The purpose of this presentation is to explain the interpretations of each section on the Arizona Interscholastic Association Show Cheer, Coed Cheer and Stunt score sheets.

This presentation contains important information for the judging panel and current cheerleading coaches.
SHOW AND COED CHEER SCORE SHEETS
CHEER SCORE SHEETS

How are they broken up?

• Show Cheer
  • 100 points total
  • Cheer Section – 45 points
  • Music Section – 55 points

• Coed Cheer:
  • 110 points total
  • Cheer Section – 45 points
  • Music Section – 65 points
CHEER SECTION

What are we looking for?

- Crowd Leading
- Entertaining
- Genuine Excitement
- Solid Technique
- Well Executed
CROWDLEADING

20 POINTS

Crowd Effective Material 5 points
Motion Technique 5 points
Voice, Flow, Pace 5 points
Ability to Lead the Crowd, Showmanship 5 points

- Material (the script of the cheer) should be seamless from beginning to end
- No abrupt transitions or tempo changes
- Material should be easy to understand and follow
- 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 and/or times to yell
- Voices should be LOUD & CLEAR…you should command the crowd’s attention
- Use the entire mat, spread out for crowd coverage
- Project enthusiasm
INCORPORATIONS

25 POINTS

Use of Skills to Lead Crowd 10 points
Execution of Incorporations 10 points
Use of Signs, Poms, Megs, and/or Flags 5 points

Skills – jumps, stunts, tumbling, etc.
  o IF standing tumbling is involved, it should occur at appropriate times
    o i.e. on the crowd response, not the command
  o Skills should enhance crowd involvement and response
    o levels, sides to match call backs
  o Purpose of skills is to lead the crowd, not entertain
INCORPORATIONS
CONTINUED…

Execution
- Strong emphasis on solid execution of incorporations
  - No bobbles, balance checks, steps, touch downs, etc.
  - Proper technique for tops/bases/spots
  - Synchronization and timing of skills, spacing of skills

Props
- Quality over quantity!
- Needs to make sense and help you communicate
- Signs should promote crowd involvement
  - Easy to read, shown to the crowd in time to yell
  - Sign work should be uniform and consistent
- Poms should indicate specific colors or times to yell
- Megaphones should be used to project voices
MUSIC SECTION

What are we looking for?

• Seamless Flow
• Original and Creative Choreography
• Entertaining to Watch
• High Energy
• Solid Technique
• Well Executed
• Genuine Excitement
STUNTS
15 POINTS

Execution/Technique 10 points
Difficulty 5 points

- Execution/Technique (Show Cheer and Coed Cheer)
  - Strong emphasis on technique of the execution of the stunts
  - Proper technique for tops, bases, and spots
  - Synchronization and timing of skills
  - Spacing of skills
  - Dismounting skills are *cleanly* executed
STUNTS
CONTINUED...

- Difficulty (Show Cheer – Stunt Groups)
  - Level of difficulty of stunt being performed
    - Based off Stunt Progression chart
  - Number of bases
  - Utilization of squad members in stunts
  - Variety of stunts and transitions
    - The ways you get in and out of the stunts, including the in between transitions
  - Various body positions

- Difficulty (Coed Cheer – Partner Stunts)
  - Level of difficulty of stunt being performed
    - Based off Stunt Progression chart
  - How are the male members of the team being utilized?
    - Assisted vs. Unassisted Coed Stunts
    - Coed stunts vs. Males as a back spot in the group
      - Majority of male athletes performing coed skills!
  - All Girl Stunts performed do not qualify in same category as Coed Stunts performed when looking at the stunt progression chart.
# STUNT PROGRESSIONS

## RELEASE
When scoring difficulty, judges will take into account the following: minimum movement of bases, limited number and type of connections between bases and top person's beginning and ending position, and completion of the skill.

<table>
<thead>
<tr>
<th>Release Move From Below Prep Level</th>
<th>Release Move From Below Prep Level To Prep Level</th>
<th>Release Move From Below Prep Level To Prep Level (Quick Toss, Switch Up, Bail Out)</th>
<th>Prep Level Tick Tock</th>
<th>Switch Up To Extended One Leg Stunts</th>
<th>Quick Toss To Extended Two Leg Stunt</th>
<th>Release Moves Caught At Prep Level Or Below</th>
<th>Release Moves Caught At Extended (Low To High Tick Tock, Prep Release Bail To Extended)</th>
<th>Quick Toss To Single Leg Extended</th>
<th>1/2 Switch Up To Extended One Leg</th>
</tr>
</thead>
</table>

## INVERSION
Credit for inversions will only be received if the weight of the top person is held in the upper portion of the top and the skill is inverted at the dip.

<table>
<thead>
<tr>
<th>Inverted Skills Below Prep Level</th>
<th>Inverted Skills Transitioned To Below Prep Level</th>
<th>Inverted Skills Transitioned To Prep Level</th>
<th>Prep Level Inverted Stunts</th>
<th>Released Inversions To Prep Level</th>
<th>Released Inversions To Extend Level</th>
<th>Shoulder Inversion Release To Extended Level</th>
<th>Ground Inversion Release To Extended Level</th>
<th>Ground Inversion Transition To Extended</th>
</tr>
</thead>
</table>

## TWISTING
When scoring difficulty, judges will take into account the following: minimum movement of bases, limited number and type of connections between bases and top person's beginning and ending position, and completion of the skill.

<table>
<thead>
<tr>
<th>1/4 Up To Prep</th>
<th>1/2 Up To Prep</th>
<th>3/4 Up To Extended</th>
<th>Full Up Variations (Cross Leg, Bases Moving, Multiple Connections)</th>
<th>Full Up To Prepar Level And Below</th>
<th>Ground Inversion Transition To Extend Level</th>
<th>1/2 Twisting Dismount From Single Leg Stunts</th>
<th>Extended Single Base Liberty</th>
<th>Extended Single Base Body Position</th>
<th>1/2 Twisting To Extended Single Base</th>
</tr>
</thead>
</table>

## OTHER

<table>
<thead>
<tr>
<th>Straddle Lift At Prep Level</th>
<th>Flat Back Stunt</th>
<th>Prep</th>
<th>Extension</th>
<th>Full Twisting Dismount From Two Leg Stunts</th>
<th>Single Leg Extended Variations</th>
<th>Single Base Extension</th>
<th>1/2 Twisting To Extended One Leg Single Base</th>
<th>Switch Up To Extended One Leg Single Base</th>
<th>Extended Single Base Variations That Include Twisting/releases (Low To High Tick Tock, Full Up, 1/2 Switch Up)</th>
</tr>
</thead>
</table>

## COED STYLE
Unless listed as Assisted - All Coed Stunts are to be considered Unassisted. Assisted skills will not receive full credit.

<table>
<thead>
<tr>
<th>Assisted Walk In Chair</th>
<th>Assisted Toss Chair</th>
<th>Assisted Walk In Hands</th>
<th>Assisted Toss Hands</th>
<th>Assisted Coed Skills At Prep Level</th>
<th>Assisted Coed Skills At Extended Level</th>
<th>Walk In Hands Press Extension</th>
<th>Toss Hands Press Extension</th>
<th>Walk In Extension</th>
<th>Assisted Full Up Variations To Extended Level</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Walk In To Extended Single Leg Variations</th>
<th>Toss Hands Press To Extended Single Leg/single Arm</th>
<th>Toss Extension</th>
<th>Toss To Extended Platform To Single Leg Variation</th>
<th>Toss To Immediate Extended Liberty</th>
<th>Toss To Immediate Extended Body Position</th>
<th>Low To Low/high Tick Tocks</th>
<th>Toss One Arm Extended</th>
<th>Toss Full Up To Extended</th>
<th>1/2 Twist Or Greater Release Moves (Hands Full Arounds/low To High)</th>
</tr>
</thead>
</table>

## Full Up Switch Ups | Full Up Twisting Release Moves To Extended | Full Up Quick Toss To Extended | High To High Tick Tocks | High To High Tick Tocks | 1/4 Twisting High To High Tick Tocks | Body Position To Body Position | Body Position To Body Position | Body Position To Body Position | Body Position To Body Position |
PYRAMIDS
15 POINTS

Execution/Technique  10 points
Difficulty          5 points

- Execution/Technique
  - Strong emphasis on technique of the execution of the pyramids
  - Proper technique for tops, bases, and spots
  - Synchronization and timing of pyramid
  - Spacing of skills
  - Transitioning skills are *cleanly* executed

- Difficulty
  - Level of difficulty of stunt being performed
    - Based off Pyramid Progression chart
  - Number of bases
  - Number of structures performed
  - Variety of pyramid stunts and transitions
    - The ways you get in and out of the stunts, including the in-between transitions
## Pyramid Progressions

<table>
<thead>
<tr>
<th>NON-RELEASED TRANSITION</th>
<th>RELEASED TRANSITION</th>
<th>BRACED ROLL / FLIP</th>
</tr>
</thead>
<tbody>
<tr>
<td>Braced non-release transitions</td>
<td>Released transitions to any level with 2 bracers</td>
<td>Flipping transition landing below prep level</td>
</tr>
<tr>
<td>Inverted stunts to prep level and below</td>
<td>Released transitions to prep or below with one bracer</td>
<td>Rolling transition to prep and below</td>
</tr>
<tr>
<td>Intermediate full up variations</td>
<td>Switch up landing extended – braced or unbraced</td>
<td>Flipping transition landing at prep level</td>
</tr>
<tr>
<td>Inverted stunts to extended – 2 bracers</td>
<td>Released transition landing extended with 1 bracer</td>
<td>½ twisting flipping transition landing below prep level</td>
</tr>
<tr>
<td>Advanced full up variations</td>
<td>Braced inverted stunts released to prep level and below</td>
<td>Rolling transition to extended – 2 bracers</td>
</tr>
<tr>
<td>Inverted stunts involving spinning to extended – 2 bracers</td>
<td>Released transition involving spinning or inversion that land extended with 2 bracers</td>
<td>Flipping transition landing extended</td>
</tr>
<tr>
<td>Elite full up variations</td>
<td>Unbraced releases landing extended</td>
<td>½ twisting flipping transition at prep level</td>
</tr>
<tr>
<td>Single base advanced full up variations</td>
<td></td>
<td>Rolling transition to extended – 1 bracer</td>
</tr>
<tr>
<td>Inverted stunts involving spinning to extended – 1 bracer</td>
<td>Released transition to extended involving spinning / inversions with 1 bracer</td>
<td>Flipping transition starting at prep or above, landing extended</td>
</tr>
<tr>
<td>Super elite full up variations</td>
<td>Unbraced spinning release landing extended</td>
<td>½ twist flipping transition landing extended</td>
</tr>
<tr>
<td>Single base elite / super elite full up variations</td>
<td></td>
<td>Flipping transition landing extended with minimal bases</td>
</tr>
</tbody>
</table>
VARIETY OF COED STUNTS
10 POINTS
[COED SCORE SHEET ONLY]

Used Throughout Routine 10 points

- Are the male members performing a **variety** of coed stunts throughout the music section?
- Coed stunts are not repetitive
- Skills fit to routine
TUMBLING
10 POINTS

Execution/Technique 5 points
Difficulty 5 points

- **Execution/Technique**
  - Proper technique
  - Synchronization
  - Body positions
  - Arms, Legs, Entry and Landing

- **Difficulty**
  - Difficulty of skills performed in groups
    - What’s the most elite pass performed in a large group?
  - Number of athletes performing skill
  - Synchronization
JUMPS
5 POINTS

Execution/Technique  5 points

- Technique
- Height
- Placement of chest and arms
- Synchronization of approach and landing
- 2 jump combo OR variety is required
  - variety only required if jumps are not connected
Most athletes perform skills with excellent technique and precision
4 – 5 points

Majority of athletes perform skills with excellent technique and precision
2.5 – 4 points

Minimal athletes perform skills with excellent technique and precision
1 – 2.5 points

No skill performed
0 points
DANCE & SHOWMANSHIP

10 POINTS

Dance 5 points

- Visual, Entertaining
- Sharpness of motions and correct placement
- Floor work and Levels
- Synchronization, Timing with music
- Quick clean formation changes and/or ripples

Showmanship 5 points

- Level of Energy throughout
- Genuine Excitement
- Bring your audience in!
STUNT
SCORE SHEETS
STUNT SCORE SHEETS

How are they broken up?

• **Top**
  • 75 points total
  • Execution – 25 points
  • Difficulty – 25 points
  • Routine Effect – 25 points

• **Base**
  • 70 points total
  • Execution – 25 points
  • Difficulty – 20 points
  • Routine Effect – 25 points
What are we looking for?

- Good Form
- Flexibility
- Genuine Excitement
- Confidence
- Variety
- Continuous Pace
- Solid Technique
- Well Executed
EXECUTION

25 POINTS

Proper Technique  5 points
Form and Flexibility  5 points
Appearance of Stunts  5 points
Completion of Stunts  5 points
Showmanship/Energy  5 points

☐ Strong technique throughout
☐ Proper positioning
☐ Clean lines, including locked legs and straight arms
☐ Flexibility demonstrated through various body positions
☐ Completing your stunt, doing your job
☐ High level of energy and confidence
☐ Genuine excitement
## DIFFICULTY

**25 POINTS**

<table>
<thead>
<tr>
<th>Category</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Releases</td>
<td>5</td>
</tr>
<tr>
<td>Inversions</td>
<td>5</td>
</tr>
<tr>
<td>Twisting</td>
<td>5</td>
</tr>
<tr>
<td>Entries and Dismounts</td>
<td>5</td>
</tr>
<tr>
<td>Body Positions</td>
<td>5</td>
</tr>
</tbody>
</table>

- Based off Stunt Progression Chart
- Number of skills executed
- Number of bases
- What is the completion of the skill?
  - Feet together vs Feet apart
  - Full up to Liberty vs. Full up to Heel Stretch
- Body position executed
  - Scorpion vs. Needle
  - Heel Stretch vs. Bow-n-Arrow
ROUTINE EFFECT

25 POINTS

Creativity 5 points
Pace and Flow 5 points
Fit to Music 5 points
Choreography 5 points
Visual Appeal 5 points

- Unique transitions
- Continuous and creative movement
  - Try to eliminate the “set out and re-set” transitions
- Does it make sense with the music pace, sound effects, etc.?
- Variety in your choreography
- Exciting to watch
- Don’t make it predictable!
What are we looking for?

- Good Form
- Strong Stance
- Solid Technique
- Genuine Excitement
- Confidence
- Versatility
- Continuous Pace
- Well Executed
# EXECUTION

## 25 POINTS

<table>
<thead>
<tr>
<th>Category</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Proper Technique</td>
<td>5</td>
</tr>
<tr>
<td>Minimal Movement</td>
<td>5</td>
</tr>
<tr>
<td>Appearance of Stunts</td>
<td>5</td>
</tr>
<tr>
<td>Completion of Stunts</td>
<td>5</td>
</tr>
<tr>
<td>Showmanship/Energy</td>
<td>5</td>
</tr>
</tbody>
</table>

- Strong technique throughout
- Proper positioning
  - Strong Core, Solid Stance
- Clean lines, including straight arms and pushing through shoulders
- Feet are planted under the stunt, little to no movement
- Completing your stunt, doing your job
- High level of energy and confidence
- Genuine excitement
DIFFICULTY
20 POINTS

- Releases 5 points
- Inversions 5 points
- Twisting 5 points
- Entries and Dismounts 5 points

- Based off Stunt Progression Chart
- Number of skills executed
- Number of bases
- What is the completion of the skill?
  - Bases together vs Bases apart
  - Standing up under the stunt vs. Catching low and pushing to the top
- Versatility of Bases
- Variety of Entries and Dismounts
  - Are we getting into and out of each skill the same way?
ROUTINE EFFECT
25 POINTS

Creativity 5 points
Pace and Flow 5 points
Fit to Music 5 points
Choreography 5 points
Visual Appeal 5 points

- Unique transitions
- Continuous and creative movement
  - Try to eliminate the “set out and re-set” transitions
- Does it make sense with the music pace, sound effects, etc.?
- Variety in your choreography
- Exciting to watch
- Don’t make it predictable!
QUESTIONS??

Send me all your questions through the BAND App now 😊

• Go to the chat room section of the AIA Spiritline Workshop page
• Look for the ‘Cheer Score Sheet’ chat room
• Leave all your questions here
• I’ll answer them during the Live Q&A through Zoom on Saturday, August 1