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 RollBackward RollFront WalkoverBack WalkoverCartwheelBW Switch LegAny Other Level Appropriate Standing Tumbling Passes | CartwheelRound OffFront WalkoverBack WalkoverCartwheel Back WalkoverAny Other Level Appropriate Specialty Tumbling Passes | Shoulder SitStraddle SitFlat BackChairPrep Level Show-N-Go1 leg stunt below Prep level¼ twisting transitionsGround Level InversionsPrepLevel Appropriate Tic Toc style transitionsStep DownStraight CradleAll Other dismount variationsAny Other Level Appropriate Skills | All transitions changing level and/or position level appropriateAny Other Level Appropriate Skills |  |
| 2 | Back HandspringSpecialty Back HandspringBack Walkover Back HandspringAny Other Level Appropriate Standing Tumbling Passes | Round Off Back HandspringRound Off Back Handspring SeriesFront Walkovers/Handsprings through to Round Off Back HandspringRound Off Back Handspring step out Round Off Back HandspringAny Other Level Appropriate Specialty Tumbling Passes | ExtensionSingle Leg Prep½ up Single Leg Prep Level½ up Prep-ExtensionInversion to Prep/ExtensionLog or Barrel RollExtended Level PendulumLeap Frog1/4 Twisting DismountAny Other Level Appropriate Skills | Extended 1 leg stunts½ turn transitionsLog RollsInversions into StuntsAny Other Level Appropriate Skills | Straight RidesPretty Girls |
| 3 | Back Handspring SeriesJump back HandspringJump Back Handspring SeriesAny Other Level Appropriate Standing Tumbling Passes | Round Off TuckRound Off Back Handspring TuckPunch FrontRound Off Back Handspring step out Round Off TuckAny Other Level Appropriate Specialty Tumbling Passes | Suspended Front Flips Suspended Front Flip TwistSingle Leg Extended StuntsFull Twisting transition to Prep Level or BelowFull Twisting transition at Prep Level½ Up to Extended 1 leg stuntRelease Move to Prep or belowLevel Appropriate Tic Toc style transitionsInversion to Extended 1 leg stuntDownward Inversion below Prep LevelStraight Cradle from Extended 1 leg¼ twisting discount from Extended 1 let stuntFull twisting dismounts from Prep/ExtensionAny Other Level Appropriate Skills | Extended 1 leg stunts2 ½ high Release MovesInversionsAny Other Level Appropriate Skills | Toe TouchKick ArchPike ArchSingle Full TwistTuck XAny Other Level Appropriate Skills |
| 4 | Standing TuckBack Handspring TuckBack Handspring Series TuckBack handspring Series LayoutJump back Handspring TuckJump Back Handspring Series TuckJump Back Handspring LayoutJump Back Handspring Series LayoutBack Handspring Whip Back Handspring LayoutsAny Other Level Appropriate Standing Tumbling Passes | Round Off LayoutRound Off Back Handspring LayoutRound Off Back Handspring Layout step outFront Walkover/Handspring through to LayoutWhip through to Tuck/LayoutRound Off Back Handspring step out to Round Off Back Handspring LayoutPunch Front through to TuckPunch Front through to LayoutCartwheel TuckAny Other Level Appropriate Specialty Tumbling Passes (Fulls) | 1 ½ twisting transitions to Prep LevelFull Up to Extension/PlatformRelease move from ground level to an Extended PositionLevel Appropriate Tic Toc style transitions (Hi to Low)Extended Inverted StuntsDownward Inversions from Prep LevelHelicopter Release MovesToss Extension/1 leg stunt variationBack Handspring Release Move to Extended PositionFull twisting dismount from a 1 leg stuntFull twisting transition to Extension/at ExtensionDouble Full Twist dismount from Prep/ExtensionAny Other Level Appropriate Skills | 2 arm Braced FlipsNon-inverted Release MovesInversions above Prep LevelLeap FrogsTwisting Transitions to Extended StuntsAny Other Level Appropriate Skills | Kick FullsDouble FullsPike XSwitch KicksToe Touch FullFull Toe TouchFull KickAny Other Level Appropriate Skills |
| 5 | Standing FullJump Standing FullBack Handspring FullBack Handspring Series FullJump Back Handspring FullJump Back Handspring Series FullBack Handspring Series DoubleJump Back Handspring Series DoubleBack Handspring Series Whip/Full/Double Back Handspring Full/DoubleAny Other Level Appropriate Standing Tumbling Passes | Round Off FullRound Off Back Handspring FullFront Walkover/Handspring through to FullRound Off Back Handspring step out through to fullRound Off ArabianRound Off Arabian Forward RollCartwheel FullPunch Front through to FullRound Off DoubleRound Off Back Handspring DoubleWhip through to Full/DoublePunch Front through to Full/DoubleArabian through to Full/DoubleWhip Punch Full/Double1 ½ through to Full/DoubleFull/Double through to Full/DoubleAny Other Level Appropriate Specialty Tumbling Passes | Full up to Extended 1 leg stunt1 ¼ or 1 ½ up to Extended PositionDouble Up to Extended PositionInverted Release Move from Sponge or Prep Level to an Extended PositionFront Handspring Release ½ twist to an Extended PositionPrep 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 MovesTwisting Helicopter Release MovesDownward inversions from Extended PositionToss twisting stunts to an Extended Position Double Full Twisting Dismount from 1 leg stuntAny Other Level Appropriate Skills | 1 Arm Braced FlipsTwisting Braced FlipsDouble Twisting TransitionsArabian Braced FlipsBraced Flips that change basesVault OversAny Other Level Appropriate Skills | Kick Double FullsHitch Kick FullsSwitch Kick FullsHitch Kick DoublesSwitch Kick DoublesFull Kick Fulls Toe Touch DoublesSwitch Kick Full Kick FullBall Open double FullDouble p Pike ArchFull Hitch Kick FullAny Other Level Appropriate Skills |
| 6 | “ “  | *“ “* | Free Flipping Rewind to Extended Position or belowFree Flipping DismountInverted Release Moves with ¼ twist or moreAny Other Level Appropriate Skills | Transitioning to a 2 ½ high structureInverted transitions to a 2 ½ high structureTwisting transitions into a 1 ½ high structureAny Other Level Appropriate Skills | TucksLayoutsLayout Full Layout Double FullX Out FullSplit FullArabian 1 ½Pike Open Double FullAny Other Level Appropriate Skills |