

CROWD APPEAL/SHOWMANSHIP Required: performing a consistent, comprehensive and positive memorable experience Criteria: confidence, enthusiasm, eye contact, smile, and crowd appeal; choreographed for a dynamic performance throughout the routine					
Crowd Appeal/ Showmanship	0-2	2.1-4	4.1-6	6.1-8	8.1-10
	Lacking in all areas of the above criterion • Failure to perform required criteria will result in a score of "0" (no score).	Below average performance and consistency	Average performance and consistency	Above average performance and consistency	Exceptional performance and consistency Exceptional level of the all of the above criterion

VOICE & LEADING Required: Minimum 15 seconds of cheer Cumulative total cheer throughout the routine Criteria: consistent levels of articulation, inflection, enunciation, distinct words, volume, energy, stamina, pace. Full team performing cheer will be rewarded higher within the point range. Category scores how the words are being said, not the amount of words that are being said.				
0-2	2.1-4	4.1-6		
Voice & Leading	Lacking in all of the above. Failure to do a cheer will result in a score of "0" (no score).	Average performance and consistency	Exceptional performance and consistency Exceptional level of the 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.

**To increase the difficulty score within the same skill range: 1. Additional jumps with variety
2. Additional Jump combos with variety**

Placement within range is determined by difficulty of jumps being performed by majority	0-2	2.1-4	4.1-6	6.1-8	8.1-10
	<ul style="list-style-type: none"> • Very limited number of basic jumps & variety performed in routine. • No jump combination • Failure to perform any jumps will result in a score of "0". 	<ul style="list-style-type: none"> • Double Basic/Intermediate consecutive jump combination + additional single, double • Triple Intermediate/Advanced consecutive jump combination 	<ul style="list-style-type: none"> • Triple Intermediate/Advanced consecutive jump combination + additional single/double/triple jump combo • Quad consecutive jump combination 	<ul style="list-style-type: none"> • Quad consecutive jump combination with Intermediate or Advanced jumps + additional single/double Intermediate or Advanced jump combo 	<ul style="list-style-type: none"> • Quad consecutive jump combo with Intermediate or Advanced jumps + additional triple/quad Intermediate or Advanced jump combo

Skill Ranges	<p>Basic Jumps - Tuck, Eagle, Double Hook, Herkie</p> <p>Intermediate Jumps - Toe Touch, Right Hurdler, Left Hurdler, Front Hurdler</p> <p>Advanced Jumps - Pike, 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

Criteria: required majority, approach, height, landing, toe point, timing, positioning of chest, lifting of legs, arm placement and flexibility

Jump Execution	0-2	2.1-4	4.1-6	6.1-8	8.1-10
	<p>Lacking in multiple areas of the above criterion</p> <ul style="list-style-type: none"> • Failure to perform required jumps will result in a score of "0". 	<p>Below average effectiveness Performing at least 4 of the above criterion</p>	<p>Average effectiveness Performing at least 6 of the above criterion</p>	<p>Above average effectiveness Performing at least 8 of the above criterion</p>	<p>Exceptional effectiveness Exceptional level of the all of the above criterion</p>

MOTIONS

Required: Cumulative team motions throughout the routine.

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 within the point range.

MOTIONS	0-1	1.1-2	2.1-3	3.1-4	4.1-5
	Lacking in multiple areas of the above criterion • Failure to perform any motions will result in a score of "0".	Below average effectiveness Performing at least 4 of the above criterion	Average effectiveness Performing at least 6 of the above criterion	Above average effectiveness Performing at least 8 of the above criterion	Exceptional effectiveness Exceptional level of the 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 routine

DANCE	0-1	1.1-2	2.1-3	3.1-4	4.1-5
	Lacking in multiple areas of the above criterion • Failure to perform required counts dance will result in a score of "0".	Below average effectiveness Performing at least 4 of the above criterion	Average effectiveness Performing at least 6 of the above criterion	Above average effectiveness Performing at least 8 of the above criterion	Exceptional effectiveness Exceptional level of the all of the above criterion

<p align="center">PYRAMIDS DIFFICULTY</p> <p align="center">Required: Synchronization of stunts, minimum number of bases used to perform skills in pyramid compared to the number of athletes on the floor</p> <p align="center">Variety of body positions being performed.</p> <p align="center">Creative combination of skills within the range will increase the score within that range</p> <p align="center">NOTE: Successful performance by majority of team performing a skill within range will set range, with a sliding scale applied to additional skills performed in set range or higher.</p>						
	0-2	2.1-4	4.1-6	6.1-8	8.1-9	9.1-10
Variations	<ul style="list-style-type: none"> Up to & Including Prep Level Stunts 1 Leg Variations below prep level 	<ul style="list-style-type: none"> Up to Double base Extensions 1 Leg Variations at or below prep level 	<ul style="list-style-type: none"> Extended 2 or More Single Leg Variations 	<ul style="list-style-type: none"> Extended Advanced 3 or More Single Leg Variations 	<ul style="list-style-type: none"> Extended Elite 4 or More Single Leg Variations 	<ul style="list-style-type: none"> Extended Elite 5 or More Single Leg Variations Use of Single Base Stunts
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 (Minimum of 2 Structures) 	<ul style="list-style-type: none"> Multiple Transitional Sequences to & from Extended Level (Minimum of 2 or More Structures) Release Moves (Ball-Up, Split, Tick-Tock) 	<ul style="list-style-type: none"> Multiple Advanced Transitional Sequences Passing Through 2 1/2 High (Minimum of 3 or More Structures) Multiple Release Moves 1/2 Ups to 1 Leg Extended Leg Switches at Extended 	<ul style="list-style-type: none"> Multiple Advanced/Elite Transitional Sequences Passing Through 2 1/2 High Multiple Release Moves; Multiple Top People Performing the Skills within the Pyramid/Inside and Outside Top People (Minimum of 4 or More Structures) 360° Rotations in transitions to &/or from 1-Leg Extended Variations 	<ul style="list-style-type: none"> Multiple Elite Transitional Sequences Passing Through 2 1/2 High Multiple Release Moves; All Top People Performing the Skills within the Pyramid/Inside and Outside Top People (Minimum of 5 or More Structures) Greater than 360° Rotations in transitions to &/or from 1-Leg Extended Variations
Inversions	<ul style="list-style-type: none"> Inversion from ground level to below prep level Inversion to below prep level Inverted below prep level 	<ul style="list-style-type: none"> Inversion to prep level Inverted at prep level 	<ul style="list-style-type: none"> Inversion from ground level to prep level to extension 	<ul style="list-style-type: none"> Inversion from ground level to extension Inversion to below prep level Inversion at prep level to prep level Inversion from ground level to extended single leg Downward Inversion from prep level 	<ul style="list-style-type: none"> Inversion to prep level Inversion from ground level to extended single leg (twisting) Inversion at prep level to extension 	<ul style="list-style-type: none"> Inversion to extension Inverted Release from Sponge to Prep Level to Extended Position Inversion to 1-leg extended
Dismounts	<ul style="list-style-type: none"> Step/Pop downs Prep Level to Prone Straight Cradle from 2-leg stunts Up to 1/2 twist from Prep Level Single Leg 	<ul style="list-style-type: none"> Single Twists from 2 Legs Up to 1 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 	<ul style="list-style-type: none"> Full twist to Prone from 1-Leg Extended 1 1/4 (450°) from 1-Leg Extended Suspended Front Flip (non-twisting) 	<ul style="list-style-type: none"> Suspended Front Flip (half twist) Double Skills to Cradle (non-twisting) 1 1/4 twist to Prone from 1-Leg Extended 	<ul style="list-style-type: none"> Suspended Front Flip (full twist) 1 1/2 twist to Prone from 1 Leg Extended Double Skills to Cradle (twisting)

<p align="center">EXECUTION</p> <p align="center">Criteria: Proper body position, entry into skill and dismounts, flyer and base technique of connected stunts</p>					
	0 to 2	2.1 to 4	4.1 to 6	6.1 to 8	8.1 to 10
Proper Body Position	Majority team has improper execution	Below average execution	Average execution	Above average execution	Exceptional execution

STUNTS DIFFICULTY						
<p>Required: Synchronization of stunts, minimum number of bases used to perform stunt compared to the number of athletes on the floor. Variety of body positions being performed.</p> <p>Criteria: Creative combination of skills within the range will increase the score within that range</p> <p>TOSES- Tosses are an element in the stunt rubric and are not a requirement in a routine.</p>						
<p>NOTE: Successful performance by majority of team performing a skill within range will set range, with a sliding scale applied to additional skills performed in set range or higher.</p>						
	0-2	2.1-4	4.1-6	6.1-8	8.1-9	9.1-10
Variations	<ul style="list-style-type: none"> Up to & including 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 	<ul style="list-style-type: none"> Extended Extended Single Leg (1-3 Body Positions) 	<ul style="list-style-type: none"> Extended Advanced Toss to Hands at prep level Extended Single Leg (4 or more Body Positions) 	<ul style="list-style-type: none"> Extended Elite Single Base (assisted load) to 1-leg extended Single Base full around (assisted load) to 1-leg extended Single base (unassisted load) to 2-Leg Extended 	<ul style="list-style-type: none"> Extended Elite Single base (unassisted load) to 1-Leg Extended Toss to Hands Extended Single Base full around (unassisted load) to 1-leg extended
Transitions	<ul style="list-style-type: none"> Straight up to prep level 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"> Straight up to extension Barrel Roll Leap Frog Switch up to body position at prep level Full Up (360°) to Prep Level 1/2 Up or Down from Extension 	<ul style="list-style-type: none"> Straight up to extended single leg Rewinds Down from Extension Full-Up (360°) Up to Extension 1/2 Up to 1-leg Extended 	<ul style="list-style-type: none"> 1 1/2 Up (540°) to Extension Switch-Up or Quick-Toss to Single Leg 	<ul style="list-style-type: none"> Full-Up (360°) Up to Extended Single Leg Double-Up (720°) to Extension 	<ul style="list-style-type: none"> 1 1/2 Up (540°) to 1-Leg Extended Double-Up (720°) to Extended Single Leg
Tosses	<ul style="list-style-type: none"> Straight Ride 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"> 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 		
Inversions	<ul style="list-style-type: none"> Inversion from ground level to below prep level Inversion to below prep level Inverted below prep level 	<ul style="list-style-type: none"> Inversion to prep level Inverted at prep level 	<ul style="list-style-type: none"> Inversion from ground level to prep level to extension 	<ul style="list-style-type: none"> Inversion from ground level to extension Released Inversion to below prep level Inversion at prep level to prep level Downward Inversion from prep level 	<ul style="list-style-type: none"> Inversion from ground level to extended single leg Released Inversion to prep level Inversion at prep level to extension 	<ul style="list-style-type: none"> Inversion from ground level to extended single leg (twisting) Inverted Release from Sponge to Prep Level to Extended Position
Dismounts	<ul style="list-style-type: none"> Step/Pop downs Prep Level to Prone Straight Cradle from 2-leg stunts Up to 1/2 twist from Prep Level Single Leg 	<ul style="list-style-type: none"> Single Twists from 2 Legs Up to 1 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 	<ul style="list-style-type: none"> Full twist to Prone from 1-Leg Extended 1 1/4 (450°) from 1-Leg Extended Suspended Front Flip (non-twisting) 	<ul style="list-style-type: none"> Suspended Front Flip (half twist) Double Skills to Cradle (non-twisting) 1 1/4 twist to Prone from 1-Leg Extended 	<ul style="list-style-type: none"> Suspended Front Flip (full twist) 1 1/2 twist to Prone from 1-Leg Extended Double Skills to Cradle (twisting)

Skill Ranges	<p>Basic Single Leg Skills - Liberty, Arabesque</p> <p>Intermediate Single Leg Skills - Heel Stretch, Scale</p> <p>Advanced/Elite Single Leg Skills - Scorpion, Bow & Arrow, Free Stretch, Chin-Chin, Needle</p> <p><i>(Single leg skills listed above are examples only and are not an all-inclusive listing)</i></p>
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EXECUTION					
<p>Criteria: Proper body position, entry into skill and dismounts, flyer and base technique of stunts</p>					
	0 to 2	2.1 to 4	4.1 to 6	6.1 to 8	8.1 to 10
Proper Body Position	Majority team has improper execution	Below average execution	Average execution	Above average execution	Exceptional execution

TRANSITIONS

Required: Degree of difficulty and creativity in routine transitions

Criteria: Creativity and innovative flow of routine

Refers to creative, innovative flow of routine	0-1	1.1-2	2.1-3	3.1-4	4.1-5
	<ul style="list-style-type: none"> • Performance lacks creativity and innovation • Lack of difficulty/creativity • Failure to do any transitions may result in a score of "0" (no score). 	<ul style="list-style-type: none"> • Below average creativity and innovation • 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. • Above 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

Required: Use of floor throughout the routine, clear shapes/straight lines.

Criteria: Proper knowledge of formations, visual appeal and spacing throughout routine.

Refers to knowledge of formations and spacing	0-1	1.1-2	2.1-3	3.1-4	4.1-5
	Multiple to frequent spacing problems throughout routine. Failure to do any formation changes may result in a score of "0" (no score).	Minimal degree of difficulty/creativity/movement in formations	Formation changes are cleanly executed with little timing problems.	High degree of difficulty/creativity in formations.	Formation changes throughout routine that add to visual impact and excitement of routine.

<p align="center">TUMBLING DIFFICULTY</p> <p align="center">Required: Majority team performs tumbling</p> <p align="center">Multiple standing and running skills and variety performed in routine.</p> <p align="center">Criteria: Recycled tumbling does not count towards majority</p>						
Placement within range is determined by difficulty of skills being performed by majority	0-2	2.1-4	4.1-6	6.1-8	8.1-9	9.1-10
		<ul style="list-style-type: none"> • Forward/Backward Rolls • Round-Offs • Back Extension • Cartwheels • Front/Back Walkovers • Combinations of Tumbling Skills within this range • Failure to do any tumbling may result in a score of "0" (no score). 	<ul style="list-style-type: none"> • Standing Back Handspring • Front Handspring • Back Walkover, BHS • Round-off BHS • Combinations of Tumbling Skills within this range. 	<ul style="list-style-type: none"> • Aerials • Round-Off, 2 Back Handsprings • 2 Standing BHS 	<ul style="list-style-type: none"> • Round-Off 3 BHS • 3 Standing BHS • Cartwheel Back Tuck • Round-Off Back Tuck • Round-Off BHS Back Tuck • Creative combinations of Tumbling Skills within 4.1-8 range. 	<ul style="list-style-type: none"> • Standing BHS Back Tuck • Standing BHS Series Back Tuck • Creative combinations of tumbling skills within 6.1-9 range • Punch Front • Bounder • Standing Back Tuck

<p align="center">TUMBLING EXECUTION</p> <p align="center">Criteria: Proper body position, execution and landing of tumbling skills.</p>					
Refers to proper body	0-2	2.1-4	4.1-6	6.1-8	8.1-10
		Majority team has poor execution of tumbling skills.	Below average execution of tumbling skills.	Average execution of tumbling skills.	Above average execution of tumbling skills.