



2026 - 2027 TOP ELITE SCORING SYSTEM

BUILDING DIFFICULTY - ALL GIRL TEAMS LEVEL 1-3

Updated 08/17/2026

BUILDING QUANTITY CHART (Stunts & Tosses)				STUNT DIFFICULTY - MAX BASELINE POINTS: 7.6 Stunt skills will only receive credit if they show control through the pop or transition to another skill.	
No. of Athletes	Majority	Most	Max	5.0	Stunts performed do not meet the requirements listed below
5-11	1	1	2	6.0	Two (2) level appropriate skills performed by Most.
12-15	1	2	3	6.6	One (1) elite skill performed by Most and Two (2) level appropriate skills by Most.
16-19	2	3	4	6.8	One (1) elite skill performed by Most and Three (3) level appropriate skills by Most.
20-23	3	4	5	7.0	Two (2) elite skills performed by Most and Two (2) level appropriate skills performed by Most.
24-32	4	5	6	7.2	Three (3) elite skills performed by Most and One (1) level appropriate skills performed by Most.
				7.4	Four (4) elite skills performed by Most.
				7.6	One (1) elite skill performed by Max and Three (3) elite skills performed by Most.
				*All Skills performed must be different-Repeated skills will not count toward Stunt Difficulty Score. Skills must be synchronized or rippled in order to earn credit for Stunt Difficulty.	

STUNT BASELINE BOOSTERS- MAX POINTS: 0.4 Points in addition to baseline score.	
Degree of Difficulty	
0.0 - 0.2	Stunts will be assessed according to their variety of elements and the complexity and combinations of the skills used throughout the routine. *Refer to Degree of Difficulty Chart for further breakdown of this booster.
Pace & Flow	
0.0	Skills did not show continuous movement, fluid connections or acceptable pace.
0.1	Skills executed at a moderate pace with continuous transitions in and out.
0.2	Skills executed at a quick/appropriate pace while showing seamless transitions in and out.

BUILDING CHOREOGRAPHY/PRESENTATION - MAX POINTS: 4				
Not Shown	Low	Moderate	High	Specific Drivers
0.0	1.0 - 1.3	1.4 - 1.7	1.8 - 2.0	Use of visual and creative elements in building skills/transitions.
0.0	1.0 - 1.3	1.4 - 1.7	1.8 - 2.0	Confident performance/entertainment value during building skills and transitions.



2026 - 2027 TOP ELITE SCORING SYSTEM

BUILDING DIFFICULTY - COED TEAMS - SENIOR LEVELS 3

Updated 08/17/2026

BUILDING QUANTITY CHART (Stunts & Tosses)

# of Athletes	Majority	Most	Max
5-11	1	1	2
12-15	1	2	3
16-19	2	3	4
20-23	3	4	5
24-32	4	5	6

COED QUANTITY CHART (SENIOR LEVEL 3, 4, 5)

# Of Males on Team	# of Stunts
1 or More	1

STUNT DIFFICULTY - MAX BASELINE POINTS: 7.6

Stunt skills will only receive credit if they show control through the pop or transition to another skill.

5.0	Stunts performed do not meet the requirements listed below
6.0	Two (2) level appropriate skills performed by Most.
6.4	One (1) elite skill performed by Most and Two (2) level appropriate skills by Most.
6.6	One (1) elite skill performed by Most and Three (3) level appropriate skills by Most.
6.8	Two (2) elite skills performed by Most and Two (2) level appropriate skills performed by Most.
7.0	Three (3) elite skills performed by Most and One (1) level appropriate skills performed by Most.
7.2	Four (4) elite skills performed by Most.
7.4	One (1) elite skill performed by Max and Three (3) elite skills performed by Most.

COED STYLE STUNT

0.1	Level Appropriate Coed Style Stunt
0.2	Elite Level Appropriate Coed Style Stunt

*All Skills performed must be different-Repeated skills will not count toward Stunt Difficulty Score.
Skills must be synchronized or rippled in order to earn credit for Stunt Difficulty.

STUNT BASELINE BOOSTERS- MAX POINTS: 0.4

Points in addition to baseline score.

Degree of Difficulty

0.0 - 0.2	Stunts will be assessed according to their variety of elements and the complexity and combinations of the skills used throughout the routine. *Refer to Degree of Difficulty Chart for further breakdown of this booster.
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Pace & Flow

0.0	Skills did not show continuous movement, fluid connections or acceptable pace.
0.1	Skills executed at a moderate pace with continuous transitions in and out.
0.2	Skills executed at a quick/appropriate pace while showing seamless transitions in and out.

BUILDING CHOREOGRAPHY/PRESENTATION - MAX POINTS: 4

Not Shown	Low	Moderate	High	Specific Drivers
0.0	1.0 - 1.3	1.4 - 1.7	1.8 - 2.0	Use of visual and creative elements in building skills/transitions.
0.0	1.0 - 1.3	1.4 - 1.7	1.8 - 2.0	Confident performance/entertainment value during building skills and transitions.



2026 - 2027 TOP ELITE SCORING SYSTEM

BUILDING DIFFICULTY - ALL GIRL TEAMS LEVEL 4-7

Updated 08/17/2026

BUILDING QUANTITY CHART (Stunts & Tosses)

No. of Athletes	Majority	Most	Max
5-11	1	1	2
12-15	1	2	3
16-19	2	3	4
20-23	3	4	5
24-31	4	5	6
32+	5	6	7

STUNT DIFFICULTY - MAX BASELINE POINTS: 7.4

Stunt skills will only receive credit if they show control through the pop or transition to another skill.

5.0	Stunts performed do not meet the requirements listed below
6.6	One (1) level appropriate skills by Most
6.8	Two (2) level appropriate skills performed by Most
7.0	Three (3) level appropriate skills performed by Most
7.2	Four (4) level appropriate skills performed by Most
7.4	One (1) level appropriate skill performed by Max and Three (3) level appropriate skills performed by Most
*All Skills performed must be different-Repeated skills will not count toward Stunt Difficulty Score. Skills must be synchronized or rippled in order to earn credit for Stunt Difficulty.	

STUNT BASELINE BOOSTERS- MAX POINTS: 0.6

Points in addition to baseline score.

Degree of Difficulty

0.0 - 0.4	Stunts will be assessed according to their variety of elements and the complexity and combinations of the skills used throughout the routine. *Refer to Degree of Difficulty Chart for further breakdown of this booster.
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Pace & Flow

0.0	Skills did not show continuous movement, fluid connections or acceptable pace.
0.1	Skills executed at a moderate pace with continuous transitions in and out.
0.2	Skills executed at a quick/appropriate pace while showing seamless transitions in and out.

BUILDING CHOREOGRAPHY/PRESENTATION - MAX POINTS: 4

Not Shown	Low	Moderate	High	Specific Drivers
0.0	1.0 - 1.3	1.4 - 1.7	1.8 - 2.0	Use of visual and creative elements in building skills/transitions.
0.0	1.0 - 1.3	1.4 - 1.7	1.8 - 2.0	Confident performance/entertainment value during building skills and transitions.



2026 - 2027 TOP ELITE SCORING SYSTEM

BUILDING DIFFICULTY - COED TEAMS - SENIOR LEVELS 4 - 7 Updated 08/17/2026

BUILDING QUANTITY CHART (Stunts & Tosses)			
# of Athletes	Majority	Most	Max
5-11	1	1	2
12-15	1	2	3
16-19	2	3	4
20-23	3	4	5
24-31	4	5	6
32+	5	6	7
COED QUANTITY CHART ** (Level 6-7 ONLY)			
# of Males on Team	# of Stunts		
1-3	1		
4-5	2		
6-7	3		
8-9	4		
10-11	5		
12-13	6		
14-19	7		

STUNT DIFFICULTY - MAX BASELINE POINTS: 7.4	
Stunt skills will only receive credit if they show control through the pop or transition to another skill.	
5.0	Stunts performed do not meet the requirements listed below
6.4	One (1) level appropriate skills performed by Most.
6.6	Two (2) level appropriate skills by Most.
6.8	Three (3) level appropriate skills by Most.
7.0	Four (4) level appropriate skills performed by Most.
7.2	One (1) level appropriate skill performed by Max and Three (3) level appropriate skills performed by Most
Coed Style Stunt	
0.1	Level Appropriate Coed Style Stunt
0.2	Elite Level Appropriate Coed Style Stunt
*All Skills performed must be different - Repeated skills will not count toward Stunt Difficulty Score. Skills must be synchronized or rippled in order to earn credit for Stunt Difficulty.	
COED QUANTITY CHART (SENIOR LEVEL 3, 4, 5)	
# of Males on Team	# of Stunts
1 or More	1

STUNT BASELINE BOOSTERS- MAX POINTS: 0.6	
Points in addition to baseline score.	
Degree of Difficulty	
0.0 - 0.4	Stunts will be assessed according to their variety of elements and the complexity and combinations of the skills used throughout the routine. *Refer to Degree of Difficulty Chart for further breakdown of this booster.
Pace & Flow	
0.0	Skills did not show continuous movement, fluid connections or acceptable pace.
0.1	Skills executed at a moderate pace with continuous transitions in and out.
0.2	Skills executed at a quick/appropriate pace while showing seamless transitions in and out.

BUILDING CHOREOGRAPHY/PRESENTATION - MAX POINTS: 4				
Not Shown	Low	Moderate	High	Specific Drivers
0.0	1.0 - 1.3	1.4 - 1.7	1.8 - 2.0	Use of visual and creative elements in building skills/transitions.
0.0	1.0 - 1.3	1.4 - 1.7	1.8 - 2.0	Confident performance/entertainment value during building skills and transitions.



2026 - 2027 TOP ELITE SCORING SYSTEM

PYRAMID & TOSS DIFFICULTY

Updated 08/17/2026

Pyramid Quantity Chart (Refers to Pyramid ONLY)					PYRAMID DIFFICULTY - MAX BASELINE POINTS: 7.2	
# of Athletes	Majority	Most	Max	Max +	0.0	Pyramid skills and/or structures performed did not meet criteria for scores listed below.
5-11	2	2	2	3	1.0	Did not meet the requirement of pyramid difficulty.
12-15	2	2	2	4	5.0	Two (2) different level appropriate skills. One (1) structure performed by Most.
16-19	2	3	4	5	6.0	Two (2) different level appropriate skills. Two (2) structure performed by Most.
20-23	3	4	5	6	6.6	Three (3) different level appropriate skills performed. Two (2) structures performed by Most.
24-31	4	5	6	7	6.8	Four (4) different level appropriate skills performed. Two (2) structures performed by Most.
32 +	5	6	7	8	7.0	Four (4) different level appropriate skills. Two (2) structures performed by Max
					7.2	Four (4) different level appropriate skills. One (1) structure performed by Max and One (1) Structure performed by Max+

PYRAMID BASELINE BOOSTERS- MAX POINTS: 0.8 Points in addition to baseline score.				
Not Shown	Low	Moderate	High	Specific Drivers
0.0	0.2	0.3	0.4	Incorporation of elite stunt skills and level appropriate pyramid skills by multiple groups.
0.0	0.2	0.3	0.4	Pace/Flow - Skills executed at a quick/appropriate pace while showing a seamless transitions in and out of skills
Low - The pyramid shows minimal or no evidence of the specific driver(s), either throughout the overall sequence or within particular sections of the pyramid.				
Moderate - The pyramid shows a noticeable but not consistent use of the specific driver(s), either throughout the overall sequence or within particular sections of the pyramid.				
High - The pyramid demonstrates a strong, consistent, and intentional use of the specific driver(s) throughout the entire sequence.				

TOSS DIFFICULTY - MAX POINTS: 4 Level 1 and Mini Level 2 must execute a Show & Go that passes to/above prep level with a traditional basket or extension grip while maintaining contact with the flyer. Credit will be given for Tiny and Mini teams if a prep level Show & Go is executed.	
2.0	Majority of the team performed a non level appropriate toss rippled or synchronized in the same section.
3.0	Less than Majority of the team performed a level appropriate toss rippled or synchronized in the same section
3.5	Majority of the team performed a level appropriate toss not rippled or synchronized, but cumulative throughout the routine.
4.0	Majority of the team performed a level appropriate toss rippled or synchronized in the same section. (Level 1/Mini 2 teams are only required to execute a one (1) show and go for this score. Majority is not required for these teams)

Same section : single portion of the routine where skills form a skill set (Primary Stunts, Pyramids, Secondary Stunts, Standing Tumbling, Running Tumbling, Jumps) are performed.

Level 1: - Show & Go must not twist or travel. They must start and end in the same load/sponge position.

Jump / Tumbling Quantity Chart			
# of Athletes	Majority	Most	Max
5-11	4	5	6
12-15	5	6	8
16-19	6	8	12
20-23	8	10	16
24-32	10	12	20
Teams with less than 6 members, 100% of team must perform skill to reach Max quantity.			

JUMP DIFFICULTY - MAX POINTS: 2				
0.0	Less than Majority of the team performs an advanced jump.			
0.5	Majority of the team performs one (1) advanced jump.			
1.0	Most of the team performs one (1) advanced jump.			
1.5	Most of the team performs two (2) synchronized advanced jumps that show variety.			
2.0	Most of the team performs total of three (3) synchronized advanced jumps that show variety, two (2) of which need to be connected.			
Tiny/Mini: Most of the team performs three (3) advanced jumps must be synchronized, but do not need to be connected or include a variety. Jumps must use a whip approach to be considered connected. Whip approach: continuous movement through swing connecting 2 or more jumps.				
TUMBLING CHOREOGRAPHY/PRESENTATION - MAX POINTS 4.0				
Not Shown	Low	Moderate	High	Specific Drivers
0.0	1.0 - 1.3	1.4 - 1.7	1.8 - 2.0	Innovative formations and use of the floor throughout routine.
0.0	1.0 - 1.3	1.4 - 1.7	1.8 - 2.0	Confident performance during tumbling sections throughout routine.

STANDING TUMBLING DIFFICULTY - MAX BASELINE POINTS: 7.7	
5.0	Less than Majority of the team performs a level appropriate pass.
6.8	Majority of the team performs a level appropriate pass
7.0	Most of the team performs a level appropriate pass.
7.2	Max of the team performs a level appropriate pass.
7.4	Majority of the team performs an elite level appropriate pass.
7.6	Most of the team performs an elite level appropriate pass.
VARIETY OF PASSES	
0.1	Multiple types of passes are demonstrated in the routine. Passes do not have to be level appropriate; above-level skills are subject to deduction.

RUNNING TUMBLING DIFFICULTY - MAX BASELINE POINTS: 7.7	
5.0	Less than the majority of the team performs a level appropriate pass.
6.6	Majority of the team performs a level appropriate pass.
6.8	Most of the team performs a level appropriate pass.
7.0	Max of the team performs a level appropriate pass.
7.2	Majority of the team performs an elite level appropriate pass.
7.4	Most of the team performs an elite level appropriate pass.
7.6	Max of the team performs an elite level appropriate pass.
VARIETY OF PASSES	
0.1	Multiple types of passes are demonstrated in the routine. Passes do not have to be level appropriate; above-level skills are subject to deduction.

STANDING TUMBLING BASELINE BOOSTERS- MAX POINTS: 0.3	
Standing Tumbling Innovation	
0.0 - 0.1	Passes demonstrate creative elements or unique skill combinations.
Degree of Difficulty	
0.0 - 0.2	Complexity of level-specific skills, considering the number and range of skills utilized within the pass.

RUNNING TUMBLING BASELINE BOOSTERS- MAX POINTS: 0.3	
Running Tumbling Innovation	
0.0 - 0.1	Passes demonstrate creative elements or unique skill combinations.
Degree of Difficulty	
0.0 - 0.2	Complexity of level-specific skills, considering the number and range of skills utilized within the pass.



2026 - 2027 TOP ELITE SCORING SYSTEM

LEVELS 4 - 7 TUMBLING

Updated 08/17/2026

Jump / Tumbling Quantity Chart

# of Athletes	Majority	Most	Max
5-11	4	5	6
12-15	5	6	8
16-19	6	8	12
20-23	8	10	16
24-31	10	12	20
32 +	12	16	24
Teams with less than 7 members, 100% of team must perform skill to reach Max quantity.			

JUMP DIFFICULTY - MAX POINTS: 2

0.0	Less than Majority of the team performs an advanced jump.
0.5	Majority of the team performs one (1) advanced jump.
1.0	Most of the team performs one (1) advanced jump.
1.5	Most of the team performs two (2) synchronized advanced jumps that show variety.
2.0	Most of the team performs total of three (3) synchronized advanced jumps that show variety, two (2) of which need to be connected.
Tiny/Mini: Most of the team performs three (3) advanced jumps must be synchronized, but do not need to be connected or include a variety. Jumps must use a whip approach to be considered connected. Whip approach: continuous movement through swing connecting 2 or more jumps.	

TUMBLING CHOREOGRAPHY/PRESENTATION - MAX POINTS 4.0

Not Shown	Low	Moderate	High	Specific Drivers
0.0	1.0 - 1.3	1.4 - 1.7	1.8 - 2.0	Innovative formations and use of the floor throughout routine.
0.0	1.0 - 1.3	1.4 - 1.7	1.8 - 2.0	Confident performance during tumbling sections throughout routine.

STANDING TUMBLING DIFFICULTY - MAX BASELINE POINTS: 7.5

7.0	Less than Majority of the team performs a level appropriate pass.
7.2	Majority of the team performs a level appropriate pass.
7.4	Most of the team performs a level appropriate pass.
VARIETY OF PASSES	
0.1	Multiple types of passes are demonstrated in the routine. Passes do not have to be level appropriate; above-level skills are subject to deduction.

RUNNING TUMBLING DIFFICULTY - MAX BASELINE POINTS: 7.5

6.0	Less than the majority of the team performs a level appropriate pass.
7.0	Majority of the team performs a level appropriate pass.
7.2	Most of the team performs an elite level appropriate pass.
7.4	Max of the team performs an elite level appropriate pass.
VARIETY OF PASSES	
0.1	Multiple types of passes are demonstrated in the routine. Passes do not have to be level appropriate; above-level skills are subject to deduction.

STANDING TUMBLING BASELINE BOOSTERS- MAX POINTS: 0.5

Standing Tumbling Innovation	
0.0 - 0.1	Passes demonstrate creative elements or unique skill combinations.
Degree of Difficulty	
0.0 - 0.4	Complexity of level-specific skills, considering the number and range of skills utilized within the pass.

RUNNING TUMBLING BASELINE BOOSTERS- MAX POINTS: 0.5

Running Tumbling Innovation	
0.0 - 0.1	Passes demonstrate creative elements or unique skill combinations.
Degree of Difficulty	
0.0 - 0.4	Complexity of level-specific skills, considering the number and range of skills utilized within the pass.



2026 - 2027 TOP ELITE SCORING SYSTEM

ROUTINE & DANCE

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ROUTINE COMPOSITION/PRESENTATION - MAX POINTS: 2

Not Shown	Low	Average	High	Exceptional	Specific Drivers
0.0	0.2	0.3	0.4	0.5	Continuous flow in transitions.
0.0	0.2	0.3	0.4	0.5	Visual, engaging and entertaining.
0.0	0.2	0.3	0.4	0.5	Confidence in execution of routine.
0.0	0.2	0.3	0.4	0.5	Precise spacing and formations.

Points are combined to determine the final score.

DANCE - MAX POINTS: 2

Not Shown	Low	Average	High	Exceptional	Specific Drivers
0.0	0.2	0.3	0.4	0.5	Pace, flow, and transitions.
0.0	0.2	0.3	0.4	0.5	Performance and engagement.
0.0	0.2	0.3	0.4	0.5	Level changes and intricate movements.
0.0	0.2	0.3	0.4	0.5	Precise motions and synchronization.

Points are combined to determine the final score.



Updated 08/17/2026

2026 - 2027 TOP ELITE SCORING SYSTEM

ADDITIONAL INFORMATION

ADDITIONAL STUNT/PYRAMID INFORMATION

- Body Positions: Stretch, Bow and Arrow, Arabesque, Scale and Scorpion.
- Lib, torch, hitch, and platform are not considered body positions.
- Release style stunts must be free of contact from the bottom of the foot to count towards difficulty credit as a release style skill
- Pyramid structures consist of two or more stunts connected to one another
- When Most/Max is used in the pyramid difficulty chart, it is only referring to the structures.
- Building Skills will get Stunt or Pyramid difficulty credit. They will not count in both categories at the same time. If the stunt is going to connect to another stunt, it will count as a pyramid skill.
- Refer to Rules Glossary for additional definition of skills - (Inversion, Tic Tok, Twist, Release Move, Release Style, Bracer, Etc)
- Must be fully released from all athletes on the performing surface to be considered a dismount. - **Stunts that are not fully released from bases are always considered transitions.**

STUNT DIFFICULTY COED CREDIT

Only skills listed under Coed Style Level Appropriate Skills list will count.

Rippled or synchronized in the same sections without recycling athletes.

Stunts must be held for 4 counts. Counts begin once the stunt hits the intended level.

Coed stunts must dismount to the performance floor to receive full credit.

Coed stunts that become part of a pyramid will not receive Coed credit.

COED STYLE

Based on a group of 3 (Base, Flyer & Support Person)

Entry must be a Toss or Walk-in

Base must be directly under the stunt

Base and Support Person cannot be chest to chest

Only 1 Coed Style Stunt is required for Levels 3-5

Coed Style Stunt counts towards the requirement regardless of the gender of the athletes performing the stunt.

ADDITIONAL TUMBLING INFORMATION

L1 - Cartwheel does not get standing tumbling credit.

Pauses, Steps, or Cleans between skills will not count as connected skills.

Tumbling passes must land on feet **ONLY** to receive level appropriate difficulty credit (ex: Jump 3/4 front flip to seat, back handsprings which lands in a prone position would not count)

Jumps within a pass will not break up the pass (ex: Toe Touch - BHS - Toe Touch - BHS is 1 pass in L3)

T-Jumps are not considered a jump and will break up a pass into two separate passes.

Skills that are not required to be synchronized may be cumulative to meet a difficulty requirement.

Skills that are illegal for a lower level do not automatically make them a Level Appropriate Skill for a higher level.

L2 - No L1 skills out of a round-off that are illegal in L1 will count for level appropriate credit.

L3 - No L2 skills out of BHS-stepout 1/2-turn that are illegal in L2 will count for level appropriate credit

L4 - Punch front forward roll will not count for level appropriate credit.

L5 - Not all L4 skills out of a standing tuck that are illegal in L4 will count for level appropriate credit (ex: BHS -Tuck - BHS or Tuck - BHS)

ADDITIONAL JUMP INFORMATION

Jump skills must land on feet to be receive difficulty credit (Ex: jumps that land on knee(s) or seat would not count)

Advanced Jumps: Pike, Right/Left Hurdler (Front or Side), Toe Touch

Jumps must use a whip approach to be considered connected. Whip approach: continuous movement through swing connecting 2 or more jumps.

OBJECTIVE VS. SUBJECTIVE SCORES

Subjective scores are assessments made by judges or officials based on their personal interpretation rather than objective, quantifiable measurements. Unlike objective scores that are determined by clear, measurable criteria, subjective scoring relies on the judges' observation and evaluation of the performance. The subjective areas of the scoresheet add an element of artistry and interpretation from the judge that is scoring the team.

Objective scoring areas include the Baseline Scores, Jump Difficulty, and Toss Difficulty. Subjective scoring areas include Baseline Boosters, Choreography/Presentation, and Routine & Dance.



Updated 08/17/2026

2026 - 2027 TOP ELITE SCORING SYSTEM

TECHNIQUE

STUNT / PYRAMID TECHNIQUE DRIVERS - MAX POINTS: 10				
**Stunt & Pyramid Technique are two separate scoring categories. Each category has a max of 10 points.				
Exceptional	Good	Average	Needs Work	Specific Drivers
0.0	0.2	0.4	0.6	Flyer
0.0	0.2	0.4	0.6	Bases / Support Persons
0.0	0.2	0.4	0.6	Transitions
0.0	0.2	0.4	0.6	Timing & Synchronization
Points are based on occurrence and removed from the maximum possible score.				

v. 08/13/2026

STUNT/PYRAMID TECHNIQUE DRIVER DEFINITIONS			
Including but not limited to			
Flyer	• Body control • Flexibility of body positions • Motion placement/accuracy • Uniformity among flyers	Bases/Support Persons	• Body control • Stability of the stunt • Technique in lifts and catches • Uniformity among groups
Transitions	• Entry • Dismount • Control throughout	Timing & Synchronization	• Timing of skills performed in groups or by the team at the same time

TOSS TECHNIQUE DRIVERS - MAX POINTS: 6				
Exceptional	Good	Average	Needs Work	Specific Drivers
0.0	0.2	0.4	0.6	Flyer (L1/M2 - Body Control/Arm Placement)
0.0	0.2	0.4	0.6	Bases / Support Persons (L1/M2 - Stance/Control)
0.0	0.2	0.4	0.6	Height (L1/M2 - Bases - Power and Speed)
0.0	0.2	0.4	0.6	Timing & Synch (L1/M2 - Flyer Load/Ending Position)
Points are based on occurrence and removed from the maximum possible score.				
Teams that perform one (1) toss will have 0.6 automatically subtracted from any driver category regardless of severity IF any driver should be deducted. A team can get a perfect score with 1 toss if the toss is impeccable.				

TOSS TECHNIQUE DRIVER DEFINITIONS			
Including but not limited to			
Flyer	• Body control • Consistent execution of skill • Legs straight / toes pointed • Arm placement	Bases / Support Person	• Use of arms/legs to throw together • Solid stance • Controlled • Cradle
Timing & Synchronization	• Timing of skills performed in groups or by the team at the same time	Height	• Distance between flyers feet and support persons hands

TUMBLING TECHNIQUE DRIVERS - MAX POINTS: 10				
**Standing & Running Tumbling Technique are two separate scoring categories. Each category has a max of 10 points.				
Exceptional	Good	Average	Needs Work	Specific Drivers
0.0	0.2	0.4	0.6	Approach
0.0	0.2	0.4	0.6	Landings
0.0	0.2	0.4	0.6	Body Control
0.0	0.2	0.4	0.6	Timing & Synchronization
Points are based on occurrence and removed from the maximum possible score.				

TUMBLING TECHNIQUE DRIVER DEFINITIONS			
Including but not limited to			
Approach	• Arm placement into a pass/skill • Body positioning at initiation of skill • Chest placement • Connection of pass/skills	Landings	• Controlled • Legs/feet together • Chest placement • Completion of skills
Body Control	• Head placement • Arm/shoulder placement in skills • Hips • Leg placement in skills • Absorbing appropriately between skills	Timing & Synchronization	• Timing of skills performed in groups or by the team at the same time

TUMBLING TECHNIQUE DRIVERS - MAX POINTS: 4				
Exceptional	Good	Average	Needs Work	Specific Drivers
0.0	0.1	0.2	0.3	Approach (Swing)
0.0	0.1	0.2	0.3	Landings
0.0	0.1	0.2	0.3	Body Control
0.0	0.1	0.2	0.3	Timing & Synchronization
Points are based on occurrence and removed from the maximum possible score.				

JUMP TECHNIQUE DRIVER DEFINITIONS			
Including but not limited to			
Approach	• Arm placement into a jump • Swing/prep • Chest placement • Flow of connected jumps	Landings	• Controlled • Legs/feet together • Chest placement • Jump completion • Landing on feet
Body Control	• Head placement • Arm/shoulder placement • Hips/Height • Leg placement/positioning/height • Pointed toes	Timing & Synchronization	• Timing of skills performed in groups or by the team at the same time



Updated 08/17/2026

2026 - 2027 TOP ELITE SCORING SYSTEM

LEVEL 1 SKILLS

Tumbling combinations listed below are EXAMPLES and are NOT an all-inclusive list. Only the elite stunt skills listed in this document will receive elite skill credit.

LEVEL APPROPRIATE SKILLS	
STANDING TUMBLING	RUNNING TUMBLING
• Forward Roll • Straddle Roll • Backward Roll • Handstand • Handstand - Forward Roll • Backbend Kickover • Front Limber/Back Limber • Back Walkover • 1 Arm Back Walkover • Back Extension Roll	• Cartwheel • Round Off • Front Walkover • Cartwheel - Back Walkover • Front Walkover - Cartwheel • Front Walkover - Round Off

TOSS
NON-TWISTING
• Non-Release Show & Go to prep level or higher. Tiny & Mini teams can execute this skill AT prep level to receive toss credit without getting technique drivers deducted. Youth age and higher can get difficulty credit if executed at prep level but will also receive technique drivers if it is only executed at prep level.

ELITE LEVEL APPROPRIATE SKILLS	
STANDING TUMBLING	RUNNING TUMBLING
• Elite Level Skills include two (2) or more connected level appropriate skills. • A pause, clean, or step between skills will not count as connected skills. • Forward Roll - Forward Roll • Backward Roll - Backward Roll • Back Walkover - Back Walkover • Valdez - Back Walkover • Back Extension Roll - Back Walkover THE FOLLOWING SINGLE SKILL ELEMENTS ARE ALSO ELITE SKILLS: • Back Walkover Switch Leg • Valdez	• Elite Level Skills include three (3) or more connected level appropriate skills . • A pause, clean, or step between the skills will not count as connected skills. • Cartwheel - Cartwheel - Cartwheel • Cartwheel - Cartwheel - Round Off • Front Walkover - Cartwheel - Back Walkover (Variations)

TOSS
ADDITIONAL LEVEL 1 INFO
• Show & Go Requirement for Level 1 is not allowed to twist or travel. • Must start and stop in the load/sponge position. • This skill is replacing a toss, therefore it must resemble a toss section of a higher level routine.



2026 - 2027 TOP ELITE SCORING SYSTEM

LEVEL 1 SKILLS

Updated 08/17/2026

Tumbling combinations listed below are EXAMPLES and are NOT an all-inclusive list. Only the elite stunt skills listed in this document will receive elite skill credit.

LEVEL APPROPRIATE SKILLS		
STUNT INVERSION	STUNT RELEASE STYLE	STUNT TWISTING
No inversions are allowed in Level 1	•Release style from Floor/Waist Level to Prep Level (Lib or 2 foot stunt) •Tic Toe Below Prep level (Lib to Lib) •Prep Level Tic Tock (Lib to Lib) •Release style from Prep level to prep level •Switch up to waist level 1 leg stunt	• 1/4 Twisting transition to below prep level • 1/4 Twisting transition to ground level • 1/4 Twisting transition from prep level • 1/4 Twisting Transition AT prep level to prep level stunt

ELITE LEVEL APPROPRIATE SKILLS			
STUNT DISMOUNTS	STUNT RELEASE STYLE	STUNT TWISTING	STUNT - OTHER
• Straight cradle from prep level stunt.	• Tic Toe Below Prep level (Body Position to Body Position) • Prep Level Tic Tock (Lib to Body Position or Body Position to Lib) • Prep Level Tic Toe (Body Position to Body Position) • Switch Up from ground level to prep level body position • Tic Toe from 1 leg stunt at waist level to prep level body position	• 1/4 Twisting transition to prep from below prep level. (Prep = Flyer in an upright 2 foot stunt with feet under the hips. Straddle sits, shoulder sits, flat body positions, etc. do not count as a Prep (even if they are at Prep Level) • 1/4 Twisting transition from below prep level to prep level 1 leg stunt	• 1/4 Twisting Tic Toe at Prep Level • 1/4 Twisting Switch Up (Release from ground level to prep level) 1 leg stunt. • 1/4 Twisting Tic Toe at waist level - body position to body position. • 1/4 Twisting release from Waist Level to Prep Level 1 leg stunt. • 1/4 Twist release from prep level to prep level

*** All prep level single leg stunts require a hand/arm connection that is NOT the spotter.**

*** Stunts can not be released from all bases and spotter unless going to a cradle.**



2026 - 2027 TOP ELITE SCORING SYSTEM

LEVEL 2 SKILLS

Updated 08/17/2026

Tumbling combinations listed below are EXAMPLES and are NOT an all-inclusive list. Only the elite stunt skills listed in this document will receive elite skill credit.

LEVEL APPROPRIATE SKILLS		TOSS
STANDING TUMBLING	RUNNING TUMBLING	NON-TWISTING
• Back Handspring Variation • Back Handspring Step Out	• Cartwheel - BHS • RO - BHS • RO - BHS Step Out • Front Handspring	• Straight Ride Toss

ELITE LEVEL APPROPRIATE SKILLS		TOSS
STANDING TUMBLING	RUNNING TUMBLING	TWISTING
• Elite Level skills include two (2) or more connected skills, including at least one (1) level appropriate skill. • BWO Switch Leg - BHS • BHS Step Out - BWO - BHS • Valdez - BHS • Valdez - BHS Step Out • Back Extension Roll - Back Handspring • Back Walkover - Back Handspring • Back Walkover - Back Handspring Step Out	• Elite level skills include three (3) or more connected skills, including at least one (1) level appropriate skill. • CW- RO - BHS • RO - BHS Series • FWO - RO - BHS/BHS Series • RO - BHS - Rebound - RO - BHS THE FOLLOWING SINGLE SKILL ELEMENTS ARE ALSO ELITE SKILLS: • Flyspring/Bounder	• Not Allowed



2026 - 2027 TOP ELITE SCORING SYSTEM

LEVEL 2 SKILLS

Updated 08/17/2026

Tumbling combinations listed below are EXAMPLES and are NOT an all-inclusive list. Only the elite stunt skills listed in this document will receive elite skill credit.

LEVEL APPROPRIATE SKILLS				
STUNT INVERSION	STUNT RELEASE STYLE	STUNT TWISTING	STUNT - OTHER	STUNT - DISMOUNT
• Inversion from ground level to below prep level • Inversion from ground level to prep level	• Tic toe at prep level (lib to lib) • Tic toe at prep level (lib to body position/body position to lib) • Release style to prep level lib (switch up) • Release style from waist level to prep level lib • Barrel/Log Roll	• 1/2 twisting transition to below prep level • 1/2 twisting transition to prep level	• Prep level 1 leg stunt • Extension • Leap frog variations	• Straight cradle from prep level 1 leg stunt • Straight cradle from extended stunt

*** Stunts can not be released from all bases and spotter unless going to a cradle.**

ELITE LEVEL APPROPRIATE SKILLS				
STUNT INVERSION	STUNT RELEASE STYLE	STUNT TWISTING	STUNT - OTHER	STUNT - DISMOUNT
• Inversion from ground level to extended stunt • Inversion from ground level to prep level body position	• Tic toc at prep level (body position to body position) • Release style from ground level to prep level body position (switch up) • Release style from waist level to prep level body position	• 1/2 twisting transition to extended stunt • 1/2 twisting transition to prep level body position	• 1/2 twisting inversion to extended stunt • 1/2 twisting tic toe to prep level 1 leg stunt • 1/2 twisting inversion to prep level 1 leg stunt • 1/2 twisting release from prep to prep level body position.	• 1/4 Twisting dismount from prep level or higher to cradle

*** Stunts can not be released from all bases and spotter unless going to a cradle.**



2026 - 2027 TOP ELITE SCORING SYSTEM

LEVEL 3 SKILLS

Updated 08/17/2026

Tumbling combinations listed below are EXAMPLES and are NOT an all-inclusive list. Only the elite stunt skills listed in this document will receive elite skill credit.

LEVEL APPROPRIATE SKILLS		TOSS
STANDING TUMBLING	RUNNING TUMBLING	NON-TWISTING
• BHS Series (Only 2) • Jump - BHS • BWO - BHS Series	• Punch Front • RO - Tuck • Aerial	• Ball Open • Pretty Girl • Pike Open • Kick Arch • Ball-x • Toe Touch • Any 1 Skill Toss *An Arch is not an additional skill, and can be included with any of the above skills for this level.

ELITE LEVEL APPROPRIATE SKILLS		TOSS
STANDING TUMBLING	RUNNING TUMBLING	TWISTING
• Elite level skills include three (3) or more connected skills, including at least two (2) level appropriate skill connections . • BHS Series (3 or more) • Jump - BHS Series • Jump - BHS - Jump - BHS • BHS Series (3 or more) including a Step Out as one of the skills • BWO - BHS - Jump - BHS/BHS Series • Jump - BHS Series • BHS - Jump - BHS • BHS Step out - BWO - BHS Series **Must be an ADVANCED Jump**	• Elite level skills include any two connected level appropriate skills OR any level appropriate skill connected by a lower level running tumbling skill. • Front Handspring - Punch Front • FWO - Aerial • RO - BHS Step Out - 1/2 Turn - RO - BHS - Tuck • FWO - RO - BHS - Tuck • Bounder/Flyspring - RO - BHS - Tuck • Aerial/Punch Front connected to another Level Appropriate skill within 4 counts. THE FOLLOWING SINGLE SKILL ELEMENTS ARE ALSO ELITE SKILLS: • RO - BHS/Series - Tuck	• 1/2 twist • Full twist • 1 and 1/4 twist

Updated 08/17/2026

Tumbling combinations listed below are EXAMPLES and are NOT an all-inclusive list. Only the elite stunt skills listed in this document will receive elite skill credit.

LEVEL APPROPRIATE SKILLS				
STUNT INVERSION	STUNT RELEASE STYLE	STUNT TWISTING	STUNT - DISMOUNT	STUNT - OTHER
• Inversion below prep level • Inversion at prep level • Downward inversion from below prep level • Inversion from prep level or below to prep level	• Release to prep level or below • Tic Toe below prep level to below prep level • Tic Toe below prep level to prep level (lib to lib)	• 3/4 twisting transition to prep level 1 leg stunt • Full twisting transition below prep level • Full twisting transition to prep level or below • Full twist to/at prep level lib • 1/4 twist transition to extended 1 leg stunt	STUNT - COED	• Suspended roll with up to 1/2 twist • Extended 1 leg stunt • Full twisting tic tock (lib to lib) • Full twisting inversion to prep level or below
			• Straight cradle from extended level 1 leg stunt	
			• Any assisted coed style stunt is considered level appropriate • Unassisted prep level stunt	

ELITE LEVEL APPROPRIATE SKILLS				
STUNT INVERSION	STUNT RELEASE STYLE	STUNT TWISTING	STUNT - OTHER	STUNT - DISMOUNT
• Inversion to extended 1 leg stunt	• Tic toe prep level single leg to extended body position • Ball up or straddle up to prep level body position • Switch up from ground level to prep level body position • Release to prep level body position	• Full up to prep level body position • Full up to extended two leg stunt • 1/2 twisting transition to extended 1 leg stunt • Prep level full twisting transition to prep level body position	STUNT - COED	• 1/2 twisting inversion to extended 1 leg stunt • Full twisting inversion to prep level lib or body position • Full twisting from prep level lib foot position to prep level body position • Full twisting suspended forward roll
			• Full twisting dismount to cradle from prep level or higher	
			UNASSISTED : • Unassisted extended 2 leg stunt • Walk in hands press extended 1 leg stunt • Toss hands press extended 1 leg stunt • Walk in Extended 1 leg/1 arm stunt	



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LEVEL 4 SKILLS

Updated 08/17/2026

Tumbling combinations listed below are EXAMPLES and are NOT an all-inclusive list. Only the elite stunt skills listed in this document will receive elite skill credit.

LEVEL APPROPRIATE SKILLS		TOSS
STANDING TUMBLING	RUNNING TUMBLING	NON-TWISTING
• BHS Series - Back Tuck • Jump - BHS Series - Back Tuck • Jump - BHS - Back Tuck • BWO - Back Tuck • Standing Back Tuck • Jump - Back Handspring step out - Back Tuck • Back Extension Roll - Back Tuck • Back Handspring step out - Back Tuck • Back Handspring - Back Tuck • Valdez - Back Tuck • Onodi **Must be an ADVANCED Jump**	• Cartwheel - Back Tuck • RO - Layout • Round off - BHS - Layout • RO - BHS - Layout step out/X-Out/Switch Leg • Front Walkover - Round Off - BHS - Layout • Aerial - Back Tuck • Punch Front - Punch Front • RO - Whip - BHS - Tuck/Layout • RO - Whip - Tuck/Layout • RO - BHS - Whip - Layout/BHS - Layout • PF step out - RO - BHS - Whip - Layout OR BHS - Layout • PF step out - RO - BHS - Tuck/Layout • Front Handspring - PF step out- RO - BHS - Whip - Layout OR BHS - Layout • RO - Onodi - through to Tuck/Layout	• Ball kick • Pike-X • Hitch Kick • Switch Kick • Double Toe Touch • Any 2 Skill Toss <i>*An arch is not a skill and will not count as a 2nd skill for a toss.</i>
		TOSS
		TWISTING
		• Ball Full • Pike Full • Kick Full • Toe Touch Full • Full Up Toe Touch • Double Full

Updated 08/17/2026

Tumbling combinations listed below are EXAMPLES and are NOT an all-inclusive list. Only the elite stunt skills listed in this document will receive elite skill credit.

LEVEL APPROPRIATE SKILLS				
STUNT INVERSION	STUNT RELEASE STYLE	STUNT TWISTING	STUNT - DISMOUNT	STUNT - OTHER
- Extended inverted stunt - Released inversion from ground/prep level to below prep level - Released inversion from ground level to prep level or above - Released inversion from waist level to prep level or above - Released inversion from prep level to prep level or above	- Helicopter - Release from prep level to prep level - Release from ground level to extended level - Release from extended level to waist/prep level - Release from waist level to extended level - Release from prep level to extended level	1.5 twist to below prep level 1.5 twist to prep level 3/4 twist to extended level 1.5 twist at prep level - Full twist to extended 1 leg stunt - Full twist at extended level 1.5 twist to extension	- Full Twist from 1 leg stunt - Double twist dismount from prep/extension to cradle - Ball Full dismount - Kick Full Dismount	- Full twisting inversion to extended 1 leg stunt - Full twisting release from prep level or below - Full twisting release from waist level to prep level - Full twisting switch up to prep level 1 leg stunt 1.5 twist switch up to pep level 1 leg stunt
			STUNT - COED Any assisted coed style stunt is considered level appropriate. - Unassisted prep level stunt Any unassisted extended stunt is considered an elite level appropriate. Examples: - Unassisted extended 2 leg stunt - Walk in hands press extended 1 leg stunt - Toss hands press extended 1 leg stunt - Walk in Extended 1 leg/1 arm stunt	



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LEVEL 5 SKILLS

Updated 08/17/2026

Tumbling combinations listed below are EXAMPLES and are NOT an all-inclusive list. Only the elite stunt skills listed in this document will receive elite skill credit.

LEVEL APPROPRIATE SKILLS		TOSS
STANDING TUMBLING	RUNNING TUMBLING	NON-TWISTING
• BHS - Tuck - BHS - Tuck • BHS - Whip - BHS - Tuck • BHS Series - Whip - BHS - Tuck • Jump - BHS Series - Whip - BHS - Tuck • BHS Series - Layout • Jump - BHS - Whip - Tuck • BHS - Whip - BHS Series - Layout/Layout Step Out/X-Out • BHS - Whip - BHS - Layout • BHS Series - Whip -Layout • BHS - Whip - Layout • Jump - BHS Series - Whip - Layout OR BHS -Layout • Jump - Back Tuck • Jump - BHS - Whip - Layout OR BHS - Layout • BHS - Layout • Jump - BHS Series - Layout • BHS Series - Whip - Tuck **Must be an ADVANCED Jump**	• RO - Full • RO - Arabian • Barani • Front Handspring - Barani • Front Full • PF step out - RO - BHS - Full • Front Handspring - PF step out - RO - BHS - Full • RO - Whip - BHS Series - Full • RO - Whip - BHS - Full • Front Handspring - Front Full • PF step out - RO - Whip - BHS - Full • Front Handspring - PF step out - RO - Whip - BHS - Full • RO - Arabian - RO - BHS - Full • Front Walkover - Round Off -BHS - Full • RO - BHS/Series - Full	• Pike Hitch Kick • Pike Kick Pretty Girl • Pike Switch Kick • Hitch Kick Kick • Any 3 Skill Toss <i>*An arch is not a skill and will not count as a 3rd skill for a toss.</i>
		TOSS
		TWISTING
		• Hitch Kick Full • Switch Kick Full • Kick Kick Full • Pike Kick Full • Kick Full Kick • Any 3 Skill Toss with maximum 1 full twist <i>*An arch is not a skill and will not count as a 3rd skill for a toss.</i>

Updated 08/17/2026

Tumbling combinations listed below are EXAMPLES and are NOT an all-inclusive list. Only the elite stunt skills listed in this document will receive elite skill credit.

LEVEL APPROPRIATE SKILLS				
STUNT INVERSION	STUNT RELEASE STYLE	STUNT TWISTING	STUNT - DISMOUNT	STUNT - OTHER
• Downward inversion from extended stunt • Downward inversion from extended 1 leg stunt • Released inversion from prep level or above to extended 1 leg stunt • Back handspring up to extended stunt	• Tic toe extended 1 leg stunt to 1 leg stunt (high to high) • Full twisting switch up to extended 1 leg stunt • 1/2 twisting ball up to extended body position • 1/2 twisting switch up to extended body position	• 1 1/4 twisting transition to extended 1 leg stunt • Full Twisting transition to extended 1 leg stunt • 1 1/2 twist to extension • 1 1/2 up to extended 1 leg stunt • Double twisting transition to extended stunt	• Double twisting dismount from 1 leg stunt to cradle	• 1/4 -3/4 twisting tic toc prep level 1 leg stunt to extended 1 leg stunt (low to high) • 1/4 -3/4 twisting tic toc extended 1 leg stunt to extended 1 leg stunt (high to high) • Full twisting tic toc to extended 1 leg stunt (low to high) • Full twisting tic toc from extended 1 leg stunt to extended 1 leg stunt (high to high)
			STUNT - COED Any assisted coed style stunt is considered level appropriate. • Unassisted prep level stunt Any unassisted extended stunt is considered an elite level appropriate. Examples: • Unassisted extended 2 leg stunt • Walk in hands press extended 1 leg stunt • Toss hands press extended 1 leg stunt • Walk in Extended 1 leg/1 arm stunt	

Tumbling combinations listed below are EXAMPLES and are NOT an all-inclusive list. Only the elite stunt skills listed in this document will receive elite skill credit.

LEVEL APPROPRIATE SKILLS		TOSS
STANDING TUMBLING	RUNNING TUMBLING	NON-TWISTING
• Jump Back Tuck • BHS Series - Full • Jump - BHS Series - Full • BHS Series - Full - BHS Series - Full • BHS - Whip - BHS Series - Full • Jump - BHS - Full • BHS - Full • BHS Series - Whip - Full • Standing Full • Jump - Full • BHS Series - Double Full • Jump - BHS Series - Double Full • BHS - Whip - BHS Series - Double Full • BHS Series - Whip - Double Full • BHS - Whip - Double Full • Jump - BHS - BHS - Whip - Double Full • Jump - BHS - Whip - Double Full • BHS Series - Full - Whip - Full/Double Full • BHS Series - Double Full - Whip - Double Full **Must be an ADVANCED Jump**	• Cartwheel - Full • Front Aerial/Onodi - through to Full • Front Full • Front Handspring - Front Full • RO - Full • RO - BHS - Full • Any non-hand supported skill through to a full. (Punch front to full, whip to full, etc.) • RO - Half Full Step out - through to Full • RO - Whip - Full • RO - Arabian - RO - BHS - Full • RO - Double Full • RO - BHS - Double Full • Front Walkover - through to Double Full • Punch Front Step out - through to Double Full • RO - BHS - 1.5 Full Step out - through to Full • RO - BHS - Whip - through to Double Full • RO - Whip - Double Full • RO - Arabian - through to Double Full • RO - BHS - Full through to Double Full • RO - BHS - 1.5 Step out - through to Double Full • RO - BHS - Double - BHS series to Double Full • RO - BHS - Full - Whip - Double Full • PF Step out - RO - BHS - Whip - BHS - Double Full • RO - BHS - Double Full - Whip - Double Full • PF Step out - RO - Arabian - RO - BHS - Whip - Double Full	• Pike Hitch Kick • Pike Kick Pretty Girl • Pike Switch Kick • Hitch Kick Kick • Any 3+ Skill Toss *An arch is not a skill and will not count as a 3rd skill for a toss.
		TOSS
		TWISTING
		• Ball Double Full • Pike Double Full • Kick Double Full • Toe Touch Double Full • Double Up Toe Touch • Hitch Kick Double Full • Switch Kick Double Full • Kick Full Kick Full • Any 3+ skill toss that includes 2 twists *An arch is not a skill and will not count as a 3rd skill for a toss.

Updated 08/17/2026

Tumbling combinations listed below are EXAMPLES and are NOT an all-inclusive list. Only the elite stunt skills listed in this document will receive elite skill credit.

LEVEL APPROPRIATE SKILLS				
STUNT INVERSION	STUNT RELEASE STYLE	STUNT TWISTING	STUNT - DISMOUNT	STUNT - OTHER
- Downward inversion from extended stunt - Downward inversion from extended 1 leg stunt - Released inversion from prep level or above to extended 1 leg stunt - Back handspring up to extended stunt - Rewind to waist level stunt* - Rewind to prep level stunt* - Rewind to extended stunt* *Rewinds are not allowed in Junior age divisions	- Tic toe extended 1 leg stunt to 1 leg stunt (high to high). - Full twisting switch up to extended 1 leg stunt 1/2 twisting ball up to extended body position 1/2 twisting switch up to extended body position	1 1/4 twisting transition to extended 1 leg stunt - Full Twisting transition to extended 1 leg stunt 1 1/2 twist to extension 1 1/2 up to extended 1 leg stunt - Double twisting transition to extended stunt	Double twisting dismount from 1 leg stunt to cradle	1/4 -3/4 twisting tic toc prep level 1 leg stunt to extended 1 leg stunt (low to high) 1/4 -3/4 twisting tic toc extended 1 leg stunt to extended 1 leg stunt (high to high) - Full twisting tic toc to extended 1 leg stunt (low to high) - Full twisting tic toc from extended 1 leg stunt to extended 1 leg stunt (high to high)
			STUNT - COED Any assisted coed style stunt is considered level appropriate. - Unassisted prep level stunt Any unassisted extended stunt is considered an elite level appropriate. Examples: - Unassisted extended 2 leg stunt - Walk in hands press extended 1 leg stunt - Toss hands press extended 1 leg stunt - Walk in Extended 1 leg/1 arm stunt	



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LEVEL 7 SKILLS

Updated 08/17/2026

Tumbling combinations listed below are EXAMPLES and are NOT an all-inclusive list. Only the elite stunt skills listed in this document will receive elite skill credit.

LEVEL APPROPRIATE SKILLS		TOSS
STANDING TUMBLING	RUNNING TUMBLING	NON-TWISTING
• Jump Back Tuck • BHS Series - Full • Jump - BHS Series - Full • BHS Series - Full - BHS Series - Full • BHS - Whip - BHS Series - Full • Jump - BHS - Full • BHS - Full • BHS Series - Whip - Full • Standing Full • Jump - Full • BHS Series - Double Full • Jump - BHS Series - Double Full • BHS - Whip - BHS Series - Double Full • BHS Series - Whip - Double Full • BHS - Whip - Double Full • Jump - BHS - BHS - Whip - Double Full • Jump - BHS - Whip - Double Full • BHS Series - Full - Whip - Full/Double Full • BHS Series - Double Full - Whip - Double Full **Must be an ADVANCED Jump**	• Cartwheel - Full • Front Aerial/Onodi - through to Full • Front Full • Front Handspring - Front Full • RO - Full • RO - BHS - Full • Any non-hand supported skill through to a full. (Punch front to full, whip to full, etc.) • RO - Half Full Step out - through to Full • RO - Whip - Full • RO - Arabian - RO - BHS - Full • RO - Double Full • RO - BHS - Double Full • Front Walkover - through to Double Full • Punch Front Step out - through to Double Full • RO - BHS - 1.5 Full Step out - through to Full • RO - BHS - Whip - through to Double Full • RO - Whip - Double Full • RO - Arabian - through to Double Full • RO - BHS - Full through to Double Full • RO - BHS - 1.5 Step out - through to Double Full • RO - BHS - Double - BHS series to Double Full • RO - BHS - Full - Whip - Double Full • PF Step out - RO - BHS - Whip - BHS - Double Full • RO - BHS - Double Full - Whip - Double Full • PF Step out - RO - Arabian - RO - BHS - Whip - Double Full	• Tuck • X-Out • Pike • Layout • Layout Stepout • Pike Open • Pike Open Split • 3/4 Front Flip • Kick Triple Full (Non-Flipping)
		TOSS
		TWISTING
		• Arabian • Full • Front Full • Double Full • X-Out Full • Split Full • Arabian 1 1/2 • Pike Open Double Full

Tumbling combinations listed below are EXAMPLES and are NOT an all-inclusive list. Only the elite stunt skills listed in this document will receive elite skill credit.

LEVEL APPROPRIATE SKILLS				
STUNT INVERSION	STUNT RELEASE STYLE	STUNT TWISTING	STUNT - DISMOUNT	STUNT - OTHER
• Downward inversion from extended stunt • Downward inversion from extended 1 leg stunt • Released inversion from prep level or above to extended 1 leg stunt • Back handspring up to extended stunt • Rewind to waist level stunt* • Rewind to prep level stunt* • Rewind to extended stunt* *Rewinds are not allowed in Junior age divisions	• Tic toe extended 1 leg stunt to 1 leg stunt (high to high). • Full twisting switch up to extended 1 leg stunt • 1/2 twisting ball up to extended body position • 1/2 twisting switch up to extended body position	• 1 1/4 twisting transition to extended 1 leg stunt • Full Twisting transition to extended 1 leg stunt • 1 1/2 twist to extension • 1 1/2 up to extended 1 leg stunt • Double twisting transition to extended stunt	STUNT - COED	• 1/4 -3/4 twisting tic toe prep level 1 leg stunt to extended 1 leg stunt (low to high) • 1/4 -3/4 twisting tic toe extended 1 leg stunt to extended 1 leg stunt (high to high) • Full twisting tic toe to extended 1 leg stunt (low to high) • Full twisting tic toe from extended 1 leg stunt to extended 1 leg stunt (high to high) • Free flipping with twisting from ground level to cradle • Free flipping with twisting from ground level to prep/extended level • Back handspring full up to prep level or higher
			• Double twisting dismount from extended 1 leg stunt to cradle • Full kick full dismount to cradle • Kick double full to cradle • Front flipping dismount to ground • Free Flipping dismount to cradle from prep level or higher Any assisted coed style stunt is considered level appropriate. • Unassisted prep level stunt Any unassisted extended stunt is considered an elite level appropriate. Examples: • Unassisted extended 2 leg stunt • Walk in hands press extended 1 leg stunt • Toss hands press extended 1 leg stunt • Walk in Extended 1 leg/1 arm stunt • Back handspring full up to extended stunt	

Quantity of skills: A high percentage of the squad performs tumbling.

Utilization of connected skills: Skills are performed with an immediate transition from the completion of one skill to the initiation of the next.

Variety of Skills: The use of different elements and/or skills throughout the tumbling performed. Judges will consider the variety of skills within each sequence, including jumps connected to standing tumbling and whether connected sequences utilize repeated or different skills.

Value of Skills: Increased complexity of level-specific skills performed.

Utilization of minimal bases: Stunts utilize the minimum number of athletes necessary to safely perform the skill. Additional athletes may be used when needed to safely create and perform the skill beyond the traditional four-athlete stunt group.

Utilization of combined skills: Stunt elements combine two or more skills into one connected skill. (Examples: spinning tic toc, spinning inversion, multi-trick toss, etc.)

Utilization of connected skills: Skills are performed with an immediate transition from the completion of one skill to the initiation of the next.

Movement and usage of floor: How stunt groups change position, transition, and maneuver in relation to one another and throughout the performance floor.

Variety of skills: The use of different elements and/or skills throughout the stunts performed.

Quantity of skills: The cumulative number of skills performed throughout the routine by one or more groups.

Value of Skills: The complexity of level-specific skills performed throughout the routine.