

# 2018 - 2019 PERFORMANCE RECREATION CLUB - BUILDING

All Performance Recreation Club teams will receive a Stunt Quantity score instead of a Coed Quantity score, regardless of whether or not they have males on the team.

STUNT DIFFICULTY		
3.0 - 3.5	BELOW	Skills performed do not meet Low range requirement
3.5 - 4.0	LOW	4 different level appropriate skills performed by Most of the team
4.0 - 4.5	MID	4 different level appropriate skills performed by Most of the team, 1 of which is Elite level appropriate
4.5 - 5.0	HIGH	4 different level appropriate skills performed by Most of the team, 2 of which are Elite level appropriate

STUNT QUANTITY (BASED ON A TRADITIONAL GROUP OF 4, RIPPLE OR SYNCHRONIZED IN THE SAME SECTION)	
4.0	Less than a Majority of the team performs a level appropriate building skill
4.2	Majority of the team performs a level appropriate building skill
4.4	Most of the team performs a level appropriate building skill
4.6	Less than a Majority of the team performs the same Elite level appropriate building skill
4.8	Majority of the team performs the same Elite level appropriate building skill
5.0	Most of the team performs the same Elite level appropriate building skill

STUNT/TOSS QUANTITY CHART		
# OF ATHLETES	MAJORITY	MOST
5 - 11	1	1
12 - 15	1	2
16 - 19	2	3
20 - 23	3	4
24 - 27	4	5
28 - 30	4	6
31 - 38	5	7

TOSS DIFFICULTY	
4.0	Less than a Majority of the team performs a toss
4.5	Majority of the team performs a level appropriate toss
5.0	Majority of the team performs a level appropriate toss rippled or synchronized in the same section

PYRAMID DIFFICULTY		
3.0 - 3.5	BELOW	Skills performed do not meet Low range requirement
3.5 - 4.0	LOW	2 different level appropriate skills, 2 structures performed by Most of the team
4.0 - 4.5	MID	3 different level appropriate skills, 2 structures performed by Most of the team
4.5 - 5.0	HIGH	4 different level appropriate skills, 2 structures performed by Most of the team

DIFFICULTY DRIVERS
<ul style="list-style-type: none"> <li>Degree of difficulty</li> <li>Percent of team participation</li> <li>Combination of skills (level and non-level appropriate)</li> <li>Pace of skills performed</li> </ul>

TECHNIQUE	
3.5 - 5.0	A team's ability to execute Stunts, Pyramids and Tosses with excellent precision and form.
STUNT/PYRAMID DRIVERS	TOSS DRIVERS
Top Person/Body Control Bases/Spotters/Stability of the Stunt Entries/Transitions/Dismounts Obvious Mistakes Synchronization	Top Person Bases/Spotters Height Cradle Synchronization/Timing

# 2018 - 2019 PERFORMANCE RECREATION CLUB - TUMBLING

## STANDING TUMBLING DIFFICULTY

3.0 - 3.5	BELOW	Skills performed do not meet Low range requirement
3.5 - 4.0	LOW	Most of the team performs a level appropriate pass
4.0 - 4.5	MID	Majority of the team performs the same level appropriate pass which must be synchronized from initiation of the pass
4.5 - 5.0	HIGH	Most of the team performs the same level appropriate pass which must be synchronized from initiation of the pass, plus Majority of the team performs an additional level appropriate pass

## RUNNING TUMBLING DIFFICULTY

3.0 - 3.5	BELOW	Skills performed do not meet Low range requirement
3.5 - 4.0	LOW	Less than a Majority of the team performs a level appropriate pass
4.0 - 4.5	MID	Majority of the team performs a level appropriate pass
4.5 - 5.0	HIGH	Most of the team performs a level appropriate pass

## DIFFICULTY DRIVERS

- Degree of difficulty
- Percent of team participation
- Combination of skills
- Synchronization of passes
- Variety of passes

## TECHNIQUE

3.5 - 5.0	A team's ability to execute Standing Tumbling, Running Tumbling and Jumps with excellent precision and form.
STANDING/RUNNING TUMBLING DRIVERS	JUMP DRIVERS
Approach Speed Body Control Landings Synchronization	Arm Placement Leg Placement Hyperextension/Height Landings Synchronization

## JUMP DIFFICULTY

3.5	Skills performed do not meet 4.0 requirement
4.0	Most of the team performs 1 advanced jump
4.5	Most of the team performs 2 connected advanced jumps. Must be synchronized and must include a variety Tiny/Mini: Most of the team performs 2 advanced jumps must be synchronized, but DO NOT need to be connected or include a variety.
5.0	Most of the team performs 3 connected advanced jumps or 2 connected advanced jumps, plus 1 additional advanced jump. Must be synchronized and include a variety Tiny/Mini: Most of the team performs 3 advanced jumps must be synchronized, but DO NOT need to be connected or include a variety.

All approaches within the jumps must use a whip approach to be considered connected. Teams must perform the required skill set or they will be given a lower score. BASIC JUMPS: Spread Eagle, Tuck Jump // ADVANCED JUMPS: Pike, Right/Left Hurdlers (front or side), Toe Touch

## TUMBLING/JUMP QUANTITY CHART

# OF ATHLETES	MAJORITY	MOST
5 - 7	2	3
8 - 9	4	5
10 - 11	5	6
12 - 14	6	7
15 - 16	7	9
17 - 19	8	10
20 - 22	10	12
23 - 25	11	13
26 - 27	13	15
28 - 30	14	16
31 - 38	15	18

# 2018 - 2019 PERFORMANCE RECREATION CLUB - OVERALL

## STUNT CREATIVITY

2.0 - 2.5

Stunt skills incorporate visual, unique or innovative ideas. This includes level and non-level appropriate skills.

## PYRAMID CREATIVITY

2.0 - 2.5

Pyramid skills incorporate visual, unique or innovative ideas. This includes level and non-level appropriate skills.

## DANCE

9.0 - 10

A team's ability to demonstrate a high level of energy and entertainment value which incorporates multiple visual elements including a variety of levels, formation changes, partner work, footwork and floorwork. This includes technique, perfection, synchronization, pace and intricacy of dance moves performed.

## PERFORMANCE

9.0 - 10

A team's ability to demonstrate high levels of energy and excitement while maintaining genuine enthusiasm and showmanship. This will include appropriate athletic impression throughout the routine.

## ROUTINE COMPOSITION

9.0 - 10

A team's ability to demonstrate precise spacing in formations and seamless patterns of movement in transitions performed throughout the routine. This includes innovative, visual and intricate ideas, as well as, any additional skills performed to enhance overall appeal.

# 2018 - 2019 PERFORMANCE RECREATION CLUB - STUNTS

## LEVEL 1

	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STUNTS
LEVEL APPROPRIATE	<ul style="list-style-type: none"> <li>INVERSION TO GROUND LEVEL</li> </ul>	<ul style="list-style-type: none"> <li>SWITCH UP TO LIB BELOW PREP LEVEL</li> <li>SWITCH UP TO BODY POSITION BELOW PREP LEVEL</li> <li>TIC TOC BELOW PREP LEVEL (LIB TO LIB)</li> <li>TIC TOC BELOW PREP LEVEL (LIB TO BODY POSITION)</li> </ul>	<ul style="list-style-type: none"> <li><math>\frac{1}{4}</math> TWISTING TRANSITION TO BELOW PREP LEVEL</li> <li><math>\frac{1}{4}</math> DOWN TO GROUND LEVEL</li> <li><math>\frac{1}{4}</math> TWISTING TRANSITION FROM PREP LEVEL</li> </ul>	<ul style="list-style-type: none"> <li>STEP DOWN</li> <li>STRAIGHT CRADLE</li> </ul>	<ul style="list-style-type: none"> <li>BACK STAND</li> <li>PREP LEVEL SHOW &amp; GO</li> <li>STRADDLE SIT</li> <li>FLAT BACK</li> <li>EXTENDED STRADDLE SIT</li> <li>BELOW PREP LEVEL 1 LEG STUNT</li> <li>EXTENDED FLAT BACK</li> <li>PREP LEVEL 1 LEG STUNT WITH BRACER</li> <li>PREP LEVEL TO PRONE</li> <li>1 LEG STUNT BELOW PREP LEVEL</li> <li>SHOULDER SIT</li> <li>CHAIR</li> <li>SHOULDER STAND</li> <li>COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY</li> </ul>
ELITE LEVEL APPROPRIATE		<ul style="list-style-type: none"> <li>TIC TOC BELOW PREP LEVEL (BODY POSITION TO BODY POSITION)</li> </ul>	<ul style="list-style-type: none"> <li><math>\frac{1}{4}</math> TWISTING TRANSITION TO PREP</li> </ul>		<ul style="list-style-type: none"> <li>TRANSITION FROM BELOW PREP LEVEL TO PREP LEVEL BODY POSITION STUNT WITH BRACER</li> <li><math>\frac{1}{4}</math> TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT WITH BRACER</li> </ul>

## LEVEL 2

	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STUNTS
LEVEL APPROPRIATE	<ul style="list-style-type: none"> <li>INVERSION FROM GROUND LEVEL TO BELOW PREP LEVEL</li> <li>INVERSION FROM GROUND LEVEL TO PREP LEVEL</li> </ul>	<ul style="list-style-type: none"> <li>SWITCH UP TO LIB PREP LEVEL</li> <li>TIC TOC PREP LEVEL (LIB TO LIB)</li> <li>TIC TOC PREP LEVEL (LIB TO BODY POSITION)</li> </ul>	<ul style="list-style-type: none"> <li><math>\frac{1}{4}</math> TWISTING TRANSITION TO BELOW PREP LEVEL</li> <li><math>\frac{1}{4}</math> TWISTING TRANSITION TO PREP LEVEL</li> <li><math>\frac{1}{4}</math> TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT</li> <li><math>\frac{1}{4}</math> TWISTING TRANSITION TO PREP LEVEL BODY POSITION</li> <li><math>\frac{1}{4}</math> TWISTING TRANSITION TO EXTENDED STUNT</li> </ul>	<ul style="list-style-type: none"> <li>STRAIGHT CRADLE FROM EXTENSION</li> <li>STRAIGHT CRADLE FROM PREP LEVEL BODY POSITION</li> <li><math>\frac{1}{4}</math> TWISTING DISMOUNT FROM PREP OR EXTENSION</li> </ul>	<ul style="list-style-type: none"> <li>PRONE</li> <li>PREP LEVEL 1 LEG STUNT</li> <li>EXTENSION</li> <li>BARREL ROLL</li> <li>LEAP FROG VARIATIONS</li> <li><math>\frac{1}{2}</math> TWIST TO PRONE</li> <li>WALK IN PREP LEVEL PRESS EXTENSION</li> <li>COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY</li> </ul>
ELITE LEVEL APPROPRIATE	<ul style="list-style-type: none"> <li>INVERSION FROM GROUND LEVEL TO EXTENDED STUNT</li> </ul>	<ul style="list-style-type: none"> <li>TIC TOC PREP LEVEL (BODY POSITION TO BODY POSITION)</li> </ul>	<ul style="list-style-type: none"> <li><math>\frac{1}{4}</math> TWISTING TRANSITION TO EXTENDED STUNT</li> </ul>		<ul style="list-style-type: none"> <li><math>\frac{1}{4}</math> TWISTING INVERSION TO EXTENDED STUNT</li> <li><math>\frac{1}{4}</math> TWISTING TIC TOC TO PREP LEVEL 1 LEG STUNT</li> <li><math>\frac{1}{4}</math> TWISTING INVERSION TO PREP LEVEL 1 LEG STUNT</li> </ul>

## LEVEL 3

	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STUNTS
LEVEL APPROPRIATE	<ul style="list-style-type: none"> <li>INVERTED BELOW PREP LEVEL</li> <li>INVERTED AT PREP LEVEL</li> <li>DOWNWARD INVERSION FROM BELOW PREP LEVEL</li> </ul>	<ul style="list-style-type: none"> <li>RELEASE TO PREP LEVEL OR BELOW</li> <li>SWITCH UP TO PREP LEVEL LIB</li> <li>BALL UP, STRADDLE UP AND/OR RELEASE TO PREP LEVEL LIB</li> <li>TIC TOC BELOW PREP LEVEL TO BELOW PREP LEVEL (LIB TO LIB)</li> <li>TIC TOC BELOW PREP LEVEL TO PREP LEVEL (LIB TO LIB)</li> </ul>	<ul style="list-style-type: none"> <li>FULL UP BELOW PREP LEVEL</li> <li>FULL UP PREP LEVEL STUNT</li> <li><math>\frac{1}{4}</math> TWISTING TRANSITION TO EXTENDED 1 LEG STUNT</li> <li>FULL UP TO PREP LEVEL 1 LEG STUNT</li> <li>PREP LEVEL FULL TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT</li> </ul>	<ul style="list-style-type: none"> <li>STRAIGHT CRADLE FROM EXTENDED 1 LEG STUNT</li> <li>FULL DOWN FROM PREP</li> <li><math>\frac{1}{4}</math> TWISTING DISMOUNT FROM EXTENDED 1 LEG STUNT</li> <li>FULL DOWN FROM EXTENSION</li> <li>SINGLE SKILL CRADLE FROM 2 LEG STUNT (NON-TWISTING)</li> </ul>	<ul style="list-style-type: none"> <li>FULL TWIST TO PRONE FROM PREP LEVEL</li> <li>EXTENDED 1 LEG STUNT</li> <li>SUSPENDED FRONT FLIP</li> <li>SPECIALTY SUSPENDED FRONT FLIP (NON-TWISTING)</li> <li>SUSPENDED TWISTING FRONT FLIP</li> <li>TOSS HANDS</li> <li>SINGLE BASED 1 LEG EXTENDED STUNTS</li> <li>TOSS HANDS PAUSE PRESS EXTENSION</li> <li>WALK IN EXTENSION</li> <li>COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY</li> </ul>
ELITE LEVEL APPROPRIATE	<ul style="list-style-type: none"> <li>INVERSION TO EXTENDED 1 LEG STUNT</li> </ul>	<ul style="list-style-type: none"> <li>TIC TOC PREP LEVEL LIB TO EXTENDED BODY POSITION</li> <li>SWITCH UP TO PREP LEVEL BODY POSITION</li> <li>BALL UP, STRADDLE UP AND/OR RELEASE TO PREP LEVEL BODY POSITION</li> </ul>	<ul style="list-style-type: none"> <li>FULL UP TO PREP LEVEL BODY POSITION</li> <li><math>\frac{1}{4}</math> TWISTING TRANSITION TO EXTENDED 1 LEG STUNT</li> <li>PREP LEVEL FULL TWISTING TRANSITION TO PREP LEVEL BODY POSITION</li> </ul>		<ul style="list-style-type: none"> <li><math>\frac{1}{4}</math> TWISTING INVERSION TO EXTENDED 1 LEG STUNT</li> <li>FULL TWISTING TIC TOC AT PREP LEVEL (LIB TO BODY POSITION)</li> </ul>

## LEVEL 4

	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STUNTS
LEVEL APPROPRIATE	<ul style="list-style-type: none"> <li>RELEASED INVERSION TO PREP LEVEL OR BELOW</li> <li>RELEASED INVERSION AT PREP LEVEL TO PREP LEVEL</li> <li>DOWNWARD INVERSION FROM PREP LEVEL</li> <li>EXTENDED INVERTED STUNT</li> </ul>	<ul style="list-style-type: none"> <li>SWITCH UP TO EXTENDED 1 LEG STUNT</li> <li>RELEASE TO EXTENDED STUNT</li> <li>TIC TOC LIB TO LIB (HIGH TO LOW)</li> <li>HELICOPTER RELEASE MOVES</li> <li>RELEASE TO EXTENDED LIB</li> <li>SWITCH UP TO EXTENDED BODY POSITION</li> <li>FULL TWISTING RELEASE TO PREP LEVEL OR BELOW</li> <li>RELEASE FROM PREP LEVEL TO PREP LEVEL</li> </ul>	<ul style="list-style-type: none"> <li>1 <math>\frac{1}{2}</math> TWISTING TRANSITION TO BELOW PREP LEVEL</li> <li><math>\frac{3}{4}</math> TWISTING TRANSITION TO EXTENDED STUNT</li> <li>FULL UP TO EXTENDED 2 LEG STUNT</li> <li>1 <math>\frac{1}{2}</math> TWISTING TRANSITION TO PREP LEVEL</li> <li>1 <math>\frac{1}{2}</math> TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT</li> </ul>	<ul style="list-style-type: none"> <li>FULL DOWN FROM EXTENDED 1 LEG STUNT</li> <li>DOUBLE DOWN FROM PREP LEVEL</li> <li>DOUBLE DOWN FROM EXTENDED STUNT</li> <li>KICK FULL TWISTING DISMOUNT</li> </ul>	<ul style="list-style-type: none"> <li>TOSS EXTENSION</li> <li>TOSS 1 LEG EXTENDED STUNT</li> <li>COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY</li> </ul>
ELITE LEVEL APPROPRIATE	<ul style="list-style-type: none"> <li>RELEASED INVERSION FROM BELOW PREP LEVEL TO EXTENDED STUNT</li> </ul>	<ul style="list-style-type: none"> <li>TIC TOC EXTENDED BODY POSITION TO PREP LEVEL OR BELOW BODY POSITION (HIGH TO LOW)</li> <li>BALL UP, STRADDLE UP AND/OR RELEASE TO EXTENDED BODY POSITION (NOT INCLUDING SWITCH UP)</li> </ul>	<ul style="list-style-type: none"> <li>FULL UP TO EXTENDED LIB (NOT BODY POSITION)</li> <li>1 <math>\frac{1}{2}</math> TWISTING TRANSITION TO PREP LEVEL BODY POSITION</li> <li>EXTENDED FULL TWISTING TRANSITION TO EXTENDED STUNT</li> </ul>		<ul style="list-style-type: none"> <li>FULL TWISTING INVERSION TO EXTENDED STUNT</li> <li>FULL TWISTING TIC TOC RELEASE TO PREP LEVEL 1 LEG STUNT</li> <li>FULL TWISTING BALL UP, STRADDLE UP AND/OR SWITCH UP TO PREP LEVEL BODY POSITION</li> <li>1 <math>\frac{1}{2}</math> TWISTING BALL UP, STRADDLE UP AND/OR SWITCH UP TO PREP LEVEL 1 LEG STUNT</li> </ul>

This document includes examples of level appropriate skills. Coaches are still responsible for ensuring that any skills performed in their routine are compliant with the USASF Safety Rules. Please check back as this document may be updated throughout the season.

# 2018 - 2019 PERFORMANCE RECREATION CLUB - TOSSES

## LEVEL 2

NON - TWISTING	TWISTING
STRAIGHT RIDE TOSS	

## LEVEL 3

NON - TWISTING	TWISTING
BALL ARCH • PRETTY GIRL ARCH • PIKE ARCH KICK ARCH • BALL-X • TOE TOUCH	FULL TWIST

## LEVEL 4

NON - TWISTING	TWISTING
PIKE-X • HITCH KICK • SWITCH KICK • DOUBLE TOE TOUCH	BALL FULL • PIKE FULL • KICK FULL TOE TOUCH FULL FULL UP TOE TOUCH • DOUBLE FULL

# 2018 - 2019 PERFORMANCE RECREATION CLUB - TUMBLING

## LEVEL 1

STANDING TUMBLING SKILLS	RUNNING TUMBLING SKILLS
FORWARD ROLL • STRADDLE ROLL • HANDSTAND • HANDSTAND FORWARD ROLL • FRONT LIMBER FRONT WALK OVER • CARTWHEEL • BACKWARD ROLL BACK EXTENSION ROLL • PUSH UP TO BACKBEND • STANDING BACKBEND BACKBEND KICK OVER • BACK WALKOVER	CARTWHEEL • FRONT WALKOVER • ROUND OFF • CARTWHEEL BACK WALKOVER FRONT WALKOVER TO CARTWHEEL/ROUND OFF CARTWHEEL 1/2 TURN FRONT WALKOVER • CONNECTED SKILLS -CARTWHEEL/BACK WALKOVER

## LEVEL 2

STANDING TUMBLING SKILLS	RUNNING TUMBLING SKILLS
STANDING BACK HANDSPRING • BACK HANDSPRING STEP OUT BACK EXTENSION ROLL BACK HANDSPRING • BACK WALKOVER BACK HANDSPRING	CARTWHEEL BHS • ROUND OFF BHS • ROUND OFF BHS STEP OUT ROUND OFF BHS SERIES • FRONT WALKOVER TO ROUND OFF BHS SERIES

## LEVEL 3

STANDING TUMBLING SKILLS	RUNNING TUMBLING SKILLS
BHS SERIES • JUMP TO BHS • JUMP TO BHS SERIES BHS SERIES JUMP BHS SERIES • BHS STEP OUT BHS COMBO	AERIALS • PUNCH FRONT • ROUND OFF TUCK • ROUND OFF BHS BACK TUCK ROUND OFF BHS SERIES TO BACK TUCK • FRONT WALKOVER TO ROUND OFF BHS BACK TUCK FRONT WALKOVER TO ROUND OFF BHS SERIES BACK TUCK

## LEVEL 4

STANDING TUMBLING SKILLS	RUNNING TUMBLING SKILLS
STANDING BACK TUCK • BHS BACK TUCK • BHS SERIES TO BACK TUCK JUMP BHS BACK TUCK • JUMP BHS SERIES TO BACK TUCK	CARTWHEEL BACK TUCK • ROUND OFF LAYOUT ROUND OFF BHS LAYOUT/LAYOUT STEPOUT / X-OUT • ROUND OFF BHS SERIES TO LAYOUT FRONT WALKOVER THROUGH TO LAYOUT • PUNCH FRONT STEPOUT TO LAYOUT ROUND OFF BHS SERIES TO LAYOUT • ROUND OFF BHS WHIP BHS TO LAYOUT PUNCH FRONT STEPOUT TO ROUND OFF BHS WHIP BHS TO BACK TUCK FRONT HANDSPRING PUNCH FRONT FRONT HANDSPRING PUNCH FRONT THROUGH TO ROUND OFF BHS BACK TUCK/LAYOUT