

CROWD APPEAL/SHOWMANSHIP					
	0-2	2-4	4-6	6-8	8-10
Crowd Appeal/ Showmanship	Little or no effectiveness in performing a comprehensive and positive memorable experience. Lacking in 2 of the following: confidence, enthusiasm, smile, or crowd appeal	Below average effectiveness in performing a comprehensive and positive Lacking in 1 of the following: confidence, enthusiasm, smile, or crowd appeal	Average effectiveness in performing a comprehensive and positive memorable experience. Average level of confidence, enthusiasm, and smile	Above average effectiveness in performing a comprehensive and positive memorable experience. High level of confidence, enthusiasm, smile, and crowd appeal	Exceptional effectiveness in performing a comprehensive and positive memorable experience. Exceptional level of confidence, enthusiasm, smile and crowd appeal entire duration

VOICE & LEADING					
	0-2	2-4	4-6	6-8	8-10
Voice & Leading	Lacking in all of the following areas: distinct words, volume, energy, stamina, pace.	Lacking in some of the following areas: distinct words, volume, energy, stamina, pace.	Moderate level of distinct words, volume, energy, stamina, pace.	High level of distinct words, volume, energy, stamina, pace.	Exceptional level of distinct words, volume, energy, stamina, pace.

JUMPS DIFFICULTY						
	0-2	2-4	4-6	6-8	8-9	9-10
Jump Difficulty	<ul style="list-style-type: none"> • Very limited number of jumps and variety performed in routine. • Failure to perform any jumps will result in a score of "0". 	<ul style="list-style-type: none"> • Double Jumps • Standard flexibility and synchronization 	<ul style="list-style-type: none"> • Triple Jumps • Standard to higher than standard flexibility and synchronization 	<ul style="list-style-type: none"> • Quad Jumps • Jump to Standing Back Handspring • Higher than standard flexibility and synchronization. 	<ul style="list-style-type: none"> • Jump to SBHS Series • Double or Triple Jump to Standing Back Handspring • Jump to BHS Back Tuck 	<ul style="list-style-type: none"> • Quad Jump to Standing Back Handspring • Jump to Back Tumbling Series • Jump to Back Tuck • Double, Triple or Quad Jump to Back Tuck
Majority team performing variety of jumps within same skill range will be rewarded higher within the point range above.						

Skill Ranges	<p>Basic Jumps - Tuck, Eagle, Double Hook, Herkie</p> <p>Intermediate Jumps - Right Hurdler, Left Hurdler, Front Hurdler</p> <p>Advanced Jumps - Toe Touch, Pike</p> <p>Elite Jumps - Double Nine, Around the World</p> <p><i>(Jumps listed above are examples only and are not an all-inclusive listing)</i></p>
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JUMPS EXECUTION					
	0-2	2-4	4-6	6-8	8-10
Refers to proper body position, placement of legs	Majority team has improper approach, landing, toe point and motion execution of jump including poor form and timing, dropping chest, bent legs.	Below average approach, landing, toe point and motion execution of jump. Athletes with flexed toes and dropped chest.	Average approach, landing, toe point and motion execution of jump. Most of the athletes with good timing, few flexed toes, no missed jumps.	Above average approach, timing, landing, toe point and motion execution of jump. Level/ below level height.	Exceptional execution of approach, landing, toe point and motion, execution of jump. Level/ above level height.

MOTIONS					
	0-1	1-2	2-3	3-4	4-5
Sharpness of motions	Majority of motions executed with poor technique, perfection and synchronization. Use of few team members compared to number on floor. Failure to do any motions may result in a score of "0" (no score).	Minimal Visual Effects. (tricks, ground work, group/partner work, level changes, contagions, opposing motions). Minimal Variety of Movement, Level Changes, Transitions, Energy, Synchronization	Visual effects are accomplished at an average pace, and with few visual incorporations utilized to enhance the performance. Average sharpness, level changes, ripples, variety throughout the routine.	Visual effects are accomplished at a fast pace with above average execution. Many Team Transitions Synchronized throughout the Routine; Creative Combinations of: Movement, Footwork & Placement	Exceptional execution and technique sharpness, and visual effects throughout the routine. Very Creative, Sharp Synchronization with Team/Cheer/Music Overall motions executed with nearly perfect to perfect level of technique, perfection and synchronization.

DANCE					
	0-1	1-2	2-3	3-4	4-5
Technique of dance movements	Majority team has improper sharpness, and visual effects throughout the dance. Basic to average dance skills (Ex: Minimal to moderate level and/or formation changes, dance transitions obvious/slow, little to no floor work and/or body movement).	Dance performed at a slow to medium and/or with no change of pace. Below average, sharpness, and visual effects (level changes, ripples, variety) throughout the routine	Average dance skills (Ex: Multiple level and formation changes to create visual effects. Transitions are seamless and solid footwork and body movement)	Performed at fast pace and/or with a variety of changes of pace. Above average sharpness, and visual effects (level changes, ripples, variety) throughout the routine	Dance achieves superior visual effect through use of creative tricks, ground work, group/partner work, level changes, contagious incorporation of opposing motions, crediting the overall quality and quantity of visuals performed. Visual effects are accomplished at a fast pace with seamless execution.

PYRAMIDS DIFFICULTY

	0-2	2-4	4-6	6-8	8-10
Variations	<ul style="list-style-type: none"> Up to Prep Level 	<ul style="list-style-type: none"> Extended variety of two leg skills 	<ul style="list-style-type: none"> Extended Variety of 1 Leg Stunts 		<ul style="list-style-type: none"> Extended Variety of 1 Leg Stunts Single Base Stunts
	<ul style="list-style-type: none"> 1 Leg Variations below prep level 	<ul style="list-style-type: none"> 1 Leg Variations at or below prep level 	<ul style="list-style-type: none"> 2 or More Single Leg Variations 	<ul style="list-style-type: none"> 3 or More Single Leg Variations 	<ul style="list-style-type: none"> 4 or More Single Leg Variations
Transitions	<ul style="list-style-type: none"> Single transition at or Below Prep Level Connect at Prep Level 	<ul style="list-style-type: none"> Multiple Transitions at or Below Prep Level Multiple Connections at Prep Level 	<ul style="list-style-type: none"> Multiple Transitional Sequences to & from Extended Level Release Moves (Ball-Up, Split, Tick-Tock) 	<ul style="list-style-type: none"> Multiple Advanced Transitional Sequences Passing Through 2 1/2 High Multiple Release Moves 1/2 Ups to 1 Leg Extended Leg Switches at Extended 	<ul style="list-style-type: none"> Multiple Elite Transitional Sequences Passing Through 2 1/2 High Multiple Release Moves; Multiple Top People Performing the Skills within the Pyramid 360° or Greater Rotations in transitions to &/or from 1 Leg Extended Variations
Inversions	<ul style="list-style-type: none"> Inversions to Ground Level Inversion from ground level to below Prep Level 	<ul style="list-style-type: none"> Inversion from ground level to Prep/Extension 	<ul style="list-style-type: none"> Inverted at/below Prep Level Downward Inversion below Prep Level Inversion to Extended 1 leg 	<ul style="list-style-type: none"> Inverted from Prep Level to Prep Level Downward Inversions from Prep Level 	<ul style="list-style-type: none"> Inverted Release from Sponge to Prep Level to an Extended Position
Dismounts	<ul style="list-style-type: none"> Step/Pop downs Prep Level to Prone Straight Cradle from 2-leg stunts 	<ul style="list-style-type: none"> Single Twists from 2 Legs Up to 1/2 twist from Prep Level Single Leg 	<ul style="list-style-type: none"> 1/2 twist to Prone from 1 Leg Extended Single Twists from 1 Leg Extended Suspended Front Flip 	<ul style="list-style-type: none"> Full twist to Prone from 1 Leg Extended 1 1/4 Fulls (450°) from 1 Leg Extended Specialty Suspended Front Flip (non-twisting) 	<ul style="list-style-type: none"> 1 1/4 twist to Prone from 1 Leg Extended Double Skills to Cradle Specialty Suspended Front Flip (full twist)

TOSSES DIFFICULTY

	0-2	2-4	4-6	6-8	8-10
Tosses	<ul style="list-style-type: none"> Straight Ride, Blowing a Kiss, Pose 	<ul style="list-style-type: none"> Non-Twisting Single Skill Tosses Toe Touch Kick Pike 	<ul style="list-style-type: none"> Non-Twisting Double Skill Tosses Kick Arch Pike Arch Tuck X 	<ul style="list-style-type: none"> Elite Tosses Twisting Tosses Pike X Switch Kicks 	<ul style="list-style-type: none"> Toe Touch Full Kick Full Double Skill with Single Twist Ball Open Full Full Toe Touch Full Kick Hitch

EXECUTION

	0 to 2	2 to 4	4 to 6	6 to 8	8 to 10
Refers to proper body position	Majority team has improper body position, loads, dismounts, flyer's technique, bases technique of connected stunts	Below average body position, loads, dismounts, flyer's technique, bases technique of connected stunts	Average body position, loads, dismounts, flyer's technique, bases technique of connected stunts	Above average body position, loads, dismounts, flyer's technique, bases technique of connected stunts	Exceptional body position, loads, dismounts, flyer's technique, bases technique of connected stunts

STUNTS DIFFICULTY					
Variations	0-2	2-4	4-6	6-8	8-10
	<ul style="list-style-type: none"> • Prep Level Stunts • Sho-n-Go • Straddle Sit Prep/Extended • Extended Flat Back • 1 Leg variation(s) at Prep Level 	<ul style="list-style-type: none"> • Up to Double base Extensions • Double Base Extension • 1 Single Leg Body Position 	<ul style="list-style-type: none"> • 2 Single Leg Body Positions Extended 	<ul style="list-style-type: none"> • Extended Advanced 	<ul style="list-style-type: none"> • 3 Single Leg Body Positions • Toss to Hands at prep level • Single base (assisted load) to 2/1 Leg Extended • Full around single (assisted load) to 1 leg extended
Transitions	<ul style="list-style-type: none"> • Straight up to stunts • Switch up to body position below prep level • Tic Toc below prep level • 1/4 Twisting Transition to below prep level • 1/4 down to ground level 	<ul style="list-style-type: none"> • Barrel Roll • Leap Frog • Switch up to body position at prep level • Full Up (360°) to Prep Level • 1/2 Up or Down from Extended 	<ul style="list-style-type: none"> • Full-Up (360°) Up to Extension • 1/2 Up to 1 Leg Extended • Rewinds Down from Extended 	<ul style="list-style-type: none"> • 1 1/2 Up (540°) • Full-Up (360°) Up to Extended Single Leg • Switch-Up or Quick-Toss to Single Leg 	<ul style="list-style-type: none"> • Double-Up (720°) to Extended • 1 1/2 Up (540°) to 1 Leg Extended
Inversions	<ul style="list-style-type: none"> • Inversions to Ground Level • Inversion from ground level to below Prep Level 	<ul style="list-style-type: none"> • Inversion from ground level to Prep/Extension 	<ul style="list-style-type: none"> • Inverted at/below Prep Level • Downward Inversion below Prep Level • Inversion to Extended 1 leg 	<ul style="list-style-type: none"> • Inverted from Prep Level to Prep Level • Downward Inversions from Prep Level 	<ul style="list-style-type: none"> • Inverted Release from Sponge to Prep Level to an Extended Position
Dismounts	<ul style="list-style-type: none"> • Step/Pop downs • Prep Level to Prone • Straight Cradle from 2-leg stunts 	<ul style="list-style-type: none"> • Single Twists from 2 Legs • Up to 1/2 twist from Prep Level Single Leg 	<ul style="list-style-type: none"> • 1/2 twist to Prone from 1 Leg Extended • Single Twists from 1 Leg Extended • Suspended Front Flip 	<ul style="list-style-type: none"> • Full twist to Prone from 1 Leg Extended • 1 1/4 (450°) from 1 Leg Extended • Specialty Suspended Front Flip (non-twisting) 	<ul style="list-style-type: none"> • 1 1/4 twist to Prone from 1 Leg Extended • Double Skills to Cradle (non-twisting) • Specialty Suspended Front Flip (full twist)

Skill Ranges	<p>Basic Single Leg Skills - Liberty, Arabesque</p> <p>Intermediate Single Leg Skills - Heel Stretch, Scale</p> <p>Advanced Single Leg Skills - Scorpion, Bow & Arrow</p> <p>Elite Single Leg Skills - Free Stretch, Chin-Chin</p> <p><i>(Single leg skills listed above are examples only and are not an all-inclusive listing)</i></p>
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STUNTS EXECUTION					
Refers to proper body	0-2	2-4	4-6	6-8	8-10
		Majority team has improper technique or placement.	Below average body position, loads, dismounts, flyer's technique, bases technique of stand alone stunts	Average body position, loads, dismounts, flyer's technique, bases technique of stand alone stunts	Above average body position, loads, dismounts, flyer's technique, bases technique of stand alone stunts

TRANSITIONS					
	0-1	1-2	2-3	3-4	4-5
Refers to creative, innovative flow of routine	<ul style="list-style-type: none"> • Performance lacks creativity and innovative flow of routine. • Poor degree of difficulty/creativity in routine transitions. 	<ul style="list-style-type: none"> • Below average creativity and innovative flow of routine. • Transitions need to be cleaned for timing and smooth execution. • Transitions seem rushed and/or are not well thought out. 	<ul style="list-style-type: none"> • Average creativity and innovative flow of routine. • Some transitions with timing and execution problems. 	<ul style="list-style-type: none"> • Above average creativity and innovative flow of routine. • Spacing appropriately front to back or side to side • Average degree of difficulty/creativity in routine transitions. 	<ul style="list-style-type: none"> • Exceptional creativity and innovative flow of routine • Transitions contain variety of visual elements.

FORMATIONS					
	0-1	1-2	2-3	3-4	4-5
Refers to knowledge of formations and spacing	<p>Majority team has improper knowledge of formations with spacing off throughout routine. Multiple to frequent spacing problems throughout routine. Formation changes need to be cleaned for timing.</p>	<p>Below average use of formations, levels and visual appeal. Minimal degree of difficulty/creativity in formations and/or performers stay in same location for extended periods. Minimal use of floor throughout routine.</p>	<p>Average approach use of formations, levels and visual appeal. Clear shapes/lines, straight lines. Little to no spacing problems during routines. Formation changes are cleanly executed with little timing problems.</p>	<p>Above average use of formations, levels and visual appeal. Spacing appropriately front to back or side to side. High degree of difficulty/creativity in formations.</p>	<p>Exceptional execution of formations, levels and visual appeal. Formation changes throughout routine that add to visual impact and excitement of routine. Great use of total floor.</p>

TUMBLING DIFFICULTY						
Placement within range is determined by difficulty of skills being performed by majority	0-2	2-4	4-6	6-8	8-9	9-10
		<ul style="list-style-type: none"> • Forward/Backward Rolls • Round-Offs • Back Extension • Cartwheels • Front/Back Walkovers • Combinations of Tumbling Skills within this range. 	<ul style="list-style-type: none"> • Standing Back Handspring • Back Walkover, BHS • Round-off BHS • Aerials • Combinations of Tumbling Skills within this range. 	<ul style="list-style-type: none"> • Round-Off, 2 Back Handsprings • 2 Standing BHS • Round-Off 3 BHS • 3 Standing BHS • Creative combinations of Tumbling Skills within 2-6 range. 	<ul style="list-style-type: none"> • Round-Off Back Tuck • Round-Off BHS Back Tuck • Standing Back Handspring Back Tuck • Standing Handspring Series Back Tuck • Creative combinations of Tumbling Skills within 4-8 range. 	<ul style="list-style-type: none"> • Round-off Back Handspring Layout • Round-off Layouts • Round-off Whips • Round-off X-Outs • Back Handspring Layouts • Series Handsprings to Layouts • Punch Front • Standing Back Tuck • Creative combinations of Tumbling Skills within 6-9 range.
RECYCLED TUMBLING - Majority reached through Recycled Tumblers will be rewarded the LOWEST Number within the Point Range.						

TUMBLING EXECUTION					
Refers to proper body position, execution and landing of	0-2	2-4	4-6	6-8	8-10
		Majority team has poor body position, execution and landing of tumbling skills.	Below average body position, execution and landing of tumbling skills.	Average body position, execution and landing of tumbling skills.	Above average body position, execution and landing of tumbling skills.