

Note: The skills below are listed as examples only and are not meant to be all-inclusive. The USA does not mean to suggest by listing the examples above that a routine must contain any specific skill in order to be awarded a set amount of "difficulty" points. We encourage choreography to be safe and creative, while achieving the highest levels of difficulty.

Jumps:

- 0-1 point **Basic** jumps performed by *few/some* team members
- 1-2 points **Basic** jumps performed by **most** team members
- 2-3 points **Advanced** level jumps performed by *few/some* team members
- 3-4 points **Advanced** level jumps performed by **most** team members

Tumbling:

- 0-1 point **Basic** tumbling skills within division limitations performed by a *few/some* team members
- 1-2 points **Basic** tumbling skills within division limitations performed by **most** team members
- 2-3 points **Maxed-out** tumbling skills within division limitations performed by a *few/some* team members
- 3-4 points **Maxed-out** tumbling skills and/or synchronized lesser skills within division limitations performed by **most** team members

Tosses:

- 0-1 point **Basic** tosses within division limitations performed by a *few/some* team members
- 1-2 points **Basic** tosses within division limitations performed by **most** team members
- 2-3 points **Maxed-out** tosses within division limitations performed by a *few/some* team members
- 3-4 points **Maxed-out** and/or synchronized advanced tosses within division limitations performed by **most** team members

Stunts:

- 0-1 point Stunts in routine at the **basic** skill/difficulty level within division limitations performed by a *few/some* team members
- 1-2 points **Multiple** stunts in routine at the **basic** skill/difficulty level within division limitations performed by **most** team members
- 2-3 points Stunts in routine at the **maxed-out** skill/difficulty level within division limitations performed by a *few/some* team members with variety of entrances into and dismounts from stunts
- 3-4 points **Multiple** stunts in routine at the **maxed-out** skill/difficulty level within division limitations performed by **most** team members and/or stunts with transitions, entrances into and/or dismounts from stunts

Pyramids:

- 0-1 point 1 **basic** pyramid within division limitations
- 1-2 points 2 **basic** pyramids or 1 **maxed-out** pyramid within division limitations
- 2-3 points 1 **basic** and 1 **maxed-out** pyramid within division limitations
- 3-4 points 2 or more **maxed-out** pyramids within division limitations

See below for definitions of **italicized/bolded** words:

Basic: A level of skill that is considered to be easily attained by most teams
 Ex: **Basic** jumps = straight, tucked, X-jumps, Herkies, etc
 Ex: **Basic** tumbling = rolls, cartwheels, round-offs, etc (varies by division limitations)
 Ex: **Basic** tosses = straight rides, toe touches, etc (varies by division limitations)
 Ex: **Basic** stunts = varies by division limitation and amount of bases needed
 Ex: **Basic** pyramids = varies by division limitations, but would include few (if any) transitions and little, or no, entrance and/or dismount variety

Advanced: A level of skill that is considered to be more difficult to attain for most team
 Ex: **Advanced** jumps = toe touches, front or side hurdler, around-the-world, etc.
 multiple jumps in a row, connecting jumps with a tumbling skill, etc.
 Ex: **Advanced** tumbling = varies by division limitations, done in conjunction with other skills
 Ex: **Advanced** tosses = varies by division limitations, but could include twisting, combining several skills, synchronized tosses and/or variety of tosses throughout routine, etc.
 Ex: **Advanced** stunts = varies by division limitations, but could include minimal bases, extended stunts, multiple transitions, variety of entrances into and dismounts from stunts, etc.
 Ex: **Advanced** pyramids = varies by division limitations, but should include multiple transitions, and/or a variety in entries, variety in dismounts, etc.

Maxed-out: Advanced skills that are considered to be the highest level allowed within the division limitations, and/or a majority of participants performing difficult synchronized skills.

Few/Some: A number relative to the amount of members on the team (i.e. this number would be half or less of the team performing a skill or the number of members utilized in a skill/or group stunt)

Most: A number relative to the amount of members on the team (i.e. this number would be more than half of the team performing a skill, or the number of members involved in a group of skills)

For technical skills or combination of skills that are not specifically addressed above, the USA has the discretion to determine the points awarded for difficulty based upon a comparison of the skill to other skills. **Highlighted items are clarifications and further definitions from the 2010-11 rubric.**