

CHEER

Required: Minimum time requirement 30 seconds of crowd effective cheer.

Cheer must be consecutive and cannot include music.

Cheer can be at the beginning or middle of the routine.

Time between cheer and music portion (not scored): maximum 15 seconds, minimum 5 seconds. Criteria: consistent levels of inflection, enunciation, pace, engaging and/or leading the crowd, use of skills; optional use of props. Full team performing cheer will be rewarded higher within the point range. Category scores how words are being said, not the amount of words that are being said.

BASIC	INTERMEDIATE	ADVANCED
0-3	3.1-6	6.1-10.0
Lacking in most of the above criterion.	Average performance and consistency. Lacking in some of the above criterion.	Exceptional performance and consistency Exceptional level of most to all of the above criterion

PERFORMANCE

Required: performing a consistent, comprehensive and positive memorable experience

Criteria: confidence, enthusiasm, eye contact, smile, dynamic performance

BASIC	INTERMEDIATE	ADVANCED
0-1.5	1.6-3.0	3.1-5.0
Lacking in most of the above criterion.	Average performance and consistency. Lacking in some of the above criterion.	Exceptional performance and consistency Exceptional level of most to all of the above criterion

JUMPS DIFFICULTY

Required: Majority team performing jumps. Full team performing variety synchronized jumps will be rewarded higher within the point range.

Criteria: Jumps within same skill range will be rewarded higher within the point range.

Difficulty score within the same skill range can be increased by including jumps with variety

BASIC	INTERMEDIATE	ADVANCED
0-1.5	1.6-3.0	3.1-5.0
• Basic single jump • Advanced single jump	• Double Basic consecutive jump combination • Double Advanced consecutive jump combination • Double Advanced consecutive jump combination + additional single or double Advanced jump	• Triple Advanced consecutive jump combination • Triple consecutive jump combination with Advanced jumps + additional single Advanced jump • Quad Advanced consecutive jump combination

Basic Jumps - Tuck, Eagle, Double Hook, Herkie

Advanced Jumps - Right Hurdler, Left Hurdler, Front Hurdler, Toe Touch, Pike, Double Nine

(Jumps listed above are examples only and are not an all-inclusive listing)

Jump Execution: Approach, Height, Landing, Toe Point, Timing, Positioning of Chest, Lifting of Legs, Arm Placement, Flexibility

MOTIONS		
Required: Cumulative team motions throughout the routine (except dance).		
Criteria: sharpness of motion technique, pace, perfection and synchronization, visual effects, creativity, variety of movements, level changes, contagious movement, floorwork.		
Full team performing variety of motions within same skill range will be rewarded higher in the point range.		
BASIC	INTERMEDIATE	ADVANCED
0-1.5	1.6-3.0	3.1-5.0
Lacking in most of the above criterion. Failure to perform any criteria will result in a score of "0" (no score).	Average performance and consistency. Lacking in some of the above criterion.	Exceptional performance and consistency Exceptional level of most to all of the above criterion

DANCE		
Required: Minimum (3) 8-counts of Dance performed by majority of team		
Full team performing dance will be rewarded higher within the point range.		
Cumulative total dance throughout the routine		
If 8-count is used for transition into or out of dance, then does not count as dance		
Criteria: pace, sharpness, visual effects, level changes, ripples, variety, footwork, floorwork, body movement and execution throughout the dance		
BASIC	INTERMEDIATE	ADVANCED
0-1.5	1.6-3.0	3.1-5.0
Lacking in most of the above criterion. Failure to perform any criteria will result in a score of "0" (no score).	Average performance and consistency. Lacking in some of the above criterion.	Exceptional performance and consistency Exceptional level of most to all of the above criterion

TRANSITIONS		
Required: Degree of difficulty, cleanliness and creativity in routine transitions		
Criteria: Creativity and innovative flow of routine		
FORMATIONS		
Criteria: Proper knowledge of formations, visual appeal and spacing throughout routine.		
Use of floor throughout the routine, clear shapes/ straight lines.		
BASIC	INTERMEDIATE	ADVANCED
0-1.5	1.6-3.0	3.1-5.0
Lacking in most of the above criterion. Failure to perform any criteria will result in a score of "0" (no score).	Average performance and consistency. Lacking in some of the above criterion.	Exceptional performance and consistency Exceptional level of most to all of the above criterion

• Teams must perform a minimum 3 DIFFERENT skills using 75% of their team • Skills can be from anywhere on the Progression Sheet, but all skills should not be from the same category (Variations, Transitions, Inversions, Dismounts) • Score will be determined by where the skill is in the progression (Example: Advanced Skills have a higher point value), number of stunt groups and number of bases used.			
Variations	BASIC	INTERMEDIATE	ADVANCED
	0.1-3.0	3.1-7.0	7.1-10.0
Variations	1 Leg at or below prep level - Extended single leg hitch (1 structure) - Double Base extensions/ Cupies	- Paper Dolls Pyramid at Extension (if this is the only pyramid the team performs) - Use of single base stunts at prep level	- Use of Single Base Stunts (must be in majority) - Assisted single base 2 legs - Assisted single base 1 leg - Unassisted single base 2 legs - Unassisted single base 1 leg
Transitions	- Prep level connection only 1 transition at or below prep level - Log Rolls (Minimum of 2 structures Double Base Extension) transitions at or below prep level 1/2 (180°) turn transitions - Prep Level to Prone	(2 Structures Extended Single Leg) - Extended to Superman Prone - Modified Full Up (crossed feet, creative grip) 360° to and from Extended Level 180° twist to Prone from 1-Leg Extended (3 Structures Extended Single Leg) 1/2 (180°) Up to 1-leg Extended - Release Move to and From Extended Level): Ball-Up, Split, Tick-Tock) Single release move done by one flyer (3 Structures Extended Single Leg) - Leg Switches at Extended 360° to Prone from 1-Leg Extended	- Multiple Advanced Transitional Sequences passing through 2 1/2 High - Multiple Release Moves 180° 1/2 Ups to 1 Leg Extended (4 Structures Extended Single Leg) - Multiple Advanced/Elite Transitional Sequences Passing Through 2 1/2 High 360° to and from 1 Leg Extended 1 1/4 (450°) twist to Prone from 1-Leg Extended - High to high 360 unbraced - MULTIPLE TOP PEOPLE (Inside and outside) with Multiple Release Moves - more than one flyer doing more than one release each. 1 1/4 twist to Prone from 1-Leg Extended (Minimum of 5 Structures Extended Single Leg) - Multiple Elite Transitional Sequences Passing Through 2 1/2 High 1 1/2 (540°) twist to Prone from 1-Leg Extended - Multiple Release Moves with ALL TOP PEOPLE (Inside and outside) All Top People must be involved in more than one release. They must all do two or more releases. Releases are cumulative. - Greater than 360° Rotations in transitions to &/or from 1-Leg Extended
Inversions	- Handstand Double Base thigh from ground - Handstand Double base thigh from thigh level - Handstand to shoulder straddle sit - Arm bar to load (T similar to Front Walkover load)	- Yo-Yo - Cartwheel to load or prep - Suspended forward roll prep to ground - Back Handspring to load - Front Handspring to load - Baja or Arabian to mat - Cartwheel out/Front Walkout - Back walk out from cradle - Waterfall out - Back suspended roll - Foldover/Pancake	- Handstand at shoulder inversion - Handstand at prep level - Back Handspring to prep - Front Handspring to prep - Single base suspended roll loaded to cradle - Handstand at prep level on the shoulder/sponge/prep - Suspended Front Flip (180° half twist) - Handstand to Extended - Invert to Prep to Extension - Handstand at prep level on the shoulder/prep/press to single leg extended - Back Handspring to Extended - Front Handspring to Extended - Handstand at sponge level to prep to extended single leg (Inverted release from sponge to prep level to single leg extended). Note: this is a clarification. This particular skill is not talking about front or back suspended flips to single leg extended.
Dismounts - must be in majority	- Step/Pop downs/Bear Hug - Prep Level to Prone - Straight Cradle from 2-leg stunts - Up to 180° twist from Prep Level Single Leg - Single Twist Cradle from 2 Legs - Up to Single Twist Cradle from Prep Level Single Leg	- Single Twist Cradle from 1-Leg Extended - Double Skills to Cradle (non-twisting) - Suspended Front Flip (non-twisting) 1 1/4 (450°) from 1-Leg Extended	- Suspended Front Flip (360° full twist) Baja/Arabian - Double Skills to Cradle (twisting)
Pyramids: Execution/Form, Variety, Incorporation, Flexibility, Building, Transitions, Inversions/Releases, Dismounts, Synchronization			

- Teams must perform a minimum 3 DIFFERENT skills in majority
- Skills can be from anywhere on the Progression Sheet, but all skills should not be from the same category (Variations, Transitions, Inversions, Dismounts, Tosses)
- Tosses may account for only ONE of the skills.
- Score will be determined by where the skill is in the progression (Example: Advanced Skills have a higher point value), number of stunt groups, and number of bases used.

	BASIC	INTERMEDIATE	ADVANCED
	0.1-3.0	3.1-7.0	7.1-10.0
Variations	• Sho-n-Go • Straddle Sit Prep/Extended (Teddy Bear) • Extended Flat Back • Single Leg variations at prep level • Double Base Extension • Extended Single Leg Sequence (1 skill)	• Extended Single Leg Sequence (2 skill variations) • Assisted one-man prep • Toss to hands at prep level • Toss to hands at prep level (unassisted) • Extended Single Leg Sequence (3-4 skill variations) • Single base (assisted load) to extension • Extended Single Leg Sequence (5 or more skill variations)	• Single base (assisted load) to extended Single Leg • Single base (assisted load) to extended Single Leg • Single base full around (assisted load) to extended Single Leg • Single base (unassisted load) to Two Leg extended • Toss to hands extended • Single Base (unassisted load) to extended Single Leg • Single base full around (unassisted load) to extended Single Leg
Transitions	• 180° Prep • Prep Level to Prone • Prep to Prep Tick Tock • Superman from extension	• Extended to Superman Prone • Modified Full Up (crossed feet or creative grip) • 180° Twist to Prone from 1-Leg Extended • 360° rewind from extension • Full Up 360° to extension • 180° half up to single leg • 360° to Prone from 1-Leg Extended • Low (prep) to High (extended) Tick-Tock • Switch-up to Single Leg • Quick Toss to Single Leg • 360° Quick Toss	• 450° to extension • 540° to extension • High to high 360° • 450° single leg • 540° to extension (single base) • Double Up 720° to extension • 1 1/2 Up (540°) to 1-Leg Extended • 1 1/4 (450°) twist to Prone from 1-Leg Extended • 1 1/2 (540°) twist to Prone from 1-Leg Extended • Double Up 720° to single leg No-handed twisting skills should receive higher score in range due to difficulty
Tosses	• Straight Ride Non-Twisting Single Skill Tosses • Toe Touch • Kick • Pike • Non-Twisting Double Skill Tosses	• Kick Arch • Pike Arch • Tuck X • Twisting Tosses • Pike X • Switch Kicks • Toe Touch Full • Kick Full	• Double Skill with Single Twist • Ball Open Full • Full Toe Touch • Hitch Kick Full
Inversions	• Handstand Double Base thigh from ground • Handstand Double base thigh from thigh level • Handstand to shoulder straddle sit • Arm bar to load (T similar to Front Walkover load)	• Yo-Yo • Cartwheel to load or prep • Suspended forward roll prep to ground • Back Handspring to load • Front Handspring to load • Beja, Arabian, Whirly Bird to mat • Cartwheel out/Front Walkout • Back walk out from cradle • Back suspended roll • Foldover/Pancake • Waterfall out	• Handstand at shoulder inversion • Handstand at prep level • Back Handspring to prep • Single base suspended roll loaded to cradle • Suspended Front Flip (180° half twist) • Handstand at prep level on the shoulder/sponge/prep • Handstand to Extended • Invert to Prep to Extension • Handstand at prep level on the shoulder/prep/press to single leg extended • Back Handspring to Extended • Front Handspring to Extended • Handstand at sponge level to prep to extended single leg (Inverted release from sponge to prep level to single leg extended). Note: This particular skill is not talking about front or back suspended flips to single leg extended.
Dismounts	• Step/Pop downs/Bear Hug • Straight Cradle from 2-leg stunts • Up to 180° twist from Prep Level Single Leg	• Single Twist Cradle from 2 Legs • Up to Single Twist Cradle from Prep Level Single Leg • Single Twist Cradle from 1-Leg Extended • Double Skills to Cradle (non-twisting) • Suspended Front Flip (non-twisting) • 1 1/4 (450°) from 1-Leg Extended (arabesque to cradle)	• Suspended Front Flip (360° full twist) Beja/Arabian • Double Skills to Cradle (twisting)
Skill Ranges		Basic Single Leg Skills - Liberty, Arabesque Intermediate Single Leg Skills - Heel Stretch, Scale Advanced/Elite Single Leg Skills - Scorpion, Bow & Arrow, Free Stretch, Chin-Chin, Needle	

Stunts: Execution/Form, Variety, Incorporation, Flexibility, Building, Transitions, Inversions/Releases, Dismounts, Synchronization

Tosses: Execution/Form/Height, Synchronization

STANDING TUMBLING DIFFICULTY

Required: Majority team performs tumbling

Majority synchronized standing skills and variety performed in routine can increase score within range.

Criteria: Recycled tumbling does not count towards majority

BASIC	INTERMEDIATE	ADVANCED
0-1.5	1.6-3.0	3.1-5.0
• Forward/Backward Rolls • Back Extension Rolls • Cartwheels • Front/Back Walkovers • Combinations of Connected Tumbling Skills within this range	• Standing Back Handspring • Back Walkover, BHS • 2 Standing BHS • 3 Standing BHS • Combinations of Connected Tumbling Skills within this range	• Standing BHS Back Tuck • Standing BHS Series Back Tuck • Cartwheel Back Tuck • Standing Back Tuck • Standing BHS Series Layout • Combinations of Connected Tumbling Skills within this range • Standing Full

RUNNING TUMBLING DIFFICULTY

Required: Majority team performs tumbling

Majority synchronized running skills and variety performed in routine can increase score within range.

Criteria: Recycled tumbling does not count towards majority

BASIC	INTERMEDIATE	ADVANCED
0-1.5	1.6-3.0	3.1-5.0
• Round-Offs • Cartwheels • Combinations of Connected Tumbling Skills within this range	• Aerials • Front Handspring • Round-off BHS • Bounder • Round-Off, 2 BHSP • Round-Off, 3 BHSP • Combinations of Connected Tumbling Skills within this range	• Round-Off Back Tuck • Round-Off BHS Back Tuck • Punch Front • Round-Off Layout • Round-Off BHS Layout • Round-Off Series BHS to Layout • Round-Off Series BHS to X-out • Round-Off Full • Round Off BHS to Full • Round-Off Series BHS to Full • Specialty passes within range to Full • Combinations of Connected Tumbling Skills within this range

Tumbling: Entry, Landing, Body Position, Control, Arm & Leg Position, Synchronization, Skill Completion

Majority Grid - Stunts & Tumbling

ATHLETE PARTICIPATION

The grid shown below will determine the point range awarded for the performance of skills in routine. The quantity below is the minimum number of athletes necessary for a team to be awarded credit on the **Difficulty Rubric** for performing skills shown below.

MULTI-BASED STUNTS			
	TOSSES, STUNT GROUP (Multi-based stunts) needed to reach MAJORITY 51%	TOSSES, STUNT GROUP (Multi-based stunts) needed to reach MOST 75%	TOSSES, STUNT GROUP (Multi-based stunts) needed to reach FULL TEAM
5-7	2	2	2
8-11	2	2	2
12	2	2	3
13	2	2	3
14	2	2	3
15	2	2	3
16	3	3	4
17	3	3	4
18	3	3	4
19	3	3	4
20	3	4	5
21	3	4	5
22	3	4	5
23	3	4	5
24	4	5	6
25	4	5	6
26	4	5	6
27	4	5	6
28	4	5	7
29	4	5	7
30	4	5	7
31	4	5	7
32	5	6	8

Majority in multi-based stunts is determined by first dividing the total number of athletes by four. Majority is then defined as $1/2 + 1$ of those stunt groups (not athletes - see chart above). Front spot is considered an additional base.

SINGLE BASED STUNTS			
	TOSSES, STUNT GROUP (Single base) needed to reach MAJORITY 51%	TOSSES, STUNT GROUP (1 base & 1 Spotter) needed to reach MOST 75%	TOSSES, STUNT GROUP (1 base & 1 Spotter) needed to reach FULL TEAM
5	2	2	2
6-11	2	3	3
12	3	3	4
13	3	3	4
14	3	3	4
15	3	3	5
16	3	4	5
17	3	4	5
18	4	4	6
19	4	4	6
20	4	5	6
21	4	5	7
22	4	5	7
23	4	5	7
24	5	6	8
25	5	6	8
26	5	6	8
27	5	6	9
28	5	7	9
29	5	7	9
30	6	7	10
31	6	7	10
32	6	8	10

Majority in single bases stunts is determined by first dividing the total number of athletes by three. Majority is then defined as $1/2 + 1$ of those groups (not athlete - see chart above). Front spot is considered an additional base.

TUMBLING			
	Proposed TUMBLING Participation needed to reach SOME (30%)	Proposed TUMBLING Participation needed to reach MAJORITY (51%)	Proposed TUMBLING Participation needed to reach MOST (75%)
5	2	3	4
6	2	4	5
7	2	4	5
8	2	5	6
9	3	5	7
10	3	6	8
11	3	6	8
12	4	7	9
13	4	7	9
14	4	8	10
15	5	8	11
16	5	9	12
17	5	9	12
18	5	10	13
19	6	10	14
20	6	11	15
21	6	11	16
22	7	12	17
23	7	12	17
24	7	13	18
25	8	13	19
26	8	14	20
27	8	14	20
28	8	15	21
29	9	15	22
30	9	16	23
31	9	16	23
32	10	17	24

Some in tumbling = **30%** (of the team)

Majority in tumbling = **51%** (of the team)

Most in tumbling = **75%** (of the team)

Majority Grid - Pyramids

ATHLETE PARTICIPATION

The grid shown below will determine the point range awarded for the performance of skills in routine. The quantity below is the minimum number of athletes necessary for a team to be awarded credit on the **Difficulty Rubric** for performing skills shown below.

PYRAMIDS				
	PYRAMIDS TEAM MEMBERS needed to reach MOST 75%	DISMOUNTS MUST FOLLOW STUNT MAJORITY	PYRAMIDS TEAM MEMBERS needed to reach ALL 100%	DISMOUNTS MUST FOLLOW STUNT MAJORITY
32	24	6	32	8
31	23	5	31	7
30	23	5	30	7
29	22	5	29	7
28	21	5	28	7
27	20	5	27	6
26	20	5	26	6
25	19	5	25	6
24	18	5	24	6
23	17	4	23	5
22	17	4	22	5
21	16	4	21	5
20	15	4	20	5
19	14	3	19	4
18	13	3	18	4
17	12	3	17	4
16	12	3	16	4
15	11	2	15	3
14	10	2	14	3
13	9	2	13	3
12	9	2	12	3
11	8	2	11	2
10	8	2	10	2
9	7	2	9	2
8	6	2	8	2
7	5	1	7	1
6	5	1	6	1
5	4	1	5	1