

LEVEL APPROPRIATE EXAMPLES STUNTS/TOSSES 26-27

STUNTS/TOSSES

ELEMENTARY

	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STYLE
LEVEL				-Straight cradle from prep	-Shoulder sit -Straddle sit
APPROPRIATE	- None	-None	-1/4 turn to gut level stunt	-Sponge down	-Elevator
				-Step down	-Waist level stunts
ELITE		-Switch up to waist level single leg	-1/2 turn to gut level single leg		-Show & go
LEVEL	-Ground level inversion	-Tick tock at waist level	-1/2 turn to prep	-None	-Single leg at gut level
APPROPRIATE			-1/2 turn transitions		

TOSSES NON-TWISTING

TOSSES TWISTING

NONE

NONE

INTERMEDIATE / JUNIOR HIGH

	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STYLE
LEVEL		-Switch up to waist level single leg	-1/4 turn to below prep level stunt	-Straight cradle from prep	-Straight up extension
APPROPRIATE	-Ground level inversions	-Tick tock at waist level	-Half up to shoulder level stunt	-Straight cradle from single leg prep	-Shoulder stands
			-Half up to extension	-Straight cradle from extension	-Double based prep level stunt
ELITE		-Shoulder level tick tock	-Full up to shoulder level stunt	-Full down from prep level	-Single leg at prep level
LEVEL	-Inversions to waist level	-Switch up to shoulder level single	-3/4 up to extension	-Corkscrew from prep level	-Prep level single man stunts
APPROPRIATE		leg stunt			-Prep level to prone

TOSSES NON-TWISTING

TOSSES TWISTING

STRAIGHT RIDE

NONE

JUNIOR VARSITY, VARSITY

	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STYLE
LEVEL	-Inversions to waist level	-Ball up prep	-Half up to shoulder level stunt	-Full down from extension	-Shoulder stands -Prep level single man
APPROPRIATE	-Inversions to prep level	-Helicopter	-Full up to shoulder level stunt	-Corkscrew -Coed pop down	-Double based extended stunt
	-Ground inversions released to prep level (Ex: Roundoff, BHS entries)	-Release moves to prep (switch up, quick toss)	-3/4 up to extension	-Straight cradle from extended single leg stunt	-Any other stunt allowed by USA not listed as elite
ELITE		-Switch up to extended single leg	-Half up to extended single leg stunt	-Inverted dismounts (example: pancake)	-Suspended roll with full twist
LEVEL	-Inversions to extended level	-1/2 twisting release moves to stunt	-Full up to extended stunt	-Full down from extended single leg	-Extended level to prone
APPROPRIATE	-Ground inversions released to extended level (Ex: Roundoff, BHS entries)	- Low to high - High to high - Quick toss to extension - Full twisting release moves	-Extended full around single leg (lib-to-lib)	-Kick full dismount	-Extended single based stunts
	-Hand in Hand inversion released to s	-Half up switch up	-Full up to extended single leg stunt		-Extended single leg stunt

TOSSES NON-TWISTING

TOSSES TWISTING

Pike Split - Ball Arch - Switch Kick - Toe Touch - Pike

Full Twist - Kick Full

This is not an all inclusive list. Additional skills performed in various styles may fall between listed skills.

LEVEL APPROPRIATE EXAMPLES PYRAMIDS 26-27

PYRAMIDS

ELEMENTARY

INVERSION STYLE

RELEASE STYLE

TWISTING

DISMOUNT STYLE

OTHER STYLE

LEVEL

-Braced ground level inversion

-Braced switch up to Gut level

-Braced 1/2 twist to/from prep

-Straight cradle from prep

-Shoulder sit -Straddle sit

APPROPRIATE

-Braced inversions to waist level

-Braced gut level tic toc

-Braced 1/4 twist to/from gut level single leg

-Sponge down

-Elevator

-Braced stunt skills

-Braced stunt skills

-Braced stunt skills

-Step down

-Waist level stunts

INTERMEDIATE / JUNIOR HIGH

INVERSION STYLE

RELEASE STYLE

TWISTING

DISMOUNT STYLE

OTHER STYLE

LEVEL

-Braced ground level inversion

-Braced switch up to prep

-Braced 1/2 twisting transition to ext

-Straight cradle from ext single leg

-Braced combination of two or more stunt

APPROPRIATE

-Braced inversions to waist level

-Braced prep to prep single leg tic toc

-Other Braced stunt skills

-1/4 cradle from ext single leg

skills performed simultaneously

-Braced inversions that land in sponge or cradle

-Braced stunt skills

-Braced 1/2 twisting transition to/from prep single leg

-Braced stunt skills

JUNIOR VARSITY, VARSITY

INVERSION STYLE

RELEASE STYLE

TWISTING

DISMOUNT STYLE

OTHER STYLE

LEVEL

-Braced released inversions

-Braced release to ext stunt

-Braced twisting transitions

-See Stunt Skills

-Braced combination of two or more level

APPROPRIATE

-Braced flipping skills

-Braced tic toc style

-Braced full up to single leg

-See Stunt Skills

appropriate skills performed simultaneously

-Braced roll skills

-Braced 1/2 twisting release to stunt

-Braced full up to extended stunt

-See Stunt Skills

-Braced toss full up to stunt

-Braced flipping skills with 1/2 turn

-Braced releases that involve changing bases
-Braced stunt skills

-Braced 1 1/4 to extended stunt

-See Stunt Skills

-Braced extended one leg stunts with multiple transitional sequences

This is not an all inclusive list. Additional skills performed in various styles may fall between listed skills.

SCHOOL RUBRIC									
Stunt Group Quantity Chart			STUNTS				Additional Difficulty Considerations for Stunts, Pyramids, & Tosses		
# Athletes	Majority	Most	1	Below	Skills performed do not meet minimum range requirements		*Number of bases used in stunt groups. *Credit for inversion stunts is only given when weight of the top person is held in the upper portion of the body and skill is inverted at the dip. *Landing position can increase difficulty of skill in range. *Variety of skills, pace between and connection of skills. *Coed style/single based skill difficulty is affected by assisted/unassisted		
5-7	1	1	1.1-2.0	Minimum	3 different level appropriate skills by majority of team				
8-11	1	1	2.1-3.0	Low	3 different level appropriate skills by most of team				
12-15	1	2	3.1-4.0	Medium	3 different level appropriate skills by most of team, 1 of which is elite				
16-19	2	3	4.1-5.0	High	3 different level appropriate skills by most of team, 2 of which are elite				
20-23	3	4	PYRAMIDS				Additional Difficulty Considerations for Jumps *Variety of Skills performed *Connection/Combos Additional Difficulty Considerations for Tumbling *Synchronized Standing Tumbling *Variety of Passes		
24-27	4	5	1	Below	Skills performed do not meet minimum range requirements				
28-31	4	6	1.1-2.0	Minimum	2 different level appropriate skills, 1 structure by most of team				
32-35	5	7	2.1-3.0	Low	3 different level appropriate skills, 1 structure by most of team				
36-38	5	7	3.1-4.0	Medium	3 different level appropriate skills, 2 structures by most of team				
OVERALL - NON-MUSIC (NM)			4.1-5.0	High	4 different level appropriate skills, 2 structures by most of team		OVERALL - ALL MUSIC (AM)		
Points	Category		TOSSES				Points	Category	
4.0-5.0	Performance		Disregard for Elementary, Intermediate				4.0-5.0	Performance	
	Energy, Genuine Spirit, Showmanship							Energy, Genuine Spirit, Showmanship, Synch	
4.0-5.0	Voice		0	Below	No Toss Performed		4.0-5.0	Dance	
	Pace of Cheer is practical. Flow of cheer is easy to follow		1.0-2.0	Minimum	1 toss in routine by majority of team			Perfection of Moves, Level Changes, Transitions, Foot work	
4.0-5.0	Cheer Motions		2.1-3.0	Low	1 toss in routine by most of team		4.0-5.0	Creative Use of Music	
	Precision, sharpness, placement & synch of motions		3.1-4.0	Medium	2 tosses in routine by most of team			Flow, Synch with sound effects, Music enhances routine	
4.0-5.0	Crowd Leading		4.1-5.0	High	2 tosses in routine by most of team with trick		4.0-5.0	Building Creativity	
	Crowd Effective material, engaging		JUMPS					Creative Load-ins, Dismounts, and Transitions, Originality	
8.0-10.0	Routine Composition						1	Below	Skills performed do not meet minimum requirement. Majority performs basic jump
	Choreo, Visual Appeal, Flow, Formations, Transitions		2.0-3.0	Low	Most of team performs 1 advanced jump		Choreo, Visual Appeal, Formations& Transitions		
OVERALL - CHEER MUSIC (CM)			3.1-4.0	Medium	Most of team performs 2 connected advanced jumps, synchronized		Jumps/Tumbling Quantity Chart		
Points	Category		4.1-5.0	High	Most of team performs 2 connected advanced jumps, plus 1 additional advanced jump. Synchronized.		# Athletes	Majority	Most
4.0-5.0	Dance		BASIC: Spread Eagle, Tuck Jump Advanced: Pike, Right/Left Hurlers (front or side), Toe Touch				5-7	2	3
	Synch, Perfection of Moves, Levels		TUMBLING				8-9	4	5
4.0-5.0	Voice						1	Below	Any basic tumbling (inc rolls, cartwheels, walkovers, round offs) at any level
	Pace of Cheer is practical. Flow of cheer is easy to follow		2.0-3.0	Low	1 Intermediate pass by majority of team		12-14	6	7
4.0-5.0	Cheer Motions		3.1-4.0	Medium	2 Advanced passes by majority of team, 1 pass must be synchronized		15-16	7	9
	Precision, sharpness, placement & synch of motions		4.1-5.0	High	2 Advanced standing skills or 2 Elite running passes by majority of team, 1 pass must be synchronized		17-19	8	10
4.0-5.0	Crowd Leading		INT: Passes that end in BHS. ADV: Passes that end in tuck. ELITE: Passes that end in layout or full				20-22	10	12
	Crowd Effective material, engaging		Tumblers may be recycled.				23-25	11	13
6.0-10.0	Performance/Routine Composition								
	Energy, Spirit, ShowmanshipChoreo, Visual Appeal, Flow, Formations& Transitions						28-30	14	16
							31-38	15	18

Christian Cheerleaders of America



CHRISTIAN CHEERLEADERS OF AMERICA CHEER MUSIC SCORE SHEET

CATEGORY	POINTS
OVERALL - 30 POINTS	
Dance <i>Synch, Perfection of Moves, Levels</i>	5
Voice <i>Pace of Cheer is practical. Flow of cheer is easy to follow</i>	5
Cheer Motions <i>Precision, sharpness, placement & synch of motions</i>	5
Crowd Leading <i>Crowd Effective material, engaging</i>	5
Performance / Routine Composition <i>Energy, Spirit, Showmanship, Choreo, Visual Appeal, Flow, Formations & Transitions</i>	10
BUILDING - 45 POINTS	
Partner Stunts <i>Difficulty - Level of Skill, Number of Stunts Performed, Number of Bases Used, Transitions, Variety</i>	5
Partner Stunts <i>Execution - Proper Technique, Synchronization, Spacing</i>	10
Pyramids <i>Difficulty - Level of Skill, Number of Skills and Structures Performed, Number of Bases Used, Transitions, Variety, Creativity</i>	5
Pyramids <i>Execution - Proper Technique, Synchronization, Spacing</i>	10
Tosses <i>Difficulty - Level of Skill, Number of Tosses Performed, Variety, Creativity</i>	5
Tosses <i>Execution - Proper Technique, Synchronization, Spacing</i>	10
TUMBLING & JUMPS - 25 POINTS	
Tumbling <i>Difficulty - Level of Skill, Number of Skills Performed</i>	5
Tumbling <i>Execution - Proper Technique, Synchronization, Spacing</i>	5
Jumps <i>Difficulty - Types of Jump(s), Connections/Combos, Variety</i>	5
Jumps <i>Execution - Proper Technique, Synchronization, Spacing</i>	5
Category Impression <i>Overall Choreography of Jumps/Tumbling, Visual Appeal, Flow, Formations, Transitions</i>	5
TOTAL POSSIBLE POINTS	100

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CHRISTIAN CHEERLEADERS OF AMERICA NON-MUSIC SCORE SHEET

CATEGORY	POINTS
OVERALL - 30 POINTS	
Performance <i>Energy, Spirit, Showmanship</i>	5
Voice <i>Pace of Cheer is practical. Flow of cheer is easy to follow</i>	5
Cheer Motions <i>Precision, sharpness, placement & synch of motions</i>	5
Crowd Leading <i>Crowd Effective material, engaging</i>	5
Routine Composition <i>Choreo, Visual Appeal, Flow, Formations & Transitions</i>	10
BUILDING - 45 POINTS	
Partner Stunts <i>Difficulty - Level of Skill, Number of Stunts Performed, Number of Bases Used, Transitions, Variety</i>	5
Partner Stunts <i>Execution - Proper Technique, Synchronization, Spacing</i>	10
Pyramids <i>Difficulty - Level of Skill, Number of Skills and Structures Performed, Number of Bases Used, Transitions, Variety, Creativity</i>	5
Pyramids <i>Execution - Proper Technique, Synchronization, Spacing</i>	10
Tosses <i>Difficulty - Level of Skill, Number of Tosses Performed, Variety, Creativity</i>	5
Tosses <i>Execution - Proper Technique, Synchronization, Spacing</i>	10
TUMBLING & JUMPS - 25 POINTS	
Tumbling <i>Difficulty - Level of Skill, Number of Skills Performed</i>	5
Tumbling <i>Execution - Proper Technique, Synchronization, Spacing</i>	5
Jumps <i>Difficulty - Types of Jump(s), Connections/Combos, Variety</i>	5
Jumps <i>Execution - Proper Technique, Synchronization, Spacing</i>	5
Category Impression <i>Overall Choreography of Jumps/Tumbling, Visual Appeal, Flow, Formations, Transitions</i>	5
TOTAL POSSIBLE POINTS	100

Christian Cheerleaders of America



CHRISTIAN CHEERLEADERS OF AMERICA ALL MUSIC SCORE SHEET

CATEGORY	POINTS
OVERALL - 30 POINTS	
Performance <i>Energy, Spirit, Showmanship</i>	5
Creative Use of Music <i>Flow, Synch with sound effects, Music enhances routine</i>	5
Dance <i>Perfection of Moves, Level Changes, Transitions, Foot work</i>	5
Building Creativity <i>Creative Load-ins, Dismounts, Transitions, Originality</i>	5
Routine Composition <i>Choreo, Visual Appeal, Formations, Transitions</i>	10
BUILDING - 45 POINTS	
Partner Stunts <i>Difficulty - Level of Skill, Number of Stunts Performed, Number of Bases Used, Transitions, Variety</i>	5
Partner Stunts <i>Execution - Proper Technique, Synchronization, Spacing</i>	10
Pyramids <i>Difficulty - Level of Skill, Number of Skills and Structures Performed, Number of Bases Used, Transitions, Variety, Creativity</i>	5
Pyramids <i>Execution - Proper Technique, Synchronization, Spacing</i>	10
Tosses <i>Difficulty - Level of Skill, Number of Tosses Performed, Variety, Creativity</i>	5
Tosses <i>Execution - Proper Technique, Synchronization, Spacing</i>	10
TUMBLING & JUMPS - 25 POINTS	
Tumbling <i>Difficulty - Level of Skill, Number of Skills Performed</i>	5
Tumbling <i>Execution - Proper Technique, Synchronization, Spacing</i>	5
Jumps <i>Difficulty - Types of Jump(s), Connections/Combos, Variety</i>	5
Jumps <i>Execution - Proper Technique, Synchronization, Spacing</i>	5
Category Impression <i>Overall Choreography of Jumps/Tumbling, Visual Appeal, Flow, Formations, Transitions</i>	5
TOTAL POSSIBLE POINTS	100