



2019 - 2020 TRADITIONAL RECREATION SCORING SYSTEM - BUILDING

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

Stunt Skills will only receive full credit if they show control through the pop or transition to another skill.

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 and 2 structures performed by Most of the team
4.0 - 4.5	MID	3 different level appropriate skills and 2 structures performed by Most of the team

BUILDING DIFFICULTY DRIVERS

- Degree of difficulty
- Percent of team participation
- Combination of skills (level and non-level appropriate)
- Pace of skills performed

STUNT QUANTITY CHART

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



2019 - 2020 TRADITIONAL RECREATION SCORING SYSTEM - 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

TUMBLING DIFFICULTY DRIVERS

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

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

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

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 advanced jumps

BASIC JUMPS: Spread Eagle, Tuck Jump // ADVANCED JUMPS: Pike, Right/Left Hurdlers (front or side), Toe Touch



2019 - 2020 TRADITIONAL RECREATION SCORING SYSTEM - OVERALL

BUILDING CREATIVITY

2.0 - 2.5

Building (stunt and 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.



2019 - 2020 TRADITIONAL RECREATION SCORING SYSTEM - CROWD LEADING

CHEER MOTION EXECUTION

4.0 - 5.0

A team's ability to demonstrate clean motions with strength, precision, and timing.

VOICE

2.0 - 2.5

The cheer may not be performed over any background music. The words of the cheer may not be pre-recorded and must be said only by the athletes on the performance surface. The pace of the cheer should be practical and easy to understand. Judges will be scoring voice projection, inflection, flow, and clarity of the cheer.

OVERALL CROWD EFFECTIVENESS

9.0 - 10

The team's ability to lead a crowd through use of verbal commands in call and response style cheer, supported by proper use and timing of skills to support crowd engagement. Team's should demonstrate high levels of energy and positively promote their organization within their cheer.

PROPER USE OF SIGNS, POMS, OR MEGAPHONES

2.0 - 2.5

The team's ability to use props to enhance crowd engagement.



EXECUTION

3.5 - 5.0

Athletes are expected to demonstrate excellent technique when performing each skill. A team's execution will be determined by all athletes performing the skill.

- Scores will start at a 5.0 and may be reduced by .1, .2 or .3 based on the lack of technical execution of each driver
- .1 - Minor technique issues by the team, not just 1 athlete in Tumbling/Jumps or 1 athlete in Stunts/Pyramid/Tosses
- .2 - Multiple technique issues by the team
- .3 - Widespread technique issues by the team
- No more than .3 will be taken off for a single driver.
- Stylistic differences will not factor into a teams' Execution score.

STUNT/PYRAMID DRIVERS

Each driver may include, but is not limited to, the below examples:

Top Person	<ul style="list-style-type: none"> • Body control • Uniform flexibility • Motion placement • Legs straight/locked and toes pointed
Bases/Spotters	<ul style="list-style-type: none"> • Stability of the stunt • Solid stance • Positioned shoulder width apart • Feet stationary
Transitions	<ul style="list-style-type: none"> • Entries • Dismounts • Speed/control/flow from skill to skill
Synchronization*	<ul style="list-style-type: none"> • Timing
Obvious Mistakes	<ul style="list-style-type: none"> • .2 - 2 errors (Bobbles**, Building Falls, and/or Major Building Falls) • .3 - 3 or more errors (Bobbles**, Building Falls, and/or Major Building Falls)

*Teams that do not perform at least 1 level appropriate skill/transition by 2 or more groups in Stunts and Pyramids will automatically receive .3 off for Synchronization.

**Bobbles - Stunt/Pyramid skills that almost fall, but are saved.

STANDING/RUNNING TUMBLING DRIVERS

Each driver may include, but is not limited to, the below examples:

Approach	<ul style="list-style-type: none"> • Arm placement into a pass/skill • Swing/prep • Chest placement • Flow from skill to skill in a pass
Speed	<ul style="list-style-type: none"> • Consistent or increases through pass/skills • Connection of pass/skills
Body Control	<ul style="list-style-type: none"> • Head placement • Arm/shoulder placement in skills • Hips • Leg placement in skills • Pointed toes
Landings	<ul style="list-style-type: none"> • Controlled • Legs/feet together • Chest placement • Finished pass/skill • Incomplete twisting skills
Synchronization*	<ul style="list-style-type: none"> • Timing

*Teams that do not perform 2 or more passes synchronized in a group will automatically receive .3 off for Synchronization.

JUMP DRIVERS

Each driver may include, but is not limited to the below examples:

Approach	<ul style="list-style-type: none"> • Consistent entry • Swing/prep
Arm Placement	<ul style="list-style-type: none"> • Arm position within jump(s)
Leg Placement	<ul style="list-style-type: none"> • Straight legs • Pointed toes • Hip placement/rotation • Hyperextension • Height
Landings	<ul style="list-style-type: none"> • Legs/feet together • Chest placement
Synchronization	<ul style="list-style-type: none"> • Timing



2019 - 2020 TRADITIONAL RECREATION SCORING SYSTEM - STUNTS

LEVEL 1

	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STUNTS
LEVEL APPROPRIATE	<ul style="list-style-type: none"> • INVERSION TO GROUND LEVEL 	<ul style="list-style-type: none"> • SWITCH UP TO LIB BELOW PREP LEVEL • SWITCH UP TO BODY POSITION BELOW PREP LEVEL • TIC TOC BELOW PREP LEVEL (LIB TO LIB) • TIC TOC BELOW PREP LEVEL (LIB TO BODY POSITION) 	<ul style="list-style-type: none"> • ¼ TWISTING TRANSITION TO BELOW PREP LEVEL • ¼ DOWN TO GROUND LEVEL • ¼ TWISTING TRANSITION FROM PREP LEVEL 	<ul style="list-style-type: none"> • STEP DOWN • STRAIGHT CRADLE 	<ul style="list-style-type: none"> • BACK STAND • PREP LEVEL SHOW & GO • STRADDLE SIT • FLAT BACK • EXTENDED STRADDLE SIT • BELOW PREP LEVEL 1 LEG STUNT • EXTENDED FLAT BACK • PREP LEVEL 1 LEG STUNT WITH BRACER • PREP LEVEL TO PRONE • 1 LEG STUNT BELOW PREP LEVEL • SHOULDER SIT • CHAIR • SHOULDER STAND • COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY • TRANSITION FROM BELOW PREP LEVEL TO PREP LEVEL BODY POSITION STUNT WITH BRACER
ELITE LEVEL APPROPRIATE		<ul style="list-style-type: none"> • TIC TOC BELOW PREP LEVEL (BODY POSITION TO BODY POSITION) 	<ul style="list-style-type: none"> • ¼ TWISTING TRANSITION TO PREP 		<ul style="list-style-type: none"> • ¼ TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT WITH BRACER

LEVEL 2

	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STUNTS
LEVEL APPROPRIATE	<ul style="list-style-type: none"> • INVERSION FROM GROUND LEVEL TO BELOW PREP LEVEL • INVERSION FROM GROUND LEVEL TO PREP LEVEL 	<ul style="list-style-type: none"> • SWITCH UP TO LIB PREP LEVEL • TIC TOC PREP LEVEL (LIB TO LIB) • TIC TOC PREP LEVEL (LIB TO BODY POSITION) 	<ul style="list-style-type: none"> • ½ TWISTING TRANSITION TO BELOW PREP LEVEL • ½ TWISTING TRANSITION TO PREP LEVEL • ¼ TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT • ½ TWISTING TRANSITION TO PREP LEVEL BODY POSITION • ¼ TWISTING TRANSITION TO EXTENDED STUNT 	<ul style="list-style-type: none"> • STRAIGHT CRADLE FROM EXTENSION • STRAIGHT CRADLE FROM PREP LEVEL BODY POSITION • ¼ TWISTING DISMOUNT FROM PREP OR EXTENSION 	<ul style="list-style-type: none"> • PRONE • PREP LEVEL 1 LEG STUNT • EXTENSION • BARREL ROLL • LEAP FROG VARIATIONS • ½ TWIST TO PRONE • WALK IN PREP LEVEL PRESS EXTENSION • COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY
ELITE LEVEL APPROPRIATE	<ul style="list-style-type: none"> • INVERSION FROM GROUND LEVEL TO EXTENDED STUNT 	<ul style="list-style-type: none"> • TIC TOC PREP LEVEL (BODY POSITION TO BODY POSITION) 	<ul style="list-style-type: none"> • ½ TWISTING TRANSITION TO EXTENDED STUNT 		<ul style="list-style-type: none"> • ½ TWISTING INVERSION TO EXTENDED STUNT • ½ TWISTING TIC TOC TO PREP LEVEL 1 LEG STUNT • ½ TWISTING INVERSION TO PREP LEVEL 1 LEG STUNT

LEVEL 3

	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STUNTS
LEVEL APPROPRIATE	<ul style="list-style-type: none"> • INVERTED BELOW PREP LEVEL • INVERTED AT PREP LEVEL • DOWNWARD INVERSION FROM BELOW PREP LEVEL 	<ul style="list-style-type: none"> • RELEASE TO PREP LEVEL OR BELOW • SWITCH UP TO PREP LEVEL LIB • BALL UP, STRADDLE UP AND/OR RELEASE TO PREP LEVEL LIB • TIC TOC BELOW PREP LEVEL TO BELOW PREP LEVEL (LIB TO LIB) • TIC TOC BELOW PREP LEVEL TO PREP LEVEL (LIB TO LIB) 	<ul style="list-style-type: none"> • FULL UP BELOW PREP LEVEL • FULL UP PREP LEVEL STUNT • ¼ TWISTING TRANSITION TO EXTENDED 1 LEG STUNT • FULL UP TO PREP LEVEL 1 LEG STUNT • PREP LEVEL FULL TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT 	<ul style="list-style-type: none"> • STRAIGHT CRADLE FROM EXTENDED 1 LEG STUNT • FULL DOWN FROM PREP • ¼ TWISTING DISMOUNT FROM EXTENDED 1 LEG • FULL DOWN FROM EXTENSION • SINGLE SKILL CRADLE FROM 2 LEG STUNT (NON-TWISTING) 	<ul style="list-style-type: none"> • FULL TWIST TO PRONE FROM PREP LEVEL • EXTENDED 1 LEG STUNT • SUSPENDED FRONT FLIP • SPECIALTY SUSPENDED FRONT FLIP (NON-TWISTING) • SUSPENDED TWISTING FRONT FLIP • TOSS HANDS • SINGLE BASED 1 LEG EXTENDED STUNTS • TOSS HANDS PAUSE PRESS EXTENSION • WALK IN EXTENSION • COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY
ELITE LEVEL APPROPRIATE	<ul style="list-style-type: none"> • INVERSION TO EXTENDED 1 LEG STUNT 	<ul style="list-style-type: none"> • TIC TOC PREP LEVEL LIB TO EXTENDED BODY POSITION • SWITCH UP TO PREP LEVEL BODY POSITION • BALL UP, STRADDLE UP AND/OR RELEASE TO PREP LEVEL BODY POSITION 	<ul style="list-style-type: none"> • FULL UP TO PREP LEVEL BODY POSITION • ½ TWISTING TRANSITION TO EXTENDED 1 LEG STUNT • PREP LEVEL FULL TWISTING TRANSITION TO PREP LEVEL BODY POSITION 		<ul style="list-style-type: none"> • ½ TWISTING INVERSION TO EXTENDED 1 LEG STUNT • FULL TWISTING TIC TOC AT PREP LEVEL (LIB TO BODY POSITION)

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 Varsity Recreation Safety Rules. Please check back as this document may be updated throughout the season. Traditional Recreation teams are not allowed to perform sponge or basket tosses.



2019 - 2020 TRADITIONAL RECREATION SCORING SYSTEM - TUMBLING

LEVEL 1

STANDING TUMBLING SKILLS	RUNNING TUMBLING SKILLS
<p>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</p>	<p>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</p>

LEVEL 2

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

LEVEL 3

STANDING TUMBLING SKILLS	RUNNING TUMBLING SKILLS
<p>BHS SERIES • JUMP TO BHS • JUMP TO BHS SERIES BHS SERIES JUMP BHS SERIES • BHS STEP OUT BHS COMBO</p>	<p>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</p>