



CHRISTIAN CHEERLEADERS OF AMERICA

Score Sheet SOLO/DUO/TRIO

JUMPS & TUMBLING SCORE SHEET	TOTAL	TECHNIQUE	DIFFICULTY
JUMPS	20.0	10.0	10.0
STANDING TUMBLING <small>(SUBTRACT FOR NON TUMBLING DIVISION)</small>	20.0	10.0	10.0
RUNNING TUMBLING <small>(SUBTRACT FOR NON TUMBLING DIVISION)</small>	20.0	10.0	10.0

SOLOS

DUO & TRIOS

OVERALL SCORE SHEET	TOTAL	TECHNIQUE
PERFORMANCE	10.0	10.0
CHEER OR DANCE	10.0	10.0
ROUTINE COMPOSITION	10.0	10.0
TESTIMONY	10.0	10.0

OVERALL SCORE SHEET	TOTAL	TECHNIQUE
CHEER OR DANCE	10.0	10.0
PERFORMANCE	10.0	10.0
ROUTINE COMPOSITION	10.0	10.0
SYNCHRONIZATION	10.0	10.0

Total Possible Points	100
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Total Possible Points	100
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SOLO DUO & TRIO Scoring System

SOLO

DUO & TRIO

JUMPS/TUMBLING

JUMPS	
6.0	Individual performs 1 jump
7.0	Individual performs 1 advanced Jump
8.0	Individual performs 2 advanced Jumps
9.0	Individual performs 2 connected advanced Jumps
10	Individual performs 3 connected advanced jumps; or 2 connected advanced jumps plus 1 additional advanced jump

BASIC JUMPS: Spread Eagle, Tuck Jump // ADVANCED JUMPS: Pike, Right/Left Hurdlers (front or side), Toe Touch

JUMPS	
6.0	Group performs 1 jump
7.0	Group performs 1 advanced Jump
8.0	Group performs 2 advanced Jumps Synchronized
9.0	Group performs 2 connected advanced Jumps
10	Group performs 3 connected advanced jumps; or 2 connected advanced jumps plus 1 additional advanced jump Synchronized

BASIC JUMPS: Spread Eagle, Tuck Jump // ADVANCED JUMPS: Pike, Right/Left Hurdlers (front or side), Toe Touch

STANDING TUMBLING		
5.0		Skills performed do not meet the low range requirement
6.0	Low	Individual performs standing back handspring
7.0		Individual performs standing back tuck
8.0		Individual performs standing back handspring (or advanced jump) to tuck
9.0		Individual performs standing back handspring (or advanced jump) to layout
10		Individual performs standing back handspring (or advanced jump) to full

STANDING TUMBLING		
5.0		Skills performed do not meet the low range requirement
6.0	Low	Group performs standing back handspring
7.0		Group performs standing back tuck
8.0		Group performs standing back handspring (or advanced jump) to tuck
9.5		Group performs standing back handspring (or advanced jump) to layout
10		Group performs standing back handspring (or advanced jump) to full

RUNNING TUMBLING		
3.0		Skills performed do not meet the low range requirement
4.0	Low	Individual performs pass that ends with a back walkover
5.0		Individual performs pass that ends with a back hand spring
6.0		Individual performs pass that ends with a back tuck
7.0		Individual performs pass that ends with a layout
8.0		Individual performs Specialty pass that ends with a tuck or layout
9.0		Individual performs pass that ends with a full
10		Individual performs Specialty pass that ends with a full

RUNNING TUMBLING		
3.0		Skills performed do not meet the low range requirement
4.0	Low	Group performs pass that ends with a back walkover
5.0		Group performs pass that ends with a back hand spring
6.0		Group performs pass that ends with a back tuck
7.0		Group performs pass that ends with a layout
8.0		Group performs Specialty pass that ends with a tuck or layout
9.0		Group performs pass that ends with a full
10		Group performs Specialty pass that ends with a full

OVERALL

TESTIMONY (SOLO ONLY)

10.0 Unless individual is obviously unprepared, all points will be awarded in this category

SYNCHRONIZATION (DUO & TRIO ONLY)

10.0 A Duo or Trios ability to move as one during any and all skills that are performed in a way that is meant to be synchronized

PERFORMANCE

10.0 A Individual or groups ability to captivate the audience with genuine Energy, Spirit, and Showmanship

ROUTINE COMPOSITION

10.0 A Individual or groups ability to execute planned Spacing, Formations, Transitions, and Creativity

CHEER AND OR DANCE MOTIONS

10.0 A individual or groups ability to execute sharp motions, perform a fast paced dance that is entertaining, and incorporate creative elements. As well as the ability to execute their routine with perfection.



CHRISTIAN CHEERLEADERS OF AMERICA

Score Sheet Stunt Competition

BUILDING SCORE SHEET	TOTAL	TECHNIQUE	DIFFICULTY
Stunts	20.0	15.0	5.0
Cradles & Dismounts	20.0	15.0	5.0
Tosses <small>(SUBTRACT FOR JUNIOR HIGH & BELOW) (SUBTRACT FOR ALLSTAR LEVEL 1) (SUBTRACT FOR PARTNER STUNT) (SUBTRACT FOR EMPOWER PRIMARY & YOUTH PLUS)</small>	15.0	10.0	5.0

OVERALL SCORE SHEET	TOTAL	TECHNIQUE
PERFECTION OF ROUTINE	15.0	15.0
PERFORMANCE	15.0	15.0
VARIETY & CREATIVITY	15.0	15.0

Total Possible Points	100
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STUNT-A-THON

EMP PLUS, PREMIERE, JV, VARSITY

STUNTS

1		Skills performed do not meet the low range requirement
2	Below	2 different level appropriate skills
3	low	3 different level appropriate skills one of which is elite
4	Med	4 different level appropriate skills 2 of which are elite
5	High	5 different level appropriate skills 3 of which are elite

TOSSES

2	Below	Group performs 1 level appropriate toss
3	Low	Group performs 2 level appropriate tosses
4	Med	Group performs one elite level appropriate toss
5	High	Group performs 1 elite level and 1 level appropriate toss

CRADLES AND DISMOUNTS

2	Below	Skills performed do not meet the low range requirement
3	Low	1 level appropriate skill in dismounts/cradles
4	Med	1 elite level appropriate and 1 level appropriate skill in dismounts/cradles
5	High	2 different elite level appropriate skills in dismounts/cradles

EMP PRIMARY, YOUTH PLUS, ELEM, INT, JH

STUNTS

1		Skills performed do not meet the low range requirement
2	Below	2 different level appropriate skills
3	low	3 different level appropriate skills one of which is elite
4	Med	4 different level appropriate skills 2 of which are elite
5	High	5 different level appropriate skills 3 of which are elite

CRADLES AND DISMOUNTS

2	Below	Skills performed do not meet the low range requirement
3	Low	1 level appropriate skill in dismounts/cradles
4	Med	1 elite level appropriate and 1 level appropriate skill in dismounts/cradles (Straight Cradle considered ELITE)
5	High	2 elite level appropriate skills in dismounts/cradles (Straight Cradle considered ELITE)

ALL STAR LEVEL 2-5

STUNTS

2	Below	Skills performed do not meet low range requirement
3	Low	4 different level appropriate skills
4	Med	4 different level appropriate skills one of which is elite
5	High	4 different level appropriate skills 2 of which are elite

TOSSES

3	Low	Group performs toss that does not meet the level requirement
4	Med	Group performs 1 level appropriate toss
5	High	Group performs 2 level appropriate tosses

CRADLES AND DISMOUNTS

3	Low	1 level appropriate skill in dismounts/cradles
4	Med	2 level appropriate skills in dismounts/cradles
5	High	3 level appropriate skills in dismounts/cradles

ALL STAR LEVEL 1

STUNTS

2	Below	Skills performed do not meet low range requirement
3	Low	4 different level appropriate skills
4	Med	4 different level appropriate skills one of which is elite
5	High	4 different level appropriate skills 2 of which are elite

CRADLES AND DISMOUNTS

3	Low	1 level appropriate skill in dismounts/cradles
4	Med	2 level appropriate skills in dismounts/cradles
5	High	3 level appropriate skills in dismounts/cradles

OVERALL

PERFORMANCE

10.0	A Individual or groups ability to captivate the audience with genuine Energy, Spirit, and Showmanship
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PERFECTION OF ROUTINE

10.0	A Individual or groups ability to perform a perfected routine with genuine Energy, Spirit, and Showmanship
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VARIETY & CREATIVITY

10.0	A Individual or groups ability to include variety and creativity in a routine with genuine Energy, Spirit, and Showmanship
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