

**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**

<b>BLACK CULTURE CHEER &amp; DANCE</b>		
<b>QUANTITY -TUMBLING AND JUMPS</b>		
<u># OF COMPETITORS</u>	<u>MAJORITY</u>	<u>MOST</u>
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

<b>BLACK CULTURE CHEER &amp; DANCE</b>		
<b>QUANTITY-STUNT AND BASKETS</b>		
<u># OF COMPETITORS</u>	<u>MAJORITY</u>	<u>MOST</u>
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

<b>Range</b>	<b>Level 1</b>	<b>Level 2</b>	<b>Level 3</b>	<b>Level 4</b>	<b>Level 5</b>
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 Bridge Backbend Kickover Front Walkover Back Walkover BW Switch Leg <b>Any Other Level</b> <b>Appropriate Standing Tumbling Passes</b> <b>**Cartwheel is NOT standing tumbling</b>	Cartwheel Round Off Front Walkover Back Walkover Cartwheel Back Walkover <b>Any Other Level</b> <b>Appropriate Specialty Tumbling Passes</b>	Shoulder Sit Straddle Sit Flat Back Chair Prep Level Show-N-Go 1 leg stunt below Prep level or Prep w/arm connection ¼ twisting transitions Ground Level Inversions Prep Level Appropriate Tic Toc style transitions Step Down Straight Cradle <b>All Other dismount variations</b> <b>Any Other Level</b> <b>Appropriate Skills</b>	All transitions changing level and/or position level appropriate <b>Any Other Level</b> <b>Appropriate Skills</b>	
2	Back Handspring Specialty Back Handspring Back Walkover Back Handspring <b>Any Other Level</b> <b>Appropriate Standing Tumbling Passes</b>	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 <b>Any Other Level</b> <b>Appropriate Specialty Tumbling Passes</b>	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 ¼ Twisting Dismount <b>Any Other Level</b> <b>Appropriate Skills</b>	Extended 1 leg stunts ½ turn transitions Log Rolls Inversions into Stunts <b>Any Other Level</b> <b>Appropriate Skills</b>	Straight Rides <b>Pretty Girls</b> <b>Any Other Level</b> <b>Appropriate Skills</b>
3	Back Handspring Series Jump back Handspring Jump Back Handspring Series <b>Any Other Level</b> <b>Appropriate Standing Tumbling Passes</b>	Round Off Tuck Round Off Back Handspring Tuck Punch Front Round Off Back Handspring step out Round Off Tuck <b>Any Other Level</b> <b>Appropriate Specialty Tumbling Passes</b>	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	Extended 1 leg stunts 2 ½ high Release Moves Inversions <b>Any Other Level</b> <b>Appropriate Skills</b>	Toe Touch Kick Arch Pike Arch Single Full Twist Tuck X <b>Any Other Level</b> <b>Appropriate Skills</b>

			Downward Inversion below Prep Level Straight Cradle from Extended 1 leg ¼ twisting dismount from Extended 1 let stunt Full twisting dismounts from Prep/Extension <b>Any Other Level</b> <b>Appropriate Skills</b>		
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 <b>Any Other Level</b> <b>Appropriate Standing Tumbling Passes</b>	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 <b>Any Other Level</b> <b>Appropriate Specialty Tumbling Passes (Fulls)</b>	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 <b>Any Other Level</b> <b>Appropriate Skills</b>	2 arm Braced Flips Non-inverted Release Moves Inversions above Prep Level Leap Frogs Twisting Transitions to Extended Stunts <b>Any Other Level</b> <b>Appropriate Skills</b>	Kick Fulls Double Fulls Pike X Switch Kicks Toe Touch Full Full Toe Touch Full Kick <b>Any Other Level</b> <b>Appropriate Skills</b>
5	Jump - Back Tuck BHS Series - Whip BHS – Whip Tuck - BHS/BHS Series - Tuck BHS - Whip/Tuck - BHS - Tuck BHS Series - Whip/Tuck - BHS - Tuck Jump - BHS Series - Whip - BHS - Tuck BHS Series - Layout BHS Series - Whip – Tuck BHS - Whip – Tuck BHS - Layout Jump - BHS/BHS Series - Layout	RO – Full RO - BHS Series – Full Barani RO - BHS - Full Front Walkover - RO - to - Full Round off - Arabian Side Aerial/Front Aerial - to – Full Front Full PF step out - RO - to - Full Front Handspring - PF step out - RO - to - Full RO - to - Whip - to - Full Front Handspring - Front Full PF step out - RO - to - Whip - to - Full	Released inversion from prep level to extended lib Back handspring up to extended lib Prep level hand in hand to extension Tic toc lib to body position (high to high) Tic toc body position to body position (high to high) Full twisting transition to extended body position 1 ½ twisting transition to extended stunt ¼ - ¾ twisting tic toc extended body position to body position	1 Arm Braced Flips Twisting Braced Flips Double Twisting Transitions Arabian Braced Flips Braced Flips that change bases Vault Overs <b>Any Other Level</b> <b>Appropriate Skills</b>	Hitch Kick Fulls Switch Kick Fulls Hitch Kick Ful Ball Open full <b>Any Other Level</b> <b>Appropriate Skills</b>

	<p>Jump - BHS - Whip - Tuck  BHS - Whip/Tuck - to -  Layout  BHS/BHS Series - Whip -  to - Layout  Jump - BHS/BHS Series -  Whip - to - Layout  <b>Any Other Level</b>  <b>Appropriate Standing</b>  <b>Tumbling Passes</b></p>	<p>Front Handspring - PF step  out - RO - to - Whip - to -  Full  <b>Any Other Level</b>  <b>Appropriate Specialty</b>  <b>Tumbling Passes (Fulls)</b></p>	<p>Full twisting tic toc to  extended lib (low to high)  Full twisting release from  ground level (switch up) to  extended body position  1/2 twisting release from  waist level (ball up) to  extended body position  Unassisted:  Walk in hands press  extended single leg stunt  Toss hands press extended  single leg stunt  Walk-in extended single leg  stunt/ single arm stunt  Toss extended single leg  stunt/single arm stunt  Double down from  extended 1 leg stunt  <b>Any Other Level</b>  <b>Appropriate Skills</b></p>		
6	“ “	“ “	<p>Free Flipping Rewind to  Extended Position or below  Free Flipping Dismount  Inverted Release Moves  with 1/4 twist or more  <b>Any Other Level</b>  <b>Appropriate Skills</b></p>	<p>Transitioning to a 2 1/2 high  structure  Inverted transitions to a 2  1/2 high structure  Twisting transitions into a 1  1/2 high structure  <b>Any Other Level</b>  <b>Appropriate Skills</b></p>	<p>Tucks  Layouts  Layout Full Layout Double  Full  X Out Full  Split Full  Arabian 1 1/2  Pike Open Double Full  <b>Any Other Level</b>  <b>Appropriate Skills</b></p>