

# Xtreme Spirit Scoring Range Guidelines 2010-2011

## TUMBLING/JUMPS

### STANDING TUMBLING (20 POINTS)

DIFFICULTY (1-10 POINTS) REFER TO USASF TUMBLING GUIDELINES

|                  |                               |
|------------------|-------------------------------|
| 4-6 point range  | L1 Standing tumbling skills   |
| 5-7 point range  | L2 Standing tumbling skills   |
| 6-8 point range  | L3 Standing tumbling skills   |
| 7-9 point range  | L4 Standing tumbling skills   |
| 8-10 point range | L5-6 Standing tumbling skills |

EXECUTION (1-10 POINTS)

|                  |  |
|------------------|--|
| 1-3 point range  | Skills performed with poor technique, poor synchronization and with multiple falls, stumbles or hands down.          |
| 3-6 point range  | Skills performed with average technique, average synchronization and few falls, stumbles or hands down.              |
| 5-8 point range  | Skills performed with proper technique and good synchronization with very few to no falls, stumbles or hands down.   |
| 8-10 point range | Skills performed with nearly perfect to perfect technique and synchronization with no falls, stumbles or hands down. |

### RUNNING TUMBLING (20 points)

DIFFICULTY (1-10 POINTS) REFER TO USASF TUMBLING GUIDELINES

|                  |                              |
|------------------|------------------------------|
| 4-6 point range  | L1 Running tumbling skills   |
| 5-7 point range  | L2 Running tumbling skills   |
| 6-8 point range  | L3 Running tumbling skills   |
| 7-9 point range  | L4 Running tumbling skills   |
| 8-10 point range | L5-6 Running tumbling skills |

EXECUTION (1-10 POINTS)

|                  |   |
|------------------|---|
| 1-3 point range  | Skills performed with poor technique, poor synchronization and with multiple falls, stumbles or hands down.                   |
| 3-6 point range  | Skills performed with an average level of technique, average synchronization and few falls, stumbles or hands down.           |
| 5-8 point range  | Skills performed with proper technique and good synchronization with very few to no falls, stumbles or hands down.            |
| 8-10 point range | Skills performed with nearly perfect to perfect level of technique and synchronization with no falls, stumbles or hands down. |

**\*\*To score the maximum tumbling difficulty points within your level:** Specialty passes, multiple skills and a good variety of the most difficult combinations allowed per level must be performed by the majority of the participants in the routine. ALWAYS REFER TO USASF TUMBLING GUIDELINES TO INCORPORATE THE MOST DIFFICULT SKILLS ALLOWED AT YOUR LEVEL.

### JUMPS (15 points)

DIFFICULTY (1-5)

|                 |   |
|-----------------|---|
| 1-2 point range | Limited variety and number of jumps, few performers attempting skill.   |
| 3-4 point range | Multiple jumps performed in combination. An average variety of jumps with majority number of participants performing skills.                    |
| 4-5 point range | Multiple jumps performed in combination connected with standing tumbling. Good variety of jumps with mostly all participants performing skills. |

EXECUTION (1-10)

|                  |   |
|------------------|---|
| 1-3 point range  | Jump skills executed with poor technique, flexibility and synchronization.      |
| 3-5 point range  | Jump skills executed with average technique, flexibility and synchronization.   |
| 5-7 point range  | Jump skills executed with good technique, flexibility and synchronization.      |
| 7-10 point range | Jump skills executed with excellent technique, flexibility and synchronization. |

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## CHOREOGRAPHY/MOTIONS/DANCE

### DANCE/MOTIONS (20 POINTS)

#### DIFFICULTY (1-10)

- 1-3 point range Basic skills, simple dance moves, minimal level/formation changes. Obvious, slow or choppy transitions. Little footwork/ floor work, slow pace.
- 3-5 point range Average dance skills. Moderate dance moves, level/formation changes. Some footwork/floor work. Moderate combinations and seamless transitions, moderate pace.
- 6-10 point range Elite dance skills with multiple combinations and level/formation changes. Strong footwork/floor work. Seamless transitions and fast pace.

#### EXECUTION (1-10)

- 1-3 point range Improper dance technique, incomplete or weak motions, slow pace, little perfection/synchronization, low level of energy, little personality and expression.
- 3-5 point range Standard dance technique, moderate strength in motions, moderate perfection/synchronization, pace and energy, moderate personality and expression.
- 4-7 point range Standard to above standard dance technique, strong motions. Moderate synchronization, fast pace and energy, standard to above standard personality and expression. Moderate crowd appeal.
- 8-10 point range Above standard dance technique. Precise, strong, complete, clean motions. Perfection of synchronization. Crowd engaging performance at a fast pace with high level of personality, expression and energy.

### FORMATIONS/TRANSITIONS (20 POINTS)

#### DIFFICULTY (1-10)

- 1-3 point range Simple formations, low degree of difficulty and creativity. Few formation changes. Very little variety. Unorganized formations/transitions. Simple walking transitions.
- 4-6 point range Average degree of difficulty and creativity. Average number of formation changes with a variety of different formations and transitions. Semi-creative movements or other visual elements incorporated into formations and transitions.
- 7-10 point range Intricate and creative formations. Wide variety formation changes. Quick, clean and effective transitions. High degree of difficulty with creative and visual elements incorporated to add to the visual effect of the routine.

#### EXECUTION (1-10)

- 1-3 point range Multiple frequent spacing and centering problems throughout routine. Timing off on transitions. Frequent bumps or collisions during transitioning. Incomplete or sloppy transitions. Lack of knowledge of next position/formation.
- 4-6 point range Minimal spacing and centering problems throughout routine. Average timing, clean transitions, few bumps or collisions during transitioning.
- 7-10 point range Flawless spacing and centering of formations, minimal timing problems and no bumps or collisions during transitioning. Fast paced, precise, seamless transitions adding excitement and visual effect to the routine.

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## BUILDING SKILLS- STUNTS/PYRAMIDS/TOSSES

### STUNTS (25 POINTS)

DIFFICULTY (1-10 POINTS) REFER TO USASF STUNTING GUIDELINES

|                  |                      |
|------------------|----------------------|
| 4-6 point range  | L1 Stunting skills   |
| 5-7 point range  | L2 Stunting skills   |
| 6-8 point range  | L3 Stunting skills   |
| 7-9 point range  | L4 Stunting skills   |
| 8-10 point range | L5-6 Stunting skills |

**\*\*To score the maximum difficulty points for your level:** perform the highest level of stunts, transitions and dismounts allowed at your level with multiple body positions and a high level of creativity and variety. ALWAYS REFER TO USASF STUNTING GUIDELINES TO INCORPORATE THE MOST DIFFICULT SKILLS ALLOWED AT YOUR LEVEL.

EXECUTION (1-10 POINTS)

|                  |   |
|------------------|---|
| 1-3 point range  | Stunts executed with poor technique, stability, flexibility and synchronization. Shaky or unstable stunts with many balance checks, bobbles or falls. |
| 3-6 point range  | Stunts executed with standard technique, stability, flexibility and synchronization. Few balance checks, bobbles or falls.                            |
| 5-8 point range  | Stunts executed with standard to higher than standard technique, stability, flexibility and synchronization. Very few balance checks or bobbles.      |
| 8-10 point range | Stunts executed with nearly perfect technique, stability, flexibility and synchronization. Very few to zero balance checks or instabilities.          |

TRANSITIONS (1-5)

|                 |   |
|-----------------|---|
| 0-2 point range | Zero to very few transitions, load-ins and dismounts with little creativity or variety performed with below average technique.    |
| 2-3 point range | Some transitions, load-ins and dismounts with an average level of creativity and variety performed with standard technique.       |
| 4-5 point range | A variety of creative transitions, advanced load-ins, transitional skills and dismounts performed with a high level of technique. |

### TOSSES (20 POINTS)

DIFFICULTY (1-10 POINTS) REFER TO USASF TOSS GUIDELINES

|                  |             |
|------------------|-------------|
| 5-7 point range  | L2 Tosses   |
| 6-8 point range  | L3 Tosses   |
| 7-9 point range  | L4 Tosses   |
| 8-10 point range | L5-6 Tosses |

**\*\*To score the maximum toss difficulty points for your level:** incorporate multiple tosses in your routine with multiple performers being used with a high level of creativity and VARIETY including (but not limited to) the most difficult toss skill allowed at your level using the most possible performers. ALWAYS REFER TO USASF TOSS GUIDELINES TO INCORPORATE THE MOST DIFFICULT SKILLS ALLOWED AT YOUR LEVEL.

EXECUTION (1-10 POINTS)

|                 |   |
|-----------------|---|
| 1-3 point range | Tosses executed with poor technique, stability, flexibility and synchronization. Limited height, poor flyer position(s) in the air.                       |
| 3-6 point range | Tosses executed with standard technique, stability, flexibility and synchronization. Below average height and below average flyer position(s) in the air. |

- 5-8 point range Tosses executed with standard/higher than standard technique, stability, flexibility and synchronization. Average height and average flyer position(s) in the air.
- 8-10 point range Tosses executed with nearly perfect technique, stability, flexibility and synchronization. Above average height and proper flyer position(s) in the air.

## PYRAMIDS (25 POINTS)

### DIFFICULTY (1-10 POINTS) REFER TO USASF PYRAMID GUIDELINES

- 4-6 point range L1 Pyramid skills
- 5-7 point range L2 Pyramid skills
- 6-8 point range L3 Pyramid skills
- 7-9 point range L4 Pyramid skills
- 8-10 point range L5-6 Pyramid skills

**\*\*To score the maximum pyramid difficulty points for your level:** perform more than one pyramid structure with the highest level transition and dismount difficulty allowed at your level with a high level of creativity and variety. ALWAYS REFER TO USASF PYRAMID GUIDELINES TO INCORPORATE THE MOST DIFFICULT SKILLS ALLOWED AT YOUR LEVEL.

### EXECUTION (1-10 POINTS)

- 1-3 point range Pyramid skills executed with poor technique, stability, flexibility and synchronization. Shaky or unstable structures with balance checks, bobbles or falls.
- 3-6 point range Pyramid skills executed with standard technique, stability, flexibility and synchronization. Few balance checks, bobbles or falls.
- 5-8 point range Pyramid skills executed with standard to higher than standard technique, stability, flexibility and synchronization. Very few balance checks or bobbles.
- 8-10 point range Stunts executed with nearly perfect technique, stability, flexibility and synchronization. Very few to zero balance checks or instabilities.

### TRANSITIONS (1-5)

- 0-2 point range Zero to very few transitions, load-ins and dismounts with little creativity or variety performed with below average technique.
- 2-3 point range Some transitions, load-ins and dismounts with an average level of creativity and variety performed with standard technique.
- 4-5 point range A variety of creative transitions, advanced load-ins, transitional skills and dismounts performed with a high level of technique.