

DEGREE OF DIFFICULTY GUIDELINES – JUMPS

Jump Requirements											
5	<p>All athletes perform <u>3 of the 6</u> Advanced Jumps ...</p> <ul style="list-style-type: none"> <input type="checkbox"/> Toe Touch <input type="checkbox"/> Left <u>or</u> Right Side Hurdler <input type="checkbox"/> Left <u>or</u> Right Front Hurdler <input type="checkbox"/> Double Nine (<i>left leg straight and right leg bent knee facing the crowd</i>) <input type="checkbox"/> Pike <input type="checkbox"/> Around the Word (<i>Pike to Toe Touch – Counts as 1 jump only</i>) <p>Jumps must level or better (75% of 'All' Athletes). The three chosen jumps must be a variety, for example right and left side hurdler will be counted as only one jump, teams must choose a variety of jumps to score the maximum points in this category.</p>										
4	<p>All athletes perform <u>2 of the 6</u> Advanced Jumps ...</p> <ul style="list-style-type: none"> <input type="checkbox"/> Toe Touch <input type="checkbox"/> Left <u>or</u> Right Side Hurdler <input type="checkbox"/> Left <u>or</u> Right Front Hurdler <input type="checkbox"/> Double Nine (<i>left leg straight and right leg bent knee facing the crowd</i>) <input type="checkbox"/> Pike <input type="checkbox"/> Around the Word (<i>Pike to Toe Touch – Counts as 1 jump only</i>) <p>Jumps must level or better (75% of 'All' Athletes). The 2 chosen jumps must be a variety, for example right and left side hurdler will be counted as only one jump, teams must choose a variety of jumps to score the maximum points in this category.</p>										
3	<p>All athletes perform <u>1 of the 6</u> Advanced Jumps ... Jumps must level or better (75% of 'All' Athletes).</p> <ul style="list-style-type: none"> <input type="checkbox"/> Toe Touch <input type="checkbox"/> Left <u>or</u> Right Side Hurdler <input type="checkbox"/> Left <u>or</u> Right Front Hurdler <input type="checkbox"/> Double Nine (<i>left leg straight and right leg bent knee facing the crowd</i>) <input type="checkbox"/> Pike <input type="checkbox"/> Around the Word (<i>Pike to Toe Touch – Counts as 1 jump only</i>) 										
2	<p><u>Some</u> athletes perform 1 Advanced Jump ... Jump must level or better.</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;"><input type="checkbox"/> Toe Touch</td> <td style="width: 50%;"><input type="checkbox"/> Double Nine</td> </tr> <tr> <td><input type="checkbox"/> Left <u>or</u> Right Side Hurdler</td> <td><input type="checkbox"/> Left <u>or</u> Right Front Hurdler</td> </tr> <tr> <td><input type="checkbox"/> Pike</td> <td><input type="checkbox"/> Around the Word</td> </tr> </table> <p>And the rest / all do a minimum of 2 Beginning / Intermediate jumps ...</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;"><input type="checkbox"/> Tuck</td> <td style="width: 50%;"><input type="checkbox"/> Double Hook</td> </tr> <tr> <td><input type="checkbox"/> Spread Eagle</td> <td><input type="checkbox"/> Herkie</td> </tr> </table>	<input type="checkbox"/> Toe Touch	<input type="checkbox"/> Double Nine	<input type="checkbox"/> Left <u>or</u> Right Side Hurdler	<input type="checkbox"/> Left <u>or</u> Right Front Hurdler	<input type="checkbox"/> Pike	<input type="checkbox"/> Around the Word	<input type="checkbox"/> Tuck	<input type="checkbox"/> Double Hook	<input type="checkbox"/> Spread Eagle	<input type="checkbox"/> Herkie
<input type="checkbox"/> Toe Touch	<input type="checkbox"/> Double Nine										
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<input type="checkbox"/> Tuck	<input type="checkbox"/> Double Hook										
<input type="checkbox"/> Spread Eagle	<input type="checkbox"/> Herkie										
1	Limited Jumping abilities or less than whole team jumping										

DEGREE OF DIFFICULTY – TUMBLING

Difficulty Level →	5	4	3	2	1
# of Team Members ↓	¾ -Full Team Back hand or better	½ Team Back hand or better	¼ Team Back hand or better	Less Than ¼ Team Back hand or better	Full Team Roll, Cartwheel, or Round Off, or one member does a Backhand Spring
25	18 - 25	13 - 17	6 - 12	2 - 5	*
24	18 - 24	12 - 17	6 - 11	2 - 5	*
23	17 - 23	12 - 16	5 - 11	2 - 4	*
22	16 - 22	11 - 15	5 - 10	2 - 4	*
21	15 - 21	11 - 14	5 - 10	2 - 4	*
20	15 - 20	10 - 14	5 - 9	2 - 4	*
19	15 - 19	10 - 14	5 - 9	2 - 4	*
18	14 - 18	9 - 13	5 - 8	2 - 4	*
17	13 - 17	9 - 12	5 - 8	2 - 4	*
16	12 - 16	8 - 11	4 - 7	2 - 3	*
15	11 - 15	7 - 10	3 - 6	2	*
14	10 - 14	7 - 9	3 - 6	2	*
13	9 - 13	6 - 8	3 - 5	2	*
12	9 - 12	6 - 8	3 - 5	2	*
11	8 - 11	5 - 7	3 - 4	2	*
10	7 - 10	5 - 6	3 - 4	2	*
9	6 - 9	4 - 5	3	2	*
8	6 - 8	4 - 5	3	2	*
7	5 - 7	3 - 4	2	*	*
6	4 - 6	3	2	*	*
5	3 - 5	2 - 3	1 - 2	*	*

Note

Any team members performing an elite skill (tuck, layout etc...) will **add** a maximum of one (1) point to tumbling difficulty category. **Only one** (1) bonus point will be awarded regardless of the number of elite elements performed or number of athletes performing the element.

le:

- One (1) athlete performs a standing tuck = 1 Bonus point
- Five (5) athletes perform round off, handspring, layout series = 1 Bonus point

DEGREE OF DIFFICULTY GUIDELINES – STUNTS

Stunting Requirements				
5	<p>Whole Team is utilized to build maximum number of groups for all elements. Flyers must perform and dismount from 2 different one-legged extended body positions. One pyramid structure utilizing ‘Whole Team’ OR a basket toss element utilizing 50% of the total number stunt groups must be included to achieve maximum points in this category. Basket toss is a one-trick minimum element. Twisting from straight legs or dropped skills do not count towards difficulty. Transitions and load-ins must be of a variety.</p> <p>Sequence 1 <input type="checkbox"/> Transitional Element <input type="checkbox"/> Extended One-Legged Body Position 1 <input type="checkbox"/> Twist Dismount</p> <hr/> <p>Sequence 2 <input type="checkbox"/> Advanced Load-In AND <input type="checkbox"/> Transitional Element <input type="checkbox"/> Extended One-Legged Body Position 2 <input type="checkbox"/> Twist Dismount</p> <hr/> <p>Sequence 3 <input type="checkbox"/> Basket toss (<i>one trick minimum</i>) OR <input type="checkbox"/> Pyramid Structure</p>			
4	<p>OPTION #1- <input type="checkbox"/> Fulfilling all of the requirements for a Degree of Difficulty ‘5’ with one (1) less group than Whole Team</p> <p>OPTION #2- Whole Team is utilized to build maximum number of groups for all elements. Flyers must perform and dismount from 2 different one-legged extended body positions. Twisting from straight legs or dropped skills do not count towards difficulty. Transitions and load-ins must be of a variety.</p> <p>Sequence 1 <input type="checkbox"/> Transitional Element <input type="checkbox"/> Extended One-Legged Body Position 1 <input type="checkbox"/> Twist Dismount</p> <hr/> <p>Sequence 2 <input type="checkbox"/> Transitional Element OR <input type="checkbox"/> Advanced Load-In <input type="checkbox"/> Extended One-Legged Body Position 2 <input type="checkbox"/> Cradle</p> <hr/> <p>Sequence 3 (<i>choose one of the two following options</i>)</p> <p>1. <input type="checkbox"/> Transitional Element OR <input type="checkbox"/> Advanced Load-In <input type="checkbox"/> Extended One-Legged Body Position 3 <input type="checkbox"/> Advanced dismount other than a twist</p> <p>2. <input type="checkbox"/> Transitional Element OR <input type="checkbox"/> Advanced Load-In <input type="checkbox"/> Extended Two-Footed Body Position 1 <input type="checkbox"/> Twist Dismount</p>			
3	<p>OPTION #1- <input type="checkbox"/> Fulfilling all of the requirements for a Degree of Difficulty ‘4’ with one (1) less group than Whole Team</p> <p>OPTION #2- Whole Team is utilized to build stunt sequences as outlined.</p> <p>Sequence 1 <input type="checkbox"/> Transitional Element OR <input type="checkbox"/> Advanced Load-In <input type="checkbox"/> Prep Level 1 OR 2-Footed Prep Body Position 1 <input type="checkbox"/> Prep Level Twist Dismount</p> <hr/> <p>Sequence 2 <input type="checkbox"/> Extended One-Legged Body Position 1 <input type="checkbox"/> Cradle</p> <hr/> <p>Sequence 3 <input type="checkbox"/> Transitional Element OR <input type="checkbox"/> Creative Load-In <input type="checkbox"/> Extended Two-Footed Body Position 1 <input type="checkbox"/> Advanced dismount other than a twist</p>			
2	<p>OPTION #1- <input type="checkbox"/> Fulfilling all of the requirements for a Degree of Difficulty ‘3’ with one (1) less group than Whole Team</p> <p>OPTION #2- Whole Team is utilized to build 2 stunt sequences at prep level (one or two footed) with cradles or assisted dismounts to the floor and 1 stunt sequence that includes 1 two-footed extension that ends in a straight cradle. Transitional elements or creative loan-ins are required in the 2 prep level sequences to achieve maximum points in this category. No transitional element is required for the extended stunt sequence. A log roll must be included in one (1) of the three (3) sequences.</p> <p>Sequence 1 <input type="checkbox"/> Transitional Element OR <input type="checkbox"/> Creative Load-In <input type="checkbox"/> Prep Level Body Position 1 <input type="checkbox"/> Cradle / Assisted dismount to the floor</p> <hr/> <p>Sequence 2 <input type="checkbox"/> Transitional Element OR <input type="checkbox"/> Creative Load-In <input type="checkbox"/> Prep Level Body Position 2 <input type="checkbox"/> Cradle / Assisted dismount to the floor</p> <hr/> <p>Sequence 3 <input type="checkbox"/> Extended Two-Footed Body Position 1 <input type="checkbox"/> Cradle</p> <hr/> <p>Additional Element (Whole Team) <input type="checkbox"/> Log Roll</p>			
1	<p>Utilizing the majority of groups to build three stunts at shoulder level or below with cradle dismounts or assisted dismounts to the floor.</p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 33%; border-right: 1px solid black; padding: 5px;"> <p>Sequence 1 <input type="checkbox"/> Prep / Shoulder / Thigh Level Stunt 1 <input type="checkbox"/> Cradle / Assisted dismount to the floor</p> </td> <td style="width: 33%; border-right: 1px solid black; padding: 5px;"> <p>Sequence 2 <input type="checkbox"/> Prep / Shoulder / Thigh Level Stunt 1 <input type="checkbox"/> Cradle / Assisted dismount to the floor</p> </td> <td style="width: 33%; padding: 5px;"> <p>Sequence 3 <input type="checkbox"/> Prep / Shoulder / Thigh Level Stunt 1 <input type="checkbox"/> Cradle / Assisted dismount to the floor</p> </td> </tr> </table>	<p>Sequence 1 <input type="checkbox"/> Prep / Shoulder / Thigh Level Stunt 1 <input type="checkbox"/> Cradle / Assisted dismount to the floor</p>	<p>Sequence 2 <input type="checkbox"/> Prep / Shoulder / Thigh Level Stunt 1 <input type="checkbox"/> Cradle / Assisted dismount to the floor</p>	<p>Sequence 3 <input type="checkbox"/> Prep / Shoulder / Thigh Level Stunt 1 <input type="checkbox"/> Cradle / Assisted dismount to the floor</p>
<p>Sequence 1 <input type="checkbox"/> Prep / Shoulder / Thigh Level Stunt 1 <input type="checkbox"/> Cradle / Assisted dismount to the floor</p>	<p>Sequence 2 <input type="checkbox"/> Prep / Shoulder / Thigh Level Stunt 1 <input type="checkbox"/> Cradle / Assisted dismount to the floor</p>	<p>Sequence 3 <input type="checkbox"/> Prep / Shoulder / Thigh Level Stunt 1 <input type="checkbox"/> Cradle / Assisted dismount to the floor</p>		

Please Note:

- ‘Whole Team’ is defined as the number of athletes on the team divided by 5 to give maximum number of stunt groups unless the team demonstrates they are stunting effectively with an alternate number of athletes (ie: one to all groups don’t use fronts etc...). Some stunts may require more or less athletes per stunt group during transitions; this will be taken in to consideration when assessing ‘Whole Team’ requirements. For basket toss elements, odd numbered teams (stunt groups) will round up. ‘Majority’ is defined as 1 less stunt group than ‘Whole Team’.
- Lower level stunting may also be included once requirements are met. Sequences can be presented in any order in the routine.
- Twisting / dismounting from straight legs or dropped skills do not count towards degree of difficulty. All skills should be **waist height** or above to qualify as a body position.
- All sequences must be completed by all participants to qualify for degree of difficulty scores.
- Where ‘Variety’ is specified, transitions and load-in cannot be repeated in the routine ... they must be different to count towards degree of difficulty.
- Teams not meeting the Degree of Difficulty guidelines will be assessed at a ‘0’ for D of D and receive execution scores only.

DEGREE OF DIFFICULTY GUIDELINES – DANCE

Dance Requirements											
5	<p>Whole team (all athletes) must perform a minimum of TEN 8 counts of choreography that contains the following criteria:</p> <table border="0"> <tr> <td><input type="checkbox"/> Use of level changes by 50 % of the team</td> <td><input type="checkbox"/> Variety of formations – min 5</td> </tr> <tr> <td><input type="checkbox"/> Use of ripples by 100% of the team / full team involvement</td> <td><input type="checkbox"/> Fast pace</td> </tr> <tr> <td><input type="checkbox"/> Groundwork by 25% of the team</td> <td><input type="checkbox"/> Footwork by at least 75% of the team</td> </tr> <tr> <td><input type="checkbox"/> Variety of movements by 75% of the team</td> <td><input type="checkbox"/> Group work / partner work by 25% of the team</td> </tr> <tr> <td><input type="checkbox"/> Variety of transitions by 50% of the team</td> <td><input type="checkbox"/> Tricks by 25% of the team</td> </tr> </table> <p>*Group work / Partner work can be any partner work involving at least two or more athletes in combination for a minimum of 4 counts. *Tricks are any quick, visual mini stunts / lifts that should not exceed 4 counts in order to maintain a fast pace feel. Quick lifts with kicks etc., should make a definite impression in the routine.</p>	<input type="checkbox"/> Use of level changes by 50 % of the team	<input type="checkbox"/> Variety of formations – min 5	<input type="checkbox"/> Use of ripples by 100% of the team / full team involvement	<input type="checkbox"/> Fast pace	<input type="checkbox"/> Groundwork by 25% of the team	<input type="checkbox"/> Footwork by at least 75% of the team	<input type="checkbox"/> Variety of movements by 75% of the team	<input type="checkbox"/> Group work / partner work by 25% of the team	<input type="checkbox"/> Variety of transitions by 50% of the team	<input type="checkbox"/> Tricks by 25% of the team
<input type="checkbox"/> Use of level changes by 50 % of the team	<input type="checkbox"/> Variety of formations – min 5										
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<input type="checkbox"/> Variety of movements by 75% of the team	<input type="checkbox"/> Group work / partner work by 25% of the team										
<input type="checkbox"/> Variety of transitions by 50% of the team	<input type="checkbox"/> Tricks by 25% of the team										
4	<p>Whole team (all athletes) must perform a minimum of EIGHT 8 counts of choreography that contains the following criteria:</p> <table border="0"> <tr> <td><input type="checkbox"/> Use of level changes by 50 % of the team</td> <td><input type="checkbox"/> Variety of formations – min 4</td> </tr> <tr> <td><input type="checkbox"/> Use of ripples by 100% of the team / full team involvement</td> <td><input type="checkbox"/> Fast pace</td> </tr> <tr> <td><input type="checkbox"/> Groundwork by 25% of the team</td> <td><input type="checkbox"/> Footwork by at least 75% of the team</td> </tr> <tr> <td><input type="checkbox"/> Variety of movements by 75% of the team</td> <td></td> </tr> <tr> <td><input type="checkbox"/> Variety of transitions by 50% of the team</td> <td></td> </tr> </table> <p>*Use of Footwork is the act of moving or using the feet with a variety of intricate and complex movements by at least 75% of the team. *Fast Pace dance is quick, energetic and typically moves at a minimum of 130 BPM. *NOTE: Pace and intricacy of footwork MUST match or exceed the speed of the music (ie: 'and' Counts). As degree of difficulty requirements increase choreography is expected to become more intricate, difficult and visually effective.</p>	<input type="checkbox"/> Use of level changes by 50 % of the team	<input type="checkbox"/> Variety of formations – min 4	<input type="checkbox"/> Use of ripples by 100% of the team / full team involvement	<input type="checkbox"/> Fast pace	<input type="checkbox"/> Groundwork by 25% of the team	<input type="checkbox"/> Footwork by at least 75% of the team	<input type="checkbox"/> Variety of movements by 75% of the team		<input type="checkbox"/> Variety of transitions by 50% of the team	
<input type="checkbox"/> Use of level changes by 50 % of the team	<input type="checkbox"/> Variety of formations – min 4										
<input type="checkbox"/> Use of ripples by 100% of the team / full team involvement	<input type="checkbox"/> Fast pace										
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<input type="checkbox"/> Variety of movements by 75% of the team											
<input type="checkbox"/> Variety of transitions by 50% of the team											
3	<p>Whole team (all athletes) must perform a minimum of SIX 8 counts of choreography that contains the following criteria:</p> <table border="0"> <tr> <td><input type="checkbox"/> Use of level changes by 50 % of the team</td> <td><input type="checkbox"/> Variety of transitions by 50% of the team</td> </tr> <tr> <td><input type="checkbox"/> Use of ripples by 100% of the team / full team involvement</td> <td><input type="checkbox"/> Variety of formations - min 3</td> </tr> <tr> <td><input type="checkbox"/> Groundwork by 25% of the team</td> <td></td> </tr> <tr> <td><input type="checkbox"/> Variety of movements by 75% of the team</td> <td></td> </tr> </table> <p>*Variety of Transitions is when athletes are moving from one spot to another with ease, creating a visual effect, having multiple transitions. *Variety of Formations is where the team demonstrates a variety of formations, creating a visual effect, having multiple formation changes.</p>	<input type="checkbox"/> Use of level changes by 50 % of the team	<input type="checkbox"/> Variety of transitions by 50% of the team	<input type="checkbox"/> Use of ripples by 100% of the team / full team involvement	<input type="checkbox"/> Variety of formations - min 3	<input type="checkbox"/> Groundwork by 25% of the team		<input type="checkbox"/> Variety of movements by 75% of the team			
<input type="checkbox"/> Use of level changes by 50 % of the team	<input type="checkbox"/> Variety of transitions by 50% of the team										
<input type="checkbox"/> Use of ripples by 100% of the team / full team involvement	<input type="checkbox"/> Variety of formations - min 3										
<input type="checkbox"/> Groundwork by 25% of the team											
<input type="checkbox"/> Variety of movements by 75% of the team											
2	<p>Whole team (all athletes) must perform a minimum of FOUR 8 counts of choreography that contains the following criteria:</p> <table border="0"> <tr> <td><input type="checkbox"/> Use of level changes by 50 % of the team</td> </tr> <tr> <td><input type="checkbox"/> Use of ripples by 100% of the team / full team involvement</td> </tr> <tr> <td><input type="checkbox"/> Groundwork by 25% of the team</td> </tr> <tr> <td><input type="checkbox"/> Variety of movements by 75% of the team</td> </tr> </table> <p>*Variety of Movements is to avoid repeating the same movements / motions; becoming predictable and uninteresting. *Groundwork is when the athlete is dancing while sitting, laying, or in a face down (prone) position etc., for a minimum of 4 counts.</p>	<input type="checkbox"/> Use of level changes by 50 % of the team	<input type="checkbox"/> Use of ripples by 100% of the team / full team involvement	<input type="checkbox"/> Groundwork by 25% of the team	<input type="checkbox"/> Variety of movements by 75% of the team						
<input type="checkbox"/> Use of level changes by 50 % of the team											
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<input type="checkbox"/> Groundwork by 25% of the team											
<input type="checkbox"/> Variety of movements by 75% of the team											
1	<p>Whole team (all athletes) must perform a minimum of TWO 8 counts of choreography that contains the following criteria:</p> <table border="0"> <tr> <td><input type="checkbox"/> Use of level changes by 50 % of the team</td> </tr> <tr> <td><input type="checkbox"/> Use of ripples by 100% of the team / full team involvement</td> </tr> </table> <p>*Level changes are changes in elevation, such as lunging, squatting, down on knee(s) etc., creating recognizable level changes by at least 50% of the team. *Ripples are the repetition of a movement done in a sequence, one group or person at a time.</p>	<input type="checkbox"/> Use of level changes by 50 % of the team	<input type="checkbox"/> Use of ripples by 100% of the team / full team involvement								
<input type="checkbox"/> Use of level changes by 50 % of the team											
<input type="checkbox"/> Use of ripples by 100% of the team / full team involvement											

Please Note:

- Dance sections are to be presented in **one designated section** indicated on your routine outline. Templates will be provided.
- Additional dance sections will contribute to execution scores only.
- Where '**Variety**' is specified, elements cannot be noticeably repeated in the routine ... they must be different to count towards degree of difficulty.
- Percentages listed are the minimum athletes involved, these percentages can be exceeded.
- ***** - indicates the definition of that element. As difficulty increases, elements are added and minimum requirements increase... please refer to all levels to see definitions for complete requirements.