

CATEGORY JUDGING

JUDGE 1

* PYRAMIDS – DIFFICULTY.....	10
PYRAMIDS – EXECUTION	5
CHOREOGRAPHY/TRANSITIONS/FLOW	10
OVERALL IMPRESSION.....	5

JUDGE 2

* PARTNER STUNTS – DIFFICULTY	10
PARTNER STUNTS – EXECUTION	5
FORMATIONS & SPACING	5
OVERALL IMPRESSION.....	5

JUDGE 3

* TUMBLING – DIFFICULTY.....	10
TUMBLING – EXECUTION	5
* JUMPS – DIFFICULTY.....	5
JUMPS – EXECUTION.....	5
OVERALL IMPRESSION.....	5

JUDGE 4

* MOTIONS – DIFFICULTY.....	5
* DANCE – DIFFICULTY	5
MOTIONS/DANCE – EXECUTION	10
OVERALL IMPRESSION.....	5

TOTAL	110
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* = Core Category

NFHS Rules Will Be Followed

2 Safety Officials

No Safety Check

3 Minutes per Routine

NFHS, NHIAA P&P or Overtime Violation(s) = 2 Point Penalty per Violation

Tenths of a Point Will Be Used in Judging

Tiebreaker = 1st Safety Deductions, 2nd Combined Total of Core Categories, 3rd Combined Overall Impression

Scores are based on performances at that day's event compared to other teams in your division.

Pyramids – Difficulty

Use of a front spotter for any portion of the pyramid will be a deduction from difficulty by 0.5 per sequence.

*A sequence is determined as a group of connected pyramid skills with no other core category elements in between

*A spotter is considered an athlete whose purpose is to provide **additional** support to help build and/or stabilize a stunt or skill

Categories	Novice Range	Intermediate Range	Advanced Range	Elite Range
	0-3	3-6	6-9	9-10
Pyramid Stunt Structures and Skills	<ul style="list-style-type: none"> • Prep level structures and below • Switch-up to prep level • Half up to prep • Extension 	<ul style="list-style-type: none"> • True Full-up to prep • Full-up variations to extension • Switch-up landing extended lib 	<ul style="list-style-type: none"> • Single based skills originating from ground braced on 1 or 2 sides • Single based high-high braced on 2 sides • Single based switch up braced on 2 sides • Full-up variations (cross legs; bases moving) to extended single leg • True Full-up (bases remain stationary & flyer rotates) to extension or lib • 1+ up to extend lib • Switch-up landing in extended immediate body position • Switch-up (1/4 twist) to extended position 	<ul style="list-style-type: none"> • Single based high-high braced on 1 side • Single based switch up braced on 1 side • True Full-up (bases remain stationary & flyer rotates) to immediate body position • True full around to extended level (prep to extended or extended to extended) • 1+ up to extended immediate body position
Transitions Braced Rolls/Flips	<ul style="list-style-type: none"> • Inverted entry to below prep • Flipping transitions braced on 2 sides landing at prep level or below 	<ul style="list-style-type: none"> • Inverted entry to prep • Braced non-release transitions • Inverted stunts (non-release) to any position braced on both sides • Release transitions (non-twisting) to any level braced on both sides • Release transitions to prep or below braced on 1 side • Rolling transitions braced on 2 sides • Flipping transition landing at prep level or below (braced on 1 side) 	<ul style="list-style-type: none"> • Inverted stunts (non-release) to extended position braced on 1 side • Rolling transition to extended position braced on 1 side • Inversion released to extended position braced on 2 sides • Release transition landing extended braced on 1 side (low-to-high; high-to-high; quick toss) • Release transitions involving full twisting/spinning that land prep level or below • Side sumi landing below prep level • Flipping transition braced on 2 sides landing extended 2-leg stunt OR extended single leg 	<ul style="list-style-type: none"> • Inversion released to extended position braced on 1 side • Release transitions involving twisting/spinning that land extended (minimum of ½ turn required ex. switch up with ½ twist) • Flipping transition braced on 1 side landing extended 2-leg stunt OR extended single leg • Flipping transition starting at prep or above, landing extended • Side sumi landing at prep or above • Flipping transitions landing extended with minimal bases • Flipping transitions with a full twist landing below prep level/cradle
Dismounts	<ul style="list-style-type: none"> • Non-twisting cradles 	<ul style="list-style-type: none"> • Single skill non-twisting tosses • Twisting dismounts from prep level or extension 	<ul style="list-style-type: none"> • Multi-skill (non-twisting) or single twist tosses • Twisting dismounts from extended single leg position 	<ul style="list-style-type: none"> • Skill + twist tosses • Kick + Full dismount

• **The following are considered when scoring difficulty:**

- OVERALL degree of difficulty
- Pace and speed of skills performed
- Percentage of team participation
- Number of groups performing the skills, and
- Variety of entries/inversions/dismounts/transitions and number of connections
- When the top becomes braced (from the ground up vs. during the skill vs. at the completion of the skill)
- **Bracer Support:** A flyer facing a bracer and braced with both arms is considered braced on 2 sides. A bracer lifting/holding a flyer up at waist level or leaning into back support is considered braced on both sides.
- Groups must demonstrate control at the extended point of the executed stunt
- **MUST** perform a minimum of **3 DIFFERENT** skills within one difficulty range using most of the team to score in that difficulty range. If less than the required number of skills are performed your score will reflect this. **Teams do not need to demonstrate skills in all categories.**
- **Modified Skills** (such as using front spots, faux ups, modified inversions) will decrease the skill's value.
- **Flexibility:** A position a top person pulls in a 1 leg stunt (stretch, bow & arrow, arabesque, scale, scorpion, etc.)

Pyramids – Execution – **NEW Scoring Method**

All athletes are expected to demonstrate excellent execution when performing each skill. Your score will be determined based on the performance of minor, major or widespread execution issues within the areas of focus below.

- 4.0 - 5.0 Excellent:** Minimal minor mistakes to no mistakes
- 3.0 - 4.0 Above Average:** A few minor mistakes and/or minimal major mistakes
- 2.0 - 3.0 Average:** Many minor mistakes and/or a few major mistakes
- 1.0 - 2.0 Below Average:** Widespread minor mistakes and many major mistakes
- 0 - 1.0 Well Below:** Limited to no pyramid skills were performed or skill(s) were not completed due to a performance error/pyramid collapse

Areas of Focus:

- **Top Person:** Body Control, Flexibility, Legs Straight, Toes Pointed
- **Bases/Spotters:** Stability, Solid Stance, Positioned Shoulder Width Apart, Feet Stationary, Timing
- **Synchronization:** Timing
- **Transitions:** Entries, Speed, Control, Flow
- **Dismounts:** Body Position, Controlled Dismount, Proper Release Technique

Choreography/Transitions/Flow of Routine

(For entirety of routine)

0-3	3-6	6-10
Major issues during transitions (bumping; excessive travel) Minimal incorporation of skills during transition Choppy, lacks cohesion, excessive down time	Some issues during transitions (bumping; excessive travel) Average incorporation of skills during transition Average coordination among all elements of the routine	Clean transitions Excellent incorporation of skills during transitions Uncluttered changes between segments Strong coordination among all elements of the routine

Overall Impression

0-2 BELOW AVERAGE	2-4 AVERAGE	4-5 ABOVE AVERAGE
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The following are considered throughout the routine when scoring:

- Overall Impression: A team's effectiveness in performing a comprehensive and positive memorable experience
- Creativity: A team's effectiveness in implementing innovative, visual, unique, and intricate ideas, incorporations, and music
- Showmanship: A team's effectiveness in demonstrating genuine enthusiasm and confidence, and ability to capture the crowd
- Overall Performance: A team's effectiveness in properly executing the routine
- Voice: Cheer volume, crowd call backs, strong voice, projection, clear enunciation

Partner Stunts – Difficulty

Use of a front spotter in a stunt (excluding tosses) will be a max deduction of 0.3 per stunt sequence, regardless of the number of stunt groups, this includes single based stunt groups.

*A sequence is determined as a group of connected partner stunt skills with no other core category elements in between

*A spotter is considered an athlete whose purpose is to provide **additional** support to help build and/or stabilize a stunt or skill

Categories	Novice Range	Intermediate Range	Advanced Range	Elite Range
	0-3	3-6	6-9	9-10
Partner Stunt Skills and Structures	<ul style="list-style-type: none"> • Prep • Thigh stand • Shoulder stand • Shoulder sit • Pop up splits • Straddle press • Liberty and liberty variations at prep level • Switch up to prep level • Extension 	<ul style="list-style-type: none"> • Prep level single based stunts • Full-up including variations to prep level • ½ up to extended position • 1+ up to prep level • Switch up to extended lib • Quick toss to prep level 	<ul style="list-style-type: none"> • Single based extension • True Full-up to extension • Full-up variations to extended position • 1+ up to extended lib • Switch up to immediate extended single leg body position • ¼ twisting switch up to extended position • Quick toss to extension • Low-High lib 	<ul style="list-style-type: none"> • Single based extended single leg • True Full up to extended single leg • 1+ up to immediate extended single leg body position • ½ twisting switch up to extended position • Quick toss to extended single leg • Low-High to immediate body position • High-High
Release and Non-Release Transitions	<ul style="list-style-type: none"> • Inverted entry to below prep level • Non-release inversion from prep level to below prep level 	<ul style="list-style-type: none"> • Released inversions from prep level to below prep level • Non-release inversion to extension • Non-release inverted entry to prep level 	<ul style="list-style-type: none"> • Released inversions from prep level to prep level • Non-release inversion from prep level to extended single leg 	<ul style="list-style-type: none"> • Released inversion to extended position • Twisting ground inversion to extended position
Dismounts and Tosses	<ul style="list-style-type: none"> • Non-twisting cradles 	<ul style="list-style-type: none"> • Single skill non-twisting tosses • Twisting dismounts from prep level or extension 	<ul style="list-style-type: none"> • Multi-skill (non-twisting) or single twist tosses • Twisting dismounts from extended single leg position 	<ul style="list-style-type: none"> • Skill + twist tosses • Kick + Full dismount

• **The following are considered when scoring difficulty:**

- OVERALL degree of difficulty;
- Percentage of team participation,
- Variety of entries/inversions/dismounts/transitions and number of connections
- Pace and speed of skills performed,
- Number of groups performing the skills (for maximum participation, groups must show the skill at the same time (either rippled or synchronized) without recycling athletes), and
- Groups must demonstrate control at the extended point of the executed stunt for full credit.

• **MUST** perform a minimum of **3 DIFFERENT** skills within one difficulty range using most of the team to score in that difficulty range. If less than the required number of skills are performed your score will reflect this. **Teams do not need to demonstrate skills in all categories.**

• **Modified Skills** (such as using front spots, faux ups, or modified inversions) will decrease the skill's value.

• **Flexibility:** A position a top person pulls in a 1 leg stunt (stretch, bow & arrow, arabesque, scale, scorpion, etc.)

• **True Full Up:** Bases remain stationary & flyer rotates

• **Modified Full Up:** cross legs, bases moving, lady slipper grip

• **Inversions:** Credit for inversions will only be received if the weight of the top person is held in the upper portion of the top and is still inverted at the dip (the top person's legs should be higher than their upper body).

Maximum Participation			
Athletes	Groups	Athletes	Groups
9 or less	1 or 2	20-24	4 or 5
10-14	2 or 3	25-29	5 or 6
15-19	3 or 4	30	6



Scores are based on performances at that day's event compared to other teams in your division.

Partner Stunts – Execution - **NEW Scoring Method**

All athletes are expected to demonstrate excellent execution when performing each skill. Your score will be determined based on the performance of minor, major or widespread execution issues within the areas of focus below.

- 4.0 - 5.0 Excellent:** Minimal minor mistakes to no mistakes
- 3.0 - 4.0 Above Average:** A few minor mistakes and/or minimal major mistakes
- 2.0 - 3.0 Average:** Multiple minor mistakes and/or a few major mistakes
- 1.0 - 2.0 Below Average:** Widespread minor mistakes and many major mistakes
- 0 - 1.0 Well Below:** Limited to no partner stunts were performed, or skill(s) were not completed due to a performance error/stunt collapse

Areas of Focus:

- **Top Person:** Body Control, Flexibility, Legs Straight, Toes Pointed
- **Bases/Spotters:** Stability, Solid Stance, Positioned Shoulder Width Apart, Feet Stationary, Timing
- **Synchronization:** Timing
- **Transitions:** Entries, Speed, Control, Flow
- **Dismounts:** Body Position, Controlled Dismount, Proper Release Technique

Formations & Spacing

(For entirety of routine)

0-2	2-4	4-5
Unclear formations Little variety Spacing off throughout routine	Formations demonstrate some good use of floor, alignment, and symmetry Some variety Minor problems in spacing	Clear, visually effective formations Large variety of formations Minimal/ No spacing errors

Overall Impression

0-2 BELOW AVERAGE	2-4 AVERAGE	4-5 ABOVE AVERAGE
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The following are considered throughout the routine when scoring:

- Overall Impression: A team's effectiveness in performing a comprehensive and positive memorable experience
- Creativity: A team's effectiveness in implementing innovative, visual, unique, and intricate ideas, incorporations, and music
- Showmanship: A team's effectiveness in demonstrating genuine enthusiasm and confidence, and ability to capture the crowd
- Overall Performance: A team's effectiveness in properly executing the routine
- Voice: Cheer volume, crowd call backs, strong voice, projection, clear enunciation

Tumbling – Difficulty

0-4	4-6	6-8	8-10
Basic Skills such as: - Forward Rolls - Round-Offs - Cartwheels - Walkovers Less than majority of team with handspring(s) and limited tucks	Majority of team with handspring skills (standing, running, and/or series) AND/OR Minimal tucks (standing or running) or above	Most of team with handspring skills (standing, running, and/or series) AND/OR Majority of team with tucks (standing or running) or above	Most of team with tucks (standing or running) or above AND/OR Majority of team with layouts, fulls, or specialty passes ending in tuck or above

Combining skills (jump-back handspring/tuck, series back handsprings, back handspring-tuck, etc.) will increase difficulty and score higher within the ranges.

SPECIALTY PASS = Running tumbling with entries, including front walk-over/handspring, aerial, or punch front, ending in a tuck or higher; or running tumbling involving skills such as back handspring step outs, whips, or arabinans ending in a tuck or higher

Tumbling – Execution - NEW Scoring Method

All athletes are expected to demonstrate excellent execution when performing each skill. Your score will be determined based on the performance of minor, major or widespread execution issues within the areas of focus below.

4.0 - 5.0 Excellent: Minimal minor mistakes to no mistakes

3.0 - 4.0 Above Average: A few minor mistakes and/or minimal major mistakes

2.0 - 3.0 Average: Many minor mistakes and/or a few major mistakes

1.0 - 2.0 Below Average: Widespread minor mistakes and many major mistakes

0 - 1.0 Well Below: Limited to no tumbling skills were performed, or skill(s) were not completed due to a performance error/tumbling collapse

Areas of Focus:

- **Approach:** Arm placement into skill, Swing/Prep; Chest Placement; Flow
- **Body Control:** Head placement; Arm/Shoulder placement; Hips; Leg placement in skill; Pointed toes
- **Landing:** Controlled; Legs/Feet together Chest Placement; Finished Skill, Incomplete Twisting Skill
- **Speed:** Consistent or increases through pass/skills; Connection of skills
- **Synchronization:** Timing

Majority/Most Quantity Table – For Tumbling and Jumps

Majority equals ½ +1													
Most equals 75% of the team							Percentages are rounded up						
# of Athletes	5	6	7	8	9	10	11	12	13	14	15	16	17
Minimal	1	2	2	3	3	4	4	5	5	6	6	7	7
Majority	3	4	4	5	5	6	6	7	7	8	8	9	9
Most	4	5	5	6	7	8	8	9	10	11	11	12	12
# of Athletes	18	19	20	21	22	23	24	25	26	27	28	29	30
Minimal	8	8	9	9	10	10	11	11	12	12	13	13	14
Majority	10	10	11	11	12	12	13	13	14	14	15	15	16
Most	13	14	15	16	16	17	18	19	19	20	21	22	22

Scores are based on performances at that day's event compared to other teams in your division.



Jump – Difficulty

For jumps to be considered connected, no pause can occur between connected jump sequences

*Whole number scoring will be used for this section only

0	1	2	3	4	5
No Jump	1 basic jump	Basic jump sequences consisting of 2 or more basic jumps with or without an immediate connection OR 1 advanced jump	2 advanced connected jumps performed by most of the team	3 advanced connected jumps performed by most of the team OR 2 advanced connected jumps performed by most of the team plus 1 additional advanced jump by majority *Must complete at least 2 different advance jumps	4 advanced connected jumps performed by most of the team OR 3 advanced connected jumps performed by most of the team plus 1 additional advanced jump by majority *Must complete at least 3 different advance jumps

ADVANCED JUMPS = Pike, Right/Left Hurdlers (front or side), Toe Touch, Double Nine

BASIC JUMPS = Spread Eagle, Tuck, Pencil Jump

Jump – Execution - **NEW Scoring Method**

All athletes are expected to demonstrate excellent execution when performing each skill. There are 5 execution categories that each hold 1 point value. Your score will be determined based on the performance of minor, multiple or widespread execution issues within the areas of focus below.

4.0 - 5.0 Excellent: Minimal minor mistakes to no mistakes

3.0 - 4.0 Above Average: A few minor mistakes and/or Minimal major mistakes

2.0 - 3.0 Average: Many minor mistakes and/or a few major mistakes

1.0 - 2.0 Below Average: Widespread minor mistakes and many major mistakes

0 - 1.0 Well Below: Limited to no jump skills were performed, or skill(s) were not completed due to a performance error

Areas of Focus:

- **Approach:** Arm placement into skill, Swing/Prep; Chest Placement; Flow
- **Body Control:** Head placement; Arm/Shoulder placement; Hips; Leg placement in skill; Pointed toes
- **Landing:** Controlled; Legs/Feet together Chest Placement; Finished Skill, Incomplete Twisting Skill
- **Speed:** Consistent or increases through pass/skills; Connection of skills
- **Synchronization:** Timing

Overall Impression

0-2
BELOW AVERAGE

2-4
AVERAGE

4-5
ABOVE AVERAGE

The following are considered throughout the routine when scoring:

Overall Impression: A team's effectiveness in performing a comprehensive and positive memorable experience

Creativity: A team's effectiveness in implementing innovative, visual, unique, and intricate ideas, incorporations, and music

Showmanship: A team's effectiveness in demonstrating genuine enthusiasm and confidence, and ability to capture the crowd

Overall Performance: A team's effectiveness in properly executing the routine

Voice: Cheer volume, crowd call backs, strong voice, projection, clear enunciation

Motions		
0-2	2-4	4-5
<ul style="list-style-type: none"> • Little to no formation changes, transitions, and level changes • Little to no variety of motion • Lack of movement during transitions • Below average use of floor (footwork, floor work, visual effect, etc.) • Basic choreography and/or creativity 	<ul style="list-style-type: none"> • Minimal formation changes, transitions, and level changes • Some variety of motion • Minimal movement during transitions • Average use of floor (footwork, floor work, visual effect, etc.) • Some original and visual material • Average choreography and/or creativity 	<ul style="list-style-type: none"> • Multiple advanced formation changes, transitions, and level changes • Excellent variety of motion • Difficult foot and body movement during transitions • Excellent use of floor (footwork, floor work, visual effect, etc.) • Excellent choreography and/or creativity

Dance		
0-2	2-4	4-5
<ul style="list-style-type: none"> • Below average energy, musicality, rhythm, and pace of music (“and” counts) • Little to no formation changes, basic transitions, and level changes • Little to no variety of motion • Below average use of floor (footwork, floor work, visual effect, etc.) • Basic choreography and/or creativity 	<ul style="list-style-type: none"> • Average energy, musicality, rhythm, and pace of music (“and” counts) • Minimal formation changes, transitions, and level changes of average complexity • Some variety of motion and use of floor • (Footwork, floor work, visual effect, etc.) Average choreography and/or creativity 	<ul style="list-style-type: none"> • High energy, musicality, rhythm, and pace of music (“and” counts) • Multiple advanced formations, transitions, and level changes • Excellent variety of motion and use of floor (footwork, floor work, visual effect, etc.) • Excellent choreography and/or creativity

Motion & Dance - Execution		
0-5	5-8	8-10
Below average execution – many with bent wrists and/or poor placement Below average timing & synchronization	Average execution- some bent wrists and/or placement off Average timing & synchronization	Excellent execution – proper placement, sharp precision Excellent timing & synchronization

Execution = Proper body positioning, placement, and alignment; clear movements; controlled balance, flow, and connection from one skill to the next; powerful and sharp movement.

Overall Impression		
0-2 BELOW AVERAGE	2-4 AVERAGE	4-5 ABOVE AVERAGE
The following are considered throughout the routine when scoring:		
Overall Impression:	A team’s effectiveness in performing a comprehensive and positive memorable experience	
Creativity:	A team’s effectiveness in implementing innovative, visual, unique, and intricate ideas, incorporations, and music	
Showmanship:	A team’s effectiveness in demonstrating genuine enthusiasm and confidence, and ability to capture the crowd	
Overall Performance:	A team’s effectiveness in properly executing the routine	
Voice:	Cheer volume, crowd call backs, strong voice, projection, clear enunciation	



Scores are based on performances at that day’s event compared to other teams in your division.

Updated as of 6/13/25