



# SCHOOL CHEER LEVELS GRID

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Changes for the 2019-2020 Season are in Red

**All teams must follow the level rules for the category and level they are competing in addition to the AACCA Rules**

## LEVEL 1

<b>STANDING TUMBLING</b>	<ul style="list-style-type: none"> <li>Standing tumbling is defined as any tumbling skill not originating from a cartwheel or round off. All skills with hand support performed from a standing position are allowed. Front rolls, back rolls, front walkovers, back walkovers, cartwheels, handstands, round offs, and single front/back handsprings are allowed.</li> <li>Prohibited skills include but are not limited to: Jump handspring combinations, standing handspring series, flips, aerials, back tucks, punch fronts, layouts, fulls forward 3/4 flips to the seat, dive rolls and toe-pitch flips.</li> </ul>
<b>RUNNING TUMBLING</b>	<ul style="list-style-type: none"> <li>Running tumbling is defined as any skill that requires forward step or hurdle.</li> <li>All skills with hand support on the performance surface are allowed including series of these skills. Therefore a round off, round off back handspring entry, would be legal. For example, front handspring walkout round off back handsprings series would also be allowed.</li> <li>Prohibited skills include but are not limited to: Flips, aerials, back tucks, punch fronts, layouts, fulls, forward 3/4 flips to the seat, toe-pitch flips, and dive rolls.</li> </ul>
<b>STUNTS</b>	<ul style="list-style-type: none"> <li>Free standing extended stunts are limited to stunts where both feet are in the bases hands at all times.</li> <li>Single leg stunts above prep level are NOT allowed. All free standing prep level single leg variations are allowed.</li> <li>Twisting during the load in/mount and/or transitions is limited to a 1/2 twist. At least one base must maintain contact with the flyer during transitions (Exception: see release moves).</li> <li>Suspended forward rolls are allowed as stunt transitions provided they follow all AACCA guidelines.</li> <li>Prohibited skills include but are not limited to: Extended single leg stunts, single leg show and go stunts that travel above prep level.</li> </ul>
<b>INVERSIONS</b>	<ul style="list-style-type: none"> <li>Inverted stunts are allowed from ground-level as a load in/mount into a non-inverted stunt (upright position). For example, the flyer may begin in a handstand on the ground that transition into a prep level stunt.</li> <li>Dismounts to the performance surface from waist level stunts are allowed. Therefore, a waist level prone to front walkover or a cradle to back walkover would be allowed.</li> <li>All Inversions must follow AACCA limitations on inversions as well as all limitations listed here.</li> <li>Prohibited skills include but are not limited to: Inversions that originate above ground level unless explicitly allowed above.</li> </ul>
<b>DISMOUNTS</b>	<ul style="list-style-type: none"> <li>Dismounts are defined as the movement of a top person from a stunt and/or pyramid to a cradle position or to the performing surface.</li> <li>Dismounts are limited to: straight ride cradle, step off the front, shove wrap, ¼ twist, OR Alternate cradles (i.e. arch, toe touch, pike, ball/tuck, etc.)</li> <li>Prohibited dismounts include but are not limited to: Twisting dismounts greater than ¼ twist. Cradles may not land in the prone position (on stomach).</li> </ul>
<b>RELEASE MOVES</b>	<ul style="list-style-type: none"> <li>No release moves are allowed other than those mentioned in the Dismounts, Stunts, Tosses or Pyramids sections. (EXCEPTION: A single full twisting barrel (log) roll is allowed if it starts and ends in a cradle position.)</li> <li>All stunt release moves must land in a cradle.</li> <li>See Pyramid release moves for restrictions and requirements</li> <li>All types of Tosses are prohibited in the Elementary and Middle Schools Divisions.</li> </ul>
<b>TOSES</b>	<ul style="list-style-type: none"> <li>Sponge, basket, squishy, and scrunch tosses in a straight ride body position only are allowed and must be caught in a cradle position by the original bases.</li> <li>Prohibited skills include but are not limited to: Ball out, Kick arch, pretty girl, toe touch, and any and all body positions other than a straight ride.</li> <li>All types of Tosses are prohibited in the Elementary and Middle Schools Divisions.</li> </ul>
<b>PYRAMIDS</b>	<ul style="list-style-type: none"> <li>Pyramids unless otherwise mentioned in this section must follow stunt, release move, inversions, and dismount rules listed above and are allowed up to 2 high with the following exceptions:</li> <li>Single-leg extended stunt variations are allowed in pyramids but the flyer must be braced (supported by) on one side by prep level or below stunt with hand/arm connection ONLY if braced on only one side. The connection to the hand or arm bracer MUST be established at or below prep level before the stunt passes above prep level. The connection with the bracing stunt must be maintained by hand/arm connection at all times until the upward motion of a cradle/dismount.</li> <li>Pyramid release moves are allowed. Any time a top person is released by bases during a pyramid transition, the top person must be braced by two separate top persons at prep level or below with hand-arm connection only and constant contact between the top person and the bracers must be maintained throughout the transition.</li> <li>Twisting pyramid transitions are limited to ½ twist but may not release.</li> <li>Prohibited skills include but are not limited to: Collapsible pyramids, pyramid released inversions or braced flips.</li> </ul>

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All teams must follow the level rules for the category and level they are competing in addition to the AACCA Rules

All skills allowed in Level 1 are also allowed in Level 2

LEVEL 2	
STANDING TUMBLING	<ul style="list-style-type: none"> <li>Standing tumbling is defined as any tumbling skill not originating from a cartwheel or round off.</li> <li>All skills with hand support performed from a standing position are allowed. Standing series of these skills are also allowed including jump to handspring series.</li> <li>Prohibited skills include but are not limited to: standing flips, tucks or aerials (Therefore a standing back handspring back tuck would be ILLEGAL), forward 3/4 flips to the seat, tucks or flips connected immediately to jumps, toe-pitch flips, and dive rolls.</li> </ul>
RUNNING TUMBLING	<ul style="list-style-type: none"> <li>Running tumbling is defined as any skill that requires forward step or hurdle.</li> <li>Flips in a tucked body position may ONLY be performed from a round off, round off back handspring entry, cartwheel, OR cartwheel back handspring entry. Aerial cartwheels and punch fronts are allowed. No tumbling is allowed after a flip ( Exception)-tumbling is allowed after a punch front/front flip.</li> <li>No tumbling is allowed after the aerial/flip/tuck. Prohibited skills include but are not limited to: Flips performed in alternate positions (layout, x-out, and pike), twisting in flips, forward 3/4 flips to the seat, toe-pitch flips, tumbling out of an aerial/flip/tuck, and dive rolls.</li> </ul>
STUNTS	<ul style="list-style-type: none"> <li>All Single leg extended stunts are allowed.</li> <li>Twisting during the load in/mount and/or transitions is limited to 1/2 twist to an extended <b>single leg</b> position. All other twisting below extension level may not exceed 1 full twisting rotation. <b>Exception: Full twisting rotation to a two leg extension is allowed. Therefore a full twist to a prep level 1 leg, prep level 2 leg or extension level 2 leg stunt would be allowed.</b></li> <li><b>Stunt release moves must begin at or below prep level and must land/catch at prep level or below.</b></li> <li>Prohibited skills include but are not limited to: Front, back or side tension rolls, release moves that travel above the extended arm levels of the bases or that begin above prep level, <b>stunt release moves that land at extension.</b></li> </ul>
INVERSIONS	<ul style="list-style-type: none"> <li>All inverted stunts and transitions up to the AACCA limitations are allowed. Please refer to Section D Inversions within the AACCA rules for inversion specifics and provisions listed within these allowances.</li> </ul>
DISMOUNTS	<ul style="list-style-type: none"> <li>Cradles from all stunts are limited to one and one quarter (1 1/4) twists from all two leg stunts (<b>extended or prep level</b>) OR prep level single leg stunts.</li> <li>Only straight pop downs, basic straight cradles and 1/4th turns are allowed from any single leg extended stunt.</li> <li><b>Prohibited skills include but are not limited to: Full twist cradle from extended single leg stunts, double twist cradle from prep level or extended stunts.</b></li> </ul>
RELEASE MOVES	<ul style="list-style-type: none"> <li>No release moves are allowed other than those mentioned in the Stunts, Dismounts and Tosses sections. Exceptions: 1) A single full twisting barrel (log) roll is allowed if it starts and ends in a cradle position. 2) Pyramid release moves and braced flips (See Pyramids section).</li> <li>Helicopters (that are released) are allowed but limited to one half rotation.</li> <li><u>All types of Tosses are Prohibited in the Elementary and Middle School Divisions</u></li> </ul>
TOSSES	<ul style="list-style-type: none"> <li>Sponge, basket, squishy, scrunch tosses are allowed and must be caught in a cradle position by the original bases.</li> <li>Tosses may only incorporate up to one trick and alternative toss positions are allowed (i.e. toe touch, ball/tuck, etc.). Full twisting baskets are allowed.</li> <li>Prohibited skills include but are not limited to: Flipping (front or back), traveling tosses, tosses that twist more than one full rotation, kick full, double toe touch, tosses that exceed more than one trick.</li> <li><u>All Tosses Prohibited for Middle/Elementary Schools.</u></li> </ul>
PYRAMIDS	<ul style="list-style-type: none"> <li>Pyramids unless otherwise mentioned in this section must follow stunt, release move and dismount rules listed above and are allowed up to 2 high.</li> <li>All pyramid release moves are allowed provided the top person maintains contact with hand/arm to hand/arm connection with at least one bracer during the entire transition and follows all AACCA rules regarding pyramid release.</li> <li>Twisting in Pyramids must follow all limitations outline in the stunt twisting section of this document and must follow AACCA rules related to twisting while released. <b>Twisting in braced flips are NOT Allowed.</b></li> <li>Pyramid Inversions/Braced Flips: A braced forward or backward flip in a pyramid is allowed while adhering to the AACCA rules on braced flips/ inversions however: (Braced flips MUST be continuously braced on both sides (Hand/arm connection only) and the completion of the flip must end in a cradle dismount. <b>Braced flips that land at prep level or extended level would NOT be Allowed. Twisting in braced flips is NOT Allowed.</b></li> </ul>

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## LEVEL 3.1

LEVEL 3.1	
<b>STANDING TUMBLING</b>	<ul style="list-style-type: none"> <li>• Standing tumbling is defined as any tumbling skill not originating from a cartwheel or round off. All skills with hand support performed from a standing position are allowed. Front rolls, back rolls, front walkovers, back walkovers, cartwheels, handstands, round offs, and single front/back handsprings are allowed.</li> <li>• Prohibited skills include but are not limited to: Jump handspring combinations, standing handspring series, flips, aerials, back tucks, punch fronts, layouts, fulls forward 3/4 flips to the seat, dive rolls and toe-pitch flips.</li> </ul>
<b>RUNNING TUMBLING</b>	<ul style="list-style-type: none"> <li>• Running tumbling is defined as any skill that requires forward step or hurdle.</li> <li>• All skills with hand support on the performance surface are allowed including series of these skills. Therefore a round off, round off back handspring entry, would be legal. For example, front handspring walkout round off back handsprings series would also be allowed.</li> <li>• Prohibited skills include but are not limited to: Flips, aerials, back tucks, punch fronts, layouts, fulls, forward 3/4 flips to the seat, toe-pitch flips, and dive rolls.</li> </ul>
<b>STUNTS</b>	<ul style="list-style-type: none"> <li>• All Single leg extended stunts are allowed.</li> <li>• Twisting during the load in/mount is limited to one and one half twist by the flyer.</li> <li>• Free standing switch ups and release moves are ALLOWED see AACCA <b>Partner Stunts</b>.</li> <li>• All inversions in stunts and stunt transitions must follow AACCA rules.</li> </ul>
<b>INVERSIONS</b>	<ul style="list-style-type: none"> <li>• All inverted stunts and transitions up to the AACCA limitations are allowed. Please refer to D. Inversions section of <b>AACCA rules</b> for inversion specifics and provisions listed within these allowances.</li> </ul>
<b>DISMOUNTS</b>	<ul style="list-style-type: none"> <li>• Cradles from all stunts are limited to 1 1/4 twists.</li> <li>• Flips are prohibited (exception: suspended forward rolls are allowed provided they follow all AACCA guidelines).</li> <li>• Cradle dismounts to different bases (i.e. fireman's catches, fall backs and pendulums) must originate from prep level or below.</li> </ul>
<b>RELEASE MOVES</b>	<ul style="list-style-type: none"> <li>• Release moves are allowed and must follow all AACCA requirements on release moves.</li> <li>• Helicopters (that are released) are allowed but limited to one half rotation and <b>must follow AACCA guidelines</b></li> </ul>
<b>TOSSES</b>	<ul style="list-style-type: none"> <li>• Sponge, basket, squishy, scrunch tosses are allowed and must be caught in a cradle position by the original bases.</li> <li>• Tosses that exceed 1 and 1/4 twists are prohibited. Tosses may incorporate up to three tricks. Double twists would be illegal but kick hitch full or Kick- Kick full would be LEGAL.</li> <li>• Flipping (front or back) and traveling tosses are not allowed.</li> </ul>
<b>PYRAMIDS</b>	<ul style="list-style-type: none"> <li>• Pyramids unless otherwise mentioned in this section must follow stunt, release move, inversions, and dismount rules listed above and <b>must follow all AACCA limitations</b>.</li> <li>• All Pyramid release moves and braced flips must follow all AACCA requirements including AACCA inversion guidelines (Section D).</li> </ul>

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## LEVEL 3

<b>STANDING TUMBLING</b>	<ul style="list-style-type: none"> <li>• Standing tumbling is defined as any tumbling skill not originating from a cartwheel or round off.</li> <li>• Flips are allowed but may not exceed one flipping and one twisting rotation.</li> <li>• Prohibited skills include but are not limited to: forward 3/4 flips to the seat, toe-pitch flips, double fulls, and dive rolls.</li> </ul>
<b>RUNNING TUMBLING</b>	<ul style="list-style-type: none"> <li>• Flips are allowed but may not exceed one flipping and one twisting rotations.</li> <li>• Prohibited skills include but are not limited to: forward 3/4 flips to the seat, toe-pitch flips and dive rolls.</li> </ul>
<b>STUNTS</b>	<ul style="list-style-type: none"> <li>• All Single leg extended stunts are allowed.</li> <li>• Twisting during the load in/mount is limited to two twisting rotations by the flyer.</li> <li>• Free standing switch ups and release moves are ALLOWED see AACCA Partner Stunts.</li> <li>• All inversions in stunts and stunt transitions must follow AACCA rules.</li> </ul>
<b>INVERSIONS</b>	<ul style="list-style-type: none"> <li>• All inverted stunts and transitions up to the AACCA limitations are allowed. Please refer to D. Inversions section of AACCA rules for inversion specifics and provisions listed within these allowances.</li> </ul>
<b>DISMOUNTS</b>	<ul style="list-style-type: none"> <li>• Cradles from all stunts are limited to 1 1/4 twists.</li> <li>• Flips are prohibited (exception: suspended forward rolls are allowed provided they follow all AACCA guidelines).</li> <li>• Cradle dismounts to different bases (i.e. fireman's catches, fall backs and pendulums) must originate from prep level or below.</li> </ul>
<b>RELEASE MOVES</b>	<ul style="list-style-type: none"> <li>• Release moves are allowed and must follow all AACCA requirements on release moves</li> <li>• Helicopters (that are released) are allowed but limited to one half rotation.</li> </ul>
<b>TOSSES</b>	<ul style="list-style-type: none"> <li>• Sponge, basket, squishy, scrunch tosses are allowed and must be caught in a cradle position by the original bases.</li> <li>• Tosses that exceed 1 and 1/4 twists are prohibited. Tosses may incorporate up to three tricks. Double twists would be illegal but kick hitch full or Kick- Kick full would be LEGAL.</li> <li>• Flipping (front or back) and traveling tosses are not allowed.</li> </ul>
<b>PYRAMIDS</b>	<ul style="list-style-type: none"> <li>• Pyramids unless otherwise mentioned in this section must follow stunt, release move, inversions, and dismount rules listed above and must follow all AACCA limitations.</li> <li>• All Pyramid release moves and braced flips must follow all AACCA requirements including AACCA inversion guidelines (Section D).</li> </ul>

**\*Show Cheer Non-Tumbling Division: All Show Cheer Non-Tumbling Teams will follow the Level 3 Grid with the exception of running and standing tumbling allowances. All Running and Standing Tumbling is Prohibited in the Show Cheer Non-Tumbling Division.**

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## SIDELINE PERFORMANCE

<b>STANDING TUMBLING</b>	<ul style="list-style-type: none"> <li>Standing tumbling is defined as any tumbling skill not originating from a cartwheel or round off.</li> <li>All skills with hand support performed from a standing position are allowed. Front rolls, back rolls, front walkovers, back walkovers, cartwheels, handstands, round offs, and single/series front/back handsprings are allowed.</li> <li>Prohibited skills include but are not limited to: Flips, aerials, back tucks, punch fronts, layouts full, Forward 3/4 flips to the seat, toe-pitch flips and dive rolls</li> </ul>
<b>RUNNING TUMBLING</b>	<ul style="list-style-type: none"> <li>Running tumbling is defined as any skill that requires forward step or hurdle.</li> <li>All skills with hand support on the performance surface are allowed including series of these skills. Therefore a round off, round off back handspring entry, would be legal. For example, front handspring walkout round off back handsprings series would also be allowed.</li> <li>Prohibited skills include but are not limited to: Flips, aerials, back tucks, punch fronts, layouts, fulls, forward 3/4 flips to the seat, toe- pitch flips, and dive rolls.</li> </ul>
<b>STUNTS</b>	<ul style="list-style-type: none"> <li>Stunts are limited to two leg extended stunt.</li> <li>ALL single leg stunts whether in a pyramid or free standing are Prohibited</li> </ul>
<b>INVERSIONS</b>	<ul style="list-style-type: none"> <li>No inversions are allowed in stunts, therefore all inverted entrances/dismounts are ILLEGAL.</li> </ul>
<b>DISMOUNTS</b>	<ul style="list-style-type: none"> <li>Dismounts are defined as the movement of a top person from a stunt and/or pyramid to a cradle position or to the performing surface.</li> <li>Dismounts are limited to: straight ride cradle, step off the front, or shove wrap.</li> <li>Prohibited skills include but are not limited to: Alternate cradles (i.e. arch, toe touch, pike, ball/tuck, etc.), twisting dismounts, flips, ¼ turn cradles or cradles that land in the prone position (on stomach).</li> </ul>
<b>RELEASE MOVES</b>	<ul style="list-style-type: none"> <li>All Release moves are prohibited.</li> </ul>
<b>TOSSES</b>	<ul style="list-style-type: none"> <li>All types of tosses , Sponge, basket, squishy, scrunch or similar type of tosses are prohibited.</li> </ul>
<b>PYRAMIDS</b>	<ul style="list-style-type: none"> <li>Pyramids unless otherwise mentioned in this section must follow stunt, release move and dismount rules listed above and are allowed up to 2 high only.</li> </ul>
<b>ADDITIONAL REQUIREMENTS/ LIMITATIONS</b>	<ul style="list-style-type: none"> <li><u>At least one of the following props is required:</u> poms, banners, megaphones, props, flags, drum cadences or signs. Failure to incorporate at least one of the following props will result in a zero.</li> <li>Your spirited entrance may incorporate jumps, running tumbling, flags, cheers and/or chants and will be judged. A spirited entrance is required.</li> <li>Crowd involvement will be judged and evaluated.</li> <li>Teams should incorporate cheer, chants, spirited yells and all other aspects which encourage crowd involvement and interaction.</li> <li>No amplified music is allowed. A drummer or drum line is allowed.</li> <li>Teams will be judged from the beginning of their spirited entrance onto the competition floor. Teams may line up off the competition floor to uniformly run on as team to begin their spirited entrance onto the competition floor.</li> </ul>



# SCHOOL CHEER DEDUCTIONS & SAFETY RULES

# SCHOOL CHEER PENTALTY INFO

Changes for the 2019-2020 Season are in Red

## RULES PENALTIES:

**2.0 Points** (per occurrence) deducted from your total possible score for each violation of any of the following:

School Cheer Routine Guidelines OR School Cheer General Safety Rules

**2.5 Points** (per occurrence) deducted from your total possible score for each violation of any of the requirements in the School Cheer Levels Grid.

**5.0 Points**(per occurrence) deducted from your total possible score for each violation of the TUMBLING/GYMNASTICS Prohibition in the Non-Tumbling Division.

## EXECUTION PENALTIES:

### **TUMBLING**

**0.5 Point** (per occurrence) deducted from your total possible score for hands down on flipping tumbling skills following the landing. This includes back handsprings where the knees of the performer makes contact with the floor.

**1.0 Point** (per occurrence) deducted from your total possible score for each FALL on tumbling skills. Tumbling falls are any time the majority of the tumblers body comes in contact with the performance surface either on an over rotation or under rotation during the attempted skill.

### **STUNT SKILLS\***

**0.5 Point** (per occurrence) deducted from your total possible score for each obvious Stunt Bobbles on a stunt/toss skill. Stunt Bobbles will be defined as any of the following:

- (1) obvious breaks in bodyline and/or body positions of the flyer
- (2) excessive movement by bases greater than the width of one panel mat
- (3) stunts that almost fall but recover
- (4) obvious incomplete twisting of the flyer (i.e. flyer lands prone when intending to land in cradle). Stunt Bobbles that precede a Stunt Fall will not be

counted in the total deduction. The largest deduction will supersede the total number of Stunt Bobble deductions.

**1.0 Point** (per occurrence) deducted from your total possible score for each Stunt Fall on a stunt/toss skill by any member of the stunt group/partner stunt. A Stunt Fall will be defined as any of the following: (1) stunt/toss that fails to execute intended skill and is lowered or dropped below its intended level and the flyer's legs are no longer "locked out" (2) the flyer is no longer in an upright body position (3) one member of a stunt group/partner stunt other than the flyer falls to the performance surface.

**1.5 Points** (per occurrence) deducted from your total possible score for each FALL from a individual stunt, pyramid, toss, or other building skill, to the ground (top person lands on ground)

*\*The category "Stunt Skills" will include inversions, release moves, pyramids, tosses, etc. for the purpose of simplifying penalty descriptions.*

## BOUNDARY PENALTY:

**0.5 Point** (per occurrence) deducted from your total possible score for each STEP OR TOUCH OUT OF BOUNDS with any part of the body. **Boundary will be defined as the performance surface and any immediate adjacent safety border.**

## TIME LIMIT PENALTIES:

**1.0 Point** deducted from your total possible score if your routine goes **4 – 10 SECONDS OVER** time requirements.

**2.0 Points** deducted from your total possible score if your routine goes **11 OR MORE SECONDS OVER** time requirements.

## FORMAL ENTRANCE PENALTY:

**1.0 Points** deducted from your total possible score for performing an organized/choreographed formal entrance prior to the start of a routine (i.e. crowd response chants or cheers, choreographed marching, tumbling or stunts). A quick team huddle prior to performance is not allowed on the performance surface.

## INAPPROPRIATE MUSIC/CHOREOGRAPHY:

Age appropriate choreography and music must be used. Penalties will be assessed under the School Cheer Routine Guidelines.

**REASONS FOR DISQUALIFICATION:** Teams with illegal competitor(s) will be disqualified. Reasons for disqualification include but are not limited to inappropriate choreography/music (at the discretion of CCE), overage participant(s), more or less participants than allowed on the floor, participant(s) not listed on team roster, and/or illegal participants(s) listed on team roster. If a team is found with unregistered participants, the team will be disqualified. Teams registering and performing in incorrect divisions will be disqualified.

**DUE TO UNFORESEEN CIRCUMSTANCES, CCE RESERVES THE RIGHT TO DISQUALIFY ANY TEAM.**

# 2019-20 School Cheer Safety Rules

**Rule changes are in bold type and underlined.** For the current version and rule interpretations, visit <http://www.cheerrules.com>

The following rules are written for all elementary, middle school, junior high, and high school cheerleading teams as a minimum standard. Note that elementary, middle school, and junior high programs have a specific set of restricted skills under "F. Tosses".

## A. Glossary

**Base:** A person who is in direct contact with the performing surface and is supporting another person's weight.

**Basket Toss:** A stunt in which a top person is tossed by bases whose hands are interlocked.

**Bracer:** A top person who is connected to another top person.

**Braced Flip:** A pyramid in which the top person performs a hip-over-head rotation while not in contact with anyone on the ground.

**Braced Inversion:** A pyramid where a braced top person is in an inverted position, but the hips are not passing over the head.

**Braced Roll:** A pyramid in which the top person performs a hip-over-head rotation while in contact with at least one person on the ground.

**Cradle:** A dismount from a partner stunt, pyramid or toss in which the catch is completed below shoulder height by a base or bases with the top person in a cradle position.

**Cradle Position:** A face-up open-pike position.

**Cupie/Awesome:** A stunt in which both feet of the top person are in one hand of a base.

**Dive Roll:** **An airborne forward roll where the feet of the performer are at or above the performer's waist prior to the hands making contact with the performing surface.**

**Drop:** Landing on the performance surface from an airborne position.

**Elevator/Sponge Toss:** A stunt in which the top person loads in to an elevator/sponge loading position and is then tossed into the air.

**Extended Stunt:** A stunt in which the entire body of the top person is extended in an upright position over the base(s). Chairs, torches, flatbacks and straddle lifts are examples of stunts where the bases' arms are extended overhead, but are NOT considered to be extended stunts since the height of the body of the top person is similar to a shoulder level stunt.

**Flatback:** A stunt in which a top person is held face up or face down, in a horizontal position, with their hips and shoulders in alignment.

**Foldover Stunt:** An inverted stunt in which the top person bends forward at the waist and is caught on his/her back by multiple catchers while one or both of the top person's ankles/feet remain in the grip of the base(s) (e.g., yo-yo, pancake, etc.)

**Hanging Pyramid:** A pyramid in which the top person's weight is primarily supported by another top person. Examples of hanging pyramids are: a person being suspended between two shoulder stands; a "whirlybird" stunt where one person's weight is being supported by the legs of a top person in a shoulder sit; and a "diamond head" where two persons are suspended from one shoulder stand.

**Helicopter:** A stunt in which the top person is tossed into the air in a horizontal position and rotates parallel to the ground in the same motion as a helicopter blade.

**Inverted:** A body position where the shoulders are below the waist.

**Loading Position:** Bases support a non-extended top person under the foot/feet in preparation for a stunt or toss.

**Log Roll:** A top person in a horizontal position or cradle is popped then twists parallel to the performing surface before being caught by the original base(s) in a horizontal position or a cradle.

**Pyramid:** Connected partner stunts.

**Post:** A person on the performing surface who may assist a top person during a stunt or transition.

**Prep:** A stunt in which one or more bases hold a standing top person at approximately shoulder height.

**Prep Level:** When a top person's base of support is at approximately shoulder height.

**Prop:** Any object which can be manipulated or used as a base (ex: poms, signs, flags, megaphones, etc.)

**Quick Toss/Partner Toss:** A toss technique where the top person begins the toss with both feet on the ground.

**Released Pyramid Transition:** A pyramid transition in which the top person is connected to a bracer while being released from their bases before being caught in a cradle, stunt or loading position.

**Release Stunt:** A transition from one stunt to another stunt (including loading positions) in which the top person becomes free from all bases, posts and spotters.

**Spotter:** A person who is responsible for assisting or catching the top person in a partner stunt or pyramid.

**Stunt/Partner Stunt:** One or more persons supporting one or more top persons off of the ground.

**Swing Roll Down:** A stunt in which the top person's hands/arms and feet/legs are held while swinging forward and facedown into a roll where the head passes under the hips.

**Switch Up:** A stunt in which a top person starts with one foot on the ground, is released, and lands in a vertical stunt on one foot or both feet.

**Tick-Tock:** A stunt that is held in a static position on one leg, the base(s) takes a downward dip and release the top person as the top person switches the weight to the other leg and lands in a static position on the opposite leg. The dip may or may not pass through prep level before release.

**Top Person:** A person who is not in contact with the performing surface and is being supported or stabilized by another person or has been tossed into the air.

**Toss:** A release stunt in which the base(s) begin underneath the top person's foot/feet, execute a throwing motion from below shoulder level to increase the height of the top person, and the top person becomes free from all bases, spotters, posts or bracers. Note: This term applies when at least one base is under one or both feet of the top person. For other types of tosses, see "Quick Toss/Partner Toss".

**Tumbling:** Gymnastic skills that begin and end on the performing surface, including rolls, inverted extended skills (cartwheels, handstands, walkovers, handsprings, etc.), aerials, twists and flips. NOTE: Jumps, leaps and side rolls on the performing surface are not considered to be tumbling.

## B. General

1. These rules are to be in effect for all practices, games, competitions and other performances.
2. Cheerleading squads should be placed under the direction of a qualified and knowledgeable coach.
3. All practice sessions should be supervised by the coach and held in a location suitable for the activities of cheerleaders (i.e., use of appropriate mats, away from excessive noise and distractions, etc.).
4. Coaches should recognize a squad's particular ability level and should limit the squad's activities accordingly. "Ability level" refers to the squad's talents as a whole and individuals should not be pressed to perform activities until safely perfected.
5. All cheerleaders should receive proper training before attempting any form of cheerleading technical skills (tumbling, partner stunts, pyramids and jumps).
6. Professional training in proper spotting techniques should be mandatory for all squads.
7. All cheerleading squads should adopt a comprehensive conditioning and strength-building program.
8. An appropriate warm-up routine should precede all cheerleading activities.
9. Prior to the performance of any skill, the immediate environment for the activity should be taken into consideration including, but not limited to proximity of non-squad personnel, performance surface, lighting and/or precipitation. Technical skills should not be performed on concrete, asphalt, wet or uneven surfaces or surfaces with obstructions.
10. Programs should qualify cheerleaders according to generally accepted teaching progressions. Appropriate spotting should be used until all performers demonstrate proficiency of the skill.
11. All jewelry is prohibited during participation. Religious medals and medical medals are not considered to be jewelry. A religious medal without a chain must be taped and worn under the uniform. A medical alert medal must be taped and may be visible.
12. Supports, braces and soft casts which are unaltered from the manufacturer's original design/production do not require any additional padding. Supports/braces and supports/braces that have been altered from the manufacturer's original design/production must be padded with a closed-cell, slow-recovery foam padding no less than one-half inch thick if the participant is involved in partner stunts, pyramids or tosses. A participant wearing a plaster cast or a walking boot must not be involved in partner stunts, pyramids, tosses, **jumps, or tumbling.**
13. Squad members must wear athletic shoes (no gymnastic slippers).
14. When using props (signs, etc.) that are made of solid material or have sharp edges/corners:
  - a. **A top person may not release the props to the ground.**
  - b. A person on the ground must gently toss or place the props.
15. The use of mini-trampolines, springboards, spring-assisted floors or any other height-increasing apparatus is prohibited for competition or performance. These devices may be used for skill development and practice under the supervision of a coach trained in their use.
16. Cheerleaders must stand outside the free throw lane lines extended toward the sidelines throughout a basketball game.
17. Spirit participants must remain outside of the playing area during a 30-second or less time-out during a basketball game.
18. When standing at attention, apparel must cover the midriff extended around the body.

## C. Partner Stunts

1. A spotter is required for extended stunts where the top person's weight is being borne by the base(s). Example: "Show and Go" stunts, where the top person is not in an extended static position, do not require a spotter.
2. A spotter is required for tosses to single base shoulder stands and single base shoulder level stunts in which the feet of the top person are in the hand(s) of the base. (This spotter may assist under the sole of the foot.)
3. In stunts requiring a spotter, a spotter:
  - a. Cannot provide primary support for a top person. Primary support means the majority of the top person's weight.
  - b. Must be in a position to protect the top person's head, neck and shoulders when coming off a stunt or pyramid or landing in a cradle. In most stunts this is behind or beside the top person.
  - c. Spotters must have their attention focused on the top person. Momentarily looking away in order to assess environmental safety factors (poms, signs, another stunt, etc.) is allowed as long as their focus returns to the top person.
  - d. May not have their hands behind their back.
  - e. May not support under the heel or sole of the top person's foot in a single based extended stunt. They may hold at the ankle of the top person and/or the wrist of the base or any combination thereof.
  - f. May not hold any objects in their hands.
4. The top person cannot travel over another person from Quick Tosses or Partner Tosses.
5. The bases of any extended stunt must have both feet in direct weight-bearing contact with the performing surface.
6. Bases may not:
  - a. Hold any objects in a hand that is supporting the top person.
  - b. Assume a backbend, handstand or headstand position.
7. **A participant must not move over or be under a partner stunt or pyramid except when helping build, stabilize or dismount that partner stunt or pyramid.**
8. The total number of twists in a dismount or release from a stunt cannot be greater than 1 1/4 rotations.
9. Cradle dismounts from partner stunts shoulder height or above to the original base(s) require an additional spotter in position to protect the head, neck and shoulders of the top person.
10. In all dismounts to catchers who are not the original bases, the following conditions must be met:
  - a. The top person must be cradled by two catchers and a head-and-shoulders spotter/catcher.
  - b. The new catchers must remain close to the original bases.
  - c. The new catchers must be in place and not involved in any other skill when the release is initiated.
  - d. The top person may not perform any skill (twist, toe touch, etc.) following the release.
11. In all cradle dismounts, the top person must not hold props that are made of hard material or have corners or sharp edges.
12. Unless listed below, a release stunt must either be cradled or connected to at least one bracer.
  - a. Helicopters are allowed provided all of the following conditions are met:
    - 1) The top person makes no more than a 180 degree rotation (half-turn).
    - 2) Four bases must be in position during the entire release.
    - 3) There must be a base at the head/shoulder area during the initiation of the toss as well as the catch.
    - 4) The bases are not allowed to change positions during the release.
    - 5) The top person must begin and end in a face up position.
    - 6) The top person cannot perform a twisting skill.
  - b. A log roll is legal provided it does not involve more than one complete rotation and the top person is not in contact with a person in a release stunt.

- 1) In a single-base log roll, the top person must rotate toward the base and begin and end in a face-up position.
  - 2) In a multi-base log roll, the top person may begin and end in a face-up or face-down position.
  - c. A top person in a vertical position at prep level or above may be released to a stunt at any level provided the top person remains vertical, and the top person performs no more than  $1\frac{1}{4}$  twisting rotations. Vertical releases from an extended position to an extended position may not perform more than a  $\frac{1}{4}$  twisting rotation.
  - d. A top person in a horizontal position shoulder height or below or in a cradle may be released to a loading position or stunt shoulder height or below.
  - e. Legal inversion releases under Rule D.
13. Non-braced suspended splits in a transition are allowed provided all of the following conditions are met:
- a. The top person must have both hands in continuous contact with a post or with both bases' hands or,
  - b. When transitioning to the split without continuous hand-to-hand contact:
    - 1) There are a total of three bases that support the top person.
    - 2) At least two of the bases must support under the legs of the top person. The third base may support under the legs or make contact with the hands of the top person.
    - 3) The top person must have both hands in contact with bases during the split portion of the transition.
14. **Double Based** Extended Straddle Lifts must be connected to a post or have an additional spotter behind the top person (similar position to a Double-Based Elevator/Extension Prep).
15. Single-based stunts in which the top person is parallel to the performing surface and the bases' arms are extended must have a continuous spotter at the head and shoulder of the top person. (i.e. Bird, Side T, Single-Based Flatback, etc.)
16. A top person may be moved from a vertical position to a horizontal position (straight body or cradle) provided all the following conditions are met:
- a. The top person maintains contact with at least one original base, post, or spotter.
  - b. At least two catchers and/or bases catch the upper body of the top person.
  - c. When the catchers are not the original bases, they remain close to the original bases and must be in place prior to the movement to the horizontal position.
  - d. When the catchers are not the original bases and the top person begins or passes through an extended overhead position, at least three catchers are required.
17. A single-base may not be the only primary support for two extended top persons.  
EXCEPTION: Double Cupies/Awesomes are allowed. If dismounted to cradles, there must be three people for each top person being cradled.
18. Dismounts to the performing surface from shoulder height or above must have assisted landings. This assistance must be sufficient to slow the momentum of the top person. If the dismount involves a skill (e.g. toe touch, twist, etc.) there must be an additional spotter who may, but is not required to, provide assistance.
19. A swinging stunt is legal provided all the following conditions are met:
- a. A downward movement is only allowed from below shoulder height.
  - b. The top person is face up.
  - c. The top person begins from the performing surface or a stunt that is below shoulder height.
20. A top person must not be in a face down suspended position between bases in which the top person's torso is suspended below the arms and legs.
21. Single-based split catches are prohibited.

## D. Inversions

Note: Inversions are partner stunts, pyramids, or tosses in which the top person has her or his shoulders below the waist. In addition to the following rules, all persons involved in an inversion must follow all rules from the Partner Stunt and Pyramid sections.

1. Unless allowed under the rules in this section, a top person must not be in an inverted position. Example: Basket toss flips are not allowed under this section, and are therefore prohibited.
2. An inverted top person may pass through an extended position, but must not begin, end, pause, or stop in a static extended inverted position.
3. Braced inversions in a pyramid that do not flip or roll are allowed provided the following conditions are met:
  - a. The inverted top person must have two bases or a base and a spotter.
  - b. If the top person is released from the base(s), all of the released pyramid transition rule E-7 must be met.
4. Braced rolls in a pyramid are allowed provided the following condition is met:
  - a. The bracer(s) must have two bases or a base and spotter.
5. Braced flips in a pyramid are allowed provided all of the following conditions are met:
  - a. Both of the top person's hands/arms are in continuous contact with **a bracer or bracers. If a single bracer is used, there must be a hand/arm connection between both hands/arms of the top and bracer.**
  - b. Each bracer must be in a double base prep with a spotter.
  - c. The top person must be to the side of or in front of the bracer(s).
  - d. There must be three people involved in the toss and catch of the top person either as a base or spotter. Any new catchers/spotters must be in place when the flip is initiated, remain close to the original bases and are not part of any other skill.
  - e. If the flip ends in a cradle, the bracers may release the top person once she/he begins to descend and is no longer inverted.
  - f. The top person may not land in a non-inverted position.
  - g. The top person does not perform more than one and one quarter ( $1\frac{1}{4}$ ) flipping rotations and no more than one half ( $\frac{1}{2}$ ) twist.
6. In all other inversions:
  - a. Inversions may be released to the following provided there is a spotter:
    - 1) Non-inverted dismounts with no more than a  $\frac{1}{2}$  twist.
    - 2) Loading positions below prep level with no more than a  $\frac{1}{2}$  twist.
    - 3) Non-inverted stunts **at any level** with no twists.
  - b. In inversions where the base of support begins and remains below prep level, at least one person shall maintain contact with the top person until the top person is no longer inverted or his/her hands are on the performing surface.
  - c. Inversions where the base of support begins at or passes through prep level:
    1. At least two people on the performing surface shall be in a position to protect the head/neck of the top person.
    2. **Contact must be maintained between at least one base and** the top person's upper body (waist and above, which may include arms/hands) until the top person is no longer inverted or his/her hands are on the performing surface. The contact shall be sufficient to stabilize/control the top person's position.

EXCEPTION: A foldover that begins at or below prep level and does not stop in an extended position is allowed without continuous upper body contact.

- d. When the stunt begins in an inversion and goes to a non-inverted position, the upper body contact may be released before the top person is no longer inverted.
7. An inverted top person must not hold objects (poms, signs, etc.) in his/her hands.  
EXCEPTION: A top person can hold objects during a transition from an inverted position on the performing surface to a non-inverted stunt **or from a prone position below prep level to a forward roll dismount.**
8. A Swing Roll Down stunt is not permitted.

## E. Pyramids

Note: In addition to these specific pyramid rules, all persons and stunts involved in a pyramid must follow all rules from the Partner Stunt and Inversion sections.

1. The top person in a pyramid must receive primary support from a base or be connected to a bracer who is on a base.
2. A bracer may not support a majority of a top person's weight.
3. In pyramids where one extended stunt braces another extended stunt, the connection must not be hand/arm to leg/foot.
4. A participant must not move over or be under a partner stunt or pyramid except when helping build, stabilize or dismount that partner stunt or pyramid. .
5. If a person in a pyramid is used to brace the foot/leg of an extended stunt, that brace must not be supporting a majority of the top person's weight. (To demonstrate this, the foot of the top person's braced leg must be at or above the knee of their supporting leg.)
6. Hanging pyramids must have a continuous spotter for each shoulder stand involved in suspending another person. Hanging pyramids are not allowed to rotate.
7. In a Released Pyramid Transition the following rules apply:
  - a. The skills before and after the release must be legal, including the required spotters.
  - b. The top person must be in hand/arm to hand/arm contact with at least one bracer during the entire transition.
  - c. The bracer(s) are at prep level or below. The bracer(s) must have two bases or a base and spotter (Exception: shoulder sits and thigh stands).
  - d. The top person may not be supporting his or her weight on any other body part of the person(s) assisting (i.e. Shoulders of the bracer).
  - e. The released top person and bases make no more than a ¼ turn around the bracer in a continuous movement in which the top person remains above the original base(s). The top person must be continuous in motion and cannot be supported so that they pause during the transition.
  - f. When the catchers are not the original bases, the new catchers are in place when the transition is initiated, remain close to the original bases and are not part of any other skill.

## F. Tosses

The rules in this section only apply to tosses where someone is under a foot, e.g. basket tosses, elevator/sponge tosses, toe pitch tosses.

1. All tosses other than Switch Ups are prohibited for Elementary, Middle School, and Junior High cheerleading teams.
2. In all tosses:
  - a. No more than four tossers are allowed.
  - b. Must be caught in a cradle.
    - 1) The cradle must include at least three of the original tossers.
    - 2) One of the catchers must be at the head and shoulders.
  - c. The toss may not be directed so that the bases must travel to catch the top person. (The bases can turn/rotate under the toss.)
  - d. The top person must not land in an inverted position.
  - e. The top person may not hold any objects (poms, signs, etc.) during the toss.
  - f. The top person cannot travel over or under another person or through a prop.
  - g. The total number of twists cannot be greater than one and one quarter rotations.

EXCEPTION: Switch **Ups to the same stunt group** are allowed.

## G. Tumbling and Jumps

1. Dive rolls are prohibited.
2. Flips greater than one rotation are prohibited.
3. Twists greater than one rotation are prohibited.
4. A forward three-quarter flip to the seat or knees is prohibited.
5. Tumbling over, onto, or under a stunt, person or prop is illegal. Rebounding over a stunt, person or prop is illegal.

EXCEPTIONS:

  - a) Non-aerial tumbling over a person or prop is allowed. (Cartwheels, rolls and walkovers with poms or over a person are allowed.)
  - b) Aerials and standing back tucks with poms are allowed. (Back handsprings with poms are still prohibited.)
6. A flip that lands in a partner stunt or cradle is prohibited. (Example : A back flip from a tumbling pass into a cradle is prohibited. However, rebounding from a back handspring into a cradle is allowed.)
7. Landings for all jumps must bear weight on at least one foot. (Example : A toe touch jump to the seat, knees, or landing with both feet back, or to a push-up position are prohibited.)
8. Knee drops are prohibited without first bearing weight on the hands.
9. Drops to a prone position (i.e. pushup) on the performing surface are illegal.
10. Airborne skills without hip over-head rotation may not jump from a standing or squatting position backwards onto your neck, shoulders and hands. (This rule only refers to a type of entrance into the "kip-up/rubber band" skill.)

## H. Specific Surface Restrictions

1. The following skills are only allowed on a mat, grass or rubberized track surface.
  - a. Basket tosses, elevator/sponge tosses and other similar multi-base tosses.
  - b. Partner stunts in which the base uses only one arm to support the top person.
  - c. Twisting tumbling skills (Arabians, full twisting layouts, etc.).  
EXCEPTION: Cartwheels, roundoffs and aerial cartwheels are allowed on surfaces other than a mat, grass or rubberized track.

The above safety guidelines are general in nature and are not intended to cover all circumstances. All cheerleading technical skills including tumbling, partner stunts, pyramids and jumps should be carefully reviewed and supervised by a qualified adult coach. Cheerleading jumps, tumbling, and stunts may involve height and inversion of the body and there is an inherent risk of injury involved with any athletic activity. While the use of these guidelines in coordination with the USA Cheer/AACCA Safety Course will help minimize the risk of injury, USA Cheer makes no warranties or representations, either expressed or implied, that the above guidelines will prevent injuries to individual participants.

*For more information, visit [usacheer.org](http://usacheer.org)*

## Summary of Changes

The definition of “Dive Roll” has changed to allow a momentary airborne position. True “Dive Rolls”, where the hips are at or above the waist while airborne, are still prohibited.

A participant in a walking boot or plaster cast may not be involved in tumbling or jumps as well as other previously listed skills.

A top person in a stunt or pyramid may not release a sign directly to the ground. It must be handed to someone on the ground or come down with the top person, with existing restrictions like spotters not holding props or cradling with hard props.

Extended triple based straddle sits no longer require an additional spotter.

In transitions from vertical to horizontal positions, the requirement that the new catchers were to the front or side of the person moving the top person has been removed.

Braced flips may use one or two bracers. If only one bracer is used, each of the top person and bracer’s hands/arms need to be connected. This will allow prep level Bajas and Side Somis. All of the other requirements for a braced flip remain in place.

Inversions may release to non-inverted extended level stunts.

In prep level inversions, the required contact between the top and base(s) may be maintained by either the top or the base(s).

All braced connection wording was updated to clarify that the connection can be maintained by either the bracer or the released top person.

A top person may perform a forward roll with props from a prone position below prep level.

The rules regarding Switch Libs have been adjusted to allow landing on one or both feet, with the term being changed to “Switch Up”.

Participants may not move over or be under partner stunts or pyramids except when helping build, stabilize or dismount that partner stunt or pyramid.

*For further interpretation, videos of skills will be uploaded throughout the year at [cheerrules.com](http://cheerrules.com)*



# SCHOOL CHEER SCORING GUIDELINES & SCORESHEETS

# SCHOOL SCORE SYSTEM 411

Changes for the 2019-2020 Season are in Red

CCE' score system leads the industry in innovation! We take scoring to the next level! We challenge teams to "perform smarter." By understanding CCE' scoring structure, coaches should already be able to estimate their 'base' technical element scores before even taking the floor! Use the tips provided below, Scoring Grid, General Rules, Penalty Info and the Coach's Cheat Sheet to ensure your routine maximizes its potential score.

## WHERE DO I FIND ALL INFO ON CCE' SCORING?

Everything you need to know about CCE scoring is found in the following Championship Guide sections:

- Score System 411
- Coach's Cheat Sheet
- Scoring Grids
- Level Grids
- Penalty Info

## HOW IS A ROUTINE SCORED?

CCE has created separate scoring grids, criteria, and score sheets for EVERY level of cheer! What does this mean? Points for routines are allocated differently for each level! They each have their own point distribution. Why would we go to such great lengths to tailor our score sheets to each level? 'Cause we know that level rules only allow certain difficulties in tumbling, stunting, tosses, pyramids, etc. This Olympic Level of scoring creates fixed points for the execution of a skill by the majority of the team. Nevertheless, teams are still limited to the Level Rules and may not perform skills out of the Level Division in which they are competing. CCE not only believes in the purpose of skills levels, but also carries this mission throughout the scoring process. If the number of tumbling skills allowed at lower levels is limited, so too should the points allocated to tumbling in lower levels versus higher skill levels. We get it!

## WHAT ARE SCORING GRIDS AND CRITERIA?

**Scoring Grids** show coaches what point ranges certain skills may achieve depending on whether skills were performed by a partial or majority of the team, and the amount of Scoring Criteria met within a point range the team executes or lack thereof.

**Scoring Criteria** will determine the team's score within a given range. As you can see, CCE takes scoring seriously and works hard to identify the slight differences in routine difficulty, execution and team incorporation that make the difference in final team ranking.

## HOW ARE TOTAL SCORES CALCULATED?

Your total possible score will be out of 100 possible points. Judges will judge only a portion of the skills in each score sheet. The total scoresheets from all judges will be added together to total 100 points.

## HOW ARE THE SCORES FOR SCHOOL SIDELINE PERFORMANCE CHEER ALLOCATED?

Crowd Effective Material (easy to follow, encourages crowd participation)	10 pts.
Spacing and Formations (spacing, formations, positioned to cover crowd)	10 pts.
Voice (loud and natural voices, good inflection)	10 pts.
Crowd Leading Skills (skills add to the squad's ability to lead the crowd)	10 pts.
Use of signs/poms/flags/megaphones (used to encourage crowd response)	10 pts.
Motion Placement (proper control, correct placement of movements)	10 pts.
Motion Synchronization (motions synchronized with words or cadence)	10 pts.
Motion Strength (sharpness)	10 pts.
Overall Impression (audience appropriateness, execution)	10 pts.
Overall Crowd Appeal (facial expression, eye contact, energy)	10 pts.

# SCHOOL COACH CHEAT SHEET

Changes for the 2019-2020 Season are in Red

HOW DO YOU USE CCE SCORING GRIDS?

## 1. FIND YOUR TEAM'S SCORING GRID.

What is your Category?

Example:

- If you are: SHOW CHEER – LEVEL 2 (INTERMEDIATE)
- Then select: SCHOOLS LEVEL 2 (INTERMEDIATE) SHOW CHEER SCORING GUIDELINES

## 2. LOOK AT EACH SKILL (UP TO 11 SCORING ELEMENTS) ON THE SCORING GRID

- Scoring grids are consistent with CCE' score sheets and display point ranges teams may earn (scoring grids=scoresheets)

Example 1: One element on the show cheer scoring grid is MOTIONS/DANCE

*Determine where your team falls*

- If the majority of your team executes Moderate- motion technique, strong/sharp motions, pace of motions, control, arm placement, visually enhancing motions, incorporation of motions in cheer and/or dance. Moderate- dance technique, dance energy/pace, motion placement, incorporation of dance visuals, transitions, level changes, floorwork, footwork, floorwork, and dance creativity/variety. Then you can expect to receive a score in the 8.5 –8.9 range.
- Remember the key word is MAJORITY – majority means executed by over half the team
- If the majority of your team executes Excellent- motion technique, strong/sharp motions, pace of motions, control, arm placement, visually enhancing motions, incorporation of motions in cheer and/or dance. Excellent- dance technique, dance energy/pace, motion placement, incorporation of dance visuals, transitions, level changes, floorwork, footwork, floorwork, and dance creativity/variety. Then you can expect to receive a score in the 9.5 – 10.0 range.

Example 2: Another element on the show cheer scoring grid is TUMBLING.

*What is the most advanced tumbling skill or skill set your team can perform in YOUR level division*

- Let's say it is Level 2, and the skill is a round off back handspring back tuck.
- Is majority of your team able to perform and execute this skill sequence?
- If YES - by looking at the SCHOOLS LEVEL 2 - SHOW CHEER SCORING GUIDELINE you can expect your tumbling score to fall within the 10.0 – 11.0 range.
- If the majority of your team performs series back handsprings and only 1 team members are able to execute the round off back handspring back tuck
- Then your team would score in a 9.0 –9.9 range because the majority of the team failed to perform the back handsprings entry to a back tuck but would receive enhancements within the 9.0 -9.9 range for the ONE back tuck

## 3. SUMMARY - TIPS FOR COACHES

- Skill sets for standing & running tumbling, stunts, dismounts, tosses, jumps and pyramids are provided in the scoring guidelines. The listed skills are only examples of possible skill sets that might fall within that range. Use the scoring guideline as a standard to determine how your team could be scored.
- Include variety! For example: Incorporate more than two jumps and/or a combination of jumps. Incorporate more than one tumbling sequence with different tumbling skills. Incorporate more than one pyramid that contains pyramid transitions. Try not to repeat the same stunt over and over again. Keep your audience's attention with varied choreography. Judges don't like to watch monotonous routines.
- Elements are judged based on a level of execution, perfection & creative incorporation. Elements with a strong level of execution, perfection & creative incorporation show mastery, excellence, consistency and are performed with confidence. Elements with a weak level of execution, perfection & creative incorporation lack technique, show inconsistency, need to be polished and lack self- confidence.
- Majority always wins! Remember teams will earn more points if the majority (over half of the team) executes (not attempts) the elements than teams who have partial (less than half of the team) execution.

# SCHOOL PARTICIPANT NUMBER REQUIREMENTS

Changes for the 2019-2020 Season are in Red

NUMBER OF PARTICIPANTS	50% + 1 (TUMBLING & MOTIONS)*	50% + 1 (GROUPS OF 4) STUNTS, DISMOUNTS, PYRAMIDS, TOSSES*	75%/MOST (JUMPS)
6	4+	1+	5+
7	4+	1+	5+
8	5+	2+	6+
9	5+	2+	7+
10	6+	2+	8+
11	6+	2+	8+
12	7+	2+	9+
13	7+	2+	9+
14	8+	2+	10+
15	8+	2+	11+
16	9+	3+	12+
17	9+	3+	12+
18	10+	3+	13+
19	10+	3+	14+
20	11+	3+	15+
21	11+	3+	16+
22	12+	3+	17+
23	12+	3+	17+
24	13+	4+	18+
25	13+	4+	19+
26	14+	4+	20+
27	14+	4+	20+
28	15+	4+	21+
29	15+	4+	22+
30	16+	4+	23+
31	16+	4+	24+
32	17+	5+	24+
33	17+	5+	25+
34	18+	5+	26+
35	18+	5+	26+
36	19+	5+	27+

These charts are designed to assist in selecting the number of athletes or groups required to meet the minimum requirements to score in any given range.

In order to score in any given range, the judges must see a team successfully execute the at least the minimum requirements as detailed below.

\*Tumbling/Motions require Majority- 50% + 1

\*Stunts, Pyramids, Dismounts and Tosses require Majority-50% +1 (Groups comprised of 4 athletes)

\*Jumps require Most of athletes (75%) to execute the jump(s) as listed in the scoring grids

Skills are cumulative (Example: 9 athletes performing the same skill twice = 18)

# SCHOOL SCORING GRIDS & SCORE SHEETS

Changes for the 2019-2020 Season are in Red

The following suggested criteria, grids and score sheets are guidelines by which judges will assess your team's skills and performance. Judges maintain the right to drop your team out of the suggested scoring range if it is determined that the quality of skills being executed is not satisfactory for your level of competition. Judges will actively use comparative scoring to determine the scores a team should receive versus the competition in the division. Therefore a team's score will and may change depending on the level of competition at each event. All elements are determined based on a majority of difficulty and execution/technique displayed by the team.

## **SCORING CRITERIA FOR EACH POINT RANGE...**

MAXIMIZE THESE TO SCORE THE MOST POINTS IN EACH SECTION!

### **STUNTS DIFFICULTY:**

Percentage of team participation (number of stunts in air simultaneously), Body positions displayed  
Minimal use of bases (use of front spots), Degree of difficulty  
Creativity and Variety, Pace of skills

### **STUNTS EXECUTION/TECHNIQUE:**

Control of Body position, Level of execution  
Body Positions and Flexibility, Bases using proper technique

### **DISMOUNTS DIFFICULTY:**

Percentage of team participation, Minimal Use of bases  
Degree of Difficulty of dismounts, Creativity & Variety

### **DISMOUNTS EXECUTION/TECHNIQUE:**

Pointed toes by flyer at landing  
Legs together and uncrossed on landings  
Sharpness of landing (how tight are bases catching and set out), Execution of cradle  
Completion of rotation, Height of dismounts, Perfection

### **PYRAMIDS DIFFICULTY:**

Percentage of team participation, Pace of pyramid skills  
Body positions and control, Minimal use of bases  
Degree of difficulty, Level of execution, Creativity & Variety  
Transitions speed and variety, Height of pyramid skills executed, Combination of skills

### **PYRAMIDS EXECUTION/TECHNIQUE:**

Body positions and control, Height of pyramid skills executed  
Control of Body position  
Level of execution  
Body Positions and Flexibility, Bases using proper Technique, Bases and Spotters Technique, Top Person technique Perfection

### **STANDING/RUNNING TUMBLING DIFFICULTY:**

Percentage of team participation  
Combinations of skills, Creativity & Variety, Synchronization, Pace and speed of skills  
Approach  
Landings (clean with feet together), Degree of Difficulty of skills performed

### **STANDING/RUNNING TUMBLING EXECUTION/TECHNIQUE:**

Form  
Height of execution, Landings  
Pace and speed of skills, Perfection

### **JUMPS EXECUTION/TECHNIQUE:**

Landings  
Arm movements, Pointed toes, Level of jumps  
Technique, timing, landing, Synchronization

### **TOSS EXECUTION/TECHNIQUE:**

Height of toss  
Movement of bases or flyer, Execution of tricks while airborne, Completion of rotations or skills, Perfection  
Synchronization



### Schools Elem/JH/Middle Building Judge Levels 1-3

TEAM NAME: \_\_\_\_\_ DIVISION: \_\_\_\_\_

SCORING ELEMENTS & CRITERIA	COMMENTS	MAX POINTS	YOUR SCORE
Stunts Difficulty		15	
Stunts Execution		1	
Pyramids Difficulty		15	
Pyramids Execution		1	
Dismounts Difficulty		10	
Dismounts Execution		1	
General Comments:		MAX TOTAL	YOUR TOTAL:
		43	



### Schools Elem/JH/ Middle Overall Judge Levels 1-3

TEAM NAME: \_\_\_\_\_ DIVISION: \_\_\_\_\_

SCORING ELEMENTS & CRITERIA	COMMENTS	MAX POINTS	YOUR SCORE
Choreography & Formations/Transitions		10	
Performance/ Showmanship/Overall Impression		10	
Motions/Dance		10	
General Comments:		MAX TOTAL	YOUR TOTAL:
		30	



### Schools Elem/JH/Middle Tumbling-Jumps Judge Levels 1-3

TEAM NAME: \_\_\_\_\_ DIVISION: \_\_\_\_\_

SCORING ELEMENTS & CRITERIA	COMMENTS	MAX POINTS	YOUR SCORE
Jumps Difficulty		10	
Jumps Execution		1	
Tumbling Difficulty		15	
Tumbling Execution		1	
General Comments:		MAX TOTAL	YOUR TOTAL:
		27	



### School JV/Varsity Building Judge Levels 1-3

TEAM NAME: \_\_\_\_\_ DIVISION: \_\_\_\_\_

SCORING ELEMENTS & CRITERIA	COMMENTS	MAX POINTS	YOUR SCORE
Stunts Difficulty		11	
Stunts Execution		1	
Pyramids Difficulty		11	
Pyramids Execution		1	
Dismounts Difficulty		10	
Dismounts Execution		1	
General Comments:		MAX TOTAL 35	YOUR TOTAL:



### School JV/Varsity Overall Judge Levels 1-3

TEAM NAME: \_\_\_\_\_ DIVISION: \_\_\_\_\_

SCORING ELEMENTS & CRITERIA	COMMENTS	MAX POINTS	YOUR SCORE
Choreography & Formations/Transitions		10	
Performance/ Showmanship/Overall Impression		10	
Motions / Dance		10	
General Comments:		MAX TOTAL 30	YOUR TOTAL:



### School JV/Varsity Tumbling-Jumps Judges Levels 1-3

TEAM NAME: \_\_\_\_\_ DIVISION: \_\_\_\_\_

SCORING ELEMENTS & CRITERIA	COMMENTS	MAX POINTS	YOUR SCORE
Jumps Difficulty		10	
Jumps Execution		1	
Tumbling Difficulty		11	
Tumbling Execution/Technique		1	
Tosses Difficulty		11	
Tosses Execution		1	
General Comments:		MAX TOTAL 35	YOUR TOTAL:



## Schools Non-Tumbling Building Judge

TEAM NAME: \_\_\_\_\_ DIVISION: \_\_\_\_\_

SCORING ELEMENTS & CRITERIA	COMMENTS	MAX POINTS	YOUR SCORE
Stunts Difficulty		15	
Stunts Execution		1	
Pyramids Difficulty		15	
Pyramids Execution		1	
Dismounts Difficulty		12	
Dismounts Execution		1	
General Comments:		MAX TOTAL 45	YOUR TOTAL:



## Schools Non-Tumbling Overall Judge

TEAM NAME: \_\_\_\_\_ DIVISION: \_\_\_\_\_

SCORING ELEMENTS & CRITERIA	COMMENTS	MAX POINTS	YOUR SCORE
Choreography & Formations/Transitions		10	
Performance/ Showmanship/Overall Impression		10	
Motions/Dance		10	
General Comments:		MAX TOTAL 30	YOUR TOTAL:



## Schools Non- Tumbling Jumps-Toss Judge

TEAM NAME: \_\_\_\_\_ DIVISION: \_\_\_\_\_

SCORING ELEMENTS & CRITERIA	COMMENTS	MAX POINTS	YOUR SCORE
Jumps Difficulty		10	
Jumps Execution		1	
Tosses Difficulty		13	
Tosses Execution		1	
General Comments:		MAX TOTAL 25	YOUR TOTAL:



### Schools Sideline Performance Crowd Leading Judge

TEAM NAME: \_\_\_\_\_ DIVISION: \_\_\_\_\_

SCORING ELEMENTS & CRITERIA	COMMENTS	MAX POINTS	YOUR SCORE
Crowd Effective Material		10	
Crowd Leading Skills		10	
Use of Signs/Poms/Flags/Megaphones		10	
Voice		10	
General Comments:		MAX TOTAL	YOUR TOTAL:
		40	



### School Sideline Performance Motion Judge

TEAM NAME: \_\_\_\_\_ DIVISION: \_\_\_\_\_

SCORING ELEMENTS & CRITERIA	COMMENTS	MAX POINTS	YOUR SCORE
Motion Placement		10	
Motion Strength		10	
Motion Synchronization		10	
General Comments:		MAX TOTAL	YOUR TOTAL:
		30	



### Schools Sideline Performance Overall Judge

TEAM NAME: \_\_\_\_\_ DIVISION: \_\_\_\_\_

SCORING ELEMENTS & CRITERIA	COMMENTS	MAX POINTS	YOUR SCORE
Overall Impression		10	
Overall Crowd Appeal		10	
Spacing/Formations		10	
General Comments:		MAX TOTAL	YOUR TOTAL:
		30	



# SCHOOL CHEER RUBRICS



# Elementary Middle School Level 1

CHOREOGRAPHY/FORMATIONS & TRANSITIONS (Max Score: 10.0)	
0.0	Zero Skills Performed.
8.0 - 8.4	Minimal/Inconsistent- pace and flow of routine, transitions, formations, spacing, synchronization, uniformity, creativity. Minimal/Inconsistent- visual effects, level changes, roll offs.
8.5 - 8.9	Moderate- pace and flow of routine, transitions, formations, spacing, synchronization, uniformity, creativity. Moderate- visual effects, level changes, roll offs.
9.0 - 9.4	Good- pace and flow of routine, transitions, formations, spacing, synchronization, uniformity, creativity. Good- visual effects, level changes, roll offs.
9.5 - 10.0	Excellent - pace and flow of routine, transitions, formations, spacing, synchronization, uniformity, creativity. Excellent - visual effects, level changes, roll offs.
PERFORMANCE/SHOWMANSHIP/OVERALL IMPRESSION (Max Score: 10.0)	
0.0	Zero Skills Performed.
8.0 - 8.4	Minimal/Inconsistent- quality of presentation, showmanship, energy, routine attitude, confidence, routine ownership, crowd engagment. Minimal/Inconsistent- overall impression and percent of team incorporation.
8.5 - 8.9	Moderate- quality of presentation, showmanship, energy, routine attitude, confidence, routine ownership, crowd engagment. Moderate- overall impression and percent of team incorporation.
9.0 - 9.4	Good- quality of presentation, showmanship, energy, routine attitude, confidence, routine ownership, crowd engagment. Good- overall impression and percent of team incorporation.
9.5 - 10.0	Excellent- quality of presentation, showmanship, energy, routine attitude, confidence, routine ownership, crowd engagment. Excellent- overall impression and percent of team incorporation.
MOTIONS/DANCE (Max Score: 10.0)	
0.0	Zero Skills Performed.
8.0 - 8.4	Minimal/Inconsistent- motion technique, strong/sharp motions, pace of motions, control, arm placement, visually enhancing motions, incorporation of motions in cheer and/or dance. Minimal/Inconsistent- dance technique, dance energy/pace, motion placement, incorporation of dance visuals, transitions, level changes, floorwork, footwork, floorwork, and dance creativity/variety.
8.5 - 8.9	Moderate- motion technique, strong/sharp motions, pace of motions, control, arm placement, visually enhancing motions, incorporation of motions in cheer and/or dance. Moderate- dance technique, dance energy/pace, motion placement, incorporation of dance visuals, transitions, level changes, floorwork, footwork, floorwork, and dance creativity/variety.
9.0 - 9.4	Good- motion technique, strong/sharp motions, pace of motions, control, arm placement, visually enhancing motions, incorporation of motions in cheer and/or dance. Good- dance technique, dance energy/pace, motion placement, incorporation of dance visuals, transitions, level changes, floorwork, footwork, floorwork, and dance creativity/variety.
9.5 - 10.0	Excellent- motion technique, strong/sharp motions, pace of motions, control, arm placement, visually enhancing motions, incorporation of motions in cheer and/or dance. Excellent- dance technique, dance energy/pace, motion placement, incorporation of dance visuals, transitions, level changes, floorwork, footwork, floorwork, and dance creativity/variety.
JUMPS DIFFICULTY (Max Score: 10.0)	
0.0	Zero jumps performed.
7.0	Less than most of team performs 1 jump (either advanced or basic).
7.5	Most of the team performs 2 single/not connected basic jumps. All approaches within the jumps must use a whip approach to be considered connected. BASIC JUMPS Spread Eagle, Tuck Jump. ADVANCED JUMPS Pike, Hurdler, Herkie, Toe Touch, Double 9.
8.0	Most of team performs 2 connected basic jumps. All approaches within the jumps must use a whip approach to be considered connected. BASIC JUMPS Spread Eagle, Tuck Jump. ADVANCED JUMPS Pike, Hurdler, Herkie, Toe Touch, Double 9.
8.5	Most of the team performs 2 single/not connected advanced jumps . BASIC JUMPS Spread Eagle, Tuck Jump. ADVANCED JUMPS Pike, Hurdler, Herkie, Toe Touch, Double 9.
9.0	<b>Majority of the team performed 3 single/not connected advanced jumps OR 3 connected advanced jumps OR 2 connected advanced jumps plus 1 additional advanced jump.</b> All approaches within the jumps must use a whip approach to be considered connected. BASIC JUMPS Spread Eagle, Tuck Jump. ADVANCED JUMPS Pike, Hurdler, Herkie, Toe Touch, Double 9.
9.5	<b>Most of the team performed 2 connected synchronized advanced jumps w/variety OR 3 connected synchronized advanced jumps without variety.</b> All approaches within the jumps must use a whip approach to be considered connected. BASIC JUMPS Spread Eagle, Tuck Jump. ADVANCED JUMPS Pike, Hurdler, Herkie, Toe Touch, Double 9.
10.0	Most of the team performed 3 connected advanced jumps OR <b>2 connected advanced jumps plus 1 additional advanced jump.</b> Jumps must be synchronized and include variety (2 different jumps). All approaches within the jumps must use a whip approach to be considered connected. BASIC JUMPS Spread Eagle, Tuck Jump. ADVANCED
STUNTS DIFFICULTY (Max Score: 15.0)	
0.0	Zero stunts.
9.0 - 9.9	Two leg thigh stands OR knee stands OR shoulder sits OR below prep level liberty by less than a majority of team.
10.0 - 10.9	Two leg thigh stands OR knee stands OR shoulder sits OR below prep level liberty by a majority of team.
11.0 - 11.9	Prep level two leg stunts OR below prep level single leg stunt variations/body positions (stretches, scorpions, scales, arabesques) OR Prep level liberty OR barrel rolls by a majority of team.
12.0 - 12.9	<b>Prep level single leg stunt variations (stretches, scorpions, scales, arabesque) OR two leg extended stunts by a majority of team.</b>
13.0 - 13.9	<b>1/2 twisting transitions to prep level two leg stunts</b> by majority of team.
14.0 - 15.0	<b>1/2 twisting transitions to immediate prep level single leg stunts OR two leg extended stunts</b> by a majority of team.
PYRAMIDS DIFFICULTY (Max Score: 15.0)	
0.0	Zero pyramids.
9.0 - 9.9	Pyramids involving below prep level stunts by a majority of team.
10.0 - 10.9	Pyramids involving prep level 2 leg stunts by a majority of team.
11.0 - 11.9	Pyramids involving prep level single leg stunts by a majority of team.
12.0 - 12.9	Pyramids involving extended two leg stunts by a majority of team.
13.0 - 13.9	Pyramids involving extended single leg stunts braced on <b>BOTH</b> sides.
14.0 - 15.0	Pyramids involving extended single leg stunts braced on only <b>ONE</b> side OR Pyramids involving Braced released moves by majority of team.



# Elementary Middle School Level 1

<b>DISMOUNTS DIFFICULTY (Max Score: 10.0)</b>	
0.0 - 0.0	Zero dismounts.
5.0 - 5.9	Pop off OR step off OR shove wrap by LESS than a majority of team.
6.0 - 6.9	Pop off OR step off OR shove wrap by a majority of team.
7.0 - 7.9	Straight ride cradle by less than a majority of team.
8.0 - 8.9	Straight ride cradles by a majority of team.
9.0 - 10.0	1/4 twisting cradles OR alternate cradles (ex. toe touch, pike arch, etc.) by a majority of team.
<b>TUMBLING DIFFICULTY (Max Score: 15.0)</b>	
0.0	Zero tumbling skills.
9.0 - 9.9	Forward rolls OR backward rolls by less than a majority of team.
10.0 - 10.9	Forward rolls OR backward rolls by a majority of team.
11.0 - 11.9	Round offs OR cartwheels by majority of team.
12.0 - 12.9	Front walkovers OR back walkovers by a majority of team.
13.0 - 13.9	Running round off single handspring not in series by a majority of team.
14.0 - 15.0	Single standing back handspring OR Single front handspring OR Running handsprings series (must incorporate MULTIPLE handsprings OR additional skills above the single handspring ( ex. walkover through backhandspring, front handspring through backhandspring etc.)) by a majority of team.



## Elementary Middle School Level 2

CHOREOGRAPHY/FORMATIONS & TRANSITIONS (Max Score: 10.0)	
0.0	Zero Skills Performed.
8.0 - 8.4	Minimal/Inconsistent- pace and flow of routine, transitions, formations, spacing, synchronization, uniformity, creativity. Minimal/Inconsistent- visual effects, level changes, roll offs.
8.5 - 8.9	Moderate- pace and flow of routine, transitions, formations, spacing, synchronization, uniformity, creativity. Moderate- visual effects, level changes, roll offs.
9.0 - 9.4	Good- pace and flow of routine, transitions, formations, spacing, synchronization, uniformity, creativity. Good- visual effects, level changes, roll offs.
9.5 - 10.0	Excellent - pace and flow of routine, transitions, formations, spacing, synchronization, uniformity, creativity. Excellent - visual effects, level changes, roll offs.
PERFORMANCE/SHOWMANSHIP/OVERALL IMPRESSION (Max Score: 10.0)	
0.0	Zero Skills Performed.
8.0 - 8.4	Minimal/Inconsistent- quality of presentation, showmanship, energy, routine attitude, confidence, routine ownership, crowd engagement. Minimal/Inconsistent- overall impression and percent of team incorporation.
8.5 - 8.9	Moderate- quality of presentation, showmanship, energy, routine attitude, confidence, routine ownership, crowd engagement. Moderate- overall impression and percent of team incorporation.
9.0 - 9.4	Good- quality of presentation, showmanship, energy, routine attitude, confidence, routine ownership, crowd engagement. Good- overall impression and percent of team incorporation.
9.5 - 10.0	Excellent- quality of presentation, showmanship, energy, routine attitude, confidence, routine ownership, crowd engagement. Excellent- overall impression and percent of team incorporation.
MOTIONS/DANCE (Max Score: 10.0)	
0.0	Zero Skills Performed.
8.0 - 8.4	Minimal/Inconsistent- motion technique, strong/sharp motions, pace of motions, control, arm placement, visually enhancing motions, incorporation of motions in cheer and/or dance. Minimal/Inconsistent- dance technique, dance energy/pace, motion placement, incorporation of dance visuals, transitions, level changes, floorwork, footwork, floorwork, and dance creativity/variety.
8.5 - 8.9	Moderate- motion technique, strong/sharp motions, pace of motions, control, arm placement, visually enhancing motions, incorporation of motions in cheer and/or dance. Moderate- dance technique, dance energy/pace, motion placement, incorporation of dance visuals, transitions, level changes, floorwork, footwork, floorwork, and dance
9.0 - 9.4	Good- motion technique, strong/sharp motions, pace of motions, control, arm placement, visually enhancing motions, incorporation of motions in cheer and/or dance. Good- dance technique, dance energy/pace, motion placement, incorporation of dance visuals, transitions, level changes, floorwork, footwork, floorwork, and dance
9.5 - 10.0	Excellent- motion technique, strong/sharp motions, pace of motions, control, arm placement, visually enhancing motions, incorporation of motions in cheer and/or dance. Excellent- dance technique, dance energy/pace, motion placement, incorporation of dance visuals, transitions, level changes, floorwork, footwork, floorwork, and dance creativity/variety.
JUMPS DIFFICULTY (Max Score: 10.0)	
0.0	Zero jumps performed.
7.0	Less than most of team performs 1 jump (either advanced or basic).
7.5	Most of the team performs 2 single/not connected basic jumps. All approaches within the jumps must use a whip approach to be considered connected. BASIC JUMPS Spread Eagle, Tuck Jump. ADVANCED JUMPS Pike, Hurdler, Herkie, Toe Touch, Double 9.
8.0	Most of team performs 2 connected basic jumps. All approaches within the jumps must use a whip approach to be considered connected. BASIC JUMPS Spread Eagle, Tuck Jump. ADVANCED JUMPS Pike, Hurdler, Herkie, Toe Touch, Double 9.
8.5	Most of the team performs 2 single/not connected advanced jumps . BASIC JUMPS Spread Eagle, Tuck Jump. ADVANCED JUMPS Pike, Hurdler, Herkie, Toe Touch, Double 9.
9.0	<b>Majority of the team performed 3 single/not connected advanced jumps OR 3 connected advanced jumps OR 2 connected advanced jumps plus 1 additional advanced jump.</b> All approaches within the jumps must use a whip approach to be considered connected. BASIC JUMPS Spread Eagle, Tuck Jump. ADVANCED JUMPS Pike, Hurdler, Herkie, Toe Touch, Double 9.
9.5	<b>Most of the team performed 2 connected synchronized advanced jumps w/variety OR 3 connected synchronized advanced jumps without variety.</b> All approaches within the jumps must use a whip approach to be considered connected. BASIC JUMPS Spread Eagle, Tuck Jump. ADVANCED JUMPS Pike, Hurdler, Herkie, Toe Touch, Double 9.
10.0	Most of the team performed 3 connected advanced jumps OR <b>2 connected advanced jumps plus 1 additional advanced jump.</b> Jumps must be synchronized and include variety (2 different jumps). All approaches within the jumps must use a whip approach to be considered connected. BASIC JUMPS Spread Eagle, Tuck Jump. ADVANCED JUMPS Pike, Hurdler, Herkie, Toe Touch, Double 9.
STUNTS DIFFICULTY (Max Score: 15.0)	
0.0	Zero stunts.
8.0 - 8.9	Below prep level liberty OR thigh stands OR knee stands OR shoulder sits by a less than a majority of team.
9.0 - 9.9	Below prep level liberty OR thigh stands OR knee stands OR shoulder sits by a majority of team.
10.0 - 10.9	Prep level two leg stunts OR below prep level single leg stunt variations/body positions (stretches, scorpions, scales, arabesque) OR prep level liberty by a majority of team.
11.0 - 11.9	Prep level single leg stunt variations (stretches, scorpions, scales, arabesque) OR two leg extended stunts OR 1/2 twist load in/ mount transitions to prep OR single full twisting barrel roll by majority of team.
12.0 - 12.9	(Non-Twisting- 1/4 twisting) transition to Extended Single leg liberty/torch OR 1/2 twisting transitions to immediate prep level single leg stunts OR 1/2 twisting transition to two leg extended stunts by a majority of team.
13.0 - 13.9	(Non-Twisting- 1/4 twisting) transition Extended Single leg stunt with alternative body positions (stretch, scale, arabesque or scorpion) OR <b>full twist (360) to prep level 2 leg stunt</b> OR stunt release move that lands at prep level 2 leg stunt by a majority of team.
14.0 - 15.0	1/2 twist to Extended Single leg stunt OR <b>full twist (360) to extended 2 leg stunt OR full twist (360) to single leg prep level stunt</b> OR stunt release move that lands at prep level single leg stunt by a majority of team.



## Elementary Middle School Level 2

PYRAMIDS DIFFICULTY (Max Score: 15.0)	
0.0	Zero pyramids.
8.0 - 8.9	Pyramids involving below prep level stunts by less than a majority of team.
9.0 - 9.9	Pyramids involving below prep level stunts by a majority of team.
10.0 - 10.9	Pyramids involving prep level stunts by a majority of team.
11.0 - 11.9	Pyramids involving extended two leg stunts by a majority of team.
12.0 - 12.9	Pyramids involving extended single leg stunts by a majority of team.
13.0 - 13.9	Pyramids involving Tic-Tocs/Release moves that start at prep level or below and land at prep level OR Braced release transitions braced on BOTH sides by a majority of team.
14.0 - 15.0	Pyramids involving Braced Flips to Cradle OR Braced Tic-Tocs/Release moves that <b>start at prep level or below but land at extended level</b> OR Braced release moves braced on only one side OR <b>braced release moves that involve a 1/2 twist</b> by a majority of team.
DISMOUNTS DIFFICULTY (Max Score: 10.0)	
0.0	Zero dismounts.
4.0 - 4.9	Pop off off OR step off OR shove wrap by less than a majority of team.
5.0 - 5.9	Pop off OR step off OR shove wrap by a majority of team.
6.0 - 6.9	Straight ride cradle by a majority of team.
7.0 - 7.9	1/4 twisting cradles OR alternate cradles (ex. toe touch, pike arch, etc.) by a majority of team
8.0 - 8.9	<b>Single twisting (360) cradles from prep level two leg stunts</b> by a majority of team.
9.0 - 10.0	<b>Single twisting (360) cradles from extended two leg stunts OR Single twisting (360) cradles from prep level single leg stunts</b> by a majority of team.
TUMBLING DIFFICULTY (Max Score: 15.0)	
0.0	Zero tumbling skills.
8.0 - 8.9	Forward rolls OR backward rolls by a majority of team.
9.0 - 9.9	Round offs OR cartwheels by a majority of team.
10.0 - 10.9	Front walkovers OR back walkovers by a majority of team.
11.0 - 11.9	Round off single back handspring OR single standing handspring by a majority of team.
12.0 - 12.9	Running/Standing handspring that incorporates additional skills above the single handspring ( ex. walkover through backhandspring, front handspring through backhandspring etc..) by a majority of team.
13.0 - 13.9	Series standing handsprings OR series running back handsprings (Must perform at least 2 consecutive handsprings) by a majority of team.
14.0 - 15.0	Round off or round off back handspring entry into a flip (tuck) position OR cartwheel tuck OR aerial OR punch front OR toe touch back handspring (connected continuously with jump) by a majority of team.



## Elementary Middle School Level 3

CHOREOGRAPHY/FORMATIONS & TRANSITIONS (Max Score: 10.0)	
0.0	Zero Skills Performed.
8.0 - 8.4	Minimal/Inconsistent- pace and flow of routine, transitions, formations, spacing, synchronization, uniformity, creativity. Minimal/Inconsistent- visual effects, level changes, roll offs.
8.5 - 8.9	Moderate- pace and flow of routine, transitions, formations, spacing, synchronization, uniformity, creativity. Moderate- visual effects, level changes, roll offs.
9.0 - 9.4	Good- pace and flow of routine, transitions, formations, spacing, synchronization, uniformity, creativity. Good- visual effects, level changes, roll offs.
9.5 - 10.0	Excellent - pace and flow of routine, transitions, formations, spacing, synchronization, uniformity, creativity. Excellent - visual effects, level changes, roll offs.
PERFORMANCE/SHOWMANSHIP/OVERALL IMPRESSION (Max Score: 10.0)	
0.0	Zero Skills Performed.
8.0 - 8.4	Minimal/Inconsistent- quality of presentation, showmanship, energy, routine attitude, confidence, routine ownership, crowd engagement. Minimal/Inconsistent- overall impression and percent of team incorporation.
8.5 - 8.9	Moderate- quality of presentation, showmanship, energy, routine attitude, confidence, routine ownership, crowd engagement. Moderate- overall impression and percent of team incorporation.
9.0 - 9.4	Good- quality of presentation, showmanship, energy, routine attitude, confidence, routine ownership, crowd engagement. Good- overall impression and percent of team incorporation.
9.5 - 10.0	Excellent- quality of presentation, showmanship, energy, routine attitude, confidence, routine ownership, crowd engagement. Excellent- overall impression and percent of team incorporation.
MOTIONS/DANCE (Max Score: 10.0)	
0.0	Zero Skills Performed.
8.0 - 8.4	Minimal/Inconsistent- motion technique, strong/sharp motions, pace of motions, control, arm placement, visually enhancing motions, incorporation of motions in cheer and/or dance. Minimal/Inconsistent- dance technique, dance energy/pace, motion placement, incorporation of dance visuals, transitions, level changes, floorwork, footwork, floorwork, and dance creativity/variety.
8.5 - 8.9	Moderate- motion technique, strong/sharp motions, pace of motions, control, arm placement, visually enhancing motions, incorporation of motions in cheer and/or dance. Moderate- dance technique, dance energy/pace, motion placement, incorporation of dance visuals, transitions, level changes, floorwork, footwork, floorwork, and dance creativity/variety.
9.0 - 9.4	Good- motion technique, strong/sharp motions, pace of motions, control, arm placement, visually enhancing motions, incorporation of motions in cheer and/or dance. Good- dance technique, dance energy/pace, motion placement, incorporation of dance visuals, transitions, level changes, floorwork, footwork, floorwork, and dance creativity/variety.
9.5 - 10.0	Excellent- motion technique, strong/sharp motions, pace of motions, control, arm placement, visually enhancing motions, incorporation of motions in cheer and/or dance. Excellent- dance technique, dance energy/pace, motion placement, incorporation of dance visuals, transitions, level changes, floorwork, footwork, floorwork, and dance creativity/variety.
JUMPS DIFFICULTY (Max Score: 10.0)	
0.0	Zero jumps performed.
7.0	Less than most of team performs 1 jump (either advanced or basic).
7.5	Most of the team performs 2 single/not connected basic jumps. All approaches within the jumps must use a whip approach to be considered connected. BASIC JUMPS Spread Eagle, Tuck Jump. ADVANCED JUMPS Pike, Hurdler, Herkie, Toe Touch, Double 9.
8.0	Most of team performs 2 connected basic jumps. All approaches within the jumps must use a whip approach to be considered connected. BASIC JUMPS Spread Eagle, Tuck Jump. ADVANCED JUMPS Pike, Hurdler, Herkie, Toe Touch, Double 9.
8.5	Most of the team performs 2 single/not connected advanced jumps . BASIC JUMPS Spread Eagle, Tuck Jump. ADVANCED JUMPS Pike, Hurdler, Herkie, Toe Touch, Double 9.
9.0	Majority of the team performed 3 single/not connected advanced jumps OR 3 connected advanced jumps OR 2 connected advanced jumps plus 1 additional advanced jump. All approaches within the jumps must use a whip approach to be considered connected. BASIC JUMPS Spread Eagle, Tuck Jump. ADVANCED JUMPS Pike, Hurdler, Herkie, Toe Touch, Double 9.
9.5	Most of the team performed 2 connected synchronized advanced jumps w/variety OR 3 connected synchronized advanced jumps without variety. All approaches within the jumps must use a whip approach to be considered connected. BASIC JUMPS Spread Eagle, Tuck Jump. ADVANCED JUMPS Pike, Hurdler, Herkie, Toe Touch, Double 9.
10.0	Most of the team performed 3 connected advanced jumps OR 2 connected advanced jumps plus 1 additional advanced jump. Jumps must be synchronized and include variety (2 different jumps). All approaches within the jumps must use a whip approach to be considered connected. BASIC JUMPS Spread Eagle, Tuck Jump. ADVANCED JUMPS Pike, Hurdler, Herkie, Toe Touch, Double 9.
STUNTS DIFFICULTY (Max Score: 15.0)	
0.0	Zero stunts.
7.0 - 7.9	Below prep level liberty OR thigh stands OR knee stands OR shoulder sits by a majority of team.
8.0 - 8.9	Prep-level two-leg stunts OR below prep-level single-leg stunt variations/body positions (stretches, scorpions, scales, arabesque) OR single full twisting barrel rolls OR single leg prep liberty by a majority of team.
9.0 - 9.9	Prep-level single-leg stunt variations (stretches, scorpions, scales, arabesque) OR two-leg extended stunts OR 1/2 twist load in/ mount transitions by a majority of team.
10.0 - 10.9	Extended single-leg liberty by a majority of team.
11.0 - 11.9	Extended single-leg stunt variations (stretches, scorpions, scale, arabesque) by majority of team.
12.0 - 12.9	Full twist (360) to prep level 1 leg/2 leg stunt OR 1/2 twist to Extended Single leg stunt by majority of team.
13.0 - 13.9	3/4 twist to Extended Single leg stunt OR full twist (360) to extended 2 leg stunt OR stunt release move (tic-toc/switchup) that lands at prep level single leg stunt by a majority of team.
14.0 - 15.0	Full twist (360) to extended single leg stunts OR switch ups release moves that land in extended single leg stunts OR tic-tocs release moves that land at extension by a majority of team.



## Elementary Middle School Level 3

PYRAMIDS DIFFICULTY (Max Score: 15.0)	
0.0	Zero pyramids.
7.0 - 7.9	Pyramids involving below prep-level stunts by a majority of team.
8.0 - 8.9	Pyramids involving prep-level stunts by a majority of team.
9.0 - 9.9	Pyramids involving extended two-leg stunts by a majority of team.
10.0 - 10.9	Pyramids involving extended single-leg stunts by a majority of team.
11.0 - 11.9	Pyramids involving switch ups that start from ground level and land at prep level OR Braced release moves that land in a cradle by a majority of team.
12.0 - 12.9	Pyramids involving switch ups that start from ground level and land at extension OR Braced release moves (not involving switching of top persons feet) that start at prep level and land at extension by a majority of the team.
13.0 - 13.9	Pyramids involving Tic-Tocs other than high to high (low to high/high to low) OR Braced flips that land in cradle (w/no twist) OR Braced release moves that involve 1/2 twist by a majority of team.
14.0 - 15.0	Pyramids involving Braced Flips that land at Prep/Extension OR Braced Tic-Tocs that start and land at extended positions (high to high) OR Braced flips that only use 1 bracer connected with both hands and arms of the bracer and top person OR Braced flips that involve a 1/2 twist.
DISMOUNTS DIFFICULTY (Max Score: 10.0)	
0.0	Zero dismounts.
3.0 - 3.9	Pop off OR step off OR shove wrap by less than a majority of team.
4.0 - 4.9	Pop off OR step off OR shove wrap by a majority of team.
5.0 - 5.9	Straight ride cradle by a majority of team.
6.0 - 6.9	Alternate cradles non twisting (toe touch, pike arch, etc.) by a majority of team.
7.0 - 7.9	Single twist cradles from prep-level two-leg stunts by a majority of team.
8.0 - 8.9	Single twist cradles from prep-level single leg stunts OR extended two-leg stunts by a majority of team.
9.0 - 10.0	Single twisting cradles from extended single-leg stunts OR (1 and 1/4 twist from extended single-leg stunts) by a majority of team.
TUMBLING DIFFICULTY (Max Score: 15.0)	
0.0	Zero tumbling skills.
7.0 - 7.9	Forward rolls OR backward rolls by less than a majority of team.
8.0 - 8.9	Forward rolls OR backward rolls by a majority of team.
9.0 - 9.9	Round offs OR cartwheels by a majority of team.
10.0 - 10.9	Front walkovers OR back walkovers by a majority of team.
11.0 - 11.9	Single handspring (running or standing) by a majority of team.
12.0 - 12.9	Handspring series (standing or running) performed by a majority of team.
13.0 - 13.9	Round off or round off back handspring entry into a flip (tuck) position OR cartwheel tuck OR aerial OR punchfront OR toe touch back handspring (connected continuously with jump) by a majority of team.
14.0 - 15.0	Full twisting layout OR Layout OR pike OR standing tuck OR toe touch tuck OR standing handspring tuck performed by a majority of team.



# School Level 1

<b>CHOREOGRAPHY/FORMATIONS &amp; TRANSITIONS (Max Score: 10.0)</b>	
0.0	Zero Skills Performed.
8.0 - 8.4	Minimal/Inconsistent- pace and flow of routine, transitions, formations, spacing, synchronization, uniformity, creativity. Minimal/Inconsistent- visual effects, level changes, roll offs.
8.5 - 8.9	Moderate- pace and flow of routine, transitions, formations, spacing, synchronization, uniformity, creativity. Moderate- visual effects, level changes, roll offs.
9.0 - 9.4	Good- pace and flow of routine, transitions, formations, spacing, synchronization, uniformity, creativity. Good- visual effects, level changes, roll offs.
9.5 - 10.0	Excellent - pace and flow of routine, transitions, formations, spacing, synchronization, uniformity, creativity. Excellent - visual effects, level changes, roll offs.
<b>PERFORMANCE/SHOWMANSHIP/OVERALL IMPRESSION (Max Score: 10.0)</b>	
0.0	Zero Skills Performed.
8.0 - 8.4	Minimal/Inconsistent- quality of presentation, showmanship, energy, routine attitude, confidence, routine ownership, crowd engagement. Minimal/Inconsistent- overall impression and percent of team incorporation.
8.5 - 8.9	Moderate- quality of presentation, showmanship, energy, routine attitude, confidence, routine ownership, crowd engagement. Moderate- overall impression and percent of team incorporation.
9.0 - 9.4	Good- quality of presentation, showmanship, energy, routine attitude, confidence, routine ownership, crowd engagement. Good- overall impression and percent of team incorporation.
9.5 - 10.0	Excellent- quality of presentation, showmanship, energy, routine attitude, confidence, routine ownership, crowd engagement. Excellent- overall impression and percent of team incorporation.
<b>MOTIONS/DANCE (Max Score: 10.0)</b>	
0.0	Zero Skills Performed.
8.0 - 8.4	Minimal/Inconsistent- motion technique, strong/sharp motions, pace of motions, control, arm placement, visually enhancing motions, incorporation of motions in cheer and/or dance. Minimal/Inconsistent- dance technique, dance energy/pace, motion placement, incorporation of dance visuals, transitions, level changes, floorwork, footwork, floorwork, and dance creativity/variety.
8.5 - 8.9	Moderate- motion technique, strong/sharp motions, pace of motions, control, arm placement, visually enhancing motions, incorporation of motions in cheer and/or dance. Moderate- dance technique, dance energy/pace, motion placement, incorporation of dance visuals, transitions, level changes, floorwork, footwork, floorwork, and dance creativity/variety.
9.0 - 9.4	Good- motion technique, strong/sharp motions, pace of motions, control, arm placement, visually enhancing motions, incorporation of motions in cheer and/or dance. Good- dance technique, dance energy/pace, motion placement, incorporation of dance visuals, transitions, level changes, floorwork, footwork, floorwork, and dance creativity/variety.
9.5 - 10.0	Excellent- motion technique, strong/sharp motions, pace of motions, control, arm placement, visually enhancing motions, incorporation of motions in cheer and/or dance. Excellent- dance technique, dance energy/pace, motion placement, incorporation of dance visuals, transitions, level changes, floorwork, footwork, floorwork, and dance creativity/variety.
<b>JUMPS DIFFICULTY (Max Score: 10.0)</b>	
0.0	Zero jumps performed.
7.0	Less than most of team performs 1 jump (either advanced or basic).
7.5	Most of the team performs 2 single/not connected basic jumps. All approaches within the jumps must use a whip approach to be considered connected. BASIC JUMPS Spread Eagle, Tuck Jump. ADVANCED JUMPS Pike, Hurdler, Herkie, Toe Touch, Double 9.
8.0	Most of team performs 2 connected basic jumps. All approaches within the jumps must use a whip approach to be considered connected. BASIC JUMPS Spread Eagle, Tuck Jump. ADVANCED JUMPS Pike, Hurdler, Herkie, Toe Touch, Double 9.
8.5	Most of the team performs 2 single/not connected advanced jumps . BASIC JUMPS Spread Eagle, Tuck Jump. ADVANCED JUMPS Pike, Hurdler, Herkie, Toe Touch, Double 9.
9.0	Majority of the team performed 3 single/not connected advanced jumps OR 3 connected advanced jumps OR 2 connected advanced jumps plus 1 additional advanced jump. All approaches within the jumps must use a whip approach to be considered connected. BASIC JUMPS Spread Eagle, Tuck Jump. ADVANCED JUMPS Pike, Hurdler, Herkie, Toe Touch, Double 9.
9.5	Most of the team performed 2 connected synchronized advanced jumps w/variety OR 3 connected synchronized advanced jumps without variety. All approaches within the jumps must use a whip approach to be considered connected. BASIC JUMPS Spread Eagle, Tuck Jump. ADVANCED JUMPS Pike, Hurdler, Herkie, Toe Touch, Double 9.
10.0	Most of the team performed 3 connected advanced jumps OR 2 connected advanced jumps plus 1 additional advanced jump. Jumps must be synchronized and include variety (2 different jumps). All approaches within the jumps must use a whip approach to be considered connected. BASIC JUMPS Spread Eagle, Tuck Jump. ADVANCED JUMPS Pike, Hurdler, Herkie, Toe Touch, Double 9.
<b>STUNTS DIFFICULTY (Max Score: 11.0)</b>	
0.0	Zero stunts.
5.0 - 5.9	Two leg thigh stands OR knee stands OR shoulder sits OR below prep level liberty by less than a majority of team.
6.0 - 6.9	Two leg thigh stands OR knee stands OR shoulder sits OR below prep level liberty by a majority of team.
7.0 - 7.9	Prep level two leg stunts OR below prep level single leg stunt variations/body positions (stretches, scorpions, scales, arabesques) OR Prep level liberty OR barrel rolls by a majority of team.
8.0 - 8.9	Prep level single leg stunt variations (stretches, scorpions, scales, arabesque) OR two leg extended stunts by a majority of team.
9.0 - 9.9	1/2 twisting transitions to prep level two leg stunts by majority of team.
10.0 - 11.0	1/2 twisting transitions to immediate prep level single leg stunts OR two leg extended stunts by a majority of team.



# School Level 1

<b>PYRAMIDS DIFFICULTY (Max Score: 11.0)</b>	
0.0	Zero pyramids.
5.0 - 5.9	Pyramids involving below prep level stunts by a majority of team.
6.0 - 6.9	Pyramids involving prep level 2 leg stunts by a majority of team.
7.0 - 7.9	Pyramids involving prep level single leg stunts by a majority of team.
8.0 - 8.9	Pyramids involving extended two leg stunts by a majority of team.
9.0 - 9.9	Pyramids involving extended single leg stunts braced on <b>BOTH</b> sides.
10.0 - 11.0	Pyramids involving extended single leg stunts braced on only <b>ONE</b> side OR Pyramids involving Braced released moves by majority of team.
<b>DISMOUNTS DIFFICULTY (Max Score: 10.0)</b>	
0.0 - 0.0	Zero dismounts.
5.0 - 5.9	Pop off OR step off OR shove wrap by <b>LESS</b> than a majority of team
6.0 - 6.9	Pop off OR step off OR shove wrap by a majority of team
7.0 - 7.9	Straight ride cradle by less than a majority of team.
8.0 - 8.9	Straight ride cradles by a majority of team
9.0 - 10.0	<b>1/4 twisting cradles</b> OR alternate cradles (ex. toe touch, pike arch, etc.) by a majority of team
<b>TUMBLING DIFFICULTY (Max Score: 11.0)</b>	
0.0 - 0.0	Zero tumbling skills.
5.0 - 5.9	Forward rolls OR backward rolls by less than a majority of team.
6.0 - 6.9	Forward rolls OR backward rolls by a majority of team.
7.0 - 7.9	Round offs OR cartwheels by majority of team.
8.0 - 8.9	Front walkovers OR back walkovers by a majority of team.
9.0 - 9.9	Running round off single handspring not in series by a majority of team.
10.0 - 11.0	Single standing back handspring OR Single front handspring OR Running handsprings series (must incorporate <b>MULTIPLE</b> handsprings OR additional skills above the single handspring ( ex. walkover through backhandspring, front handspring through backhandspring etc...)) by a majority of team.
<b>TOSS DIFFICULTY (Max Score: 11.0)</b>	
0.0	Zero Tosses.
8.0 - 8.9	Straight ride toss from a sponge OR squishy position by less than a majority of team.
9.0 - 9.9	Straight ride toss from a sponge OR squishy position by a majority of team.
10.0 - 11.0	Straight ride toss from a <b>BASKET</b> position by a majority of team.



## School Level 2

CHOREOGRAPHY/FORMATIONS & TRANSITIONS (Max Score: 10.0)	
0.0	Zero Skills Performed.
8.0 - 8.4	Minimal/Inconsistent- pace and flow of routine, transitions, formations, spacing, synchronization, uniformity, creativity. Minimal/Inconsistent- visual effects, level changes, roll offs.
8.5 - 8.9	Moderate- pace and flow of routine, transitions, formations, spacing, synchronization, uniformity, creativity. Moderate- visual effects, level changes, roll offs.
9.0 - 9.4	Good- pace and flow of routine, transitions, formations, spacing, synchronization, uniformity, creativity. Good- visual effects, level changes, roll offs.
9.5 - 10.0	Excellent - pace and flow of routine, transitions, formations, spacing, synchronization, uniformity, creativity. Excellent - visual effects, level changes, roll offs.
PERFORMANCE/SHOWMANSHIP/OVERALL IMPRESSION (Max Score: 10.0)	
0.0	Zero Skills Performed.
8.0 - 8.4	Minimal/Inconsistent- quality of presentation, showmanship, energy, routine attitude, confidence, routine ownership, crowd engagement. Minimal/Inconsistent- overall impression and percent of team incorporation.
8.5 - 8.9	Moderate- quality of presentation, showmanship, energy, routine attitude, confidence, routine ownership, crowd engagement. Moderate- overall impression and percent of team incorporation.
9.0 - 9.4	Good- quality of presentation, showmanship, energy, routine attitude, confidence, routine ownership, crowd engagement. Good- overall impression and percent of team incorporation.
9.5 - 10.0	Excellent- quality of presentation, showmanship, energy, routine attitude, confidence, routine ownership, crowd engagement. Excellent- overall impression and percent of team incorporation.
MOTIONS/DANCE (Max Score: 10.0)	
0.0	Zero Skills Performed.
8.0 - 8.4	Minimal/Inconsistent- motion technique, strong/sharp motions, pace of motions, control, arm placement, visually enhancing motions, incorporation of motions in cheer and/or dance. Minimal/Inconsistent- dance technique, dance energy/pace, motion placement, incorporation of dance visuals, transitions, level changes, floorwork, footwork, floorwork, and dance creativity/variety.
8.5 - 8.9	Moderate- motion technique, strong/sharp motions, pace of motions, control, arm placement, visually enhancing motions, incorporation of motions in cheer and/or dance. Moderate- dance technique, dance energy/pace, motion placement, incorporation of dance visuals, transitions, level changes, floorwork, footwork, floorwork, and dance creativity/variety.
9.0 - 9.4	Good- motion technique, strong/sharp motions, pace of motions, control, arm placement, visually enhancing motions, incorporation of motions in cheer and/or dance. Good- dance technique, dance energy/pace, motion placement, incorporation of dance visuals, transitions, level changes, floorwork, footwork, floorwork, and dance creativity/variety.
9.5 - 10.0	Excellent- motion technique, strong/sharp motions, pace of motions, control, arm placement, visually enhancing motions, incorporation of motions in cheer and/or dance. Excellent- dance technique, dance energy/pace, motion placement, incorporation of dance visuals, transitions, level changes, floorwork, footwork, floorwork, and dance creativity/variety.
JUMPS DIFFICULTY (Max Score: 10.0)	
0.0	Zero jumps.
7.0	Less than most of team performs 1 jump (either advanced or basic).
7.5	Most of the team performs 2 single/not connected basic jumps. All approaches within the jumps must use a whip approach to be considered connected. BASIC JUMPS Spread Eagle, Tuck Jump. ADVANCED JUMPS Pike, Hurdler, Herkie, Toe Touch, Double 9.
8.0	Most of team performs 2 connected basic jumps. All approaches within the jumps must use a whip approach to be considered connected. BASIC JUMPS Spread Eagle, Tuck Jump. ADVANCED JUMPS Pike, Hurdler, Herkie, Toe Touch, Double 9.
8.5	Most of the team performs 2 single/not connected advanced jumps . BASIC JUMPS Spread Eagle, Tuck Jump. ADVANCED JUMPS Pike, Hurdler, Herkie, Toe Touch, Double 9.
9.0	Majority of the team performed 3 single/not connected advanced jumps OR 3 connected advanced jumps OR 2 connected advanced jumps plus 1 additional advanced jump. All approaches within the jumps must use a whip approach to be considered connected. BASIC JUMPS Spread Eagle, Tuck Jump. ADVANCED JUMPS Pike, Hurdler, Herkie, Toe Touch, Double 9.
9.5	Most of the team performed 2 connected synchronized advanced jumps w/variety OR 3 connected synchronized advanced jumps without variety. All approaches within the jumps must use a whip approach to be considered connected. BASIC JUMPS Spread Eagle, Tuck Jump. ADVANCED JUMPS Pike, Hurdler, Herkie, Toe Touch, Double 9.
10.0	Most of the team performed 3 connected advanced jumps OR 2 connected advanced jumps plus 1 additional advanced jump. Jumps must be synchronized and include variety (2 different jumps). All approaches within the jumps must use a whip approach to be considered connected. BASIC JUMPS Spread Eagle, Tuck Jump. ADVANCED JUMPS Pike, Hurdler, Herkie, Toe Touch, Double 9.
STUNTS DIFFICULTY (Max Score: 11.0)	
0.0	Zero stunts.
4.0 - 4.9	Below prep level liberty OR thigh stands OR knee stands OR shoulder sits by a less than a majority of team.
5.0 - 5.9	Below prep level liberty OR thigh stands OR knee stands OR shoulder sits by a majority of team.
6.0 - 6.9	Prep level two leg stunts OR below prep level single leg stunt variations/body positions (stretches, scorpions, scales, arabesque) OR prep level liberty by a majority of team.
7.0 - 7.9	Prep level single leg stunt variations (stretches, scorpions, scales, arabesque) OR two leg extended stunts OR 1/2 twist load in/ mount transitions to prep OR single full twisting barrel roll by majority of team.
8.0 - 8.9	(Non-Twisting- 1/4 twisting) transition to Extended Single leg liberty/torch OR 1/2 twisting transitions to immediate prep level single leg stunts OR 1/2 twisting transition to two leg extended stunts by a majority of team.
9.0 - 9.9	(Non-Twisting- 1/4 twisting) transition Extended Single leg stunt with alternative body positions (stretch, scale, arabesque or scorpion) OR full twist (360) to prep level 2 leg stunt OR stunt release move that lands at prep level 2 leg stunt by a majority of team.
10.0 - 11.0	1/2 twist to Extended Single leg stunt OR full twist (360) to extended 2 leg stunt OR full twist (360) to single leg prep level stunt OR stunt release move that lands at prep level single leg stunt by a majority of team.



## School Level 2

PYRAMIDS DIFFICULTY (Max Score: 11.0)	
0.0	Zero pyramids.
4.0 - 4.9	Pyramids involving below prep level stunts by less than a majority of team.
5.0 - 5.9	Pyramids involving below prep level stunts by a majority of team.
6.0 - 6.9	Pyramids involving prep level stunts by a majority of team.
7.0 - 7.9	Pyramids involving extended two leg stunts by a majority of team.
8.0 - 8.9	Pyramids involving extended single leg stunts by a majority of team.
9.0 - 9.9	Pyramids involving Tic-Tocs/Release moves that start at prep level or below and land at prep level OR Braced release transitions braced on BOTH sides by a majority of team.
10.0 - 11.0	Pyramids involving Braced Flips to Cradle OR <b>Braced Tic-Tocs/Release moves that start at prep level or below but land at extended level</b> OR Braced release moves braced on only one side OR <b>braced release moves that involve a 1/2 twist</b> by a majority of team.
DISMOUNTS DIFFICULTY (Max Score: 10.0 - An additional point will be reserved for execution)	
0.0	Zero dismounts.
4.0 - 4.9	Pop off off OR step off OR shove wrap by less than a majority of team.
5.0 - 5.9	Pop off OR step off OR shove wrap by a majority of team.
6.0 - 6.9	Straight ride cradle by a majority of team.
7.0 - 7.9	1/4 twisting cradles OR alternate cradles (ex. toe touch, pike arch, etc.) by a majority of team.
8.0 - 8.9	<b>Single twisting (360) cradles from prep level two leg stunts</b> by a majority of team.
9.0 - 10.0	<b>Single twisting (360) cradles from extended two leg stunts</b> OR <b>Single twisting (360) cradles from prep level single leg stunts</b> by a majority of team.
TOSSES DIFFICULTY (Max Score: 11.0 - An additional point will be reserved for execution)	
0.0	Zero tosses.
7.0 - 7.9	Basic straight ride tosses from sponge OR scrunch OR squishy position by less than a majority of team.
8.0 - 8.9	Basic straight ride tosses from sponge OR scrunch OR squishy position by a majority of team.
9.0 - 9.9	Basic straight ride tosses from basket position by a majority of team.
10.0 - 11.0	Non twisting alternative body position toss (example toe touch, kick, pike arch, tuck arch, etc.) OR full twisting tosses by a majority of team.
TUMBLING DIFFICULTY (Max Score: 11.0 - An additional point will be reserved for execution)	
0.0	Zero tumbling skills.
4.0 - 4.9	Forward rolls OR backward rolls by a majority of team.
5.0 - 5.9	Round offs OR cartwheels by a majority of team.
6.0 - 6.9	Front walkovers OR back walkovers by a majority of team.
7.0 - 7.9	Round off single back handspring OR single standing handspring by a majority of team.
8.0 - 8.9	Running/Standing handspring that incorporates additional skills above the single handspring ( ex. walkover through backhandspring, front handspring through backhandspring etc..) by a majority of team.
9.0 - 9.9	Series standing handsprings OR series running back handsprings (Must perform at least 2 consecutive handsprings) by a majority of team.
10.0 - 11.0	Round off or round off back handspring entry into a flip (tuck) position OR cartwheel tuck OR aerial OR punch front OR toe touch back handspring (connected continuously with jump) by a majority of team.



## School Level 3

CHOREOGRAPHY/FORMATIONS & TRANSITIONS (Max Score: 10.0)	
0.0	Zero Skills Performed.
8.0 - 8.4	Minimal/Inconsistent- pace and flow of routine, transitions, formations, spacing, synchronization, uniformity, creativity. Minimal/Inconsistent- visual effects, level changes, roll offs.
8.5 - 8.9	Moderate- pace and flow of routine, transitions, formations, spacing, synchronization, uniformity, creativity. Moderate- visual effects, level changes, roll offs.
9.0 - 9.4	Good- pace and flow of routine, transitions, formations, spacing, synchronization, uniformity, creativity. Good- visual effects, level changes, roll offs.
9.5 - 10.0	Excellent - pace and flow of routine, transitions, formations, spacing, synchronization, uniformity, creativity. Excellent - visual effects, level changes, roll offs.
PERFORMANCE/SHOWMANSHIP/OVERALL IMPRESSION (Max Score: 10.0)	
0.0	Zero Skills Performed.
8.0 - 8.4	Minimal/Inconsistent- quality of presentation, showmanship, energy, routine attitude, confidence, routine ownership, crowd engagment. Minimal/Inconsistent- overall impression and percent of team incorporation.
8.5 - 8.9	Moderate- quality of presentation, showmanship, energy, routine attitude, confidence, routine ownership, crowd engagment. Moderate- overall impression and percent of team incorporation.
9.0 - 9.4	Good- quality of presentation, showmanship, energy, routine attitude, confidence, routine ownership, crowd engagment. Good- overall impression and percent of team incorporation.
9.5 - 10.0	Excellent- quality of presentation, showmanship, energy, routine attitude, confidence, routine ownership, crowd engagment. Excellent- overall impression and percent of team incorporation.
MOTIONS/DANCE (Max Score: 10.0)	
0.0	Zero Skills Performed.
8.0 - 8.4	Minimal/Inconsistent- motion technique, strong/sharp motions, pace of motions, control, arm placement, visually enhancing motions, incorporation of motions in cheer and/or dance. Minimal/Inconsistent- dance technique, dance energy/pace, motion placement, incorporation of dance visuals, transitions, level changes, floorwork, footwork, floorwork, and dance creativity/variety.
8.5 - 8.9	Moderate- motion technique, strong/sharp motions, pace of motions, control, arm placement, visually enhancing motions, incorporation of motions in cheer and/or dance. Moderate- dance technique, dance energy/pace, motion placement, incorporation of dance visuals, transitions, level changes, floorwork, footwork, floorwork, and dance creativity/variety.
9.0 - 9.4	Good- motion technique, strong/sharp motions, pace of motions, control, arm placement, visually enhancing motions, incorporation of motions in cheer and/or dance. Good- dance technique, dance energy/pace, motion placement, incorporation of dance visuals, transitions, level changes, floorwork, footwork, floorwork, and dance creativity/variety.
9.5 - 10.0	Excellent- motion technique, strong/sharp motions, pace of motions, control, arm placement, visually enhancing motions, incorporation of motions in cheer and/or dance. Excellent- dance technique, dance energy/pace, motion placement, incorporation of dance visuals, transitions, level changes, floorwork, footwork, floorwork, and dance creativity/variety.
JUMPS DIFFICULTY (Max Score: 10.0)	
0.0	Zero jumps.
7.0	Less than most of team performs 1 jump (either advanced or basic).
7.5	Most of the team performs 2 single/not connected basic jumps. All approaches within the jumps must use a whip approach to be considered connected. BASIC JUMPS Spread Eagle, Tuck Jump. ADVANCED JUMPS Pike, Hurdler, Herkie, Toe Touch, Double 9
8.0	Most of team performs 2 connected basic jumps. All approaches within the jumps must use a whip approach to be considered connected. BASIC JUMPS Spread Eagle, Tuck Jump. ADVANCED JUMPS Pike, Hurdler, Herkie, Toe Touch, Double 9.
8.5	Most of the team performs 2 single/not connected advanced jumps . BASIC JUMPS Spread Eagle, Tuck Jump. ADVANCED JUMPS Pike, Hurdler, Herkie, Toe Touch, Double 9.
9.0	Majority of the team performed 3 single/not connected advanced jumps OR 3 connected advanced jumps OR 2 connected advanced jumps plus 1 additional advanced jump. All approaches within the jumps must use a whip approach to be considered connected. BASIC JUMPS Spread Eagle, Tuck Jump. ADVANCED JUMPS Pike, Hurdler, Herkie, Toe Touch, Double 9.
9.5	Most of the team performed 2 connected synchronized advanced jumps w/variety OR 3 connected synchronized advanced jumps without variety. All approaches within the jumps must use a whip approach to be considered connected. BASIC JUMPS Spread Eagle, Tuck Jump. ADVANCED JUMPS Pike, Hurdler, Herkie, Toe Touch, Double 9.
10.0	Most of the team performed 3 connected advanced jumps OR 2 connected advanced jumps plus 1 additional advanced jump. Jumps must be synchronized and include variety (2 different jumps). All approaches within the jumps must use a whip approach to be considered connected. BASIC JUMPS Spread Eagle, Tuck Jump. ADVANCED JUMPS Pike, Hurdler, Herkie, Toe Touch, Double 9.
STUNTS DIFFICULTY (Max Score: 11.0)	
0.0	Zero stunts.
3.0 - 3.9	Below prep level liberty OR thigh stands OR knee stands OR shoulder sits by a majority of team
4.0 - 4.9	Prep-level two-leg stunts OR below prep-level single-leg stunt variations/body positions (stretches, scorpions, scales, arabesque) OR single full twisting barrel rolls OR single leg prep liberty by a majority of team.
5.0 - 5.9	Prep-level single-leg stunt variations (stretches, scorpions, scales, arabesque) OR two-leg extended stunts OR 1/2 twist load in/ mount transitions by a majority of team.
6.0 - 6.9	Extended single-leg liberty by a majority of team.
7.0 - 7.9	Extended single-leg stunt variations (stretches, scorpions, scale, arabesque) by majority of team.
8.0 - 8.9	Full twist (360) to prep level 1 leg/2 leg stunt OR 1/2 twist to Extended Single leg stunt by majority of team.
9.0 - 9.9	3/4 twist to Extended Single leg stunt OR full twist (360) to extended 2 leg stunt OR stunt release move (tic-toc/switchup) that lands at prep level single leg stunt by a majority of team.
10.0 - 11.0	Full twist (360) to extended single leg stunts OR switch ups release moves that land in extended single leg stunts OR tic-tocs release moves that land at extension by a majority of team.



## School Level 3

PYRAMIDS DIFFICULTY (Max Score: 11.0)	
0.0	Zero pyramids.
3.0 - 3.9	Pyramids involving below prep-level stunts by a majority of team.
4.0 - 4.9	Pyramids involving prep-level stunts by a majority of team.
5.0 - 5.9	Pyramids involving extended two-leg stunts by a majority of team.
6.0 - 6.9	Pyramids involving extended single-leg stunts by a majority of team.
7.0 - 7.9	Pyramids involving switch ups that start from ground level and land at prep level OR Braced release moves that land in a cradle by a majority of team.
8.0 - 8.9	Pyramids involving switch ups that start from ground level and land at extension OR Braced release moves (not involving switching of top persons feet) that start at prep level and land at extension by a majority of the team.
9.0 - 9.9	Pyramids involving Tic-Tocs other than high to high (low to high/high to low) OR Braced flips that land in cradle (w/no twist) OR Braced release moves that involve 1/2 twist by a majority of team.
10.0 - 11.0	Pyramids involving Braced Flips that land at Prep/Extension OR Braced Tic-Tocs that start and land at extended positions (high to high) OR Braced flips that only use 1 bracer connected with both hands and arms of the bracer and top person OR Braced flips that involve a 1/2 twist.
DISMOUNTS DIFFICULTY (Max Score: 10.0)	
0.0	Zero dismounts.
3.0 - 3.9	Pop off OR step off OR shove wrap by less than a majority of team
4.0 - 4.9	Pop off OR step off OR shove wrap by a majority of team.
5.0 - 5.9	Straight ride cradle by a majority of team.
6.0 - 6.9	1/4 twisting cradles OR Alternate cradles non twisting (toe touch, pike arch, etc.) by a majority of team.
7.0 - 7.9	Single twist cradles from prep-level two-leg stunts by a majority of team.
8.0 - 8.9	Single twist cradles from prep-level single leg stunts OR extended two-leg stunts by a majority of team.
9.0 - 10.0	Single twisting cradles from extended single-leg stunts OR (1 and 1/4 twist from extended single-leg stunts) by a majority of team.
TOSSES DIFFICULTY (Max Score: 11.0 - An additional point will be reserved for execution)	
0.0	Zero tosses.
6.0 - 6.9	Basic straight ride tosses by less than majority of team.
7.0 - 7.9	Basic straight ride tosses by a majority of team.
8.0 - 8.9	Non-twisting tosses (toe touch, switch kick, pike arch, tuck arch, etc.) by a majority of team.
9.0 - 9.9	Full twisting tosses by a majority of team.
10.0 - 11.0	Three trick twisting tosses (Hitch Kick full, Kick-Kick Full) OR Two trick twisting tosses (kick full, split full, toe touch full) by a majority of team.
TUMBLING DIFFICULTY (Max Score: 11.0)	
0.0	Zero tumbling skills.
3.0 - 3.9	Forward rolls OR backward rolls by less than a majority of team.
4.0 - 4.9	Forward rolls OR backward rolls by a majority of team.
5.0 - 5.9	Round offs OR cartwheels by a majority of team.
6.0 - 6.9	Front walkovers OR back walkovers by a majority of team.
7.0 - 7.9	Single handspring (running or standing) by a majority of team.
8.0 - 8.9	Handspring series (standing or running) performed by a majority of team.
9.0 - 9.9	Round off or round off back handspring entry into a flip (tuck) position OR cartwheel tuck OR aerial OR punchfront OR toe touch back handspring (connected continuously with jump) by a majority of team.
10.0 - 11.0	Full twisting layout OR Layout OR pike OR standing tuck OR toe touch tuck OR standing handspring tuck performed by a majority of team.



# School Level 3.1

<b>CHOREOGRAPHY/FORMATIONS &amp; TRANSITIONS (Max Score: 10.0)</b>	
0.0	Zero Skills Performed.
8.0 - 8.4	Minimal/Inconsistent- pace and flow of routine, transitions, formations, spacing, synchronization, uniformity, creativity. Minimal/Inconsistent- visual effects, level changes, roll offs.
8.5 - 8.9	Moderate- pace and flow of routine, transitions, formations, spacing, synchronization, uniformity, creativity. Moderate- visual effects, level changes, roll offs.
9.0 - 9.4	Good- pace and flow of routine, transitions, formations, spacing, synchronization, uniformity, creativity. Good- visual effects, level changes, roll offs.
9.5 - 10.0	Excellent - pace and flow of routine, transitions, formations, spacing, synchronization, uniformity, creativity. Excellent - visual effects, level changes, roll offs.
<b>PERFORMANCE/SHOWMANSHIP/OVERALL IMPRESSION (Max Score: 10.0)</b>	
0.0	Zero Skills Performed.
8.0 - 8.4	Minimal/Inconsistent- quality of presentation, showmanship, energy, routine attitude, confidence, routine ownership, crowd engagement. Minimal/Inconsistent- overall impression and percent of team incorporation.
8.5 - 8.9	Moderate- quality of presentation, showmanship, energy, routine attitude, confidence, routine ownership, crowd engagement. Moderate- overall impression and percent of team incorporation.
9.0 - 9.4	Good- quality of presentation, showmanship, energy, routine attitude, confidence, routine ownership, crowd engagement. Good- overall impression and percent of team incorporation.
9.5 - 10.0	Excellent- quality of presentation, showmanship, energy, routine attitude, confidence, routine ownership, crowd engagement. Excellent- overall impression and percent of team incorporation.
<b>MOTIONS/DANCE (Max Score: 10.0)</b>	
0.0	Zero Skills Performed.
8.0 - 8.4	Minimal/Inconsistent- motion technique, strong/sharp motions, pace of motions, control, arm placement, visually enhancing motions, incorporation of motions in cheer and/or dance. Minimal/Inconsistent- dance technique, dance energy/pace, motion placement, incorporation of dance visuals, transitions, level changes, floorwork, footwork, floorwork, and dance creativity/variety.
8.5 - 8.9	Moderate- motion technique, strong/sharp motions, pace of motions, control, arm placement, visually enhancing motions, incorporation of motions in cheer and/or dance. Moderate- dance technique, dance energy/pace, motion placement, incorporation of dance visuals, transitions, level changes, floorwork, footwork, floorwork, and dance creativity/variety.
9.0 - 9.4	Good- motion technique, strong/sharp motions, pace of motions, control, arm placement, visually enhancing motions, incorporation of motions in cheer and/or dance. Good- dance technique, dance energy/pace, motion placement, incorporation of dance visuals, transitions, level changes, floorwork, footwork, floorwork, and dance creativity/variety.
9.5 - 10.0	Excellent- motion technique, strong/sharp motions, pace of motions, control, arm placement, visually enhancing motions, incorporation of motions in cheer and/or dance. Excellent- dance technique, dance energy/pace, motion placement, incorporation of dance visuals, transitions, level changes, floorwork, footwork, floorwork, and dance creativity/variety.
<b>JUMPS DIFFICULTY (Max Score: 10.0)</b>	
0.0	Zero jumps.
7.0	Less than most of team performs 1 jump (either advanced or basic).
7.5	Most of the team performs 2 single/not connected basic jumps. All approaches within the jumps must use a whip approach to be considered connected. BASIC JUMPS Spread Eagle, Tuck Jump. ADVANCED JUMPS Pike, Hurdler, Herkie, Toe Touch, Double 9.
8.0	Most of team performs 2 connected basic jumps. All approaches within the jumps must use a whip approach to be considered connected. BASIC JUMPS Spread Eagle, Tuck Jump. ADVANCED JUMPS Pike, Hurdler, Herkie, Toe Touch, Double 9.
8.5	Most of the team performs 2 single/not connected advanced jumps . BASIC JUMPS Spread Eagle, Tuck Jump. ADVANCED JUMPS Pike, Hurdler, Herkie, Toe Touch, Double 9.
9.0	Majority of the team performed 3 single/not connected advanced jumps OR 3 connected advanced jumps OR 2 connected advanced jumps plus 1 additional advanced jump. All approaches within the jumps must use a whip approach to be considered connected. BASIC JUMPS Spread Eagle, Tuck Jump. ADVANCED JUMPS Pike, Hurdler, Herkie, Toe Touch, Double 9.
9.5	Most of the team performed 2 connected synchronized advanced jumps w/variety OR 3 connected synchronized advanced jumps without variety. All approaches within the jumps must use a whip approach to be considered connected. BASIC JUMPS Spread Eagle, Tuck Jump. ADVANCED JUMPS Pike, Hurdler, Herkie, Toe Touch, Double 9.
10.0	Most of the team performed 3 connected advanced jumps OR 2 connected advanced jumps plus 1 additional advanced jump. Jumps must be synchronized and include variety (2 different jumps). All approaches within the jumps must use a whip approach to be considered connected. BASIC JUMPS Spread Eagle, Tuck Jump. ADVANCED JUMPS Pike, Hurdler, Herkie, Toe Touch, Double 9.
<b>STUNTS DIFFICULTY (Max Score: 11.0)</b>	
0.0	Zero stunts.
3.0 - 3.9	Below prep level liberty OR thigh stands OR knee stands OR shoulder sits by a majority of team.
4.0 - 4.9	Prep-level two-leg stunts OR below prep-level single-leg stunt variations/body positions (stretches, scorpions, scales, arabesque) OR single full twisting barrel rolls OR single leg prep liberty by a majority of team.
5.0 - 5.9	Prep-level single-leg stunt variations (stretches, scorpions, scales, arabesque) OR two-leg extended stunts OR 1/2 twist load in/ mount transitions by a majority of team.
6.0 - 6.9	Extended single-leg liberty by a majority of team.
7.0 - 7.9	Extended single-leg stunt variations (stretches, scorpions, scale, arabesque) by majority of team.
8.0 - 8.9	Full twist (360) to prep level 1 leg/2 leg stunt OR 1/2 twist to Extended Single leg stunt by majority of team.
9.0 - 9.9	3/4 twist to Extended Single leg stunt OR full twist (360) to extended 2 leg stunt OR stunt release move (tic-toc/switchup) that lands at prep level single leg stunt by a majority of team.
10.0 - 11.0	Full twist (360) to extended single leg stunts OR switch ups release moves that land in extended single leg stunts OR tic-tocs release moves that land at extension by a majority of team.



## School Level 3.1

PYRAMIDS DIFFICULTY (Max Score: 11.0)	
0.0	Zero pyramids.
3.0 - 3.9	Pyramids involving below prep-level stunts by a majority of team.
4.0 - 4.9	Pyramids involving prep-level stunts by a majority of team.
5.0 - 5.9	Pyramids involving extended two-leg stunts by a majority of team.
6.0 - 6.9	Pyramids involving extended single-leg stunts by a majority of team.
7.0 - 7.9	Pyramids involving switch ups that start from ground level and land at prep level OR Braced release moves that land in a cradle by a majority of team.
8.0 - 8.9	Pyramids involving switch ups that start from ground level and land at extension OR Braced release moves (not involving switching of top persons feet) that start at prep level and land at extension by a majority of the team.
9.0 - 9.9	Pyramids involving Tic-Tocs other than high to high (low to high/high to low) OR Braced flips that land in cradle (w/no twist) OR Braced release moves that involve 1/2 twist by a majority of team.
10.0 - 11.0	Pyramids involving Braced Flips that land at Prep/Extension OR Braced Tic-Tocs that start and land at extended positions (high to high) OR Braced flips that only use 1 bracer connected with both hands and arms of the bracer and top person OR Braced flips that involve a 1/2 twist.
DISMOUNTS DIFFICULTY (Max Score: 10.0)	
0.0	Zero dismounts.
3.0 - 3.9	Pop off OR step off OR shove wrap by less than a majority of team.
4.0 - 4.9	Pop off OR step off OR shove wrap by a majority of team.
5.0 - 5.9	Straight ride cradle by a majority of team.
6.0 - 6.9	1/4 twisting cradles OR Alternate cradles non twisting (toe touch, pike arch, etc.) by a majority of team.
7.0 - 7.9	Single twist cradles from prep-level two-leg stunts by a majority of team.
8.0 - 8.9	Single twist cradles from prep-level single leg stunts OR extended two-leg stunts by a majority of team.
9.0 - 10.0	Single twisting cradles from extended single-leg stunts OR (1 and 1/4 twist from extended single-leg stunts) by a majority of team.
TOSSES DIFFICULTY (Max Score: 11.0 - An additional point will be reserved for execution)	
0.0	Zero tosses.
6.0 - 6.9	Basic straight ride tosses by less than majority of team.
7.0 - 7.9	Basic straight ride tosses by a majority of team.
8.0 - 8.9	Non-twisting tosses (toe touch, switch kick, pike arch, tuck arch, etc.) by a majority of team
9.0 - 9.9	Full twisting tosses by a majority of team.
10.0 - 11.0	Three trick twisting tosses (Hitch Kick full, Kick-Kick Full) by a majority of team.
TUMBLING DIFFICULTY (Max Score: 11.0)	
0.0	Zero tumbling skills.
5.0 - 5.9	Forward rolls OR backward rolls by less than a majority of team.
6.0 - 6.9	Forward rolls OR backward rolls by a majority of team.
7.0 - 7.9	Round offs OR cartwheels by majority of team.
8.0 - 8.9	Front walkovers OR back walkovers by a majority of team.
9.0 - 9.9	Running round off single handspring not in series by a majority of team.
10.0 - 11.0	Single standing back handspring OR Single front handspring OR Running handsprings series (must incorporate MULTIPLE handsprings OR additional skills above the single handspring ( ex. walkover through backhandspring, front handspring through backhandspring etc..)) by a majority of team.



## School Show Cheer Non-Tumbling- Level 3

CHOREOGRAPHY/FORMATIONS & TRANSITIONS (Max Score: 10.0)	
0.0	Zero Skills Performed.
8.0 - 8.4	Minimal/Inconsistent- pace and flow of routine, transitions, formations, spacing, synchronization, uniformity, creativity. Minimal/Inconsistent- visual effects, level changes, roll offs.
8.5 - 8.9	Moderate- pace and flow of routine, transitions, formations, spacing, synchronization, uniformity, creativity. Moderate- visual effects, level changes, roll offs.
9.0 - 9.4	Good- pace and flow of routine, transitions, formations, spacing, synchronization, uniformity, creativity. Good- visual effects, level changes, roll offs.
9.5 - 10.0	Excellent - pace and flow of routine, transitions, formations, spacing, synchronization, uniformity, creativity. Excellent - visual effects, level changes, roll offs.
PERFORMANCE/SHOWMANSHIP/OVERALL IMPRESSION (Max Score: 10.0)	
0.0	Zero Skills Performed.
8.0 - 8.4	Minimal/Inconsistent- quality of presentation, showmanship, energy, routine attitude, confidence, routine ownership, crowd engagement. Minimal/Inconsistent- overall impression and percent of team incorporation.
8.5 - 8.9	Moderate- quality of presentation, showmanship, energy, routine attitude, confidence, routine ownership, crowd engagement. Moderate- overall impression and percent of team incorporation.
9.0 - 9.4	Good- quality of presentation, showmanship, energy, routine attitude, confidence, routine ownership, crowd engagement. Good- overall impression and percent of team incorporation.
9.5 - 10.0	Excellent- quality of presentation, showmanship, energy, routine attitude, confidence, routine ownership, crowd engagement. Excellent- overall impression and percent of team incorporation.
MOTIONS/DANCE (Max Score: 10.0)	
0.0	Zero Skills Performed.
8.0 - 8.4	Minimal/Inconsistent- motion technique, strong/sharp motions, pace of motions, control, arm placement, visually enhancing motions, incorporation of motions in cheer and/or dance. Minimal/Inconsistent- dance technique, dance energy/pace, motion placement, incorporation of dance visuals, transitions, level changes, floorwork, footwork, floorwork, and dance creativity/variety.
8.5 - 8.9	Moderate- motion technique, strong/sharp motions, pace of motions, control, arm placement, visually enhancing motions, incorporation of motions in cheer and/or dance. Moderate- dance technique, dance energy/pace, motion placement, incorporation of dance visuals, transitions, level changes, floorwork, footwork, floorwork, and dance creativity/variety.
9.0 - 9.4	Good- motion technique, strong/sharp motions, pace of motions, control, arm placement, visually enhancing motions, incorporation of motions in cheer and/or dance. Good- dance technique, dance energy/pace, motion placement, incorporation of dance visuals, transitions, level changes, floorwork, footwork, floorwork, and dance creativity/variety.
9.5 - 10.0	Excellent- motion technique, strong/sharp motions, pace of motions, control, arm placement, visually enhancing motions, incorporation of motions in cheer and/or dance. Excellent- dance technique, dance energy/pace, motion placement, incorporation of dance visuals, transitions, level changes, floorwork, footwork, floorwork, and dance creativity/variety.
JUMPS DIFFICULTY (Max Score: 10.0)	
0.0	Zero jumps.
7.0	Less than most of team performs 1 jump (either advanced or basic).
7.5	Most of the team performs 2 single/not connected basic jumps. All approaches within the jumps must use a whip approach to be considered connected. BASIC JUMPS Spread Eagle, Tuck Jump. ADVANCED JUMPS Pike, Hurdler, Herkie, Toe Touch, Double 9.
8.0	Most of team performs 2 connected basic jumps. All approaches within the jumps must use a whip approach to be considered connected. BASIC JUMPS Spread Eagle, Tuck Jump. ADVANCED JUMPS Pike, Hurdler, Herkie, Toe Touch, Double 9.
8.5	Most of the team performs 2 single/not connected advanced jumps . BASIC JUMPS Spread Eagle, Tuck Jump. ADVANCED JUMPS Pike, Hurdler, Herkie, Toe Touch, Double 9.
9.0	Majority of the team performed 3 single/not connected advanced jumps OR 3 connected advanced jumps OR 2 connected advanced jumps plus 1 additional advanced jump. All approaches within the jumps must use a whip approach to be considered connected. BASIC JUMPS Spread Eagle, Tuck Jump. ADVANCED JUMPS Pike, Hurdler, Herkie, Toe Touch, Double 9.
9.5	Most of the team performed 2 connected synchronized advanced jumps w/variety OR 3 connected synchronized advanced jumps without variety. All approaches within the jumps must use a whip approach to be considered connected. BASIC JUMPS Spread Eagle, Tuck Jump. ADVANCED JUMPS Pike, Hurdler, Herkie, Toe Touch, Double 9.
10.0	Most of the team performed 3 connected advanced jumps OR 2 connected advanced jumps plus 1 additional advanced jump. Jumps must be synchronized and include variety (2 different jumps). All approaches within the jumps must use a whip approach to be considered connected. BASIC JUMPS Spread Eagle, Tuck Jump. ADVANCED JUMPS Pike, Hurdler, Herkie, Toe Touch, Double 9.
STUNTS DIFFICULTY (Max Score: 15.0)	
0.0	Zero stunts.
7.0 - 7.9	Below prep level liberty OR thigh stands OR knee stands OR shoulder sits by a majority of team.
8.0 - 8.9	Prep-level two-leg stunts OR below prep-level single-leg stunt variations/body positions (stretches, scorpions, scales, arabesque) OR single full twisting barrel rolls OR single leg prep liberty by a majority of team.
9.0 - 9.9	Prep-level single-leg stunt variations (stretches, scorpions, scales, arabesque) OR two-leg extended stunts OR 1/2 twist load in/ mount transitions by a majority of team.
10.0 - 10.9	Extended single-leg liberty by a majority of team.
11.0 - 11.9	Extended single-leg stunt variations (stretches, scorpions, scale, arabesque) by majority of team.
12.0 - 12.9	Full twist (360) to prep level 1 leg/2 leg stunt OR 1/2 twist to Extended Single leg stunt by majority of team.
13.0 - 13.9	3/4 twist to Extended Single leg stunt OR full twist (360) to extended 2 leg stunt OR stunt release move (tic-toc/switchup) that lands at prep level single leg stunt by a majority of team.
14.0 - 15.0	Full twist (360) to extended single leg stunts OR switch ups release moves that land in extended single leg stunts OR tic-tocs release moves that land at extension by a majority of team.



## School Show Cheer Non-Tumbling- Level 3

PYRAMIDS DIFFICULTY (Max Score: 15.0)	
0.0	Zero pyramids.
7.0 - 7.9	Pyramids involving below prep-level stunts by a majority of team.
8.0 - 8.9	Pyramids involving prep-level stunts by a majority of team.
9.0 - 9.9	Pyramids involving extended two-leg stunts by a majority of team.
10.0 - 10.9	Pyramids involving extended single-leg stunts by a majority of team.
11.0 - 11.9	Pyramids involving switch ups that start from ground level and land at prep level OR Braced release moves that land in a cradle by a majority of team.
12.0 - 12.9	Pyramids involving switch ups that start from ground level and land at extension OR Braced release moves (not involving switching of top persons feet) that start at prep level and land at extension by a majority of the team.
13.0 - 13.9	Pyramids involving Tic-Tocs other than high to high (low to high/high to low) OR Braced flips that land in cradle (w/no twist) OR Braced release moves that involve 1/2 twist by a majority of team.
14.0 - 15.0	Pyramids involving Braced Flips that land at Prep/Extension OR Braced Tic-Tocs that start and land at extended positions (high to high) OR Braced flips that only use 1 bracer connected with both hands and arms of the bracer and top person OR Braced flips that involve a 1/2 twist.
DISMOUNTS DIFFICULTY (Max Score: 12.0)	
0.0	Zero dismounts.
5.0 - 5.9	Pop off OR step off OR shove wrap by less than a majority of team.
6.0 - 6.9	Pop off OR step off OR shove wrap by a majority of team.
7.0 - 7.9	Straight ride cradle by a majority of team.
8.0 - 8.9	1/4 twisting cradles OR Alternate cradles non-twisting (toe touch, pike arch, etc.) by a majority of team.
9.0 - 9.9	Single twist cradles from prep-level two-leg stunts by a majority of team.
10.0 - 10.9	Single twist cradles from prep-level single leg stunts OR extended two-leg stunts by a majority of team.
11.0 - 12.0	Single twisting cradles from extended single-leg stunts OR (1 and 1/4 twist from extended single-leg stunts) by a majority of team.
TOSSES DIFFICULTY (Max Score: 13.0 - An additional point will be reserved for execution)	
0.0	Zero tosses.
8.0 - 8.9	Basic straight ride tosses by less than majority of team.
9.0 - 9.9	Basic straight ride tosses by a majority of team.
10.0 - 10.9	Non-twisting tosses (toe touch, switch kick, pike arch, tuck arch, etc.) by a majority of team
11.0 - 11.9	Full twisting tosses by a majority of team.
12.0 - 13.0	Three trick twisting tosses (Hitch Kick full, Kick-Kick Full) by a majority of team.



## School Sideline Performance Cheer

<b>CROWD EFFECTIVE MATERIAL (Max Score: 10.0)</b>	
0.0	Zero Skills Performed.
8.0 - 8.4	Minimal crowd appeal and involvement. Minimal flow of cheer.
8.5 - 8.9	Moderate crowd appeal and involvement. Moderate flow of cheer.
9.0 - 9.4	Good crowd appeal and involvement. Good flow of cheer.
9.5 - 10.0	Excellent crowd appeal and involvement. Excellent flow of cheer.
<b>CROWD LEADING SKILLS (Max Score: 10.0)</b>	
0.0	Zero Skills Performed.
8.0 - 8.4	Minimal crowdleading team skills. Minimal skills that were minimal at effectively leading the crowd in crowd participation.
8.5 - 8.9	Moderate crowdleading team skills. Moderate skills that were moderate at effectively leading the crowd in crowd participation.
9.0 - 9.4	Good crowdleading team skills. Good skills that were good at effectively leading the crowd in crowd participation.
9.5 - 10.0	Excellent crowdleading team skills. Excellent skills that were excellent at effectively leading the crowd in crowd participation.
<b>MOTION PLACEMENT (Max Score: 10.0)</b>	
0.0	Zero Skills Performed.
8.0 - 8.4	Minimal motion technique. Minimal motion control and placement.
8.5 - 8.9	Moderate motion technique. Moderate motion control and placement
9.0 - 9.4	Good motion technique. Good motion control and placement.
9.5 - 10.0	Excellent motion technique. Excellent motion control and placement.
<b>MOTION STRENGTH (Max Score: 10.0)</b>	
0.0	Zero Skills Performed.
8.0 - 8.4	Minimal motion sharpness and strength.
8.5 - 8.9	Moderate motion sharpness and strength.
9.0 - 9.4	Good overall motion sharpness and strength.
9.5 - 10.0	Excellent overall motion sharpness and strength.
<b>MOTION SYNCHRONIZATION (Max Score: 10.0)</b>	
0.0	Zero Skills Performed.
8.0 - 8.4	Minimal weak pace and motion variety. Minimal incorporation and synchronization with the words and motions.
8.5 - 8.9	Moderate pace and motion variety. Moderate incorporation and synchronization with the words and motions.
9.0 - 9.4	Good pace and motion variety. Good incorporation and synchronization with the words and motions.
9.5 - 10.0	Excellent pace and motion variety. Excellent incorporation and synchronization with the words and motions.
<b>OVERALL CROWD APPEAL (Max Score: 10.0)</b>	
0.0	Zero Skills Performed.
8.0 - 8.4	Minimal quality of presentation, eye contact, energy, showmanship, routine attitude, confidence, audience/crowd appeal, routine ownership engaging.
8.5 - 8.9	Moderate quality of presentation, eye contact, energy, showmanship, routine attitude, confidence, audience/crowd appeal, routine ownership, engaging.
9.0 - 9.4	Good quality of presentation, eye contact, energy, showmanship, routine attitude, confidence, audience/crowd appeal, routine ownership, engaging
9.5 - 10.0	Excellent quality of presentation, eye contact, energy, showmanship, routine attitude, confidence, audience/crowd appeal, routine ownership, engaging.
<b>OVERALL IMPRESSION (Max Score: 10.0)</b>	
0.0	Zero Skills Performed.
8.0 - 8.4	Minimal pace and flow of routine and smooth transitions. Minimal visual effects, level changes, roll offs. Minimal creativity. Minimal level of execution of routine.
8.5 - 8.9	Moderate pace and flow of routine and transitions. Moderate visual effects, level changes, roll offs. Moderate creativity. Moderate level of execution of routine.
9.0 - 9.4	Good pace and flow of routine and transitions. Good visual effects, level changes, roll offs. Good creativity. Good level of execution of routine.
9.5 - 10.0	Excellent pace and flow of routine and transitions. Excellent visual effects, level changes, roll offs. Excellent creativity. Excellent level of execution of routine.
<b>SPACING AND FORMATIONS (Max Score: 10.0)</b>	
0.0	Zero Skills Performed.
8.0 - 8.4	Minimal formations, spacing, synchronization, cleanliness and/or uniformity.
8.5 - 8.9	Moderate formations, spacing, synchronization, cleanliness and/or uniformity.
9.0 - 9.4	Good formations, spacing, synchronization, cleanliness, and/or uniformity.
9.5 - 10.0	Excellent formations, spacing, synchronization, cleanliness, and/or uniformity.
<b>VOICE (Max Score: 10.0)</b>	
0.0	Zero Skills Performed
8.0 - 8.4	Minimal voice projection, consistency and voice control. Minimal use of voice to lead crowd.
8.5 - 8.9	Moderate voice projection, consistency and voice control. Moderate use of voice to lead crowd.
9.0 - 9.4	Good voice projection, consistency and voice control. Good use of voice to lead crowd.
9.5 - 10.0	Excellent voice projection, consistency, and voice control. Excellent use of voice to lead crowd.
<b>USE OF SIGNS/POMS/FLAGS/MEGAPHONES (Max Score: 10.0)</b>	
0.0	Zero Skills Performed
8.0 - 8.4	Minimal incorporation of signs, poms, flags and/or megaphones (props). Minimal use of props to creatively lead crowd. Minimal use of props that encouraged crowd response.
8.5 - 8.9	Moderate incorporation of signs, poms, flags and/or megaphones (props). Moderate use of props to creatively lead crowd. Moderate use of props that encouraged crowd response.
9.0 - 9.4	Good use of signs, poms, flags and/or megaphones (props). Good use of props to creatively lead crowd. Good use of props that encouraged crowd response.
9.5 - 10.0	Excellent incorporation of multiple signs, poms, flags and/or megaphones (props). Excellent use of props to creatively lead crowd. Excellent use of props that encouraged crowd response.