

Wisconsin Association of Cheer & Pom Coaches, Inc.

Traditional

CHEER

| | Team: | |
|--------------|--------------|------------|
| Judge: | Division: | |
| - | Performance: | Comp Year: |

| | | Cl | neer Score | | |
|------------------|---|-------|--------------|---|----------------|
| Driver | 7 | Score | Max Score | ļ | Judge Comments |
| | Strong Voice (volume, projection) | | 1 | | |
| Crowd Engagement | Vocal Enhancements (inflection, ad libs) | | 1 | | |
| gage | Good Pace/Flow | | 1 | | |
| /d En | Genuine Spirit | | 1 | | |
| Crow | Consistent Engagement | | 1 | | |
| | Crowd Engagement | | 5 | | |
| | Props Easy to Read/Follow | | 1 | | |
| rial | Uniformity of Style | | 1 | | |
| /ate | Props Enhance Crowd Engagement | | 1 | | |
| l B N | Creative | | 1 | | |
| Leading Material | Strong Technique | | 1 | | |
| - | Proper Use of Crowd Leading Material | | 5 | | |
| | Precise Placement | | 1 | | |
| sr | Precise Technique (strong arms/straight wrists) | | 1 | | |
| Cheer Motions | Precise Synchronization | | 1 | ļ | |
| Ž | Motions Enhance Crowd Engagement | | 1 | | |
| Chee | Incorporation of Footwork | | | | |
| | | | 1 | | |
| | Cheer Motions Stunts Enhance Crowd Engagement | | 5 2.5 | | |
| Stunts | | | | | |
| Stu | Clean/Clear Transitions In & Out of Stunts | | 2.5 | | |
| | Proper Use of Stunts | | 5 | | |
| | Precise/ Sharp Movements | | 1 | | |
| | Precise/Sharp Skills (jumps, tumbling, kicks, stunts) | | 1 | | |
| | Precise Synchronization | | 1 | | |
| l n | Precise Spacing | | 1 | | |
| Cheer Execution | Clean/Clear Transitions | | 1 | ļ | |
| Exe | Showmanship | | 1 | | |
| heer | Confidence | | 1 | | |
| Ū | Natural, Excited Faces & Smiles | | 1 | | |
| | Energy Maintained | | 1 | | |
| | Absence of Mistakes | | 1 | | |
| | Cheer Execution | | 10 | | |
| | TOTAL SCORE | | 30 | | |
| | TOTAL SCORE | | 30 | | |



Wisconsin Association of Cheer & Pom Coaches, Inc.

Traditional

DANCE & ROUTINE FORMATIONS & TRANSITIONS

| | Team: | |
|--------|--------------|------------|
| ludge: | Division: | |
| | Performance: | Comp Year: |

| | Dance Score (a minimum | | |
|------------|---------------------------------|----------|-----------|
| | Driver | Score | Max Score |
| | Strong Pace | | 1 |
| | Use of Levels | | 1 |
| ulty | Formation Changes | | 1 |
| Difficulty | Intricate Movements | | 1 |
| - | Incorporation of footwork | | 1 |
| | Dance Difficulty | | 5 |
| | Sharp/Precise Movements | | 0.5 |
| | Perfect Motion Technique | | 0.5 |
| | Precise Synchronization | | 0.5 |
| | Strong Control of Tempo/Rhythm | | 0.5 |
| uo | Visual Appeal | | 0.5 |
| Execution | Showmanship | | 0.5 |
| Ex | Confidence | | 0.5 |
| | Natural, Excited Faces & Smiles | | 0.5 |
| | Energy Maintained | | 0.5 |
| | Creative | | 0.5 |
| | Dance Execution | | 5 |
| | Dance Score | | 10 |
| | | | ine Form |
| | Execution Driver | Executio | Max Score |

Execution Driver Executio | Max Score | Clear/Easily Seen 0.5 **Good Spacing** 0.5 Variety (using levels, different 0.5 shapes, etc) Appropriate Use of Floor 0.5 Formations enhance the routine 0.5 Clean Movement 0.5 Creative 0.5 **Good Pace** 0.5 Minimal Downtime 0.5 Strong Coordination between Visual 0.5 Elements Formations/Transitions Score **TOTAL SCORE 15**



Judge: _

TOTAL SCORE

Wisconsin Association of Cheer & Pom Coaches, Inc.

Traditional

TUMBLING & JUMPS

| Team: | |
|--------------|------------|
| Division: | |
| Performance: | Comp Year: |

| | | | TUMBLING |
|-------------|---|---------------------------------------|---------------------------|
| | Execution Driver | Score | Max Score |
| | Few (≤50%) 0.1 - 0.3 Majority (> 50%) 0.4-0.7 M Clear Body Lines | lost - Full (≥ 75 | %) 0.8 - 1.0 1 |
| | Strong Technique (solid block, high set, squeezed | | 1 |
| STANDING | legs) Clean Entry | | 1 |
| STAN | Clean Landing | | |
| | | | 1 |
| | Correct Skill Form Standing Tumbling Execution | | 1 |
| | Clear Body Lines | | 5 1 |
| | Strong Technique (solid block, high set, squeezed | | |
| 9 II | legs) | | 1 |
| RUNNING | | | 1 |
| | Clean Landing | | 1 |
| | Correct Skill Form | | 1 |
| | Running Tumbling Execution | | 5 |
| | Tumbling Execution Score | | 10 |
| | | | JUMP EXE |
| | Execution Driver Few (≤50%) 0.1 - 0.3 Majority (> 50%) 0.4-0.7 M | Score lost - Full (≥ 75 | Max Score %) 0.8 - 1.0 |
| То | pes Pointed | | 1 |
| Le | gs Straight | | 1 |
| | | | |
| | ps Rotated | | 1 |
| Pr | oper Placement (Legs & Arms) | | 1 |
| Ва | ack Straight/Chest Up | | 1 |
| | Jump Execution Score | | 5 |
| | | | ALL TUMBLIN |
| | Execution Driver Few (≤50%) 0.1 - 0.2 Majority (> 50%) 0.3 Most - | Execution Score Full (≥ 75%) 0.4 - | Max Score |
| hip | Confident/Natural | | 0.5 |
| Showmanship | Energy Maintained Throughout | | 0.5 |
| Shov | Genuine Crowd Presence | | 0.5 |
| | Team Synchronized | | 0.5 |
| 8 | | | 0.5 |
| Tumbling | Spacing/Formations | | 0.5 |
| [| | | |
| | Routine Enhancing | | 0.5 |
| s | Team Synchronized | | 0.5 |
| Jumps | Spacing/Formations | | 0.5 |
| | Routine Enhancing | | 0.5 |
| | Impact Score | | 5 |

20

0.0

0.0

Single Jump Skill Occurrence

Level Variety Not Met

Judge:

| Гeam: | | |
|-----------|--|--|
| Division: | | |
| | | |

| | • | |
|--------------|---|-----------|
| Performance: | | Comp Vear |

| | | _] <i>///</i> / | | | | | Performance: //BLING DIFFICULTY | | | | | Comp Year: | | |
|---------------------|--|--|-------------|---|------------|--------------------------------------|----------------------------------|-------------------------------------|--|--|----------------------|---|--------------------------------|--|
| | 0.3 | 0.5 | 0.8 | 1.0 | 1.3 | 1.5 | BLING DIFFI 2.0 | 2.5 | 3.0 | 3.5 | 3.8 | 4.0 | 4.5 | 5.0 |
| | Rolls | Cartwheels | Roundoffs | Series including cartwheels, Roundoffs | Walkover | Series including walkovers | Side Aerials | Series including side aerials | Single Jump handsprings | Standing Tucks | Roundoff Tucks | Roundoff Back Handspring Tucks/Flips | Layouts (stretched out) | Standing Fulls |
| | Handstands | Combination including handstands | | | | | Handsprings | Front flips | Standing/ Running Series including handsprings | Standing series including Tucks/Flips | Single Jump Tucks | Series not already listed including Tucks/Flips | Series including Layouts | Series including twists (full or Arabian) |
| | | | | | | | | | | | | Whipback | | |
| | | Serie | s including | directional d | changes (a | irborne to air S | borne) or incl Score will not | | ial to airborn | e skill will i | ncrease scor | 2 1/2 point. | | |
| # skills | | | | | | | | | | | | | | |
| each Ievel | | | | | | | | | | | | | | |
| CLIII | | | | | | | | | | | | | | |
| Skill Calculati | | | | | | | | | | | | | | |
| on | | | | | | | | | | | | | | |
| | | | | | | | | | | Judges I | Notes: | | | |
| enter # athletes | TEAM SIZE | | | | | | | | | | | | | |
| | DIFFICULTY | | | Oifficulty Sivided by | | | | | | | To | umbling Dif | ficulty Sco | ore /10 |
| | | | | | | | MP DIFFICU MP DEFINITI | | | | | | | |
| | LEVEL | BASE SCORE | | | | | | L DEFINITIO | NS AND VA | RIETY | | | | |
| XPER | | 4.1 | | | | e jumps + 1 | | | | np Skills Sl | nown | | | |
| ADVAN NTERI | MEDIATE | 3.1 | | | | - 1 Novice; 3 ious defined | | | | t Jump Sk | ills Shown | | | |
| NOVIC | E | 1.1 | Connecte | ed Beginner | Jumps o | r Toe Touch, | Front/Side | | | | | ımp Skills S | hown | |
| BEGIN | NER | 0.1 | Star, Tuc | | | mps Shown | | most ≥ 75% | l full | = 100% | | | | |
| | few ≤ 50% majority > 50 Bonus (harder skill will drive bonus) | | | | | U% | | umps Base Score | | | Jump Bor | nus Score | | |
| | 0.9 Full Team + Full Team | | | | | | | | | | | | | |
| | 0.8 Full Team + Moist Team | | | | | | | | | | | | | |
| | 0.7 Full Team + Majority Team 0.6 Full Team + Few Team | | | | | | | Jump Diffi | ultv Score | | I | | | |
| | 0.5 Most Team + Most Team | | | | | | | | | | | | | |
| | 0.4 | | | n + Majorit | • | | | | | | | | /5 | |
| | 0.3 | | | eam + Few | | + | | | | | -DAL | DI INIC C | IA A D | I |
| | 0.2 | | | am + Major Team + Fev | | | | | | OVE | RALL TUM DIFFICUL | | MP | |
| | 0.0 | | | am + Few T | | | | | | | - 511 FIGUL | | 14- | |
| | 0.0 | Single Jump Skill Occurrence | | | | | | | | | | | /15 | |



Wisconsin Association of Cheer & Pom Coaches, Inc.

Traditional

STUNTS & PYRAMIDS

| | Team: | |
|--------|--------------|------------|
| Judge: | Division: | |
| | Performance: | Comp Year: |

| | | | GROUP STUN | TS EXECUTION | | | | | |
|-----------------|--|-------------------------|----------------|-----------------------------|-----------|--------------|----------|-----------|--------------|
| | Execution Driver | Execution Score | Max Score | | Ju | dge Comment | 3 | | |
| | ong Top Person Technique - locked legs | | 1 | | | | | | |
| Str | ong Top Person Technique - motions / body positions | | 1 | | | | | | |
| Str | ong Base Technique - locked arms | | 1 | | | | | | |
| Str | ong Base Technique - use of legs | | 1 | | | | | | |
| Str | ong Technique - tight core | | 1 | | | | | | |
| Per | fect Control | | 1 | | | | | | |
| Coı | rect Dismount & Tosses Technique | | 1 | | | | | | |
| Per | fect Synchronization / Timing | | 1 | | | | | | |
| Per | fect Spacing | | 1 | | | | | | |
| Cle | anly Performed Higher Skills in Difficulty Level | | 1 | | | | | | |
| | Group Stunts Execution Score | | 10 | | | | | | |
| | Execution Driver | Franchism Comm | | EXECUTION | les. | dae Comment | | | |
| Str | ong Top Person Technique - locked legs | Execution Score | Max Score 1 | | Ju | dge Comment | | | |
| Str | ong Top Person Technique - motions / body positions | | 1 | | | | | | |
| Str | ong Base Technique - locked arms | | 1 | | | | | | |
| Str | ong Base Technique - use of legs | | 1 | | | | | | |
| Str | ong Technique - tight core | | 1 | | | | | | |
| Per | fect Control | | 1 | | | | | | |
| Per | fect Transitions | | 1 | | | | | | |
| Per | fect Synchronization / Timing | | 1 | | | | | | |
| Per | fect Spacing | | 1 | | | | | | |
| Cle | anly Performed Higher Skills in Difficulty Level | | 1 | | | | | | |
| | Pyramids Execution Score | | 10 | | | | | | |
| | Execution Driver | OVER Execution Score | | PYRAMIDS IMPACT | lu | dge Comments | | | |
| Var | iety: number of skill categories performed in stunts OR | Execution Score | Max Score | | | uge comment | | | |
| | amids (0.2 per category, max 5) | | 1 | Circle Categories Observed: | Inversion | Release | Twisting | Dismounts | Other Stunts |
| | Personnel: min # of bases/bracers used, max # of athletes used | | 0.5 | | | | | | |
| INTS | Formations: clear/easily seen, variety, appropriate use of floor | | 0.5 | | | | | | |
| ς. | Transitions: creative stunt sequences, minimal downtime | | 0.5 | | | | | | |
| | Showmanship: engaging, energy maintained | | 0.5 | | | | | | |
| | Personnel: min # of bases/bracers used, max # of athletes used | | 0.5 | | | | | | |
| PYRAMIDS | Formations: clear/easily seen, variety, appropriate use of floor | | 0.5 | | | | | | |
| PYRA | Transitions: creative stunt sequences, minimal downtime | | 0.5 | | | | | | |
| | Showmanship: engaging, energy maintained | | 0.5 | | | | | | |
| | Impact Score | | 5 | | | | | | |
| | TOTAL SCORE | | 25 | | | | | | |



Judge: ___

Team: Division:

| release SKILLED release with 1/2 + Modified full to extended single leg body single leg + To prep with release To extended+ with release ADVANCED please with 1/2 + Twist To extended+ with release ADVANCED prep with foot ADVANCED please with 1/2 + twist Straight to extended single base single leg+ (main base or coed grip) Braced flip from prep to prep Braced flip from prep to prep or above with 1/2 + twist Braced EXPERT release/twisting/inversion stunt skills ADVANCED pyramid performed with single base Vertical top person performs braced release with hips passing above extended level with twist to prep+ Straight to extended single base single leg+ (main base or coed grip) Braced flip from prep to prep or above with 1/2 + twist Braced flip from prep to prep or above with 1/2 + twist Braced flip from prep to prep or above with 1/2 + twist Braced flip from prep to prep or above with 1/2 + twist Straight to extended single base single leg+ (main base or coed grip) Braced flip from prep to prep to prep or above with 1/2 + twist Braced flip from prep to prep twist 1/2 + twist Braced flip from prep to prep with 1/2 + twist Braced flip from prep to prep twist 1/2 + twist Braced flip from prep to prep twist 1/2 + twist Braced flip from prep to prep twist 1/2 + twist Braced flip from prep to prep twist 1/2 + twist Braced flip from prep to prep twist 1/2 + twist Braced flip from prep to prep twist 1/2 + twist Braced flip from prep to prep twist 1/2 + twist | WACPC | Judge: | | Division: | | | | |
|--|--|------------------------|-------------------------|-------------------------------|--|---|--|--|
| | The same of the sa | | Performance: Comp Year: | | | | | |
| Set Parameter (1997) To ground withflowed by the control of the best of parameter (1997) To ground withflowed by the control of parameter (1997) To ground withflowed by the control of parameter (1997) To ground withflowed by the control of parameter (1997) To ground withflowed by the control of parameter (1997) To ground withflowed by the control of parameter (1997) To below ground with reviews (1997) To below ground with flowed by the control of parameter (1997) To parameter (1997) To ground withflowed by the control of parameter (1997) To ground withflowed by the control of parameter (1997) To ground withflowed by the control of parameter (1997) To ground withflowed by the control of parameter (1997) To parameter (1997) To ground withflowed by the control of parameter (1997) To ground withflowed by the control of parameter (1997) To ground withflowed by the control of parameter (1997) To ground withflowed by the control of parameter (1997) To ground withflowed by the control of parameter (1997) To ground withflowed by the control of parameter (1997) To ground withflowed by the control of parameter (1997) To ground withflowed by the control of parameter (1997) To ground withflowed by the control of parameter (1997) To ground withflowed by the control of parameter (1997) To ground withflowed by the control of parameter (1997) To extended only the c | | | | MS/REC & ELEM | ENTARY GROUP STUNT/PYRAM | ID DIFFICULTY | | |
| To ground without created and the reference of the control of the | | | | | | | | |
| To ground without recisions To ground without recisions To ground without recisions To letter preparation of the preparation | INVERSION STYLE | RELEASE STYLE | TWISTING STYLE | DISMOUNT STYLE | | PYRAMIDS | | |
| To ground without without project of the company of | | | | | | | | |
| Tail Pulses in Life Production Tail Pulses in Life Production Tail Pulses in Life Production Tail Pulses in Life Product of the Second Pulse To before prop To before prop To before prop Application for the Second Pulse To before prop To befo | | | | | Below Prep level (vertical/horizontal) | | | |
| Proposed with release To believe preprocess | | | | Straight to ground | | Prep level (1 or 2 leg) with bracer(s) at prep level or below | | |
| HONCE LEVEL jumple for several work, like whether Any offered approximation or analysis of production of the control of the co | release | | | | T-lift/Russian Lift | Horizontal extended level with bracer(s) at prep level or below | | |
| NOVICE LEVES, page they to prote should, any many of progress and a Novice Any with many page that is considered to any page of the considered considered and any page of the considered considered and any page of the considered considered considered and the considered conside | | | | | Shoulder sit | Braced NOVICE release/twisting/inversion stunt skills | | |
| ground with related by the properties of the pro | | | | | | | | |
| To below prey without release to the below prey with release to the below prey below the below p | | | | 1, 3, 13 | | | | |
| To below prop To below prop To below prop To below prop To prop Find to 12 kinds from extension To prop without release To controlled a light to blow prop leads to the form of the controlled single lags To controlled a light to blow prop leads to the controlled single lags To contr | o ground with release | | 1/2 twist to below prep | | | BEGINNER pyramid performed with single base | | |
| below prog without release to the control of the co | o ground with release | To below prep | 1/2 twist to below prep | or 2 leg) | Drop single log : | | | |
| below prey without release 1/4 to any skill Up to 1/2 twist Assisted fairer Monte of Part Monte of P | | | | | | Extended 2 leg with bracer(s) at prep level or below | | |
| release 1,4 to any sum 0,5 to 1/2 tries 1,2 to any sum 0,5 to 1/2 tries 1,2 to any sum 0,5 to 1/2 tries 1,2 to an extended 1,0 or 1/2 tries 1,2 to an extended 1,0 or 1/2 tries 1,2 to an extended 1,0 or 1/2 tries 1,2 trie | o below prep without | (vertical/horizontal) | | | | | | |
| To prigo without program with 172 word of the fault to prop (1 or release with 172 word of the fault to prop (1 or release with 172 word of the fault to extended single lags with 172 word or extended single lags with 172 word wi | | | 1/4 to any skill | Up to 1/2 twist | | Braced INTERMEDIATE release/twisting/inversion stunt skills | | |
| To prop with release with 1/2 + wint from prop or below prop with release and some standard single lags. To prop without release with 1/2 + wint from prop or below and the source of the standard single lags. To extended unique lags and some standard single lags. To extended unique lags and some standard single lags. To extended unique lags and some standard single lags. To extended unique lags and some standard single lags. To extended unique lags and some standard single lags. To extended unique lags and some standard single lags. To extended unique lags and some standard single lags. To extended unique lags and some standard single lags. To extended unique lags and some standard single lags. To extended unique lags and some standard single lags. To extended unique lags and some standard single lags. To extended unique lags and some standard single lags. To extended unique lags and some standard single lags. To extended unique lags and some standard single lags. To extended unique lags and some standard single lags. To extended unique lags and some standard single lags. To extended unique lags and some standard single lags. To extended unique lags and some standard single lags. SOULED release with 1/2 and some standard single lags. To extended unique lags and some standard single lags and some standard single lags. To extended unique lags and some standard single lags and some standard single lags and some standard single lags. To extended unique lags and some standard single lags and some standard single lags and some standard single lags. To extended unique lags and some standard single lags. To extended with one standard single lags and some standard single l | | | | | | | | |
| To below prep with release with 1/2 + but it with from extension (1 to 2 leg) Notice release with 1/2 + but it with from extension (1 to 2 leg) Notice release with 1/2 + but it with from extension (2 leg) Notice release with 1/2 + but it with from extended single legs with braceful person extended single legs with braceful person extended with with braceful person extended with with person person braceful person perform braceful excess with 1/2 + but it with release with 1/2 + but it with from the extended and with person perso | | | | | INTERMEDIATE LEVEL | | | |
| To below prop with release With 1/2 * Less than full to extended two grap level twoist from prop or below the full to extended two grap level two graphed two grap level two graphed graph | | | | | Extended level (vertical) | NOVICE pyramid performed with single base | | |
| NOVICE release with 1/2 Less than full to extended two leg full twist from prep or below Unassisted chair Braced foll to below prep [level Braced SOILLED release Braced SOILLED release Braced foll to below prep SOILLED LEVEL | | (vertical/florizontal) | 2 legs) | extended (1 or 2 leg) | | Extended single leg+ with bracer(s) at prep level or below | | |
| To prep without release with 1/2 + twist release with 1/2 + twist release with 1/2 + twist release rel | | | | | | Braced roll to below prep level | | |
| SKILLED LEVEL To extended (vertical/horizontal) Interpretable (ve | | | | Full twist from prep or below | Unassisted chair | Braced flip to below prep | | |
| To extended (vertical/horizontal) Full twist from extension Full twist from extension Extended single leg* Extended 2 leg/single leg* with bracer(s) at extended 2 leg | | twist | two leg | | | Braced SKILLED release/twisting/inversion stunt skills | | |
| To prep without release (yertical/horizontal) Full twist from extension Full twist from extension Full twist from extension Full to 1½ twist from extension Assisted single based hands Full to PEP Full to PEP 2+ trick without twist Full to 1½ twist from extension Full to 1½ twist from extension Extended single legs and DVANCED IEVEL SILLED pyramid performed with single base Extended single legs with bracer(s) at extended single legs with bracer(s) at extended single legs with bracer(s) at extended single legs and bracer release with hips passing above extended evel with twist to prep to extended with twist t | | | | | SKILLED LEVEL | | | |
| To prep without release (yertical/horizontal) Full twist from extension Full twist from extension Full twist from extension Full to 1½ twist from extension Assisted single based hands Full to PEP Full to PEP 2+ trick without twist Full to 1½ twist from extension Full to 1½ twist from extension Extended single legs and DVANCED IEVEL SILLED pyramid performed with single base Extended single legs with bracer(s) at extended single legs with bracer(s) at extended single legs with bracer(s) at extended single legs and bracer release with hips passing above extended evel with twist to prep to extended with twist t | | | | | | INTERMEDIATE pyramid performed with single base | | |
| To prep without release High to low (1 or 2 leg) Modified full to 2 leg with 1/2 + twist | | | | Full built forms automates | Extended single leg+ | | | |
| Modified full to 2 leg Full to 1% twist from extended single leg (switch up) 1/2 to extended single leg* 1/2 to extended single leg* (switch up) 1/2 to extended single leg* (switch up) 1/2 to extended single leg* (switch up) 1/2 to extended single leg* 1/2 to extended single le | | High to low | Modified full to 2 leg | Full twist from extension | | Extended 2 leg/single leg+ with bracer(s) at extended 2 leg | | |
| Full to 1% twist from extended single leg with 1/2 + twist Full to 1% twist from extended single leg with 1/2 + twist | To prep without | | | | Unassisted chair with release | Braced roll to prep level | | |
| Assisted single based hands Braced flip from below prep to prep or above with 1/2 + twist Braced ADVANCED release/twisting/inversion stunt skills ADVANCED LEVEL ADVANCED LEVEL SKILLED pyramid performed with single base Full to prep 1/2 to extended single leg+ (switch up) 1/2 to extended single leg+ (switch up) SKILLED release with 1/2 + Modified full to extended single leg+ with 1/2 + twist Full to 1/3 twist from EXPERT LEVEL To prep with release To prep with release I by thigh - single leg, switch foot ADVANCED person performs braced release with 1/2 + twist Braced flip from prep to prep above with 1/2 + twist Braced EXPERT release/wisting/inversion stunt skills EXPERT LEVEL ADVANCED pyramid performed with single base SKILLED person performs braced release with hips passing above extended single leg body position EXPERT LEVEL ADVANCED pyramid performed with single base Straight to extended single base single leg+ (with up) Straight to extended single base single leg+ (main base or coed grip) Braced flip from prep+ to exteded with or without 1/2+ twist | release | | | | | Braced flip from below prep to prep or above | | |
| Assisted single based hands Assisted press extended single lege with bracer(s) at extended single lege with bracer(s) at extended single lege (switch up) 1/2 to extended single lege (lege) 1/2 to extended single lege with bracer(s) at extended level with twist to prep Expert Level EXPERT Level ADVANCED pramid performed with single base Yertical top person performs braced release with hips passing above extended level with twist to prep ADVANCED pramid performed with single base Yertical top person performs braced release with hips passing above extended level with twist to prep Expert Level ADVANCED pramid performed with single base Yertical top person performs braced release with hips passing above extended level with twist to prep Straight to extended single base hands Straight to extended single base single lege Braced flip from prep to preps with 1/2+ twist ADVANCED prepare to extended with or without 1/2+ twist Braced flip from preps to extended with or without 1/2+ twist Braced flip from preps to extended with or without | | | | | | Braced flin from below prep to prep or above with 1/2+ twict | | |
| ADVANCED LEVEL ADVANCED LEVEL SKILLED pyramid performed with single base Full to prep To extended single leg+ (switch up) 1/2 to extended single leg+ SKILLED release with 1/2+ Modified full to extended single leg+ twist To extended single leg+ SKILLED release with 1/2+ mist Expert Level To extended single leg, switch foot To extended single leg, switch foot ADVANCED levels ASSISTED pyramid performed with single base Extended single leg+ with bracer(s) at extended single leg+ Braced roll to extended single leg+ Braced flip from person performs braced release with hips passing above extended level with twist to prep Braced flip from prep to prep Braced flip from below prep to prep Braced flip from below prep to prep above with 1/2+ twist Braced EXPERT release/twisting/inversion stunt skills To extended+ with release To prep with release To extended+ with release ADVANCED levels Full to extended+ Straight to extended single base hands Straight to extended single base hands Straight to extended single base single leg+ (main base or coed grip) Braced flip from prep+ to exteded with or without 1/2+ twist | | | | extended single leg | Assisted single based hands | | | |
| Full to prep To extended single leg+ (switch up) To extended single leg+ (switch up) To extended single leg+ (switch up) 1/2 to extended single leg+ Full to prep Full to 1/2 twist from extended single leg+ beautiful to extended single base hands Full to 1/3 twist from extended single leg body position Full to 1/3 twist from extended single leg body position Full to 1/3 twist from extended single base hands Full to 1/4 twist to prep Full to 1/4 twist to prep Full to 1/4 twist trome extended single base hands Full to 1/4 twist to 1/5 twist from extended single base hands Full to 1/4 twist to 1/5 twist from extended single base hands Full to 1/4 twist to | | With 1/2 + twist | | | | Braced ADVANCED release/twisting/inversion stunt skills | | |
| Assisted press extended single leg+ (switch up) To extended single leg+ (switch up) 1/2 to extended single leg+ (switch up) Full to 1½ twist from extended single leg body position Full to 1½ twist from extended single leg body position Full to 1½ twist from extended single leg body position EXPERT LEVEL To prep with release Low to high - single leg, switch foot High to high - single leg, switch foot ADVANCED release with High to low switch foot ADVANCED release with High to low 1/2 + twist (la or 2 leg) Assisted press extended single base hands Assisted press extended single base hands Extended single leg+ with bracer(s) at extended single leg+ Braced flip from prep to prep Braced flip from ground to prep Braced flip from prep to prep or above with 1/2 + twist Braced flip from prep to prep or above with 1/2 + twist ADVANCED person performs braced release with hips passing above extended level with twist to prep Straight to extended single base hands Straight to extended single base single leg+ (main base or coed grip) Braced flip from prep+ to exteded with or without 1/2 + twist | | | | | ADVANCED LEVEL | | | |
| To extended single legs (switch up) 1/2 to extended single legs (legs) Full to 1/4 twist from extended single legs body position Full to 1/4 twist from extended single legs body position EXPERT LEVEL To prep with release Low to high - single legs, switch foot To extended with release ADVANCED pyramid performed with single base 1/2 to extended single legs (switch up) 1/2 to extended single legs based handss 1/2 to extended single legs base lands 1/2 to it it is to prep or above with 1/2 twist 1/2 to wistingly inversion stunt skills 1/2 trick including twist 1/2 trick without twist to prep 1/2 trick without t | | | 1/2 to extended single | 2+ trick without twist | | SKILLED pyramid performed with single base | | |
| To extended single leg+ (switch up) 1/2 to extended single leg+ (leg+ leg+ leg+ leg+ leg+ leg+ leg+ leg+ | | | | | | Extended single leg+ with bracer(s) at extended single leg+ | | |
| o extended+ without release SKILLED release with 1/2 + twist SKILLED release with 1/2 + twist To prep with release To extended+ with release To extended+ with release ADVANCED preps with 5 single leg, switch foot ADVANCED release with 1/2 + twist ADVANCED release with 1/2 + twist To extended+ with release ADVANCED release with 1/2 + twist To extended+ with release ADVANCED release with 1/2 + twist ADVANCED release with 1/2 + twist To rep with release ADVANCED release with 1/2 + twist ADVANCED release with 1/2 + twist Straight to extended single base hands Straight to extended single base single leg+ (I or 2 leg) ADVANCED release with 1/2 + twist Braced flip from prep to prep with 1/2 + twist ADVANCED prep with 1/2 + twist Braced flip from prep to prep with 1/2 + twist Braced flip from prep to prep with 1/2 + twist Braced flip from prep to prep with 1/2 + twist Braced flip from prep to prep+ with 1/2 + twist Braced flip from prep to prep+ with 1/2 + twist Braced flip from prep to prep+ with 1/2 + twist Braced flip from prep to extended with or without 1/2 + twist Braced flip from prep+ to extended with or without 1/2 + twist Braced flip from prep+ to extended with or without 1/2 + twist Braced flip from prep+ to extended with or without 1/2 + twist | | | | | - | Braced roll to extended level | | |
| release SKILLED release with 1/2 + Modified full to extended single leg body single leg + To prep with release To extended+ with release ADVANCED please with 1/2 + Twist To extended+ with release ADVANCED prep with foot ADVANCED please with 1/2 + twist Straight to extended single base single leg+ (main base or coed grip) Braced flip from prep to prep Braced flip from prep to prep or above with 1/2 + twist Braced EXPERT release/twisting/inversion stunt skills ADVANCED pyramid performed with single base Vertical top person performs braced release with hips passing above extended level with twist to prep+ Straight to extended single base single leg+ (main base or coed grip) Braced flip from prep to prep or above with 1/2 + twist Braced flip from prep to prep or above with 1/2 + twist Braced flip from prep to prep or above with 1/2 + twist Braced flip from prep to prep or above with 1/2 + twist Straight to extended single base single leg+ (main base or coed grip) Braced flip from prep to prep to prep or above with 1/2 + twist Braced flip from prep to prep twist 1/2 + twist Braced flip from prep to prep with 1/2 + twist Braced flip from prep to prep twist 1/2 + twist Braced flip from prep to prep twist 1/2 + twist Braced flip from prep to prep twist 1/2 + twist Braced flip from prep to prep twist 1/2 + twist Braced flip from prep to prep twist 1/2 + twist Braced flip from prep to prep twist 1/2 + twist Braced flip from prep to prep twist 1/2 + twist | | | | | Unassisted single base hands | Vertical top person performs braced release with hips passing | | |
| SKILLED release with 1/2 + Modified full to extended single leg body position Full to 1½ twist from extended single base hands EXPERT LEVEL To prep with release switch foot To extended+ with release To extended+ with release ADVANCED pyramid performed with single leg, switch foot ADVANCED release with 1/2 + twist Full to extended+ with release ADVANCED person performs braced release with 1/2 + twist Straight to extended single base hands Straight to extended single base single leg+ (main base or coed grip) Braced flip from prep to prep Braced flip from prep to prep Braced flip from prep to prep ADVANCED pyramid performed with single base Vertical top person performs braced release with hips passing above extended level with twist to prep+ Straight to extended single base hands Braced flip from prep to prep to prep with 1/2 + twist Braced flip from prep to prep or above with 1/2 + twist Straight to extended single base single leg+ (main base or coed grip) Braced flip from prep to | To extended+ without | | | | | above extended level with twist to prep | | |
| SKILLED release with 1/2 + Modified full to extended single leg + wist wist wish with 1/2 + Modified full to extended single leg body position EXPERT LEVEL To prep with release To extended with release with hips passing above extended level with twist to prep+ Straight to extended single base single leg+ (main base or coed grip) Braced flip from prep to prep or above with 1/2 + twist Braced EXPERT release/twisting/inversion stunt skills ADVANCED pyramid performed with single base Vertical top person performs braced release with hips passing above extended level with twist to prep+ Braced flip from prep to prep with 1/2 + twist Braced flip from prep to prep with 1/2 + twist Braced flip from prep to prep or above with 1/2 + twist Braced flip from prep to prep or above with 1/2 + twist Braced flip from prep to prep or above with 1/2 + twist Braced flip from prep to prep or above with 1/2 + twist Braced flip from prep to prep or above with 1/2 + twist Braced flip from prep to prep or above with 1/2 + twist Braced flip from prep to prep or above with 1/2 + twist Braced flip from prep to prep or above with 1/2 + twist Braced flip from prep to prep or above with 1/2 + twist Braced flip from prep to prep or above with 1/2 + twist Braced flip from prep to prep | reicase | | | | | Braced flip from prep to prep | | |
| SKILLED release with 1/2 + wist single leg + wist of twist 1/2 + wist single leg + wist of single leg + with release Low to high - single leg + switch foot Prep to prep full Straight to extended single base hands ADVANCED pyramid performed with single base Vertical top person performs braced release with hips passing above extended level with twist to prep + with 1/2 + twist ADVANCED release with High to low ADVANCED release with ADVANCED release | | · | | | | Braced flip from ground to prep | | |
| To prep with release To prep with release To extended+ with release To | | | | | | Braced flin from below prep to prep or above with 1/2+ twist | | |
| To prep with release To extended+ with release with hips passing above extended level with twist to prep+ To extended+ with release with hips passing above extended level with visit to prep+ To extended+ with release with hips passing To extended+ with release with hips passing To extended+ with release with hips passing To extended+ with release To extended with release with hips passing To extended single base single base single leg+ To extended single base single | | | | | | | | |
| To prep with release Switch foot Switch foot Full to extended+ Straight to extended single base dhands+ Wertical top person performs braced release with hips passing above extended level with twist to prep+ To extended+ with release ADVANCED release with 1/2 + Twist High to low 1/2 + Twist (1 or 2 leg) Low to high - single leg, switch foot Straight to extended single base dhands+ Wertical top person performs braced release with hips passing above extended level with twist to prep+ Straight to extended single base hands Straight to extended single base single leg+ (main base or coed grip) Braced flip from prep+ to exteded with or without 1/2+ twist | | | | | EVENT LEVEL | Braced EXPERT release/twisting/inversion stunt skills | | |
| To prep with release Switch foot Straight to extended single base single base single legs Straight to extended single base single legs Straight to | | | | | | | | |
| To extended+ with release ADVANCED release with 1/2 + Twist 1/2 + Twist 2+ trick including twist 1/2 + | To prep with release | | Full to extended+ | | | ADVANCED pyramid performed with single base | | |
| High to high - single leg, switch foot release ADVANCED release with 1/2 + Twist ADVANCED release with 1/2 + Twist ADVANCED release with 1/2 + Twist ADVANCED release release ADVANCED release | | | | | | | | |
| To extended+ with release ADVANCED release with 1/2 + Twist (1 or 2 leg) Straight to extended single base riantus Braced flip from prept to prept with 1/2 + twist Braced flip from prept to prept with 1/2 + twist Braced flip from prept to prept with 1/2 + twist Braced flip from prept to exteded with or without 1/2 + twist | | Make As black 1997 | | 2+ trick including twist | | above extended level with twist to prep+ | | |
| release ADVANCED release with 1/2 + Twist High to low Straight to extended single base single leg+ (1 or 2 leg) Straight to extended single base or coed grip) Braced flip from prep+ to exteded with or without 1/2+ twist | To extended+ with | | Prep to prep full | | Straight to extended single base hands | Braced flip from prep to prep+ with 1/2+ twist | | |
| 1/2 + Twist (1 or 2 leg) (main base or coed grip) | | ADVANCED release with | High to low | | | Braced flin from prepa to extended with as without 1/2+ twict | | |
| | | 1/2 + Twist | (1 or 2 leg) | | (main base or coed grip) | oraced hip from prep+ to exteded with or without 1/2+ twist | | |
| | EL (2.22.) | | | | | | | |
| Elem/MS/Rec - Base Score is 3 stunts with ability to max out at 4 Stunts | Liem/MS/F | ec - Base Scoi | re is 3 stunts v | vith ability to m | ax out at 4 Stunts | | | |

| 1<-few < 50% | / majority ≥ 50% | / most ≥ 75% | / full = 100% |
|--------------|------------------|--------------|---------------|
| | | | |

| Group Stunt | Base Score | Group Stunt Bonus (max 1) | | | |
|--------------------|---|---|--|---|---|
| 3 Majority | 3 Most+ | Few | Majority | Most | Full |
| 0.5 | 1.5 | | | | |
| 2.0 | 3.0 | No Points | | | |
| 3.5 | 4.5 | | | | |
| 5.0 | 6.0 | 0.1 | 0.2 | 0.4 | 0.6 |
| 6.5 | 7.5 | 0.2 | 0.4 | 0.6 | 0.8 |
| 8.0 | 9.0 | 0.4 | 0.6 | 0.8 | 1.0 |
| | 3 Majority 0.5 2.0 3.5 5.0 6.5 | 3 Majority 3 Most+ 0.5 1.5 2.0 3.0 3.5 4.5 5.0 6.0 6.5 7.5 | 3 Majority 3 Most+ Few 0.5 1.5 2.0 3.0 3.5 4.5 5.0 6.0 0.1 6.5 7.5 0.2 | 3 Majority 3 Most+ Few Majority 0.5 1.5 2.0 3.0 No P 3.5 4.5 5.0 6.0 0.1 0.2 6.5 7.5 0.2 0.4 | 3 Majority 3 Most+ Few Majority Most 0.5 1.5 2.0 3.0 3.5 4.5 5.0 6.0 0.1 0.2 0.4 6.5 7.5 0.2 0.4 0.6 |

| Group Stunt Base Score | Group Stunt Bonus (max 1) |
|------------------------|---------------------------|
| | |
| | |

| Max 1 |
|-------|
| 0 |
| 0.1 |
| 1.1 |
| 2.1 |
| 3.1 |
| 4.1 |
| 5.1 |
| 6.1 |
| 7.1 |
| 8.1 |
| 9.1 |
| |

Pyramid Base Score

| Double Brac | 0.1 | | |
|-----------------------|-----------------|------------|----------|
| Single Brace | 0.2 | | |
| Single Brace | d at Top | | 0.3 |
| Bracer Bonus - S | Scoring Pyramid | 2 | Max 1 |
| Double Brac | ed at Top | | 0.1 |
| Single Brace | 0.2 | | |
| Single Brace | 0.3 | | |
| Transition Bonu | Max 1 | | |
| 2 Variety of | 0.1 | | |
| 3+ Variety of | 0.2 | | |
| Quantity Bonus | Max 1 | | |
| 3+ Pyramids | 0.1 | | |
| Bracer P1 | Bracer P2 | Transition | Quantity |

Bracer Bonus - Scoring Pyramid 1

| Group Stunts Difficults | Score (| (Max Score = 10) |
|--------------------------------|---------|------------------|