



**CHRISTIAN CHEERLEADERS OF AMERICA**

**Score Sheet Schools**

<b>BUILDING SCORE SHEET</b>	<b>TOTAL</b>	<b>TECHNIQUE</b>	<b>DIFFICULTY</b>
<b>Stunts</b> (SUBTRACT FOR NON BUILDING DIVISION)	<b>15.0</b>	<b>10.0</b>	<b>5.0</b>
<b>Pyramids</b> (SUBTRACT FOR NON BUILDING DIVISION)	<b>15.0</b>	<b>10.0</b>	<b>5.0</b>
<b>Tosses</b> (SUBTRACT FOR NON BUILDING DIVISION)	<b>10.0</b>	<b>5.0</b>	<b>5.0</b>

<b>JUMPS &amp; TUMBLING SCORE SHEET</b>	<b>TOTAL</b>	<b>TECHNIQUE</b>	<b>DIFFICULTY</b>
<b>JUMPS</b>	<b>15.0</b>	<b>10.0</b>	<b>5.0</b>
<b>TUMBLING</b> (SUBTRACT FOR NON TUMBLING DIVISION)	<b>15.0</b>	<b>10.0</b>	<b>5.0</b>

<b>OVERALL SCORE SHEET</b>	<b>TOTAL</b>	<b>TECHNIQUE</b>	
<b>DANCE</b>	<b>5.0</b>	<b>5.0</b>	MUSIC & ALL MUSIC DIVISION
<b>VOICE PROJECTION</b>			NON MUSIC DIVISION
<b>PERFORMANCE</b>	<b>5.0</b>	<b>5.0</b>	MUSIC & NON MUSIC DIVISION
<b>CHEER</b>	<b>10.0</b>	<b>10.0</b>	ALL MUSIC DIVISION
<b>CREATIVE USE OF MUSIC</b>			
<b>ROUTINE COMPOSITION</b>	<b>10.0</b>	<b>10.0</b>	

<b>Total Possible Points</b>	<b>100</b>
------------------------------	------------



## SCHOOL ELEM, INT, JH, JV, VARSITY

### BUILDING

#### STUNTS

1	Below	Skills performed do not meet low-range requirements
2-3*	Low	3 - Different level appropriate skills - by most of team
3-4*	Med	3 - Different level appropriate skills - by most of team 1 of which is elite
4-5*	High	3 - Different level appropriate skills - by most of team 2 of which are elite
*Team will score highest of two scores by exceeding the required number of level appropriate skills		

#### PYRAMIDS

1	Below	Skills performed below the low range requirement
2-3*	Low	2 Different level appropriate skills, 1 structures performed by most of team
3-4*	Med	3 Different level appropriate skills, 1 structures performed by most of team
4-5*	High	4 Different level appropriate skills, 1 structures performed by most of team
*Team will score highest of two scores by including braced inversions, flips, And skills listed as Elite on the stunts sheet		

#### TOSSES

Disregard FOR (Elementary, Intermediate, Junior High)

0	Below	No toss performed
2-3*	Low	1 toss in routine
3-4*	Med	2 tosses in routine
5	High	1 toss by majority of team with trick plus 1 additional toss
*Team will score highest of two scores by including trick baskets		

#### JUMPS/TUMBLING

##### JUMPS

1	Below	Skills performed do not meet "Low" level requirement
2-3*	Low	Most of team performs 1 advanced jump
3-4*	Med	Most of team performs 2 connected advanced jumps. Must be synchronized.
4-5*	High	Most of team performs 3 connected advanced jumps or 2 connected advanced jumps, plus 1 additional advanced jump. Must be synchronized.
*Team will score highest of two scores by including variety		

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

##### TUMBLING

1	Below	Any tumbling (including rolls, cartwheels, walkovers, round offs) at any level
2-3*	Low	1 pass (standing or running, including BHS) by majority of team
3-4*	Med	2 passes (standing or running, including tuck or layout) by majority of team; 1 pass must be synchronized or rippled
4-5*	High	2 passes (standing or running, include running skills above tuck or standing skills above BHS); by majority of team 1 pass must be synchronized or rippled
*Team will score highest of two scores if the sychronized pass is standing; tumblers may be recycled.		

#### Stunt Quantity Chart

# of Athletes	Majority	Most
5-11	1	1
12-15	1	2
16-19	2	3
20-23	3	4
24-27	4	5
28-30	4	6
31-38	5	7

#### OVERALL

5.0	<b>DANCE</b> <small>(ONLY FOR CHEER MUSIC &amp; ALL MUSIC)</small>
Synchronization, Perfection of Moves, Levels	
5.0	<b>VOICE PROJECTION</b> <small>(ONLY FOR NON MUSIC)</small>
Maintain Voices, Everyone Yells	
5.0	<b>PERFORMANCE</b>
Energy, Spirit, Showmanship	
10.0	<b>CHEER</b> <small>(ONLY FOR CHEER MUSIC &amp; NON MUSIC)</small>
Sharpness, Crowd Involvement, Cheer Chatter, Voices	
10.0	<b>CREATIVE USE OF MUSIC</b> <small>(ONLY FOR ALL MUSIC)</small>
Synched Sound Effects	
10.0	<b>ROUTINE COMPOSITION</b>
Spacing, Formations, Transitions, Creativity	

#### Tumbling/Jump Quantity Chart

# of Athletes	Majority	Most
5-7	2	3
8-9	4	5
10-11	5	6
12-14	6	7
15-16	7	9
17-19	8	10
20-22	10	12
23-25	11	13
26-27	13	15
28-30	14	16
31-38	15	18

# STUNTS/TOSSES

## ELEMENTARY

	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STYLE
LEVEL APPROPRIATE	- None	-None	- Quarter turn to gut level stunt	- Straight cradle from prep - Sponge down - Step Down	- Shoulder sit - Elevator - Waist level stunts - Straddle Sit
ELITE LEVEL APPROPRIATE	- Ground level inversions	- Switch up to waist level single leg stunt - Tick tock at the waist level	- 1/2 turn to gut level single leg stunt - 1/2 turn to prep - 1/2 turn transitions	- None	- Show & go - Single leg stunt at gut level
TOSSES NON - TWISTING			TOSSES TWISTING		
NONE			NONE		

## INTERMEDIATE

	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STYLE
LEVEL APPROPRIATE	- None	- None	- Half up to shoulder level stunts - Half up to extension	- Straight cradle from shoulder level single leg stunt - Straight cradle from extension	- Straight up extension - Shoulder stands - Double based shoulder level stunt
ELITE LEVEL APPROPRIATE	-Inversions that pop to waist level	- Shoulder level tick tock - Switch up to shoulder level single leg stunt	- Full up to shoulder level stunts - 3/4 up to extension	- Full down from shoulder level stunts - Corkscrew from shoulder level stunts	- Single leg stunts at shoulder level - Shoulder level single man stunts - Prep level to Prone
TOSSES NON - TWISTING			TOSSES TWISTING		
None			None		

## JUNIOR HIGH, JUNIOR VARSITY, VARSITY

	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STYLE
LEVEL APPROPRIATE	- Inversions that pop to waist level	- Ball up Prep	- Full up to shoulder level stunts - 3/4 up to extension	- Full down from extension - Corkscrew - Coed pop down - Straight cradle from extended single leg stunt	- Shoulder level single man stunts - Double based extended stunt - Any other stunt allowed by AACCA that are not listed as elite
ELITE LEVEL APPROPRIATE	- Inversions that pop to shoulder/ extended level stunts	- Switch up to extended single leg stunt - Low to high - High to high - Half up switch up	- Half up to extended single leg stunt - Full up to extended stunt - Full up to extended single leg stunt	- Inverted dismounts (example: pancake) - Full down from extended single leg stunt	-Extended single man stunts -Extended level to Prone -Extended single leg stunt
TOSSES NON - TWISTING (Junior High NO Baskets)			TOSSESS TWISTING (Junior High NO Baskets)		
Pike Split - Ball Arch - Switch Kick - Toe Touch - Pike			Kick Full - Full Twist		

# PYRAMIDS

## ELEMENTARY

INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STYLE
- BRACED STUNT SKILLS	- BRACED STUNT SKILLS - BRACED SWITCH UP TO GUT LEVEL - BRACED GUT LEVEL TIC TOC	- BRACED STUNT SKILLS - BRACED 1/2 TWIST TO/FROM PREP - BRACED 1/4 TWIST TO/FROM GUT LEVEL SINGLE LEG	- STUNT SKILLS - CRADLE FROM PREP LEVEL	- BRACED STUNT SKILLS - BRACED COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY

## INTERMEDIATE

INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STYLE
- BRACED STUNT SKILLS - BRACED INVERSIONS THAT LAND IN SPONGE OR CRADLE	- BRACED STUNT SKILLS - BRACED SWITCH UP TO SHOULDER LEVEL - BRACED PREP LEVEL TO PREP SINGLE LEG TIC TOC	- BRACED STUNT SKILLS - BRACED 1/2 TWISTING TRANSITION TO/FROM PREP SINGLE LEG - Braced 1/2 TWISTING TRANSITION TO EXTENDED 2 LEG	- STUNT SKILLS - STRAIGHT CRADLE FROM EXTENDED SINGLE LEG POSITION - 1/4 CRADLE FROM EXTENDED SINGLE LEG POSITION	- BRACED STUNT SKILLS - BRACED COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY

## JUNIOR HIGH, JUNIOR VARSITY, VARSITY

INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STYLE
- BRACED STUNT SKILLS - RELEASED BRACED INVERSIONS - BRACED FLIPPING SKILLS - BRACED ROLL SKILLS - BRACED FLIPPING SKILLS WITH 1/2 TURN	- BRACED STUNT SKILLS - BRACED RELEASE TO EXTENDED STUNT - BRACED RELEASES THAT INVOLVE CHANGING BASES	- BRACED STUNT SKILLS - BRACED FULL UP TO EXTENDED STUNT - BRACED 1 1/4 TO EXTENDED STUNT	- STUNT SKILLS	- BRACED STUNT SKILLS - BRACED COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY