

## STUNTS

- HOW** difficult are ALL stunts in the routine?  
(based on the "Level Difficulty" sheet)
- HOW** many athletes are utilized for stunts throughout?  
(full team, front spots, single based)
- HOW** do the stunts load in?
- HOW** do the stunts dismount?
- HOW** is the pace from skill to skill performed?
- HOW** creative are the skills designed for the section?
- HOW** does the utilization of stunts compare to the other teams in the division?

## RUNNING TUMBLING

- HOW** difficult are ALL running tumbling skills in the routine?  
(based on the "Level Difficulty" sheet)
- HOW** many athletes are utilized throughout?  
(full team, groups, individual)
- HOW** many elite skills are incorporated?
- HOW** is each running tumbling pass initiated?  
(power hurdle, minimal steps)
- HOW** is the pace of the connected tumbling skills?
- HOW** creative are the skills designed for the section?
- HOW** does the utilization of running tumbling skills compare to the other teams in the division?

## STANDING TUMBLING

- HOW** difficult are ALL standing tumbling skills in the routine?  
(based on the "Level Difficulty" sheet)
- HOW** many athletes are utilized throughout?  
(full team, groups, individual)
- HOW** many elite skills are incorporated?
- HOW** is each standing tumbling pass initiated?  
(no step, minimal steps)
- HOW** is the pace of the connected tumbling skills?
- HOW** creative are the skills designed for the section?
- HOW** does the utilization of standing tumbling skills compare to the other teams in the division?

**Pro Score is a COMPARATIVE scoring system.  
 The exact score value may change based on  
 the team's competitor in that division at that  
 specific event.**

**Once the "START VALUE" has been  
 determined, the judge will use the "HOW's" of  
 each category to give the exact score value.**

## TOSSES

- HOW** difficult are ALL the tosses in the routine?  
(based on the "Level Difficulty" sheet)
- HOW** many athletes are utilized for tosses  
throughout?  
(full team, front spots)
- HOW** many different variety of tosses throughout?
- HOW** unique are the incorporated tosses?
- HOW** does the utilization of tosses compare to the  
other teams in the division?

## JUMPS

- HOW** difficult are ALL the jumps in the routine?  
(based on the "Level Difficulty" sheet)
- HOW** many athletes are utilized throughout?
- HOW** many different jumps are demonstrated?
- HOW** unique are the incorporated jumps?
- HOW** does the utilization of jumps compare to the  
other teams in the division?

## ROUTINE DESIGN

- HOW** is the composition and flow of the routine?
- HOW** are the various athlete talents utilized  
throughout the routine?
- HOW** does the utilization of visual elements compare  
to the other teams in the division?
- HOW** clear and clean are the transitions from skill  
section to skill section throughout the routine?
- HOW** clear and precise are the formations created  
throughout the routine?
- HOW** does the utilization and choreography connect  
with the music?

## PYRAMIDS

- HOW** difficult are ALL pyramid sections in the routine?  
(based on the "Level Difficulty" sheet)
- HOW** many athletes are utilized throughout?  
(full team, front spots, single based)
- HOW** well does the pyramid develop in the routine?
- HOW** difficult are the transitional skills?  
(cradles, blind catches, extended level catches, variety)
- HOW** is the pace from skill to skill performed?
- HOW** creative are the skills designed for the section?
- HOW** well are the structures developed?
- HOW** many different transitions are utilized throughout?
- HOW** does the pyramid compare to the other teams in the  
division?

## DANCE

- HOW** difficult is the dance section?  
(based on the "Level Difficulty" sheet)
- HOW** many athletes are utilized in the dance?
- HOW** many 8 counts is the dance section?
- HOW** visual is the dance section?
- HOW** does the dance compare to the other teams in the  
division?  
(the HOW's of dance are only factors for difficulty, however,  
see the "Execution" sheet for other factors that apply in the  
score)

## ARTISTIC PERFORMANCE

- HOW** is the energy of the athletes portrayed throughout the  
routine?
- HOW** many athletes demonstrate an athletic impression of  
showmanship?
- HOW** does the entertainment value of the routine compare to  
the other teams in the division?
- HOW** is the artistry and creative expression of the athletes  
compare to the other teams in the division?

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 education, please visit:**

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