



2024-2025 SPIRIT COMPETITIONS

SHOW CHEER

TUMBLING SCORING RANGES

Scoring for tumbling will be based on two things:

1. Synchronized group skill (standing or running) to get into a range: If 50% of the team does not perform a synchronized skill, score drops into the range directly below. Synchronized means exact same skill(s) at the exact same time from beginning to end by ALL members of the group. Example: Synchronized= 50% of team does a back handspring at the exact same time. Not synchronized = 25% of the team does a back handspring, other 25% does two connected back handsprings.
2. Cumulative skills- any additional skills performed will help drive up the score within the achieved synchronized group skill range. Note: Tumbling passes must land on both feet to receive credit. Example: Back handsprings which land in prone position would not count.

NOVICE	INTERMEDIATE	ADVANCED
2.0 – 3.0		
Forward roll Cartwheel	Cartwheel Round off Front/Back walkover	Cartwheel/Round off Front/Back walkover Standing back handspring Round off back handspring
3.0 – 4.0		
Round off Front/Back walkover	Standing back handspring Round off back handspring	Round off BHS back tuck(s) Round off or cartwheel tuck(s) Standing BHS series Jump(s)/BHS combinations
4.0 – 5.0		
Standing back handspring Round off back handspring	Round off BHS back tuck(s) Round off or cartwheel tuck(s) Standing BHS series Jump(s)/BHS combinations	Layouts Standing back tuck Standing BHS back tuck(s) Standing BHS to tuck/layout/full Round off to layout/full Round off BHS to layout/full Jump(s)/tuck or tuck combinations

TECHNIQUE/EXECUTION RANGES

3.5 – 4.0
Less than 50% of skills were executed with excellent precision and form
4.0 – 4.5
50% of skills were executed with excellent precision and form
4.5 – 5.0
75% or more of skills were executed with excellent precision and form

DRIVERS

Degree of Difficulty
Percentage of Team Participation
*Combination of Skills
Variety of Skills
**Clarity of Synchronized Group Skill

*Combination of skills = connecting additional skills to a pass listed in the range. EX: front walkover- cartwheel back walkover, or toe touch BHS, or front walkover- round off- whip- BHS layout.
 **Clarity of synchronized group skill- synchronized group skill was clearly performed with no additional/different skills by some members of the group and no athletes "marking" the skill.



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TUMBLING QUANTITY CHART

TUMBLING/JUMPS		
School-based		
Number of Athletes	Tumbling	Jumps
	50%	75%
8	4	6
9	5	7
10	5	8
11	6	8
12	6	9
13	7	10
14	7	11
15	8	11
16	8	12
17	9	13
18	9	14
19	10	14
20	10	15
21	11	16
22	11	17
23	12	17
24	12	18
25	13	19
26	13	20
27	14	20
28	14	21
29	15	22
30	15	23
31	16	23
32	16	24
33	17	25
34	17	26
35	18	26
36	18	27