



Scoring System and Judging Philosophy

All-Star Cheerleading's scoring philosophy reflects the growth and development we have seen in the sport of all-star cheer for the past 20 years. Today, all-star cheer routines are a combination of technical skills and performance elements. Our scoring system rewards teams who are able to deliver the right combination of level appropriate skills, execution of those technical skills and the delivery/showmanship of the skills. A team that is able to deliver all three components will fare well at our events.

Our scoring system has 5 judges awarding a possible 60 points each. Our total possible score is 300 points. Judges 1-4 will each award up to 50 points for execution skills and up to 10 points for Overall Impression & Entertainment Value. Judge 5 will award up to 60 points for leveled skill scoring. The percentage breakdown is as follows:

Technical Elements: Execution of Skills	67%
Technical Merit: Leveled Skill Scoring	20%
Overall Impression & Entertainment Value	13%

All-star cheer is a performance sport, where athleticism meets entertainment. It is a combination of all the elements that will create the "wow" that crowns a champion.

In the simplest terms, our philosophy has always been that the cleanest and best executed routine on the floor will have the best chance of winning.

To determine who has delivered the cleanest and best executed routine, we first look at the **TECHNICAL ELEMENTS** that are compulsory to any all-star cheer routine:

1. Cheer & Dance
2. Jumps
3. Tumbling
4. Partner Stunts
5. Pyramids
6. Tosses
7. Performance Components

In our scoring system we reward teams for their successes in these areas by offering skill set scoring rather than box scoring. In skill set scoring, we take each component and break it down even farther. You are awarded points as follows:

JUDGE 1: Cheer & Dance – Total 60 points

Motion Technique & Placement (10 points)

Motion Precision (10 points)

** Having traditional "cheer" motions, ideally with a "cheer" incorporated in the routine*

Dance Technique (10 points)

Synchronization & Timing (10 points)

Choreography & Creativity of Cheer & Dance Elements (10 points)

Overall Impression & Entertainment Value (10 Points)

JUDGE 2: Jumps & Tumbling – Total 60 points

Jump Technique & Execution (10 points)

Standing Tumbling Execution (10 points)

Running Tumbling Execution (10 points)

Synchronization & Timing (10 points)

Choreography, Creativity & Incorporation of Jumps & Tumbling Elements (10 points)

Overall Impression & Entertainment Value (10 Points)

JUDGE 3: Stunts, Pyramids & Tosses – Total 60 points

Partner Stunt Technique & Execution (10 points)

Pyramid Technique & Execution (10 points)

Tosses Technique & Execution (10 points) *Level 1 teams are not scored in this category as tosses are not permitted in level 1 routines*

Synchronization & Timing (10 points)

Choreography, Creativity & Incorporation of Partner Stunts, Pyramids & Tosses (10 points)

Overall Impression & Entertainment Value (10 Points)

JUDGE 4: Visual Effect – Total 60 points

Projection, Expression & Showmanship (10 points)

Effective & Appropriate use of music (10 points)

Transitions (10 points)

Use of Floor (10 points)

Formations (10 points)

Overall Impression & Entertainment Value (10 Points)

Rather than scoring a simple (all inclusive) 10 points for “tumbling” we believe that teams should be rewarded for all aspects of “tumbling” in their routine. It is our belief, at our events, limiting a score to a simple 10 points does not provide the entire picture to a coach as to “why” your team received a specific score.

An advantage of attending our events is that you can see specifically what component of “tumbling” is effecting your score when you attend an event that awards only one box score for a technical area. For instance, if you are receiving lower scores in “tumbling” at events that award box scores for skill sets, you should be able to understand from our scoring system if it is your synchronization and timing, your execution or how it was incorporated that is bringing your box score down.

In essence, we break down the technical elements and look at not only how it is included in the routine (incorporation/choreography) but the execution of the skill(s) in the routine as well as how they are performed together as a team (synchronization). You will notice that we do include a choreography/incorporation score and synchronization score in each Technical Area because each of these components may deserve different scores based on how the routine was performed that day.

Please note, at our events, your skill level does NOT determine the point value you may earn for your execution of skills. At All-Star Cheerleading we believe that level 1, 2, 3 and 4 teams are capable of earning points on a 10 point scale for the execution of the skills they include in their routine. For example, if your level 2 team has motions, jumps and or/ tumbling that is technically perfect (for the skills you included) you should be able to earn 10 points for your execution.

Our final judge (Judge 5) then awards up to 60 points for **TECHNICAL MERIT** (some other companies refer to it as a difficulty score). We, however, prefer to look at it as rewarding the teams for including leveled skills in their routine. In essence, the greater the number of level appropriate components included in the routine coupled with the number of team members that are performing the skills -- the more points you will be awarded for your technical merit.

The Technical Merit score sheet is in essence a tally of what skills you included in your routine and how many people did them. Unlike the Technical Elements scores sheets, the scores that are awarded will increase as the level of the team increases. You are awarded more points for the higher the level of skills you incorporate. A Level 4 team that is including level 4 skills will have a higher baseline score than a level 3 team including level 3 skills. Within each division (example: junior level 3) all the technical merit skills will fall within the same range as long as the teams are including appropriate level 3 skills.

It is our belief that Technical Merit isn't the area that should automatically determine who will be champion of their division. Simply because a routine is “harder” doesn't mean it should win. The team who is able to execute the skills that are included in their routine during that specific performance the best will win. The time when Technical Merit really comes into play is when two teams execution skill scores are relatively close then the team with more difficulty will win.

In the debate of execution vs. difficulty, we believe it is better to put a cleaner, safer, and better executed routine on the floor than to put a more difficult routine that a team has a hard time executing on the floor. If you choose to put the more difficult skills in your routine, remember, you should be able to perform them well enough to score high in the execution categories.

JUDGE 1 TECHNICAL ELEMENTS: Cheer & Dance

Skill Area	Judging Technique	Max. Pts.	Points	Comments
Motion Technique & Placement Refers to proper placement of motions (angles and levels), proper execution of blades and fists, arms being straight, body position in motions (including lunges)	10 = Flawless – strong level of technique 8-9 = Most (almost all of team) – strong level of technique 6-7 = Numerous (many/half of team) or overall average to good level of technique 4-5 = Some (less than half/more than a few) or overall average to low level of technique 2-3 = Very Few (a very small number) or overall poor technique 1 = Entire team has improper technique & placement	10		Wrists bent Blades not flat Levels off Angles off Flying arms Arms “flowed” Not Sharp/Strong Timing off Work on technique Watch placement Moves too basic Too fast Too slow
Motion Precision Refers to sharpness and strength of motions.	10 = Flawless – entire team has sharp/strong motions 8-9 = Most (almost all of team) sharp/strong 6-7 = Numerous (many/half of team) sharp/strong or overall average to good precision 4-5 = Some (less than half/more than a few) or overall average to low precision 2-3 = Very Few (a very small number) strong/sharp or overall poor precision 1 = Entire team has weak motions	10		Strong placement Motions together Motions sharp Good variety in dance Good dance technique Nice Variety in dance skills Good variety of motions
Dance Technique Refers to the movement with music and technique and style of dance movements	10 = Flawless technique, entire team performs strong dance elements 8-9 = Most (almost all of team) performs dance elements properly 6-7 = Numerous (many/half the team) performs dance elements well 4-5 = Some (less than half/more than a few) perform dance elements well or overall average to low execution 2-3 = Very Few (a small number) perform dance elements well or overall poor dance technique 1 = Entire team – dance technique is weak	10		
Synchronization & Timing Refers to the teams ability to perform motions/dance movements in unison and with they rhythm of the cheers or the beat of the music	10 = Flawless – entire team performs together as one, fits music perfectly 8-9 = Most of the time team performs in unison, fits well to music 6-7 = Timing off in places 4-5 = Overall average to low unity 2-3 = Not together – an overall low level of synchronization 1 = Poor level of synchronization and timing	10		
Choreography & Creativity of Dance & Cheer Elements	9-10 = Advanced/Elite motions/dance (executed at a fast, strong pace, strong level of technique, difficult foot and body movements during transitions, strong use of moves, motions and level changes, to enhance visual effects of team’s movements) New ideas 6-7-8 = Intermediate/Advanced motions (executed at an average pace, moderate amount of foot and body movements during transitions, moderate variety of moves, motions and level changes) 3-4-5 = Basic/Intermediate motions/dance (executed at a slow pace, lack of movement during transitions, minimal variety of moves, motions and level changes)	10		

OVERALL APPEAL

Skill Area	Judging Technique	Max. Pts.	Pts.	Comments
Overall Impression & Entertainment Value	Judges discretion – overall routine impression including energy level, crowd appeal, how entertaining and fun to watch. How strong was the routine? Was it visually appealing? Did it flow well? (Average routines will score in the 6-7 point range)	10		

TOTAL SCORE _____



JUDGE 2 TECHNICAL ELEMENTS: Jumps & Tumbling

Skill Area	Judging Technique	Max. Pts.	Points	Comments	
Jump Technique & Execution Refers to proper body position, placement of legs (rotation, knee direction) and landings	10 = Flawless – strong level of technique 8-9 = Most (almost all of team) – strong level of technique 6-7 = Numerous (many/half of team) or overall average to good level of technique 4-5 = Some (less than half/more than a few) or overall average to low level of technique 2-3 = Very Few (a very small number) or overall poor technique 1 = Entire team has improper technique & placement	10		Point Toes	Good jump technique
Standing Tumbling Refers to proper technique, body position, execution (legs together, proper sitting, setting, etc) and landing of standing tumbling	10 = Flawless – strong level of technique 8-9 = Most (almost all of team) – strong level of technique 6-7 = Numerous (many/half of team) or overall average to good level of technique 4-5 = Some (less than half/more than a few) or overall average to low level of technique 2-3 = Very Few (a very small number) or overall poor technique 1 = Entire team has improper technique & placement	10		Jumps need height	Good Height
Technical Mistakes: Arms Collapse on Back handsprings Touch Down on tucks or other aerial skills Landing on Knees Legs apart on Back handsprings				Legs bent in air	Good jump synchronization
				Need to rotate legs	Good variety of jumps
				Sit in jumps	Nice BHS technique
				Hunched over in jumps	Nice TUCK technique
				Jump timing off	Good standing tumbling
				Tumbling:	Good series tumbling
				Bent legs	Good variety of tumbling skills
				Bent arms	
				Frog legs in BHS	
				Land on head BHS	
				Land w/legs apart	
Series/Running Tumbling Refers to proper technique, body position, execution and landing of running/series tumbling	10 = Flawless – strong level of technique 8-9 = Most (almost all of team) – strong level of technique 6-7 = Numerous (many/half of team) or overall average to good level of technique 4-5 = Some (less than half/more than a few) or overall average to low level of technique 2-3 = Very Few (a very small number) or overall poor technique 1 = Entire team has improper technique & placement	10		Tucks low	
Technical Mistakes: Under Rotation Over Rotation Hands Touch Down Arms collapse on back handsprings Poor landing technique at end of series				Fulls bent at waist	
				Over rotation	
				Finish rotations	
				Need more variety of jumps	
				Need more jumps	
				Good variety of tumbling	
				Need more tumbling	
Synchronization & Timing Refers to the teams ability to perform jumps and tumbling in unison and with they rhythm of the cheers or the beat of the music	10 = Flawless – entire team performs together as one, fits music perfectly 8-9 = Most of the time team performs in unison, fits well to music 6-7 = Timing off in places 4-5 = Overall average to low unity 2-3 = Not together – an overall low level of synchronization 1 = Poor level of synchronization and timing	10			
Choreography & Creativity & Incorporation of Jumps & Tumbling	9-10 = Incorporated an above average amount of jumps, a good variety of jumps, incorporated an above average amount of tumbling skills (regardless of difficulty level), used tumbling creatively 6-7-8 = Incorporated an average number of jumps, average variety of jumps and tumbling regardless of difficulty level) 3-4-5 = Below average level of incorporation and creativity	10			
Overall Impression & Entertainment Value	Judges discretion – overall routine impression including energy level, crowd appeal, how entertaining and fun to watch. How strong was the routine? Was it visually appealing? Did it flow well? (Average routines will score in the 6-7 point range)	10			

TOTAL SCORE _____



JUDGE 3 TECHNICAL ELEMENTS: Stunts, Pyramids & Tosses

Skill Area	Judging Technique	Max. Pts.	Points	Comments
Partner Stunt Technique & Execution Refers to proper body position, loads, dismounts, flyers' technique, bases technique of stand alone stunts	10 = Flawless – strong level of technique 8-9 = Most (almost all of team) – strong level of technique 6-7 = Numerous (many/half of team) or overall average to good level of technique 4-5 = Some (less than half/more than a few) or overall average to low level of technique 2-3 = Very Few (a very small number) or overall poor technique 1 = Entire team has improper technique & placement	10		<u>Flyers fix technique:</u> Strong Flyers Strong Bases Clean dismounts Good tosses <u>Bases fix technique:</u> Good variety Nice incorporation Good choice of skills Innovative Creative Dismnts need work Ride your tosses Add more stunting Add more variety Add more tosses Lacks Creativity Monotonous Too jumbled Stunts not go up together Pyramid not go up together
TECHNICAL MISTAKES: Minor bobbles (saved) flyer executes stunt Flyers legs hit ground on cradle One or more catcher falls to ground on cradle Dismount - Did not finish rotation on Twist Over rotates twist Early dismount from stunt				
Pyramid Technique & Execution Refers to proper body position, loads, dismounts, flyers' technique, bases technique of connected stunts	10 = Flawless – strong level of technique 8-9 = Most (almost all of team) – strong level of technique 6-7 = Numerous (many/half of team) or overall average to good level of technique 4-5 = Some (less than half/more than a few) or overall average to low level of technique 2-3 = Very Few (a very small number) or overall poor technique 1 = Entire team has improper technique & placement	10		
TECHNICAL MISTAKES: Missed connection on pyramid Minor Bobbles (saved) flyer executes stunt Major Bobbles – saved – stunt goes up late Missed stunt – never goes up One or more connection has Early Dismount from pyramid (b/c they are falling) Dismounts – Did not finish rotation on Twist Over rotates twist				
Tosses: Sponge/Shooters & Basket Tosses Technique & Execution	10 = Flawless – strong level of technique, good height 8-9 = Most (almost all of team) – strong level of technique 6-7 = Numerous (many/half of team) or overall average to good level of technique 4-5 = Some (less than half/more than a few) or overall average to low level of technique 2-3 = Very Few (a very small number) or overall poor technique 1 = Entire team has improper technique & placement	10		
Synchronization & Timing	10 = Flawless – entire team performs together as one, fits music perfectly 8-9 = Most of the time team performs in unison, fits well to music 6-7 = Timing off in places 4-5 = Overall average to low unity 2-3 = Not together – an overall low level of synchronization 1 = Poor level of synchronization and timing	10		
Choreography & Creativity & Incorporation of Stunts, Pyramids & Tosses	9-10 = Incorporated an above average amount of stunting skills, a good variety of skills, used stunting creatively 6-7-8 = Incorporated an average number of stunting skills, average variety of stunting skills 3-4-5 = Below average level of incorporation and creativity	10		
Overall Impression & Entertainment Value	Judges discretion – Overall routine impression including energy level, crowd appeal, how entertaining and fun to watch. How strong was the routine? Was it visually appealing? Did it flow well? (Average routines will score in the 6-7 point range).	10		

TOTAL SCORE _____



JUDGE 4 TECHNICAL ELEMENTS: Visual Effect

Skill Area	Judging Technique	Max. Pts.	Pts.	Comments	
Projection, Expression & Showmanship	9-10 = High energy level, great smiles, eye contact, facials/entire squad by All of the squad – All of the routine 7-8 = Most of the squad performs well in this area – lacks consistency – but when done, done well 5-6 = Majority to most of the squad performs well in this area – more times than not squad is performing okay in this area – add energy and enthusiasm 3-4 = ½ squad performs well in this area – sometimes, however most of the time team is not “performing” the routine 1-2 = Routine lacks this element	10		Energy Level Low Expressions fade Out of breath Doesn't fit music Poor Flow (choppy) Transitions sloppy Crossed Center	Strong voices Good expressions Nice showmanship Energy level high Good music Routine fits music Clean transitions
Effective & Appropriate Use of Music	9-10 = Exciting and appropriate music, matches routine, skills fit music – keeps crowd in the performance 7-8 = Good Music Choice – most skills fit music – music adds to the performance of the routine 5-6 = Average music choice – some skills forced or don't “fit” music - 3-4 = Average to poor music choice, forced to fit music – counts don't match routine – routine too slow for music 1-2 = Components did not fit music	10		Watch Spacing Use more of floor Formations lack variety	Good variety in formations Nice spacing Good use of Floor
Transitions	9-10 = Clean transitions added to flow of routine, new and innovative, seamless routine – exciting and add to routine 7-8 = Transitions added to flow of routine – incorporated some new and innovative transitions 5-6 = Average to Good transitions – need more creativity – some flow issues 3-4 = Transitions are adequate but routine is choppy in places 2-1 = Transitions lack creativity, flow of routine is average to poor	10			
Use of Floor	9-10 = Excellent use of the form, use wide and tight formations (to cover more or less areas when appropriate) front and back of floor – lots of variety 7-8 = Above average use of the floor – good movement – utilize most areas of floor at one time or another throughout routine 5-6 = Average use of floor – need to vary coverage and location more 3-4 = Tend to perform routine in same area of mat – not much movement 1-2 = Routine is performed in one area of mat, poor movement	10			
Formations	9-10 = Above average variety – perfect spacing, good use of levels for visual appeal 7-8 = Formations varied, good spacing, used levels for visual appeal – few formations off 5-6 = Average amount of formations – could use more – spacing off at times – need more levels 3-4 = Below Average amount of formations, could use more, need to use more levels – spacing off more times than not 1-2 = Need more variety in formations and spacing off in most to all formations – add levels and work visual appeal	10			

OVERALL APPEAL

Skill Area	Judging Technique	Max. Pts.	Pts.	Comments	
Overall Impression & Entertainment Value	Judges discretion – Overall routine impression including energy level, crowd appeal, how entertaining and fun to watch. Was it visually appealing? Was it a strong/solid routine? (Average routines will score in the 6-7 point range)	10			

Shaky Elements
Traffic issues: 2 members running into one another (or pushing another member out of the way)
Formations Off

TOTAL SCORE _____



Technical Merit – Leveled Skill Scoring – Judge 5

Jumps	Standing Tumbling	Running Tumbling	Tosses	Stunts	Pyramids	Load-ins/Inversions	Dismounts/Release Moves
1-3 points	1-2 points	1-2 points	1-2 points	1-2 points	1-2 points	1-2 points	1-2 points
<ul style="list-style-type: none"> - Any non-connected jump less difficult jumps performed by the entire squad: Tucks Right/Left Side Hurdler or Herkie Spread Eagle (with knees facing forward) - More difficult jumps performed by some members (not all members) of squad - Very low frequency of jumps in routine 	<ul style="list-style-type: none"> - Forward Rolls - Backward Rolls - Cartwheels - Front Walkovers - Back Walkovers 	<ul style="list-style-type: none"> - Cartwheels - Roundoffs - Connected skills (cartwheel back walkover) - Roundoff to a jump 	<p>NOT PERMITTED @ Level 1 Level 1 teams will receive a zero in this skill category for technical merit</p> <p>Level 2 Teams: Straight Ride toss(es) performed by less than majority</p>	<ul style="list-style-type: none"> - Double based Thigh Stands - Single based thigh/knee stands w/one leg variation (single body position) - Single based below prep level w/one leg variations (multiple body positions) - Extension Preps 	<ul style="list-style-type: none"> - Pyramid below prep level - Pyramid at prep level 	<ul style="list-style-type: none"> - Inversion before a stunt sequence - ¼ twisting mount or transition - other creative load in 	<ul style="list-style-type: none"> - Straight cradle from 2-legged prep
	2-3 points	2-3 points	2-3 points	2-3 points	2-3 points	2-3 points	2-3 points
	<ul style="list-style-type: none"> - Single BHS 	<ul style="list-style-type: none"> - Round off BHS 	<ul style="list-style-type: none"> Straight Ride tosses performed by the majority 	<ul style="list-style-type: none"> - Extensions - One leg variations @ prep level (one body position) - One leg variations @ prep level (multiple body positions) 	<ul style="list-style-type: none"> - Pyramids involving extension (two feet) - Pyramids involving extended one leg stunts 	<ul style="list-style-type: none"> - ½ twisting mount or transition - inversion into a stunt - other creative load in 	<ul style="list-style-type: none"> - Straight cradle from 1-legged prep level stunt - Log/Barrel Roll - Straight cradle from extended 2 leg stunt
3-5.5 points	3-4.5 points	3-4.5 points	3-4.5 points	3-4.5 points	3-4.5 points	3-4.5 points	3-4.5 points
<ul style="list-style-type: none"> - Any non-connected advanced jump (may be performed as a single jump demonstration or a jump section – separated by approaches) Toe Touch Pike Front Hurdler Double 9 - Any connected (double jump) combinations performed by some (not all) of the squad OR the combination includes only one advanced jump - Mid-range difficult jumps - Average frequency/variety of jumps in routine 	<ul style="list-style-type: none"> - Series BHS - Jump / BHS Combinations 	<ul style="list-style-type: none"> - Round-off BHS Back Tuck - Round off Tucks - Running Punch Fronts 	<ul style="list-style-type: none"> - Non-Twisting Tosses: Toe Touch Tuck Arch - Single Twisting Tosses 	<ul style="list-style-type: none"> - Extended one leg stunts only one body position 	<ul style="list-style-type: none"> - Pyramids involving extended one leg stunts - Includes 2 ½ high transition 	<ul style="list-style-type: none"> - Single twisting mount or transition - ½ up to extended single leg stunt - Prep level or below downward inversion - Other creative load in 	<ul style="list-style-type: none"> - Full twist from 2 leg extended stunts - Straight cradle from extended one leg stunt - Single twist mount or transition - Other creative transition
	4.5-6 points	4.5-6 points	4.5-6 points	4.5-6 points	4.5-6 points	4.5-6 points	4.5-6 points
	<ul style="list-style-type: none"> - Back Tucks - BHS Back Tucks - BHS to a layout position - Jump / BHS / Back Combinations 	<ul style="list-style-type: none"> - Layouts 	<ul style="list-style-type: none"> - Double Skill Tosses including a twist such as a kick full - Double Twisting Tosses (double full twists) 	<ul style="list-style-type: none"> - Extended one leg extended stunts with 2 body positions - Assisted single base extended stunts 	<ul style="list-style-type: none"> - Pyramids involving multiple flyers extended in one leg stunts - At least one Braced Flip transition sequence (double braced) 	<ul style="list-style-type: none"> - Extended inverted stunt - Prep level or below downward inversion - Other creative load in 	<ul style="list-style-type: none"> - Single twist from 1 leg extended stunts - Release move at extended arm level - Extended Tic Toc - Double twist cradle from a 2 leg extended stunt - Single twist cradle from a 1 leg extended stunt - 1 ½ twisting mount or transition
6-7.5 points	6-7.5 points	6-7.5 points	6-7.5 points	6-7.5 points	6-7.5 points	6-7.5 points	6-7.5 points
<ul style="list-style-type: none"> - 2 or more connected advanced jumps (variety will increase your score) - 3 advanced jumps in a combination (2 must be connected) - More than one jump section in a routine (includes one connected jump section with all advanced jumps and includes another jump section which may or may not include connected jumps but demonstrates an above average variety of advanced jumps) 	<ul style="list-style-type: none"> - Jump / Tuck Combinations - Standing passes that include: Full Twisting Skills Double Twisting Skills <p>Examples: Standing 2 BHS to a Full Standing 1 BHS to a Full Standing Full</p>	<ul style="list-style-type: none"> - Single Full Twist Skills - Specialty Passes to a full twisting skill - Double Full Twist Skills 	<ul style="list-style-type: none"> - Kick Double Fulls - Kick Double Fulls with specialty skills: Switch Kick Double Fulls Hitch Kick Double Fulls 	<ul style="list-style-type: none"> - One leg extended stunts demonstrating 3 or more body positions - Single based extended unassisted stunts 	<ul style="list-style-type: none"> - Pyramids involving multiple flyers extended in one leg stunts - More than one Braced Flip transition sequence (single braced) - Multiple extended structures 	<ul style="list-style-type: none"> - Twisting load in that ends in extended stunt - Prep level and above downward inversion 	<ul style="list-style-type: none"> - Double twist dismount from single leg extended stunts - Helicopter release move - Double twisting cradle from extended 1 leg stunt - Release move above extended arm level
TOTAL POINTS	TOTAL POINTS	TOTAL POINTS	TOTAL POINTS	TOTAL POINTS	TOTAL POINTS	TOTAL POINTS	TOTAL POINTS
Jumps	Standing Tumbling	Running Tumbling	Tosses	Stunts	Pyramids	Load-ins/Inversions	Dismounts/Release Moves

DIFFICULTY – NON MOUNT TEAMS

TUMBLING

NOVICE			INTERMEDIATE			ADVANCED/ELITE				
Forward Roll			Standing Back handspring (single)			Series with Round-off Tuck or Round-off				
Backward Roll			Front Handspring (single)			Standing BHS Tuck				
Front Walkover			Running Series front handspring			Running Aerial Cartwheels				
Back Walkover			Running Back handsprings			Running tuck fronts				
Hand Stand			Standing back handspring SERIES			Standing BHS Back Tuck				
Cartwheel			Standing front handspring SERIES			Series/Running tumbling ending in any flipping (non-rotating) variation:				
Round-off			Standing BHS connected to a jump			Layout				
						X-out				
						Step-out				
						Whip Back				
						Other				
						Standing tuck connected to a jump				
						Running series including:				
						FULL				
						DOUBLE FULL				
1	2	3	4	5	6	7	8	9	10	

JUMPS

NOVICE			INTERMEDIATE			ADVANCED/ELITE				
Tuck			Side Hurdler			Pike				
Spread			Toe Touch (performed by entire squad)			Combination Toe-Touches				
Herkie			Front Hurdler			Combination Jumps (not the same jump)				
Double Hook										
Toe Touch (performed by ½ or fewer)										
1	2	3	4	5	6	7	8	9	10	

FORMATION CHANGES & USE OF FLOOR

NOVICE			INTERMEDIATE			ADVANCED/ELITE				
Very few formation changes			Moderate amount of formation changes			Moderate to High Frequency of formation changes				
Low variety of formations			Variety of formations			Wide variety of formations uses				
Did not use much of floor			Moderate use of the floor			Used majority of floor at some point throughout the routine				
1	2	3	4	5	6	7	8	9	10	

CHEER & DANCE MOTIONS

NOVICE			INTERMEDIATE			ADVANCED/ELITE				
Basic motions			Intermediate Motions			More advanced motion sequences				
A few level changes			Moderate amt of motions combined with footwork			High paced dance				
Slower paced dance			Dance fits music most of the time			More than average amount of level changes				
			Slower/Basic Ripples			Quick Ripples/Parts				
			A few level changes			Higher frequency of level changes				
1	2	3	4	5	6	7	8	9	10	