



THE *Finale*
CHEER & DANCE CHAMPIONSHIP

DIAMOND CHEER & DANCE & THE FINALE
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 some scores from event to event due to different judging panels.

QUANTITY CHARTS-ALL LEVELS

DIAMOND CHEER & DANCE & THE FINALE QUANTITY -TUMBLING AND JUMPS			DIAMOND CHEER & DANCE & THE FINALE QUANTITY-STUNT AND BASKETS		
<u># OF COMPETITORS</u>	<u>MAJORITY</u>	<u>MOST</u>	<u># OF COMPETITORS</u>	<u>MAJORITY</u>	<u>MOST</u>
5-7	2	4	5-11	1	1
8-9	4	5	12-15	1	2
10-15	6	7	16-19	2	3
16-19	8	9	20-23	3	4
20-25	10	13	24-30	4	5
26-30	14	16	31-38	5	6
31-38	15	18			

EXECUTION SCORING RANGE CHART

Range	Description	Score Range
None	No Skill Performed	7.0
Below Novice	Below Average Execution	8.0 - 8.5
Novice	Average Execution	8.5 - 9.0
Intermediate	Above Average Execution	9.0 - 9.5
Advanced	Excellent Execution	9.5 - 10.0

OVERALL SCORING RANGE CHART

**Applies to Routine Flow/Transitions/Formations & Overall Choreography/Showmanship*

Range	Description	Score Range
Below Novice	Below Average	3.0-3.5
Novice	Average	3.5-4.0
Intermediate	Above Average	4.0-4.5
Advanced	Excellent	4.5-5.0

STUNTS AND PYRAMID DIFFICULTY

None 7.0: Did not attempt any level appropriate skills

Below Novice 8.5: Performance did not meet novice requirements.

Novice 9.0: Majority of team performed at least 2 level appropriate skills

Intermediate 9.5: Most of team performed at least 3 level appropriate skills

Advanced 10.0: Most of team performed at least 4 level appropriate skills

STANDING TUMBLING DIFFICULTY

None 7.0: Did not attempt any level appropriate standing tumbling skills

Below Novice 8.5: Less than majority of team performed a single level appropriate standing skill

Novice 9.0: Majority of team performed 1 level appropriate standing skill

Intermediate 9.5: Majority of team performed 2 level appropriate standing skills

Advanced 10: Most of team performed 2 level appropriate standing skills

RUNNING TUMBLING DIFFICULTY

None 7.0: Did not perform any running tumbling passes

Below Novice 8.5: Only performed a non-level appropriate running tumbling pass

Novice 9.0: Less than majority of team performed 1 level appropriate running tumbling pass

Intermediate 9.5: Majority of team performed 1 level appropriate running tumbling pass

Advanced 10: Most of team performed 1 level appropriate running tumbling pass

JUMP DIFFICULTY

None 7.0: Did not attempt any jumps

Below Novice 8.5: Less than majority of team performed 1 jump

Novice 9.0: Majority of team performed 1 jump

Intermediate 9.5: Most of the team performs 2 connected level appropriate jumps
(Tiny/Mini/Half Year/Prep Divisions – intermediate does not apply to you)

Advanced 10.0: 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 Front Walkover Back Walkover Cartwheel BW Switch Leg Any Other Level Appropriate Standing Tumbling Passes	Cartwheel Round Off Front Walkover Back Walkover Cartwheel Back Walkover Any Other Level Appropriate Specialty Tumbling Passes	Shoulder Sit Straddle Sit Flat Back Chair Prep Level Show-N-Go 1 leg stunt below Prep level ¼ twisting transitions Ground Level Inversions Prep Level Appropriate Tic Toc style transitions Step Down Straight Cradle All Other dismount variations Any Other Level Appropriate Skills	All transitions changing level and/or position level appropriate Any Other Level Appropriate Skills	
2	Back Handspring Specialty Back Handspring Back Walkover Back Handspring Any Other Level Appropriate Standing Tumbling Passes	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 Any Other Level Appropriate Specialty Tumbling Passes	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 Any Other Level Appropriate Skills	Extended 1 leg stunts ½ turn transitions Log Rolls Inversions into Stunts Any Other Level Appropriate Skills	Straight Rides Toe Touch Pretty Girls Any Other Level Appropriate Skills
3	Back Handspring Series Jump back Handspring Jump Back Handspring Series Any Other Level Appropriate Standing Tumbling Passes	Round Off Tuck Round Off Back Handspring Tuck Punch Front Round Off Back Handspring step out Round Off Tuck Any Other Level Appropriate Specialty Tumbling Passes	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 Downward Inversion below Prep Level	Extended 1 leg stunts 2 ½ high Release Moves Inversions Any Other Level Appropriate Skills	Toe Touch Kick Arch Pike Arch Single Full Twist Tuck X Any Other Level Appropriate Skills

			<p>Straight Cradle from Extended 1 leg 1/4 twisting discount from Extended 1 leg stunt Full twisting dismounts from Prep/Extension Any Other Level Appropriate Skills</p>		
4	<p>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 Any Other Level Appropriate Standing Tumbling Passes</p>	<p>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 Any Other Level Appropriate Specialty Tumbling Passes (Fulls)</p>	<p>1 1/2 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 Any Other Level Appropriate Skills</p>	<p>2 arm Braced Flips Non-inverted Release Moves Inversions above Prep Level Leap Frogs Twisting Transitions to Extended Stunts Any Other Level Appropriate Skills</p>	<p>Kick Fulls Double Fulls Pike X Switch Kicks Toe Touch Full Full Toe Touch Full Kick Any Other Level Appropriate Skills</p>
5	<p>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 Jump - BHS - Whip - Tuck BHS - Whip/Tuck - to - Layout</p>	<p>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 Front Handspring - PF step out - RO - to - Whip - to - Full</p>	<p>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 1/2 twisting transition to extended stunt 1/4 - 3/4 twisting tic toc extended body position to body position Full twisting tic toc to extended lib (low to high)</p>	<p>1 Arm Braced Flips Twisting Braced Flips Double Twisting Transitions Arabian Braced Flips Braced Flips that change bases Vault Overs Any Other Level Appropriate Skills</p>	<p>Hitch Kick Fulls Switch Kick Fulls Hitch Kick Full Ball Open full Any Other Level Appropriate Skills</p>

	BHS/BHS Series - Whip - to - Layout Jump - BHS/BHS Series - Whip - to - Layout Any Other Level Appropriate Standing Tumbling Passes	Any Other Level Appropriate Specialty Tumbling Passes (Fulls)	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 Any Other Level Appropriate Skills		
6	“ “	“ “	Free Flipping Rewind to Extended Position or below Free Flipping Dismount Inverted Release Moves with 1/4 twist or more Any Other Level Appropriate Skills	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 Any Other Level Appropriate Skills	Tucks Layouts Layout Full Layout Double Full X Out Full Split Full Arabian 1 1/2 Pike Open Double Full Any Other Level Appropriate Skills