BLACK CULTURE CHEER & DANCE

ROUTINE ELEMENT BREAKDOWN FOR

TUMBLING, STUNTS, TOSSES, PYRAMIDS & JUMPS

Scores are based on your team’s performance at an event compared to other teams in your level and division. There could be a variance in scores due to different judging panels.

RANGES: Level 1 (4-6), Level 2 (5-7), Level 3 (6-8), Level 4 (7-9), Level 5 (8-10), Level 6 (8-10)

**QUANTITY CHARTS-ALL LEVELS**

| **BLACK CULTURE CHEER & DANCE**  QUANTITY –TUMBLING AND JUMPS | | |
| --- | --- | --- |
| # OF COMPETITORS | MAJORITY | MOST |
| 5-7 | 3 | 4 |
| 8-9 | 4 | 5 |
| 10-15 | 6 | 7 |
| 16-19 | 8 | 9 |
| 20-25 | 10 | 13 |
| 26-30 | 14 | 16 |
| 31-38 | 15 | 18 |

| **BLACK CULTURE CHEER & DANCE**  QUANTITY-STUNT AND BASKETS | | |
| --- | --- | --- |
| # OF COMPETITORS | MAJORITY | MOST |
| 5-11 | 1 | 1 |
| 12-15 | 1 | 2 |
| 16-19 | 2 | 3 |
| 20-23 | 3 | 4 |
| 24-30 | 4 | 5 |
| 31-38 | 5 | 6 |

**SCORING RANGE CHART**

| **Range** | Level 1 | Level 2 | Level 3 | Level 4 | Level 5 |
| --- | --- | --- | --- | --- | --- |
| None | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Below Novice | 4.0 - 4.5 | 5.0 - 5.5 | 6.0 - 6.5 | 7.0 - 7.5 | 8.0 - 8.5 |
| Novice | 4.5 - 5.0 | 5.5 - 6.0 | 6.5 - 7.0 | 7.5 - 8.0 | 8.5 - 9.0 |
| Intermediate | 5.0 - 5.5 | 6.0 - 6.5 | 7.0 - 7.5 | 8.0 - 8.5 | 9.0 - 9.5 |
| Advanced | 5.5 - 6.0 | 6.5 - 7.0 | 7.5 - 8.0 | 8.5 - 9.0 | 9.5 - 10.0 |

**STUNTS AND PYRAMID DIFFICULTY**

**None**: Did not attempt any level appropriate skills

**Below Novice**: Performance did not meet novice requirements.

**Novice:** Majority of team performed at least 2 level appropriate skills

**Intermediate:** Most of team performed at least 3 level appropriate skills

**Advanced:** Most of team performed at least 4 level appropriate skills

**STANDING TUMBLING DIFFICULTY**

**None**: Did not attempt any level appropriate standing tumbling skills

**Below Novice**: Less than majority of team performed a single level appropriate standing skill

**Novice:** Majority of team performed 1 level appropriate standing skill

**Intermediate:** Majority of team performed 2 level appropriate standing skills

**Advanced:** Most of team performed 2 level appropriate standing skills

**RUNNING TUMBLING DIFFICULTY**

**None**: Did not attempt any level appropriate running tumbling skills

**Below Novice**: Less than majority of team performed 1 level appropriate running tumbling pass

**Novice:** Majority of team performed 1 level appropriate running tumbling pass

**Intermediate:** Majority of team performed 1 level appropriate running tumbling pass

**Advanced:** Most of team performed 1 level appropriate running tumbling pass

**JUMP DIFFICULTY**

**None**: Did not attempt any jumps

**Below Novice**: Less than majority of team performed 1 jump

**Novice:** Majority of team performed 1 jump

**Intermediate:** Most of the team performs 2 connected level appropriate jumps   
(Tiny/Mini/Half Year/Prep Divisions – intermediate does not apply to you)

**Advanced:** Most of the team performs 3 connected level appropriate jumps OR 2 connected level appropriate jump plus 1 additional level appropriate jump. Must include variety (2 or more advanced jumps). EXCEPTION: \*\*\*Tiny/Mini/Half Year/Prep Divisions: 2 level appropriate jumps must be synchronized, but DO NOT have to be connected or include a variety\*\*\*

* Any team that meets the ADVANCED jump requirements will automatically get a perfect difficulty score
* All approaches within the jumps must use a whip approach to be considered connected. Teams must perform the required skill set or they will be given a lower score.
* BASIC JUMPS: Spread Eagle, Tuck Jump
* LEVEL APPROPRIATE JUMPS: Pike, Right/Left Hurdlers (front or side), Toe Touch

**ROUTINE ELEMENT BREAKDOWN**

| LEVEL | STANDING TUMBLING | RUNNING TUMBLING | STUNTS | PYRAMIDS | TOSSES |
| --- | --- | --- | --- | --- | --- |
| 1 | Forward Roll  Backward Roll  Front Walkover  Back Walkover  Cartwheel  BW Switch Leg  Any Other Level Appropriate Standing Tumbling Passes | Cartwheel  Round Off  Front Walkover  Back Walkover  Cartwheel Back Walkover  Any Other Level Appropriate Specialty Tumbling Passes | Shoulder Sit  Straddle Sit  Flat Back  Chair  Prep Level Show-N-Go  1 leg stunt below Prep level  ¼ twisting transitions  Ground Level Inversions  Prep  Level Appropriate Tic Toc style transitions  Step Down  Straight Cradle  All Other dismount variations  Any Other Level Appropriate Skills | All transitions changing level and/or position level appropriate  Any Other Level Appropriate Skills |  |
| 2 | Back Handspring  Specialty Back Handspring  Back Walkover Back Handspring  Any Other Level Appropriate Standing Tumbling Passes | Round Off Back Handspring  Round Off Back Handspring Series  Front Walkovers/Handsprings through to Round Off Back Handspring  Round Off Back Handspring step out Round Off Back Handspring  Any Other Level Appropriate Specialty Tumbling Passes | Extension  Single Leg Prep  ½ up Single Leg Prep Level  ½ up Prep-Extension  Inversion to Prep/Extension  Log or Barrel Roll  Extended Level Pendulum  Leap Frog  1/4 Twisting Dismount  Any Other Level Appropriate Skills | Extended 1 leg stunts  ½ turn transitions  Log Rolls  Inversions into Stunts  Any Other Level Appropriate Skills | Straight Rides  Pretty Girls |
| 3 | Back Handspring Series  Jump back Handspring  Jump Back Handspring Series  Any Other Level Appropriate Standing Tumbling Passes | Round Off Tuck  Round Off Back Handspring Tuck  Punch Front  Round Off Back Handspring step out Round Off Tuck  Any Other Level Appropriate Specialty Tumbling Passes | Suspended Front Flips Suspended Front Flip Twist  Single Leg Extended Stunts  Full Twisting transition to Prep Level or Below  Full Twisting transition at Prep Level  ½ Up to Extended 1 leg stunt  Release Move to Prep or below  Level Appropriate Tic Toc style transitions  Inversion to Extended 1 leg stunt  Downward Inversion below Prep Level  Straight Cradle from Extended 1 leg  ¼ twisting discount from Extended 1 let stunt  Full twisting dismounts from Prep/Extension  Any Other Level Appropriate Skills | Extended 1 leg stunts  2 ½ high Release Moves  Inversions  Any Other Level Appropriate Skills | Toe Touch  Kick Arch  Pike Arch  Single Full Twist  Tuck X  Any Other Level Appropriate Skills |
| 4 | Standing Tuck  Back Handspring Tuck  Back Handspring Series Tuck  Back handspring Series Layout  Jump back Handspring Tuck  Jump Back Handspring Series Tuck  Jump Back Handspring Layout  Jump Back Handspring Series Layout  Back Handspring Whip Back Handspring Layouts  Any Other Level Appropriate Standing Tumbling Passes | Round Off Layout  Round Off Back Handspring Layout  Round Off Back Handspring Layout step out  Front Walkover/Handspring through to Layout  Whip through to Tuck/Layout  Round Off Back Handspring step out to Round Off Back Handspring Layout  Punch Front through to Tuck  Punch Front through to Layout  Cartwheel Tuck  Any Other Level Appropriate Specialty Tumbling Passes (Fulls) | 1 ½ twisting transitions to Prep Level  Full Up to Extension/Platform  Release move from ground level to an Extended Position  Level Appropriate Tic Toc style transitions (Hi to Low)  Extended Inverted Stunts  Downward Inversions from Prep Level  Helicopter Release Moves  Toss Extension/1 leg stunt variation  Back Handspring Release Move to Extended Position  Full twisting dismount from a 1 leg stunt  Full twisting transition to Extension/at Extension  Double Full Twist dismount from Prep/Extension  Any Other Level Appropriate Skills | 2 arm Braced Flips  Non-inverted Release Moves  Inversions above Prep Level  Leap Frogs  Twisting Transitions to Extended Stunts  Any Other Level Appropriate Skills | Kick Fulls  Double Fulls  Pike X  Switch Kicks  Toe Touch Full  Full Toe Touch  Full Kick  Any Other Level Appropriate Skills |
| 5 | Standing Full  Jump Standing Full  Back Handspring Full  Back Handspring Series Full  Jump Back Handspring Full  Jump Back Handspring Series Full  Back Handspring Series Double  Jump Back Handspring Series Double  Back Handspring Series Whip/Full/Double Back Handspring Full/Double  Any Other Level Appropriate Standing Tumbling Passes | Round Off Full  Round Off Back Handspring Full  Front Walkover/Handspring through to Full  Round Off Back Handspring step out through to full  Round Off Arabian  Round Off Arabian Forward Roll  Cartwheel Full  Punch Front through to Full  Round Off Double  Round Off Back Handspring Double  Whip through to Full/Double  Punch Front through to Full/Double  Arabian through to Full/Double  Whip Punch Full/Double  1 ½ through to Full/Double  Full/Double through to Full/Double  Any Other Level Appropriate Specialty Tumbling Passes | Full up to Extended 1 leg stunt  1 ¼ or 1 ½ up to Extended Position  Double Up to Extended Position  Inverted Release Move from Sponge or Prep Level to an Extended Position  Front Handspring Release ½ twist to an Extended Position  Prep Level Release Moves to Extended Position (Low to High Tic Toc)  Extended Release Moves to Extended Position (High to High Tic Toc)  Prep Level Release Moves to Extended Position with ¼ twist or more (Low to High Tic Toc)  Extended Release Moves to Extended Position with ¼ twist or more (High to High Tic Toc)  ½ to Full Twisting Extended Release Moves  Twisting Helicopter Release Moves  Downward inversions from Extended Position  Toss twisting stunts to an Extended Position Double Full Twisting Dismount from 1 leg stunt  Any Other Level Appropriate Skills | 1 Arm Braced Flips  Twisting Braced Flips  Double Twisting Transitions  Arabian Braced Flips  Braced Flips that change bases  Vault Overs  Any Other Level Appropriate Skills | Kick Double Fulls  Hitch Kick Fulls  Switch Kick Fulls  Hitch Kick Doubles  Switch Kick Doubles  Full Kick Fulls Toe Touch Doubles  Switch Kick Full Kick Full  Ball Open double Full  Double p Pike Arch  Full Hitch Kick Full  Any Other Level Appropriate Skills |
| 6 | “ “ | *“ “* | Free Flipping Rewind to Extended Position or below  Free Flipping Dismount  Inverted Release Moves with ¼ twist or more  Any Other Level Appropriate Skills | Transitioning to a 2 ½ high structure  Inverted transitions to a 2 ½ high structure  Twisting transitions into a 1 ½ high structure  Any Other Level Appropriate Skills | Tucks  Layouts  Layout Full Layout Double Full  X Out Full  Split Full  Arabian 1 ½  Pike Open Double Full  Any Other Level Appropriate Skills |