

CATEGORY JUDGING & SKILL WORKSHEETS

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SCORESHEET #1

MOTIONS – DIFFICULTY (5 POINTS)

Basic Motions: V – high/low, T, Touchdown – high/low

Complex Motions: K, L, Diagonal, Variations of Basic Motions (examples include: broken high V, broken T, etc.) **NOTE:** Must meet all bullets to obtain range.

0	· No Motions
0.1 – 1.9	· Below average paced motions · Little to no variety of motions · Minimal visual effects in motions, level changes etc.
2.0 – 3.9	· Average paced motions · Average variety and incorporation of basic and complex motions · Some visual effects in motions, level changes etc.
4.0 – 5.0	· Fast paced motions · Outstanding variety in incorporation of basic and complex motions · Outstanding visual effects in motions, level changes etc.

MOTIONS – EXECUTION (5 POINTS)

Considerations for execution scores includes arm placement, wrists, arm extension angles off, sharpness, precision, timing, and synchronization.

0	No Motions Performed
0.1 – 0.9	Poor Execution
1.0 – 1.9	Below Average Execution
2.0 – 2.9	Average Execution
3.0 – 3.9	Above Average Execution
4.0 – 5.0	Outstanding Execution

VOICE (2.5 POINTS)

Volume, voice projection, enunciation, inflection, and energy conveyed in voices throughout the cheer segment.

0.1 – 0.9	Below Average
1.0 – 1.4	Average
1.5 – 1.9	Above Average
2.0 – 2.5	Outstanding

EXPRESSION (2.5 POINTS)

Use of natural smiles and facial expression changes to express enthusiasm and excitement throughout the routine.

0.1 – 0.9	Below Average
1.0 – 1.4	Average
1.5 – 1.9	Above Average
2.0 – 2.5	Outstanding

JUMPS – DIFFICULTY (5 POINTS)

Basic Jumps: Tucks, Eagles

Advanced Jumps: Toe Touch, Hurdler, Herkie, and Pike

Exceptional Jumps: Double Nine, Around the World

0	No Jumps
0.1 – 0.4	· Majority of basic jumps only
0.5 – 0.9	· Most basic jumps only
1.0 – 1.4	· Majority advanced jumps, not connected
1.5 – 1.9	· Most advanced jumps, not connected
2.0 – 2.4	· Majority two advanced jumps, connected
2.5 – 2.9	· Most two advanced jumps, connected
3.0 – 3.4	· Majority three advanced jumps, connected
3.5 – 3.9	· Most three advanced jumps, connected
4.0 – 4.4	· Most four advanced jumps, three connected
4.5 – 5.0	· Most four advanced jumps, four connected

Tenths that can be applied to your combination within range:	
0.1	Full Participation
0.1	Incorp. Exceptional Jumps
Tenths that can be applied for variety within range:	
0.1	2 Jumps
0.2	3 Jumps
0.3	4 Jumps

JUMPS – EXECUTION (5 POINTS)

Considerations for execution scores include leg separation in approach or landing, poor arm placement, poor leg placement, flexed toes, poor extension (height, flexibility, hip position). In addition, synchronization and timing will also be taken into consideration.

0	No Jumps Performed
0.1 – 0.9	Poor Execution
1.0 – 1.9	Below Average Execution
2.0 – 2.9	Average Execution
3.0 – 3.9	Above Average Execution
4.0 – 5.0	Outstanding Execution

MAJORITY / MOST TABLE					
# OF ATHLETES	MAJORITY	MOST	# OF ATHLETES	MAJORITY	MOST
5	3	4	13	7	10
6	4	5	14	8	11
7	4	5	15	8	11
8	5	6	16	9	12
9	5	7	17	9	12
10	6	8	18	10	13
11	6	8	19	10	14
12	7	9	20	11	15

SCORESHEET #2

PARTNER STUNTS – DIFFICULTY (10 POINTS)

Considerations for difficulty scores include pace of skills, variety, and difficulty level of entries, inversions, dismounts, and transitions. The difficulty of any skill that bumps prior to progressing to an extended stunt will be judged based on where the bump occurred.

NOTE: A show and go is considered a transitional skill and not considered a partner stunt.

Example: 1 skill in 3.0–5.4, 1 skill in 5.5–6.9, 1 skill in 7.0–8.4 will be in the high end of the 3.0–5.4 range. **Example:** 2 skills in 5.5–6.9, 1 skill in 7.0–8.4 will be in the 5.5–6.9 range.

0	No Partner Stunts
0.1 – 2.9	NOVICE
	· Novice stunting examples and required dismount are included on the stunt worksheet.
3.0 – 5.4	BEGINNER
	· 3 or more basic skills and the required dismount executed by maximum number of athletes. Examples are included on the stunt worksheet.
5.5 – 6.9	INTERMEDIATE
	· 3 or more intermediate skills and the required dismount executed by maximum number of athletes. Examples are included on the stunt worksheet.
7.0 – 8.4	ADVANCED
	· 3 or more advanced skills and the required dismount executed by maximum number of athletes. Examples are included on the stunt worksheet.
8.5 – 10.0	ELITE
	· 3 or more elite skills and the required dismount executed by maximum number of athletes. Examples are included on the stunt worksheet.

PARTNER STUNTS – EXECUTION (8 POINTS)

Considerations for execution scores include flyer body control, flexibility, body positions, locked knees, pointed toes and stability. Bases/spotters should be demonstrating stability, extended arms, stable stance, stationary feet, timed teamwork. Sequences should reflect synchronization with adequate speed in transitions and seamless flow from skill to skill.

0.1 – 2.0	Below Average Execution
2.1 – 4.0	Average Execution
4.1 – 6.0	Above Average Execution
6.1 – 8.0	Outstanding Execution

OVERALL PERFORMANCE/CREATIVITY (7 POINTS)

A team's ability to demonstrate seamless patterns of movement performed throughout the routine with enthusiasm and confidence. This includes innovative, visual, intricate, ideas performed in an electric way.

0.1 – 2.0	Below Average
2.1 – 4.0	Average
4.1 – 5.9	Above Average
6.0 – 7.0	Outstanding

PARTNER STUNTS – SKILLS /REFERENCE GUIDE

To Obtain The 8.5–10 Range (Elite)
3 Elite skills must be performed by maximum number of groups.
Front spots may not be utilized (baskets tosses may use a front spot).
Required dismount must be performed by the maximum number of groups. If maximum groups don't perform dismount, one point will be deducted.
For All Other Ranges (Novice, Beginner, Intermediate, Advanced)
Maximum number of stunt groups must be utilized. Teams that do not utilize max stunt groups will lose one point.
Teams must perform three bulleted skills from the list, (or a mix of skills in that range or the range above).
Required dismount must be performed by the maximum number of groups. If maximum groups don't perform the dismount, one point will be deducted.

MAXIMUM PARTICIPATION	
ATHLETES	STUNT GROUPS
20	5
16 to 19	4
12 to 15	3
8 to 11	2
7 or Less	1

PARTNER STUNT SKILLS:

NOVICE

(0.1 – 2.9)

- Thigh Stand
- Prep
- Shoulder Sit
- Straddle Press
- Thigh Stand
- Any other legal stunt not listed on this worksheet which a judge deems to be novice
- **Required dismount:** push off, pop off, shove off

BEGINNER

(3.0 – 5.4)

- Liberty and liberty variations at prep level
- Extended 2 legged stunts
- Straight up extended stunts
- Suspended rolls from the performance surface
- Half up to prep level
- Switch up to prep level
- Inverted entry to below prep level
- Sponge Tosses
- Any other legal stunt not listed on this worksheet which a judge deems to be beginner
- **Required dismount:** Straight ride or quarter turn cradles from prep level or above

INTERMEDIATE

(5.5 – 6.9)

- Liberty and liberty variations at extended level
- Prep level single based stunts (1 base & 1 spotter)
- Half up to extended level
- Switch up to extended liberty
- Full up variation to extended 2 legged stunts (bases and flyer rotate)
- Full up or full around variation to prep level (bases and flyer rotate)
- Quick toss to prep (1 or 2 legs)
- Non-Released inverted entry to prep level
- 1 trick tosses such as Arch/ Pike/ Toe touch
- True Full up or around to prep level (bases remain stationary and flyer rotates)
- Any other legal stunt not listed on this worksheet which a judge deems to be intermediate
- **Required dismount:** Full down cradle or rewind from one legged prep level or extended 2 legged stunts

ADVANCED

(7.0 – 8.4)

- Single based (1 base & 1 spotter) extended 2 legged stunt/single based single legged extended stunt not originating from the ground
- Multiple liberty variations at extended level showing flexibility (scorpion, scale, stretch, etc.)
- Switch up to extended single leg stunt showing flexibility (scorpion, scale, stretch, etc.)
- True Full up to extended 2 legged stunts (bases remain stationary and flyer rotates)
- Full up variation to extended single leg (bases and flyer rotate)

(ADVANCED CONT.)

- Low to high (lib to lib) released tick tock
- Low to high non–released tick tock
- Quick toss to extended 2 legged stunt
- Inverted entry originating from ground to extended position
- Non–released inverted entry not originated from ground to 1 or 2 legged extended level stunts (i.e. K)
- Released inversion to prep level
- Twisting tosses or 2 trick tosses such as Ball Out/X Out
- Any other legal stunt not listed on this worksheet which a judge deems to be advanced
- **Required dismount:** Full down cradle or rewind from single leg extended stunt

ELITE

(8.5 – 10.0)

- Single based (1 base & 1 spotter) single leg extended stunts originating from ground
- Single based (1 base & 1 spotter) switch up single leg extended stunts originating from ground
- True Full up to extended single leg stunt (bases remain stationary and flyer rotates)
- True Full around to extended stunts (bases remain stationary and flyer rotates)
- Low to high released tick tock showing flexibility (scorpion, scale, stretch, etc.)
- High to high released tick tock
- Quick toss to extended single legged stunt
- Released Inversion to non–inverted extended level stunts
- Elite twisting tosses (Kick Full)
- Any other legal stunt not listed on this worksheet which a judge deems to be elite
- **Required dismount:** Full down cradle or rewind from single leg extended stunts

SCORESHEET #3

STANDING TUMBLING – DIFFICULTY (5 POINTS)

Standing Specialty: Includes a layout or a full

	Standing Tumbling
0	No Standing Tumbling
0.1 – 0.4	<ul style="list-style-type: none"> · Some rolls/Cartwheels
0.5 – 0.9	<ul style="list-style-type: none"> · Majority Rolls/Cartwheels OR · Minimal Walkovers
1.0 – 1.4	<ul style="list-style-type: none"> · Majority Rolls/Cartwheels AND Minimal Walkovers OR · Most Rolls/Cartwheels
1.5 – 1.9	<ul style="list-style-type: none"> · Majority Walkovers OR · Minimal Handsprings
2.0 – 2.4	<ul style="list-style-type: none"> · Majority Walkovers AND Minimal Handsprings OR · Most Walkovers
2.5 – 2.9	<ul style="list-style-type: none"> · Majority Handsprings OR · Minimal Tucks/Layouts/Fulls
3.0 – 3.4	<ul style="list-style-type: none"> · Majority Handsprings AND Minimal Tucks/Layouts/Fulls OR · Most Handsprings
3.5 – 3.9	<ul style="list-style-type: none"> · Majority Tucks
4.0 – 4.4	<ul style="list-style-type: none"> · Majority Tucks AND Minimal Specialty OR · Most Tucks
4.5 – 5.0	<ul style="list-style-type: none"> · Most Tucks AND Minimal Specialty OR · Majority Specialty

RUNNING TUMBLING – DIFFICULTY (5 POINTS)

Running Specialty: Includes a full OR an airborne skill (whip/arabian/aerial/punch front) to a layout or a full

	RUNNING TUMBLING
0	No Running Tumbling
0.1 – 0.4	<ul style="list-style-type: none"> · Some Roundoffs
0.5 – 0.9	<ul style="list-style-type: none"> · Majority Roundoffs OR · Minimal Walkovers
1.0 – 1.4	<ul style="list-style-type: none"> · Majority Roundoffs AND Minimal Walkovers OR · Most Roundoffs
1.5 – 1.9	<ul style="list-style-type: none"> · Majority Walkovers OR · Minimal Handsprings/Aerials
2.0 – 2.4	<ul style="list-style-type: none"> · Majority Walkovers AND Minimal Handsprings/Aerials OR · Most Walkovers
2.5 – 2.9	<ul style="list-style-type: none"> · Majority Handsprings/Aerials OR · Minimal Tucks/Layouts/Specialty
3.0 – 3.4	<ul style="list-style-type: none"> · Majority Handsprings/Aerials AND Minimal Tucks/Layouts/Fulls OR · Most Handsprings/Aerials
3.5 – 3.9	<ul style="list-style-type: none"> · Majority Tucks
4.0 – 4.4	<ul style="list-style-type: none"> · Majority Tucks AND Minimal Specialty OR · Majority Layouts · Most Tucks
4.5 – 5.0	<ul style="list-style-type: none"> · Majority Layouts AND Minimal Specialty OR · Majority Specialty

TUMBLING – TECHNIQUE (2.5 POINTS)

0 – 0.4	Poor technique
0.5 – 0.9	Below average technique
1.0 – 1.4	Average technique
1.5 – 1.9	Above average technique
2.0 – 2.5	Outstanding technique

TUMBLING – SYNCHRONIZATION/TIMING (2.5 POINTS)

0.0 – 0.4	Poor synchronization/timing
0.5 – 0.9	Below average synchronization/timing
1.0 – 1.4	Average synchronization/timing
1.5 – 1.9	Above Average synchronization/timing
2.0 – 2.5	Outstanding synchronization/timing

MINIMAL / MAJORITY / MOST TABLE							
# OF ATHLETES	MAJORITY	MOST	MINIMAL	# OF ATHLETES	MAJORITY	MOST	MINIMAL
5	3	4	1	13	7	10	4
6	4	5	2	14	8	11	4
7	4	5	2	15	8	11	4
8	5	6	2	16	9	12	4
9	5	7	3	17	9	12	5
10	6	8	3	18	10	13	5
11	6	8	3	19	10	14	5
12	7	9	3	20	11	15	5

DANCE – DIFFICULTY (5 POINTS)

0	No Dance
0.1 – 1.9	<ul style="list-style-type: none"> · Below average energy, musicality, rhythm, and pace of music ("and" counts) · Minimal to no transitional elements and level changes · Minimal variety of movement and use of footwork, floor work, visual effects, etc. · Basic dance choreography and/or creativity
2.0 – 3.9	<ul style="list-style-type: none"> · Average energy, musicality, rhythm, and pace of music ("and" counts) · Some advanced transitional elements and level changes · Some variety of movement and use of footwork, floor work, visual effects, etc. · Average dance choreography and/or creativity
4.0 – 5.0	<ul style="list-style-type: none"> · High energy, musicality, rhythm, and pace of music ("and" counts) · Multiple advanced transitional elements and level changes · Outstanding variety of movement and use of footwork, floor work, visual effects, etc. · Outstanding dance choreography and/or creativity

DANCE – EXECUTION (5 POINTS)

0.1 – 1.9	<ul style="list-style-type: none"> · Below average quality of movement–poor placement · Below average timing & synchronization
2.0 – 3.9	<ul style="list-style-type: none"> · Average quality of movement– average placement and/or control · Average timing & synchronization
4.0 – 5.0	<ul style="list-style-type: none"> · Outstanding quality of movement–outstanding placement and/or control · Outstanding timing & synchronization

SCORESHEET #4

PYRAMIDS – DIFFICULTY (10 POINTS)

Pyramid incorporates connected structures showing variety, creativity and transitional elements. If a skill or transition is performed that is not on “the list”, please review skill in comparison and place in appropriate difficulty range. Dismounts from pyramid if not listed as a skill can be considered transitional elements– thereby considered in difficulty score within range.

0	No Pyramids
0.1 – 2.9	NOVICE
	· Novice stunting examples are included on the pyramid worksheet.
3.0 – 5.4	BEGINNER
	· 3 or more basic skills executed by maximum number of athletes. Examples are included on the pyramid worksheet.
5.5 – 6.9	INTERMEDIATE
	· 3 or more intermediate skills by maximum number of athletes. Examples are included on the pyramid worksheet.
7.0 – 8.4	ADVANCED
	· 3 or more advanced skills executed by maximum number of athletes. Examples are included on the pyramid worksheet.
8.5 – 10.0	ELITE
	· 3 or more elite skills executed by maximum number of athletes. Examples are included on the pyramid worksheet.

PYRAMIDS – EXECUTION (8 POINTS)

Considerations for execution scores include flyer body control, flexibility, body positions, locked knees, pointed toes and stability. Bases/spotters should be demonstrating stability, extended arms, stable stance, stationary feet, timed teamwork. Sequences should reflect stunt group synchronization with adequate speed in transitions and seamless flow from skill to skill.

0.1 – 2.0	Below Average Execution
2.1 – 4.0	Average Execution
4.1 – 6.0	Above Average Execution
6.1 – 8.0	Outstanding Execution

CHOREOGRAPHY/FLOW OF ROUTINE (7 POINTS)

Consider formations with use of center as point of reference along with variety and use of floor. Transitions should be seamless with incorporation of skills and creative elements. Consider pace and flow of routine in coordination of routine construction.

0.1 – 2.0	Below Average
2.1 – 4.0	Average
4.1 – 5.9	Above Average
6.0 – 7.0	Outstanding

PYRAMID – SKILLS/REFERENCE GUIDE

Teams must perform 3 skills in the same range to receive a score in that range. If a mix of skills is performed in various ranges, the score will be based on the mix of skills in each range and above.

Example: 1 skill in 3.0–5.4, 1 skill in 5.5–6.9, 1 skill in 7.0–8.4 will be in the high end of the 3.0–5.4 range. **Example:** 2 skills in 5.5–6.9, 1 skill in 7.0–8.4 will be in the 5.5–6.9 range.

To Obtain The 8.5–10 Range (Elite):
3 Elite skills must be performed by maximum number of groups.
Elite skills must be performed by maximum participation number (i.e. 15 athletes cannot leave one group in prep the entire pyramid and 2 groups perform the elite skills). Note: there is no one point deduction for elite range. If less than max number of groups perform elite skills, the team would score in the 7.0–8.4 range).
Front spots may not be utilized.
For All Other Ranges (Novice, Beginner, Intermediate, Advanced):
Teams must perform three bulleted skills from the list, (or a mix of skills in that range or the range above).
Maximum number of stunt groups must be utilized. Teams that do not utilize max stunt groups will lose one point.
Bracer Support:
A flyer facing a bracer and holding on with 2 arms is considered braced on 2 sides. Back bracers need to be evaluated for support. Lifting/holding flyer up at waist level or leaning into back support is considered braced on both sides. Consider independence of flyer during skill performance.

MAXIMUM PARTICIPATION	
ATHLETES	STUNT GROUPS
20	5
16 to 19	4
12 to 15	3
8 to 11	2
7 or Less	1

PYRAMID SKILLS:

NOTE: In skills requiring switch up/tick-tock, etc. to flex, flyer must hit flex position upon switch-timing for when base catches foot. If stall and then hit to flex, skill will be considered in liberty range if the range differs.

NOVICE

(0.1 – 2.9)

- Prep level structures and below
- Prep level liberty/liberty variations/single leg skills
- Extended 2 legged skills
- Any other legal pyramid skill not listed on this worksheet which a judge deems to be novice

BEGINNER

(3.0 – 5.4)

- Single based prep (1 base and 1 spot) originating from ground
- Flipping transitions/braced flips to prep level or below braced on 2 sides
- Switch up to single leg prep level
- Inverted entry to below prep level
- Half up to prep
- Extended single leg skill braced on 1 or 2 sides
- Any other legal pyramid skill not listed on this worksheet which a judge deems to be beginner

INTERMEDIATE

(5.5 – 6.9)

- Single based extension (1 base and 1 spot) originating from ground
- Full up or full around variation to prep level (bases and flyer rotate)
- Full up variation to extended 2 legged stunts (bases and flyer rotate)
- Inverted entry to prep level (K included here)
- Release transitions to prep or extended level braced on 2 sides (ex. quick toss)
- Inverted/horizontal stunts or braced flips to prep level
- Half up to extended positions
- Flipping transitions/braced flips to prep level or below braced on 1 side
- Non-released low to high single leg skill braced on 1 or 2 sides
- High to high tick tock to single leg skill braced on 2 sides
- Switch up to extended single leg skill braced on 2 sides
- Any other legal pyramid skill not listed on this worksheet which a judge deems to be intermediate

ADVANCED

(7.0 – 8.4)

- Single based single leg skill (1 base and 1 spot) originating from ground braced on 1 or 2 sides
- Single based switch up to single leg (1 base and 1 spot) originating from ground braced on 2 sides
- Single base (1 base and 1 spot) high tick tock braced on 2 sides
- Braced flips from below prep level to 1 or 2 legged extended level
- Twisting flips braced on 2 sides
- Non released inversions to extended level (K included here)

(ADVANCED CONT.)

- Released transitions to extended level braced on 1 side (ex. quick toss)
- Full up/full around variations (cross legs, bases moving) to single leg extended skill
- True full up to extension (bases remain stationary and flyer rotates to extended position)
- Side sumis or advanced braced flips/transitions (STAR over)
- Switch up to extended single leg flex braced on 1 side
- High to high tick tock to lib braced on 1 side
- Released low to high lib braced on 1 side
- Any other legal pyramid skill not listed on this worksheet which a judge deems to be advanced

ELITE

(8.5 – 10)

- Single based (1 base and 1 spot) high to high tick tock braced on 1 side
- Single based switch up to single leg (1 base and 1 spot) originating from ground braced on 1 side
- True full up to single leg skill (bases remain stationary and flyer rotates to extended position)
- True full around to extended level (from prep to extended or extended to extended)
- Released inversions to extended position
- Flipping transitions beginning at prep level or above to extended positions (ex. high to high flip)
- Twisting flips braced on 1 side
- Release transitions involving spinning or twisting to extended level (ex. Switch up with half turn)
- High to high tick tock to flex braced on 1 side
- Released low to high to flex braced on 1 side
- Any other legal pyramid skill not listed on this worksheet which a judge deems to be elite