## RC Competes 2023 JUMPS, TUMBLING & DANCE JR HIGH/MIDDLE - <u>All Girl/Co-Ed</u> Show Category

SCHOOL					Competes revised 5/22©
	Difficulty		Execution		TOTALS
SAMUL	STANDARD (1 pt.) Single Toe Touch SUPERIOR (2 pts.) Double Toe Touch ELITE (3 pts.) Two Consecutive with Variety		<ul> <li>Notes</li> <li>Proper Technique, Form and Height</li> </ul>		
	Three Consecutive of the Same	3	Synchronization	5	8
*Must do Standing AND Running Tumbling to get your difficulty max. **If you have skills from multiple levels, the highest point value will be awarded.					
GROUP STANDING GROUP RUNNING TUMBLING TUMBLING	<ul> <li>STANDARD (1 pts. max)</li> <li>Running Back Handsprings</li> <li>Round Off Tuck</li> <li>SUPERIOR (3 pts. max)</li> <li>Running Tumbling into Tucks</li> <li>Running Tumbling into Layouts</li> <li>ELITE (5 pts. max)</li> <li>Running Tumbling into Fulls</li> </ul>	5	<ul> <li>Notes</li> <li>Proper</li> <li>Technique and</li> <li>Form</li> </ul>		
	<ul> <li>STANDARD (1 pt. max)</li> <li>Standing Back Handsprings</li> <li>Standing Tumbling into Tucks</li> <li>SUPERIOR (3 pts. max)</li> <li>Standing Tucks</li> <li>Standing Tumbling into Layouts</li> <li>ELITE (5 pts. max)</li> <li>Standing Tumbling into Fulls</li> </ul>		□ Synchronization		
		5		5	15
DANCE	<ul> <li>Level and Two or More Formation Changes</li> <li>Change of Pace</li> <li>Creativity</li> </ul>	4	<ul> <li>Notes</li> <li>Synchronization</li> </ul>		
	All categories are based on MAJORITY (majority = half (50%) or more of the team) Total # of Team Members		<ul> <li>Technique</li> <li>Sharpness</li> <li>Body placement</li> </ul>		
				3	7
Judge's Signature					
Tabulator's Signature SUB SCORE					
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