



2025-2026 SPIRIT COMPETITIONS

SHOW CHEER

TUMBLING SCORING RANGES

Scoring for tumbling will be based on two things: (1) Synchronized group skill (standing **or** running) to get into a range: If 50% of the team does not perform a synchronized skill, score drops into the range directly below. Using a higher percentage of athletes may positively impact the "percentage of team participation" driver. Synchronized means exact same skill(s) at the exact same time from beginning to end by ALL members of the group. EX: Synchronized= 50% of team does a single handspring at the exact same time. Not synchronized = 25% of the team does a back handspring, other 25% does two connected back handsprings. (2) Cumulative skills- any additional skills performed will help drive up the score within the achieved synchronized group skill range.

Note: Tumbling passes must land on both feet to receive credit. Example: Back handsprings which land in prone position would not count.

NOVICE	INTERMEDIATE	ADVANCED
2.0 – 3.0	2.0 – 3.0	2.0 – 3.0
Forward roll Cartwheel	Cartwheel Round off Front/Back walkover	Cartwheel/Round off Front/Back walkover Standing back handspring Round off back handspring
3.0 – 4.0	3.0 – 4.0	3.0 – 4.0
Round off Front/Back walkover	Standing back handspring Round off back handspring	Round off BHS back tuck(s) Round off or cartwheel tuck(s) Standing BHS series Jump(s)/BHS combinations
4.0 – 5.0	4.0 – 5.0	4.0 – 5.0
Standing back handspring Round off back handspring	Round off BHS back tuck(s) Round off or cartwheel tuck(s) Standing BHS series Jump(s)/BHS combinations	Layouts Standing back tuck Standing BHS back tuck(s) Standing BHS to tuck/layout/full Round off to layout/full Round off BHS to layout/full Jump(s)/tuck or tuck combinations

TECHNIQUE/EXECUTION RANGES

3.5 – 4.0
Less than 50% of skills were executed with excellent precision and form
4.0 – 4.5
50% of skills were executed with excellent precision and form
4.5 – 5.0
75% or more of skills were executed with excellent precision and form

DRIVERS

Degree of Difficulty
Percentage of Team Participation
*Combination of Skills
Variety of Skills
**Clarity of Synchronized Group Skill

*Combination of skills = connecting additional skills to a pass listed in the range. EX: front walkover- cartwheel back walkover, or toe touch BHS, or front walkover- round off- whip- BHS layout.

**Clarity of synchronized group skill- synchronized group skill was clearly performed with no additional/different skills by some members of the group and no athletes "marking" the skill.



2025-2026 SPIRIT COMPETITIONS

SHOW CHEER

TUMBLING QUANTITY CHART

***NOTE: 50% team participation is required to get into scoring range. Using a higher percentage of athletes may positively impact the “percentage of team participation” driver.**

School/Rec Teams	TUMBLING	JUMPS
# OF ATHLETES	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