

SYF LEVEL 3 JUMP TUMBLE GRID

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	ROUND OFF	LEVEL CHANGE NOT INVOLVING ENTIRE TEAM	6	1	3
TUCK	FORWARD ROLL	FORWARD ROLL	0 FORMATION CHANGES	7	1	3
STAG	BACKWARD ROLL	BACKWARD ROLL		8	2	4
SPREAD EAGLE	CARTWHEEL	CARTWHEEL		9	2	4
	FRONT LIMBER	FRONT LIMBER		10	2	5
	FRONT/BACK WALKOVER	FRONT/BACK WALKOVER		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
SINGLE JUMP UNCONNECTED	AERIAL CARTWHEEL	R/O BACK HANDSPRING	1 LEVEL CHANGE INVOLVING ENTIRE TEAM	15	3	7
TOE TOUCH	FRONT / BACK HANDSPRING		1 FORMATION CHANGE	16	4	8
HERKIE				17	4	8
HURDLER				18	4	9
PIKE				19	4	9
				20	5	10
				21	5	10
7 - 8 point range	3 point range	3 point range	4 point range	22	5	11
DOUBLE JUMP CONNECTED SKILLS (variety and average or good jumps below)	FORWARD ROLL BHS	BHS BACK TUCK	2 LEVEL CHANGES INVOLVING ENTIRE TEAM	23	5	11
TOE TOUCH	CARTWHEEL BHS	R/O TUCK	2 FORMATION CHANGES	24	6	12
HERKIE	BACK HANDSPRING BACK TUCK	R/O BHS BACK TUCK		25	6	12
HURDLER		LAYOUTS		26	6	13
PIKE				27	6	13
				28	7	14
				29	7	14
9 - 10 point range	4 - 5 point range	4 - 5 point range	5 point range	30	7	15
TRIPLE JUMP CONNECTED (variety and average or good jumps below)	STANDING BACK TUCK	WHIP CONNECTED PASSES	3 LEVEL CHANGES INVOLVING ENTIRE TEAM	31	7	15
TOE TOUCH	JUMP TUCK	R/O BHS FULL TWIST	3 FORMATION CHANGES	32	8	16
HERKIE	STANDING FULL			33	8	16
HURDLER	STANDING BHS FULL TWIST			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