

SYF LEVEL 1 JUMP TUMBLE GRID

SYF 9.1 Rev. 3/24

| JUMPS                                                                     | STANDING TUMBLING        | RUNNING TUMBLING                   | DANCE                                  | # of Participants | 25% | 50% |
|---------------------------------------------------------------------------|--------------------------|------------------------------------|----------------------------------------|-------------------|-----|-----|
| <b>1 - 4 point range</b>                                                  | <b>1 point range</b>     | <b>1 - 2 point range</b>           | <b>1 - 2 point range</b>               | 5                 | 1   | 2   |
| BANANA                                                                    | FORWARD ROLL             | ROUND OFF                          | LEVEL CHANGE NOT INVOLVING ENTIRE TEAM | 6                 | 1   | 3   |
| TUCK                                                                      | BACKWARD ROLL            |                                    | 0 FORMATION CHANGES                    | 7                 | 1   | 3   |
| STAG                                                                      |                          |                                    |                                        | 8                 | 2   | 4   |
| SPREAD EAGLE                                                              |                          |                                    |                                        | 9                 | 2   | 4   |
|                                                                           |                          |                                    |                                        | 10                | 2   | 5   |
|                                                                           |                          |                                    |                                        | 11                | 2   | 5   |
|                                                                           |                          |                                    |                                        | 12                | 3   | 6   |
|                                                                           |                          |                                    |                                        | 13                | 3   | 6   |
|                                                                           |                          |                                    |                                        | 14                | 3   | 7   |
| <b>5 - 6 point range</b>                                                  | <b>2 point range</b>     | <b>3 - 5 point range</b>           | <b>3 point range</b>                   | 15                | 3   | 7   |
| SINGLE JUMP UNCONNECTED                                                   | CARTWHEEL                | BACK WALKOVER WITH ROUND OFF ENTRY | 1 LEVEL CHANGE INVOLVING ENTIRE TEAM   | 16                | 4   | 8   |
| TOE TOUCH                                                                 |                          |                                    | 1 FORMATION CHANGE                     | 17                | 4   | 8   |
| HERKIE                                                                    |                          |                                    |                                        | 18                | 4   | 9   |
| HURDLER                                                                   |                          |                                    |                                        | 19                | 4   | 9   |
| PIKE                                                                      |                          |                                    |                                        | 20                | 5   | 10  |
|                                                                           |                          |                                    |                                        | 21                | 5   | 10  |
| <b>7 - 8 point range</b>                                                  | <b>3 point range</b>     |                                    | <b>4 point range</b>                   | 22                | 5   | 11  |
| DOUBLE JUMP CONNECTED SKILLS<br>(variety and average or good jumps below) | ROUND OFF                |                                    | 2 LEVEL CHANGES INVOLVING ENTIRE TEAM  | 23                | 5   | 11  |
| TOE TOUCH                                                                 |                          |                                    | 2 FORMATION CHANGES                    | 24                | 6   | 12  |
| HERKIE                                                                    |                          |                                    |                                        | 25                | 6   | 12  |
| HURDLER                                                                   |                          |                                    |                                        | 26                | 6   | 13  |
| PIKE                                                                      |                          |                                    |                                        | 27                | 6   | 13  |
|                                                                           |                          |                                    |                                        | 28                | 7   | 14  |
| <b>9 - 10 point range</b>                                                 | <b>4 - 5 point range</b> |                                    | <b>5 point range</b>                   | 29                | 7   | 14  |
| TRIPLE JUMP CONNECTED<br>(variety and average or good jumps below)        | FRONT/BACK WALKOVER      |                                    | 3 LEVEL CHANGES INVOLVING ENTIRE TEAM  | 30                | 7   | 15  |
| TOE TOUCH                                                                 |                          |                                    | 3 FORMATION CHANGES                    | 31                | 7   | 15  |
| HERKIE                                                                    |                          |                                    |                                        | 32                | 8   | 16  |
| HURDLER                                                                   |                          |                                    |                                        | 33                | 8   | 16  |
|                                                                           |                          |                                    |                                        | 34                | 8   | 17  |

\*Failure to perform a category appropriate cheeleading skill will result in a zero.

\*Tumbling must be performed by AT LEAST 25% of team  
\*Jump and Dance Skills must be performed by AT LEAST 50% of team