

# Level 5 Restricted 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

**Level Permitted Skills:**

**LTM Maj. All**

Handspring(s) Full Twist

**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)

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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:

# Level 5 Restricted Running Tumbling

**Start Value**

- 4.0 Only Basic or Lower Level Skills
- 7.0 Less Than Majority Level Permitted Skills
- 9.0 Majority of Level Permitted Skill
- 11.0 Majority of Level Permitted Skill with Less Than Majority Specialty Passes
- 13.0 Majority of Level Permitted Skill with Majority Specialty Passes –OR– Multiple Majority Occurrences of Level Permitted Skill
- 14.0 Multiple Majority Occurrences of Level Permitted Skill with Majority Specialty Passes

**Level Permitted Skills:**

**LTM Maj. All**

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)

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**Total Score** (90)

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