

## SCORESHEET DEFINITIONS

<b>STUNT/PYRAMIDS</b>		
<b>Difficulty Elements:</b>		
<b>Stunts</b>	<ul style="list-style-type: none"> <li>• Two-legged</li> <li>• Single-legged</li> <li>• Straddle sit</li> <li>• Shoulder sit</li> <li>• Switch-up to LIB or Body position</li> </ul>	<ul style="list-style-type: none"> <li>• Tick-Tock</li> <li>• Inversions</li> <li>• Twisting transitions (includes loads and dismounts)</li> </ul>
<b>Pyramids</b>	<ul style="list-style-type: none"> <li>• Connection of skills performed</li> <li>• 3 different level appropriate skills and 2 structures</li> <li>• Multiple connections of skills performed</li> </ul>	<ul style="list-style-type: none"> <li>• Level appropriate stunts into structures within sequence</li> <li>• Combination of skills (level and non-level appropriate)</li> </ul>
<b>Execution:</b>		
<b>Top Person</b>	<ul style="list-style-type: none"> <li>• Body control</li> <li>• Uniform Flexibility</li> </ul>	<ul style="list-style-type: none"> <li>• Legs straight and locked</li> <li>• Toes pointed</li> </ul>
<b>Bases/Spotters</b>	<ul style="list-style-type: none"> <li>• Solid stance</li> <li>• Feet stationary</li> </ul>	<ul style="list-style-type: none"> <li>• Stability of the stunt</li> </ul>
<b>Transitions</b>	<ul style="list-style-type: none"> <li>• Entries</li> <li>• Dismounts</li> </ul>	<ul style="list-style-type: none"> <li>• Control from skill to skill</li> </ul>
<b>Synchronization</b>	<ul style="list-style-type: none"> <li>• Uniform builds by 2 or more groups</li> </ul>	<ul style="list-style-type: none"> <li>• Timing</li> </ul>

# SCORESHEET DEFINITIONS

<b>STANDING TUMBLING</b>	
<b>Difficulty Elements:</b>	
<b>Level 1 Standing Tumbling</b>	<ul style="list-style-type: none"> <li>• Cartwheel (CW)</li> <li>• Forward Roll</li> <li>• Front Limber - Back Limber</li> <li>• Handstand</li> <li>• Backbend Kick Over</li> <li>• Back Extension Roll</li> <li>• Back Walkover (BWO)</li> <li>• Backward Roll (BWR)</li> <li>• Front Walkover (FWO)</li> <li>• Handstand Forward Roll</li> <li>• Pushup to Backbend</li> <li>• Standing Backbend</li> <li>• Straddle Roll</li> <li>• Valdez</li> <li>• BWO - BWR - BWO</li> <li>• BWO Series</li> <li>• BWO Switch Leg</li> <li>• Back Extension Roll - BWO - BWO Series</li> </ul>
<b>Level 2 Standing Tumbling</b>	<ul style="list-style-type: none"> <li>• BHS Step Out</li> <li>• BWO - BHS Step Out</li> <li>• Back Handspring (BHS)</li> <li>• Back Extension Roll - BHS</li> <li>• Back Walkover (BWO) - BHS</li> <li>• BWO - BHS Step Out - BWO</li> <li>• Valdez - BHS Step Out</li> <li>• BWO Switch Leg - BHS</li> <li>• BHS Step Out - BWO - BHS</li> <li>• Valdez - BHS</li> </ul>
<b>Execution:</b>	
<b>Approach</b>	<ul style="list-style-type: none"> <li>• Consistent entry-Swing/prep</li> <li>• Arm placement into a skill</li> <li>• Chest placement</li> </ul>
<b>Body Control</b>	<ul style="list-style-type: none"> <li>• Head placement</li> <li>• Hips</li> <li>• Pointed toes</li> <li>• Leg placement in skills</li> <li>• Arm/shoulder placement in skills</li> <li>• Control from skill to skill in a series</li> </ul>
<b>Landings</b>	<ul style="list-style-type: none"> <li>• Controlled</li> <li>• Chest placement</li> <li>• Finished skill</li> </ul>
<b>Synchronization</b>	<ul style="list-style-type: none"> <li>• Uniform series by 2 or more athletes</li> <li>• Timing</li> </ul>

# SCORESHEET DEFINITIONS

RUNNING TUMBLING		
Difficulty Elements:		
<p><b>Level 1</b> <b>Running Tumbling</b></p>	<ul style="list-style-type: none"> <li>• Cartwheel (CW)</li> <li>• CW - BWR</li> <li>• CW - Forward Roll</li> <li>• CW - BWO</li> <li>• CW - BWO Series</li> <li>• FWO - FWO Series</li> </ul>	<ul style="list-style-type: none"> <li>• FWO - CW - RO</li> <li>• Round Off (RO)</li> <li>• FWO - CW - BWO - BWO Series</li> <li>• FWO - CW - BWO Switch Leg</li> </ul>
<p><b>Level 2</b> <b>Running Tumbling</b></p>	<ul style="list-style-type: none"> <li>• CW - BHS/BHS Step Out</li> <li>• Round Off (RO) – BHS</li> <li>• CW - BHS Series</li> <li>• RO - BHS Series</li> <li>• FWO - RO – BHS Series</li> </ul>	<ul style="list-style-type: none"> <li>• RO - BHS Step Out</li> <li>• CW - BHS Step Out – BWO - BHS Series</li> <li>• RO - BHS Step Out - BWO - BHS Series</li> </ul>
Execution:		
<p><b>Approach</b></p>	<ul style="list-style-type: none"> <li>• Consistent entry-Swing/prep</li> </ul>	<ul style="list-style-type: none"> <li>• Arm placement into a skill</li> <li>• Chest placement</li> </ul>
<p><b>Body Control</b></p>	<ul style="list-style-type: none"> <li>• Head placement</li> <li>• Hips</li> <li>• Leg placement in skills</li> </ul>	<ul style="list-style-type: none"> <li>• Arm/shoulder placement in skills</li> <li>• Control from skill to skill in a pass</li> <li>• Pointed toes</li> </ul>
<p><b>Landings</b></p>	<ul style="list-style-type: none"> <li>• Controlled</li> <li>• Chest placement</li> </ul>	<ul style="list-style-type: none"> <li>• Finished skill</li> </ul>
<p><b>Synchronization</b></p>	<ul style="list-style-type: none"> <li>• Uniform pass by 2 or more athletes</li> </ul>	<ul style="list-style-type: none"> <li>• Timing</li> </ul>

## SCORESHEET DEFINITIONS

JUMPS		
Difficulty Elements:		
<b>Jumps</b>	<ul style="list-style-type: none"> <li>• Tuck Jump</li> <li>• Spread Eagle</li> <li>• Toe Touch</li> <li>• Double Nine</li> </ul>	<ul style="list-style-type: none"> <li>• Pike</li> <li>• Right/Left Hurdlers (front or side)</li> </ul>
Execution:		
<b>Approach</b>	<ul style="list-style-type: none"> <li>• Consistent entry-Swing/prep</li> </ul>	<ul style="list-style-type: none"> <li>• Arm position within jump(s)</li> <li>• Chest placement</li> </ul>
<b>Synchronization</b>	<ul style="list-style-type: none"> <li>• Timing</li> </ul>	<ul style="list-style-type: none"> <li>• Performed in unison by max number of athletes</li> </ul>

DANCE		
<b>Difficulty Elements</b>	<ul style="list-style-type: none"> <li>• Visual elements</li> <li>• Variety of levels</li> <li>• Formation changes</li> </ul>	<ul style="list-style-type: none"> <li>• Footwork</li> <li>• Floorwork</li> <li>• Partner work</li> <li>• Pace is maintained</li> </ul>
<b>Execution</b>	<ul style="list-style-type: none"> <li>• Technique</li> <li>• Perfection</li> <li>• Motion</li> </ul> <p>Strength/Placement</p>	<ul style="list-style-type: none"> <li>• Synchronization</li> <li>• Energy/Entertainment Value</li> </ul>

## SCORESHEET DEFINITIONS

<b>CHEER</b>		
<b>Difficulty Elements</b>	<ul style="list-style-type: none"><li>• Variety of levels</li><li>• Formation changes</li><li>• Transitions</li></ul>	<ul style="list-style-type: none"><li>• Visual elements incorporated (poms/megaphones/signs)</li><li>• Pace is practical and easy to understand</li></ul>
<b>Execution</b>	<ul style="list-style-type: none"><li>• Motion Strength/Placement</li><li>• Energy/Crowd Engagement (call &amp; response)</li><li>• Flow</li></ul>	<ul style="list-style-type: none"><li>• Voice Projection, Inflection and Clarity (not squeaky)</li><li>• Synchronization/Timing of Skills/Not Rushed</li></ul>

## SCORESHEET DEFINITIONS

CREATIVITY	
<b>Originality/ Variety</b>	Incorporation of innovative and intricate ideas throughout the routine.
<b>Visually Appealing</b>	Includes additional skills performed that enhance the overall appeal and flow of the routine.

SHOWMANSHIP	
<b>Energetic/ Confident</b>	Based on the judges' impression of the entire performance encompassing all category areas focusing on the team's energy, <b>genuine enthusiasm</b> , confidence, and facial expression. This category is scored by each judge except Technical Judges.

# SCORESHEET DEFINITIONS

## TIE BREAKER

A DIVISION tie break will be determined by dropping the HIGH and LOW Overall Impression scores.

## GRAND CHAMPION

Grand Champion will be determined by the highest score percentage. A tie will be broken by carrying out the decimal places as many times as necessary.

## MINIMUM SCORE

For teams that are in a division by themselves, they must reach 80% of the maximum score in order to win the first place trophy. If they do not reach the **MINIMUM SCORE**, then they will receive a second place trophy:

**Traditional Minimum Score = 296**

**Performance Minimum Score = 256**

## MAXIMUM SCORE

The maximum score defines the most points a team can score for their style of performance.

**Traditional Maximum Score = 370**

**Performance Maximum Score = 320**