



SYA EXTREME COMPETITION CHEER
2023 - 2024 Scoring System Tumbling Rubric

BHS - Back Handspring BWO - Back Walkover CW - Cartwheel FHS - Front Handspring FWO - Front Walkover PF - Punch Front RO - Round Off

LEVEL 1 STANDING		
BEGINNER	ADVANCED	ELITE
<ul style="list-style-type: none"> Forward Roll, Straddle Roll, Backward Roll Pushup to Backbend Standing Backbend Backbend Kick Over Handstand Front/Back Limber CW 	<ul style="list-style-type: none"> Handstand Forward Roll Back Extension Roll FWO BWO BWO - Backward Roll - BWO 	<ul style="list-style-type: none"> BWO Series BWO Switch Leg Back Extension Roll – BWO Back Extension Roll - BWO Series Valdez
LEVEL 1 RUNNING		
BEGINNER	ADVANCED	ELITE
<ul style="list-style-type: none"> CW CW - Backward Roll 	<ul style="list-style-type: none"> RO FWO Series CW - BWO 	<ul style="list-style-type: none"> CW - BWO Series FWO – CW, FWO - RO FWO - CW - BWO/BWO Series/BWO Switch Leg
LEVEL 2 STANDING		
BEGINNER	ADVANCED	ELITE
<ul style="list-style-type: none"> BHS BHS Step Out 	<ul style="list-style-type: none"> Back Extension Roll - BHS BWO - BHS BWO - BHS Step Out 	<ul style="list-style-type: none"> BWO - BHS Step Out - BWO BWO Switch Leg - BHS BHS Step Out - BWO - BHS Valdez – BHS, Valdez - BHS Step Out
LEVEL 2 RUNNING		
BEGINNER	ADVANCED	ELITE
<ul style="list-style-type: none"> CW – BHS, CW - BHS Step Out RO – BHS 	<ul style="list-style-type: none"> RO – BHS Step Out CW – BHS Series RO – BHS Series FHS FWO – FHS 	<ul style="list-style-type: none"> Series FHS Bouncer FWO – RO – BHS, FWO – RO - BHS Series CW – BHS Step Out – BWO – BHS/BHS Series RO – BHS Step Out – BWO – BHS/BHS Series
LEVEL 3 STANDING		
BEGINNER	ADVANCED	ELITE
<ul style="list-style-type: none"> BHS/BHS Step Out – BHS/BHS Step Out Jump – BHS/BHS Step Out BHS/BHS Series – Jump 	<ul style="list-style-type: none"> BWO – BHS Series BHS – BHS – BHS or more Jump – BHS Series 	<ul style="list-style-type: none"> BHS/BHS Series – Jump – BHS/BHS Series Jump – BHS – Jump – BHS BHS Step Out – BHS Series BHS Step Out – BWO – BHS Series BWO – BHS – Jump – BHS/BHS Series
LEVEL 3 RUNNING		
BEGINNER	ADVANCED	ELITE
<ul style="list-style-type: none"> RO – Tuck Aerial 	<ul style="list-style-type: none"> PF RO – BHS – Tuck RO – BHS Series – Tuck 	<ul style="list-style-type: none"> FWO – Aerial RO – BHS Step Out – ½ Turn – RO to Tuck FWO – RO to Tuck
LEVEL 4 STANDING		
BEGINNER	ADVANCED	ELITE
<ul style="list-style-type: none"> Back Tuck 	<ul style="list-style-type: none"> BHS Series – Tuck BWO – Tuck Back Extension Roll - Tuck 	<ul style="list-style-type: none"> BHS/BHS Step Out – Tuck Jump – BHS Series – Tuck Jump – BHS - Tuck
LEVEL 4 RUNNING		
BEGINNER	ADVANCED	ELITE (FULLS allowed for CDE Competitions)
<ul style="list-style-type: none"> CW – Tuck FWO – CW – Tuck RO – Layout Front Ariel Front Ariel – RO to Tuck 	<ul style="list-style-type: none"> PF Step Out – Ariel RO – BHS – Layout/Layout Step out/X-Out/Switch Leg PF Step Out – RO to Tuck FWO – RO to Whip/Layout Aerial – Back Tuck/Layout/Layout Step Out FWO – Aerial - Tuck 	<ul style="list-style-type: none"> Front Aerial – RO to Whip – Tuck/Layout FHS/PF – PF PF Step Out – RO to Layout RO to Whip/Tuck to Tuck/Whip/Layout FWO – RO to Whip/Tuck to Tuck/Whip/Layout PF Step Out – RO to Whip/Tuck to Tuck/Whip/Layout FHS – PF Step Out – RO to Tuck/Whip/Layout FHS = PF Step Out – RO to Whip/Tuck to Tuck/Whip/Layout