

2009/2010 Cheer Alliance Judging Continuum



STUNTS						
Difficulty	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5	LEVEL 6
1.0-3.0 Below Level		*Level 1 skills only	*Level 2 skills and below only	*Level 3 skills and below only	*Level 4 skills and below only	*Level 4 skills and below only
3.0 – 5.0 Basic	Examples include: *Two-legged stunts below prep level *Single body position hit below prep level	Examples include: *Single leg stunt at prep level *Two-legged extended stunt	Examples include: *Db single twist *Liberty with single body position	Examples include: *Extended single leg stunts w/twist *Prep level double twist dismount	Examples include: *Extended single leg stunts/double twist dismount	Examples include: *Single/basic body position extended stunt/double twist
5.0-7.0 Intermediate	Examples include: *Multiple body positions below prep *Basic load to prep level stunts	Examples include: *Stunt transitions combining single leg and extended stunts	Examples include: *Extended one leg stunts with multiple body positions *Extension single twist	Examples include: *Flipping transitions *Combo of extended double twists with 2 or more body positions in single leg stunts	Examples include: *Single leg stunts with elite/multiple body positions/double twist dismount	Examples include: * Elite one leg stunts, multiple body positions/double twist and creative transitions *Basic free flight flipping dismounts
7.0-9.0 Advanced	Examples include: *Creative loads to prep level stunts with cradle	Examples include: *Creative loads incorporating allowable inversions	Examples include: *Elite one leg stunts w/creative transitions *Flipping transitions	Examples include: *Creative transitions, releases/inversions *Twisting loads to extended single leg	Examples include: *Creative transitions and major release moves to extended position *Toss to extended level *Stunt transitions with single contact braced flip with twist	Examples include: *Elite one leg stunts w/double, incorporating inverting/major release moves to extended position * Twisting free flight flipping transitions/load
9.0-10.0 Elite	Examples include: *Stunt transitions incorporating multiple body positions, creative loads, movement	Examples include: *Stunt transitions incorporating creative loads, extended moving stunts & multiple positions	Examples include: *Stunt transitions incorporating elite extended body positions, creative load/dismount, and flipping transitions	Examples include: *Stunt transitions incorporating 3 or more elite extended body positions, creative load/dismount, flipping transitions	Examples include: * Stunt transitions incorporating elite extended body positions, creative load/dismount, flipping transitions	Examples include: * Stunt transitions incorporating elite extended body positions, creative load/ dismount, free flight flipping transitions

RATIO

Less than 1/3 of the team performs skills within range	Score will drop to lower difficulty range
1/3-2/3 of the team performs skills within range	Lower end of difficulty range
More than 2/3 of the team perform skills within range	Higher end of difficulty range

Skills that will affect your range within the scoring block:

- Ratio of team participating (i.e. number of stunts, number of athletes not involved, number of stunts at highest difficulty level)
- Number of bases (i.e. minimal use of bases under the stunt)
- Difficulty of inversion/release moves (as level permits) (i.e. level the skill lands – below prep/prep/extended, points of contact, etc).
- Moving, turning skills
- Use of level incorporation, pace and variety
- Multiple stunt sections within the routine
- Use of elite body positions (i.e. hyper-extended stretch, scorpion, scales, needles)

**Please see p. 3
for Execution &
Technique**

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PYRAMIDS						
Difficulty	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5	LEVEL 6
1.0-3.0 Below Level		*Level 1 skills only	*Level 2 skills and below only	*Level 3 skills and below only	*Level 4 skills and below only	*Level 5 skill and below only
3.0 – 5.0 Basic	Examples include: *Basic double braced torch pyramids	Examples include: *Basic double-braced liberty pyramid, simple dismount	Examples include: * Lib pyramid with basic release move/ simple dismount	Examples include: *Lib pyramid with limited transitions/release moves	Examples include: *Lib pyramid with limited transitions/release moves	Examples include: * Limited athletes at the 2 ½ level, limited transitions, simple loads
5.0-7.0 Intermediate	Examples include: *Torch pyramid with creative transitions	Examples include: *Liberty pyramid w/ limited transitions *Multiple stunts at the liberty level	Examples include: *Liberty pyramid w/limited transitions * Multiple stunts at liberty level *Twisting dismounts	Examples include: *Multiple athletes at liberty level *Double twist dismounts *Simple braced flips	Examples include: *Multiple athletes at liberty level *Single braced flips *2 ½ high transitions *Double twist dismount from extended positions	Examples include: *Simple load to 2 ½ high pyramid variations, basic dismount
7.0-9.0 Advanced	Examples include: *Extended stunts, creative transitions	Examples include: *Multiple extended athletes, creative transitions *Inverted loads	Examples include: *Twisting transitions/loads, creative multiple lib pyramid *Inverted transitions	Examples include: *2 ½ high transitions, multiple athletes at lib level, twisting transitions/loads to extended level, advanced braced flips	Examples include: *Adv. single braced flips *2 ½ high transitions *Elite skill sequences with various extended athletes, double twisting loads/transitions/dismount	Examples include: *Multiple 2 ½ high pyramid transitions, advanced loads and dismounts *Inversions
9.0-10.0 Elite	Examples include: * Multiple extended athletes, torches with single bracers, movement, creative transitions, high ratio of athletes in the air	Examples include: *Multiple extended athletes, single braced libs, movement, creative transitions/loads, high ratio of athletes in the air	Examples include: *Multiple extended athletes, movement, creative transitions/loads/ dismounts, high ratio of athletes in the air, inversions	Examples include: *Multiple extended athletes, movement, creative transitions/ load/dismount, high ratio of athletes in the air, elite braced flips	Examples include: *Multiple extended athletes, movement, creative transitions/ loads/dismounts, high ratio of athletes in the air, elite braced flips	Examples include: *Multiple athletes at 2 ½ high level, elite loads and dismounts, creative 2 ½ high transitions
RATIO						
Less than 1/3 of the team performs skills within range			Score will drop to lower difficulty range			
1/3-2/3 of the team performs skills within range			Lower end of difficulty range			
More than 2/3 of the team perform skills within range			Higher end of difficulty range			

Skills that will affect your range within the scoring block:

- Ratio of team participating (i.e. number of stunts, number of athletes not involved, number of stunts at highest difficulty level)
- Number of bases (i.e. minimal use of bases under the stunt)
- Difficulty of inversion/release moves (as level permits) (i.e. level the skill lands – below prep/prep/extended, points of contact, etc).
- Moving, turning skills, pace and variety
- Use of elite body positions (i.e. hyper-extended stretch, scorpion, needle)



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BUILDING SKILLS	EXECUTION & TECHNIQUE
1.5-6.0 Poor	Poor synchronization, poor flexibility, shaky/unstable stunts (i.e. bobbles, travelling), lack of pop in dismounts, poor technique (i.e. bent arms, etc.), poor flier body control (i.e. bobbles, poor full twisting technique, etc.)
6.0-9.0 Average	Moderate synchronization, moderate flexibility, some instability, average pop in dismounts, average technique, moderate flier body control
9.0-12.0 Good	Excellent synchronization, hyper-extended air positions, good pop in dismounts, consistent technique, stable/controlled stunts, excellent flier body control
12.0-15.0 Exceptional	Precision, sharpness, exceptional synchronization, hyper-extended air positions, exceptional height in dismounts, near perfect technique, complete control of stunts, exceptional flier body control

Skills that will affect your range within the scoring block:

- Bobbles will be assessed by the panel judge
- Height achieved in dismounts
- Full rotation of all twisting skills
- Control displayed on all catches
- Uniformity of body positions, motion placement etc.
- Pace
- Synchronization on mounts, transitions and dismounts
- Consistency in technique throughout the team

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TOSSES					
Difficulty	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5	LEVEL 6
0-1.0 Below Level		*Level 2 skills and below only	*Level 3 skills and below only	*Level 4 skills and below only	*Level 5 skills and below only
1.0- 3.0 Basic	Examples include: *Straight ride basket toss with 4 tossing bases	Examples include: *Sponge toss with any allowable skill except full twist	Examples include: *Basket toss with two allowable skills that are not full twists (i.e. pike x-out)	Examples include: * Basket toss with double twist with kick or other element	Examples include: *Basic inverted tosses in tucked body position (i.e. back tuck, front flip/tuck)
3.0-4.0 Intermediate	Examples include: *Straight ride basket toss with arm motion, 4 tossing bases	Examples include: *Basket toss with 4 tossing bases, any allowable skill except full twist *Sponge toss full twist	Examples include: *Basket toss with 2 elements one of which is a full twist * Basket toss with double twist	Examples include: *Basket toss with double twist with kick and creative load/transition	Examples include: *Triple twist * Intermediate inversions with one additional non-twisting skill (i.e. tuck X, layout, layout split, stall front flip)
4.0-5.0 Advanced/ Elite	Examples include: *Straight ride basket toss w/arm motion, 3 bases *Creative transitions/loads	Examples include: *Full twist basket toss with 3 tossing bases *Creative transitions/loads	Examples include: * Basket toss with 2 elements one of which is a full twist, and a creative load/transition	Examples include: * Basket toss with double twist with two additional elements (i.e. switch kick double full)	Examples include: *Elite level inversions with twisting skills (i.e. layout full, layout split full)

RATIO	
Less than 1/3 of the team performs skills within range	Score will drop to lower difficulty range
1/3-2/3 of the team performs skills within range	Lower end of difficulty range
More than 2/3 of the team perform skills within range	Higher end of difficulty range

Skills that will affect your range within the scoring block:

- Ratio of team participating (i.e. number of tosses, number of athletes not involved, number of tosses at highest difficulty level)
- Number of bases (i.e. minimal use of bases under the toss will increase score within range)
- Creative transitions/combinations (i.e. creative loads, transitions into other stunts or tosses)
- Pace and variety
- Use of elite body positions (i.e. hyper-extended toe touch, pike, etc.)

TOSSES	EXECUTION & TECHNIQUE
1.0-4.0 Poor	Poor height, flier lacks body control, poor flexibility and sharpness in air positions, poor control on catch, inconsistent technique throughout team, incomplete rotations in twisting skills, poor synchronization
4.0-6.0 Average	Average height, moderate body control, average flexibility and sharpness in air positions, average control on catch, some consistency in technique, incomplete rotation in twisting skills, average synchronization
6.0-8.0 Good	Good height, above average body control, good flexibility and sharpness in air positions, controlled catch, consistent technique, complete rotations in twisting skills, good synchronization
8.0-10.0 Exceptional	Exceptional height, excellent body control, hyper-extended and sharp air positions, controlled catches, consistent technique, complete rotations in twisting skills, precise timing and synchronization

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RUNNING TUMBLING						
Difficulty	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	SR OPEN 5	LEVEL 5/6
1.0-3.0 Below Level		*Level 1 skills only	*Level 2 skills and below only	*Level 3 skills and below only	*Level 4 skills and below only	*Level 4 skill and below only
3.0 – 5.0 Basic	Examples include: *Front rolls *Cartwheels	Examples include: *Cartwheel series *Round off series *Front walkover series	Examples include: *Aerial cart-wheels *Punch front	Examples include: *Round off/tuck X	Examples include: *Round off/layout full	Examples include: *Round off/layout full
5.0-7.0 Intermediate	Examples include: *Front walkovers *Round offs	Examples include: *Round off back handspring *Front handspring	Examples include: *Two skill series ending in tuck *Round off/tuck	Examples include: *Two skill series ending in layout *Round off/layout	Examples include: *Two skill series (not round off entry) ending in full *Cartwheel layout full	Examples include: *Two skill series (not round off entry) ending in full *Cartwheel layout full
7.0-9.0 Advanced	*Pass incorporating 2 or more of the intermediate tumbling skills NOTE: Back walkovers will count as running tumbling if preceded by a front tumbling skill	Examples include: *Round off back handspring series *Front handspring series	Examples include: *Three skill series ending in tuck	Examples include: *Three skill series ending in layout	Examples include: *Three skill series ending in layout full	Examples include: *Three skill series ending in layout full *Pass incorporating specialty skills (ie whips, arabians) ending in layout full
9.0-10.0 Elite	*Pass incorporating 3 or more intermediate tumbling skills	Examples include: *Elite/creative entry to handspring series	Examples include: *Elite/creative entry into three skill series ending in tuck	Examples include: *Elite entry into three skill series ending in layout	Examples include: *Pass incorporating specialty skills (ie whips, arabians) ending in layout full)	Examples include: *Double full twist *Specialty pass to double
Less than 1/3 of the team performs skills within range			Score will drop to lower difficulty range			
1/3-2/3 of the team performs skills within range			Lower end of difficulty range			
More than 2/3 of the team perform skills within range			Higher end of difficulty range			

Skills that will affect your range within the scoring block:

- Ratio of team participating (i.e. number of athletes not involved, number of skills at highest difficulty level)
- Unique transitions
- Visual appeal
- Pace and variety
- Multiple tumbling sections within the routine
- Incorporation of specialty skills (i.e. punch front entry, Arabian, whips, front tumbling)

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STANDING TUMBLING					
Difficulty	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5/6
1.0 – 3.0 Below Level		*Level 1 skills only, with exception of skill listed below	*Level 2 skills only	*Level 3 skills only	*Level 4 skills only
3.0 – 5.0 Basic	*Front/backward rolls *Jump combo with roll	*Jump combo with walkover	*Jump combination with handspring	*Standing tuck	*Intermediate jump combination with tuck
5.0 – 7.0 Intermediate	*Back walk over *Back extension	*Standing back handspring	*Standing back handspring series	*Standing back handspring back tuck	*Advanced jump combination with tuck
7.0-9.0 Advanced	*Jump combo with back walkover	*Single skill into back handspring	*Single skill into back handspring series (i.e. single jump to handspring series)	*Single skill into back handspring back tuck (i.e. single jump to back handspring back tuck)	*Handspring series to full *Standing full
9.0-10.0 Elite	*Elite jump combo with back walkover	*Two or more skills preceding back handspring	*Two or more skills preceding back handspring series	*Two or more skills preceding back handspring series ending in tuck *Handspring series ending in a layout	*Handspring series to double *Jump combination with standing full
RATIO					
Less than 1/3 of the team performs skills within range			Score will drop to lower difficulty range		
1/3-2/3 of the team performs skills within range			Lower end of difficulty range		
More than 2/3 of the team perform skills within range			Higher end of difficulty range		

Skills that will affect your range within the scoring block:

- Ratio of team participating (i.e. number of athletes not involved, number of skills at highest difficulty level)
- Unique transitions
- Visual appeal, pace and variety
- Multiple tumbling sections within the routine
- Incorporation of specialty skills

TUMBLING	EXECUTION & TECHNIQUE
1.0-4.0 Poor	Poor body control, weak body positions, skills lack extension and reach, poor technique in set/height/landing, poor synchronization, poor landing, bent arms and legs, skills and technique lack consistency throughout the team
4.0-6.0 Average	Moderate body control, average body position, average technique in set/height/landing, moderate synchronization, inconsistent technique throughout the team
6.0-8.0 Good	Solid body placement and control throughout the skill, good technique in set/height/landing, consistent technique shown throughout the team, good synchronization
8.0-10.0 Exceptional	Exceptional body placement and control throughout the skill, exceptional technique in set/height/landing, precise synchronization, consistent technique throughout the team

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JUMPS	
Difficulty	
1.0 – 2.0 Basic	*Slow to medium pace, limited or no transitions, single jumps only, lack of variety
2.0 – 4.0 Intermediate	*Medium pace, limited transitions, double jump series, moderate variety
4.0 – 5.0 Advanced/Elite	*Fast paced, multiple formation changes, creative combinations, triple jump series

RATIO	
Less than 1/3 of the team performs skills within the range	Score will drop to lower difficulty range
1/3-2/3 perform skills within the range	Lower end of difficulty range
More than 2/3 perform skills within the range	Higher end of difficulty range

Skills that will affect your range within the scoring block:
<ul style="list-style-type: none"> - Ratio of team participating (i.e. number of athletes not involved, number of skills at highest difficulty level) - Unique transitions - Visual appeal - Pace and variety - Difficulty of the jumps performed – Use of Advanced jumps will score higher within the range (Basic – i.e. tuck jump, star jump, Intermediate – i.e. toe touch, herkie, hurdler, shushinova Advanced – i.e. pike, around the world etc)

RANGE	EXECUTION & TECHNIQUE
1.0-4.0 Poor	Poor synchronization, poor flexibility, poor height, lack of extension (i.e. bent legs), poor landings
4.0-6.0 Average	Moderate synchronization, moderate height, jumps executed in parallel position (relative to floor), moderate flexibility
6.0-8.0 Good	Excellent synchronization, hyper-extended positions, solid landings, excellent height
8.0-10.0 Exceptional	Precision, sharpness, exceptional synchronization, hyper-extended positions, solid landings, exceptional height

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DANCE AND MOTIONS	
1.0 – 5.0 Basic	Beginner to intermediate skills, limited formations/changes, creativity, limited to no footwork or groundwork, slower pace, lack of levels, lack of intricacy, low energy
5.0 – 8.0 Intermediate	Intermediate to advanced skills, good formation changes, creative, levels, footwork, visually appealing, good synchronization, average energy
8.0 – 10.0 Advanced/Elite	Advanced to elite skills, good to excellent formation changes, creative, levels, footwork, use of floor, visually appealing, good to excellent synchronization, high energy
RANGE	EXECUTION & TECHNIQUE
1.0-4.0 Poor	Sloppy/ improper motion placement, poor precision and sharpness, poor showmanship, poor synchronization, imprecise formations/transitions, lack of symmetry
4.0-6.0 Average	Average motion placement, moderate precision and sharpness, average showmanship, moderate synchronization, some poor transitions, some lack of symmetry
6.0-8.0 Good	Good/strong motion placement, good precision and sharpness, above average showmanship, synchronization, clear transitions and formations, symmetry
8.0-10.0 Exceptional	Excellent motion placement, precision and sharpness, exceptional showmanship, precise synchronization throughout, excellent formations and clear transitions

These skills will affect your scoring range:

- Age appropriateness of movements
- Overall visual appeal
- Pace
- Use of levels and variety of formations
- Enjoyment of athletes, facial expression, showmanship
- Use of formations and transitions
- Creativity (i.e. floor work, partner work, footwork)
- Intricacy of movements
- Use of music
- Ratio of athletes involved

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CREATIVITY/DESIGN	
1.0 – 8.0	<ul style="list-style-type: none"> *Fragmented choreography with little flow *Slow pace *Poor use of music/poor music choice *Athletes not performing skills at prescribed level/inappropriate level choice *Standard/basic material *Lack of creativity, no unique material
8.0 – 12.0	<ul style="list-style-type: none"> *Some flow throughout the routine *Slow to medium pace *Some good sections of choreography *Half the athletes performing skills at prescribed level *Standard/basic material, little to no unique material
12.0 – 14.0	<ul style="list-style-type: none"> *Moderate flow throughout the routine *Consistent moderate pace throughout the routine *Majority of athletes performing skills at prescribed level *Some creative/new material
14.0 – 16.0	<ul style="list-style-type: none"> *Good flow throughout the routine *Consistent moderate to fast pace throughout the routine *All routine skills choreographed to prescribed level *Unique and creative elements incorporated throughout
16.0 – 18.0	<ul style="list-style-type: none"> *Excellent flow, exciting build in choreography *Good music choice, use of music to emphasize choreography *Many creative/fresh choreography elements throughout
18.0 – 20.0	<ul style="list-style-type: none"> *Exceptional flow, exciting build in choreography *Unique material *Exceptional use of music to emphasis choreography *Choreography continually highlights exceptional talent, creativity

TRANSITIONS/FORMATIONS	
1.0 – 4.0	<ul style="list-style-type: none"> *Basic/standard formations, little variety *Scattered transitions *Significant bumping of athletes during transitions *Lack of creativity, slow pace in transitions *Little to no linkage of skills/transitions from section to section *Very segmented routine
4.0 – 6.0	<ul style="list-style-type: none"> *Standard formations, some variety *Some clear transitions, moderate pace *Some linkage of skills/transitions from section to section *Somewhat segmented routine
6.0 – 8.0	<ul style="list-style-type: none"> *Good variety and creativity in formations *Clear, easy to follow transitions *Quick pace *Good use of transitional skills
8.0 – 10.0	<ul style="list-style-type: none"> *Exceptional precision in formations *Unique transitional skills *Fast, clean transitions *Creative formations, patterns, exceptional variety