**Detailed Information for College Routines: Partner Stunts**

**Partner Stunt Routine 1:**

1st eight count: Walk in technique to get to single base extension (only back middle) and the single base skills at prep (the other three stunt groups)

2nd eight count: Spots walking to the side IS NOT officiated…they just need to be there in time for pop down

4th eight count: Load in technique is 2 feet off the ground at the same time

5th eight count: Both pancake dismounts should face stage right

7th eight count: Same walk in technique used earlier is used to load the liberties

**Partner Stunt Routine 2:**

2nd eight count: Top loads in with one foot in hands other off the ground. This is a faux single base extension so “main” base should turn to face the crowd

3rd eight count: After P&G to stretch the bases are facing each other again

9th eight count: Top loads in with one foot in hands and the other off the ground. High Torch hits facing the side on 7 (would be a liberty position) and then turns to High Torch on the 1 of the 10th eight count with High V

**Partner Stunt Routine 3:**

1st eight count: Top loads in with one foot in hands other off the ground.

2nd eight count: This is a switch up technique and tops should land on foot that started on the ground

4th eight count: Point stunt should turn to stage left, back left should turn stage right and back right will go to the front stunt group

6th eight count: For the invert the tops hands should be on shoulders of the bases

8th eight count: The dismount from the liberties should be a J-down with right foot staying in hand of base and left foot on the ground with that base in a Quick Toss type grip

9th eight count: Last stunt ends in a platform position (feet together)

**Partner Stunt Routine 4:**

1st eight count: Set up should have the back leg (furthest from crowd) as the leg that is off the ground

2nd eight count: The motion is a J-up type motion where the base with straight out leg brings it in under the top’s body line

3rd eight count: This double base skill is an extension (feet slightly apart)

7th eight count: The drop to prone is not a release…back spot stays connected

9th eight count: There is a timing bounce as the top lands in the load position from the front handspring ½ around

**Partner Stunt Routine 5:**

1st eight count: Top loads in with one foot in hands other off the ground and also this is a NO HAND load so top’s arms should be out in a High V motion

2nd eight count: Base moving to the side on 5 of 2nd eight count IS officiated

4th eight count: Best technique for this transition is for feet to be in a target position (together) and will be officiated that way

5th eight count: You have count for turn (5) and a count for the leg out (7)

6th eight count: You then have a specific count for the top’s head turning to the crowd (1)

6th eight count: The drop position is a flatback position below prep level. Will not really be officiated unless it lands in a cradle position

**Partner Stunt Routine 6 (carryover routine #5 from 2018 season):**

1st eight count: Quick Toss technique for the full up P&G to Liberty

4th eight count: Bases are on the rib cage for the push off the ground from push up position. Top pushes off the ground and DOES NOT re-grip on forearms of bases to push off again

9th eight count: Back Extension Roll loading technique DOES NOT have the top pushing off the forearms after coming off the ground

**Partner Stunt Routine 7 (new for 2019 season):**

1st eight count: The rewind to the top ¼ turns in the air…it is not caught facing front and bases then turn (this would be a modification and a major execution error)

2nd eight count: Head and leg both move for the arabesque on same count (7)

3rd eight count: For the ¾ high to high (arabesque to stretch) the bases DO NOT move under the top. This will be a modification and a major execution error

5th eight count: Double full dismount from the heel stretch

6th eight count: Quick toss full up should land in liberty (not a target and then pull). If landing in target and pull a liberty that would be a modification and a major execution error

9th eight count: Last skill is a platform

**Detailed Information for Standard College Routines: Pyramid & Tosses**

**For all routines if a basket toss has a fourth on the throw what they do after the throw is NOT OFFICIATED. If they help catch that is fine and if not that is fine.**

**Pyramid and Tosses Routine 1:**

9th eight count: Loading the A frame is a P&G and the top puts her hands on shoulders of middle layers to lift hips. Middle layers **DO NOT** assist until top is pitched up toward the pyramid

**Pyramid and Tosses Routine 2 (carryover routine from 2018 season):**

4th eight count: outside BHS to load: Tops SHOULD NOT reconnect on wrist/arms of bases and push off. If they do so it is a modification and would be a major execution error

9th eight count: A-frame is loaded out of double base loading position with a toss to pyramid (not a step up or toe pitch). Also bases supporting stag DO NOT have to put foot on their head (one does and one does not in the video)

**Pyramid and Tosses Routine 3:**

2nd eight count: Tops push off shoulders of bases (don’t worry about back or front shoulder of the base) as they are loaded from the inverted position at prep level

2nd eight count: Also the count to worry about is the Pump & Go movement and not when the top’s hands ACTUALLY make contact with the shoulders of the bases

3rd eight count: There is not specific count or type of “split” that the top does to make legs wide prior to loading onto the shoulder straddle

4th eight count: Tops will stand on 3 with a “T” motion and stall till 5 before falling forward to the prone position. They should not stand up and go straight off pyramid or they will miss the 5th count and that would be a minor execution error

9th eight count: Show and Go in the back of pyramid comes back to load position and remains there. The top for the 2-2-1 is loaded with a 3 person toe pitch. They should be set up with one in the back of the top and two on the toe in the front. Stunt groups for the 2 middle layers will face each other throughout the pyramid (they don’t turn the front at any time)

**Pyramid and Tosses Routine 4:**

1st eight count: Shoulder stands load with the base bending at the knee some and a person behind the middle layer lifting at the waist while the middle layer top jumps off the ground

1st eight count: The shoulder stands can start set with athlete lifting the top already on her waist or dip and grab since they “set and dip” at the same time…not going to be officiate because too hard to see

2nd eight count: Knee of middle layer goes up on 1 of the 2nd eight count and tops should be able to stay up there tall and still for the 7&8 of the 2nd eight count

3rd eight count: The dismount by the inverted tops is initiated on the 1 of the 3rd eight count

5th eight count: The 2 side baskets dip to load on 5 (one on right anticipates a couple counts for a split second)

8th eight count: Shoulder stands use same technique to load as they did in the 1st eight count

9th eight count: Toe pitch is done with one in the back at the waist of the top and 2 in position on the toe of the top

**Pyramid and Tosses Routine 5:**

1st eight count: Shoulder stands load with the base bending at the knee some and a person behind the middle layer lifting at the waist while the middle layer top jumps off the ground

1st eight count: The shoulder stands can start set with athlete lifting the top already on her waist or dip and grab since they “set and dip” at the same time…not going to be officiate because too hard to see

2nd eight count: Tops landing while pulling stretch should be continuous movement from the toss. Do not land and then pull the stretch. That would be a modification and counted as a major execution error

3rd eight count: Middle layer’s leg comes down on the 5 of 3rd eight count

8th eight count: Shoulder stands use same technique to load as they did in 1st eight count. Middle layers knee up on 5 and top makes contact on same count

**Pyramid and Tosses Routine 6 (carryover routine #5 from 2018 season):**

1st eight count: Shoulder stands load by jumping up with base on the waist lifting them to the shoulders with NO OTHER help

1st eight count: For this routine the athlete lifting the top and the top start with arms down and make contact on 3 and then dip on 5.

2nd eight count: Tops are loaded with a 2 person in the front toe pitch and one person at the waist

4th eight count: Tops dismount to a “J” up position with one foot on the ground, one foot in the hands of a base (base may be at side or front either is fine) and a person on the waist

8th eight count: All shoulder stands load with calf pop technique

9th eight count: BHS up to A frame is done with top person NOT re-gripping on the forearm of the bases to push of after coming off the ground

**Pyramid and Tosses Routine 7 (new for 2019 season)**

**Opening formation the teams can have the two extras both behind one pyramid or one behind each pyramid but neither of them helps in loading the opening pyramid and if they do it is a modification and would be a major execution error.**

1st eight count: Shoulder stands load by jumping up with base on the waist lifting them to the shoulders with NO OTHER help

1st eight count: The shoulder stands can start set with athlete lifting the top already on her waist or dip and grab since they “set and dip” at the same time…not going to be officiate because too hard to see

2nd eight count: The 3 tossing the tops to the pyramid can grab to help however they feel is best for their pyramid. This will not be officiated as it is too tell exactly where everyone is grabbing and main thing is that no additional athletes are used to support the pyramid

8th eight count: Shoulder stands use same loading technique

9th eight count: Top doing the front flip onto A Frame is coming out of a double base loading position (not a basket toss grip).

**Detailed Information for Standard College Routines: Tumbling & Jumps**

**All tumbling skills will be given a one count grace when comparing to the eight count sheet. EX: eight count sheet says hands down out of round off on 3 and a team has girls with hands down on 3&4 or even 4…that would not be officiated as off count. Synch within the squad’s skills is important though and should be as close as possible.**

Also some routines will have tumbling passes where the lead into the round off is multiple steps (labeled **RO**) and in this case the count to worry about is hands down (which may be a 2 count sometimes) and for other routines you will see a **PH** specifically listed in which case the team has to use a **Power Hurdle** and then the count of the start of the PH and hands down is both important.

**Tumbling & Jumps Routine 1:**

9th eight count: Last motion is High V for all the athletes

**Tumbling & Jumps Routine 2 (carryover routine & was re-filmed to change entry into tumbling passes to RO):**

5th & 6th eight count: This was changed slightly from 2018 season when the passes came out of a PH. This year they are coming out of a 2 step RO and the main counts to consider are hands down (2 of the 6th) and feet down after pass (5 of the 6th). The middle pass was changed as well and the main counts are hands down (8 of 6th) and feet down after the tuck (5 of the 7th)

5th eight count: Back middle girl takes her steps back on 3 and stops on 5

7th eight count: Front group down on right knee (7th count)

**Tumbling & Jumps Routine 3:**

6th eight count: Three girls after landing tucks stand on 1 of the 6th (one in the video is alittle late)

6th eight count: All that is officiated in regards to moving is that they are set and clasp on 1 of the 7th eight count. They have to move different distances so some may stop a count earlier. Just look for the clasp and formation on 1 of 7th eight count

7th eight count: The athletes need to be in formation by the one as they clasp (they can be there before the one since they are moving different distances)

9th eight count: The last motion in the routine is a High V for the middle girl and the 3 on her right have right arm in High V and left on hip and the 3 on the left of center have the opposite

**Tumbling & Jumps Routine 4:**

6th & 7th eight counts: 3 girls with synched passes are throwing the following:

2 outside girls are doing PH BHS Tuck

1 middle girl is doing standing 2BHS Tuck

Synch for hands down on RO and 1st back handspring should be together

9th eight count: The athletes need to be in formation by the seven as they clasp (they can be there before the one since they are moving different distances)

9th eight count: Last motion is similar to set up for routine 3. Middle girl does “T” Motion. 3 to her right do a ½ “T” motion with right arm and 3 to her left do the opposite

9th eight count: Same as 3rd routine the main thing to “officiate” is that they all move and on the 7 they are in formation and bend and clasp.

**Tumbling & Jumps Routine 5:**

7th eight count: Left Pod of 3 is doing PH BHS Tuck and the Right Pod of 3 is doing Standing BHS Tuck but the skills should be synched

8th eight count:

9th eight count: Last motion is the same for all athletes….down on right knee with right hand on hip and left arm in punch motion

**Tumbling & Jumps Routine 6 (carryover routine #5 from 2018 season)**

3rd eight count: FR steps to prepare to turn to front on 5th count and the BR takes a step back on the 5th count as well

7th eight count: 1st 2 tumblers (layouts) come from back right & 2nd 2 tumblers (fulls) come back left

9th eight count: Back 3 of V formation stand with right punch and front 2 on each side take a right knee with right punch

**Tumbling & Jumps Routine 7 (new for 2019)**

9th eight count: Last motion has the back row standing with wide stance and front row on knee with hip and shoulders open to the crowd with body at a 45 degree angle. Middle back is in a High V and to her left is a Left High V and her right a Right High V. The front row puts back to the knee the leg to the front (closest to the crowd)