

Level 5/6 Standing Tumbling

Start Value

- 4.0 Only Basic or Lower Level Skills
- 8.0 Less Than Majority Level Permitted Skill
- 12.0 Majority of Level Permitted Skill
- 14.0 Multiple Majority Occurrences of Level Permitted Skill

***Double Twisting Elements will be counted as 2 skills.**

Level Permitted Skills:

LTM Maj. All

Full Twist/Handspring(s) Full Twist

Performance Elements:

- Variety
- Good Synchronization
- Unique Entrance/Exit
- Unique Combination
- Use of Lower Level Skills

Level 5/6 Running Tumbling

Start Value

- 4.0 Only Basic or Lower Level Skills
- 7.0 Less Than Majority Skills
- 9.0 Majority Single Twisting Flip
- 10.0 Majority Single Twisting Flip with Less Than Majority Specialty Pass
- 11.0 Majority Twisting Flip Including Less Than Majority Double Twisting Flip
- 13.0 Majority Double Twisting Flip
- 14.0 Majority Double Twisting Flip with Majority Specialty Passes

Level Permitted Skills:

LTM Maj. All

Twisting Flip
 Double Twisting Flip

Specialty Passes:

LTM Maj.

Performance Elements:

- Variety
- Good Synchronization
- Unique Entrance/Exit
- Unique Combination
- Use of Lower Level Skills

Difficulty Score (15)

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Execution Score (15)

_____ . _____

Difficulty Score (15)

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Execution Score (15)

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GOOD POOR

Showmanship & Crowd Appeal (5)

Transitions, Formations & Flow of Routine (5)

Choreography & Creativity (10)

Overall Effect (10)

Creativity		
Use of Skills		
Flow		
Variety		
Energy Level		
Facial Expression		
Use of Floor		
Transitions		
Formations/Spacing		
Execution of Routine		
Overall Performance		

Comments:



Total Score (90)
