

# PREP

2018/2019

Event: \_\_\_\_\_

Team: \_\_\_\_\_

Division: \_\_\_\_\_

Number of Athletes: \_\_\_\_\_

Date: \_\_\_\_\_

Panel #: \_\_\_\_\_

Day: \_\_\_\_\_

Team Number: \_\_\_\_\_

Version 10.11.18

## BUILDING SKILLS

### \* PREP ONLY

#### Stunt Difficulty

- 3.0 - 3.5 Skills performed do not meet low range requirement
  - 3.5 - 4.0 4 Different Level Appropriate Skills performed by Most of the team
  - 4.0 - 4.5 4 Different Level Appropriate Skills performed by Most of the team; 1 is Elite
- Stunt skills will only receive full credit if they show control through the pop or transition to another skill

#### Stunt Technique

3.5 - 5.0 A team's ability to execute Stunts with excellent precision and form

DRIVERS:		-0.2	-0.3
Top Person/Body Control			
Bases/Spotters/Stability of the Stunt			
Entries/Transitions/Dismounts			
Obvious Mistakes			
Synchronization			

#### Stunt Creativity

2.0 - 2.5 Stunt Skills incorporate visual, unique or innovative ideas. This includes level and non-level appropriate skills.

Comments:

/4.5

/5

/2.5

#### Pyramid Difficulty

- 3.0 - 3.5 Skills performed do not meet low range requirement
- 3.5 - 4.0 2 Different Level Appropriate Skills, 2 Structures performed by Most of the team
- 4.0 - 4.5 3 Different Level Appropriate Skills, 2 Structures performed by Most of the team

#### Pyramid Technique

3.5 - 5.0 A team's ability to execute Pyramids with excellent precision and form

DRIVERS:		-0.2	-0.3
Top Person/Body Control			
Bases/Spotters/Stability of the Stunt			
Entries/Transitions/Dismounts			
Obvious Mistakes			
Synchronization			

#### Pyramid Creativity

2.0 - 2.5 Pyramid Skills incorporate visual, unique or innovative ideas. This includes level and non-level appropriate skills.

/4.5

/5

/2.5

#### Difficulty Drivers:

- Degree of Difficulty
- Percent of team participation
- Combination of skills (level and non-level appropriate)
- Pace of skills performed

### BUILDING SKILLS TOTAL:

/24

# PREP & TINY NOVICE

2018/2019

Event: \_\_\_\_\_  
 Team: \_\_\_\_\_  
 Division: \_\_\_\_\_  
 Number of Athletes: \_\_\_\_\_

Date: \_\_\_\_\_  
 Panel #: \_\_\_\_\_  
 Day: \_\_\_\_\_  
 Team Number: \_\_\_\_\_

Version 10.11.18

## JUMPS & TUMBLING

### \* PREP & TINY NOVICE

#### Jump Difficulty

- 3.5 Skills performed do not meet 4.0 requirement
- 4.0 Most of the team performs 1 advanced jump
- 4.5 Most of the team performs 2 advanced jumps

#### Jump Technique

3.5 - 5.0 A team's ability to execute Jumps with excellent precision and form  
 -0.2 -0.3

DRIVERS:

Arm Placement		
Leg Placement		
Hyperextension/Height		
Landings		
Synchronization		

Comments:

/4.5

/5

**BASIC JUMPS:** Spread Eagle, Tuck Jump.  
**ADVANCED JUMPS:** Pike, Right / Left Hurdlers (front or side), Toe Touch, etc

#### Standing Tumbling Difficulty

- 3.0 - 3.5 Skills performed do not meet low range requirement
- 3.5 - 4.0 Most of team performs a level appropriate pass
- 4.0 - 4.5 Majority of team performs same level appropriate pass, synchronized from initiation

NOTE: Tiny Novice is limited to forward rolls and cartwheels

#### Standing Tumbling Technique

3.5 - 5.0 A team's ability to execute Tumbling with excellent precision and form

/4.5

/5

#### Running Tumbling Difficulty

- 3.0 - 3.5 Skills performed do not meet low range requirement
- 3.5 - 4.0 Less than a majority of team performs a level appropriate pass
- 4.0 - 4.5 Majority of team performs a level appropriate pass

NOTE: Tiny Novice is limited to forward rolls and cartwheels

#### Running Tumbling Technique

3.5 - 5.0 A team's ability to execute Tumbling with excellent precision and form

/4.5

/5

#### Difficulty Drivers:

- Degree of Difficulty
- Percent of team participation
- Combination of skills
- Synchronization of passes
- Variety of Passes

	Tumbling			Technique Drivers:		
	-0.2	-0.3		-0.2	-0.3	
Standing			Approach			Running
			Speed			
			Body Control			
			Landings			
			Synchronization			

JUMPS /  
TUMBLING TOTAL:

28.5

\*\* ( /10 for non-tumble divisions)

# PREP & TINY NOVICE

2018/2019

Event: \_\_\_\_\_  
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Date: \_\_\_\_\_  
Panel #: \_\_\_\_\_  
Day: \_\_\_\_\_  
Team Number: \_\_\_\_\_

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## OVERALL

## \* PREP & TINY NOVICE

### Dance 9.0 - 10.0

A team's ability to demonstrate a high level of energy and entertainment value which incorporates multiple visual elements including a variety of levels, formation changes, partner work, foot work and floor work. This includes technique, perfection, synchronization, pace and intricacy of dance moves performed.

/10

### Performance 9.0 - 10.0

A team's ability to demonstrate high levels of energy and excitement while maintaining genuine enthusiasm and showmanship. This will include appropriate athletic impression throughout the routine.

/10

### Routine Composition 9.0 - 10.0

A team's ability to demonstrate precise spacing in formations and seamless patterns of movement in transitions performed throughout the routine. This includes innovative, visual and intricate ideas, as well as any additional skills performed to enhance the overall appeal.

/10

Additional Comments:

OVERALL TOTAL:

/30