



2022-2023 SPIRIT COMPETITIONS

SHOW CHEER

TUMBLING QUANTITY CHART

TUMBLING/JUMPS		
School-based		
Number of Athletes	Tumbling	Jumps
	50%	75%
8	4	6
9	5	7
10	5	8
11	6	8
12	6	9
13	7	10
14	7	11
15	8	11
16	8	12
17	9	13
18	9	14
19	10	14
20	10	15
21	11	16
22	11	17
23	12	17
24	12	18
25	13	19
26	13	20
27	14	20
28	14	21
29	15	22
30	15	23
31	16	23
32	16	24
33	17	25
34	17	26
35	18	26
36	18	27