2019-2020
Colorado
Judging and Scoresheet
Presentation
The purpose of this presentation is to explain the interpretations of each section on the scoresheets. This presentation contains important information for the judging panel, competition staff, and current cheerleading coaches.
50 Possible Points

What are we looking for?

- Crowd LEADING
- Entertaining and exciting
- Solid and well executed
ALL-GIRL & CO-ED CHEER

Crowd Leading
Crowd Effective Material 5
Motion Technique 5
Voice, Flow, Pace 5

- Material = the script of the cheer
- Material should be seamless from beginning to end
- No abrupt transitions or tempo changes
- Material should be easy to understand...there should be interaction between the team and the crowd
- Pace should be moderate and allow time for the crowd to respond
  - Wordy cheers are difficult to follow
- Motions should be sharp and hit on specific colors/times to yell
- Placement, levels, bent wrists/elbows
- Voices should be LOUD & CLEAR, command the crowd’s attention
Incorporations

Proper Use of Skills to Effectively Lead Crowd
(Ex: jumps, stunts, tumbling…)

- IF standing tumbling is involved, it should occur at appropriate times i.e. on the crowd response
- Skills to enhance crowd involvement and response
- Purpose of skills is to lead the crowd, not entertain

Use of Signs, Poms and/or Megaphones to Effectively Lead the Crowd

- Signs should promote crowd involvement, be easy to read, and be shown to the crowd in time to yell…sign work should be uniform
- Poms should indicate specific colors or times to yell
- Megaphones should be used to project voices
ALL-GIRL & CO-ED CHEER

Execution/Technique of Incorporations

- Strong emphasis on technique of the execution of incorporations
- Proper technique for tops/bases/spots (proper co-ed technique)
- Execution: synchronization and timing of skills, spacing of skills

Overall Cheer Impression

Flow, Energy, Ability to Lead The Crowd

- Did the team lead the crowd effectively?
  - Cheer should encourage crowd to yell from beginning to end
- Teams should spread out for crowd coverage
- Did the team keep the crowd entertained and engaged?
  - Command the crowd’s attention and demonstrate leadership
- Project enthusiasm
What are we looking for?

- Seamless flow from beginning to end
- Original and creative choreography
- Entertaining to watch/high energy from beginning to end
Building (which includes partner stunts and pyramids) will be worth 30 points

Overall (which includes jumps, dance, tumbling and overall effect) will be worth 20 points
## STUNT PROGRESSIONS

<table>
<thead>
<tr>
<th>Release</th>
<th>Inversion</th>
<th>Twisting</th>
<th>Other</th>
<th>Coed Style</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Intermediate</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Prep level tick tock liberty variations</td>
<td>• Inverted stunts below prep level</td>
<td>• Cross leg full up variations</td>
<td>• Full twisting dismount from two leg stunts</td>
<td>• Assisted walk in / toss chair</td>
</tr>
<tr>
<td>• Switch up to extended one leg stunts</td>
<td>• Below prep level inversions out of stunts (yo-yo, back walkover, etc.)</td>
<td>• Full up to prep level and below variations</td>
<td>• Single leg extended variations</td>
<td>• Assisted walk in / toss hands</td>
</tr>
<tr>
<td>• Quick toss to prep</td>
<td>• Suspended Rolls</td>
<td>• Twisting transitions to side / prone / cradle</td>
<td>• Single base extension</td>
<td>• Assisted coed skills at prep level</td>
</tr>
<tr>
<td><strong>Advanced</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Quick toss to extended two leg stunt</td>
<td>• Inversion transitions to prep level and below</td>
<td>• Full up variations to extended target / liberty</td>
<td>• Full twisting dismount from single leg stunts</td>
<td>• Walk in hands press extension</td>
</tr>
<tr>
<td>• Release moves caught at prep level or below</td>
<td>• Release inversions to below prep level</td>
<td>• Twisting rewind</td>
<td>• Extended single base liberty</td>
<td>• Toss hands press extension</td>
</tr>
<tr>
<td>• 1/2 switch up to extended one leg stunt</td>
<td>• Prep level inverted stunts</td>
<td></td>
<td></td>
<td>• Walk in extension</td>
</tr>
<tr>
<td>• Release moves landing extended (low to high, ball up from prep, etc.)</td>
<td>• Twisting suspended rolls</td>
<td></td>
<td></td>
<td>• Assisted full up variations to extended level</td>
</tr>
<tr>
<td></td>
<td>• Waterfall style dismounts</td>
<td></td>
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<tr>
<td><strong>Elite</strong></td>
<td></td>
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</tr>
<tr>
<td>• Quick toss to single leg extended</td>
<td>• Inversion transitions to extended stunts</td>
<td>• Full up variations to body positions</td>
<td>• Extended single base body position</td>
<td>• Toss hands press to single leg variation</td>
</tr>
<tr>
<td>• Low to high tick tock variations (body position to body position)</td>
<td>• Released inversions to prep level</td>
<td>• 1 1/2 up to extended target / liberty</td>
<td>• 1/2 up to extended single base</td>
<td>• Walk in to extended single leg variation</td>
</tr>
<tr>
<td>• 1/2 around release moves to extended</td>
<td></td>
<td>• Hands full around to extended target / liberty</td>
<td>• Switch up to extended one leg single base</td>
<td>• Toss extension</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>• Toss platform with single leg variation</td>
</tr>
<tr>
<td><strong>Super Elite</strong></td>
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</tr>
<tr>
<td>• Full up switch up variations</td>
<td>• Inversions to extended body positions</td>
<td>• 1 1/2 up to extended body positions</td>
<td>• Extended single base variations that include twisting / releases (low to high tick tock, full up, 1/2 switch up)</td>
<td>• Toss variations to single leg</td>
</tr>
<tr>
<td>• Full up release moves to extended stunts</td>
<td>• 1/2 up or full up inversions to extended stunts</td>
<td>• High to high full around variations</td>
<td></td>
<td>• Stunt to stunt release coed skills</td>
</tr>
<tr>
<td>• Full up quick toss to extended stunts</td>
<td></td>
<td>• Hands full around to extended body positions</td>
<td></td>
<td>• Toss one arm extended stunts</td>
</tr>
</tbody>
</table>

Body Position does not include target or liberty/torch.
Stunts

Execution/Technique
- Strong emphasis on technique of the execution of stunts
- Proper technique for tops/bases/spots
- Execution: synchronization and timing of skills, spacing of skills
- Dismounting skills are cleanly executed

Difficulty
- Level of difficulty of stunt being performed
  - Beginning, advanced, or elite based on Stunt Progression Sheet
- Number of bases
- Utilization of squad members in stunts
- Variety of stunts and transitions
- Various body positions
- How you get in and out of stunts, including the in between transitions
Stunts

Execution/Technique
- Strong emphasis on technique of the execution of stunts
- Proper technique for tops/bases/spots
- Execution: synchronization and timing of skills, spacing of skills
- Dismounting skills are cleanly executed

Difficulty
- Level of difficulty of stunt being performed
  - Beginning, advanced, elite, or super elite based on Coed Style Stunt Progressions
- How are the male members of the team being utilized?
  - Assisted vs. unassisted coed stunts
  - Coed stunts vs. males acting as a back spot in a stunt group
  - Majority of Male athletes are performing coed skills
- All-girl stunts performed are evaluated in this category but do not qualify in same category in Stunt Progressions, unless performed by all females
<table>
<thead>
<tr>
<th>Level</th>
<th>Non-Released</th>
<th>Released Transition</th>
<th>Braced Roll/Flip</th>
</tr>
</thead>
</table>
| Intermediate | • Braced non-released transitions  
  • Inverted stunts to prep level and below  
  • Intermediate full up variations | • Released transition to any level with 2 bracers  
  • Released transition to prep or below with 1 bracer  
  • Switch up landing extended - braced or unbraced | • Flipping transition landing below prep level  
  • Rolling transition to prep and below |
| Advanced   | • Inverted stunts to extended - 2 bracers  
  • Advanced full up variations | • Released transition landing extended with 1 bracer  
  • Braced inverted stunts released to prep level and below | • Flipping transition landing at prep level  
  • 1/2 twisting flipping transition landing below prep level  
  • Rolling transition to extended position - 2 bracers |
| Elite      | • Inverted stunts involving spinning to extended - 2 bracers  
  • Inverted stunts to extended - 1 bracer  
  • Elite full up variations  
  • Single base advanced full up variations | • Released transition involving spinning or inversion that land extended with 2 bracers  
  • Unbraced releases landing extended | • Flipping transition landing extended  
  • 1/2 twisting flipping transition landing at prep level  
  • Rolling transition to extended position - 1 bracer |
| Super Elite | • Inverted stunts involving spinning to extended - 1 bracer  
  • Super elite full up variations  
  • Single base elite / super elite full up variations | • Released transition to extended involving spinning / inversions with 1 bracer  
  • Unbraced spinning release landing extended | • Flipping transition starting at prep or above, landing extended  
  • 1/2 twist flipping transition landing extended  
  • Flipping transition landing extended with minimal bases |
Pyramids

Execution/Technique
10

- Strong emphasis on technique of the execution of pyramid
- Proper technique for tops/bases/spots
- Execution: synchronization and timing of pyramid, spacing of skills
- Transitioning skills are cleanly executed

Difficulty

- Level of difficulty of stunts being performed
  - Basic, advanced, or elite based on Pyramid Progressions Sheets
- Number of bases
- Number of structures performed
- How you get in and out of stunts, including the in between transitions
Variety of Coed Stunts Throughout Routine

- Are the male members performing a variety of coed stunts throughout the music section?
Running/Standing Group Tumbling (Groups of 2 or more)

Execution of Tumbling  5
- Proper technique, synchronization, body positions, start to stop of skill

Difficulty of Tumbling  5
- Difficulty of skills performed in groups
- Number of athletes performing skills
- Synchronization

Jumps

Technique, Form, Height, & Sync  5
- Performance/Execution: Height, form and synchronization
  - Placement of chest, arms, legs
  - Sync of approach AND landing
  - Combo or Variety required

Overall Effect/Dance  5
**Tumbling/Jumps**

**Execution of Tumbling and Jumps**

- Proper technique, synchronization, body positions, start to stop of skill
- Combo or Variety required in jumps

**Difficulty of Tumbling**

- Difficulty of skills performed in groups
- Number of athletes performing skills
- Synchronization

**Overall Effect**