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