



CHRISTIAN CHEERLEADERS OF AMERICA

Score Sheet Empower

BUILDING SCORE SHEET	TOTAL	TECHNIQUE	DIFFICULTY
Stunts	15.0	10.0	5.0
Pyramids	15.0	10.0	5.0
Tosses <small>(SUBTRACT FOR PRIMARY DIVISION AND YOUTH PLUS TEAMS)</small>	10.0	5.0	5.0

JUMPS & TUMBLING SCORE SHEET	TOTAL	TECHNIQUE	DIFFICULTY
JUMPS	15.0	10.0	5.0
TUMBLING	15.0	10.0	5.0

OVERALL SCORE SHEET	TOTAL	TECHNIQUE
PERFORMANCE	10.0	10.0
DANCE	10.0	10.0
ROUTINE COMPOSITION	10.0	10.0

Total Possible Points	100
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EMPOWER PRIMARY, PLUS, PREMIER

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, 2 structures performed by most of team
3-4*	Med	3 Different level appropriate skills, 2 structures performed by most of team
4-5*	High	4 Different level appropriate skills, 2 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 YOUTH PLUS & PRIMARY)

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		

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

10.0	PERFORMANCE
Energy, Spirit, Showmanship	
10.0	DANCE
Synchronization, Perfection of Moves, Levels	
10.0	ROUTINE COMPOSITION
Spacing, Formations, Transitions, Creativity	

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	Skills performed do not meet the Low range requirement
2-3*	Low	Less than Majority of the team performs a level appropriate standing or running pass
3-4*	Med	Majority of the team performs a level appropriate standing or running pass
4-5*	High	Most of the team performs a level appropriate standing or running pass
*Team will score highest of two scores by completing the required tumbling synchronized or rippled		

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 PRIMARY

	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 body positions at gut level
TOSSES NON - TWISTING			TOSSES TWISTING		
NONE			NONE		

PLUS

	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 - Single leg stunts at shoulder level - Shoulder stands
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	- Body positions at shoulder level - Shoulder level single man stunts -Prep level to Prone
TOSSES NON - TWISTING (Junior and Senior Plus ONLY)			TOSSES TWISTING		
Straight Ride			None		

PREMIER

	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 body position	- Inverted dismounts (example: pancake) - Full down from extended single leg stunt	- Extended Single Leg Stunt -Extended single man stunts -Extended level to Prone
TOSSES NON - TWISTING			TOSSES TWISTING		
Pike Split - Ball Arch - Switch Kick - Toe Touch - Pike -			Kick Full - Full Twist		

PYRAMIDS

PRIMARY

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

PLUS

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

PREMIER

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

TUMBLING

PRIMARY

STANDING TUMBLING SKILLS	RUNNING TUMBLING SKILLS
Forward roll - Straddle roll - Handstand Handstand forward roll - Front walkover - Cartwheel - Backward roll Back extension roll - Pushup to back bend - Standing backbend Back bend kickover - Back walkover	Cartwheel - front walkover - round off cartwheel back walkover - front walkover to cartwheel/round off cartwheel ½ turn front walkover - connected skills cartwheel/back walkover

PLUS

STANDING TUMBLING SKILLS	RUNNING TUMBLING SKILLS
Standing back handspring - Back Handspring Step out Back extension roll back handspring - Back Walkover Back Handspring Jump to Back Handspring - Jump to Back Handspring Series BHS Series Jump BHS Series - BHS Step Out BHS Combo	Cartwheel Back Handspring - Round Off Back Handspring Round Off Back Handspring Step Out - Round Off Back Handspring Series Front Walkover to Round Off Back Handspring Series

PREMIER

STANDING TUMBLING SKILLS (Includes but is not limited to)	RUNNING TUMBLING SKILLS (Includes but is not limited to)
Standing Back Tuck - Standing Back Handspring Back Tuck Jumps to Tuck - Jumps to Back Handspring Back Tuck Back Handspring Series to Tuck, Whip, Layout Jump Back Handspring Series to Tuck, Whip, Layout Standing Full - Back Handspring Series Full or Whip Through to Full	Cartwheel Back Tuck, Full - Round Off Tuck, Layout, or Full Round Off Back Handspring Tuck, Layout, or Full Front Walkover/Punch Front Step Out through to Tuck, Layout, or Full