



School/Rec Novice Performance Routine Rules, Restrictions, and Ranges

Standing Tumbling

- Limited to a single back handspring
- Standing series and jumps connected immediately to a back handspring are not permitted.
- Flips and aerials are not permitted.

Running Tumbling

- Limited to back and front handspring series.
- Flips and aerials are not permitted.

Stunts

- Single leg stunts may not be held at or pass through the extended position. Extended liberties are not permitted.
- All release moves must land in a cradle.
- Inversions are allowed only in transitions from ground level inversions to a non-inverted position. No other inversions are permitted.
 - Example: A handstand on the ground to a non-inverted stunt is permitted.
 - Example: Starting in a cradle or prone position and transitioning to an inverted position is NOT permitted.
- Twisting transitions are limited to a ½ twist by the top person.
 - Exceptions: Log/barrel rolls are permitted.

Pyramids

- Extended single leg stunts must be braced by at least one person at or below prep level.
 - Connection must be made prior to the execution of the single leg extended stunt
 - Connection must be made at or below prep level
- Inversions in pyramids are not permitted with the exception of the inversions allowed under Novice stunts rules.
- Any time a top person is released by the bases and braced by other top persons, no skill is permitted during transition and must land in a cradle.
- Release moves in pyramids are not permitted with the exception of release moves under Novice stunt rules.

Dismounts

- Dismounts are limited to straight pop-downs, basic straight cradles, and a ¼ twist.

Tosses

- Straight ride tosses are the only permitted body position.

| STUNT DIFFICULTY | PYRAMID DIFFICULTY | TUMBLING DIFFICULTY |
|--|--|---|
| 3-4 | 3-4 | 3-4 |
| Extension Preps or One Leg Variations Below Prep Level | Pyramids involving Extended Two Leg Stunts and/or One Leg Stunts at Prep Level | Cartwheels or Round-offs or Forward/ Backward Rolls |
| 4-5 | 4-5 | 4-5 |
| Extensions or One Leg Variations at Prep Level | Pyramids involving an Extended One Leg Stunt | Round-off BHS or Standing BHS |

To be scored in the high range, MOST of the team which is 75% of the team must perform the skill set. Teams that do not master the skill set performed by MOST of the team will be scored in a lower range

Tosses

- Tosses are not required, but may be rewarded in the “Pyramid” category

Jump Difficulty (4.0 – 5.0)

- 4.0 – Single jumps
- 4.2 – Double jump combinations
- 4.4 – Triple jump combinations with no variety
- 4.6 – Triple jump combinations with variety
- 4.8 – Quad jump combinations or triple jump combinations and a single jump, no variety
- 5.0 – Quad jump combinations or triple jump combinations and a single jump, with variety

Timing (9.0 – 10)

- Synchronization and uniformity

Routine Composition (9.0 – 10)

- Spacing, seamless movement and patterns, execution of formations

Voice/Inflection (9.0 – 10)

- Pace of cheer is practical, and flow of words is easy to understand

Crowd Effective Material (9.0 -10)

- Easy to follow, encourages crowd participation, use of props (signs, poms, flags, megaphones)

Motions/Dance (9.0 – 10)

- Team’s ability to incorporate transitions, level changes, footwork and floorwork, with a variety of visual movement and high level of perfection along with motion technique throughout the routine.

Performance (9.0 – 10)

- Genuine enthusiasm and energy level throughout routine

Program Representation (9.0 – 10)

- Sportsmanship, performance integrity, appearance

Overall Appeal (9.0 – 10)