

STUNT DIFFICULTY

Levels 5 -7



Minimal/Limited	Moderate	High
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# of Bases	4 bases	3 bases	2 bases (Assisted)	1 base (Unassisted)
Body height of skill	Below waist level	Waist level	Prep	Extended
Stability/# of legs	Flat body/seated	2 leg	1 leg	Body position
Release/Transition	High support			Low support
Twisting	No twist		Max twist (Assisted)	Max twist (Independent)
Inversion	No inversion	Low degree of inversion		High degree of inversion
Shape change	No shape change	Small	Medium	Large w/flexibility
Sequencing	No sequencing		Basic sequencing	Complex sequencing
Connection/Pace	Few connections	Some immediate connections		Immediate connections
Team Participation	Cumulative	Majority: 4 or more LA/difficult skills (same time, rippled/synched)		> Majority: 4 or more LA/difficult skills (same time, rippled/synched)
Variety		2 -3 skill categories with load-ins/transitions/dismounts	3 - 4 skill categories with load-ins/transitions/dismounts	Multiple versions of skill types/load-ins /transitions/dismounts

STUNT DIFFICULTY

Coed Divisions



	Minimal/Limited				Moderate		High	
# of Bases	4 bases		3 bases		2 bases (Assisted)		1 base (Unassisted)	
Degree of assist	Spotter assisted from initiation - end of skill		Spotter assisted load & dismount/transition		Minimal elements assisted from spotter		Unassisted	
Load style	A base positioned under the foot/leg of the top person to <u>prep</u> level		A base positioned under the foot/leg of the top person to <u>extended</u> level		L3+:Toss/Free release to prep		L4+:Toss/Free release to <u>extended</u> (L3: toss/free release to prep - press extended)	
Stability/# of arms	Flat body/seated Examples include: • Chair • Shoulder sit		2 arm		Extended inverted with 2 arm		1 arm	
Team participation single base	Minimal skill requirement (Cumulative)		25 - 50% of skills single based		50 - 75% of skills single based		75% + single based skills	

Coed divisions: Coed divisions utilize all stunt difficulty considerations and compare teams on the difficulty of the single based skills performed.

- Degree of difficulty (*multi-based & single based skills*)
- Use of minimal bases & ratio of team participation in single base skills
- Team participation in difficult skills
- Pace/connection
- Variety

**Teams are comparatively scored and the use of single base skills across divisions and levels will vary.*

STUNT

DIFFICULTY

Levels 5 - 7 Benchmarks

High – Moderate:

- **Does not meet 6.0 – 15.0 range requirement**
- 75%+ of skills with moderate – high difficulty
- 75%+ of skills are sequenced with connections
- Many immediate connections with consistent strong pace in connections
- High variety of transitions, loads, dismounts, etc.

Moderate:

- **Does not meet 6.0 – 15.0 range requirement**
- 50-75% of skills with moderate – high difficulty
- 50-75% of skills connected/sequenced
- Inconsistent pace of connections
- Variety of transitions, loads, dismounts, etc.

Low:

- Does not 3.0 – 6.0 range requirement
- No level appropriate skills performed
- Inconsistent pace of connections
- Few transitions, loads, dismounts, etc.

15.0 – 6.0	6.0 – 15.0 (<i>High range</i>): A majority of the team performs a level appropriate skill. Coed divisions: A majority of the team perform a level appropriate skill and a Majority of the team performs a single based (assisted or unassisted) skill.			
6.0				
5.7	High – Moderate team participation (Did not meet 6.0 – 15.0 range requirements)	High – Moderate difficulty (Did not meet 6.0 – 15.0 range requirements)	Moderate – Strong Pace/Connection (Did not meet 6.0 – 15.0 range requirements)	High – Moderate Variety (Did not meet 6.0 – 15.0 range requirements)
5.4				
5.1				
4.8				
4.5				
4.2	Moderate team participation (Did not meet 6.0 – 15.0 range requirements)	Moderate difficulty (Did not meet 6.0 – 15.0 range requirements)	Moderate Pace/Connection (Did not meet 6.0 – 15.0 range requirements)	Moderate Variety (Did not meet 6.0 – 15.0 range requirements)
3.9				
3.6				
3.3				
3.0	Low range (Did not meet 3.0 – 6.0 range requirements)	Low range (Did not meet 3.0 – 6.0 range requirements)		
2.7				
2.4				
2.1				
1.8				
1.5				
1.2				
1.0				

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STUNT
DIFFICULTY
Levels 5 -7 Benchmarks

High/Strong:

- More than majority of the groups execute skills at the same time, rippled or synched
- More than minimum required level appropriate skills
- 75%+ of skills with moderate - high difficulty
- 75%+ of skills are sequenced with connections
- Many immediate connections with consistent strong pace in connections
- High variety of transitions, loads, dismounts, etc.

Moderate:

- More than majority of the groups execute required skill at the same time, rippled or synched
- 50-75% of skills with moderate - high difficulty
- 50-75% of skills connected/sequenced
- Inconsistent pace of connections
- Variety of transitions, loads, dismounts, etc.

Limited:

- Majority of the groups execute required skill at the same time, rippled or synched
- 25%-50% of moderate-high difficulty skills
- 25%-50% of skills connected/sequenced
- Inconsistent pace of connections
- Few transitions, loads, dismounts, etc.

15.0	High team participation	High difficulty	Strong & Consistent Pace/Connection	High Variety
14.7				
14.4				
14.1				
13.8				
13.5	Moderate - High team participation	Moderate - High difficulty	Moderate - Strong Pace/Connection	Moderate - High Variety
13.2				
12.9				
12.6				
12.3				
12.0	Moderate team participation	Moderate difficulty	Moderate Pace/Connection	Moderate Variety
11.7				
11.4				
11.1				
10.8				
10.5	Limited team participation	Limited difficulty	Inconsistent pace Limited connections	Limited Variety
10.2				
9.9				
9.6				
9.3				
9.0	Minimum team participation	Minimal difficulty	Minimal connections/ slow pace	Minimal Variety
8.7				
8.4				
8.1				
7.8				
7.5				
7.2				
6.0 - 6.9				

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PYRAMID DIFFICULTY

Pyramid difficulty scores and rankings evaluate these scoring considerations. Each consideration contributes to the overall score/ranking. Degree of difficulty and use of minimal bases, team participation in difficult skills and pace/connection are major considerations when comparing teams. Variety adds to the difficulty score.

Degree of difficulty

The level of technical difficulty of a skill or structure included in a pyramid.

Both the difficulty of the pyramid structures and the difficulty of the skills in the pyramid sequence are evaluated. Teams are compared based on the overall difficulty of skills and structures.

Pyramid degree of difficulty is determined by:

- Stunt degree of difficulty factors (# of legs, # of bases, etc)
- Technical difficulty of structure
- Difficulty of pyramid releases/transitions & skills

○

Minimal bases

How consistently does the team perform skills with 3 or less bases?

For coed divisions, single base skills are not required in the pyramid. Use of minimal bases is considered when comparing teams.

Single base skills in pyramids:

- Less bases supporting a skill may increase the degree of difficulty
- Use of minimal bases in a skill may increase the # of groups executing difficult pyramid skills/structures/sequences.

Team Participation

Team participation is evaluated based on the # of stunt groups that participate in each skill, sequence and structure.

Team participation:

- # of groups in a structure
- # of groups participating in difficult & LA skills
- Maximizing the number of groups performing each skill

Pace/Connection

The pace of connections between skills is a consideration when comparing teams.

Immediate connection:

- High degree of precision required to execute

Consistency:

- How many of the skills/sequences use immediate connections or connected skills?

Variety

Incorporating a variety of skill categories and variations, body positions, and connections/loads /transitions between skills adds to the difficulty by showing a depth of ability in the level.

Sub-categories:

- Transitions/releases
- Twisting
- Inversions
- Downward inversions

Variety also includes variation in how these skill categories are used:

- Loads
- Dismounts
- Releases
- Connection types
- Changing bases in pyr transitions

PYRAMID DIFFICULTY

Levels 5 – 6



	Minimal/Limited	Moderate		High
Level Appropriate Skills <i>*Includes stunt DOD factors</i>	1 – 2 LA skills & additional skills	2– 3 LA skills & additional skills	3+ LA skills & additional skills including: • LA skill to structure • LA transition/release	3+ LA & additional skills including: • LA skill to structure • LA transition/release
Team Participation <i>Loads/Transitions/Dismounts</i>	Cumulative with limited # of groups	Moderate team participation in LA skills	Moderate team participation in difficult LA skills	Strong team participation in difficult LA skills
Pace	Limited connections	Few immediate connections & inconsistent pace	Some immediate connections & consistent pace	Intricate use of groups with fast connections & consistent pace
Variety <i>Loads/Transitions/Dismounts</i>	Limited inclusion of skill sub-categories	2 – 3 skill sub – categories		3+ skill sub-categories
Team Participation <i>Structures</i>	Less than majority in 2 structures	Majority in 2 or more structures		> Majority in 2 or more structures
Degree of difficulty <i>Structures</i>	Less than Majority groups at max height	Majority of groups at max height	> Majority of groups at max height	Multiple structures with > Majority of groups at max height
# of Bases	4 bases	3 bases	2 bases	1 base
Stability/# of legs	Flat body/seated	2 leg	1 leg	Body position/Inverted
Variety <i>Structures</i>	2 structures	Some variety in structures		Strong variety of structures

PYRAMID DIFFICULTY

Level 7



High
connection
& support

LOW DIFFICULTY			HIGH DIFFICULTY	
2 mid base + 1 top		1 mid base + 1 top		1 mid base + 2 tops
Seated	Standing 2 leg	1 leg		Inverted/suspended
Braced - Step On		Braced - Arm only		Free Release
To & From 2.5 high				
	2.5 to 2.5			

Low
connection
& support

DOD of loads/transitions/dismounts									
Minimal twists				Maximum twists					
Minimal inversion/rotation				Maximum inversion/rotation					
Braced step off		Release w/o skill				Release w/skill		Variety (shapes/directions/style)	
Team Participation									
Minimum structures @ same time				Strong team participation @ 2.5 high					
Pace									
Slow pace, minimal connections				Consistent pace & connections					



PYRAMID DIFFICULTY

Levels 5 – 7 Benchmarks

High/Strong:

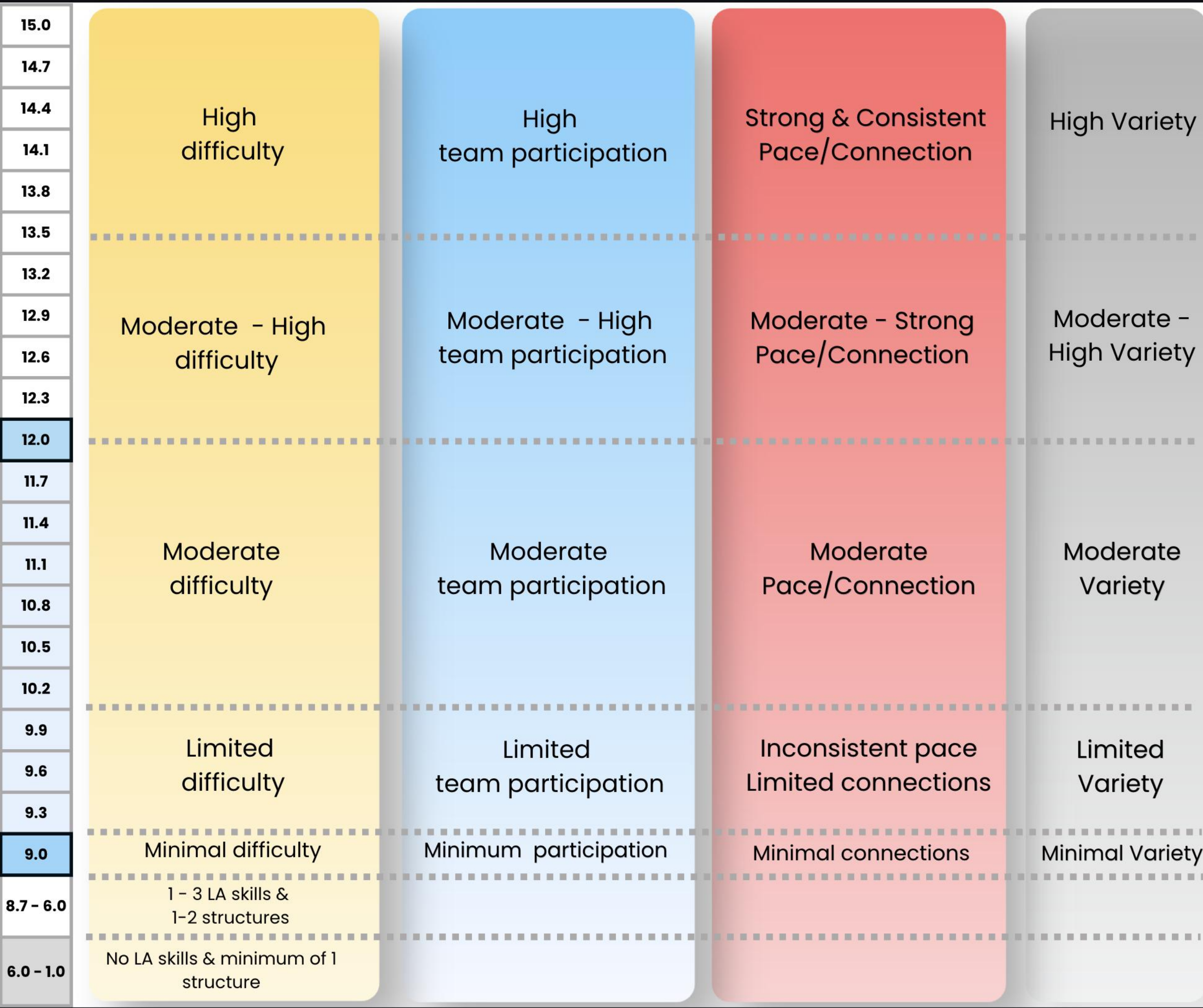
- More than majority of the groups participating in 2 structures, strong team participation in difficult skills
- 75%+ of skills with moderate – high difficulty
- Consistent pace in connections & multiple immediate connections
- High variety of skills & structures

Moderate:

- More than Majority of the groups participating in 2 structures
- Moderate team participation in difficult skills
- 50-75% of skills with moderate – high difficulty
- Inconsistent pace of connections
- Moderate variety of skills & structures

Limited:

- Majority of team participating in 2 structures
- Limited team participation in difficult skills
- 25 – 50% of skills with moderate – high difficulty
- Limited connections, inconsistent pace
- Limited variety of skills and structures



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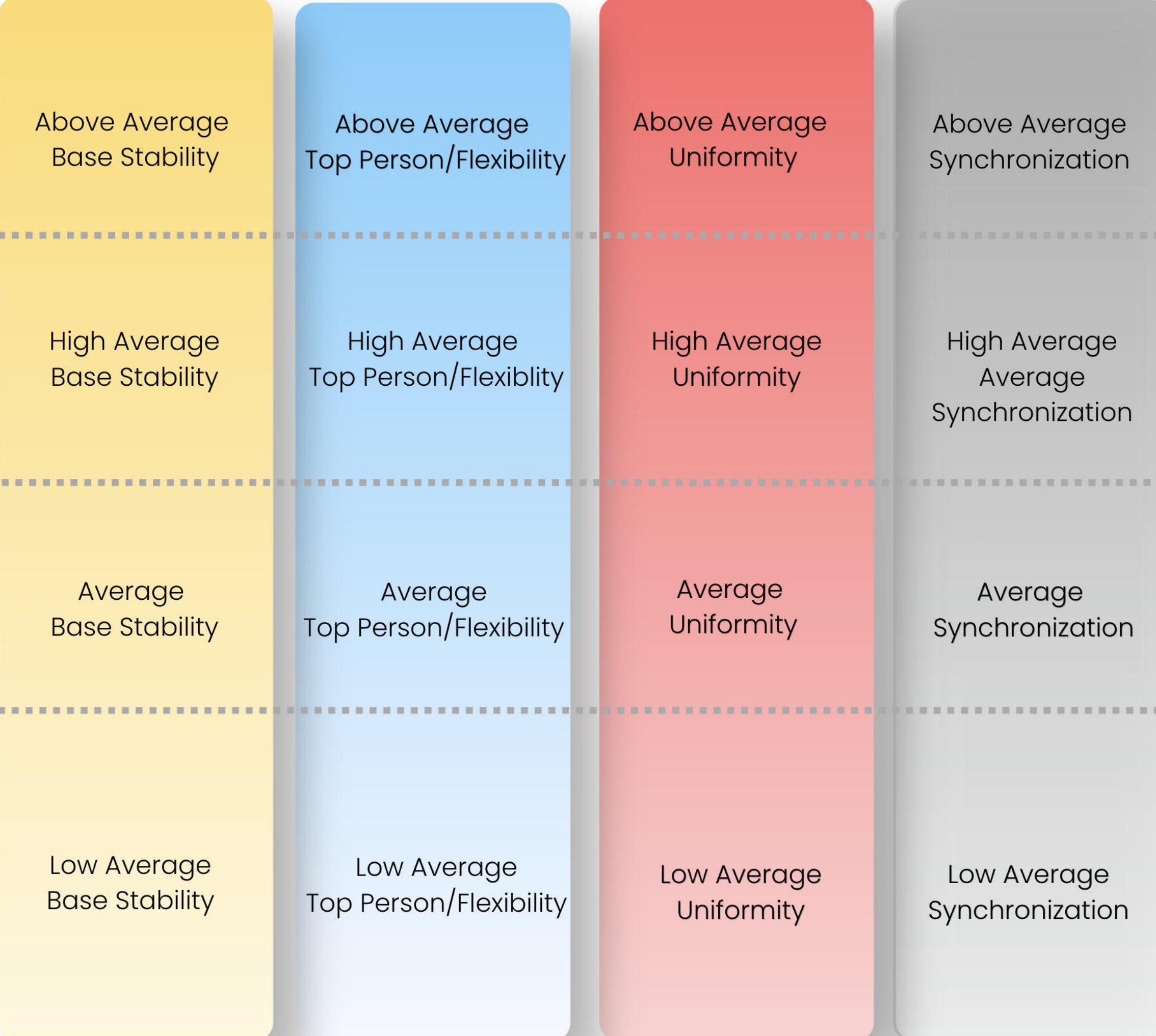
STUNT & PYRAMID

EXECUTION

Benchmarks

- Above Average:
- 75%+ of skills with excellent use of execution considerations
 - Consistent excellence across execution factors
 - Minor errors
- High Average:
- 50-75% of skills with strong use of execution considerations
 - Inconsistent excellence across execution factors
 - Few errors
- Average:
- 25-50% of skills with strong use of execution considerations
 - Some errors & falls
 - L5 - L7: Failed to meet difficulty skill requirements for the 3.0-15.0 range
- Low Average:
- 25% of skills with strong use of execution factors
 - Multiple errors & falls
- Below Average:
- Significant, widespread technique issues by team across all execution considerations

15.0
14.7
14.4
14.1
13.8
13.5
13.2
12.9
12.6
12.3
12.0
11.7
11.4
11.1
10.8
10.5
10.2
9.9
9.6
9.3
9.0
8.7
8.4
8.1
7.8
7.5
7.2
6.9
6.6
6.3
6.0



IASF TOSS DIFFICULTY

Toss difficulty scores and rankings evaluate these scoring considerations. Each consideration contributes to the overall score/ranking. Degree of difficulty and use of minimal bases, team participation in difficult skills and pace/connection are major considerations when comparing teams. Variety adds to the difficulty score.

Degree of difficulty

The technical difficulty of a toss skill.

Toss degree of difficulty is determined by:

- Twisting rotations
- Shape changes
- Sequencing
- Exceptional height
- L2: Pace of load -in
- L7: Flipping rotation

Team Participation

Team participation is evaluated based on the # of toss groups that participate in toss skills.

Team toss (Majority of toss groups throwing in the same section) sets the benchmark.

Team participation:

- # of groups performing LA toss
- # of groups participating in difficult toss skills
- Showcasing team ability/team toss with Majority of toss groups performing LA toss skill in the same section

Variety

Incorporating a variety of LA tosses and/or non-LA tosses.

Not applicable in L2.

Considerations

- Showcasing flexibility & twisting skills
- Variety in sequencing/shapes
- Variance in twisting or flipping rotations (L7)

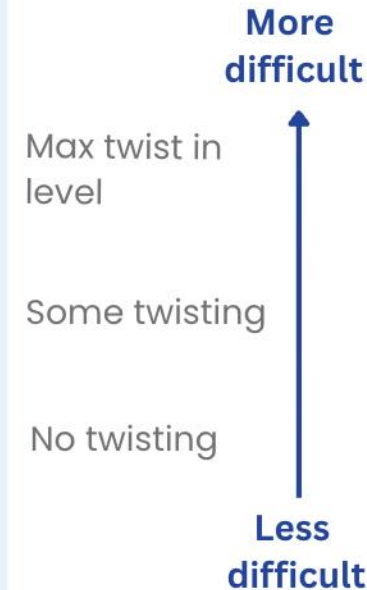
Height

Exceptional height may increase the complexity of a skill.

Twisting

L3 - 7

Twisting adds difficulty.



Shape Changes

L3 - 7

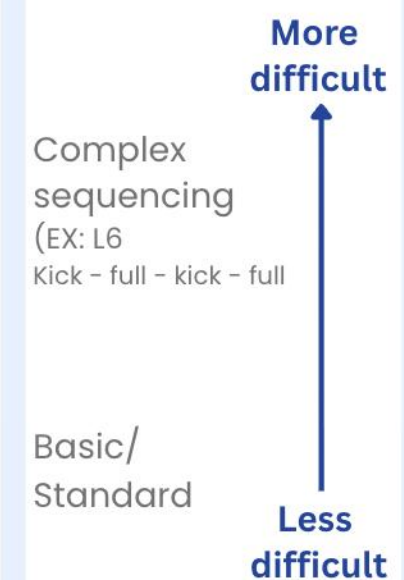
Changes in the top's body shape during the skill.

Large shape changes that show flexibility add difficulty.

Skill Composition

L3 - 7

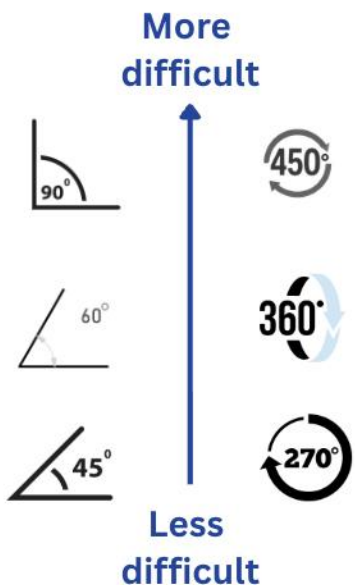
The order of shape changes & tricks within a skill can increase complexity.



Inversion/Flipping

L7

The greater the degree of inversion or flipping rotation, the higher the difficulty.



TOSS: DEGREE OF DIFFICULTY

Levels 5 – 7

	Minimal/Limited	Moderate	High/Strong
Twisting Rotation	No twisting	Moderate difficulty with twisting rotation Examples include: - L5: Some twisting with 2 tricks - L6: 1 twist + 3 tricks - L7: Kick triple twist or ½ – 1 twist + flip	Max twisting rotation
Shapes/Shape Changes	Basic Examples include: - Hitch/liberty position - Short shapes (L7 flipping rotations) - Tuck		Difficult Examples include: - Kick (high flexibility) - Toe touch (high flexibility) - Long shapes(L7 flipping rotations) - Layout
Skill Composition	Basic/ 1 skill Examples include: Tuck (L7)	Moderate Sequencing Examples include: - Kick 1 ½ (L5) - Ball double full (L6) - Tuck X (L7)	Difficult/complex sequencing Examples include: - Kick – full – kick (L5) - Kick –full – kick – full (L6) - Pike open full/double twist (L7)
Flipping Rotation	270 rotation (3/4 flip)	360 rotation (1 flip)	450 rotation (1 ¼ flip)
Height	Average height	Exceptional height	

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TOSS

DIFFICULTY

Levels 5 – 7 Benchmarks

High:

- More than Majority of the toss groups perform a difficult level appropriate toss in the same section, rippled or synchronized
- High difficulty in team toss skill
- Multiple additional tosses (level or non-level appropriate)
- Variety of high difficulty tosses executed
- Moderate – high variety of toss skills performed
- High team participation in variety of toss skills

Moderate:

- Majority of the toss groups perform a level appropriate toss in the same section, rippled or synchronized
- Moderate – high difficulty in team toss skill
- Additional tosses (level or non-level appropriate)
- Moderate variety of tosses

Limited:

- Majority of the toss groups perform a level appropriate toss (cumulative)

2.0	High difficulty	High team participation	High Variety
1.9			
1.8			
1.7	Moderate – High difficulty	Moderate – High team participation	Moderate – High Variety
1.6			
1.5			
1.4	Moderate difficulty	Moderate team participation	Moderate Variety
1.3			
1.2			
1.1			
1.0			
0.9	Limited difficulty	Limited team participation	Limited Variety
0.8			
0.7			
0.6			
0.5	Minimal difficulty	Minimum team participation	Minimal Variety
0.4	Low range (Did not meet 0.5 – 2.0 range requirement)	Low range (Did not meet 0.5 – 2.0 range requirement)	
0.3			
0.2			
0.1			

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TOSS
EXECUTION
Benchmarks

Above Average:

- 50 – 75%+ of skills with excellent use of execution considerations
- Strong team execution, some errors by individual athletes

Average:

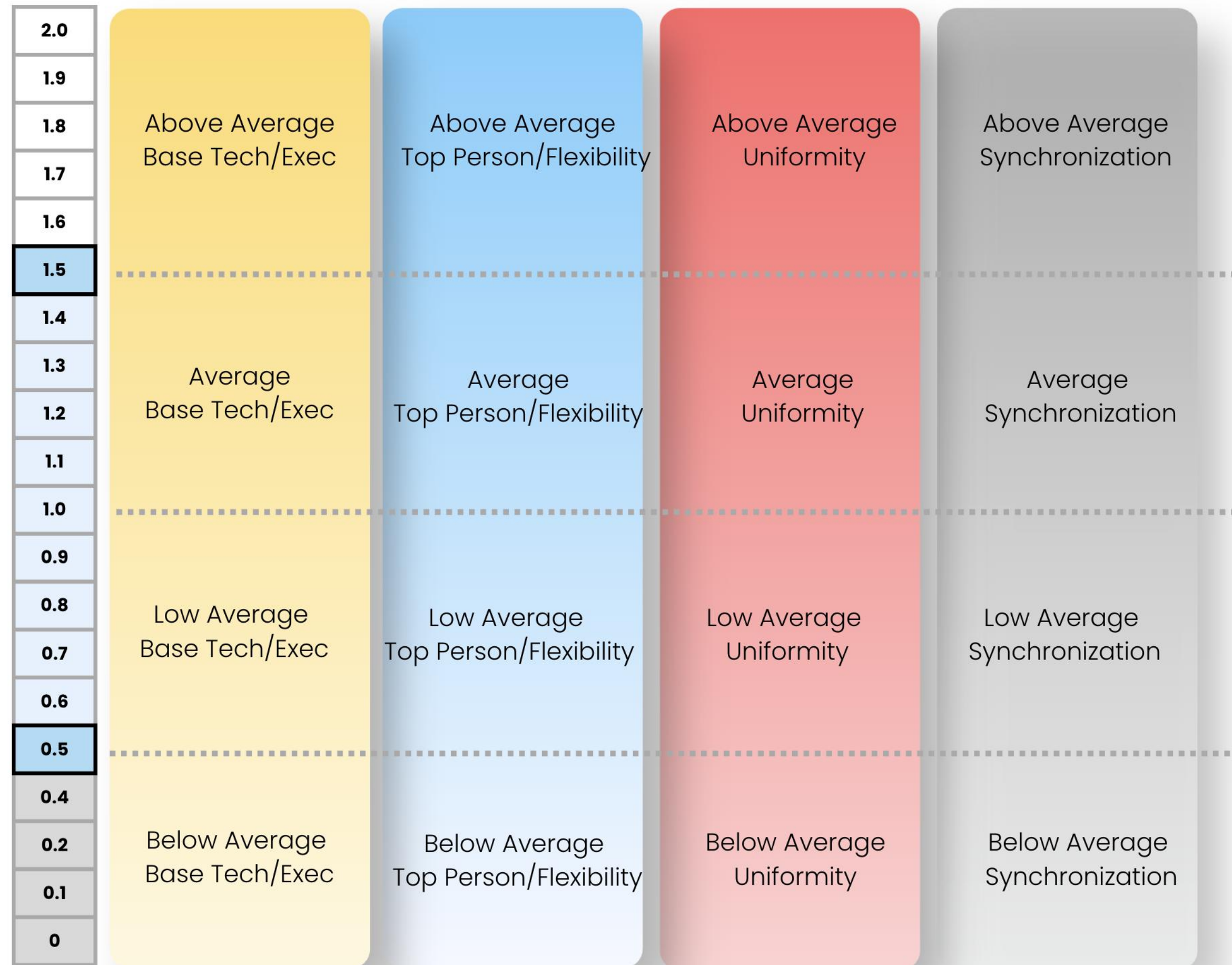
- 25 – 50% of skills with strong use of execution considerations
- Some errors
- L5-7: Failed to meet 0.5 – 2.0 difficulty range requirement
 - If no level appropriate skills performed, recommended that the execution score is capped

Low Average:

- Less than 25% of skills with strong use of execution/technique considerations

Below Average:

- Significant, widespread technique issues by team across all execution considerations



TUMBLING DIFFICULTY

Tumbling difficulty scores and rankings evaluate these 5 scoring considerations. Each consideration contributes to the overall score/ranking. Degree of difficulty, team participation in difficult skills, group size and variety are major considerations when comparing teams.

Degree of Difficulty

Degree of difficulty considers the technical complexity of the skills AND their connections in the pass.

Skill Degree of Difficulty:

- Shapes
 - Longer shapes may add difficulty
 - L4/5: Tuck vs layout
 - Flexibility adds difficulty (L1)
- Momentum
 - Less momentum into flipping skills can add difficulty to standing tumbling

Pass – Degree of Difficulty:

- Skill difficulty/complexity
- Connections
 - Ex: Jump before a LA skill can add difficulty

Team Participation

Ratio of the team participating in level appropriate skills.

Ratio of the team participating in difficult passes/skills.

Group Size

Synchronizing skills can amplify difficulty.

- Unique athletes
- Complex passes are difficult to synchronize

**Large groups =
↑ Difficulty**

Variety

A variety of skill types shows a depth of ability in the level.

Direction

- Forward tumble
- Backward tumble

Connections

- Entry skills
- Bounding
- Jump to skill

Additional Skills

Non-level appropriate skills can add complexity & variety to passes.

Teams performing only non-level appropriate passes will be evaluated from 0.1-0.5.

Team participation, difficulty of the non-LA skill & group size will be factors.

STANDING TUMBLING DIFFICULTY



Levels 5 – 7

The difficulty examples below are illustrative only and do not represent every scoreable skill or pass. Any level-appropriate content meeting the criteria for Limited, Moderate, or High difficulty may be credited.

	Minimal/Limited		Moderate	High
Level 5	Basic LA Pass with tuck Examples include: - Tuck – BHS – Tuck - LA Pass including 2 tucks	LA Pass Examples include: - Jump skill – Tuck (front/back) - Pass including tumbling after a tuck	LA Pass including whip or layout Examples include: - Jump skill – BHS – BHS – Whip – BHS – Tuck - BHS- BHS – Whip – Tuck - BHS – BHS – Layout/Layout Stepout	LA Pass with high degree of difficulty Examples include: - BHS – Whip – Tuck - ADV Jump – BHS – BHS – Layout - BHS – layout/layout step out - BHS – BHS – Whip – Layout
Level 6	Basic LA skill/pass Examples include: ADV jump tuck		LA pass Examples include: - BHS- BHS – Full - ADV Jump – BHS – BHS – Full - BHS – BHS – Whip – Full - LA Passes with high momentum	LA Pass with high degree of difficulty Examples include: - BHS – Full - ADV Jump – BHS – Full - BHS – Whip – Full - BHS – BHS – Double Full
Level 7	Basic LA skill/pass Examples include: ADV jump tuck		LA Pass Examples include: - BHS – BHS – Full - ADV Jump – BHS – BHS – Full - BHS – BHS – Whip – Full - LA Passes with high momentum	LA Pass with high degree of difficulty Examples include: - BHS – Full - Standing Full - ADV Jump – BHS – Full - BHS – Whip – Full - BHS – BHS – Double Full



Short Shape
Ex: Tuck L4/5

Long Shape
Ex: Layout L4/5

++ skills = momentum
(standing tumbling)

Less skills before flip =
less momentum
(standing tumbling)

Low difficulty skills
are connected

High difficulty skills
are connected

IASF STANDING TUMBLING DIFFICULTY

Levels 1 – 4 Benchmarks

High/Strong:

- More than Majority perform a level appropriate synchronized (cumulative)
- 75%+ of passes with moderate – high difficulty
- Strong use of large groups (5 or more athletes)
- Variety of skills
- Strong team participation in variety of skills

Moderate:

- More than Majority perform a level appropriate synchronized pass (cumulative)
- 50-75% of passes with moderate – high difficulty
- Moderate use of large groups (5 or more ath)
- Variety of skills
- Moderate team participation in a variety of skills

Limited:

- Majority of team performs a level appropriate synchronized pass (cumulative)
- 25 – 50% of skills with moderate – high difficulty
- Limited use of large groups (5 or more athletes)
- Limited to no variety
- Limited team participation in variety of skills

2.0	High team participation	High difficulty	Strong use of synched large groups	High Variety
1.9				
1.8				
1.7	Moderate – High team participation	Moderate – High difficulty	Moderate – Strong use of large synched groups	Moderate – High Variety
1.6				
1.5				
1.4	Moderate team participation	Moderate difficulty	Moderate use of large synched groups	Moderate Variety
1.3				
1.2				
1.1	Limited team participation <i>Cumulative</i>	Limited difficulty	Limited use of large synched groups	Limited Variety
1.0				
0.9				
0.8	Below required team participation	Minimal difficulty No LAP skills	Minimal use of large synched groups	Minimal Variety
0.7				
0.6				
0.5				
0.4				
0.2				
0.1				

IASF STANDING TUMBLING DIFFICULTY

Levels 5 – 7 Benchmarks

High/Strong:

- More than Majority perform a level appropriate synchronized pass (cumulative)
- 75%+ of passes with moderate – high difficulty
- Strong use of large groups (5 or more athletes)
- Variety of skills
- Strong team participation in variety of skills

Moderate:

- More than Majority perform a level appropriate synchronized pass (cumulative)
- 50–75% of passes with moderate – high difficulty
- Moderate use of large groups (5 or more ath)
- Variety of skills
- Moderate team participation in a variety of skills

Limited:

- Majority of team performs a level appropriate synchronized pass (cumulative)
- 25 – 50% of skills with moderate – high difficulty
- Limited use of large groups (5 or more athletes)
- Limited to no variety
- Limited team participation in variety of skills

2.0	High team participation	High difficulty	Strong use of synched large groups	High Variety
1.9				
1.8				
1.7	Moderate – High team participation	Moderate – High difficulty	Moderate – Strong use of large synched groups	Moderate – High Variety
1.6				
1.5				
1.4	Moderate team participation	Moderate difficulty	Moderate use of large synched groups	Moderate Variety
1.3				
1.2				
1.1	Limited team participation <i>Cumulative</i>	Limited difficulty	Limited use of large synched groups	Limited Variety
1.0				
0.9				
0.8	Below required team participation	Minimal difficulty No LAP skills	Minimal use of large synched groups	Minimal Variety
0.7				
0.6				
0.5				
0.4				
0.2				
0.1				

RUNNING TUMBLING DIFFICULTY



Levels 5 – 7

The difficulty examples below are illustrative only and do not represent every scoreable skill or pass. Any level-appropriate content meeting the criteria for Limited, Moderate, or High difficulty may be credited.

	Minimal/Limited	Moderate	High
Level 5	Basic LA Pass with tuck Examples include: • Tuck – BHS – Tuck • LA Pass including 2 tucks	LA Pass including whip or layout Examples include: • Jump skill – BHS – BHS – Whip – BHS – Tuck • BHS– BHS – Whip – Tuck • BHS – BHS – Layout/Layout Stepout	LA Pass with high degree of difficulty Examples include: • BHS – Whip – Tuck • ADV Jump – BHS – BHS – Layout • BHS – layout • BHS – BHS – Whip – Layout
Level 6 & 7	Basic LA skill/pass (L6/L7 exceptions) Examples include: • RO – HS – Full • FHS – RO – HS – Full • Cartwheel – Full • Front full	LA pass (L6/L7 exceptions) Examples include: • RO – BHS – Kick Full/Full Step Out (Full variations) • Punch front step out to Full • RO – Whip – Full • 1.5 Twisting Front Layout	LA Pass with high degree of difficulty Examples include: • Arabian – Full • Front HS – Front Full • Punch front step out – FHS – RO to Full • RO to 1.5 twisting layout – Full • Passes to double twisting layout

Low Difficulty Difficult

Short Shape
Ex: Tuck

Long Shape
Ex: Layout

Low Difficulty Difficult

++ skills = momentum

Less skills before flip > power required

Low Difficulty Difficult

Low difficulty skills are connected

High difficulty skills are connected



RUNNING TUMBLING DIFFICULTY

Levels 5 – 7 Benchmarks

High/Strong:

- 75% of the team performs a level appropriate pass (cumulative)
- 75%+ of passes with moderate – high difficulty
- Use of large groups LA Pass (5 or more athletes)
- Multiple synched passes with 3 or more athletes
- Strong team participation in variety of skills

Moderate:

- More than a majority of the team performs a level appropriate pass (cumulative)
- Use of large groups LA Pass (5 or more ath)
- 50-75% of passes with moderate – high difficulty
- Moderate team participation in a variety of skills

Limited:

- Majority of team performs a level appropriate pass (cumulative)
- 25 – 50% of skills with moderate – high difficulty
- Limited to no variety

2.0	High team participation	High difficulty	Strong use of synched large groups	High Variety
1.9				
1.8				
1.7	Moderate – High team participation	Moderate – High difficulty	Moderate – Strong use of large synched groups	Moderate – High Variety
1.6				
1.5				
1.4	Moderate team participation	Moderate difficulty	Moderate use of large synched groups	Moderate Variety
1.3				
1.2				
1.1	Limited team participation <i>Cumulative</i>	Limited difficulty	Limited use of large synched groups	Limited Variety
1.0				
0.9				
0.8	Below required team participation	Minimal difficulty No LAP skills	Minimal use of large synched groups	Minimal Variety
0.7				
0.6				
0.5				
0.4				
0.2				
0.1				

IASF

TUMBLING EXECUTION

Benchmarks

Above Average:

- 75%+ of skills with excellent use of execution/technique considerations
- Consistent excellence across all considerations
- Minor errors

High Average:

- 50%–75% of skills with strong use of execution considerations
- Inconsistent excellence across scoring considerations
- Few errors

Average:

- 25%– 50% of skills with strong use of execution considerations
- Some errors & falls
 - Individual athlete errors
- L5 – L7: Failed to meet requirements for the 0.5 – 2.0 difficulty range

Low Average:

- Less than 25% of skills with strong use of execution considerations

Below:

- Significant, widespread technique issues by team across all execution considerations

2.0	Above Average Body Control	Above Average Landings	Above Average Uniformity	Above Average Synchronization
1.9				
1.8				
1.7	High Average Body Control	High Average Landings	High Average Uniformity	High Average Synchronization
1.6				
1.5				
1.4				
1.3	Average Body Control	Average Landings	Average Uniformity	Average Synchronization
1.2				
1.1				
1.0				
0.9				
0.8	Low Average Body Control	Low Average Landings	Low Average Uniformity	Low Average Synchronization
0.7				
0.6				
0.5				
0.4				
0.2	Below Average Body Control	Below Average Landings	Below Average Uniformity	Below Average Synchronization
0.1				
0				

IASF
JUMP
EXECUTION
Benchmarks

Above Average:

- 75%+ of skills with excellent use of execution considerations
- Consistent excellence across execution considerations
- Minor errors

High Average:

- 50%-75% of skills with strong use of execution considerations
- Inconsistent excellence across execution considerations
- Few errors

Average:

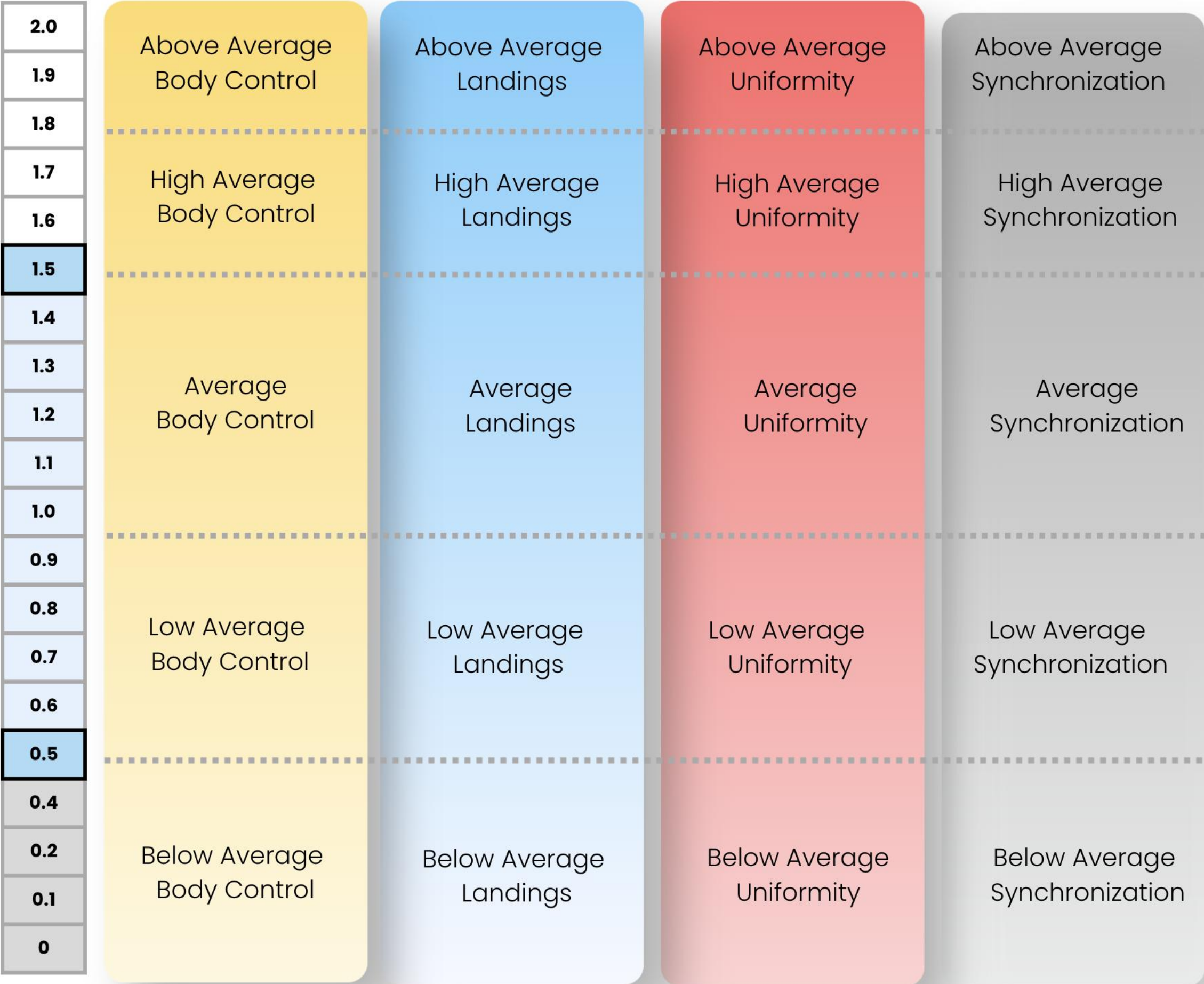
- 25%- 50% of skills with strong use of execution considerations
- Some errors & falls
 - Individual athlete errors

Low Average:

- Less than 25% of skills with strong use of execution/technique considerations

Below:

- Significant, widespread technique issues by team across all execution considerations



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ROUTINE CREATIVITY & COMPOSITION

Benchmarks

High/Strong:

- 75%+ of the routine includes creative/visual elements
- Consistent use of creative/visual elements in building skills
- Consistent variety of formation and patterns of movement to create visual interest.
- Some intricate formations/transitions
- Strong variety of visuals, consistent visuals across building and ground level choreography
- Consistent impact of visuals (ie strong timing & precision, etc)

Moderate:

- 50-75% of the routine includes creative/visual elements
- Inconsistent use of creative/visual elements in building skills
- Some variety of formations, inconsistent use of formation/patterns of movement to create visual interest
- Inconsistent use of ground level choreography between skill sets
- Inconsistent visual impact due to execution (ie timing, precision, etc)

Limited:

- 25 - 50% of the routine includes creative/visual elements
- Limited creative/visual elements in building skills
 - Includes level changes, ripples, creative loads, etc.
- Limited variety of formations, limited use of formation/patterns of movement to create visual interest
- Limited ground level choreography between skill sets

Below (3.0):

- Less than 25% of the routine includes creative/visual elements

10.0	High creativity & consistent visuals	High variety of formations & patterns of movement	Strong & consistent ground level choreo	High building creativity & consistent visuals
9.8				
9.6				
9.4				
9.2				
9.0				
8.8				
8.6				
8.4	High - moderate creativity	Moderate - High variety of formations	Moderate - Strong choreo	Moderate - High building creativity
8.2				
8.0				
7.8				
7.6				
7.4				
7.2	Moderate creativity & inconsistent visuals	Moderate variety in formations & patterns of movement	Moderate & inconsistent use of ground level choreo	Moderate building creativity & inconsistent visuals
7.0				
6.8				
6.6				
6.4				
6.2				
6.0				
5.8				
5.6				
5.4				
5.2				
5.0	Limited creativity & inconsistent visuals	Limited variety in formations & patterns of movement	Limited ground level choreo	Limited building creativity
4.8				
4.6				
4.2				
4.0				
3.0	Minimal creativity	Minimal variety	Minimal choreo	Minimal building creativity



FORMATIONS & TRANSITIONS

Benchmarks

High/Strong:

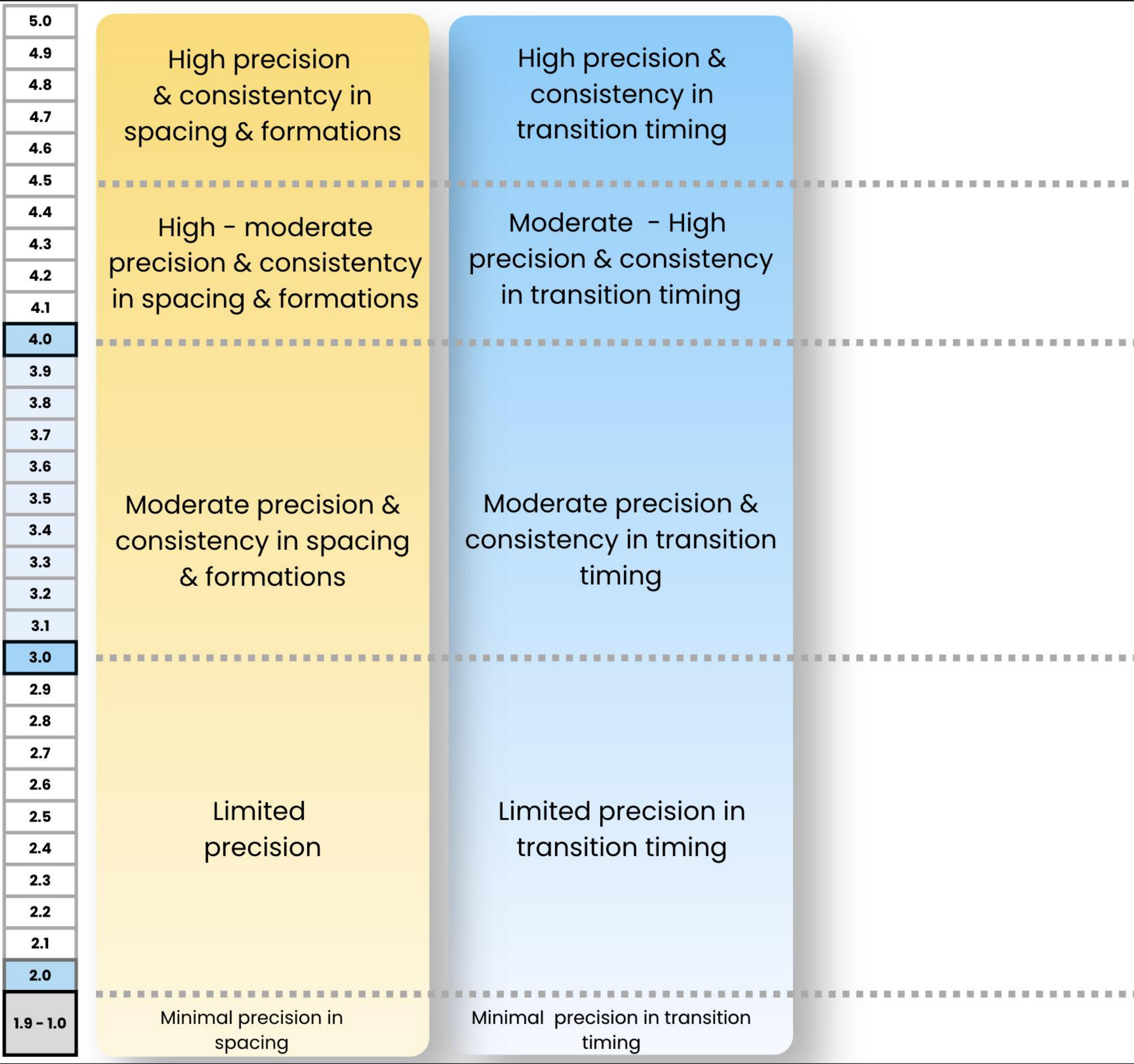
- 75%+ of the routine shows high precision in spacing across all skill sets
 - Tumbling
 - Stunts
 - Jumps
 - Pyramids
 - Transitional choreography
 - Tosses
- Few spacing errors – individual athletes vs widespread team issues
- Strong & consistent uniformity in timing
 - Formations pop into focus
 - Uniform timing across team during formation changes/transitions

Moderate:

- 50-75% of the routine shows high precision in spacing
- Inconsistent precision in spacing with some formations of the routine executed with precision
 - Few widespread issues, many individual athlete spacing errors
- Inconsistent uniformity in timing during formation changes/transitions

Limited:

- 25 – 50% of the routine shows precision in spacing
- Consistent spacing errors throughout routine, across all skill sets
 - Widespread spacing errors
- Inconsistent uniformity in timing of formation changes/transitions



IASF DANCE DIFFICULTY

Benchmarks

High/Strong:

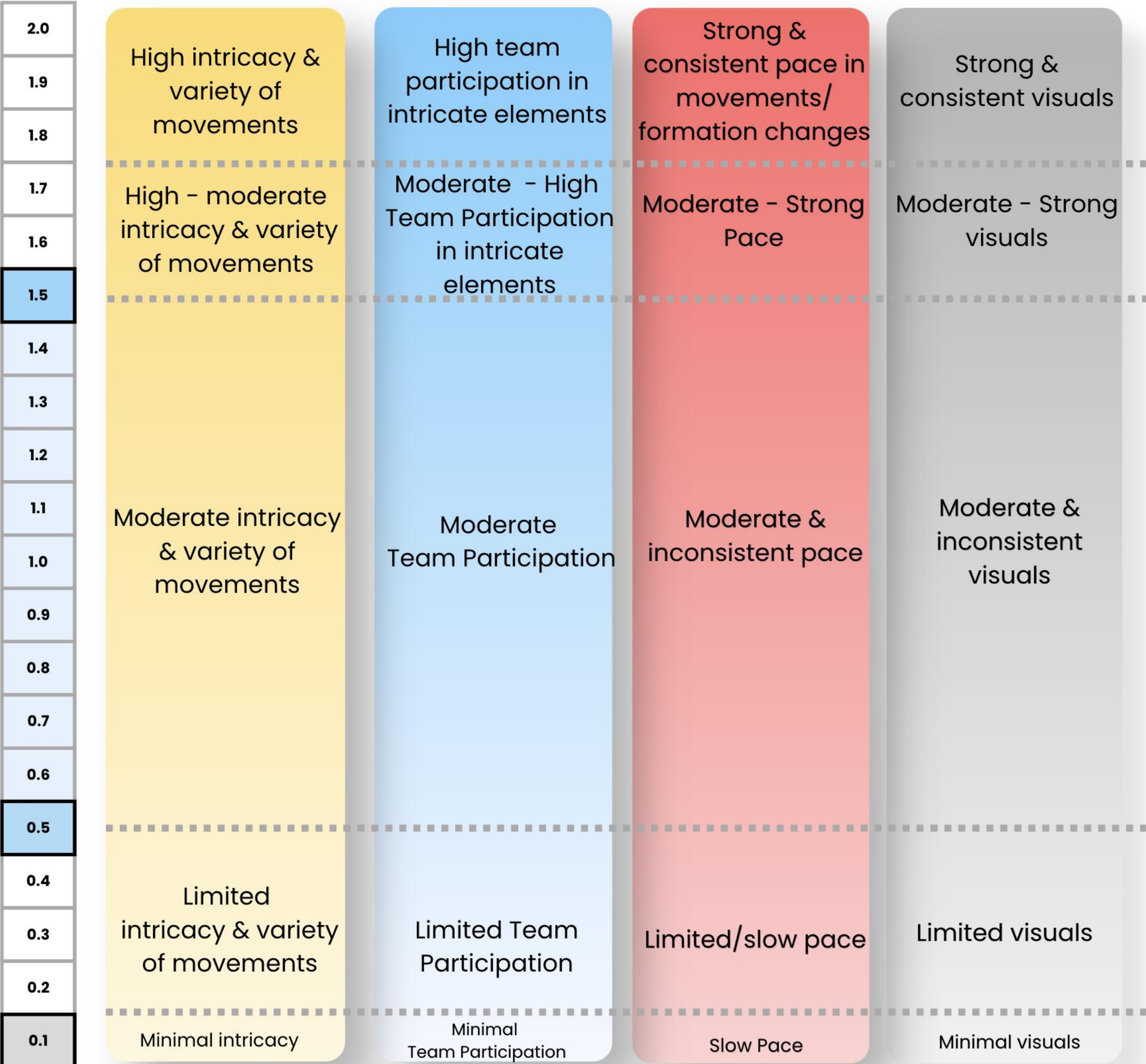
- Strong use of dance difficulty considerations:
 - Intricate Footwork
 - Use of floor work or partner work
 - High variety of movement styles
 - Frequent use of fast pace sequences
- High team participation throughout dance section
- High team participation in intricate/difficult movements
- Strong and consistent pace in formation changes
- Strong and consistent visuals
 - Strong variety of formations and movement patterns
 - Consistent use of level changes to create visual impact

Moderate:

- Moderate use of dance difficulty considerations:
 - Footwork included
 - Use of floor work or partner work
 - Some variety of movement styles
 - Inconsistent pace, some fast paced sequences
- More than majority - majority participates in dance section
- Less than majority participates in intricate/difficult movements
- Visuals present, but are inconsistent
 - Moderate variety of formation changes and movement patterns
 - Inconsistent use of level changes to create visual impact

Limited:

- Limited & inconsistent use of dance difficulty considerations
- Majority team participation in dance section
- Visuals present, but are inconsistent





DANCE EXECUTION

Benchmarks

Above Average:

- 75%+ of the dance had strong use of execution considerations:
 - High degree of perfection/precision throughout
 - High precision in spacing
 - Few errors made by individual/small groups of athletes
 - Strong uniformity in movements/motion placement in dance
 - Strong and consistent strength/precision in dance motions
 - Strong and consistent energy from start to finish of dance
 - Strong and consistent synchronization

High Average:

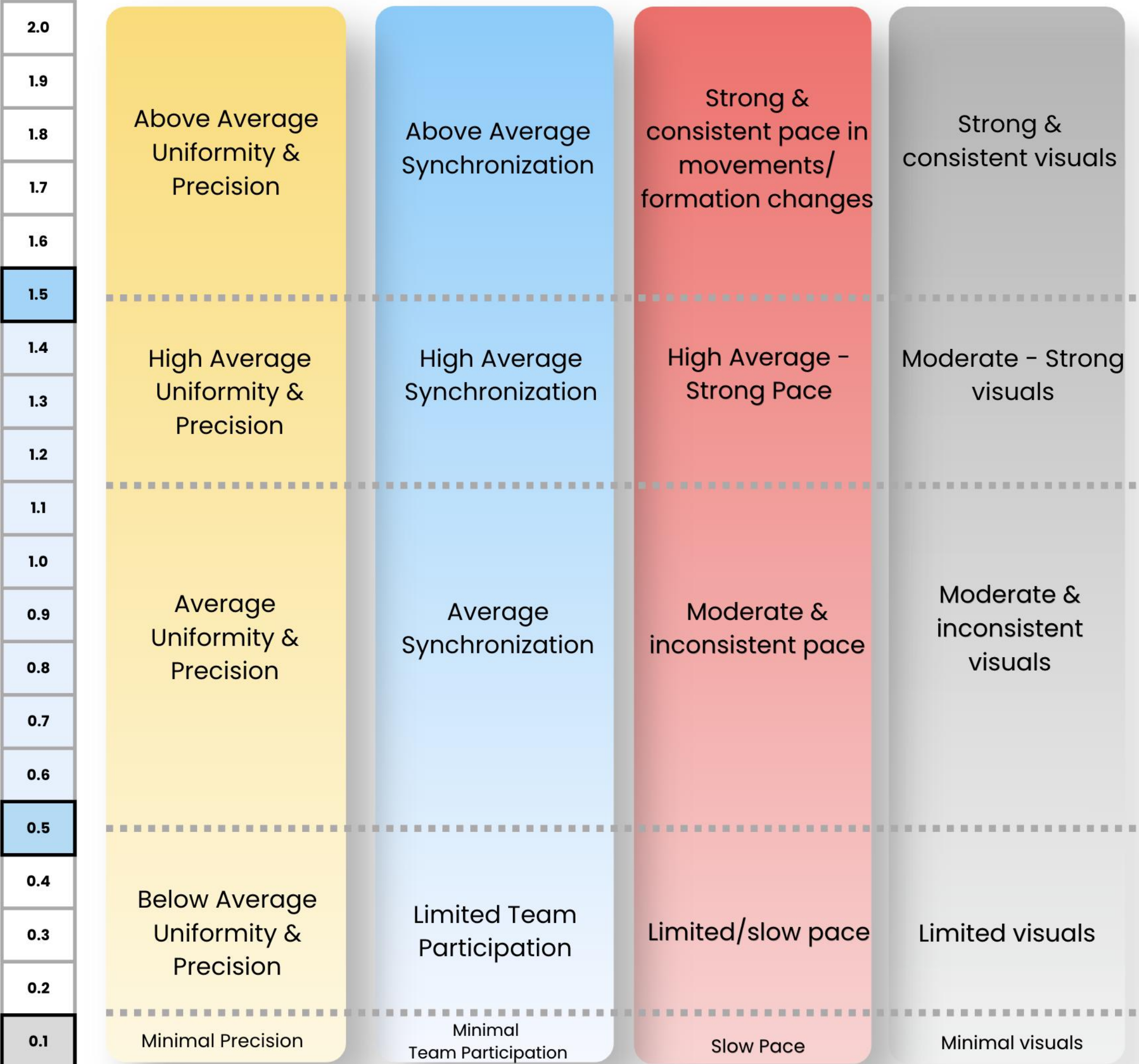
- 50-75% of the dance had strong use of execution considerations:
 - Inconsistent spacing, many formations with strong precision
 - Inconsistent strength/precision in dance motions, many strong elements
 - Small groups of athletes with technique issues
 - Inconsistent energy from start to finish of dance
 - Inconsistent synchronization

Average:

- 25%-50% of the dance had strong use of execution considerations
- Inconsistent spacing
- Inconsistent strength/precision in dance motions
 - Few widespread technique issues

Low Average:

- Less than 25% of the dance had strong use of execution considerations
- Several widespread technique issues



IASF

PERFORMANCE

Benchmarks

Above Average:

- 75%+ of the athletes showed consistently high levels of showmanship:
 - Consistent energy levels
 - Eye contact with audience/judges
 - Confident body language
 - Genuine enthusiasm
 - Athletic Impression

High Average:

- 50–75% of the athletes showed consistently high levels of showmanship:
 - Inconsistent energy, many strong moments
 - Inconsistent confidence, many strong body language by majority of team

Average:

- 25%–50% of the athletes showed consistently high levels of showmanship:
- Inconsistent energy, some strong moments
- Inconsistent confidence, some strong body language by majority of team

Low Average:

- Less than 25% of the athletes showed consistently high levels of showmanship

Below Average (3.0):

- Minimum score

