

ROUTINE DESCRIPTION FORM – Round 3

Revised:

SCHOOL Tiger High School NO. OF COMPETITORS 12 DATE 1/1/20 COACH'S SIGNATURE Sally Jones

Type, IN ORDER, all tumbling skills, jumps, stunts, flairs and preps that will receive credit. Indicate choreography-credited skills. By rule, difficulty and variety must be given a numerical value on this form.

Choreography	Description	Variety	Difficulty
6 BT TT	3+3+3+3+3+3 5+5+5+5+5+5 6 Back Handsprings 6 Back Tucks	2	48
2 OLE 2 FT	3+3 4+4 4+4 14+14 8+8 4+4 4+4 2 Back Handsprings Cradle Reload OLE Heel Stretch Twist Cradle 3 4 4 7 7 4 1 Back Handspring Cradle Reload Elevator Forward Suspended Roll to Cradle	6	111
	10+10+10 4+4+4 4+4+4 7+7+7 3 Extension Sponge Retake entrance for a One Footed Show -N-Go 4+4+4 10+10+10 4+4+4 above waist Kick flair Extension Cradle	3	129
3 OLE 3 FT	7+7+7 7+7+7 7+7+7 4+4+4 4+4+4 14+14+14 4+4+4 3 Elevator to Face Down Flat Back Log Roll Cradle Reload OLE Lib 4+4+4 4+4+4 Twist Cradle	3	165
6 BT TT	3+3+3+3+3+3+3+3+3+3+3+3+3 3+3+3+3+3+3 5+5+5+5+5+5 12 Back Walkovers 6 Back Handsprings 6 Back Tucks	1	60
3 FT	10+10+10 4+4+4 4+4+4 3 Hop and Go Elevator Extension Twist Cradle	0	54
	7+7+7 4+4+4 4+4+4 4+4+4 3 Floor up to Inversion with Leg Flair Rotate 180 Sponge	3	57
2 OLE 2 FT	10+10 8+8 4+4 4+4 2 Extension Scale Twist Cradle	1	52
	10 4 1 Basket toss with Toe Touch Cradle	2	14
3 FT	7+7+7 4 4 7 3 Elevators Braced Backward Suspended Roll to Sponge to Elevator 4+4+4 4+4+4 3 Twist Cradle	1	60
Total		22	750

	# One Leg Extensions	Team Tumbling	# Full Twists/ 360°	# Back Tucks
Need	6	ALL	6	6
Have	7	2	13	12

Difficulty	Points
750	20