRAM REPRESENTATION (9.0 - 10.0)

Performance Integrity & Overall Impression