



2024 LEVEL 4.2 SYSTEM

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 4.2 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 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: 11.0% of total routine score

		TWISTING	INVERSIONS	RELEASES	COED	
Non listed non-level appropriate skills		More than 1 twist to prep level or below Less than 1 twist to an extension	Any released inversion to prep level or below 2 leg pancake from shoulder level or below Downward inversion from prep level or below	Switch up to extended single leg 2 twist dismount cradle from prep level Up to 1 twist release to below prep level Up to 1/2 twist release to prep level		BRONZE
		Up to 1.5 twist to prep level single leg Up to 1.5 twist prep level to prep level 1 twist to an extension Less than 1 twist to extended single leg	Any released inversion, from prep level or below to prep level Any NON-released flipping transition	More than 1 twist release to below prep level Up to 1 1/4 twist dismount from extended single leg Switch up to extended body position Up to 1/2 twist release to prep level single leg 2 twist dismount cradle from extended level More than 1/2 twist release to prep level Extended single leg tic-toc to prep level or below A helicopter with up to 180 degree rotation	Any ASSISTED coed style stunt to extended level OR single base toss to prep level	SILVER
Non listed level appropriate skills		Up to 1.5 twist to prep level body position Prep level to prep level single leg with up to 1.5 twist Extended level to prep level with up to 1.5 twist 1 twist to extended single leg	Any released inversion from prep level or below to prep level single leg Any NON-released flipping and twisting transition Any released inversion from waist level or below to extended level Any NON-released inversion to an extension with more than a 1/2 twist	Extended body position tic-toc to prep level or below body position More than 1 twist release to prep level Any waist level release to extended body position 1 twist release to prep level body position	Any UNASSISTED coed style stunt to extended level OR single base toss to prep level	GOLD
		Extended level to extended level with up to 1 twist Extended level to prep level single leg with up to 1.5 twist	Any waist level or below released inversion to extended body position Any NON-released inversion to extended single leg with more than a 1/2 twist	More than 1 twist release to prep level body position		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
2 trick toss with NO twist	GOLD
2 twist toss 1 trick and with 1 twist toss	PLATINUM

PYRAMID DIFFICULTY: 11.5% of total routine score

		TWISTING TRANSITIONS	INVERSIONS	RELEASED TRANSITIONS	
Any level appropriate structure		Any non level appropriate transition Up to 1.5 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 1.5 twist to prep level Up to 1.5 twist to prep level single leg	Less than 3/4 braced flip Any gold level stunt inversion	Any gold level stunt release Low to high OR high to high release Any released transition changing bases Any 2.5 high release	GOLD
		Up to 1.5 twist to an extension Up to 1.5 twist to extended single leg	More than 3/4 braced flip Any platinum level stunt inversion	Any platinum level stunt release Low to high OR high to high twisting release Any released twisting transition changing bases Any twisting 2.5 high transition	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: 1.2% of total routine score

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: 1.25% of total routine score

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 4.2 Judge 2: Stunt Execution / Pyramid 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 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: 11.0% of total routine score

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

Isolation of Skill Factors for PYRAMID EXECUTION: 11.5% of total routine score

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

ROUTINE DESIGN: 1.2% of total routine score

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: 2.0% of total routine score

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:

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 4.2 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 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: 8.0% of total routine score

RUNNING TUMBLING DIFFICULTY: 7.0% of total routine score

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

Non level appropriate skills
Single back handspring
Single back handspring step-out 2 connected skills ending in a back handspring or back handspring variation
3 connected skills ending in a back handspring or back handspring variation

Non level appropriate skills
Round off or cartwheel connected to a single back handspring or back handspring variation
Round off or cartwheel connected to multiple back handsprings
Any combination of 3 or more different connected skills ending in a back handspring or back handspring variation

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?

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: 1.2% of total routine score

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: 1.25% of total routine score

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 4.2 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 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: 8.0% of total routine score

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: 7.0% of total routine score

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: 1.2% of total routine score

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: 2.0% of total routine score

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:

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 4.2 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 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: 5.0% of total routine score

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

ATHLETE PERFORMANCE: 2.5% of total routine score

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: 2.2% of total routine score

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: 4.0% of total routine score

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:

- 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

