

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

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

**JUMPS DIFFICULTY**

**Required: Majority team performing jumps. Full team performing variety synchronized jumps will be rewarded higher within the point range.**

**Criteria: Jumps within same skill range will be rewarded higher within the point range.**

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

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

|                     |  |
|---------------------|--|
| <b>Skill Ranges</b> | <p><b>Basic Jumps</b> - Tuck, Eagle, Double Hook, Herkie</p> <p><b>Intermediate Jumps</b> - Toe Touch, Right Hurdler, Left Hurdler, Front Hurdler</p> <p><b>Advanced Jumps</b> - Pike, Double Nine, Around the World</p> <p><i>(Jumps listed above are examples only and are not an all-inclusive listing)</i></p> |
|---------------------|--|

**JUMPS EXECUTION**

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

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

**MOTIONS**

**Required: Cumulative team motions throughout the routine.**

**Criteria: sharpness of motion technique, pace, perfection and synchronization, visual effects, creativity, variety of movements, level changes, contagious movement, floorwork.**

**Full team performing variety of motions within same skill range will be rewarded higher within the point range.**

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

**DANCE**

**Required: Minimum (3) 8-counts of Dance performed by majority of team**

**Full team performing dance will be rewarded higher within the point range.**

**Cumulative total dance throughout the routine**

**If 8-count is used for transition into or out of dance, then does not count as dance**

**Criteria: pace, sharpness, visual effects, level changes, ripples, variety, footwork, floorwork, body movement and execution throughout the routine**

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

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

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

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

|                     |   |
|---------------------|---|
| <b>Skill Ranges</b> | <p><b>Basic Single Leg Skills</b> - Liberty, Arabesque</p> <p><b>Intermediate Single Leg Skills</b> - Heel Stretch, Scale</p> <p><b>Advanced/Elite Single Leg Skills</b> - Scorpion, Bow &amp; Arrow, Free Stretch, Chin-Chin, Needle</p> <p><i>(Single leg skills listed above are examples only and are not an all-inclusive listing)</i></p> |
|---------------------|---|

| EXECUTION  |                                      |                         |                   |                         |                       |
|--|--------------------------------------|-------------------------|-------------------|-------------------------|-----------------------|
| Criteria: Proper body position, entry into skill and dismounts, flyer and base technique of stunts |                                      |                         |                   |                         |                       |
| Proper Body Position   | 0 to 2                               | 2.1 to 4                | 4.1 to 6          | 6.1 to 8                | 8.1 to 10             |
|  | Majority team has improper execution | Below average execution | Average execution | Above average execution | Exceptional execution |

**TRANSITIONS**

**Required: Degree of difficulty and creativity in routine transitions**

**Criteria: Creativity and innovative flow of routine**

| Refers to creative, innovative flow of routine | 0-1  | 1.1-2   | 2.1-3  | 3.1-4   | 4.1-5  |
|--|--|---|--|---|--|
|  | <ul style="list-style-type: none"> <li>• Performance lacks creativity and innovation</li> <li>• Lack of difficulty/creativity</li> <li>• Failure to do any transitions may result in a score of "0" (no score).</li> </ul> | <ul style="list-style-type: none"> <li>• Below average creativity and innovation</li> <li>• Transitions seem rushed and/or are not well thought out.</li> </ul> | <ul style="list-style-type: none"> <li>• Average creativity and innovative flow of routine.</li> <li>• Some transitions with timing and execution problems.</li> </ul> | <ul style="list-style-type: none"> <li>• Above average creativity and innovative flow of routine.</li> <li>• Above Average degree of difficulty/creativity in routine transitions.</li> </ul> | <ul style="list-style-type: none"> <li>• Exceptional creativity and innovative flow of routine</li> <li>• Transitions contain variety of visual elements.</li> </ul> |

**FORMATIONS**

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

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

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

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

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