



School Scoring System





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Performance Divisions





Standing Tumbling

- Limited to single back handspring variations
- Standing series and jumps connected immediately to a back handspring are not permitted.
- Flips and aerials are not permitted.

Running Tumbling

- Limited to back and front handspring series.
- Flips and aerials are not permitted.

Stunts

- Two leg stunts allowed up to extended level.
- Single leg stunts may not be held at or pass through the extended position. Extended liberties are not permitted.
- All release moves must land in a cradle
- Inversions are allowed only in transitions from ground level inversions to a non-inverted position. No other inversions are permitted.
 - Example: A handstand on the ground to a non-inverted stunt is permitted.
 - Example: Starting in a cradle or prone position and transitioning to an inverted position in NOT permitted.
- Twisting transitions are limited to a 1/2 twist by the top person.
 - Exceptions: Log/barrel rolls are permitted.
- Dismounts are limited to straight pop-downs, basic straight cradles, and a 1/4 twist.

Pyramid

- Extended single leg stunts must be braced by at least one person at or below prep level.
- Connection must be made prior to the execution of the single leg extended stunt
- Inversions in pyramids are not permitted except for the inversions allowed under Novice stunts rules.
- Any time a top person is released by the bases and braced by other top persons, no skill is permitted during transition and must land in a cradle.
- Release moves in pyramids are not permitted except for release moves under Novice stunt rules.
- Straight ride tosses are the only permitted body position.

STUNT DIFFICULTY	PYRAMID DIFFICULTY	TUMBLING DIFFICULTY
2.0-3.0	2.0-3.0	1.0-2.0
Does not meet skill level or quantity requirements.	Does not meet skill level or quantity requirements.	Does not meet skill level or quantity requirements.
3.0-4.0	3.0-4.0	2.0-3.0
Prep level two legs stunts OR below prep level single leg stunts OR Higher level difficulty stunts performed by less than MOST	Pyramids involving an Extended Two Leg Stunt and/ or One Leg Stunt at Prep Level	Cartwheels or Round-offs or Forward/Backward Rolls
4.0-5.0	4.0-5.0	3.0-4.0
Extensions OR one leg variations at prep level	Pyramids involving an Extended One Leg Stunt	Backwalkover/Frontwalkover
5.0-6.0	5.0-6.0	4.0-5.0
Extensions, multiple one leg prep level variations, ½ twisting variations	Pyramids involving multiple transitional elements and multiple extended structures including Extended one leg stunts	Round off Backhand spring(s) variations, Standing back handspring variations

To be scored in the higher ranges, MOST of the team which is 75% of the team must perform the skill set. Teams that do not master the skill set performed by MOST of the team will be scored in a lower range (MAJORITY).

Stunt/Pyramid DIFFICULTY includes BUT IS NOT LIMITED TO: Difficulty of skills performed, athlete participation, pace, variety of skills, quantity of skills, and creativity.

Stunt/Pyramid TECHNIQUE includes BUT IS NOT LIMITED TO: Top person body control, stability of stunt, control from skill to skill, and synchronization.

Running Tumbling is cumulatively scored through the routine.

Standing Tumbling is synchronized in the same section. Additional standing passes can boost overall score for including variety and creativity.

Tumbling/Jump DIFFICULTY includes BUT IS NOT LIMITED TO: Difficulty of skills performed, athlete participation, pace, variety of skills performed, and quantity of skills performed.

Tumbling/Jump TECHNIQUE includes BUT IS NOT LIMITED TO: Approach uniformity, body control, controlled landings, and synchronization



Standing Tumbling

- Standing tumbling is limited to series of back handsprings
- Jump-back handspring combinations are permitted
- Standing tucks/back handspring(s) tucks are not permitted.

Running Tumbling

- Flips are only permitted to be performed in the TUCK position and must be performed from a round-off or a round-off back handspring
- Skills performed with hand support prior to the round-off or round-off back handspring(s) are permitted
 - Example: FWO round-off back handspring tuck
- Punch fronts are not permitted
- Twisting is not permitted while airborne
 - Exception: Aerial cartwheels are permitted
- Tumbling after a tucked flip or aerial cartwheel is not permitted
- Cartwheel tucks and/or cartwheel back handspring tucks are not permitted

Stunts

- Twisting transitions to and from an extended level are not permitted to exceed a ½ twist
- Twisting to/from or at prep level are not permitted to exceed 1 full twist.
- Release moves must start below prep level and must be caught at prep level or below.
- Release moves are not permitted to pass above the extended arm level
- Inversions (grounded) are permitted to the extended level
- Inversions (released) are permitted to prep level and below

Pyramid/Tosses

- Braced flips are ONLY permitted when braced (arm-arm connection) on two sides, when bracers are at prep level or below with a designated spotter, and when braced flip lands in a cradle position.
- Inversions are ONLY permitted to the extended level when braced (arm-arm connection) on two sides and when bracers are at prep level or below with a designated spotter.
- Release moves (non inverted) are permitted with one bracer
- Tosses:
 - Only one skill permitted
 - Twisting rotations are limited to 1 ¼ twist
 - Tosses are not required, but can be rewarded in the Pyramid category.

STUNT DIFFICULTY	PYRAMID DIFFICULTY	TUMBLING DIFFICULTY
2.0-3.0	2.0-3.0	1.0-2.0
Does not meet skill level or quantity requirements.	Does not meet skill level or quantity requirements.	Does not meet skill level or quantity requirements.
3.0-4.0	3.0-4.0	2.0-3.0
Extension Preps or One Leg Variations Below Prep Level	Pyramids involving an Extended Two Leg Stunt and/ or One Leg Stunt at Prep Level	Cartwheels or Round-offs, Walkovers, or Forward/Backward Rolls
4.0-5.0	4.0-5.0	3.0-4.0
Extensions or One Leg Variations at Prep Level	Pyramids involving an Extended One Leg Stunt	Round-off BHS or Standing BHS
5.0-6.0	5.0-6.0	4.0-5.0
Extended one leg stunts AND single twisting transition/dismount to or from a two leg stunt or single leg at prep level	Pyramids involving multiple transitional elements, one of which is a release and multiple extended structures including Extended one leg stunts	Round-off BHS Tucks or Round-off Tucks or Standing BHS Series or Jump/BHS Combinations

To be scored in the higher ranges, MOST of the team which is 75% of the team must perform the skill set. Teams that do not master the skill set performed by MOST of the team will be scored in a lower range (MAJORITY).

Stunt/Pyramid DIFFICULTY includes BUT IS NOT LIMITED TO: Difficulty of skills performed, athlete participation, pace, variety of skills, quantity of skills, and creativity.

Stunt/Pyramid TECHNIQUE includes BUT IS NOT LIMITED TO: Top person body control, stability of stunt, control from skill to skill, and synchronization.

Running Tumbling is cumulatively scored through the routine.

Standing Tumbling is synchronized in the same section. Additional standing passes can boost overall score for including variety and creativity.

Tumbling/Jump DIFFICULTY includes BUT IS NOT LIMITED TO: Difficulty of skills performed, athlete participation, pace, variety of skills performed, and quantity of skills performed.

Tumbling/Jump TECHNIQUE includes BUT IS NOT LIMITED TO: Approach uniformity, body control, controlled landings, and synchronization



Advanced teams will follow Industry Standard Guidelines with no other skill restrictions

Standing Tumbling

- Standing tucks/fulls permitted
- Standing back handspring(s) to a tuck/layout/full permitted
- Jump/tuck combinations permitted

Running Tumbling

- Flips are permitted to be performed in the LAYOUT position and can be performed from a round-off or a round-off back handspring
- Twisting is limited to 1 twisting rotation
- Cartwheel tucks and/or cartwheel back handspring tucks are permitted
- Punch fronts/Arabian are permitted

Stunts

- Twisting transitions to and from an extended level are permitted up to a double twisting rotation.
- Prep level inversions are permitted to release to extended level (hand in hand or shoulder)
- Ground inversions are permitted to release to extended level
- Dismounts are limited to a 1 ¼ twisting rotation
 - Example: kick full dismount from single leg stunts, full down from single leg stunts, etc.

Pyramid/Tosses

- Braced flips are ONLY permitted when braced (arm-arm connection) on at least one side and when bracers are at prep level or below with a designated spotter.
- Release moves are permitted with one bracer or unbraced if legal as a stand alone stunt
- Tosses:
 - Only two skills with one twist permitted
 - Example: Hitch Kick full/ Switch kick full, Ball X full
 - Twisting rotations are limited to 1 ¼ twist
 - Tosses are not required, but can be rewarded in the Pyramid category.

STUNT DIFFICULTY	PYRAMID DIFFICULTY	TUMBLING DIFFICULTY
2.0-3.0	2.0-3.0	1.0-2.0
Does not meet skill level or quantity requirements.	Does not meet skill level or quantity requirements.	Does not meet skill level or quantity requirements.
3.0-4.0	3.0-4.0	2.0-3.0
Prep, extensions, one leg variations at prep level or below	Pyramids involving an Extended Two Leg Stunts and/ or One Leg Stunt at Prep Level Pyramids involving an Extended One Leg Stunt	Round-off BHS or Standing BHS
4.0-5.0	4.0-5.0	3.0-4.0
Extended one leg stunt variations AND single twisting transition/dismount to or from two leg stunts	Pyramids involving multiple transitional elements, one of which is a release and multiple extended structures including extended one leg stunts	Round-off BHS Tucks or Round-off or Standing BHS Series or Jump/BHS Combinations
5.0-6.0	5.0-6.0	4.0-5.0
Multiple advanced skills AND single twisting transition/dismount to or from extended one leg stunts OR Extended stunt sequene performed by single bases unassisted COED STYLE	Pyramids involving multiple extended one leg stunts with multiple transitional elements , at least one of which is an: Advanced inverting transition OR advanced release transition	Running Layout/Fulls Standing tuck/layout/fulls Jump-Tuck/Full combinations

To be scored in the higher ranges, MOST of the team which is 75% of the team must perform the skill set. Teams that do not master the skill set performed by MOST of the team will be scored in a lower range (MAJORITY).

Stunt/Pyramid DIFFICULTY includes BUT IS NOT LIMITED TO: Difficulty of skills performed, athlete participation, pace, variety of skills, quantity of skills, and creativity.

Stunt/Pyramid TECHNIQUE includes BUT IS NOT LIMITED TO: Top person body control, stability of stunt, control from skill to skill, and synchroniztion.

Running Tumbling is cumulatively scored throught the routine.

Standing Tumbling is synchronized in the same section. Additional standing passes can boost overall score for including variety and creativity.

Tumbling/Jump DIFFICULTY includes BUT IS NOT LIMITED TO: Difficulty of skills performed, athlete participation, pace, variety of skills performed, and quantity of skills performed.

Tumbling/Jump TECHNIQUE includes BUT IS NOT LIMITED TO: Approach uniformity, body control, controlled landings, and synchronization





STUNT DIFFICULTY	STUNT TECHNIQUE	PYRAMID DIFFICULTY	PYRAMID TECHNIQUE	OVERALL IMPRESSION
BELOW 2.0-3.0	BELOW 2.0-3.5	BELOW 2.0-3.0	BELOW 2.0-3.5	BELOW - 1.0-2.0
<ul style="list-style-type: none"> Follow difficulty chart from NOVICE/INTERMEDIATE/ADVANCE D skill sheet. 	<ul style="list-style-type: none"> Stunt skills are NOT performed with confidence and precision. Errors across ALL athletes/groups. 	<ul style="list-style-type: none"> Follow difficulty chart from NOVICE/INTERMEDIATE/ADVANCE D skill sheet. 	<ul style="list-style-type: none"> Pyramid skills are NOT performed with confidence and precision. Errors across ALL athletes/groups. 	<ul style="list-style-type: none"> Skills NOT composed with seamless movement, flow, creativity, and clear picture moments.
LOW 3.1-4.0	LOW 3.6-5.0	LOW 3.1-4.0	LOW 3.6-5.0	LOW 2.1-3.0
<ul style="list-style-type: none"> Follow difficulty chart from NOVICE/INTERMEDIATE/ADVANCE D skill sheet. 	<ul style="list-style-type: none"> Stunt skills are MINIMALLY performed with confidence and precision. FREQUENT errors across athletes/groups. 	<ul style="list-style-type: none"> Follow difficulty chart from NOVICE/INTERMEDIATE/ADVANCE D skill sheet. 	<ul style="list-style-type: none"> Pyramid skills are MINIMALLY performed with confidence and precision. FREQUENT errors across athletes/groups. 	<ul style="list-style-type: none"> Skills MINIMALLY composed with seamless movement, flow, creativity, and clear picture moments.
MID 4.1-5.0	MID 5.1-6.5	MID 4.1-5.0	MID 5.1-6.5	MID 3.1-4.0
<ul style="list-style-type: none"> Follow difficulty chart from NOVICE/INTERMEDIATE/ADVANCE D skill sheet. 	<ul style="list-style-type: none"> Stunt skills are MODERATELY performed with confidence and precision. MULTIPLE errors across athletes/groups. 	<ul style="list-style-type: none"> Follow difficulty chart from NOVICE/INTERMEDIATE/ADVANCE D skill sheet. 	<ul style="list-style-type: none"> Pyramid skills are MODERATELY performed with confidence and precision. MULTIPLE errors across athletes/groups. 	<ul style="list-style-type: none"> Skills MODERATELY composed with seamless movement, flow, creativity, and clear picture moments.
HIGH 5.1-6.0	HIGH 6.6-8.0	HIGH 5.1-6.0	HIGH 6.6-8.0	HIGH 4.1-5.0
<ul style="list-style-type: none"> Follow difficulty chart from NOVICE/INTERMEDIATE/ADVANCE D skill sheet. 	<ul style="list-style-type: none"> Stunt skills are MOSTLY performed with confidence and precision. MINIMAL/NO errors across athletes/groups. 	<ul style="list-style-type: none"> Follow difficulty chart from NOVICE/INTERMEDIATE/ADVANCE D skill sheet. 	<ul style="list-style-type: none"> Pyramid skills are MOSTLY performed with confidence and precision. MINIMAL/NO errors across athletes/groups. 	<ul style="list-style-type: none"> Skills MOSTLY composed with seamless movement, flow, creativity, and clear picture moments.





TUMBLING DIFFICULTY	TUMBLING TECHNIQUE	JUMP DIFFICULTY	JUMP TECHNIQUE	OVERALL IMPRESSION
BELOW - 1.0-2.0	BELOW - 1.0-2.5	BELOW - 2.0	BELOW - 1.0-2.5	BELOW - 1.0-2.0
<ul style="list-style-type: none"> Follow difficulty chart from NOVICE/INTERMEDIATE/ADVANCED skill sheet. 	<ul style="list-style-type: none"> Tumbling skills are NOT performed with confidence and precision. Errors across ALL athletes. 	<ul style="list-style-type: none"> Single jump OR Double jump COMBO WITH OR WITHOUT VARIETY 	<ul style="list-style-type: none"> Jump skills are NOT performed with confidence and precision. Errors across ALL athletes. 	<ul style="list-style-type: none"> Skills NOT composed with seamless movement, flow, creativity, and clear picture moments.
LOW 2.1-3.0	LOW 2.6-4.0	LOW 3.0	LOW 2.6-3.5	LOW 2.1-3.0
<ul style="list-style-type: none"> Follow difficulty chart from NOVICE/INTERMEDIATE/ADVANCED skill sheet. 	<ul style="list-style-type: none"> Tumbling skills are MINIMALLY performed with confidence and precision. FREQUENT errors across athletes. 	<ul style="list-style-type: none"> Double whipped jump WITH OR WITHOUT VARIETY 	<ul style="list-style-type: none"> Jump skills are MINIMALLY performed with confidence and precision. FREQUENT errors across athletes. 	<ul style="list-style-type: none"> Skills MINIMALLY composed with seamless movement, flow, creativity, and clear picture moments.
MID 3.1-4.0	MID 4.1-5.5	MID 4.0	MID 3.6-4.5	MID 3.1-4.0
<ul style="list-style-type: none"> Follow difficulty chart from NOVICE/INTERMEDIATE/ADVANCED skill sheet. 	<ul style="list-style-type: none"> Tumbling skills are MODERATELY performed with confidence and precision. MULTIPLE errors across athletes. 	<ul style="list-style-type: none"> Triple whipped jump OR Double whipped jump plus Single jump WITHOUT VARIETY 	<ul style="list-style-type: none"> Jump skills are MODERATELY performed with confidence and precision. MULTIPLE errors across athletes. 	<ul style="list-style-type: none"> Skills MODERATELY composed with seamless movement, flow, creativity, and clear picture moments.
HIGH 4.1-5.0	HIGH 5.6-7.0	HIGH 5.0	HIGH 4.6-5.0	HIGH 4.1-5.0
<ul style="list-style-type: none"> Follow difficulty chart from NOVICE/INTERMEDIATE/ADVANCED skill sheet. 	<ul style="list-style-type: none"> Tumbling skills are MOSTLY performed with confidence and precision. MINIMAL/NO errors across athletes. 	<ul style="list-style-type: none"> Triple whipped jump OR Double whipped jump plus Single jump WITH VARIETY 	<ul style="list-style-type: none"> Jump skills are MOSTLY performed with confidence and precision. MINIMAL/NO errors across athletes. 	<ul style="list-style-type: none"> Skills MOSTLY composed with seamless movement, flow, creativity, and clear picture moments.





VOICE / INFLECTION	FORMATIONS AND TRANSITIONS	PERFORMANCE	DANCE	ROUTINE COMPOSITION
BELOW - 1.0-2.0	BELOW - 6.1-7.0	BELOW - 6.1-7.0	BELOW - 6.1-7.0	BELOW - 1.0-2.0
<ul style="list-style-type: none"> Pace, flow, and volume of words throughout cheer is NOT easy to follow. 	<ul style="list-style-type: none"> Variety and execution of formations throughout the routine are NOT preformed with confidence and precision. Transitions are NOT seamless with good pace and flow. 	<ul style="list-style-type: none"> NO genuine excitement and energy performed throughout the routine and is NOT performed with confidence and precision 	<ul style="list-style-type: none"> Dance motions/choreography are NOT performed with confidence and precision. Includes execution, intricacy, levels, and pace. 	<ul style="list-style-type: none"> Routine NOT composed with seamless movement, flow, creativity, and clear picture moments.
LOW 2.1-3.0	LOW 7.1-8.0	LOW 7.1-8.0	LOW 7.1-8.0	LOW 2.1-3.0
<ul style="list-style-type: none"> Pace, flow, and volume of words throughout cheer is MINIMALLY easy to follow. 	<ul style="list-style-type: none"> Variety and execution of formations throughout the routine are MINIMALLY preformed with confidence and precision. Transitions are MINIMALLY seamless with good pace and flow. 	<ul style="list-style-type: none"> MINIMAL genuine excitement and energy performed throughout the routine and is MINIMALLY performed with confidence and precision 	<ul style="list-style-type: none"> Dance motions/choreography are MINIMALLY performed with confidence and precision. Includes execution, intricacy, levels, and pace. 	<ul style="list-style-type: none"> Routine MINIMALLY composed with seamless movement, flow, creativity, and clear picture moments.
MID 3.1-4.0	MID 8.1-9.0	MID 8.1-9.0	MID 8.1-9.0	MID 3.1-4.0
<ul style="list-style-type: none"> Pace, flow, and volume of words throughout cheer is MODERATELY easy to follow. 	<ul style="list-style-type: none"> Variety and execution of formations throughout the routine are MODERATELY preformed with confidence and precision. Transitions are MODERATELY seamless with good pace and flow. 	<ul style="list-style-type: none"> MODERATE genuine excitement and energy performed throughout the routine and is MODERATELY performed with confidence and precision 	<ul style="list-style-type: none"> Dance motions/choreography are MODERATELY performed with confidence and precision. Includes execution, intricacy, levels, and pace. 	<ul style="list-style-type: none"> Routine MODERATELY composed with seamless movement, flow, creativity, and clear picture moments.
HIGH 4.1-5.0	HIGH 9.1-10.0	HIGH 9.1-10.0	HIGH 9.1-10.0	HIGH 4.1-5.0
<ul style="list-style-type: none"> Pace, flow, and volume of words throughout cheer is MOSTLY easy to follow. 	<ul style="list-style-type: none"> Variety and execution of formations throughout the routine are MOSTLY preformed with confidence and precision. Transitions are MOSTLY seamless with good pace and flow. 	<ul style="list-style-type: none"> Genuine excitement and energy IS performed throughout the routine and is MOSTLY performed with confidence and precision 	<ul style="list-style-type: none"> Dance motions/choreography are MOSTLY performed with confidence and precision. Includes execution, intricacy, levels, and pace. 	<ul style="list-style-type: none"> Routine MOSTLY composed with seamless movement, flow, creativity, and clear picture moments.





CROWD EFFECTIVE MATERIAL	EFFECTIVE USE OF SKILLS	EFFECTIVE USE OF PROPS	FORMATIONS AND TRANSITIONS	PERFORMANCE	DANCE	ROUTINE COMPOSITION
BELOW - 4.0-5.5	BELOW - 1.0-2.0	BELOW - 1.0-2.0	BELOW - 1.0-2.0	BELOW - 1.0-2.0	BELOW - 1.0-2.0	BELOW - 1.0-2.0
<ul style="list-style-type: none"> Crowd material, formations, and incorporation DO NOT demonstrate effective crowd engagement and/or response. 	<ul style="list-style-type: none"> Skills are performed in a way that is NOT easy to follow and encourage crowd engagement. 	<ul style="list-style-type: none"> Props are performed in a way that is NOT easy to follow and encourage crowd engagement. 	<ul style="list-style-type: none"> Variety and execution of formations throughout the routine are NOT preformed with confidence and precision. Transitions are NOT seamless with good pace and flow. 	<ul style="list-style-type: none"> NO genuine excitement and energy performed throughout the routine and is NOT performed with confidence and precision 	<ul style="list-style-type: none"> Dance motions/choreography are NOT performed with confidence and precision. Includes execution, intricacy, levels, and pace. 	<ul style="list-style-type: none"> Routine NOT composed with seamless movement, flow, creativity, and clear picture moments.
LOW 5.6-7.0	LOW 2.1-3.0	LOW 2.1-3.0	LOW 2.1-3.0	LOW 2.1-3.0	LOW 2.1-3.0	LOW 2.1-3.0
<ul style="list-style-type: none"> Crowd material, formations, and incorporation MINIMALLY demonstrate effective crowd engagement and/or response 	<ul style="list-style-type: none"> Skills are performed in a way that is MINIMALLY easy to follow and encourage crowd engagement. 	<ul style="list-style-type: none"> Props are performed in a way that is MINIMALLY easy to follow and encourage crowd engagement. 	<ul style="list-style-type: none"> Variety and execution of formations throughout the routine are MINIMALLY preformed with confidence and precision. Transitions are MINIMALLY seamless with good pace and flow. 	<ul style="list-style-type: none"> MINIMAL genuine excitement and energy performed throughout the routine and is MINIMALLY performed with confidence and precision 	<ul style="list-style-type: none"> Dance motions/choreography are MINIMALLY performed with confidence and precision. Includes execution, intricacy, levels, and pace. 	<ul style="list-style-type: none"> Routine MINIMALLY composed with seamless movement, flow, creativity, and clear picture moments.
MID 7.1-8.5	MID 3.1-4.0	MID 3.1-4.0	MID 3.1-4.0	MID 3.1-4.0	MID 3.1-4.0	MID 3.1-4.0
<ul style="list-style-type: none"> Crowd material, formations, and incorporation MODERATELY demonstrate effective crowd engagement and/or response. 	<ul style="list-style-type: none"> Skills are performed in a way that is MODERATELY easy to follow and encourage crowd engagement. 	<ul style="list-style-type: none"> Props are performed in a way that is MODERATELY easy to follow and encourage crowd engagement. 	<ul style="list-style-type: none"> Variety and execution of formations throughout the routine are MODERATELY preformed with confidence and precision. Transitions are MODERATELY seamless with good pace and flow. 	<ul style="list-style-type: none"> MODERATE genuine excitement and energy performed throughout the routine and is MODERATELY performed with confidence and precision 	<ul style="list-style-type: none"> Dance motions/choreography are MODERATELY performed with confidence and precision. Includes execution, intricacy, levels, and pace. 	<ul style="list-style-type: none"> Routine MODERATELY composed with seamless movement, flow, creativity, and clear picture moments.
HIGH 8.6-10.0	HIGH 4.1-5.0	HIGH 4.1-5.0	HIGH 4.1-5.0	HIGH 4.1-5.0	HIGH 4.1-5.0	HIGH 4.1-5.0
<ul style="list-style-type: none"> Crowd material, formations, and incorporation MOSTLY demonstrate effective crowd engagement and/or response 	<ul style="list-style-type: none"> Skills are performed in a way that is MOSTLY easy to follow and encourage crowd engagement. 	<ul style="list-style-type: none"> Props are performed in a way that is MOSTLY easy to follow and encourage crowd engagement. 	<ul style="list-style-type: none"> Variety and execution of formations throughout the routine are MOSTLY preformed with confidence and precision. Transitions are MOSTLY seamless with good pace and flow. 	<ul style="list-style-type: none"> Genuine excitement and energy IS performed throughout the routine and is MOSTLY performed with confidence and precision 	<ul style="list-style-type: none"> Dance motions/choreography are MOSTLY performed with confidence and precision. Includes execution, intricacy, levels, and pace. 	<ul style="list-style-type: none"> Routine MOSTLY composed with seamless movement, flow, creativity, and clear picture moments.





BUILDING QUANTITY CHART		
# of Athletes	Majority	Most
5-7	1	1
8-9	1	2
10-11	2	2
12-15	2	3
16-19	3	4
20-25	4	5
26-30	5	6

TUMBLING/JUMP QUANTITY CHART		
# of Athletes	Majority	Most
5-9	4	5
10-13	7	8
14-17	9	12
18-21	11	15
22-25	13	18
26-30	15	22

To be scored in the higher ranges, MOST of the team which is 75% of the team must perform the skill set. Teams that do not master the skill set performed by MOST of the team will be scored in a lower range (MAJORITY).





Game Day





EFFECTIVE GAME DAY MATERIAL	EFFECTIVE USE OF PROPS	MOTION TECHNIQUE	PERFORMANCE	VISUAL APPEAL
BELOW - 4.0-5.5	BELOW - 1.0-2.0	BELOW - 1.0-2.0	BELOW - 1.0-2.0	BELOW - 1.0-2.0
<ul style="list-style-type: none"> Crowd material, formations, and incorporation DO NOT demonstrate effective crowd engagement and/or response. 	<ul style="list-style-type: none"> Props are performed in a way that is NOT easy to follow and encourage crowd engagement. 	<ul style="list-style-type: none"> Motion technique NOT performed with precision, strength, placement, synchronization, and control. 	<ul style="list-style-type: none"> NO genuine excitement and energy performed throughout the routine and is NOT performed with confidence and precision 	<ul style="list-style-type: none"> Routine NOT composed with seamless movement, performance, creativity, and clear picture moments. This includes ripples, levels, visual prop usage and other techniques that encourage crowd participation.
LOW 5.6-7.0	LOW 2.1-3.0	LOW 2.1-3.0	LOW 2.1-3.0	LOW 2.1-3.0
<ul style="list-style-type: none"> Crowd material, formations, and incorporation MINIMALLY demonstrate effective crowd engagement and/or response 	<ul style="list-style-type: none"> Props are performed in a way that is MINIMALLY easy to follow and encourage crowd engagement. 	<ul style="list-style-type: none"> Motion technique MINIMALLY performed with precision, strength, placement, synchronization, and control. 	<ul style="list-style-type: none"> MINIMAL genuine excitement and energy performed throughout the routine and is MINIMALLY performed with confidence and precision 	<ul style="list-style-type: none"> Routine MINIMALLY composed with seamless movement, performance, creativity, and clear picture moments. This includes ripples, levels, visual prop usage and other techniques that encourage crowd participation.
MID 7.1-8.5	MID 3.1-4.0	MID 3.1-4.0	MID 3.1-4.0	MID 3.1-4.0
<ul style="list-style-type: none"> Crowd material, formations, and incorporation MODERATELY demonstrate effective crowd engagement and/or response. 	<ul style="list-style-type: none"> Props are performed in a way that is MODERATELY easy to follow and encourage crowd engagement. 	<ul style="list-style-type: none"> Motion technique MODERATELY performed with precision, strength, placement, synchronization, and control. 	<ul style="list-style-type: none"> MODERATE genuine excitement and energy performed throughout the routine and is MODERATELY performed with confidence and precision 	<ul style="list-style-type: none"> Routine MODERATELY composed with seamless movement, performance, creativity, and clear picture moments. This includes ripples, levels, visual prop usage and other techniques that encourage crowd participation.
HIGH 8.6-10.0	HIGH 4.1-5.0	HIGH 4.1-5.0	HIGH 4.1-5.0	HIGH 4.1-5.0
<ul style="list-style-type: none"> Crowd material, formations, and incorporation MOSTLY demonstrate effective crowd engagement and/or response 	<ul style="list-style-type: none"> Props are performed in a way that is MOSTLY easy to follow and encourage crowd engagement. 	<ul style="list-style-type: none"> Motion technique MOSTLY performed with precision, strength, placement, synchronization, and control. 	<ul style="list-style-type: none"> Genuine excitement and energy IS performed throughout the routine and is MOSTLY performed with confidence and precision 	<ul style="list-style-type: none"> Routine MOSTLY composed with seamless movement, performance, creativity, and clear picture moments. This includes ripples, levels, visual prop usage and other techniques that encourage crowd participation.





Crowd leading section will begin with a situational call - OFFENSE/ DEFENSE

5.0 - CORRECT RESPONSE and fully developed with call and directive

4.0 - CORRECT RESPONSE and incorporates call OR directive

2.0 - INCORRECT RESPONSE

EFFECTIVE GAME DAY MATERIAL	EFFECTIVE USE OF SKILLS	EFFECTIVE USE OF PROPS	FORMATIONS AND TRANSITIONS	MOTION TECHNIQUE	PERFORMANCE	VISUAL APPEAL
BELOW - 4.0-5.5	BELOW - 4.0-5.5	BELOW - 1.0-2.0	BELOW - 1.0-2.0	BELOW - 1.0-2.0	BELOW - 1.0-2.0	BELOW - 1.0-2.0
<ul style="list-style-type: none"> Crowd material, formations, and incorporation DO NOT demonstrate effective crowd engagement and/or response. 	<ul style="list-style-type: none"> Skills are performed in a way that is NOT easy to follow and encourage crowd engagement. 	<ul style="list-style-type: none"> Props are performed in a way that is NOT easy to follow and encourage crowd engagement. 	<ul style="list-style-type: none"> Variety and execution of formations throughout the routine are NOT preformed with confidence and precision. Transitions are NOT seamless with good pace and flow. 	<ul style="list-style-type: none"> Motion technique NOT performed with precision, strength, placement, synchronization, and control. 	<ul style="list-style-type: none"> NO genuine excitement and energy performed throughout the routine and is NOT performed with confidence and precision 	<ul style="list-style-type: none"> Routine NOT composed with seamless movement, performance, creativity, and clear picture moments. This includes ripples, levels , visual prop usage and other techniques that encourage crowd participation.
LOW 5.6-7.0	LOW 5.6-7.0	LOW 2.1-3.0	LOW 2.1-3.0	LOW 2.1-3.0	LOW 2.1-3.0	LOW 2.1-3.0
<ul style="list-style-type: none"> Crowd material, formations, and incorporation MINIMALLY demonstrate effective crowd engagement and/or response 	<ul style="list-style-type: none"> Skills are performed in a way that is MINIMALLY easy to follow and encourage crowd engagement. 	<ul style="list-style-type: none"> Props are performed in a way that is MINIMALLY easy to follow and encourage crowd engagement. 	<ul style="list-style-type: none"> Variety and execution of formations throughout the routine are MINIMALLY preformed with confidence and precision. Transitions are MINIMALLY seamless with good pace and flow. 	<ul style="list-style-type: none"> Motion technique MINIMALLY performed with precision, strength, placement, synchronization, and control. 	<ul style="list-style-type: none"> MINIMAL genuine excitement and energy performed throughout the routine and is MINIMALLY performed with confidence and precision 	<ul style="list-style-type: none"> Routine MINIMALLY composed with seamless movement, performance, creativity, and clear picture moments. This includes ripples, levels , visual prop usage and other techniques that encourage crowd participation.
MID 7.1-8.5	MID 7.1-8.5	MID 3.1-4.0	MID 3.1-4.0	MID 3.1-4.0	MID 3.1-4.0	MID 3.1-4.0
<ul style="list-style-type: none"> Crowd material, formations, and incorporation MODERATELY demonstrate effective crowd engagement and/or response. 	<ul style="list-style-type: none"> Skills are performed in a way that is MODERATELY easy to follow and encourage crowd engagement. 	<ul style="list-style-type: none"> Props are performed in a way that is MODERATELY easy to follow and encourage crowd engagement. 	<ul style="list-style-type: none"> Variety and execution of formations throughout the routine are MODERATELY preformed with confidence and precision. Transitions are MODERATELY seamless with good pace and flow. 	<ul style="list-style-type: none"> Motion technique MODERATELY performed with precision, strength, placement, synchronization, and control. 	<ul style="list-style-type: none"> MODERATE genuine excitement and energy performed throughout the routine and is MODERATELY performed with confidence and precision 	<ul style="list-style-type: none"> Routine MODERATELY composed with seamless movement, performance, creativity, and clear picture moments. This includes ripples, levels , visual prop usage and other techniques that encourage crowd participation.
HIGH 8.6-10.0	HIGH 8.6-10.0	HIGH 4.1-5.0	HIGH 4.1-5.0	HIGH 4.1-5.0	HIGH 4.1-5.0	HIGH 4.1-5.0
<ul style="list-style-type: none"> Crowd material, formations, and incorporation MOSTLY demonstrate effective crowd engagement and/or response 	<ul style="list-style-type: none"> Skills are performed in a way that is MOSTLY easy to follow and encourage crowd engagement. 	<ul style="list-style-type: none"> Props are performed in a way that is MOSTLY easy to follow and encourage crowd engagement. 	<ul style="list-style-type: none"> Variety and execution of formations throughout the routine are MOSTLY preformed with confidence and precision. Transitions are MOSTLY seamless with good pace and flow. 	<ul style="list-style-type: none"> Motion technique MOSTLY performed with precision, strength, placement, synchronization, and control. 	<ul style="list-style-type: none"> Genuine excitement and energy IS performed throughout the routine and is MOSTLY performed with confidence and precision 	<ul style="list-style-type: none"> Routine MOSTLY composed with seamless movement, performance, creativity, and clear picture moments. This includes ripples, levels , visual prop usage and other techniques that encourage crowd participation.





ALL SKILLS (STUNTS, JUMPS, TUMBLING) MUST BE PERFORMED WITHIN 3 CONSECUTIVE 8 COUNTS
EXCEPTION: KICKS

EFFECTIVE GAME DAY MATERIAL	EFFECTIVE USE OF SKILLS	EFFECTIVE USE OF PROPS	MOTION TECHNIQUE	VISUAL APPEAL	RELEVANCE TO GAME DAY ENVIROMENT
BELOW - 4.0-5.5	BELOW - 4.0-5.5	BELOW - 1.0-2.0	BELOW - 1.0-2.0	BELOW - 1.0-2.0	BELOW - 1.0-2.0
<ul style="list-style-type: none"> Crowd material, formations, and incorporation DO NOT demonstrate effective crowd engagement and/or response. 	<ul style="list-style-type: none"> Skills are NOT performed with confidence and precision. Errors across ALL athletes. 	<ul style="list-style-type: none"> Props are performed in a way that is NOT easy to follow and encourage crowd engagement. 	<ul style="list-style-type: none"> Motion technique NOT performed with precision, strength, placement, synchronization, and control. 	<ul style="list-style-type: none"> Routine NOT composed with seamless movement, performance, creativity, and clear picture moments. This includes ripples, levels , and visual prop usage. 	<ul style="list-style-type: none"> Routine NOT composed with traditional fight song elements that encourage crowd participation.
LOW 5.6-7.0	LOW 5.6-7.0	LOW 2.1-3.0	LOW 2.1-3.0	LOW 2.1-3.0	LOW 2.1-3.0
<ul style="list-style-type: none"> Crowd material, formations, and incorporation MINIMALLY demonstrate effective crowd engagement and/or response 	<ul style="list-style-type: none"> Skills are MINIMALLY performed with confidence and precision. FREQUENT errors across athletes. 	<ul style="list-style-type: none"> Props are performed in a way that is MINIMALLY easy to follow and encourage crowd engagement. 	<ul style="list-style-type: none"> Motion technique MINIMALLY performed with precision, strength, placement, synchronization, and control. 	<ul style="list-style-type: none"> Routine MINIMALLY composed with seamless movement, performance, creativity, and clear picture moments. This includes ripples, levels , and visual prop usage. 	<ul style="list-style-type: none"> Routine MINIMALLY composed with traditional fight song elements that encourage crowd participation.
MID 7.1-8.5	MID 7.1-8.5	MID 3.1-4.0	MID 3.1-4.0	MID 3.1-4.0	MID 3.1-4.0
<ul style="list-style-type: none"> Crowd material, formations, and incorporation MODERATELY demonstratve effective crowd engagement and/or response. 	<ul style="list-style-type: none"> Skills are MODERATELY performed with confidence and precision. MULTIPLE errors across athletes. 	<ul style="list-style-type: none"> Props are performed in a way that is MODERATELY easy to follow and encourage crowd engagement. 	<ul style="list-style-type: none"> Motion technique MODERATELY performed with precision, strength, placement, synchronization, and control. 	<ul style="list-style-type: none"> Routine MODERATELY composed with seamless movement, performance, creativity, and clear picture moments. This includes ripples, levels , and visual prop usage. 	<ul style="list-style-type: none"> Routine MODERATELY composed with traditional fight song elements that encourage crowd participation.
HIGH 8.6-10.0	HIGH 8.6-10.0	HIGH 4.1-5.0	HIGH 4.1-5.0	HIGH 4.1-5.0	HIGH 4.1-5.0
<ul style="list-style-type: none"> Crowd material, formations, and incorporation MOSTLY demonstrate effective crowd engagement and/or response 	<ul style="list-style-type: none"> Skills are MOSTLY performed with confidence and precision. MINIMAL/NO errors across athletes. 	<ul style="list-style-type: none"> Props are performed in a way that is MOSTLY easy to follow and encourage crowd engagement. 	<ul style="list-style-type: none"> Motion technique MOSTLY performed with precision, strength, placement, synchronization, and control. 	<ul style="list-style-type: none"> Routine MOSTLY composed with seamless movement, performance, creativity, and clear picture moments. This includes ripples, levels , and visual prop usage. 	<ul style="list-style-type: none"> Routine MOSTLY composed with traditional fight song elements that encourage crowd participation.





Skill and Tumbling Restrictions

- A. No Basket or Sponge Tosses are allowed. (Cradles are dismounts and are allowed)
- B. No Inversions
- C. No Released Twisting Dismounts from Stunts
- D. Single-Leg Extended Stunts are Limited to a Liberty or a Liberty Hitch (bent knee)
- E. No Running Tumbling
- F. Standing Tumbling is limited to ONE (1) Skill. A Back Tuck is the most elite tumbling skill allowed.
- G. Band Chant - No Tumbling Skills are allowed
- H. Fight Song - All Skills must be performed within 3 consecutive 8 Counts



