

JAMZ CHAMPIONSHIP GUIDE

2 0 1 7 - 2 0 1 8 S E A S O N

SCHOOLS CHEER LEVELS GRID (1 OF 3)

ALL TEAMS MUST FOLLOW THE LEVEL RULES FOR THE CATEGORY AND LEVEL THEY ARE COMPETING, IN ADDITION TO THE PREVIOUSLY REFERENCED AACCA RULES

LEVEL 1	
STANDING TUMBLING	<ul style="list-style-type: none"> 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. 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.
RUNNING TUMBLING	<ul style="list-style-type: none"> Running tumbling is defined as any skill that requires forward step or hurdle. All skills with hand support on the performance surface are allowed including series of these skills. Therefore a round off back handspring would be legal. For example, front handspring walkout round off series back handsprings would also be allowed. 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.
STUNTS	<ul style="list-style-type: none"> Free standing extended stunts are limited to stunts where both feet are in the bases hands at all times. Single leg stunts above prep level are NOT allowed. All free standing prep level single leg variations are allowed. 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). Suspended forward rolls are allowed as stunt transitions provided they follow all AACCA guidelines. Prohibited skills include but are not limited to: Extended single leg stunts and single leg show and go stunts that travel above prep level.
INVERSIONS	<ul style="list-style-type: none"> 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. All Inversions must follow AACCA limitations on inversions as well as all limitations listed here. Prohibited skills include but are not limited to: Inversions that originate above ground level, inversions that originate from a cradle and inversion/back walkover out from cradle or stunt.
DISMOUNTS	<ul style="list-style-type: none"> 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. Dismounts are limited to: straight ride cradle, step off the front, shove wrap OR Alternate cradles (i.e. arch, toe touch, pike, ball/tuck, etc.) Flips are prohibited (exception: see suspended forward rolls in stunts for stunt transition exception). Prohibited dismounts include but are not limited to: All full twisting dismounts and cradles may not land in the prone position (on stomach).
RELEASE MOVES	<ul style="list-style-type: none"> 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.) All stunt release moves must land in a cradle. See Pyramid release moves for restrictions and requirements.
TOSSES	<ul style="list-style-type: none"> 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. 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. All types of Tosses are prohibited in the Elementary and Middle Schools Divisions.
PYRAMIDS	<p>Pyramids unless otherwise mentioned in this section must follow stunt, release moves, inversions, and dismount rules listed above and are allowed up to 2 high with the following exceptions:</p> <ul style="list-style-type: none"> Single-leg extended stunt variations are allowed in pyramids but the flyer must be braced (supported by) on one side by a prep level or below stunt with hand/arm connection ONLY. The connection to the hand/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. 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 top persons at prep level or below with hand-arm connection and constant contact between the top person and the bracers must be maintained throughout the transition. Moving/walking and hanging pyramids are allowed. Twisting pyramid transitions are limited to 1/2 twist. Prohibited skills include but are not limited to : Collapsible pyramids and pyramid inverted braced flips.

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ALL SKILLS ALLOWED IN THE LEVEL 1 ARE ALSO ALLOWED IN LEVEL 2

LEVEL 2	
STANDING TUMBLING	<ul style="list-style-type: none"> 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. Standing series of these skills are also allowed including jump to handspring series. 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.
RUNNING TUMBLING	<ul style="list-style-type: none"> Running tumbling is defined as any skill that requires forward step or hurdle. 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 (exception: Aerial cartwheels and punch fronts are allowed.) No tumbling is allowed after an aerial/flip/tuck (Exception) - tumbling is allowed after a punch front/front flip. 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.
STUNTS	<ul style="list-style-type: none"> All Single leg extended stunts are allowed. Twisting during the load in/mount and/or transitions is limited to 1/2 twist to an extended position. All other twisting below extension level may not exceed 1 full twisting rotation. Stunt release moves must begin below prep level and must land/catch at prep level and below. Suspended forward rolls are allowed as stunt transitions provided they follow all AACCA guidelines. 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.
INVERSIONS	<ul style="list-style-type: none"> 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.
DISMOUNTS	<ul style="list-style-type: none"> 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. Cradles from all stunts are limited to one and one quarter (1 1/4) twists from all two leg stunts OR prep level single leg stunts. Only straight pop downs, basic straight cradles and 1/4th turns are allowed from any single leg extended stunt. Flips are prohibited (exception: see stunts suspended forward rolls).
RELEASE MOVES	<ul style="list-style-type: none"> 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). Helicopters (that are released) are allowed but limited to one half rotations. All types of Tosses are Prohibited in the Elementary, Junior High, and Middle School Divisions.
TOSSES	<ul style="list-style-type: none"> Sponge, basket, squishy, scrunch tosses are allowed and must be caught in a cradle position by the original bases. 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. 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. All Tosses Prohibited for Middle/Elementary Schools.
PYRAMIDS	<p>Pyramids unless otherwise mentioned in this section must follow stunt, release moves, inversions, and dismount rules listed above and are allowed up to 2 high with the following exceptions:</p> <ul style="list-style-type: none"> 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. Moving/walking and hanging pyramids are allowed. Twisting in Pyramids must follow all limitations outline in the stunt twisting section of this document and must follow AACCA rules related to twisting and/or flipping. 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.

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SCHOOLS CHEER LEVELS GRID (2 OF 3)

ALL TEAMS MUST FOLLOW THE LEVEL RULES FOR THE CATEGORY AND LEVEL THEY ARE COMPETING, IN ADDITION TO THE PREVIOUSLY REFERENCED AACCA RULES
ALL BUILDING SKILLS ALLOWED IN THE LEVELS BELOW ARE ALLOWED IN LEVEL 3.1

	LEVEL 3.1
STANDING TUMBLING	<ul style="list-style-type: none"> 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. 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.
RUNNING TUMBLING	<ul style="list-style-type: none"> Running tumbling is defined as any skill that requires forward step or hurdle. 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 series back handsprings would also be allowed. 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.
STUNTS	<ul style="list-style-type: none"> All Single leg extended stunts are allowed. Twisting during the load in/mount is limited to 1 ¼ twist by the flyer. Free standing switch ups and release moves are ALLOWED see AACCA Release Moves. Transitional stunts may change bases and may include up to one and one half twist. All inversions in stunts and stunt transitions must follow AACCA rules.
INVERSIONS	<ul style="list-style-type: none"> All inverted stunts and transitions up to the AACCA limitations are allowed. Please refer to D. Inversions section for inversion specifics and provisions listed within these allowances.
DISMOUNTS	<ul style="list-style-type: none"> 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. Cradles from all stunts are limited to 1 ¼ twists. Flips are prohibited (exception: suspended forward rolls are allowed provided they follow all AACCA guidelines). Cradle dismounts to different bases (i.e. fireman's catches, fall backs and pendulums) must originate from prep level or below.
RELEASE MOVES	<ul style="list-style-type: none"> Release moves are allowed and must follow all AACCA requirements on release moves. Helicopters (that are released) are allowed but limited to one half rotation.
TOSSES	<ul style="list-style-type: none"> Sponge, basket, squishy, scrunch tosses are allowed and must be caught in a cradle position by the original bases. Tosses that exceed 1 ¼ twists are prohibited. Tosses may incorporate up to three tricks. Double twists would be illegal but hitch kick full or Kick-Kick full would be LEGAL. Flipping (front or back) and traveling tosses are not allowed. All types of Tosses are Prohibited in the Elementary, Junior High, and Middle School Divisions.
PYRAMIDS	<p>Pyramids unless otherwise mentioned in this section must follow stunt, release moves, inversions, and dismount rules listed above and are allowed up to 2 high with the following exceptions:</p> <ul style="list-style-type: none"> All Pyramid release moves and braced flips must follow all AACCA requirements including AACCA inversion guidelines (Section D). Moving and walking pyramids are allowed. Collapsible pyramids are prohibited.

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ALL SKILLS ALLOWED IN THE LEVELS BELOW ARE ALLOWED IN LEVEL 3

	LEVEL 3*
STANDING TUMBLING	<ul style="list-style-type: none"> Standing tumbling is defined as any tumbling skill not originating from a cartwheel or round off. Flips are allowed but may not exceed one flipping and one twisting rotation. Prohibited skills include but are not limited to: forward 3/4 flips to the seat, toe-pitch flips, double fulls, and dive rolls.
RUNNING TUMBLING	<ul style="list-style-type: none"> Running tumbling is defined as any skill that requires forward step or hurdle. Flips are allowed but may not exceed one flipping and one twisting rotations. Prohibited skills include but are not limited to: forward 3/4 flips to the seat, toe-pitch flips and dive rolls.
STUNTS	<ul style="list-style-type: none"> All Single leg extended stunts are allowed. Twisting during the load in/mount is limited to 1 ¼ twist by the flyer. Free standing switch ups and release moves are ALLOWED see AACCA Release Moves. Transitional stunts may change bases and may include up to one and one half twist. All inversions in stunts and stunt transitions must follow AACCA rules.
INVERSIONS	<ul style="list-style-type: none"> All inverted stunts and transitions up to the AACCA limitations are allowed. Please refer to D. Inversions section for inversion specifics and provisions listed within these allowances.
DISMOUNTS	<ul style="list-style-type: none"> 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. Cradles from all stunts are limited to 1 ¼ twists. Flips are prohibited (exception: suspended forward rolls are allowed provided they follow all AACCA guidelines. Cradle dismounts to different bases (i.e. fireman's catches, fall backs and pendulums) must originate from prep level or below.
RELEASE MOVES	<ul style="list-style-type: none"> Release moves are allowed and must follow all AACCA requirements on release moves Helicopters (that are released) are allowed but limited to one half rotation.
TOSSES	<ul style="list-style-type: none"> Sponge, basket, squishy, scrunch tosses are allowed and must be caught in a cradle position by the original bases. Tosses that exceed 1 ¼ twists are prohibited. Tosses may incorporate up to three tricks. Double twists would be illegal but hitch kick full or Kick-Kick full would be LEGAL. Flipping (front or back) and traveling tosses are not allowed. All types of Tosses are Prohibited in the Elementary, Junior High, and Middle School Divisions.
PYRAMIDS	<p>Pyramids unless otherwise mentioned in this section must follow stunt, release moves, inversions, and dismount rules listed above and are allowed up to 2 high with the following exceptions:</p> <ul style="list-style-type: none"> All Pyramid release moves and braced flips must follow all AACCA requirements including AACCA inversion guidelines (Section D). Moving and walking pyramids are allowed. Collapsible pyramids are prohibited.

***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
STANDING TUMBLING	<ul style="list-style-type: none"> 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/series front/back handsprings are allowed. 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.
RUNNING TUMBLING	<ul style="list-style-type: none"> Running tumbling is defined as any skill that requires forward step or hurdle. 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 series back handsprings series would also be allowed. 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..
STUNTS	<ul style="list-style-type: none"> Stunts are limited to two leg extended stunt. ALL single leg stunts whether in a pyramid or free standing are Prohibited
INVERSIONS	<ul style="list-style-type: none"> No inversions are allowed in stunts, therefore all inverted entrances/dismounts are ILLEGAL.
DISMOUNTS	<ul style="list-style-type: none"> 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. Dismounts are limited to: straight ride cradle, step off the front, or shove wrap. 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).
RELEASE MOVES	<ul style="list-style-type: none"> All Release moves are prohibited.
TOSSES	<ul style="list-style-type: none"> All types of tosses, Sponge, basket, squishy, scrunch or similar type of tosses are prohibited.
PYRAMIDS	<ul style="list-style-type: none"> 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.
ADDITIONAL REQUIREMENTS/LIMITATIONS	<ul style="list-style-type: none"> At least one of the following props is required: poms, banners, megaphones, props, flags, drum cadences or signs. Failure to incorporate at least one of the following props will result in a zero. Your spirited entrance may incorporate jumps, running tumbling, flags, cheers and/or chants and will be judged. A spirited entrance is required. Crowd involvement will be judged and evaluated. Teams should incorporate cheer, chants, spirited yells and all other aspects which encourage crowd involvement and interaction. No amplified music is allowed. A drummer or drum line is allowed.

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2017-18 AACCA 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: A forward roll where the feet leave the ground before the hands reach the ground.

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 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 Liberty: A stunt in which the top person begins with one foot in a load position, is released from the bases, and then lands in a Liberty on the other foot.

Suspended Roll: A stunt in which one or more upright bases or posts hold a top person's hand(s)/arm(s) while the top person performs continuous hip-over-head rotation.

Tension Drop: A dismount from a stunt or pyramid where the top person(s) are directed toward the ground while their feet are held by the base(s) until just before the landing.

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 gymnastics (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 or tosses.
13. Squad members must wear athletic shoes (no gymnastic slippers).
14. When discarding props (signs, etc.) that are made of solid material or have sharp edges/corners, team members must gently toss or place the props so that they are under control.
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 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. Partner stunts and pyramids may not pass over, under or through other partner stunts or pyramids.
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 may be released to a stunt at any level provided the top person remains vertical, and the top person performs no more than 1 ¼ twisting rotations.
 - 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. Extended Straddle Lifts must have an additional spotter for the head and shoulders of 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 or spotter.
 - b. At least two catchers and/or bases catch the upper body of the top person.
 - c. The catchers must be to the side or front of the person(s) moving the top person.
 - d. 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.
 - e. 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.
22. Tension drops are prohibited.

D. Inversions

Note: Inversions are partner stunts or pyramids 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), the bracer(s) must have **two bases or a base and spotter** (Exception: shoulder sits and thigh stands).
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** (Exception: shoulder sits and thigh stands).
5. Braced flips in a pyramid are allowed provided all of the following conditions are met:
 - a. The top person begins in a multi-base loading position, stunt, cradle, or on the performing surface.
 - b. The top person maintains continuous hand-to-hand/arm contact with two bracers who are in double base preps with a spotter. Each arm of the top person must be connected to a bracer.
 - c. The top person is not behind the bracers.
 - d. The top person shall have at least three people involved who were the original bases or spotters.
 - 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 ends 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.
 - h. The bases/catchers remain stationary except as necessary for safety adjustments.
6. In all other inversions:
 - a. Inversions may be released to the following provided there is a spotter:
 - 1) Dismounts with no more than a **$\frac{1}{2}$ turn**.
 - 2) Loading positions below prep level with no more than a **$\frac{1}{2}$ turn**.
 - 3) Stunts at prep level or below. Twists not allowed.
 - b. In inversions where the base of support begins and remains below prep level, at least one person shall be in a position to protect the head/neck of the top person and shall maintain contact with 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.
 - c. Inversions where the base of support begins at or passes through prep level require two bases or a base and spotter, at least two people on the performing surface shall be in a position to protect the head/neck of the top person, **one of whom shall maintain contact with 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.
 - 1) If caught in a cradle, load or stunt by catchers who are not original bases, the new catchers are in place and are not involved with any other skill when the transition is initiated.
 - 2) The top person must not go directly to an inverted position on the performance surface from a prep or higher.
 - 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: During a transition from an inverted position on the performing surface to a non-inverted stunt, a top person can hold objects.
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. Partner stunts and pyramids may not pass over, under or through other partner stunts or pyramids.
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 $\frac{1}{4}$ 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. The top person must be caught by their original bases.

For braced inversion pyramids, see Rule D.

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 in this section 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 Liberties (also called Giddy Up or Tick Up) 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.

Copies of these guidelines should be distributed to all squad members and any administrators involved with the cheerleading program. All guidelines should be understood and accepted by all parties involved in the cheerleading program including coaches, assistants, squad members, parents, and administrators.

The above safety guidelines are general in nature and are not intended to cover all circumstances. All cheerleading gymnastics including tumbling, partner stunts, pyramids and jumps should be carefully reviewed and supervised by a qualified adult coach.

Cheerleading jumps, gymnastics 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 AACCA Safety Course will help minimize the risk of injury, the American Association of Cheerleading Coaches and Administrators makes no warranties or representations, either expressed or implied, that the above guidelines will prevent injuries to individual participants.

For more information, visit AACCA.org. If you have questions regarding a specific rule, contact us at 800-533-6583.

Summary of the 2017-18 AACCA School Rules Changes

General:

Three rules were added to the general rules to address specific game situations and apparel.

Inversions:

D3 – D5: Braced inversions, rolls, and flips have been split into three distinct rules for clarity.

D3b: If released, a braced inversion's bracers must have two bases or a base and spotter like other released pyramids. See Release Pyramids below for more information.

D4: In braced rolls, the bracer must have two bases or a base and spotter. Last year, since this is not a released pyramid, there were no restrictions on bases of bracers or requirements for spotters of bracers.

D6a: Inversions from the ground that release may land at prep level. Previously they could only land in a load. This groups all inverted releases together for consistency. They can all release to prep level or below.

D6c: In inverted stunts that are at or pass above prep level, one person must be in contact and at least one spotter who may or may not be in contact. This rule combines two contradictory rules and is similar to the "static inverted shoulder level" rule from last year.

D6c: Note that the entire "Suspended Rolls" section has been removed. Suspended rolls are now subject to the same rules as all other inverted stunts that go above prep level. They must remain in contact with at least one person (specific grips are not required) and must have at least one other base or spotter. This means that single based, single grip suspended rolls are allowed as long as there is a spotter, which could be the persons releasing or catching the top person if they are in position. *For NFHS rules, there must be a second person in contact with the top person's upper body, which means the single base, single grip suspended roll is legal as long as the spotter grabs the wrist of the top person.*

Pyramids:

E3: The word "static" has been removed. Extended stunts which brace each other can now transition without restriction.

E3: The previous wording "must be hand/arm to hand/arm" has been changed to be more specific as to the contact we want to eliminate. As long as one extended bracer is not using their hand or arm to support or hold another extended top person's foot or leg, the contact is legal. For example, a liberty heel stretch may use her free arm to touch the shoulder of the heel stretch next to her. Last year, this would have been illegal, as the shoulder is not the "arm". This year, since it is not holding the foot or leg, the contact is legal.

E7c: In released pyramid transitions, including Braced Inversions where the top person releases from the bases, the bracers must have two bases or a base and spotter.

Previous rules simply required a spotter on all bracers who were at prep level. The result was that in place of a more stable double based prep, teams would remove a base in order to make them a spotter for a single base. The committee prefers that a stable base is available to a bracer, whether from a double based prep or a single base with an available spotter.

JAMZ CHAMPIONSHIP GUIDE

2 0 1 7 - 2 0 1 8 S E A S O N

SCHOOL CHEER PENTALTY INFO

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.

2.5 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 BOBBLE on a stunt skill. (stunts or pyramids that almost drop/ fall but are saved (this includes excessive movement by the bases); Blatant incomplete twisting cradles (landing on stomach); knee or hand touching the ground during a cradle; Controlled cradling, dismounting or bringing down a stunt or pyramid early (not timing issues))

1.0 Point (per occurrence) deducted from your total possible score for each FALL on a stunt skill. (Uncontrolled cradling, dismounting or bringing down a stunt or pyramid early (not timing issues) or base falling to the floor during a cradle or dismount.)

1.5 Points (per occurrence) deducted from your total possible score for each FALL from an individual stunt, pyramid, toss, or other building skill, to the ground (top person lands on ground other than their feet/foot or multiple bases land 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.

TIME LIMIT PENALTIES:

1.0 Point deducted from your total possible score if your routine goes 6 – 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 a JAMZ official), 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, JAMZ RESERVES THE RIGHT TO DISQUALIFY ANY TEAM.

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2 0 1 7 - 2 0 1 8 S E A S O N

SCHOOL CHEER ADDITIONAL GLOSSARY

Aerial: Cartwheel or walkover executed without placing hands on the ground.

Awesome: A stunt where a top person has both feet together in the hand(s) of the base(s). Also referred as a "Cupie."

Back Dismount: Flyer dismounts backwards (with or without the feet being held) to catchers who are not the original bases to a cradle from a stunt or pyramid.

Back Walkover: A non-aerial tumbling skill where one moves backward into an arched position, with the hands making contact with the ground first, then rotates the hips over the head and lands on one foot/leg at a time.

Barrel Roll: A release move whereby the top person's body rotates at least 360 degrees while remaining parallel to the performance surface. An assisted barrel roll would be the same skill, with the assistance from an additional base that maintains contact throughout the transition.

Base: A person who is in direct weight bearing contact with the performance 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.

Bobble: An error during a technical skill. Obvious missed skills: hand(s) down on a tumbling skill/shaky stunts/pyramids/baskets, incomplete or obvious errors in regards to dismounts (i.e., incomplete twisting cradles), obvious errors during jump, motion and dance execution.

Bracer: A top person that provides stability to another top person.

Braced Flip: A pyramid in which the top person passes through an inverted position while in contact with the bracers.

Cartwheel: A non-aerial gymnastic skill where one supports the weight of the body with the arm(s) while rotating sideways through an inverted position landing one foot/leg at a time.

Continuous Back Spotter: A person located behind the stunt that maintains continuous visual contact with the flyer, keeps the arms up and may hold the calves or ankles of the flyer, or the bases' wrists on an extended stunt. The continuous back spotter is responsible for the neck and shoulders of the flyer.

Cradle: A dismount from a partner stunt, pyramid or toss in which the top person is caught in a face-up, piked position before being placed on the performance area or remounting into another stunt, pyramid or loading position.

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

Dismount: The final part of a stunt (originated by the bases) used to bring the flyer back to the performance surface (i.e. step off, shove wrap, cradle).

Dive Roll: A forward roll where your feet leave the ground before the hands reach the ground.

Drop: Dropping to the knee, thigh, seat, front, back or split position onto the performance surface from an airborne position or inverted position without first bearing most of the weight on the hands/feet which breaks the impact of the drop.

Elevator/Sponge Toss: A stunt in which the top person loads into 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, flat backs 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.

Extended Position: Anytime the bases take the feet of the flyer above the head of the bases, no matter how momentary the flyer has passed through the extended position. Therefore, true show and go's would be considered an extended position.

Extension Prep or Prep (or Half): When the top person is being held at shoulder level by the base(s).

Flat back: A stunt in which the flyer is transitioned from a stunt at prep level or below with both feet off of the ground to a lying horizontal face up position and is supported by two or more bases and one continuous back spotter held at the prep level.

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2 0 1 7 - 2 0 1 8 S E A S O N

SCHOOL CHEER GLOSSARY

CONTINUED

Flip: An aerial skill that involves hip-over-head rotation without contact with the performance surface as the body passes through the inverted position.

Flyer: A person who receives primary support from another person.

Forward Roll: A non-airborne tumbling skill where one rotates forward through an inverted position by lifting the hips over the head and shoulders while curving the spine to create a motion similar to a ball "rolling" across the floor.

Forward Suspended Roll: The top person begins in a non-inverted position from the performance surface or a stunt. The top person has continuous hand-to-hand contact with two primary bases or with two posts who are controlling the top person. The top person cannot have contact with one base and one post or with bracers. The bases or posts cannot be involved in any other skill during the suspended roll.

Front Bracer (Spotter): A person located in front of the stunt added to help control the stunt and for the additional safety of the flyer.

Front Walkover: A non-aerial tumbling skill where one rotates forward through an inverted position to a non-inverted position by arching the legs and hips over the head and down to the performance surface landing one foot/leg at a time.

Half: See "Extension Prep".

Hand/Arm Connection: The physical contact between two or more individuals using the hand(s)/arm(s).

Handspring: Springing off the hands by putting the weight on the arms and using a strong push from the shoulders; can be done forward or backward.

Handstand: A straight body inverted position where the arms are extended straight by the head and ears.

Hand Support: When both hands make contact with the performance surface during a tumbling skill to support the tumbler's weight.

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.

Inversion/Inverted: A body position where the shoulder are below the waist.

Jump: An airborne position not involving hip-over-head rotation created by using one's own feet and lower body power to push off the performance surface.

Knee (Body) Drop: Dropping to the knees, without first bearing majority of the weight on the hands or feet.

Loading Position: A position in which the top person is off the ground in continuous movement that puts the bases and top in a position to end the movement in a stunt

Middle: A top person who is being supported by a base while also supporting a top person.

New Base(s): Bases previously not in direct contact with the top person of a stunt.

Original Base(s): A base which is in contact with the top person during the initiation of the stunt.

Pendulum: A stunt in which the flyer falls forward and/or backward away from the bases in a lay out position to the required number of catchers while maintaining constant hands to feet/legs contact with the bases. It is not a dismount.

Pike: Body bent forward at the hips while the legs are kept straight.

Pop: A controlled upward throwing motion by a base(s) to release the flyer free from contact with the bases to a cradle catch from a shoulder-level stunt and above.

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2 0 1 7 - 2 0 1 8 S E A S O N

SCHOOL CHEER GLOSSARY

CONTINUED

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

Power Press: When bases bring the top person from an extended position, down to prep level or below, and then re-extend.

Prep Level: The height of the bases hands are at shoulder-level (also known as shoulder-height). For purposes of pyramids shoulder sits are considered prep level stunts.

Primary Support: Supporting a majority of the weight of the top person.

Prone Position: A face down, flat body position.

Prop: Any object which can be manipulated or used as a base. Flags, banners, signs, poms, megaphones, and pieces of cloth.

Pyramid: Connected partner stunts. In order to be considered a pyramid individual stunts must connect or touch.

Quick Toss: A toss technique where the top person begins the toss with both feet on the ground. The bases can apply an upward force on any part of the body other than under the feet.

Release Move/ 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.

Reload: Return to the loading position with both feet of the top person in the hands of the bases.

Retake: Reloading to a stunt, whereby the top person brings one foot to the ground prior to reloading.

Round Off: The tumbler, with a push-off on one leg, plants hand(s) on floor while swinging the legs upward in a fast cartwheel motion. The feet snap down together landing at the same time to the performance surface.

Running Tumbling: Tumbling that is performed with a running start and/or involves a step or a hurdle (etc,) used to gain momentum as an entry to another skill. Any type of forward momentum/movement prior to execution of the tumbling skill(s) is defined as "running tumbling."

Show and Go: A transitional stunt where a stunt passes through an extended level and lands into a loading position or non-extended stunt.

Single-Based Stunt: A stunt using a single-base for support.

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

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

Standing Tumbling: A tumbling skill (series of skills) performed from a standing position without any previous forward momentum. Any number of steps backward prior to execution of tumbling skill(s) is defined as "standing tumbling."

Straight Cradle: A release move from a stunt to a catching position where no skill (i.e. turn, kick, twist, etc.) is performed.

Straight Ride: The body position of a top person performing a toss that does not involve any trick in the air. It is a straight line position that teaches the top to reach and obtain maximum height on toss.

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

Suspended Roll: A skill in which a person in contact with bases or posts performs a foot-over-head rotation.

Swedish Falls: A stunt in which the flyer is lying horizontal face down and is supported by two or more bases and one continuous back spotter.

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SCHOOL CHEER GLOSSARY

CONTINUED

Switch Liberty: A Stunt in which the top person begins with one foot on the performance surface, is released from the bases, and lands in a stunt on the other foot.

Tension Roll/Drop: A dismount from a stunt or pyramid where the top person(s) are directed toward the ground while their feet are held by the base(s) until just before landing.

Tick Tock: A stunt that is held in a static position on one leg, the base(s) takes a downward clip 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.

Toe/Leg Pitch: A single or multi-based toss in which the base(s) push upward on a single foot or leg of the top person to increase the top person's height.

Top Person: A person who is not in contact with the performance surface and is being supported or stabilized by another person or has been tossed into the air. Referred to as the flyer or partner.

Toss: An airborne stunt where base(s) execute throwing motion from the waist level to increase the height of the top person. Top person becomes free from all bases, spotters, posts or bracers.

Two – High Pyramid: All flyers, individuals in the pyramid/mount who are not in contact with the performance surface, must be primarily supported by a base(s), one or more individuals who are in direct weight-bearing contact with the performance surface.

Two and One Half (1/2) – High Pyramid: All flyers, individuals in the pyramid who are not in contact with the performance surface must be primarily supported by a base(s), one or more individuals who are in a prep level stunt.

Transitional Stunt: Top person(s) moving from one stunt to another thereby changing the configuration of the beginning stunt.

Tuck Position: A position in which the knees and hips are bent and drawn into the chest; body is bent at waist.

Tumbling: Any gymnastic or acrobatic skill that begins and ends on the performance surface.

X-Out: Flip or somersault skill performed that involves spreading the arms and legs into an "X" fashion during the rotation of the flip.

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SCORE SYSTEM 411 SCHOOL DANCE DIVISIONS

JAMZ' score system leads the industry in innovation! We take scoring to the next level! We challenge teams to "perform smarter." By understanding JAMZ' 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 JAMZ' SCORING?

Everything you need to know about JAMZ 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?

JAMZ 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. JAMZ 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, JAMZ 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 and Pace (loud and natural voices, good inflection, moderate pace)	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.

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JAMZ CHAMPIONSHIP GUIDE

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COACH CHEAT SHEET

HOW DO YOU USE JAMZ 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 JAMZ' 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 good basic technique. Missing motion strength and sharpness. Varied motions moderately paced. Good incorporation into cheer and/or dance. Average energy level in dance with minimal transitions and level changes in dance.
 - 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 precise motion technique and placements. Strong sharp motions. Variety of upbeat and stylized fast paced motion sequences. Visually enhancing motion sections. Excellent incorporation into cheer and/or dance. Multiple transitions, level changes and variety in dance with high energy.
 - Then you can expect to receive a score in the 9.0 – 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 9.0 – 10.0 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 could fall in a 8.0 – 8.9 range because the majority of the team failed to perform the back handsprings entry to a back tuck but would receive enhancements within the 8.0 -8.9 range for the ONE back tuck.

3. SUMMARY - TIPS FOR COACHES

- Skill sets for standing & running tumbling, stunts, dismounts, tosses 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.

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PARTICIPANT NUMBER REQUIREMENTS

Number of Participants	50% + 1 (Tumbling & Motions)*	50% + 1 (Groups of 4) Stunts, Dismounts, 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, 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)

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JAMZ CHAMPIONSHIP GUIDE

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SCORING GRIDS & GUIDELINES

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.

SCORING CRITERIA FOR EACH POINT RANGE

STUNTS: Percentage of team participation Body position and control Minimal use of bases Degree of difficulty Level of Execution Creativity	DISMOUNTS: Percentage of team participation Completion of rotation Sharpness of landing How tight are bases catching & Setting out Execution of cradle Pointed toes by flyer at landing Legs together and no uncrossed legs Creativity Height of dismounts
TOSSES: Percentage of team participation Body position and control Degree of difficulty Level of Execution Use of arm movements Minimal use of bases (no front spots) Creativity Landings Height	PYRAMIDS: Percentage of team participation Body position and control Minimal use of bases Degree of difficulty Level of Execution Creativity Transitions speed and variety
STANDING/RUNNING TUMBLING Percentage of team participation Form Height of execution Combinations of Skills Creativity Synchronization of landings	JUMPS: Percentage of team participation Degree of difficulty Technique, timing, landing Synchronization Difficulty of approaches Landings/ Arm movements Pointed toes Variety

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Schools JV/Varsity Building Judge Levels 1-3

SCORING ELEMENTS	MAX POINTS	YOUR SCORE
Scoring Criteria		
Stunts Difficulty	11	
Stunts Execution	1	
Pyramids Difficulty	11	
Pyramids Execution	1	
Dismounts Difficulty	10	
Dismounts Execution	1	
Comment:	POSSIBLE: 35	YOUR TOTAL:



Schools JV/Varsity Overall Judge Levels 1-3

SCORING ELEMENTS	MAX POINTS	YOUR SCORE
Scoring Criteria		
Motions/Dance	10	
Performance/Showmanship	10	
Overall Execution/Choreography/Crowd Appeal	10	
Comment:	POSSIBLE: 30	YOUR TOTAL:



Schools JV/Varsity Tumbling-Jumps Judge Levels 1-3

SCORING ELEMENTS	MAX POINTS	YOUR SCORE
Scoring Criteria		
Tumbling Difficulty	11	
Tumbling Execution	1	
Tosses Difficulty	11	
Tosses Execution	1	
Jumps Difficulty	10	
Jumps Execution	1	
Comment:	POSSIBLE: 35	YOUR TOTAL:



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

SCORING ELEMENTS	MAX POINTS	YOUR SCORE
Scoring Criteria		
Stunts Difficulty	15	
Stunts Execution	1	
Pyramids Difficulty	15	
Pyramids Execution	1	
Dismounts Difficulty	10	
Dismounts Execution	1	
Comment:	POSSIBLE: 43	YOUR TOTAL:



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

SCORING ELEMENTS	MAX POINTS	YOUR SCORE
Scoring Criteria		
Motions/Dance	10	
Performance/Showmanship	10	
Overall Execution/Choreography/Crowd Appeal	10	
Comment:	POSSIBLE: 30	YOUR TOTAL:



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

SCORING ELEMENTS	MAX POINTS	YOUR SCORE
Scoring Criteria		
Tumbling Difficulty	15	
Tumbling Execution	1	
Jumps Difficulty	10	
Jumps Execution	1	
Comment:	POSSIBLE: 27	YOUR TOTAL:



Schools Non-Tumbling Building Judge

SCORING ELEMENTS	MAX POINTS	YOUR SCORE
Scoring Criteria		
Stunts Difficulty	15	
Stunts Execution	1	
Pyramids Difficulty	15	
Pyramids Execution	1	
Dismounts Difficulty	12	
Dismounts Execution	1	
Comment:	POSSIBLE: 45	YOUR TOTAL:



Schools Non-Tumbling Overall Judge

SCORING ELEMENTS	MAX POINTS	YOUR SCORE
Scoring Criteria		
Motions/Dance	10	
Performance/Showmanship	10	
Overall Execution/Choreography/Crowd Appeal	10	
Comment:	POSSIBLE: 30	YOUR TOTAL:



Schools Non-Tumbling Jumps-Toss Judge

SCORING ELEMENTS	MAX POINTS	YOUR SCORE
Scoring Criteria		
Tosses Difficulty	13	
Tosses Execution	1	
Jumps Difficulty	10	
Jumps Execution	1	
Comment:	POSSIBLE: 25	YOUR TOTAL:



Schools Sideline Performance Crowd Leading Judge

SCORING ELEMENTS	MAX POINTS	YOUR SCORE
Scoring Criteria		
Crowd Effective Material	10	
Crowd Leading Skills	10	
Voice and Pace	10	
Use of Signs/Poms/Flags/Megaphones	10	
Comment:	POSSIBLE: 40	YOUR TOTAL:



Schools Sideline Performance Motion Judge

SCORING ELEMENTS	MAX POINTS	YOUR SCORE
Scoring Criteria		
Motion Placement	10	
Motion Strength	10	
Motion Synchronization	10	
Comment:	POSSIBLE: 30	YOUR TOTAL:



Schools Sideline Performance Overall Judge

SCORING ELEMENTS	MAX POINTS	YOUR SCORE
Scoring Criteria		
Overall Impression	10	
Overall Crowd Appeal	10	
Spacing and Formations	10	
Comment:	POSSIBLE: 30	YOUR TOTAL:

Elementary Middle School Level 1

OVERALL EXECUTION/CHOREOGRAPHY/CROWD APPEAL (Max Score: 10.0)	
0.0 - 7.9	Zero Skills Performed
8.0 - 8.4	Minimal/inconsistent pace and flow of routine, smooth transitions, choice and use of music and/or timing. Minimal/inconsistent visual effects, level changes, roll offs. Minimal/inconsistent creativity. Minimal execution of routine.
8.5 - 8.9	Moderate/consistent pace and flow of routine, smooth transitions, choice and use of music and/or timing. Moderate/consistent visual effects, level changes, roll offs. Moderate/consistent creativity. Moderate execution of routine.
9.0 - 9.4	Good pace and flow of routine, smooth transitions, choice and use of music and/or timing. Good visual effects, level changes, roll offs. Good creativity. Good execution of routine.
9.5 - 10.0	Excellent/innovative pace and flow of routine, smooth transitions, choice and use of music and/or timing. Excellent/innovative visual effects, level changes, roll offs. Excellent/innovative creativity. Highest/strongest level of execution of routine.
PERFORMANCE/SHOWMANSHIP (Max Score: 10.0)	
0.0 - 7.9	Zero Skills Performed
8.0 - 8.4	Minimal/inconsistent quality of presentation, showmanship, routine attitude, confidence, audience/crowd appeal, routine ownership, engaging. Minimal/inconsistent formations, spacing, synchronization, cleanliness and/or uniformity. Minimal/inconsistent degree of difficulty.
8.5 - 8.9	Moderate/consistent quality of presentation, showmanship, routine attitude, confidence, audience/ crowd appeal, routine ownership, engaging. Moderate/ consistent formations, spacing, synchronization, cleanliness and/or uniformity. Moderate/consistent degree of difficulty.
9.0 - 9.4	Good quality of presentation, showmanship, routine attitude, confidence, audience/crowd appeal, routine ownership, engaging. Good formations, spacing, synchronization, cleanliness, and/or uniformity. Good degree of difficulty.
9.5 - 10.0	Excellent/innovative quality of presentation, showmanship, routine attitude, confidence, audience/crowd appeal, routine ownership, engaging. Excellent/innovative formations, spacing, synchronization, cleanliness, and/or uniformity. Excellent/innovative degree of difficulty.
MOTIONS/DANCE (Max Score: 10.0)	
0.0 - 7.9	Lacking strength and technique in motions. Movements lacking basic technique. Slow paced, drawn out lengthy sections. Little or no control over arm placement. Lacking sharpness. Lacking/poor incorporation into cheer and/or dance.
8.0 - 8.4	Moderate motion technique. Lacking sharpness and overall motion control. Moderate paced. Lacking creativity and variety in motions. Weak incorporation into cheer and/or dance. Low energy dance with minimal to zero transitions and level changes in dance.
8.5 - 8.9	Good basic technique. Missing motion strength and sharpness. Varied motions moderately paced. Good incorporation into cheer and/or dance. Average energy level in dance with minimal transitions and level changes in dance.
9.0 - 9.4	Great technique and control. Sharp motions. Excellent pace. Motion sequences include variety. Moderate visual enhancement. Great incorporation into cheer and/or dance. Moderate energy with some transitions and level changes in dance.
9.5 - 10.0	Strong sharp motions. Variety of upbeat and stylized fast paced motion sequences. Visually enhancing motion sections. Excellent incorporation into cheer and/or dance. Multiple transitions, level changes and variety in dance with high energy.
JUMPS DIFFICULTY (Max Score: 10.0 - 1 point(s) will be reserved for execution)	
0.0 - 0.0	Zero jumps performed.
7.0 - 7.0	Less than most of team performs 1 jump (either advanced or basic).
7.5 - 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, Right/Left Hurdlers (front or side), Toe Touch.
8.0 - 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, Right/Left Hurdlers (front or side), Toe Touch.
8.5 - 8.5	Majority of the team performed 3 connected advanced jumps OR 2 connected advanced jumps plus 1 additional advanced jump. Must be synchronized and include a variety. All approaches within the jumps must use a whip approach to be considered connected. BASIC JUMPS Spread Eagle, Tuck Jump. ADVANCED JUMPS Pike, Right/Left Hurdlers (front or side), Toe Touch.
9.0 - 9.0	Most of the team performs 2 single/not connected advanced jumps. In order to be considered connected all approaches within the jumps must use a whip approach. BASIC JUMPS Spread Eagle, Tuck Jump. ADVANCED JUMPS Pike, Right/Left Hurdlers (front or side), Toe Touch.
9.5 - 9.5	Most of the team performed 2 connected advanced jumps plus 1 additional. Must be synchronized and must include a 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, Right/Left Hurdlers (front or side), Toe Touch.
10.0 - 10.0	Most of the team performed 3 connected advanced jumps. Must be synchronized and include a variety.All approaches within the jumps must use a whip approach to be considered connected. BASIC JUMPS Spread Eagle, Tuck Jump. ADVANCED JUMPS Pike, Right/Left Hurdlers (front or side), Toe Touch.
STUNTS DIFFICULTY (Max Score: 15.0 - 1 point(s) will be reserved for execution)	
0.0 - 0.0	Zero stunts.
10.0 - 10.9	Two leg thigh stands OR knee stands OR shoulder sits OR below prep level liberty by less than a majority of team.
11.0 - 11.9	Two leg thigh stands OR knee stands OR shoulder sits OR below prep level liberty by a majority of team.
12.0 - 12.9	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.
13.0 - 13.9	Prep level single leg stunt variations (stretches, scorpions, scales, arabesque) OR two leg extended stunts by a majority of team.
14.0 - 15.0	1/2 twisting transitions to prep level single leg stunts, two leg prep level stunts, or two leg extended stunts by a majority of team.
PYRAMIDS DIFFICULTY (Max Score: 15.0 - 1 point(s) will be reserved for execution)	
0.0 - 0.0	Zero pyramids.
9.0 - 9.9	Pyramids involving below prep level stunts by less than a majority of team.
10.0 - 10.9	Pyramids involving below prep level stunts by a majority of team.
11.0 - 11.9	Pyramids involving prep level 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 both sides.
14.0 - 15.0	Pyramids involving extended single leg stunts braced on only one side OR Pyramids involving Braced released moves by majority of team.
DISMOUNTS DIFFICULTY (Max Score: 10.0 - 1 point(s) will be reserved for execution)	
0.0 - 0.0	Zero dismounts.
7.0 - 7.9	Pop off OR step off OR shove wrap by LESS than a majority of team.
8.0 - 8.9	Pop off OR step off OR shove wrap by a majority of team.
9.0 - 10.0	Straight ride cradles or alternate cradles (ex. toe touch, pike arch, etc.) by a majority of team.
TUMBLING DIFFICULTY (Max Score: 15.0 - 1 point(s) will be reserved for execution)	
0.0 - 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 handspring not in series by a majority of team.
14.0 - 15.0	Single standing back handspring OR Running handsprings series (must incorporate more than one handspring 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

OVERALL EXECUTION/CHOREOGRAPHY/CROWD APPEAL (Max Score: 10.0)	
0.0 - 7.9	Zero Skill Performed
8.0 - 8.4	Minimal/inconsistent pace and flow of routine, smooth transitions, choice and use of music and/or timing. Minimal/inconsistent visual effects, level changes, roll offs. Minimal/inconsistent creativity. Minimal execution of routine.
8.5 - 8.9	Moderate/consistent pace and flow of routine, smooth transitions, choice and use of music and/or timing. Moderate/consistent visual effects, level changes, roll offs. Moderate/consistent creativity. Low execution of routine.
9.0 - 9.4	Good pace and flow of routine, smooth transitions, choice and use of music and/or timing. Good visual effects, level changes, roll offs. Good creativity. Moderate execution of routine.
9.5 - 10.0	Excellent/innovative pace and flow of routine, smooth transitions, choice and use of music and/or timing. Excellent/innovative visual effects, level changes, roll offs. Excellent/innovative creativity. Highest/strongest level of execution of routine.
PERFORMANCE/SHOWMANSHIP (Max Score: 10.0)	
0.0 - 7.9	Zero Skills Performed
8.0 - 8.4	Minimal/inconsistent quality of presentation, showmanship, routine attitude, confidence, audience/crowd appeal, routine ownership, engaging. Minimal/inconsistent formations, spacing, synchronization, cleanliness and/or uniformity. Minimal/inconsistent degree of difficulty.
8.5 - 8.9	Moderate/consistent quality of presentation, showmanship, routine attitude, confidence, audience/ crowd appeal, routine ownership, engaging. Moderate/ consistent formations, spacing, synchronization, cleanliness and/or uniformity. Moderate/consistent degree of difficulty.
9.0 - 9.4	Good quality of presentation, showmanship, routine attitude, confidence, audience/crowd appeal, routine ownership, engaging. Good formations, spacing, synchronization, cleanliness, and/or uniformity. Good degree of difficulty.
9.5 - 10.0	Excellent/innovative quality of presentation, showmanship, routine attitude, confidence, audience/crowd appeal, routine ownership, engaging. Excellent/innovative formations, spacing, synchronization, cleanliness, and/or uniformity. Excellent/innovative degree of difficulty.
MOTIONS/DANCE (Max Score: 10.0)	
0.0 - 7.9	Zero Skills Performed
8.0 - 8.4	Moderate motion technique. Lacking sharpness and overall motion control. Moderate paced. Lacking creativity and variety in motions. Weak incorporation into cheer and/or dance. Low energy dance with minimal to zero transitions and level changes in dance.
8.5 - 8.9	Good basic technique. Missing motion strength and sharpness. Varied motions moderately paced. Good incorporation into cheer and/or dance. Average energy level in dance with minimal transitions and level changes in dance.
9.0 - 9.4	Great technique and control. Sharp motions. Excellent pace. Motion sequences include variety. Minimal visual enhancement. Great incorporation into cheer and/or dance. Moderate energy with some transitions and level changes in dance.
9.5 - 10.0	Precise motion technique and placements. Strong sharp motions. Variety of upbeat and stylized fast paced motion sequences. Visually enhancing motion sections. Excellent incorporation into cheer and/or dance. Multiple transitions, level changes and variety in dance with high energy.
JUMPS DIFFICULTY (Max Score: 10.0 - 1 point(s) will be reserved for execution)	
0.0 - 0.0	Zero jumps.
7.5 - 7.5	Less than most of team performs 1 jump (either advanced or basic).
8.0 - 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, Right/Left Hurdlers (front or side), Toe Touch.
8.5 - 8.5	Majority of the team performed 3 connected advanced jumps OR 2 connected advanced jumps plus 1 additional advanced jump. Must be synchronized and include a variety.All approaches within the jumps must use a whip approach to be considered connected. BASIC JUMPS Spread Eagle, Tuck Jump. ADVANCED JUMPS Pike, Right/Left Hurdlers (front or side), Toe Touch.
9.0 - 9.0	Most of the team performs 2 single/not connected advanced jumps. In order to be considered connected all approaches within the jumps must use a whip approach. BASIC JUMPS Spread Eagle, Tuck Jump. ADVANCED JUMPS Pike, Right/Left Hurdlers (front or side), Toe Touch.
9.5 - 9.5	Most of the team performed 2 connected advanced jumps plus 1 additional advanced jump. Must be synchronized and must include a 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, Right/Left Hurdlers (front or side), Toe Touch.
10.0 - 10.0	Most of the team performed 3 connected advanced jumps. Must be synchronized and include a variety.All approaches within the jumps must use a whip approach to be considered connected. BASIC JUMPS Spread Eagle, Tuck Jump. ADVANCED JUMPS Pike, Right/Left Hurdlers (front or side), Toe Touch.
STUNTS DIFFICULTY (Max Score: 15.0 - 1 point(s) will be reserved for execution)	
0.0 - 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 rolls.
12.0 - 12.9	Single leg extended liberty or torch by a majority of team.
13.0 - 13.9	Single leg extended stunt with alternative body positions (stretch, scale, arabesque or scorpion) by a majority of team.
14.0 - 15.0	1/2 up to Single leg stunt OR full twist to prep level stunt OR stunt release move that lands at prep level by a majority of team.
PYRAMIDS DIFFICULTY (Max Score: 15.0 - 1 point(s) will be reserved for execution)	
0.0 - 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 other than high to high (switch up/low to high/high to low) 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 that start and land at extended positions (high to high) OR Braced release moves braced on only one side by a majority of team.
DISMOUNTS DIFFICULTY (Max Score: 10.0 - 1 point(s) will be reserved for execution)	
0.0 - 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	Alternate cradles non twisting (example toe touch, pike arch, etc.) by a majority of team.
8.0 - 8.9	Single (360) twisting cradles from prep level two leg stunts by a majority of team.
9.0 - 10.0	Single twisting (360) cradles from extended two leg stunts OR prep level single leg stunts by a majority of team.
TUMBLING DIFFICULTY (Max Score: 15.0 - 1 point(s) will be reserved for execution)	
0.0 - 0.0	Zero tumbling skills.
8.0 - 8.9	Forward rolls OR backward rolls by LESS than a majority of team.
9.0 - 9.9	Forward rolls OR backward rolls by a majority of team.
10.0 - 10.9	Round offs OR cartwheels by a majority of team.
11.0 - 11.9	Front walkovers OR back walkovers by a majority of team.
12.0 - 12.9	Round off single back handspring OR single standing handspring by a majority of team.
13.0 - 13.9	Series standing handsprings OR series running back 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

OVERALL EXECUTION/CHOREOGRAPHY/CROWD APPEAL (Max Score: 10.0)	
0.0 - 7.9	Zero Skills Performed
8.0 - 8.4	Minimal/inconsistent pace and flow of routine, smooth transitions, choice and use of music and/or timing. Minimal/inconsistent visual effects, level changes, roll offs. Minimal/inconsistent creativity. Minimal execution of routine.
8.5 - 8.9	Moderate/consistent pace and flow of routine, smooth transitions, choice and use of music and/or timing. Moderate/consistent visual effects, level changes, roll offs. Moderate/consistent creativity. Low execution of routine.
9.0 - 9.4	Good pace and flow of routine, smooth transitions, choice and use of music and/or timing. Good visual effects, level changes, roll offs. Good creativity. Moderate execution of routine.
9.5 - 10.0	Excellent/innovative pace and flow of routine, smooth transitions, choice and use of music and/or timing. Excellent/innovative visual effects, level changes, roll offs. Excellent/innovative creativity. Highest/strongest level of execution of routine.
PERFORMANCE/SHOWMANSHIP (Max Score: 10.0)	
0.0 - 7.9	Zero Skills Performed
8.0 - 8.4	Minimal/inconsistent quality of presentation, showmanship, routine attitude, confidence, audience/crowd appeal, routine ownership, engaging. Minimal/inconsistent formations, spacing, synchronization, cleanliness and/or uniformity. Minimal/inconsistent degree of difficulty.
8.5 - 8.9	Moderate/consistent quality of presentation, showmanship, routine attitude, confidence, audience/ crowd appeal, routine ownership, engaging. Moderate/ consistent formations, spacing, synchronization, cleanliness and/or uniformity. Moderate/consistent degree of difficulty.
9.0 - 9.4	Good quality of presentation, showmanship, routine attitude, confidence, audience/crowd appeal, routine ownership, engaging. Good formations, spacing, synchronization, cleanliness, and/or uniformity. Good degree of difficulty.
9.5 - 10.0	Excellent/innovative quality of presentation, showmanship, routine attitude, confidence, audience/crowd appeal, routine ownership, engaging. Excellent/innovative formations, spacing, synchronization, cleanliness, and/or uniformity. Excellent/innovative degree of difficulty.
MOTIONS/DANCE (Max Score: 10.0)	
0.0 - 7.9	Zero Skills Performed
8.0 - 8.4	Moderate motion technique. Lacking sharpness and overall motion control. Moderate paced. Lacking creativity and variety in motions. Weak incorporation into cheer and/or dance. Low energy dance with minimal to zero transitions and level changes in dance.
8.5 - 8.9	Good basic technique. Missing motion strength and sharpness. Varied motions moderately paced. Good incorporation into cheer and/or dance. Average energy level in dance with minimal transitions and level changes in dance.
9.0 - 9.4	Great technique and control. Sharp motions. Excellent pace. Motion sequences include variety. Minimal visual enhancement. Great incorporation into cheer and/or dance. Moderate energy with some transitions and level changes in dance.
9.5 - 10.0	Precise motion technique and placements. Strong sharp motions. Variety of upbeat and stylized fast paced motion sequences. Visually enhancing motion sections. Excellent incorporation into cheer and/or dance. Multiple transitions, level changes and variety in dance with high energy.
JUMPS DIFFICULTY (Max Score: 10.0 - 1 point(s) will be reserved for execution)	
0.0 - 0.0	Zero Jumps
7.5 - 7.5	Less than most of team performs 1 jump (either advanced or basic).
8.0 - 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, Right/Left Hurdlers (front or side), Toe Touch.
8.5 - 8.5	Majority of the team performed 3 connected advanced jumps OR 2 connected advanced jumps plus 1 additional advanced jump. Must be synchronized and include a variety. All approaches within the jumps must use a whip approach to be considered connected. BASIC JUMPS Spread Eagle, Tuck Jump. ADVANCED JUMPS Pike, Right/Left Hurdlers (front or side), Toe Touch.
9.0 - 9.0	Most of the team performs 2 single/not connected advanced jumps. In order to be considered connected all approaches within the jumps must use a whip approach. BASIC JUMPS Spread Eagle, Tuck Jump. ADVANCED JUMPS Pike, Right/Left Hurdlers (front or side), Toe Touch.
9.5 - 9.5	Most of the team performed 2 connected advanced jumps plus 1 additional advanced jump. Must be synchronized and must include a 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, Right/Left Hurdlers (front or side), Toe Touch.
10.0 - 10.0	Most of the team performed 3 connected advanced jumps. Must be synchronized and include a variety. All approaches within the jumps must use a whip approach to be considered connected. BASIC JUMPS Spread Eagle, Tuck Jump. ADVANCED JUMPS Pike, Right/Left Hurdlers (front or side), Toe Touch.
STUNTS DIFFICULTY (Max Score: 15.0 - 1 point(s) will be reserved for execution)	
0.0 - 0.0	Zero stunts.
7.0 - 7.9	Below prep level liberty OR thigh stands OR knee stands OR shoulder sits by less than a majority of team.
8.0 - 8.9	Below prep level liberty OR thigh stands OR knee stands OR shoulder sits by a majority of team.
9.0 - 9.9	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.
10.0 - 10.9	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.
11.0 - 11.9	Extended single-leg liberty by a majority of team.
12.0 - 12.9	Extended single-leg stunt variations (stretches, scorpions, scale, arabesque)
13.0 - 13.9	1/2 up to Single leg stunt OR full twist to prep level stunt OR stunt release move that lands at prep level by a majority of team. OR Full twisting load in mounts to extended two leg stunts by a majority of team.
14.0 - 15.0	Full twisting load in mounts to immediate extended single leg stunts OR switch ups that land in extended single leg stunts OR tic-tocs that land at extension by a majority of team.
PYRAMIDS DIFFICULTY (Max Score: 15.0 - 1 point(s) will be reserved for execution)	
0.0 - 0.0	Zero pyramids.
7.0 - 7.9	Pyramids involving below prep-level stunts by less than a majority of team.
8.0 - 8.9	Pyramids involving below prep-level stunts by a majority of team.
9.0 - 9.9	Pyramids involving prep-level stunts by a majority of team.
10.0 - 10.9	Pyramids involving extended two-leg stunts by a majority of team.
11.0 - 11.9	Pyramids involving extended single-leg stunts by a majority of team.
12.0 - 12.9	Pyramids involving 2.5 high braced release transitions that DO NOT land in upright body positions by a majority of team.
13.0 - 13.9	Pyramids involving Tic-Tocs other than high to high (switch up/low to high/high to low) OR Braced release transitions that land in up right body positions by a majority of team.
14.0 - 15.0	Pyramids involving Braced Flips OR Braced Tic-Tocs that start and land at extended positions (high to high)
DISMOUNTS DIFFICULTY (Max Score: 10.0 - 1 point(s) will be reserved for execution)	
0.0 - 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 - 1 point(s) will be reserved for execution)	
0.0 - 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.

Schools Level 1

OVERALL EXECUTION/CHOREOGRAPHY/CROWD APPEAL (Max Score: 10.0)	
0.0 - 7.9	Zero Skills Performed
8.0 - 8.4	Minimal/inconsistent pace and flow of routine, smooth transitions, choice and use of music and/or timing. Minimal/inconsistent visual effects, level changes, roll offs. Minimal/inconsistent creativity. Minimal execution of routine.
8.5 - 8.9	Moderate/consistent pace and flow of routine, smooth transitions, choice and use of music and/or timing. Moderate/consistent visual effects, level changes, roll offs. Moderate/consistent creativity. Low execution of routine.
9.0 - 9.4	Good pace and flow of routine, smooth transitions, choice and use of music and/or timing. Good visual effects, level changes, roll offs. Good creativity. Moderate execution of routine.
9.5 - 10.0	Excellent/innovative pace and flow of routine, smooth transitions, choice and use of music and/or timing. Excellent/innovative visual effects, level changes, roll offs. Excellent/innovative creativity. Highest/strongest level of execution of routine.
PERFORMANCE/SHOWMANSHIP (Max Score: 10.0)	
0.0 - 7.9	Zero Skills Performed
8.0 - 8.4	Minimal/inconsistent quality of presentation, showmanship, routine attitude, confidence, audience/crowd appeal, routine ownership, engaging. Minimal/inconsistent formations, spacing, synchronization, cleanliness and/or uniformity. Minimal/inconsistent degree of difficulty.
8.5 - 8.9	Moderate/consistent quality of presentation, showmanship, routine attitude, confidence, audience/ crowd appeal, routine ownership, engaging. Moderate/ consistent formations, spacing, synchronization, cleanliness and/or uniformity. Moderate/consistent degree of difficulty.
9.0 - 9.4	Good quality of presentation, showmanship, routine attitude, confidence, audience/crowd appeal, routine ownership, engaging. Good formations, spacing, synchronization, cleanliness, and/or uniformity. Good degree of difficulty.
9.5 - 10.0	Excellent/innovative quality of presentation, showmanship, routine attitude, confidence, audience/crowd appeal, routine ownership, engaging. Excellent/innovative formations, spacing, synchronization, cleanliness, and/or uniformity. Excellent/innovative degree of difficulty.
MOTIONS/DANCE (Max Score: 10.0)	
0.0 - 7.9	Zero Skills Performed
8.0 - 8.4	Moderate motion technique. Lacking sharpness and overall motion control. Moderate paced. Lacking creativity and variety in motions. Weak incorporation into cheer and/or dance. Low energy dance with minimal to zero transitions and level changes in dance.
8.5 - 8.9	Good basic technique. Missing motion strength and sharpness. Varied motions moderately paced. Good incorporation into cheer and/or dance. Average energy level in dance with minimal transitions and level changes in dance.
9.0 - 9.4	Great technique and control. Sharp motions. Excellent pace. Motion sequences include variety. Minimal visual enhancement. Great incorporation into cheer and/or dance. Moderate energy with some transitions and level changes in dance.
9.5 - 10.0	Strong sharp motions. Variety of upbeat and stylized fast paced motion sequences. Visually enhancing motion sections. Excellent incorporation into cheer and/or dance. Multiple transitions, level changes and variety in dance with high energy.
JUMPS DIFFICULTY (Max Score: 10.0 - 1 point(s) will be reserved for execution)	
0.0 - 0.0	Zero jumps performed.
7.5 - 7.5	Less than most of team performs 1 jump (either advanced or basic).
8.0 - 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, Right/Left Hurdlers (front or side), Toe Touch.
8.5 - 8.5	Majority of the team performed 3 connected advanced jumps OR 2 connected advanced jumps plus 1 additional advanced jump. Must be synchronized and include a variety. All approaches within the jumps must use a whip approach to be considered connected. BASIC JUMPS Spread Eagle, Tuck Jump. ADVANCED JUMPS Pike, Right/Left Hurdlers (front or side), Toe Touch.
9.0 - 9.0	Most of the team performs 2 single/not connected advanced jumps. In order to be considered connected all approaches within the jumps must use a whip approach. BASIC JUMPS Spread Eagle, Tuck Jump. ADVANCED JUMPS Pike, Right/Left Hurdlers (front or side), Toe Touch
9.5 - 9.5	Most of the team performed 2 connected advanced jumps plus 1 additional advanced jump. Must be synchronized and must include a 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, Right/Left Hurdlers (front or side), Toe Touch.
10.0 - 10.0	Most of the team performed 3 connected advanced jumps. Must be synchronized and include a variety. All approaches within the jumps must use a whip approach to be considered connected. BASIC JUMPS Spread Eagle, Tuck Jump. ADVANCED JUMPS Pike, Right/Left Hurdlers (front or side), Toe Touch.
STUNTS DIFFICULTY (Max Score: 11.0 - 1 point(s) will be reserved for execution)	
0.0 - 0.0	Zero stunts.
6.0 - 6.9	Two leg thigh stands OR knee stands OR shoulder sits OR below prep level liberty by less than a majority of team.
7.0 - 7.9	Two leg thigh stands OR knee stands OR shoulder sits OR below prep level liberty 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, arabesques) OR Prep level liberty OR barrel rolls by a majority of team.
9.0 - 9.9	Prep level single leg stunt variations (stretches, scorpions, scales, arabesque) OR two leg extended stunts by a majority of team.
10.0 - 11.0	1/2 twisting transitions to prep level single leg stunts or two leg prep level stunts or two leg extended stunts by a majority of team.
PYRAMIDS DIFFICULTY (Max Score: 11.0 - 1 point(s) will be reserved for execution)	
0.0 - 0.0	Zero pyramids.
5.0 - 5.9	Pyramids involving below prep level stunts by less than a majority of team.
6.0 - 6.9	Pyramids involving below prep level stunts by a majority of team.
7.0 - 7.9	Pyramids involving prep level 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 BOTH sides by a majority of team.
10.0 - 11.0	Pyramids involving braced extended single leg stunts braced on one side OR Pyramids release moves by a majority of team.
DISMOUNTS DIFFICULTY (Max Score: 10.0 - 1 point(s) will be reserved for execution)	
0.0 - 5.9	Zero dismounts.
6.0 - 6.9	Pop off OR step off OR shove wrap by LESS than a majority of team.
7.0 - 7.9	Pop off OR step off OR shove wrap by a majority of team.
8.0 - 8.9	Straight ride cradle by less than a majority of team.
9.0 - 10.0	Straight ride cradles OR Alternate cradles (ex. toe touch, pike arch, etc.) by a majority of team.
TUMBLING DIFFICULTY (Max Score: 11.0 - 1 point(s) will be reserved for execution)	
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 handspring not in series by a majority of team.
10.0 - 11.0	Single standing back handspring OR Running handsprings series (must incorporate more than one handspring or additional skills above the single handspring ex. walkover through backhandspring, front handspring through backhandspring etc..) by a majority of team.
TOSS DIFFICULTY (Max Score: 11.0 - 1 point(s) will be reserved for execution)	
0.0 - 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 BASKET position by a majority of team

Schools Level 2

OVERALL EXECUTION/CHOREOGRAPHY/CROWD APPEAL (Max Score: 10.0)	
0.0 - 7.9	Zero Skills Performed
8.0 - 8.4	Minimal/inconsistent pace and flow of routine, smooth transitions, choice and use of music and/or timing. Minimal/inconsistent visual effects, level changes, roll offs. Minimal/inconsistent creativity. Minimal execution of routine.
8.5 - 8.9	Moderate/consistent pace and flow of routine, smooth transitions, choice and use of music and/or timing. Moderate/consistent visual effects, level changes, roll offs. Moderate/consistent creativity. Low execution of routine.
9.0 - 9.4	Good pace and flow of routine, smooth transitions, choice and use of music and/or timing. Good visual effects, level changes, roll offs. Good creativity. Average to moderate execution of routine.
9.5 - 10.0	Excellent/innovative pace and flow of routine, smooth transitions, choice and use of music and/or timing. Excellent/innovative visual effects, level changes, roll offs. Excellent/innovative creativity. Highest/strongest level of execution of routine.
PERFORMANCE/SHOWMANSHIP (Max Score: 10.0)	
0.0 - 7.9	Zero Skills Performed
8.0 - 8.4	Minimal/inconsistent quality of presentation, showmanship, routine attitude, confidence, audience/crowd appeal, routine ownership, engaging. Minimal/inconsistent formations, spacing, synchronization, cleanliness and/or uniformity. Minimal/inconsistent degree of difficulty.
8.5 - 8.9	Moderate/consistent quality of presentation, showmanship, routine attitude, confidence, audience/ crowd appeal, routine ownership, engaging. Moderate/ consistent formations, spacing, synchronization, cleanliness and/or uniformity. Moderate/consistent degree of difficulty.
9.0 - 9.4	Good quality of presentation, showmanship, routine attitude, confidence, audience/crowd appeal, routine ownership, engaging. Good formations, spacing, synchronization, cleanliness, and/or uniformity. Good degree of difficulty.
9.5 - 10.0	Excellent/innovative quality of presentation, showmanship, routine attitude, confidence, audience/crowd appeal, routine ownership, engaging. Excellent/innovative formations, spacing, synchronization, cleanliness, and/or uniformity. Excellent/innovative degree of difficulty.
MOTIONS/DANCE (Max Score: 10.0)	
0.0 - 7.9	Zero Skills Performed
8.0 - 8.4	Moderate motion technique. Lacking sharpness and overall motion control. Moderate paced. Lacking creativity and variety in motions. Weak incorporation into cheer and/or dance. Low energy dance with minimal to zero transitions and level changes in dance.
8.5 - 8.9	Good basic technique. Missing motion strength and sharpness. Varied motions moderately paced. Good incorporation into cheer and/or dance. Average energy level in dance with minimal transitions and level changes in dance.
9.0 - 9.4	Great technique and control. Sharp motions. Excellent pace. Motion sequences include variety. Minimal visual enhancement. Great incorporation into cheer and/or dance. Moderate energy with some transitions and level changes in dance.
9.5 - 10.0	Precise motion technique and placements. Strong sharp motions. Variety of upbeat and stylized fast paced motion sequences. Visually enhancing motion sections. Excellent incorporation into cheer and/or dance. Multiple transitions, level changes and variety in dance with high energy.
JUMPS DIFFICULTY (Max Score: 10.0)	
0.0 - 0.0	Zero jumps.
7.5 - 7.5	Less than most of team performs 1 jump (either advanced or basic).
8.0 - 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, Right/Left Hurdlers (front or side), Toe Touch.
8.5 - 8.5	Majority of the team performed 3 connected advanced jumps OR 2 connected advanced jumps plus 1 additional advanced jump. Must be synchronized and include a variety. All approaches within the jumps must use a whip approach to be considered connected. BASIC JUMPS Spread Eagle, Tuck Jump. ADVANCED JUMPS Pike, Right/Left Hurdlers (front or side), Toe Touch.
9.0 - 9.0	Most of the team performs 2 single/not connected advanced jumps. In order to be considered connected all approaches within the jumps must use a whip approach. BASIC JUMPS Spread Eagle, Tuck Jump. ADVANCED JUMPS Pike, Right/Left Hurdlers (front or side), Toe Touch.
9.5 - 9.5	Most of the team performed 2 connected advanced jumps plus 1 additional advanced jump. Must be synchronized and must include a 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, Right/Left Hurdlers (front or side), Toe Touch.
10.0 - 10.0	Most of the team performed 3 connected advanced jumps. Must be synchronized and include a variety. All approaches within the jumps must use a whip approach to be considered connected. BASIC JUMPS Spread Eagle, Tuck Jump. ADVANCED JUMPS Pike, Right/Left Hurdlers (front or side), Toe Touch.
STUNTS DIFFICULTY (Max Score: 11.0 - 1 point(s) will be reserved for execution)	
0.0 - 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 rolls.
8.0 - 8.9	Single leg extended liberty or torch by a majority of team.
9.0 - 9.9	Single leg extended stunt variations (stretches, scorpions, scales, arabesque) by a majority of team.
10.0 - 11.0	1/2 up to Single leg stunt OR full twist to prep level stunt OR stunt release move that lands at prep level by a majority of team.
PYRAMIDS DIFFICULTY (Max Score: 11.0 - 1 point(s) will be reserved for execution)	
0.0 - 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 other than high to high (switch up/low to high/high to low) OR Braced release transitions braced on BOTH sides by a majority of team.
10.0 - 11.0	Pyramids involving Braced Flips to Cradle OR Braced Tic-Tocs that start and land at extended positions (high to high) OR Braced release moves braced on only one side by a majority of team.
DISMOUNTS DIFFICULTY (Max Score: 10.0 - 1 point(s) will be reserved for execution)	
0.0 - 0.0	Zero dismounts.
4.0 - 4.9	Pop 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	Alternate cradles non twisting (example toe touch, pike arch, etc.) by a majority of team.
8.0 - 8.9	Single (360) twisting cradles from prep level two leg stunts by a majority of team.
9.0 - 10.0	Single (360) twisting cradles from extended two leg stunts OR prep level single leg stunts by a majority of team.
TOSSES DIFFICULTY (Max Score: 11.0 - 1 point(s) will be reserved for execution)	
0.0 - 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 - 1 point(s) will be reserved for execution)	
0.0 - 0.0	Zero tumbling skills.
4.0 - 4.9	Forward rolls OR backward rolls by LESS than a majority of team.
5.0 - 5.9	Forward rolls OR backward rolls by a majority of team.
6.0 - 6.9	Round offs OR cartwheels by a majority of team.
7.0 - 7.9	Front walkovers OR back walkovers by a majority of team.
8.0 - 8.9	Round off single back handspring OR single standing handspring by a majority of team.
9.0 - 9.9	Series standing handsprings OR series running back 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.

Schools Level 3

OVERALL EXECUTION/CHOREOGRAPHY/CROWD APPEAL (Max Score: 10.0)	
0.0 - 7.9	Zero Skills Performed
8.0 - 8.4	Minimal/inconsistent pace and flow of routine, smooth transitions, choice and use of music and/or timing. Minimal/inconsistent visual effects, level changes, roll offs. Minimal/inconsistent creativity. Minimal execution of routine.
8.5 - 8.9	Moderate/consistent pace and flow of routine, smooth transitions, choice and use of music and/or timing. Moderate/consistent visual effects, level changes, roll offs. Moderate/consistent creativity. Low execution of routine.
9.0 - 9.4	Good pace and flow of routine, smooth transitions, choice and use of music and/or timing. Good visual effects, level changes, roll offs. Good creativity. Moderate execution of routine.
9.5 - 10.0	Excellent/innovative pace and flow of routine, smooth transitions, choice and use of music and/or timing. Excellent/innovative visual effects, level changes, roll offs. Excellent/innovative creativity. Highest/strongest level of execution of routine.
PERFORMANCE/SHOWMANSHIP (Max Score: 10.0)	
0.0 - 7.9	Zero Skills Performed
8.0 - 8.4	Minimal/inconsistent quality of presentation, showmanship, routine attitude, confidence, audience/crowd appeal, routine ownership, engaging. Minimal/inconsistent formations, spacing, synchronization, cleanliness and/or uniformity. Minimal/inconsistent degree of difficulty.
8.5 - 8.9	Moderate/consistent quality of presentation, showmanship, routine attitude, confidence, audience/ crowd appeal, routine ownership, engaging. Moderate/ consistent formations, spacing, synchronization, cleanliness and/or uniformity. Moderate/consistent degree of difficulty.
9.0 - 9.4	Good quality of presentation, showmanship, routine attitude, confidence, audience/crowd appeal, routine ownership, engaging. Good formations, spacing, synchronization, cleanliness, and/or uniformity. Good degree of difficulty.
9.5 - 10.0	Excellent/innovative quality of presentation, showmanship, routine attitude, confidence, audience/crowd appeal, routine ownership, engaging. Excellent/innovative formations, spacing, synchronization, cleanliness, and/or uniformity. Excellent/innovative degree of difficulty.
MOTIONS/DANCE (Max Score: 10.0)	
0.0 - 7.9	Zero Skills Performed
8.0 - 8.4	Moderate motion technique. Lacking sharpness and overall motion control. Moderate paced. Lacking creativity and variety in motions. Weak incorporation into cheer and/or dance. Low energy dance with minimal to zero transitions and level changes in dance.
8.5 - 8.9	Good basic technique. Missing motion strength and sharpness. Varied motions moderately paced. Good incorporation into cheer and/or dance. Average energy level in dance with minimal transitions and level changes in dance.
9.0 - 9.4	Great technique and control. Sharp motions. Excellent pace. Motion sequences include variety. Minimal visual enhancement. Great incorporation into cheer and/or dance. Moderate energy with some transitions and level changes in dance.
9.5 - 10.0	Precise motion technique and placements. Strong sharp motions. Variety of upbeat and stylized fast paced motion sequences. Visually enhancing motion sections. Excellent incorporation into cheer and/or dance. Multiple transitions, level changes and variety in dance with high energy.
JUMPS DIFFICULTY (Max Score: 10.0)	
0.0 - 0.0	Zero Jumps
7.5 - 7.5	Less than most of team performs 1 jump (either advanced or basic).
8.0 - 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, Right/Left Hurdlers (front or side), Toe Touch.
8.5 - 8.5	Majority of the team performed 3 connected advanced jumps OR 2 connected advanced jumps plus 1 additional advanced jump. Must be synchronized and include a variety. All approaches within the jumps must use a whip approach to be considered connected. BASIC JUMPS Spread Eagle, Tuck Jump. ADVANCED JUMPS Pike, Right/Left Hurdlers (front or side), Toe Touch.
9.0 - 9.0	Most of the team performs 2 single/not connected advanced jumps. In order to be considered connected all approaches within the jumps must use a whip approach. BASIC JUMPS Spread Eagle, Tuck Jump. ADVANCED JUMPS Pike, Right/Left Hurdlers (front or side), Toe Touch.
9.5 - 9.5	Most of the team performed 2 connected advanced jumps plus 1 additional advanced jump. Must be synchronized and must include a 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, Right/Left Hurdlers (front or side), Toe Touch.
10.0 - 10.0	Most of the team performed 3 connected advanced jumps. Must be synchronized and include a variety. All approaches within the jumps must use a whip approach to be considered connected. BASIC JUMPS Spread Eagle, Tuck Jump. ADVANCED JUMPS Pike, Right/Left Hurdlers (front or side), Toe Touch.
STUNTS DIFFICULTY (Max Score: 11.0 - 1 point(s) will be reserved for execution)	
0.0 - 0.0	Zero stunts.
3.0 - 3.9	Below prep level liberty OR thigh stands OR knee stands OR shoulder sits by less than a majority of team.
4.0 - 4.9	Below prep level liberty OR thigh stands OR knee stands OR shoulder sits by a majority of team.
5.0 - 5.9	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.
6.0 - 6.9	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.
7.0 - 7.9	Extended single-leg liberty by a majority of team.
8.0 - 8.9	Extended single-leg stunt variations (stretches, scorpions, scale, arabesque)
9.0 - 9.9	1/2 up to Single leg stunt OR full twist to prep level stunt OR stunt release move that lands at prep level by a majority of team. OR Full twisting load in mounts to extended two leg stunts by a majority of team.
10.0 - 11.0	Full twisting load in mounts to immediate extended single leg stunts OR switch ups that land in extended single leg stunts OR tic-tocs that land at extension by a majority of team.
PYRAMIDS DIFFICULTY (Max Score: 11.0 - 1 point(s) will be reserved for execution)	
0.0 - 0.0	Zero pyramids.
3.0 - 3.9	Pyramids involving below prep-level stunts by less than a majority of team.
4.0 - 4.9	Pyramids involving below prep-level stunts by a majority of team.
5.0 - 5.9	Pyramids involving prep-level stunts by a majority of team.
6.0 - 6.9	Pyramids involving extended two-leg stunts by a majority of team.
7.0 - 7.9	Pyramids involving extended single-leg stunts by a majority of team.
8.0 - 8.9	Pyramids involving 2 high braced release transitions that DO NOT land in upright body positions by a majority of team.
9.0 - 9.9	Pyramids involving Tic-Tocs other than high to high (switch up/low to high/high to low) OR Braced release transitions that land in up right body positions by a majority of team.
10.0 - 11.0	Pyramids involving Braced Flips OR Braced Tic-Tocs that start and land at extended positions (high to high)
DISMOUNTS DIFFICULTY (Max Score: 10.0 - 1 point(s) will be reserved for execution)	
0.0 - 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.
TOSSES DIFFICULTY (Max Score: 11.0 - 1 point(s) will be reserved for execution)	
0.0 - 0.0	Zero tosses.
5.0 - 5.9	Basic straight ride tosses by less than majority of team.
6.0 - 6.9	Basic straight ride tosses by a majority of team.
7.0 - 7.9	Non-twisting tosses (toe touch, switch kick, pike arch, tuck arch, etc.) by a majority of team.
8.0 - 8.9	Single twisting baskets with no additional skills by a majority of team.
9.0 - 9.9	Two trick twisting tosses (kick full, split full, toe touch full) 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 - 1 point(s) will be reserved for execution)	
0.0 - 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 punch front 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.

Schools Level 3.1

OVERALL EXECUTION/CHOREOGRAPHY/CROWD APPEAL (Max Score: 10.0)	
0.0 - 7.9	Zero Skills Performed
8.0 - 8.4	Minimal/inconsistent pace and flow of routine, smooth transitions, choice and use of music and/or timing. Minimal/inconsistent visual effects, level changes, roll offs. Minimal/inconsistent creativity. Minimal execution of routine.
8.5 - 8.9	Moderate/consistent pace and flow of routine, smooth transitions, choice and use of music and/or timing. Moderate/consistent visual effects, level changes, roll offs. Moderate/consistent creativity. Low execution of routine.
9.0 - 9.4	Good pace and flow of routine, smooth transitions, choice and use of music and/or timing. Good visual effects, level changes, roll offs. Good creativity. Average to moderate execution of routine.
9.5 - 10.0	Excellent/innovative pace and flow of routine, smooth transitions, choice and use of music and/or timing. Excellent/innovative visual effects, level changes, roll offs. Excellent/innovative creativity. Highest/strongest level of execution of routine.
PERFORMANCE/SHOWMANSHIP (Max Score: 10.0)	
0.0 - 7.9	Zero Skills Performed
8.0 - 8.4	Minimal/inconsistent quality of presentation, showmanship, routine attitude, confidence, audience/crowd appeal, routine ownership, engaging. Minimal/inconsistent formations, spacing, synchronization, cleanliness and/or uniformity. Minimal/inconsistent degree of difficulty.
8.5 - 8.9	Moderate/consistent quality of presentation, showmanship, routine attitude, confidence, audience/ crowd appeal, routine ownership, engaging. Moderate/ consistent formations, spacing, synchronization, cleanliness and/or uniformity. Moderate/consistent degree of difficulty.
9.0 - 9.4	Good quality of presentation, showmanship, routine attitude, confidence, audience/crowd appeal, routine ownership, engaging. Good formations, spacing, synchronization, cleanliness, and/or uniformity. Good degree of difficulty.
9.5 - 10.0	Excellent/innovative quality of presentation, showmanship, routine attitude, confidence, audience/crowd appeal, routine ownership, engaging. Excellent/innovative formations, spacing, synchronization, cleanliness, and/or uniformity. Excellent/innovative degree of difficulty.
MOTIONS/DANCE (Max Score: 10.0)	
0.0 - 7.9	Zero Skills Performed
8.0 - 8.4	Moderate motion technique. Lacking sharpness and overall motion control. Moderate paced. Lacking creativity and variety in motions. Weak incorporation into cheer and/or dance. Low energy dance with minimal to zero transitions and level changes in dance.
8.5 - 8.9	Good basic technique. Missing motion strength and sharpness. Varied motions moderately paced. Good incorporation into cheer and/or dance. Average energy level in dance with minimal transitions and level changes in dance.
9.0 - 9.4	Great technique and control. Sharp motions. Excellent pace. Motion sequences include variety. Minimal visual enhancement. Great incorporation into cheer and/or dance. Moderate energy with some transitions and level changes in dance.
9.5 - 10.0	Precise motion technique and placements. Strong sharp motions. Variety of upbeat and stylized fast paced motion sequences. Visually enhancing motion sections. Excellent incorporation into cheer and/or dance. Multiple transitions, level changes and variety in dance with high energy.
JUMPS DIFFICULTY (Max Score: 10.0)	
0.0 - 0.0	Zero Jumps
7.5 - 7.5	Less than most of team performs 1 jump (either advanced or basic).
8.0 - 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, Right/Left Hurdlers (front or side), Toe Touch.
8.5 - 8.5	Majority of the team performed 3 connected advanced jumps OR 2 connected advanced jumps plus 1 additional advanced jump. Must be synchronized and include a variety. All approaches within the jumps must use a whip approach to be considered connected. BASIC JUMPS Spread Eagle, Tuck Jump. ADVANCED JUMPS Pike, Right/Left Hurdlers (front or side), Toe Touch.
9.0 - 9.0	Most of the team performs 2 single/not connected advanced jumps. In order to be considered connected all approaches within the jumps must use a whip approach. BASIC JUMPS Spread Eagle, Tuck Jump. ADVANCED JUMPS Pike, Right/Left Hurdlers (front or side), Toe Touch.
9.5 - 9.5	Most of the team performed 2 connected advanced jumps plus 1 additional advanced jump. Must be synchronized and must include a 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, Right/Left Hurdlers (front or side), Toe Touch.
10.0 - 10.0	Most of the team performed 3 connected advanced jumps. Must be synchronized and include a variety. All approaches within the jumps must use a whip approach to be considered connected. BASIC JUMPS Spread Eagle, Tuck Jump. ADVANCED JUMPS Pike, Right/Left Hurdlers (front or side), Toe Touch.
STUNTS DIFFICULTY (Max Score: 11.0 - 1 point(s) will be reserved for execution)	
0.0 - 0.0	Zero stunts.
3.0 - 3.9	Below prep level liberty OR thigh stands OR knee stands OR shoulder sits by less than a majority of team.
4.0 - 4.9	Below prep level liberty OR thigh stands OR knee stands OR shoulder sits by a majority of team.
5.0 - 5.9	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.
6.0 - 6.9	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.
7.0 - 7.9	Extended single-leg liberty by a majority of team.
8.0 - 8.9	Extended single-leg stunt variations (stretches, scorpions, scale, arabesque)
9.0 - 9.9	1/2 up to Single leg stunt OR full twist to prep level stunt OR stunt release move that lands at prep level by a majority of team OR Full twisting load in mounts to extended two leg stunts by a majority of team.
10.0 - 11.0	Full twisting load in mounts to immediate extended single leg stunts OR switch ups that land in extended single leg stunts OR tic-tocs that land at extension by a majority of team.
PYRAMIDS DIFFICULTY (Max Score: 11.0 - 1 point(s) will be reserved for execution)	
0.0 - 0.0	Zero pyramids.
3.0 - 3.9	Pyramids involving below prep-level stunts by less than a majority of team.
4.0 - 4.9	Pyramids involving below prep-level stunts by a majority of team.
5.0 - 5.9	Pyramids involving prep-level stunts by a majority of team.
6.0 - 6.9	Pyramids involving extended two-leg stunts by a majority of team.
7.0 - 7.9	Pyramids involving extended single-leg stunts by a majority of team.
8.0 - 8.9	Pyramids involving 2 high braced release transitions that DO NOT land in upright body positions by a majority of team.
9.0 - 9.9	Pyramids involving Tic-Tocs other than high to high (switch up/low to high/high to low) OR Braced releasetransitions that land in up right body positions by a majority of team.
10.0 - 11.0	Pyramids involving Braced Flips OR Braced Tic-Tocs that start and land at extended positions (high to high)
DISMOUNTS DIFFICULTY (Max Score: 10.0 - 1 point(s) will be reserved for execution)	
0.0 - 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.
TOSSES DIFFICULTY (Max Score: 11.0 - 1 point(s) will be reserved for execution)	
0.0 - 0.0	Zero tosses.
5.0 - 5.9	Basic straight ride tosses by less than majority of team.
6.0 - 6.9	Basic straight ride tosses by a majority of team.
7.0 - 7.9	Non-twisting tosses (toe touch, switch kick, pike arch, tuck arch, etc.) by a majority of team.
8.0 - 8.9	Single twisting baskets with no additional skills by a majority of team.
9.0 - 9.9	Two or three trick twisting tosses (kick full, split full, toe touch full) 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 - 1 point(s) will be reserved for execution)	
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 a majority of team.
8.0 - 8.9	Front walkovers OR back walkovers by a majority of team.
9.0 - 9.9	Running handspring not in series by a majority of team.
10.0 - 11.0	Single standing back handspring OR Running handsprings series (must incorporate more than one handspring oradditional skills above the single handspring ex. walkover through back handspring, front handspring throughback handspring etc..) by a majority of team.

Schools Show Cheer Non-Tumbling

OVERALL EXECUTION/CHOREOGRAPHY/CROWD APPEAL (Max Score: 10.0)	
0.0 - 5.9	Zero Skills Performed
8.0 - 8.4	Minimal/inconsistent pace and flow of routine, smooth transitions, choice and use of music and/or timing. Minimal/inconsistent visual effects, level changes, roll offs. Minimal/inconsistent creativity. Minimal execution of routine.
8.5 - 8.9	Moderate/consistent pace and flow of routine, smooth transitions, choice and use of music and/or timing. Moderate/consistent visual effects, level changes, roll offs. Moderate/consistent creativity. Low execution of routine.
9.0 - 9.4	Good pace and flow of routine, smooth transitions, choice and use of music and/or timing. Good visual effects, level changes, roll offs. Good creativity. Average to moderate execution of routine.
9.5 - 10.0	Excellent/innovative pace and flow of routine, smooth transitions, choice and use of music and/or timing. Excellent/innovative visual effects, level changes, roll offs. Excellent/innovative creativity. Highest/strongest level of execution of routine.
PERFORMANCE/SHOWMANSHIP (Max Score: 10.0)	
0.0 - 7.9	Zero Skills Performed
8.0 - 8.4	Minimal/inconsistent quality of presentation, showmanship, routine attitude, confidence, audience/crowd appeal, routine ownership, engaging. Minimal/inconsistent formations, spacing, synchronization, cleanliness and/or uniformity. Minimal/inconsistent degree of difficulty.
8.5 - 8.9	Moderate/consistent quality of presentation, showmanship, routine attitude, confidence, audience/ crowd appeal, routine ownership, engaging. Moderate/ consistent formations, spacing, synchronization, cleanliness and/or uniformity. Moderate/consistent degree of difficulty.
9.0 - 9.4	Good quality of presentation, showmanship, routine attitude, confidence, audience/crowd appeal, routine ownership, engaging. Good formations, spacing, synchronization, cleanliness, and/or uniformity. Good degree of difficulty.
9.5 - 10.0	Excellent/innovative quality of presentation, showmanship, routine attitude, confidence, audience/crowd appeal, routine ownership, engaging. Excellent/innovative formations, spacing, synchronization, cleanliness, and/or uniformity. Excellent/innovative degree of difficulty.
MOTIONS/DANCE (Max Score: 10.0)	
0.0 - 7.9	Zero Skills Performed
8.0 - 8.4	Moderate motion technique. Lacking sharpness and overall motion control. Moderate paced. Lacking creativity and variety in motions. Weak incorporation into cheer and/or dance. Low energy dance with minimal to zero transitions and level changes in dance.
8.5 - 8.9	Good basic technique. Missing motion strength and sharpness. Varied motions moderately paced. Good incorporation into cheer and/or dance. Average energy level in dance with minimal transitions and level changes in dance.
9.0 - 9.4	Great technique and control. Sharp motions. Excellent pace. Motion sequences include variety. Minimal visual enhancement. Great incorporation into cheer and/or dance. Moderate energy with some transitions and level changes in dance.
9.5 - 10.0	Precise motion technique and placements. Strong sharp motions. Variety of upbeat and stylized fast paced motion sequences. Visually enhancing motion sections. Excellent incorporation into cheer and/or dance. Multiple transitions, level changes and variety in dance with high energy.
JUMPS DIFFICULTY (Max Score: 10.0)	
0.0 - 0.0	Zero Jumps
7.5 - 7.5	Less than most of team performs 1 jump (either advanced or basic).
8.0 - 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, Right/Left Hurdlers (front or side), Toe Touch.
8.5 - 8.5	Majority of the team performed 3 connected advanced jumps OR 2 connected advanced jumps plus 1 additional advanced jump. Must be synchronized and include a variety. All approaches within the jumps must use a whip approach to be considered connected. BASIC JUMPS Spread Eagle, Tuck Jump. ADVANCED JUMPS Pike, Right/Left Hurdlers (front or side), Toe Touch.
9.0 - 9.0	Most of the team performs 2 single/not connected advanced jumps. In order to be considered connected all approaches within the jumps must use a whip approach. BASIC JUMPS Spread Eagle, Tuck Jump. ADVANCED JUMPS Pike, Right/Left Hurdlers (front or side), Toe Touch.
9.5 - 9.5	Most of the team performed 2 connected advanced jumps plus 1 additional advanced jump. Must be synchronized and must include a 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, Right/Left Hurdlers (front or side), Toe Touch.
10.0 - 10.0	Most of the team performed 3 connected advanced jumps. Must be synchronized and include a variety. All approaches within the jumps must use a whip approach to be considered connected. BASIC JUMPS Spread Eagle, Tuck Jump. ADVANCED JUMPS Pike, Right/Left Hurdlers (front or side), Toe Touch.
STUNTS DIFFICULTY (Max Score: 15.0 - 1 point(s) will be reserved for execution)	
0.0 - 0.0	Zero stunts.
7.0 - 7.9	Below prep level liberty OR thigh stands OR knee stands OR shoulder sits by less than a majority of team.
8.0 - 8.9	Below prep level liberty OR thigh stands OR knee stands OR shoulder sits by a majority of team.
9.0 - 9.9	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.
10.0 - 10.9	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.
11.0 - 11.9	Extended single-leg liberty.
12.0 - 12.9	Extended single-leg stunt variations (stretches, scorpions, scale, arabesque)
13.0 - 13.9	1/2 up to Single leg stunt OR full twist to prep level stunt OR stunt release move that lands at prep level by a majority of team OR Full twisting load in mounts to extended two leg stunts by a majority of team.
14.0 - 15.0	Full twisting load in mounts to immediate extended single leg stunts OR switch ups that land in extended single leg stunts OR tic-tocs that land at extension by a majority of team.
PYRAMIDS DIFFICULTY (Max Score: 15.0 - 1 point(s) will be reserved for execution)	
0.0 - 0.0	Zero pyramids.
7.0 - 7.9	Pyramids involving below prep-level stunts by less than a majority of team.
8.0 - 8.9	Pyramids involving below prep-level stunts by a majority of team.
9.0 - 9.9	Pyramids involving prep-level stunts by a majority of team.
10.0 - 10.9	Pyramids involving extended two-leg stunts by a majority of team.
11.0 - 11.9	Pyramids involving extended single-leg stunts by a majority of team.
12.0 - 12.9	Pyramids involving 2 high braced release transitions that DO NOT land in upright body positions by a majority of team.
13.0 - 13.9	Pyramids involving Tic-Tocs other than high to high (switch up/low to high/high to low) OR Braced releasetransitions that land in up right body positions by a majority of team.
14.0 - 15.0	Pyramids involving Braced Flips OR Braced Tic-Tocs that start and land at extended positions (high to high)
DISMOUNTS DIFFICULTY (Max Score: 12.0 - 1 point(s) will be reserved for execution)	
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 a majority of team.
8.0 - 8.9	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 - 1 point(s) will be reserved for execution)	
0.0 - 0.0	Zero tosses.
7.0 - 7.9	Basic straight ride tosses by less than majority of team.
8.0 - 8.9	Basic straight ride tosses by a majority of team.
9.0 - 9.9	Non-twisting tosses (toe touch, switch kick, pike arch, tuck arch, etc.) by a majority of team.
10.0 - 10.9	Single twisting baskets with no additional skills by a majority of team.
11.0 - 11.9	Two trick twisting tosses (kick full, split full, toe touch full) by a majority of team.
12.0 - 13.0	Three trick twisting tosses (Hitch Kick full, Kick-Kick Full) by a majority of team.

Schools Sideline Performance Cheer

CROWD EFFECTIVE MATERIAL (Max Score: 10.0)	
0.0 - 7.9	Zero Skills Performed.
8.0 - 8.4	Moderate crowd appeal and involvement. Difficult to follow and inconsistent flow of cheer.
8.5 - 8.9	Good basic crowd appeal and involvement. Consistent flow of cheer.
9.0 - 9.4	Great crowd appeal and involvement. Cheer is easy to follow and carries a good flow.
9.5 - 10.0	Excellent crowd appeal and involvement. Cheer is easy to follow and carries an excellent flow.
CROWD LEADING SKILLS (Max Score: 10.0)	
0.0 - 7.9	Zero Skills Performed.
8.0 - 8.4	Minimal team skills. The skills added were ineffective to lead the crowd.
8.5 - 8.9	Moderate team skills. Skills added were not executed properly to lead the crowd.
9.0 - 9.4	Good team skills. Skills added were appropriate and effective in leading the crowd.
9.5 - 10.0	Excellent team skills. All skills added effectively lead the crowd and enhanced crowd participation.
MOTION PLACEMENT (Max Score: 10.0)	
0.0 - 7.9	Zero Skills Performed.
8.0 - 8.4	Minimal strength and technique in motions. Lacking overall motion control and placement.
8.5 - 8.9	Moderate basic technique. Missing motion strength at times. Moderate motion control and placement.
9.0 - 9.4	Good motion technique and strength. Good motion control and placement.
9.5 - 10.0	Excellent motion technique and strength. Great motion control and placement.
MOTION STRENGTH (Max Score: 10.0)	
0.0 - 7.9	Zero Skills Performed.
8.0 - 8.4	Minimal/inconsistent motion sharpness overall.
8.5 - 8.9	Moderate/consistent motion sharpness overall.
9.0 - 9.4	Good overall motion sharpness.
9.5 - 10.0	Excellent overall motion sharpness.
MOTION SYNCHRONIZATION (Max Score: 10.0)	
0.0 - 7.9	Zero Skills Performed.
8.0 - 8.4	Moderate pace. Weak incorporation and synchronization with words.
8.5 - 8.9	Varied motions moderately paced. Good incorporation and synchronization with words.
9.0 - 9.4	Great pace and motion variety. Great incorporation and synchronization with the words.
9.5 - 10.0	Excellent pace and motion variety. Visually enhancing motions. Excellent incorporation and synchronization with the words.
OVERALL CROWD APPEAL (Max Score: 10.0)	
0.0 - 7.9	Zero Skills Performed.
8.0 - 8.4	Minimal/inconsistent quality of presentation, eye contact, energy, showmanship, routine attitude, confidence, audience/crowd appeal, routine ownership engaging.
8.5 - 8.9	Moderate/consistent 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/innovative quality of presentation, eye contact, energy, showmanship, routine attitude, confidence, audience/crowd appeal, routine ownership engaging.
OVERALL IMPRESSION (Max Score: 10.0)	
0.0 - 7.9	Zero Skills Performed.
8.0 - 8.4	Minimal/inconsistent pace and flow of routine, smooth transitions. Minimal/inconsistent visual effects, level changes, roll offs. Minimal/inconsistent creativity. Minimal execution of routine.
8.5 - 8.9	Moderate/consistent pace and flow of routine, smooth transitions. Moderate/consistent visual effects, level changes, roll offs. Moderate/consistent creativity. Low execution of routine.
9.0 - 9.4	Good pace and flow of routine, smooth transitions. Good visual effects, level changes, roll offs. Good creativity. Average to moderate execution of routine.
9.5 - 10.0	Excellent/innovative pace and flow of routine, smooth transition. Excellent/innovative visual effects, level changes, roll offs. Excellent/innovative creativity. Highest/strongest level of execution.
SPACING AND FORMATIONS (Max Score: 10.0)	
0.0 - 7.9	Zero Skills Performed.
8.0 - 8.4	Minimal/inconsistent formations, spacing, synchronization, cleanliness and/or uniformity.
8.5 - 8.9	Moderate/consistent formations, spacing, synchronization, cleanliness and/or uniformity.
9.0 - 9.4	Good formations, spacing, synchronization, cleanliness, and/or uniformity.
9.5 - 10.0	Excellent/innovative formations, spacing, synchronization, cleanliness, and/or uniformity.
USE OF SIGNS/POMS/FLAGS/MEGAPHONES (Max Score: 10.0)	
0.0 - 7.9	Zero Skills Performed
8.0 - 8.4	Minimal incorporation of signs, poms, flags and/or megaphones. Does not connect well with the words/cheer.
8.5 - 8.9	Standard incorporation of signs, poms, flags and/or megaphones. Moderate connection with the words/cheer.
9.0 - 9.4	Good use of signs, poms, flags and/or megaphones. Fitting for the words/cheer and moderately encouraged crowd response.
9.5 - 10.0	Excellent incorporation of multiple signs, poms, flags and/or megaphones. Fitting for the words/cheer and used creatively. Enhanced and encouraged crowd response.
VOICE AND PACE (Max Score: 10.0)	
0.0 - 7.9	Zero Skills Performed.
8.0 - 8.4	Minimal voice projection, lack of consistency, lacking voice control. Minimal/inconsistent pace and flow of routine.
8.5 - 8.9	Voice projection is moderate but consistency and voice control are lacking. Moderate/consistent pace and flow of routine.
9.0 - 9.4	Good voice projection, good consistency and voice control. Good pace and flow of routine.
9.5 - 10.0	Strong voice projection, consistency, and voice control. Excellent/innovative pace and flow of routine.