

CheerExpo USASF Score Sheet

Stunts/Pyramids/Tosses

TEAM: _____

DIVISION: _____

STUNTS

Difficulty: 1.....2.....3.....4.....5.....6.....7.....8.....9.....10

Execution/Form: 1.....2.....3.....4.....5.....6.....7.....8.....9.....10

Mounts/Dismounts/Transitions: 1.....2.....3.....4.....5.....6.....7.....8.....9.....10

Variety/Originality/Creativity: 1.....2.....3.....4.....5

Synchronization/Timing: 1.....2.....3.....4.....5

SUBTOTAL (40)

PYRAMIDS

Difficulty: 1.....2.....3.....4.....5.....6.....7.....8.....9.....10

Execution/Form: 1.....2.....3.....4.....5.....6.....7.....8.....9.....10

Mounts/Dismounts/Transitions: 1.....2.....3.....4.....5.....6.....7.....8.....9.....10

Variety/Originality/Creativity: 1.....2.....3.....4.....5

Synchronization/Timing: 1.....2.....3.....4.....5

SUBTOTAL (40)

TOSSES

Difficulty: 1.....2.....3.....4.....5.....6.....7.....8.....9.....10

Execution: 1.....2.....3.....4.....5.....6.....7.....8.....9.....10

SUBTOTAL (20)

OVERALL IMPRESSION

1.....2.....3.....4.....5.....6.....7.....8.....9.....10

SUBTOTAL (10)

COMMENTS:

**TOTAL
(110)**

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SPT Score Sheet

Stunts

Difficulty: (See Level Cheat Sheet) * “Mostly” means at least 75%-100%

0-4: Mostly* Beginning stunt skills for level

4-6: Mostly* Intermediate to Advanced stunt skills for level

6-8: Mostly* Advanced to Elite stunt skills for level.

8-10: Mostly* Advanced to Elite stunt skills for level. Multiple body positions while in air, high flexibility skills; Good ratio of stunts compared to number of people on the team.

****Teams should be trying to “Max Out” on their levels by having the majority of the team (again...majority meaning 75%-100%) involved in performing the most elite level skills offered for their level. The pace of the skills should also be taken into consideration.**

Execution/Form: *This category is to be scored as if there was no point deduction judge. How was the execution of all stunts overall?

0-4: Stunt skills executed with poor technique, perfection and flexibility.

4-6: Stunt skills executed with standard technique, perfection and flexibility.

6-8: Stunt skills executed with standard to higher-than-standard technique, perfection and flexibility.

8-10: Stunt skills executed with a nearly perfect to perfect level of technique, perfection and flexibility.

Mounts/Dismounts/Transitions: Both difficulty and execution will be scored together. “Difficulty” should also take into consideration level rules*, the pace, flow, flexibility required, creativity/variety, visual effects, number of people involved compared to number on the team, etc. *(See level rules for what is permitted at each level). ****Teams should be trying to “Max Out” on their levels by performing the most elite MDT offered for their level.** “Execution” should take into consideration the timing, synchronization (does everyone involved have the same style?), technique, flexibility, and perfection. “Mostly” means at least 75%-100%.

0-4: Mostly* Beginning MDT difficulty for level, and/or poor execution

4-6: Mostly* Intermediate MDT difficulty for level, and/or standard execution

6-8: Mostly* Advanced to Elite MDT difficulty for level, and/or standard to higher than standard execution.

8-10: Mostly* High/Elite MDT difficulty for level; Creative, Near perfect to perfect execution/form, timing and synchronization.

Variety/Originality/Creativity:

0-2: Low variety of skills. Same skills over and over and/or Low to no originality/creativity.

3-4: Average variety of skills and/or Average originality/creativity.

4-5: Good variety of skills and/or Very original/creative.

Timing/Synchronization:

0-2: Many timing mistakes; and/or not all performers look the same (synchronized).

3-4: A few timing mistakes; and/or most performers look the same (synchronized).

4-5: One or no timing mistakes; all performers look the same. Near perfect to perfect synchronization.

***Performers looking the same means that all groups should look identical in the air (i.e. same degree of flexibility, same angles, etc. They should all have the same style in the air.)**

Pyramids

Difficulty: (See Level Cheat Sheet for stunts; most pyramids will be a combination of stunts. Also see rules for each level for what is allowed at each level). * “Mostly” means at least 75%-100%

0-4: Mostly* Beginning pyramid skills for level

4-6: Mostly* Intermediate to Advanced pyramid skills for level

6-8: Mostly* Advanced to Elite pyramid skills for level.

8-10: Mostly* Advanced to Elite pyramid skills for level. Multiple body positions while in air; high flexibility skills; Good ratio of people involved compared to number of people on the team.

****Teams should be trying to “Max Out” on their levels by performing the most elite level pyramids offered for their level. Also take into account the number of people involved compared to number on the floor. The pace of the skills should also be taken into consideration.**

Execution: *This category is to be scored as if there was no point deduction judge. How was the execution of all pyramids overall?

0-4: Pyramid skills executed with poor technique, perfection and flexibility.

4-6: Pyramid skills executed with standard technique, perfection and flexibility.

6-8: Pyramid skills executed with standard to higher-than-standard technique, perfection and flexibility.

8-10: Pyramid skills executed with a nearly perfect to perfect level of technique, perfection and flexibility.

Mounts/Dismounts/Transitions: Both difficulty and execution will be scored together. “Difficulty” should also take into consideration (see level rules)*, the pace, flow, flexibility required, creativity/variety, visual effects, number of people involved compared to number on the team, etc. *(See level rules for what is allowed at each level). ****Teams should be trying to “Max Out” on their levels by performing the most elite MDT offered for their level.** “Execution” should take into consideration the timing, synchronization (does everyone involved have the same style?), technique, flexibility, and perfection. “Mostly” means at least 75%-100%.

0-4: Mostly* Beginning MDT difficulty for level, and/or poor execution

4-6: Mostly* Intermediate MDT difficulty for level, and/or standard execution

6-8: Mostly* Advanced to Elite MDT difficulty for level, and/or standard to higher than standard execution.

8-10: Mostly* High/Elite MDT difficulty for level; Creative, Near perfect to perfect execution/form, timing and synchronization.

Variety/Originality/Creativity:

0-2: Low variety (Only one pyramid) and/or Low to no creativity.

3-4: Average variety. More than one pyramid type in routine (*does not have to be in two separate sections of the routine!...can be a transition from one to another) and/or Average creativity.

4-5: Above average variety. More than one/multiple pyramid types in routine* (see above).Very creative.

Timing/Synchronization:

0-2: Many timing mistakes; and/or not all performers look the same (synchronized).

3-4: A few timing mistakes; and/or most performers look the same (synchronized).

4-5: One or no timing mistakes; All performers look the same. Near perfect to perfect synchronization.

***Performers looking the same means that all groups should look identical in the air (i.e. same degree of flexibility, same angles, etc. They should all have the same style in the air.)**

Tosses

Difficulty: (See Level Cheat Sheet) “Difficulty” should also take into consideration level rules*, the pace, flow, flexibility required, creativity/variety, visual effect, number of people involved compared to number on the team, etc. *(See level rules for what is permitted at each level). ****Teams should be trying to “Max Out” on their levels by performing the most elite level tosses offered for their level. .**

0-4: Mostly* Beginning toss skills for level. Very few performers compared to number on team.

4-6: Mostly* Intermediate to Advanced toss skills for level. Limited number of performers compared to number on team.

6-8: Mostly* Advanced to Elite toss skills for level.

8-10: Mostly* Advanced to Elite toss skills for level. Multiple body positions while in air; high flexibility skills; Good ratio of people involved compared to number of people on the team

Execution: *This category is to be scored as if there was no point deduction judge. How was the execution of all tosses overall?“Execution” should take into consideration the timing, synchronization (does everyone involved have the same style?), technique, flexibility, perfection, **height**, did the flyer ride to the top (if applicable), flyer control, the catch, no traveling, etc.

0-4: Very low height. Poor control overall. Unintended traveling. Low and/or unstable catches. Flyer hits element too early or too late. Flyer form in element is poor. Flyer has no defined movements into catching position.

4-6: Low to Average height. Average control and technique. Flyer has average form in elements and coming out of element into catch/cradle.

6-8: Average height. Above average control and technique. Flyer has average to above average control. Flyer has average to above average form in elements and coming out of element into catch/cradle.

8-10: Above average height. Above average control and technique. Good strong catch. Flyer rides to the very top of toss before hitting element (if applicable). Flyer “snaps” into element(s). Flyer form in element is perfect or near perfect. Flyer is very controlled coming out of element with defined movements into catching/cradle position.

Overall Impression

Overall routine and performance impression of the entire routine, whether or not related to the categories above with 0 being disastrous and 10 being perfect.

CheerExpo USASF Score Sheet Jumps & Tumbling

TEAM: _____

DIVISION: _____

JUMPS

Difficulty A: 1.....2.....3.....4.....5 (jump type, multiple/combos, etc)

Difficulty B: 1.....2.....3.....4.....5 (# attempting skills compared to # on floor)

Execution/Form: 1.....2.....3.....4.....5.....6.....7.....8.....9.....10

SUBTOTAL (20)

STANDING TUMBLING

Difficulty A: 1.....2.....3.....4.....5 (type and complexity of skills)

Difficulty B: 1.....2.....3.....4.....5 (# attempting skills compared to # on floor)

Execution/Form: 1.....2.....3.....4.....5.....6.....7.....8.....9.....10

SUBTOTAL (20)

RUNNING TUMBLING

Difficulty A: 1.....2.....3.....4.....5 (type and complexity of passes)

Difficulty B: 1.....2.....3.....4.....5 (# attempting skills compared to # on floor)

Execution/Form: 1.....2.....3.....4.....5.....6.....7.....8.....9.....10

SUBTOTAL (20)

OVERALL IMPRESSION

1.....2.....3.....4.....5.....6.....7.....8.....9.....10

SUBTOTAL (10)

COMMENTS:

**TOTAL
(70)**

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JT Score Sheet

Jumps

Difficulty A:

0-2: Beginning jumps (Ex: tuck, spread eagle, herkie, double hook).

3-4: Intermediate jumps (Ex: toe touch, side hurdler, front hurdler).

4-5: Advanced jumps (Ex: double toe touch, pike, combination jumps). Combination advanced jumps with intricate transitions, whips, etc.

Other things to consider: pace, unique approaches, level changes, whips, transitions.

Difficulty B: Performer Involvement

0-2: Few performers attempting skill compared to number on floor

3-4: Approximately half to most of performers attempting skill compared to number on floor

4-5: 75 - 100% of performers attempting skill compared to number on floor

Execution/Form:

0-4: Jump skills executed with poor technique, perfection and flexibility and/or many timing mistakes; not all performers look the same (synchronized).

4-6: Jump skills executed with standard technique, perfection and flexibility and/or a few timing mistakes; most performers look the same.

6-8: Jump skills executed with standard to higher-than-standard technique, perfection and flexibility and/or one or two timing mistakes; most to all performers look the same.

8-10: Jump skills executed with a nearly perfect to perfect level of technique, perfection and flexibility. One or no timing mistakes; all performers look the same. Near perfect to perfect synchronization.

Other things to consider: Jump height, visual appeal, body lines, toes pointed, chest alignment, hyper extended, arm placement, landings, etc.

***Performers looking the same means that all groups should look identical throughout the jump (i.e. same degree of flexibility, same angles, same prep, same arm swing, same landing, etc. They should all have the same style.)**

★ Tumbling Definitions:

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."

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."

Standing Tumbling:

Difficulty A: (See Level Cheat Sheet) *Mostly = 75%-100%

0-2: Mostly* Beginning tumbling skills for level

3-4: Mostly* Intermediate to Advanced tumbling skills for level

4-5: Mostly* Advanced to Elite tumbling skills for level.

Other things to consider: pace, connected skills (when permitted), specialty skills, unique approaches/dismounts, transitions, combination of skills (when permitted), synchronization/timing required, etc.

Difficulty B: Performer Involvement

0-2: Few performers attempting skill compared to number on floor

3-4: Approximately half to most of performers attempting skill compared to number on floor

4-5: 75%-100% of performers attempting skill compared to number on floor

Execution/Form: *This category is to be scored as if there was no point deduction judge. How was the execution of all standing tumbling overall?

0-4: Tumbling skills executed with poor technique and perfection.

4-6: Tumbling skills executed with standard technique and perfection.

6-8: Tumbling skills executed with standard to higher-than-standard technique and perfection.

8-10: Tumbling skills executed with a nearly perfect to perfect level of technique and perfection.

Other things to consider: height, landings, timing, synchronization (do they look the same), visual appeal, body lines/technique (bent legs/arms, crosses feet, pointed toes, etc).

Running Tumbling:

Difficulty A: (See Level Cheat Sheet) *Mostly = 75%-100%

0-2: Mostly* Beginning tumbling skills for level

3-4: Mostly* Intermediate to Advanced tumbling skills for level

4-5: Mostly* Advanced to Elite tumbling skills for level.

Other things to consider: pace, connected skills (when permitted), specialty passes, unique approaches/dismounts, transitions, combination of skills (when permitted), synchronization/timing required, etc.

Difficulty B: Performer Involvement

0-2: Few performers attempting skill compared to number on floor

3-4: Approximately half to most of performers attempting skill compared to number on floor

4-5: 75%-100% of performers attempting skill compared to number on floor

Execution/Form: *This category is to be scored as if there was no point deduction judge. How was the execution of all running tumbling overall?

0-4: Tumbling skills executed with poor technique and perfection.

4-6: Tumbling skills executed with standard technique and perfection.

6-8: Tumbling skills executed with standard to higher-than-standard technique and perfection.

8-10: Tumbling skills executed with a nearly perfect to perfect level of technique and perfection.

Other things to consider: height, landings, timing, synchronization (do they look the same), visual appeal, body lines/technique (bent legs/arms, crosses feet, pointed toes, etc).

Overall Impression

Overall routine and performance impression of the entire routine, whether or not related to the categories above with 0 being disastrous and 10 being perfect.

CheerExpo USASF Score Sheet

Dance and Overall Routine & Performance

TEAM: _____

DIVISION: _____

DANCE/MOTIONS

Difficulty/Pace: 1.....2.....3.....4.....5

Visual Effects: 1.....2.....3.....4.....5

Execution: 1.....2.....3.....4.....5.....6.....7.....8.....9.....10

SUBTOTAL (20)

Inappropriate Motions or Dance Moves = -10

ROUTINE CHOREOGRAPHY

Visual Effects: 1.....2.....3.....4.....5.....6.....7.....8.....9.....10.....11.....12.....13.....14.....15

Music Incorporation: 1.....2.....3.....4.....5

SUBTOTAL (20)

Inappropriate Music Lyrics/Sounds or Words by Competitors = -10

TRANSITIONS & FORMATION EXECUTION

Execution/Form: 1.....2.....3.....4.....5.....6.....7.....8.....9.....10

SUBTOTAL (10)

SHOWMANSHIP

Expression/Projection of Group: 1.....2.....3.....4.....5.....6.....7.....8.....9.....10

SUBTOTAL (10)

OVERALL IMPRESSION

1.....2.....3.....4.....5.....6.....7.....8.....9.....10

SUBTOTAL (10)

COMMENTS:

**TOTAL
(70)**

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Dance and Overall Routine & Performance Score Sheet

Dance/Motions

Take into consideration all dance and motions throughout the routine (i.e. Including motions in stunts, etc).

Difficulty/Pace:

Take into consideration: Variety of movements, pace of movements, full body moves, number of people compared to number on team (ratio), use of footwork and levels, flexibility displayed (if applicable).

- 0-2: Beginning dance skills performed at medium/slow pace with limited full body moves and/or limited floor/level work and/or use of few team members compared to number on floor and/or lots of repetition (no variety).
- 3-4: Intermediate to advanced dance skills at a medium/fast pace using some foot work and full body movements and/or Minimal changes of pace and/or Use of half to most team members and/or Some repetition.
- 4-5: Intricate/complex movements involving full body and footwork performed at a fast pace and/or pace changes. Use of most to all team members. Limited to no repetition.

Visual Effects:

Take into consideration: Formations, Levels, Transitions, Creativity, Variety:

- 0-2: Minimal formation or level changes and/or Transitions are obvious/slow and/or low creativity/variety.
- 3-4: Moderate formation or level changes and minimal visual effects and/or Transitions include some footwork and body movement and/or moderate creativity/variety.
- 4-5: Multiple level and formation changes to create visual effects and/or Transitions are seamless and strong footwork and body movement and/or maximum creativity/variety.

Execution:

Take into consideration: Precision, placement, technique, sharpness, angle consistency (ex. some narrow high V's, some wide, etc), transitions between motions, synchronization, full extension of movements, timing, form.

- 0-4: Dance skills executed with poor technique, perfection and synchronization.
- 4-6: Dance skills executed with standard level of technique, perfection and synchronization.
- 6-8: Dance skills executed with standard to higher-than-standard level of technique, perfection and synchronization.
- 8-10: Dance skills executed with nearly perfect to perfect level of technique, perfection and synchronization. They look like a team of "one"

Inappropriate Motions or Dance Moves

This is an automatic deduction for any **overtly** sexually explicit movements or gestures (something that would make the entire crowd go "Whoaa! Now THAT is inappropriate!"); or movements or gestures that have an inappropriate meaning (i.e. "the finger", "up yours", "suck it", etc).

Choreography

Visual Effects & Pace/Flow:

Take into consideration use of levels, formations, transitions (Not stunt transitions. Transitions between elements/section of the routine), use of floor, use of skills in choreography, pace & flow, creativity, originality and variety throughout.

- 0-7: Poor degree of difficulty/creativity in formations, transitions and levels. Performers stay in same location and/or at same level for extended periods. No defined times for people to

“set” for stunts/pyramids. Members frequently turning their backs to the crowd/judges when moving to spots (un-choreographed). Transitions seem rushed and/or are not well thought out. People frequently crossing center line to move to spots on opposite side of floor. People not making it to their spots on time. Or, transitions are very slow and obvious creating the feeling of “dead time”. No obvious choreography for transitions. Routine looks choppy.

- 8-11: Average degree of difficulty/creativity in formations, transitions and levels. Formations change periodically throughout routine. Some use of levels to create visual effect. Transitions contain some visual elements. It is obvious that some planning and thought went into creating the “in-between” of elements of the routine. People are setting for stunts at the same or at a specific choreographed time. Team members face crowd or judges most of the time when moving.
- 12-15: High degree of difficulty/creativity in formations, transitions and levels. Formation and/or levels changes throughout routine that add to visual impact and excitement of routine. High degree of difficulty/creativity in routine transitions. People are setting for stunts at the same or at a specific choreographed time. Team members face crowd or judges most to all of the time when moving. Transitions are intricate, seamless and creative. Choreographed at an exciting pace and add to overall visual effect of routine. Creates the illusion that there is no “down time” in the routine but looks organized and un-rushed. Keeps your attention between elements. Very creative.

Music Incorporation:

Take into consideration the use of music beats/sound effects, if the skills/visuals and the music match, the pace of the music (too fast or too slow), and the quality of the music mix (volume changes, skipped or double beats, choppy, or well blended).

- 0-2: Skills and/or movements do not match up with beats/sounds of music. Many unused sound effects. Poor music selection. Music is too fast or too slow. Pace does not match skills being performed. Beats per minute change abruptly with little flow between song selections. Eight count beats do not meld together and may have double beats or skipped beat counts. Music sounds “choppy”. Difference in volume of music selections (some parts really low, some parts overly loud, etc).
- 3-4: Music enhances most skills and/or movements with the use of beats/sounds/lyrics to accentuate specific elements. Pace of music matches most skills. Few unused sound effects. Most to all beats per minute and/or eight count beats are blended well and music selections flow together. Very few minor issues (i.e. one volume level change, or choppy part).
- 4-5: Music accentuates all skills and movements of the routine. Music is memorable to the point that hearing the music in the future will automatically create a visual picture in the mind of the skills/movements that were matched to the songs and elements that “hit” on certain beats/sounds/lyrics. No unused sound effects. Music selections are exciting and/or enhance a “theme”. Creates a lasting impression of music match to skills. Pace of music matches all skills/movements. All beats per minute and eight counts are blended well and music selections flow together with no big volume change or other such issues.

Inappropriate Music Lyrics/Sounds or Words by Competitors

This is an automatic deduction for any **overtly** sexually explicit or inappropriate (swear words) lyrics/sounds in music or spoken by competitors. This does not apply for “cocky” music, it has to be actual swear words that are considered swear words by all (“Oh my God”, or “Damn” do not apply). Music lyrics where the actual swear words are removed or blanked out do not apply. Sexual noises/lyrics must be clearly sexually explicit. Context must be taken into account. There are many songs that have lyrics that would be considered “sexual” when listened to in the song in it’s entirety, but when sections are taken out and choreographed into a routine they can take on a different/cleaner meaning, Something like “You know you want it” or “You can’t handle this” would be fine. Something saying “I wanna sex you up” would not be OK and would warrant a deduction.

Transitions & Formation Execution

How Clean is the “In-Between”

This is where all the stuff that happens between elements is scored. For example, consistency of team when moving to spots, (do all members have arms at sides/are they the same, or are they all just doing their own thing), are some arms flailing when moving, is their bumping, tripping, spacing issues, people forgetting what they are doing, are they all “setting” for stunts at the same time, are they having to look at each other for timing and/or spots or do they know when/where to go, is spacing defined, etc.

Execution/Form:

- 0-4: Multiple to frequent spacing problems and/timing problems and/or Bumping, tripping or people looking “lost”, or members having to look at each other for cues of where/when to go and/or Arms flailing when moving, or inconsistent movement/stance/position during movement that was obviously unplanned* and/or Members looking at floor or at each other when moving.
- 4-8: Some consistency of members when moving* and/or Members still having to look at each other for cues. A few members looking down. A few arms flailing, etc. Very few spacing or timing issues.
- 8-10: Good to perfect consistency between members when moving*. Very few spacing or timing problems related to transitioning (one to none). No bumping or tripping. Everyone looks very confident that they know where to go and when. Very clean.

*keep in mind that a transition may be specifically choreographed for each member, or groups of members to be doing something a little different but which compliments the “theme” of that transition or creates a visual effect. For example, the team may blow kisses. They may have some members reach up, some crouch down, etc. Use of levels and visuals does not constitute “inconsistency”.

Showmanship

Expression/Projection of Group:

- 0-4: Little to no consistency within group of expressions. Examples: Some appear confident/some do not. Some appear powerful/some look cute, some look scared, etc. Overall projection of group is varied and/or No variety of expressions; expressions look forced or fake and/or few members showing expressions. Less than half. Low energy.
- 4-8: Average consistency of expressions. Overall intention of projection is achieved (i.e. if the intended projection is powerful in a section of a routine, did they achieve that goal? If the overall intended projection is “cute” was that effectively conveyed by the group as a whole? And/or Some variety of expression throughout routine; Most expressions look natural and/or Half to most members showing expressions at all times. Average energy.
- 8-10: Above average to perfect consistency of expressions within group throughout entire routine. Overall intended projections are passionately conveyed. May have one or two people that are not consistent but overall expression of group is close-to-perfect to perfect. And/or Good variety of expressions throughout routine; Expressions look genuine and/or Most to all members showing expressions at all times. High Energy.

Overall Impression

Overall routine and performance impression of the entire routine, whether or not related to the categories above with 0 being disastrous and 10 being perfect.

CheerExpo USASF Point Deduction & Legality Sheet

TEAM: _____

DIVISION: _____

SECTION A

Safety and Non-Skill Related Infractions

1 pt deduction per infraction

- Jewelry *****
- Hair (devices and how worn) ****
- Athletic shoes *****
- Unsafe Props or Uniforms *****
- Starting outside performance area *

Time Limit Violation & Skills off Mat Violation

5 pt deduction

- Routines that exceed 2 ½ minutes.
- Stunts, Jumps or Gymnastics skills off of mat (does not include running or walking)

Formal Entrance or Exit to/from Cheer Floor

2pt deduction

SECTION A TOTAL

SECTION B – 2 point deduction

Rule Infraction/*Performance Error:

*A Performance Error occurs in a pyramid, stunt and/or toss when it is performed in such a way that it becomes illegal. The penalty is not per person, it is applied per section of the routine.

SECTION B TOTAL

SECTION C – 5 point deduction

***Level Violation:**

*A Level Violation occurs when a skill is performed out of level. The level violation penalty is applied once throughout the entire routine for each type of violation.

SECTION C TOTAL

Total Legality Violations

SECTION D: POINT DEDUCTION

For stunts, pyramids, jumps, mounts/dismount/transitions & tumbling only.

:00 - :30

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:30-1:00

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1:00-1:30

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1:30 - 2:00

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2:00 - 2:30

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B = Obvious Bobble (1 point per incident)
 I = Obvious Incomplete (2 points per incident)
 F = Obvious Fall (2 points per incident)
 MF = Major Fall / Major Collision (5 points per incident):
 Major Fall: Anything other than feet OR HANDS **forcefully** hits the floor.
 Major Collision: A tumbler tumbles into/onto someone else **forcefully** to the point a major effect is evident; or in stunts/pyramids/tosses if a cheerleader(s) gets **forcefully** struck in the face, neck or back area with a body part of another cheerleader **to the point a major effect is evident. (CRACK or SMACK).**

SECTION D TOTAL =

Total Deductions =
(A+B+C+D)

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Point Deduction & Legality Score Sheet

There will be two judges allotted for this. Ideally, they will be stationed at the sides/back of the floor to better see how stunts are built. If judges feel that because of the event set up it would be better for them to be in the judges' stand with the rest of the panel they may decide to do so at their own discretion (i.e. if spectators and background cause distraction when viewing from the sides/back). Each will take notes and when the routine is finished, they will come together and fill out ONE form to be handed to the tally judges. One judge will focus more on legalities and one will focus more on deductions, although both will be responsible for both tasks. The person who focuses on legalities must also time the routine.

Both judges must know the level rules and safety guidelines inside and out. Judges must be absolutely positive that a rule infraction or level violation has occurred in order to give deductions in those categories. If there is doubt as to the interpretation of a rule, or if there is question as to whether or not the skill actually took place, only a warning may be given.

The left hand side of the score has legality deductions and the right side has point deductions.

Section A: These are non-skill related infractions.

Basic Safety Guidelines: 1 pt deductions

Jewelry: Jewelry of any kind including but not limited to ear, nose, tongue, belly button and facial rings, clear plastic jewelry, bracelets (except CheerExpo bracelets), necklaces and pins on uniforms are prohibited. Jewelry must be removed and may not be taped over. (Exception: medical ID tags/bracelets, and uniform rhinestones. Rhinestones are illegal when adhered to the skin as opposed to a uniform. Temporary tattoos are also allowed). A 1 pt deduction will be made for each member violating this rule.

Hair: Hair should be fashioned in a way that allows members to perform safely. Hair does not have to be pulled back or up. It may rest on the shoulders of bases or flyers. Hair will be viewed at the start of the performance for this category. Hair infractions will NOT be given for hair pieces or real hair that has come down or unattached as a result of the performance on this score sheet although panel judges may or may not take points off on their respective score sheets if they feel it applies. This is not a safety sheet, it is an infraction sheet. If, however, many to all members have hair falling out of their ponytails/braids, etc, and the hair is in front of the eyes, a deduction may be given in this category as hair was not fashioned securely enough at the beginning of the performance. Hair that "looks bad" does not constitute an infraction. Hair must be covering the eyes consistently and obstructing view for it to be considered an infraction.

Concerning hair devices: Any hair device may be worn unless it is large, hard and unyielding (example: banana clip), or if they have large pointy protrusions that could puncture the flesh (i.e. "chopsticks"). Bobby pins, barrettes, scrunchies, elastics, bows (except large hard plastic ones), hair pieces, etc. are all permitted. Hair devices that fall out are not considered infractions unless it is clear that they have not been securely fashioned from the start of the routine (i.e. MANY members of the team have hair devices falling out). If one or two people have hair devices that fall out, **panel** judges may or may not take points off on their respective score sheets but it will not be considered an infraction on this sheet.

Athletic Shoes: Soft-soled shoes must be worn while competing. No dance shoes/boots, and/or gymnastics slippers (or similar) allowed. Shoes must have a solid sole. 1 pt infraction **per team member**. If shoes fall off during performance and the member does not put the shoe back on before continuing with elements of the routine where shoes would be pertinent (stunting, gymnastics, jumps), a 1 pt deduction would be given here.

Unsafe Props or Uniforms: Any height increasing apparatus used to propel a competitor is prohibited. (Exception: spring floor). Flags, banners, signs, pom poms, and megaphones are the only props allowed. Props with poles or similar support apparatus may not be used in conjunction with any kind of stunt or tumbling. All props must be safely discarded out of harms way (e.g. throwing a hard sign across the mat from a stunt would be illegal). Any uniform piece purposefully removed from the body and used for visual effect will be considered a prop. Casts that are hard and unyielding or have rough edges must be appropriately covered with a padded material. Uniforms must be safe for their intended performance. Any of these violations would result in a 1 pt deduction.

Starting Outside Performance Area: All members must begin the routine with at least one foot, hand or body part inside the performance area. **Exception: Athletes may have their feet in the hands of base(s) if the base(s) hands are resting on the performing surface.** There will be a 1 pt deduction for each member in violation of this rule.

Time Limit Violation & Skills off Mat Violations: 5 pt deductions

- Routines that exceed 2 ½ minutes will result in a 5 point deduction. There is no grace period.
- Jumps, gymnastics, pyramids, stunts, mounts/dismounts/transitions to stunts or pyramids must be performed on the spring floor/cheer surface. Any of these skill performed off of the cheer surface will result in a 5 pt deduction per occurrence/sequence.

Formal Entrance or Exit to/from Cheer Floor: 2 Point deduction

See Head Judge: The head judge will have the ultimate decision on whether or not this deduction will be given.

Explanation: All participants (including teams, individuals, groups, etc) must enter and exit the performance area in a timely fashion. **Formal entrances (once the team has been called) or exits involving jumps, tumbling, stunting, or organized motions, cheers or spell-outs are prohibited and will result in a 2 point deduction from the final score.** All competitors should spirit onto the floor as quickly as possible and immediately begin their performance. Participants should also spirit off of the floor as quickly as possible. Placement of props should take place immediately after the previous performance. The team will wait in the on deck area for their name to be called. As soon as the team name is called they have 5-10 seconds to get to their places and start. What this all means is that there is to be no 'C - A -V- A LIERS, Lets go Cavaliers, Lets Go" or anything to that effect. If they are cheering BEFORE their team is called, no deduction should be made. This is new to most teams and we will try to be a little lenient. If they start to cheer and then stop right away because they realize they are not allowed, no deduction should be made. If the crowd or another team starts a cheer, do not deduct the team that is performing unless they are cheering with them and keeping it going. The main reason for this rule is that it takes up time in the schedule and if we allow one team to do it, we would have to allow all.

Section B: Rule Infraction/Performance Error: 2 Point Deduction

A Performance Error occurs in a pyramid, stunt and/or toss when it is performed in such a way that it becomes illegal. The penalty is not per person, it is applied per section of the routine. An example would be if a level 2 team did an extended single legged stunt that was suppose to be attached on both sides by two shoulder level skills but one (or both) of those side skills fell so that the single legged skill was not attached on both sides, or on either side. The intention was there to do the skill legally but because of a MISTAKE, it became illegal. Because the penalty is per section of the routine, not per person, if there were two extended one legged skills but the shoulder level skill that they were both suppose to attach to in the middle fell, there would still be only 2 points deducted, not 4.

A reference to which rule was broken must be made on the sheet (i.e. Pyramids: A) for each deduction.

Section C: Level Violation: 5 Point Deduction

A Level Violation occurs when a skill is performed out of level, or if they perform a skill that is illegal for all levels. The level violation penalty is applied once throughout the entire routine for each type of violation (for each rule that is broken).

- An example of a skill that is illegal for all levels would be a knee drop without breaking drop first with hands/feet.
- An example of a level violation would be a level 3 team doing twist cradles from extended single leg stunts. If they did this with three groups, two times in the routine, it would still be only a 5 point deduction because they only broke one rule.

A reference to which rule was broken must be made on the sheet (i.e. Dismounts: G) for each deduction.

Section D: Point Deduction

For stunts, pyramids, jumps, mounts/dismount/transitions & tumbling only.

This section of the sheet will be use to record obvious bobbles/mistakes, incompletes, falls and major falls. Letters will be used to represent the mistakes as follows:

B = Obvious Bobble/Mistake (1 point per incident)

I = Obvious Incomplete (2 points per incident)

F = Obvious Fall (2 points per incident)

MF = Major Fall / Major Collision (5 points per incident)

The letters are to be listed in sequence from left to right, top to bottom (like reading a book) in the order of their occurrence in the performance.

Bobble/Mistake: 1 point: Examples of bobbles (this does not encompass all bobble types!): In stunts, a double twist that only singles (if it is obvious that it should have been a double...remember this are for OBVIOUS bobbles), a heel stretch that drops the leg and then gets it back up (or not), a stunt that does not get all the way up, five people are suppose to do twist cradle but one just straight cradles, a basket toss that travels few feet, a touch down after a back tuck; landing on knees after backhandspring, an extended one legged stunt gets lowered to shoulder level, a basket toss with no skill at the top (that was obviously suppose to have some type of skill at the top), a stunt that has a large wobble but then gets saved/salvaged, a jump that stumbles, after a gymnastics skill the person stumbles and touches the floor or falls on hands/knees, a jump that kicks another person (not forcefully enough to be considered a collision), a jumper who lands on hands and feet, etc.

Timing mistakes are not bobbles. They will be scored as execution errors by panel judges.

Incomplete: 2 points: Any skill that was completely missed. Examples: Person runs to spot but does not get there on time and the whole group misses a stunt; for a 2 ½ high pyramid not all of the mid bases get up so the top flyer cannot go on top; in a tumble run the skill is skipped or where the person obviously does not complete all of the skills planned (i.e. three synchronized people run and do round off back hand back tuck, but one only does a round off). Make sure it was not intended as a peel off/ripple though.

Fall: 2 points: Stunts, pyramids, mounts/dismounts/transitions: any skill that comes down un-choreographed to the floor level whether caught or not. Any falls less than major falls. A stunt that falls and the flyer (or a base) catches herself with hands and feet on floor; A flyer falls from a pyramid and is caught by spotter, a stunt that comes down and the flyer touches their bum to the floor (not hard enough to be considered “forceful”); a stunt wobbles and falls into a catch or to the floor (not forcefully); a base that gets knocked off balance by a cradle and falls to floor (not forcefully); basically any skill that comes down. In gymnastics a tumbler bends arms in back handspring and head hits floor, or knees hit floor (not forcefully).

Major Fall: 5 Points: Anything other than feet OR HANDS **forcefully** hits floor in any stunt, pyramid,

mount/dismount/transition, tumbling or jump. **If it is not forceful, it is just a fall. If it is forceful but only hands and/or feet hit the floor, it is just a fall.** Tumbler lands forcefully on head, jumper lands forcefully on knees, stunt falls and flyer lands forcefully on back, etc.

Major Collision: 5 Points: A tumbler tumbles into/onto someone else forcefully **to the point a major effect is evident** (i.e. Person falls over, face swells immediately, person can't see, crying, bleeding, etc); a jumper **forcefully** kicks a team member in the face (if it is not forceful it is just a bobble), or in stunts/pyramids/tosses if a cheerleader(s) gets **forcefully** struck in the face, neck or back area with a body part of another cheerleader **to the point a major effect is evident** **“CRACK or SMACK”**, otherwise it is just a bobble.

Scoring Process:

Category Scoring. Three category sheets. One judge per sheet. Sheets are worth:

SPT: 110

JT: 70

D&OP: 70

For a total score out of 250.

Two deduction/legality judges. Deductions will be removed for a final score out of 250. The same will be done for day two and the two scores will be added together for a final score out of 500.

Concerning Ties: Ties will be broken first by looking at overall deductions from the Point deduction and Legality sheet. The team with the lowest amount of deductions will be placed above the team they tied with. If the tie is still standing then the legality deductions (A+B+C) will be reviewed by the head judge. The team with the lowest amount of deductions on the legality point's deduction section of the sheet will be placed above the team they tied with. If the tie is still standing then the point deductions (D) will be reviewed by the head judge. The team with the lowest amount of point deductions will be placed above the team they tied with. If a tie still remains, then the “overall impression” (10 point category on each of the panel score sheets) average score for each of the teams in question will be reviewed. The team with the highest “overall routine impression” score will be placed above the team they tied with. If the tie still stands the judges will be polled by the head judge as to where the team should fall in the rankings. The judges' decision is final.

Level Cheat Sheet for Stunts, (Pyramids), Tosses & Gymnastics

Skills are listed from most difficult on top to least difficult on bottom in each category list. Other factors may affect the difficulty of the skill. In levels 5 and 6 you will notice that 2 leg extension and one leg at prep level are listed both in the "Beginner" category and the "Intermediate" category. It is assumed that it would be single based to be in the "intermediate" category. For most levels, pyramids will be a combination of stunts. Please refer to the level rules for "Pyramids" for each level.

	Beginner	Intermediate	Advanced-Elite	Possible Dismounts
LEVEL 1	1	1	1	1
Stunts & Pyramids* Please also refer to level rules!	Multiple Body Positions Thigh Stand Pony Sit Low Table Top	Multiple Body Positions Suspended Split Shoulder Sit Teddy Bear / V-Sit	Multiple Body Positions 1 Leg Stunt <u>Below</u> Prep Level Extension Prep Shoulder Stand Two legged extensions OR prep level one leg skills allowed IF connected on both sides.	Straight Cradle Sweep Cradle Pop Down No cradle from extensions No twists in mounts, transitions or dismounts
Tosses	NO TOSSES PERMITTED			
Tumbling	STANDING & RUNNING: Handstand Forward / Backward Roll	STANDING & RUNNING: Front Walkover Cartwheel	STANDING & RUNNING: Back Walkover Double Skill (Cartwheel / Round-off) Round-off / Jump Combinations Round-off	
LEVEL 2	2	2	2	2
Stunts & Pyramids* Please also refer to level rules!	Multiple Body Positions Suspended Split Shoulder Sit Teddy Bear/V-sit Thigh Stand Pony Sit Low Table Top	Multiple Body Positions 1 Leg Stunt Below Prep Level Extension Prep Shoulder Stand	Multiple Body Positions 1 Leg at Prep Level 2 Leg Extension 1 leg extension if connected on both sides by prep level; can cradle down	1/4 twist dismount Straight Cradle Sweep Cradle Pop Down 1/2 Twist in mounts & Transitions
Tosses		Log Roll / Barrel Roll (from cradle to cradle)	Straight Ride	
Tumbling Dive rolls allowed if NOT done in a swan or layout position	STANDING: Handstand Forward / Backward Rolls RUNNING: Cartwheel / Round-off	STANDING: Front / Back Walkovers Round-off / Jump Combinations Double Skill (Cartwheel / Round- off) RUNNING: Round-off / Jump Combinations Double Skill (Cartwheel/Round- off)	STANDING: Single Handsprings (no jumps in connection allowed) RUNNING: Back & Front handspring Series Back & Front handspring	
LEVEL 3	3	3	3	3
Stunts & Pyramids* Please also refer to level rules!	Multiple Body Positions 1 Leg Stunt Below Prep Level Extension Prep Shoulder Sit/Stand Suspended Split Teddy Bear/V-sit Thigh Stand Pony Sit Low Table Top	Multiple Body Positions 1 Leg at Prep Level 2 Leg Extension	Multiple Body Positions 1 Leg Extension	1 1/4 Twist (from 2 Legs Only) 1/4 twist from one leg extensions One trick permitted from any two legged stunt Switch Kick Pike Toe Touch Star (X) Kick Tuck (Ball) Pretty Girl Straight Cradle Sweep Cradle Pop Down
Tosses	Straight Ride Log Roll / Barrel Roll	Single Skill	Full Twist	
Tumbling	STANDING: Handstand Forward / Backward Rolls RUNNING: Round-off / Jump Combinations Cartwheel / Round-off	STANDING: Single Handsprings Front / Back Walkovers Round-off / Jump Combinations RUNNING: Backhandspring Series Backhandspring	STANDING: Jump/Handspring Combinations Handspring Series RUNNING: Backhandspring Back Tuck Back Tuck Front Flip Aerial	One twist in Mounts & Transitions Double base (prep level) suspended forward roll dismount allowed if connected on both sides.

LEVEL 4					4	4	4	4	4	4	4	4
Stunts & Pyramids* Please also refer to level rules!	Multiple Body Positions 1 Leg Stunt Below Prep Level Extension Prep Shoulder Sit/Stand Suspended Split Teddy Bear/V-sit Thigh Stand Pony Sit Low Table Top	Multiple Body Positions 1 Leg at Prep Level 2 Leg Extension	Multiple Body Positions 1 Leg Extension Tick Tocks permitted Braced Flips allowed	2 1/4 twists (from 2 Legs Only) 1 1/4 twists from single leg skills In any cradle that exceeds 1 1/4 twist, no other skill is allowed. Kick-Full / X-Full Single Twist Switch Kick Star (X) Pike Toe Touch Kick Tuck (Ball) Pretty Girl Straight Cradle Sweep Cradle Pop Down Up to 1 1/2 Twists in Mounts & Transitions								
	Tosses	Straight Ride Log Roll / Barrel Roll	Full Twist Single Skill	Double Full Twist Full Twist with Skill Double Skill (no twist)								
	Tumbling	STANDING: Single Handsprings Round-off / Jump Combinations Front / Back Walkovers Handstands Forward / Backward Rolls RUNNING: Backhandspring Series Backhandspring Round-off / Jump Combinations Cartwheel / Round-off	STANDING: Jump / Handspring Combinations Handspring Series RUNNING: Backhandspring Back Tuck Back Tuck Specialty Pass to Handspring Front Flip Aerial	STANDING: Front / Back Flip Jump / Handspring / Flip Combinations Handspring / Flip Aerial RUNNING: Flip with Multiple Body Positions Layout Specialty Pass to Tuck								

LEVEL 5					5	5	5	5	5	5	5	5
Stunts & Pyramids* Please also refer to level rules!	Multiple Body Positions 1 Leg at Prep Level 2 Leg Extension 1 Leg Stunt Below Prep Level Extension Prep Shoulder Sit/Stand Suspended Split Teddy Bear/V-sit Thigh Stand Pony Sit Low Table Top	Multiple Body Positions 1 Leg at Prep Level 2 Leg Extension	Multiple Body Positions 1 Leg Extension Extended Inverted stunts Braced inversions (including braced flips) are allowed up to 1 1/4 flips and 1 twist if connected to two people; if connected to only one person they cannot twist	Up to 2 1/4 twists from all skills Double Twist Kick-Full / X-Full Single Twist Switch Kick Star (X) Pike Toe Touch Kick Tuck (Ball) Pretty Girl Straight Cradle Sweep Cradle Pop Down Up to two twists in Mounts & Transitions								
	Tosses	Single Skill Straight Ride Log Roll / Barrel Roll	Full Twist Double Skill (no twist)	Double Full & 1/2 Twist with skill 2 1/2 Twist Full Twist with Skill Helicopter (180) & 1/2 twist								
	Tumbling	STANDING: Jump / Handspring Combinations Handspring Series Single Handsprings Round-off / Jump Combinations Front / Back Walkovers Handstands Forward / Backward Rolls RUNNING: Backhandspring Series Backhandspring Round-off / Jump Combinations Cartwheel / Round-off	STANDING: Front Flip Jump / Handspring / Flip Combinations Handspring / Flip Back Flip Aerial RUNNING: Layout Specialty Pass to Tuck Backhandspring Back Tuck Back Tuck Specialty Pass to Handspring Front Flip Aerial	STANDING: Single or Double Twisting Skills Jump / Flip Combinations RUNNING: Double Twist Twisting Flips with Multiple Body Positions 2 or more combined level 5 Skills Specialty Pass to Single Twist Single Twist Flip with Multiple Body Positions Specialty Pass to Layout								

LEVEL 6				
Stunts & Pyramids* Please also refer to level rules!	Multiple Body Positions 1 Leg at Prep Level 2 Leg Extension 1 Leg Stunt Below Prep Level Extension Prep Shoulder Sit/Stand Suspended Split Teddy Bear/V-sit Thigh Stand Pony Sit Low Table Top	Multiple Body Positions 1 Leg at Prep Level 2 Leg Extension	Multiple Body Positions Rewind 1 Leg Extension	Flip with 2 Skills Flip with Skill Flip Kick-Double / X-Double Double Twist Kick-Full / X-Full Single Twist Switch Kick Star (X) Pike Toe Touch Kick Tuck (Ball) Pretty Girl Straight Cradle Sweep Cradle Pop Down
Tosses	Double Skill (no twist) Single Skill Straight Ride Log Roll / Barrel Roll	Double Full Twist (non-flipping) Full Twist with Skill Helicopter (180) Full Twist (non-flipping)	Flip with 2 skills Flip with skill Flip 3 ½ Twist (non-flipping) Double full twist with skill	Up to two twists in Mounts & Transitions Helicopters same as level 5 Free flipping mounts allowed from ground level only up to 1 flip and 2 twists (but no rewinds on to 2 ½ pyramids). 2 ¼ twist from all stunts & pyramids 2 high. 1 ¼ from 2 ½ high pyramids ¾ front flips from group to group allowed. In all other cases, 0 flips and 1 ½ twists allowed.
Tumbling	STANDING: Jump / Handspring Combinations Handspring Series Single Handsprings Round-off / Jump Combinations Front / Back Walkovers Handstands Forward / Backward Rolls RUNNING: Backhandspring Series Backhandspring Round-off / Jump Combinations Cartwheel / Round-off	STANDING: Front Flip Jump / Handspring / Flip Combinations Handspring / Flip Back Flip Ariel RUNNING: Layout Specialty Pass to Tuck Backhandspring Back Tuck Back Tuck Specialty Pass to Handspring Front Flip Ariel	STANDING: Single or Double Twisting Skills Jump / Flip Combinations RUNNING: Double Twist Twisting Flips with Multiple Body Positions 2 or more combined level 5 Skills Specialty Pass to Single Twist Single Twist Flip with Multiple Body Positions Specialty Pass to Layout	Up to two twists in Mounts & Transitions Helicopters same as level 5 Free flipping mounts allowed from ground level only up to 1 flip and 2 twists (but no rewinds on to 2 ½ pyramids). 2 ¼ twist from all stunts & pyramids 2 high. 1 ¼ from 2 ½ high pyramids ¾ front flips from group to group allowed. In all other cases, 0 flips and 1 ½ twists allowed.