

2019 LEVEL 1 NOVICE / RESTRICTED SCORING SYSTEM



STUNT DIFFICULTY		
3.0 - 3.5	BELOW	Skills performed do not meet the LOW RANGE requirement
3.5 - 4.0	LOW	2 different level appropriate skills performed by MOST of the team
4.0 - 4.5	MID	3 different level appropriate skills performed by MOST of the team
4.5 - 5.0	HIGH	3 different level appropriate skills, 1 of which is a waist level body position, performed by MOST of the team

STUNT QUANTITY CHART		
# OF ATHLETES	MAJORITY	MOST
5 - 11	1	1
12 - 15	1	2
16 - 19	2	3
20 - 23	3	4
24 - 27	4	5
28 - 30	4	6
31 - 36	5	7

TUMBLING/JUMP QUANTITY CHART		
# OF ATHLETES	MAJORITY	MOST
5	3	4
6	4	5
7	4	5
8	5	6
9	5	7
10	6	8
11	6	8
12	7	9
13	7	9
14	8	10
15	8	11
16	9	12
17	9	12
18	10	13
19	10	14
20	11	15
21	11	16
22	12	17
23	12	17
24	13	18
25	13	19
26	14	20
27	14	20
28	15	21
29	15	22
30	16	23
31	16	23
32	17	24
33	17	25
34	18	26
35	18	26
36	19	27

STUNT QUANTITY	
4.6	Less than MAJORITY performs a level appropriate skill
4.8	MAJORITY of the team performs a level appropriate skill
5.0	MOST of the team performs a level appropriate skill

JUMP DIFFICULTY	
4.0	Skills do not meet the 4.5 requirement
4.5	MOST of the team performs 1 jump. Must be synchronised, but does not need to be advanced.
5.0	MOST of the team performs 2 jumps. Must be synchronised, but does not need to be advanced OR connected.

TECHNIQUE	
Stunt and Pyramid Drivers: * Top Person/Body Control * Bases/Spotters/Stability of Stunt * Entries/Transitions/Dismounts * Obvious Mistakes * Synchronisation	Toss Drivers: * Top Person * Cradle * Synchronisation/Timing
3.5 - 5.0	Team's ability to execute Stunts, Pyramids and Tosses with excellent precision and form

STANDING TUMBLING DIFFICULTY		
3.0 - 3.5	BELOW	Skills performed do not meet the LOW RANGE requirement
3.5 - 4.0	LOW	LESS than MAJORITY of the team performs a level appropriate pass
4.0 - 4.5	MID	MAJORITY of the team performs a level appropriate pass
4.5 - 5.0	HIGH	MOST of the team performs a level appropriate pass, 1 of which must be synchronised.

PYRAMID DIFFICULTY		
3.0 - 3.5	BELOW	Skills performed do not meet the LOW RANGE requirement
3.5 - 4.0	LOW	1 level appropriate skill, 2 structures performed by MOST of the team
4.0 - 4.5	MID	2 level appropriate skill, 2 structures performed by MOST of the team
4.5 - 5.0	HIGH	3 level appropriate skill, 2 structures performed by MOST of the team

RUNNING TUMBLING DIFFICULTY		
3.0 - 3.5	BELOW	Skills performed do not meet the LOW RANGE requirement
3.5 - 4.0	LOW	LESS than MAJORITY of the team performs a level appropriate pass
4.0 - 4.5	MID	MAJORITY of the team performs a level appropriate pass
4.5 - 5.0	HIGH	MOST of the team performs a level appropriate pass.

Special thanks to Leigh Lemmen and Zoe Eross for their valued input, knowledge and expertise in creating this document.

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DANCE	
9.0 - 10.0	A team's ability to demonstrate a high level of energy and entertainment value which incorporates multiple visual elements including a variety of levels, formation changes, partner work, footwork and floor work. This includes, technique, perfection, synchronisation, pace and intricacy of dance moves performed.

PERFORMANCE	
9.0 - 10.0	A team's ability to demonstrate high levels of energy and entertainment while maintaining consistent uniformity, genuine enthusiasm and showmanship. This will include appropriate athletic impression throughout the routine.

ROUTINE COMPOSITION	
9.0 - 10.0	A team's ability to demonstrate precise spacing and seamless patterns of movement performed throughout the routine. This includes innovative, visual, and intricate idea; as well as any additional skills performed to enhance the overall appeal.

LEVEL APPROPRIATE TUMBLING	
STANDING TUMBLING	RUNNING TUMBLING
Forward Roll	Cartwheel
Straddle Roll	Round off
Handstand Variations	
Bridge from ground	
Bridge from Handstand	
Backwards Roll	
Back Extension Roll	
Cartwheel	

LEVEL APPROPRIATE PYRAMID SKILLS				
INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STUNTS
Braced stunt skills	Switch up to below prep level	¼ twisting transition to prep level	Step down	Straddle Sit/V-Sit
	Braced stunt skills	Braced stunt skills	Retake	Braced prep level stunts
			Pop Off	Braced combo of 2 or more level appropriate skills
				Braced Stunt Skills

LEVEL APPROPRIATE STUNTS				
INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STUNTS
Inversion on ground	Switch up to lib below prep level	1/4 twisting transition to below prep level	Step down	Baby lib
	Switch up to body position below prep level	1/4 down to ground	Pop off	Nugget stunt
	Tic toc below prep level (lib to lib)	1/4 twisting transition to below prep level	Sponge down/retake	Thigh stand
	Tic toc below prep level (lib/body position to body position)	1 leg stunt		Thigh stand lib
				4's position based stunts
				T-lift
				Straddle Sit/V-Sit
				Below prep level 1 leg stunt
				Below prep level 2 leg stunt
				Combination of 2 or more level appropriate skills

**This document includes examples of level appropriate skills. Coaches are responsible for ensuring that any skills performed in their routine are compliant with the Novice/Restricted Level 1 Legality Rules.*

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