

High School
Rules/Scoring Grids/Descriptions

Champion Cheer Central Skill Descriptions

Intermediate and Advanced

INTERMEDIATE SKILL RESTRICTIONS

Intermediate teams will follow USACHEER / NFHS Safety Guidelines with these additional skill restrictions.

STANDING TUMBLING: Flips are not allowed. No standing back tucks or back handspring back tucks.

RUNNING TUMBLING: Flips may ONLY be performed in tuck position only and from a round off or round off back hand spring(s).

Other skills with hand support prior to the round off or round off back handspring are allowed. Punch fronts are not allowed. No twisting while airborne. (Exception: Aerial cartwheels are allowed.) No tumbling is allowed after a flip or an aerial cartwheel.

Cartwheel tucked flips and/or cart- wheel – back handspring(s) – tucks are not allowed.

STUNTS: Twisting transitions to and from an extended position may not exceed ½ twisting transition. Twisting transitions to, from and at prep level may not exceed 1 twisting transition. Release moves must start below prep level and must be caught at prep level or below. Re- lease moves may not pass above extended arm level.

PYRAMIDS: Braced flips are not allowed.

DISMOUNTS: Only straight pop downs, basic straight rides, and ¼ turns are allowed from any single leg stunt. Up to 1¼ twists are allowed from any two-leg stunt. **TOSSES:** Up to 1 trick allowed during a toss. Tosses may not exceed 1 twisting rotation.

JUNIOR HIGH / MIDDLE SCHOOL / ELEMENTARY SKILLS RESTRICTIONS

Junior High, Middle School, and Elementary teams will follow Additional Restrictions as listed in the Guidelines.

ADVANCED SKILLS RESTRICTIONS

Advanced teams will follow the standard USA CHEER/NFHS Safety Guidelines with no other skill restrictions. www.usacheer.org

Champion Cheer Central School Scoring Description

Intermediate and Advanced

Majority is 51% and Most is 75% of your team.

For the skills of Stunts, Pyramids, Tosses, Standing Tumbling, Running Tumbling, and Jumps - Technique and Difficulty are equal point values. Difficulty ranges are listed above in the scoring grid. For each of the skill categories, judges will assign a score within the range that represents an assessment of each team's overall difficulty.

Intermediate teams will score 0 - 4 for both Technique and Difficulty.

Advanced teams will score 0 - 5 for both Technique and Difficulty.

Technique scores will be awarded based upon the following criteria: synchronization, form, technique, body position, flexibility, and skill completion.

0-2	Less than majority of the athletes in the routine demonstrated excellent precision and form. Numerous elements of their skill technique led the judges to conclude that the team could benefit from additional focus and training.
2-3	Majority of the athletes in the routine demonstrated excellent precision and form. At least one element of their skill technique led the judges to conclude that the team could benefit from additional focus and training.
3-4 (Int) 3-5 (Adv)	Most of the athletes in the routine demonstrated precision and form. Their skill technique led the judges to conclude that while individuals may benefit from additional focus and training, the team displayed a mastery of their skill technique.

Dance/Motions will be evaluated in the following three areas of criteria:

7-8	Little to no transitions and/or level changes.
8-9	Minimal transition and level changes; little variety, footwork/floorwork in dance; average energy and entertainment value.
9-10	Multiple transitions, level changes and variety of elements in dance along with a high energy and entertainment value.

Formations/Transitions will be evaluated on the following criteria:

7-8	Little to no transitions or level changes. Formations are unclear or inconsistent in spacing.
8-9	Majority of the team transitions using level changes with ease, average pace, no spacing issues, and transitions are visually effective
9-10	Most of the team transitions using level changes with ease, average pace, no spacing issues, and transitions are visually effective

Routine Creativity will reward teams for using unique load ins, dismounts, and transitions in the building and tumbling portions of the routine as well as for using creative and innovative choreography throughout the routine.

7-8	Less than a majority of the routine choreography demonstrated excellent use of innovative/unique/visual transitions.
8-9	A majority of the routine choreography demonstrated excellent use of innovative/unique/visual transitions.
9-10	Most of the routine choreography demonstrated excellent use of innovative/unique/visual transitions.

Overall Performance will be evaluated on the following criteria:

7-8	Little to no showmanship, energy, excitement, enthusiasm or crowd appeal. Some mistakes in uniformity.
8-9	Majority perform with average to high level of energy, excitement, crowd appeal, athleticism, and genuine enthusiasm.
9-10	Most perform with above average level of energy, excitement, crowd appeal, athleticism, and genuine enthusiasm.

Intermediate School Divisions

STUNTS	PYRAMIDS	TOSSES	STANDING TUMBLING	RUNNING TUMBLING	JUMPS
0-1	0-1	0-1	0-1	0-1	1
Majority participate in 1 Level Appropriate Building Skill	Pyramids including 1 structure and 1 Level Appropriate transition	Less than Majority performs any tosses	Less than majority performs any tumbling skills	Less than majority performs any tumbling skills	Majority performs any basic jumps that are not connected
1-2	1-2	1-2	1-2	1-2	2
Majority participate in 2 Level Appropriate Building Skills	Pyramids including 2 structures and 2 Level Appropriate transitions	Majority performs straight ride tosses within a sequence	Majority performs rolls or walk-overs	Majority performs cartwheels or round offs	Majority performs advanced jumps that are not connected
2-3	2-3	2-3	2-3	2-3	3
Majority participate in 3 Level Appropriate Building Skills	Pyramids including 3 structures and 3 Level Appropriate transitions	Majority performs single-skill non-twisting tosses within a sequence	Majority performs standing back handsprings	Majority performs passes containing handsprings or handspring series	Majority performs 2 connected advanced jumps
3-4	3-4	3-4	3-4	3-4	4
Majority participate in 4 Level Appropriate Building Skills	Pyramids including 3 structures and 4 Level Appropriate transitions	Majority performs single twisting tosses within a sequence	Majority performs series standing back handsprings	Majority performs passes containing back tucks	Majority performs 3 connected advanced jumps

Advanced School Divisions

STUNTS	PYRAMIDS	TOSSES	STANDING TUMBLING	RUNNING TUMBLING	JUMPS
0-1	0-1	0-1	0-1	0-1	1
Majority participate in Building Skills that are not Level Appropriate	Pyramids including 1 structure and NO Level Appropriate transition	Less than majority performs any tosses	Less than majority performs any tumbling skills	Less than majority performs any tumbling skills	Majority performs any basic jumps that are not connected
1-2	1-2	1-2	1-2	1-2	2
Majority participate in 1 Level Appropriate Building Skills	Pyramids including 1 structure and 1 Level Appropriate transition	Majority performs straight ride tosses within a sequence	Majority performs rolls or walk-overs	Majority performs cartwheels or roundoffs	Majority performs advanced jumps that are not connected
2-3	2-3	2-3	2-3	2-3	3
Majority participate in 2 Level Appropriate Building Skills	Pyramids including 2 structures and 2 Level Appropriate transitions	Majority performs single-skill non-twisting tosses within a sequence	Majority performs standing back handsprings	Majority performs passes containing back handsprings or back handspring series	Majority performs 2 connected advanced jumps
3-4	3-4	3-4	3-4	3-4	4
Majority participate in 3 Level Appropriate Building Skills	Pyramids including 3 structures and 3 Level Appropriate transitions	Majority performs single twisting tosses within a sequence	Majority performs standing back handspring series	Majority performs passes containing back tucks	Majority performs 3 connected advanced jumps
4-5	4-5	4-5	4-5	4-5	5
Majority participate in 4 Level Appropriate Building Skills	Pyramids including 3 structures and 4 Level Appropriate transitions	Majority performs one-skill or two-skill twisting tosses within a sequence	Majority performs standing tucks or handspring through to tucks	Majority performs passes containing layouts or fulls	Majority performs 4 connected advanced jumps OR 3 connected advanced jumps and 1 additional advanced jump

2023 School Rules/Restrictions

TIME LIMIT VIOLATIONS

Teams that exceed 2:30 will be subject to the following deduction:

- 1 or more seconds over time will result in a .05 deduction

The routine time limit is 2:30. Routines that exceed this time limit run a risk of being assessed a deduction. Judges will use a stopwatch or similar device to measure the official time. Acknowledging the potential variance caused by human reaction speed and sound system time variations, judges will not issue a deduction until their stopwatch/clock shows a time that exceeds 2:33.

SAFETY VIOLATIONS

- Building skills performed out of level will be issued a **.10 deduction**.
- Building safety violation will be issued a **.50 deduction**.
 - a) If a skill is performed illegally and appears to be inherently dangerous and/or unsafe-regardless of the number of building groups
 - b) If a skill is missing the number of athletes required to perform that skill legally (ex: not having the number of required catchers for a cradle)
- Tumbling skills performed out of level and violation of any other General Safety Guidelines will be issued a **.05 deduction**.

UNSPORTSMANLIKE CONDUCT DEDUCTION

When a coach is in discussion with an official, other coaches, athletes, and parents/spectators they must maintain proper professional conduct. Failing to do so may result in a **1.0 deduction**, removal of coach, or disqualification.

BOUNDARY VIOLATIONS

The performance surface is defined as the 42' x 54' competition floor. The competition boundary is defined as the performance surface and any immediate adjacent safety border. A **.05 deduction** will be assessed per occurrence for an athlete that makes contact with both feet outside the competition boundary. Stepping on, or just past the white tape is not a boundary violation.

INAPPROPRIATE CHOREOGRAPHY / MUSIC / OUTFITTING

All facets of a performance or routine, including choreography, music selection and outfitting (cheerleading), should be suitable for family viewing and listening. Uniforms for all team types should be appropriate for the age of the participants performing the routine. Outfitting for cheerleading performances should follow traditional dress standards. In general, school performances, including but not limited to the actual routine, signs, cheers, chants, and hand signals/gestures, should adhere to outfitting, performance and music guidelines and criteria in place and approved by the administration or institution to which the school team belongs.

A **deduction of .05** will be given for vulgar or suggestive choreography, which includes, but is not limited to, movements such as hip thrusting and inappropriate touching, gestures, hand/arm movements and signals, slapping, positioning of body parts and positioning to one another.

Deductions will be given for music or words unsuitable for family listening, which includes, but is not limited to, swearwords and connotations of any type of sexual act or behavior, drugs, mention of specific parts of the body torso, and/or violent acts or behavior.

Removing improper language or words from a song and replacing with sound effects or other words constitutes inappropriate, and deductions will be made accordingly. Any uniform or music in which the appropriateness is questionable or with which uncertainty exists should be submitted to Champion Cheer Central for approval. Because multiple performances of a routine when compared to one another will generally lack distinction, Champion Cheer Central is not able to approve with absoluteness the appropriateness of choreography. However, choreography, if questionable, may be submitted to Champion Cheer Central for feedback.

Champion Cheer Central Scoring Process

The scoring process for Champion Cheer Central events will be on a 100-point scale. Scores for each category will range from 0-10, including tenths of points (example: 5.5, 9.2, etc.). These scores will be entered into a computer that will add the scores. All point deductions and/or penalties will be deducted from the subtotal to get the FINAL SCORE.

Deductions/penalties are assessed at the sole discretion of the judges based on the criteria set forth here. All judges' decisions are final.

Deduction System

ATHLETE FALL - .15

- Drops to the performance surface during tumbling and/or jump skills

BUILDING BOBBLE - .25

- Stunt and/or Pyramid skills that almost drop, but are saved

BUILDING FALL - 1.25

- Drops from a building skill or transition during a stunt and/or pyramid

MAJOR BUILDING FALL - 1.25

- Drops to the performance surface from a stunt, pyramid, or toss by the top person and/or the bases/spotters