



# 2024 LEVEL 5 SYSTEM

Elite / International Divisions

**Judge 1:**

Stunt Difficulty  
Pyramid Difficulty  
Routine Design  
Athlete Performance

**Judge 2:**

Stunt Execution  
Pyramid Execution  
Routine Design  
Dance

**Judge 3:**

Standing Tumbling Difficulty  
Running Tumbling Difficulty  
Routine Design  
Athlete Performance

**Judge 4:**

Standing Tumbling Execution  
Running Tumbling Execution  
Routine Design  
Dance

**Judge 5:**

Jump Execution  
Dance  
Routine Design  
Athlete Performance

*This packet will give a complete breakdown for each judge and the categories they will be scoring.*

# LEVEL 5 Judge 1: Stunt Difficulty / Pyramid Difficulty / Routine Design / Athlete Performance

The difficulty categories require  $\frac{1}{2}$  plus 1 of the athletes to perform a level appropriate skill to receive the "START VALUE" of a **7.0**.  
 Pro Score is a **COMPARATIVE** scoring system. The exact score value may change based on the team's competitor(s) in that division at that specific event.  
 Once the **START VALUE** has been established, the judge will use the H.O.W.'s (**Higher Of Worth**) to determine the score.

## STUNT DIFFICULTY:

		TWISTING	INVERSIONS	RELEASES	COED	
Non listed non-level appropriate skills		2 twists to below prep level More than 1 twist to an extension	Downward inversion from extended level	Up to 1/2 twist switch up to extended single leg Up to 1/4 twist tic-tock to extended single leg		BRONZE
		2 twists to prep level More than 1/2 twist to extended single leg	Prep level released inversion to an extension	Switch up to extended single leg with 1 twist Extended level release to prone position with up to a 1/2 twist Up to 1/2 twist, release to extended body position 2 twist dismount to cradle from extended stunt A helicopter with up to 180 degree rotation and 1 twist	Any ASSISTED coed style stunt to extended level OR single base toss to prep level	SILVER
	Non listed level appropriate skills	More than 1 twist to extended level single leg More than 1 twist to extended body position 1.5 transition to an extension	Prep level released inversion to extended single leg	Helicopter with up to 180 degree rotation and more than 1 twist Extended lib tic-tock to extended body position More than 1/2 twist release to extended single leg Switch up to extended body position with 1 twist	Any UNASSISTED coed style stunt to extended level OR single base toss to prep level	GOLD
		Extended level to extended level body position with 1 twist Extended level to an extension with a 1.5 twist	NON-released inversion to extended body position with more than a 1/2 twist NON-released inversion to an extension with more than 1 twist Prep level released inversion to extended level body position Extended level released inversion to extended level	Extended body position tic-tock to extended body position More than 1/2 twist to extended body position Extended single leg tic-tock to extended single leg with more than a 1/2 twist		PLATINUM

### Higher Of Worth

**HOW** difficult are ALL stunts in the routine?  
**HOW** many athletes are utilized for stunts throughout? (full team, front spots, single based)  
**HOW** do the stunts load in?  
**HOW** do the stunts dismount?  
**HOW** is the pace from skill to skill performed?  
**HOW** creative are the skills designed for the section?  
**HOW** does the utilization of stunts compare to the other teams in the division?

### TOSSES

Non level appropriate toss	SILVER
3 trick toss with NO twist	GOLD
3 tricks including minimum 1 twist	PLATINUM

## PYRAMID DIFFICULTY:

		TWISTING TRANSITIONS	INVERSIONS	RELEASED TRANSITIONS	
Any level appropriate structure		Non level appropriate transition Up to 2 1/4 twist to below prep level	Any non level appropriate inversion Any silver level stunt inversion	Any non level appropriate release Any silver level stunt release	SILVER
Non listed level appropriate skills		Up to 2 1/4 twist to prep level	Less than 3/4 braced flip Any gold level stunt inversion	Any gold level stunt release 2.5 high transition with more than 1.5 twist	GOLD
		Up to 2 1/4 twist to an extension Up to 2 1/4 twist to extended single leg	Any braced flip changing bases More than 3/4 braced flip Any platinum level stunt inversion	Any platinum level stunt release 2.5 high transition with more than 1.5 twist changing bases	PLATINUM

### Higher Of Worth

**HOW** difficult are ALL pyramid sections in the routine?  
**HOW** many athletes are utilized throughout? (full team, front spots, single based)  
**HOW** well does the pyramid develop in the routine?  
**HOW** difficult are the transitional skills? (cradles, blind catches, extended level catches, variety)  
**HOW** is the pace from skill to skill performed?  
**HOW** creative are the skills designed for the section?  
**HOW** well are the structures developed?  
**HOW** many different transitions are utilized throughout?  
**HOW** does the pyramid compare to the other teams in the division?

## ROUTINE DESIGN:

All teams will have a **START VALUE** of **7.0**.  
 The Higher Of Worth items below will help the judge determine your exact score.

- HOW** is the composition and flow of the routine?
- HOW** are the various athlete talents utilized throughout the routine?
- HOW** does the utilization of visual elements compare to the other teams in the division?
- HOW** clear and clean are the transitions from skill section to skill section throughout the routine?
- HOW** clear and precise are the formations created throughout the routine?
- HOW** does the utilization and choreography connect with the music?

## ATHLETE PERFORMANCE:

All teams will have a **START VALUE** of **7.0**.  
 The Higher Of Worth items below will help the judge determine your exact score.

- HOW** is the energy of the athletes portrayed throughout the routine?
- HOW** many athletes demonstrate an athletic impression of showmanship?
- HOW** does the entertainment value of the routine compare to the other teams in the division?
- HOW** is the artistry and creative expression of the athletes compare to the other teams in the division?

# LEVEL 5 Judge 2: Stunt Execution / Pyramid Execution / Routine Design / Dance

The execution categories require  $\frac{1}{2}$  plus 1 of the athletes to perform a level appropriate skill to receive the “**START VALUE**” of a **7.0**. Pro Score is a **COMPARATIVE** scoring system. The exact score value may change based on the team’s competitor(s) in that division at that specific event. Once the **START VALUE** has been established, the judge will use the following **Isolation of Skill Factors** to determine the score.

## Isolation of Skill Factors for STUNT EXECUTION:

<b>Basing:</b> Body control	<b>Flyers:</b> Body position flexibility	<b>Dismount:</b> Control and stability	<b>Transitions:</b> Control and stability	<b>Section:</b> Pace from skill to skill
<b>Basing:</b> Stability	<b>Flyers:</b> Arm motion placement	<b>Dismount:</b> Proper positioning	<b>Transitions:</b> Entry uniformity	<b>Section:</b> General flow
<b>Basing:</b> Technique	<b>Flyers:</b> Body control			
<b>Basing:</b> Proper placement	<b>Flyers:</b> Uniformity			

## Isolation of Skill Factors for PYRAMID EXECUTION:

<b>Basing:</b> Body control	<b>Flyers:</b> Arm motion placement	<b>Structures:</b> Control and stability	<b>Transitions:</b> Control and stability	<b>Section:</b> Pace from skill to skill
<b>Basing:</b> Stability	<b>Flyers:</b> Body control	<b>Structures:</b> Proper placement	<b>Transitions:</b> Uniformity	<b>Section:</b> General flow
<b>Basing:</b> Technique	<b>Flyers:</b> Uniformity			
<b>Basing:</b> Proper placement				

## ROUTINE DESIGN:

All teams will have a **START VALUE** of **7.0**. The Higher Of Worth items below will help the judge determine your exact score.

### Higher Of Worth

**HOW** is the composition and flow of the routine?  
**HOW** are the various athlete talents utilized throughout the routine?  
**HOW** does the utilization of visual elements compare to the other teams in the division?  
**HOW** clear and clean are the transitions from skill section to skill section throughout the routine?  
**HOW** clear and precise are the formations created throughout the routine?  
**HOW** does the utilization and choreography connect with the music?

## DANCE:

All teams will have a **START VALUE** of **7.0**. The Difficulty, Execution and H.O.W.’s will combine to give one score for the dance.

Perform 2 skills	SILVER
Perform 3 skills	GOLD
Perform 4 skills	PLATINUM
<b>DANCE SKILLS include:</b>	
1. Execution	2. Body Movement
3. Staging	4. Level Work

### Higher Of Worth

**HOW** difficult is the dance section?  
**HOW** many athletes are utilized in the dance?  
**HOW** many 8 counts is the dance section?  
**HOW** visual is the dance section?  
**HOW** does the dance compare to the other teams in the division?

### Isolation of Skill Factors:

**Level Work:** Clear demonstration  
**Level Work:** Uniformity  
**Skill:** Group synchronization  
**Skill:** Variety of pace

**Movement:** Body lines  
**Movement:** Arm placement  
**Movement:** Uniformity  
**Staging:** Seamless patterns  
**Staging:** Appropriate spacing



# LEVEL 5 Judge 3: Standing Tumbling Difficulty / Running Tumbling Difficulty / Routine Design / Athlete Performance

The difficulty categories require  $\frac{1}{2}$  plus 1 of the athletes to perform a level appropriate skill to receive the "START VALUE" of a **7.0**.

Pro Score is a **COMPARATIVE** scoring system. The exact score value may change based on the team's competitor(s) in that division at that specific event.

Once the **START VALUE** has been established, the judge will use the H.O.W.'s (**Higher Of Worth**) to determine the score.

## STANDING TUMBLING DIFFICULTY:

Any non listed level appropriate skills can be considered silver, gold, or platinum

Non level appropriate skills
Multiple back handsprings ending in a layout
Advanced jump connected to a back tuck Single back handspring ending in a layout Any combination of 3 or more connected skills including an elite skill - ending in a back tuck <b>(ELITE SKILLS include: advanced jump, whip, back handspring step-out)</b>
Any combination of connected skills including multiple flipping skills Any combination of 3 or more connected skills including an elite skills - ending in a layout <b>(ELITE SKILLS include: advanced jumps, whip, back handspring step-out)</b>

### Higher Of Worth

- HOW** difficult are ALL standing tumbling skills in the routine?
- HOW** many athletes are utilized throughout?  
(full team, groups, individual)
- HOW** many elite skills are incorporated?
- HOW** is each standing tumbling pass initiated?  
(no step, minimal steps)
- HOW** is the pace of the connected tumbling skills?
- HOW** creative are the skills designed for the section?
- HOW** does the utilization of standing tumbling skills compare to the other teams in the division?

## RUNNING TUMBLING DIFFICULTY:

Non elite appropriate skills
Round off back handspring full Round off / Cartwheel full
Front walkover - roundoff - back handspring - full Arabian
Any combination of 3 or more or more connected skills including an elite skill - ending in a full <b>(ELITE SKILLS include: punch front step-out, whip, Onodi)</b>

### Higher Of Worth

- HOW** difficult are ALL running tumbling skills in the routine?
- HOW** many athletes are utilized throughout?  
(full team, groups, individual)
- HOW** many elite skills are incorporated?
- HOW** is each running tumbling pass initiated?  
(power hurdle, minimal steps)
- HOW** is the pace of the connected tumbling skills?
- HOW** creative are the skills designed for the section?
- HOW** does the utilization of running tumbling skills compare to the other teams in the division?

## ROUTINE DESIGN:

All teams will have a **START VALUE** of **7.0**.

The Higher Of Worth items below will help the judge determine your exact score.

- HOW** is the composition and flow of the routine?
- HOW** are the various athlete talents utilized throughout the routine?
- HOW** does the utilization of visual elements compare to the other teams in the division?
- HOW** clear and clean are the transitions from skill section to skill section throughout the routine?
- HOW** clear and precise are the formations created throughout the routine?
- HOW** does the utilization and choreography connect with the music?

## ATHLETE PERFORMANCE:

All teams will have a **START VALUE** of **7.0**.

The Higher Of Worth items below will help the judge determine your exact score.

- HOW** is the energy of the athletes portrayed throughout the routine?
- HOW** many athletes demonstrate an athletic impression of showmanship?
- HOW** does the entertainment value of the routine compare to the other teams in the division?
- HOW** is the artistry and creative expression of the athletes compare to the other teams in the division?

# LEVEL 5 Judge 4: Standing Tumbling Execution / Running Tumbling Execution / Routine Design / Dance

The execution categories require ½ plus 1 of the athletes to perform a level appropriate skill to receive the “**START VALUE**” of a **7.0**.

Pro Score is a **COMPARATIVE** scoring system. The exact score value may change based on the team’s competitor(s) in that division at that specific event.

Once the **START VALUE** has been established, the judge will use the following **Isolation of Skill Factors** to determine the score.

## Isolation of Skill Factors for STANDING TUMBLING EXECUTION:

**Entry:** Swing / hurdle control  
**Entry:** Arm placement  
**Entry:** Leg placement  
**Entry:** Uniformity

**Skill:** Body placement  
**Skill:** Uniformity

**Landings:** Body placement  
**Landings:** Stability  
**Landings:** Skill completion

**Timing:** Group synchronization  
**Timing:** Group entry  
**Timing:** Group landing  
 (group = 2 or more athletes)

## Isolation of Skill Factors for RUNNING TUMBLING EXECUTION:

**Entry:** Swing / hurdle control  
**Entry:** Arm placement  
**Entry:** Leg placement  
**Entry:** Uniformity

**Skill:** Body placement  
**Skill:** Uniformity

**Landings:** Body placement  
**Landings:** Stability  
**Landings:** Skill completion

**Timing:** Group synchronization  
**Timing:** Group entry  
**Timing:** Group landing  
 (group = 2 or more athletes)

## ROUTINE DESIGN:

All teams will have a **START VALUE** of **7.0**.

The Higher Of Worth items below will help the judge determine your exact score.

### Higher Of Worth

**HOW** is the composition and flow of the routine?

**HOW** are the various athlete talents utilized throughout the routine?

**HOW** does the utilization of visual elements compare to the other teams in the division?

**HOW** clear and clean are the transitions from skill section to skill section throughout the routine?

**HOW** clear and precise are the formations created throughout the routine?

**HOW** does the utilization and choreography connect with the music?

## DANCE:

All teams will have a **START VALUE** of **7.0**.

The Difficulty, Execution and H.O.W.’s will combine to give one score for the dance.

Perform 2 skills	SILVER
Perform 3 skills	GOLD
Perform 4 skills	PLATINUM
<b>DANCE SKILLS include:</b>	
1. Execution	2. Body Movement
3. Staging	4. Level Work

### Higher Of Worth

**HOW** difficult is the dance section?

**HOW** many athletes are utilized in the dance?

**HOW** many 8 counts is the dance section?

**HOW** visual is the dance section?

**HOW** does the dance compare to the other teams in the division?

### Isolation of Skill Factors:

**Level Work:** Clear demonstration

**Level Work:** Uniformity

**Skill:** Group synchronization

**Skill:** Variety of pace

**Movement:** Body lines

**Movement:** Arm placement

**Movement:** Uniformity

**Staging:** Seamless patterns

**Staging:** Appropriate spacing



# LEVEL 5 Judge 5: Jump Execution / Athlete Performance / Routine Design / Dance

ALL categories require ½ plus 1 of the athletes to perform a level appropriate skill to receive the “**START VALUE**” of a **7.0**.  
 Pro Score is a **COMPARATIVE** scoring system. The exact score value may change based on the team’s competitor(s) in that division at that specific event.  
 Once the **START VALUE** has been established, the judge will use the following **Isolation of Skill Factors and Higher of Worth** to determine the score.

**JUMPS:** All teams will have a **START VALUE** of **7.0**.  
 There is no difficulty value for jumps, the judge will determine the jump score by the Isolation of Skill Factors listed below.

## Isolation of Skill Factors for JUMP EXECUTION:

- |  |                                    |
|--|------------------------------------|
| <b>Landings:</b> Legs / feet placement | <b>Entry:</b> Swing / prep control |
| <b>Landings:</b> Stability / control   | <b>Entry:</b> Approach uniformity  |
| <b>Timing:</b> Group synchronization   | <b>Skill:</b> Arm placement        |
| <b>Timing:</b> Group entry             | <b>Skill:</b> Leg placement        |
| <b>Timing:</b> Group landing           | <b>Skill:</b> Body control         |
| <b>Section:</b> Pace from jump to jump |                                    |
| <b>Section:</b> General flow           |                                    |

**ATHLETE PERFORMANCE:**  
 All teams will have a **START VALUE** of **7.0**.  
 The Higher Of Worth items below will help the judge determine your exact score.

- HOW** is the energy of the athletes portrayed throughout the routine?
- HOW** many athletes demonstrate an athletic impression of showmanship?
- HOW** does the entertainment value of the routine compare to the other teams in the division?
- HOW** is the artistry and creative expression of the athletes compare to the other teams in the division?

**ROUTINE DESIGN:**  
 All teams will have a **START VALUE** of **7.0**.  
 The Higher Of Worth items below will help the judge determine your exact score.

### Higher Of Worth

- HOW** is the composition and flow of the routine?
- HOW** are the various athlete talents utilized throughout the routine?
- HOW** does the utilization of visual elements compare to the other teams in the division?
- HOW** clear and clean are the transitions from skill section to skill section throughout the routine?
- HOW** clear and precise are the formations created throughout the routine?
- HOW** does the utilization and choreography connect with the music?

**DANCE:**  
 All teams will have a **START VALUE** of **7.0**.  
 The Difficulty, Execution and H.O.W.’s will combine to give one score for the dance.

Perform 2 skills	SILVER
Perform 3 skills	GOLD
Perform 4 skills	PLATINUM

- DANCE SKILLS include:**
- |              |                  |
|--------------|------------------|
| 1. Execution | 2. Body Movement |
| 3. Staging   | 4. Level Work    |

- Higher Of Worth**
- HOW** difficult is the dance section?
  - HOW** many athletes are utilized in the dance?
  - HOW** many 8 counts is the dance section?
  - HOW** visual is the dance section?
  - HOW** does the dance compare to the other teams in the division?

- Isolation of Skill Factors:**
- |  |                                     |
|--|-------------------------------------|
| <b>Level Work:</b> Clear demonstration | <b>Movement:</b> Body lines         |
| <b>Level Work:</b> Uniformity          | <b>Movement:</b> Arm placement      |
| <b>Skill:</b> Group synchronization    | <b>Movement:</b> Uniformity         |
| <b>Skill:</b> Variety of pace          | <b>Staging:</b> Seamless patterns   |
|  | <b>Staging:</b> Appropriate spacing |

