

CHEER AMERICA: COLLEGE SCORING GUIDELINES: **ADVANCED LARGE COED**

Score will be based on the list below when performed by the majority of the team (If performed by less than majority, skills will be scored at a lower range).

STUNTS	PYRAMIDS	TOSSES	STANDING TUMBLING	RUNNING TUMBLING	JUMPS
2-3	2-3	2-3	2-3	2-3	4.0
Strong Advanced stunts with the incorporation of skills such as creative mounts/dismounts, inversions, tosses, twisting, and transitions. <i>Braced Rewind, Full up to extension, ect.</i>	Advanced Pyramid Skills 2 person high pyramids with 2½ high transitions and variety of mounts/dismounts, inversions, twisting	Non-Flipping Double Full Twisting Tosses <i>Double full twist, Kick double, ect.</i>	Intermediate Tumbling Skills <i>Standing back handspring(s)</i>	Intermediate Tumbling Skills <i>Round-off back handspring(s)</i>	Single Jumps
3.0-3.5	3-4	3-4	3-4	3-4	4.5
- Group Stunt 1½ or Double up to extension, single base toss to hands to extension <u>Majority unassisted</u>	Elite Pyramid Skills Sequence including one or more structures with a top person at 2½ high OR multiple top people at 2½ high with minimal skills (mounts/dismounts, inversions, twisting)	Flipping Tosses <i>Back Tuck, Layout, Pike Open, Front Flipping</i>	Advanced Tumbling Skills <i>Standing tumbling connected to back tucks.</i>	Advanced Tumbling Skills <i>Round-off back handspring tucks, ect.</i>	Double Jump Combinations
3.5-4.0					
- Group Stunt inversions to extended single leg. - Single base toss to extension <u>Majority unassisted</u>					
4.0-4.5	4.0-4.5	4.0-4.5	4.0-4.5	4-5	5.0
Section containing at least one of the following partner stunts: - Unbraced rewinds to lib/awesome - Unbraced inversions to lib variation/awesome - Release toss full up to lib variation/awesome <u>Majority unassisted</u> REQUIRED DISMOUNT: Flip OR Double Down from the above listed skills	Sequence with multiple structures and transitions Structures should have 2+ people at 2½ high and use numerous connected creative entries to the top position OR release tosses without twists/inversion Sequence should include multiple unique dismounts.	Two Position Flipping Tosses Tuck X-out, Tuck Split, Layout Split, Layout straddle, Pike Open Straddle/Split	Elite Tumbling Skills - Standing tumbling connected to layouts and/or fulls - Synchronized standing tumbling connected to layouts	Elite Tumbling Skills <i>Round-off back handspring layouts, fulls, ect.</i>	Triple Jump combinations OR double jump combo and single jump. <u>MUST INCLUDE VARIETY.</u>
4.5-5.0	4.5-5.0	4.5-5.0	4.5-5.0		
Section containing at least one of the following partner stunts: - Unbraced rewinds to lib/awesome - Unbraced inversions to lib variation/awesome - Release toss 1½ or double up to lib variation/awesome <u>ALL MUST BE UNASSISTED</u> REQUIRED DISMOUNT: Flip OR Double Down from the above listed skills	Sequence with multiple structures and transitions Structures should have 2+ people at 2½ high and use numerous released inverting/twisting, creative entries to the top Sequence should include multiple unique dismounts.	Flipping Tosses w/Single Twist Full twisting layout, Tuck or Layout split/Kick Full, Tuck X-out Full, Double Full Twisting Layout	Elite Tumbling Skills Synchronized standing tumbling connected to fulls		

Additional details including terminology are listed at the end of this document.

CHEER AMERICA: COLLEGE SCORING GUIDELINES: ADVANCED SMALL COED

Score will be based on the list below when performed by the majority of the team (If performed by less than majority, skills will be scored at a lower range).

STUNTS	PYRAMIDS	TOSSES	STANDING TUMBLING	RUNNING TUMBLING	JUMPS
2-3	2-3	2-3	2-3	2-3	4.0
Strong Advanced stunts with the incorporation of skills such as creative mounts/dismounts, inversions, tosses, twisting, and transitions. <i>Braced Rewind, Full up to extension, ect.</i>	Advanced Pyramid Skills 2 person high pyramids with 2½ high transitions and variety of mounts/dismounts, inversions, twisting	Non-Flipping Single Full Twisting Tosses <i>Full twist, Kick Full</i>	Intermediate Tumbling Skills <i>Standing back handspring(s)</i>	Intermediate Tumbling Skills <i>Round-off back handspring(s)</i>	Single Jumps
3.0-3.5	3-4	3-4	3-4	3-4	4.5
- Group Stunt 1½ or Double up to extension, - Single base toss to hands to extension <u>Majority unassisted</u>	Elite Pyramid Skills Sequence including one or more structures with a top person at 2½ high OR multiple top people at 2½ high with minimal skills (mounts/dismounts, inversions, twisting)	Non-Flipping Double Full Twisting Tosses <i>Double Full Twist, Kick Double</i>	Advanced Tumbling Skills <i>Standing tumbling connected to back tucks.</i>	Advanced Tumbling Skills <i>Round-off back handspring tucks, ect.</i>	Double Jump Combinations
3.5-4.0 - Group Stunt inversions to extended single leg. - Single base toss to extension					
4.0-4.5	4.0-4.5	4.0-4.5	4.0-4.5	4-5	5.0
Section containing at least one of the following partner stunts: - Unbraced rewinds to lib/awesome - Unbraced inversions to lib variation/awesome - Release toss full up to lib variation/awesome REQUIRED DISMOUNT: Flip OR Double Down from the above listed skills	Sequence with multiple structures and transitions Structures should have 2+ people at 2½ high and use numerous connected creative entries to the top position OR release tosses without twists/inversion Sequence should include multiple unique dismounts.	Flipping Tosses Back Tuck, Layout, Pike Open, Front Flipping	Elite Tumbling Skills - Standing tumbling connected to layouts and/or fulls - Synchronized standing tumbling connected to layouts	Elite Tumbling Skills <i>Round-off back handspring layouts, fulls, ect.</i>	Triple Jump combinations OR double jump combo and single jump. <u>MUST INCLUDE VARIETY.</u>
4.5-5.0	4.5-5.0	4.5-5.0	4.5-5.0		
Section containing at least one of the following partner stunts: - Unbraced rewinds to lib/awesome - Unbraced inversions to lib variation/awesome - Release toss 1½ or double up to lib variation/awesome <u>ALL MUST BE UNASSISTED</u> REQUIRED DISMOUNT: Flip OR Double Down from the above listed skills	Sequence with multiple structures and transitions <i>Structures should have 2+ people at 2½ high and use numerous released inverting/twisting, creative entries to the top</i> Sequence should include multiple unique dismounts.	Two Position Flipping Tosses Tuck X-Out, Tuck or Layout split/kick, Layout straddle, Pike open straddle/split, Full twisting layout Plus at least one: Layout straddle full, Layout split/kick full, Tuck X-out full, Tuck split/kick full, Double full twisting layout	Elite Tumbling Skills Synchronized standing tumbling connected to fulls		

Additional details including terminology are listed at the end of this document.

CHEER AMERICA: COLLEGE SCORING GUIDELINES: ADVANCED ALL GIRL

Score will be based on the list below when performed by the majority of the team (If performed by less than majority, skills will be scored at a lower range).

STUNTS	PYRAMIDS	TOSSES	STANDING TUMBLING	RUNNING TUMBLING	JUMPS
2-3	2-3	2-3	2-3	2-3	4.0
Strong Advanced stunts with the incorporation of skills such as creative mounts/dismounts, inversions, tosses, twisting, and transitions. <i>Braced Rewind, Full up to extension, ect.</i>	Advanced Pyramid Skills 2 person high pyramids with 2½ high transitions and variety of mounts/dismounts, inversions, twisting	Non-Flipping Single Full Twisting Tosses <i>Full twist, Kick Full</i>	Intermediate Tumbling Skills <i>Standing back handspring(s)</i>	Intermediate Tumbling Skills <i>Round-off back handspring(s)</i>	Single Jumps
3-4	3-4	3-4	3-4	3-4	4.5
- Group Stunt 1½ or Double up to extension, - Released inversions below extension REQUIRED DISMOUNT: <i>Flip OR Double Down from the above listed skills</i>	Elite Pyramid Skills Sequence including one or more structures with a top person at 2½ high OR multiple top people at 2½ high with minimal skills (mounts/dismounts, inversions, twisting)	Non-Flipping Double Full Twisting Tosses <i>Double Full Twist, Kick Double</i>	Advanced Tumbling Skills <i>Standing tumbling connected to back tucks.</i>	Advanced Tumbling Skills <i>Round-off back handspring tucks, ect.</i>	Double Jump Combinations
4.0-4.5	4.0-4.5	4.0-4.5	4.0-4.5	4-5	5.0
Group Stunt inversions into extended single leg. REQUIRED DISMOUNT: <i>Flip OR Double Down from the above skill</i> -Single base toss w/press to extension (performed by majority of team) - Unbraced rewinds to lib variation/awesome - Unbraced inversions to lib variation/awesome - Release toss full up to lib variation/awesome REQUIRED DISMOUNT: <i>Flip OR Double Down from the above listed skills</i>	Sequence with multiple structures and transitions Structures should have 2+ people at 2½ high and use numerous connected creative entries to the top position OR release tosses without twists/inversion Sequence should include multiple unique dismounts.	Flipping Tosses Back Tuck, Layout, Pike Open, Front Flipping	Elite Tumbling Skills - Standing tumbling connected to layouts and/or fulls - Synchronized standing tumbling connected to layouts	Elite Tumbling Skills <i>Round-off back handspring layouts, fulls, ect.</i>	Triple Jump combinations OR double jump combo and single jump. <u>MUST INCLUDE VARIETY.</u>
4.5-5.0	4.5-5.0	4.5-5.0	4.5-5.0		
- Group Stunt inversion with spin into extended single leg - Single base toss catching at extension (performed majority of the team) - Release toss 1½ or double up entry - Unbraced rewinds with ¼ or ½ twist to lib variation/awesome - Unbraced inversions that spin to lib variation/awesome - Release toss multi-twist up to lib variation/awesome REQUIRED DISMOUNT: <i>Flip OR Double Down from the above listed skills</i>	Sequence with multiple structures and transitions <i>Structures should have 2+ people at 2½ high and use numerous released inverting/twisting, creative entries to the top</i> <i>Sequence should include multiple unique dismounts.</i>	Two Position Flipping Tosses Tuck X-Out, Tuck or Layout split/kick, Layout straddle, Pike open straddle/split, Full twisting layout	Elite Tumbling Skills Synchronized standing tumbling connected to fulls		

- Stunt groups are made of three bases (including a backspot), and a top person. Teams that use more than three bases will be scored in a lower range and teams using less can be rewarded and score in a higher range.

Additional details including terminology are listed at the end of this document.

CHEER AMERICA: COLLEGE SCORING GUIDELINES: INTERMEDIATE COED

Score will be based on the list below when performed by the majority of the team (If performed by less than majority, skills will be scored at a lower range).

STUNTS	PYRAMIDS	TOSSES	STANDING TUMBLING	RUNNING TUMBLING	JUMPS
2-3	2-3	2-3	2-3	2-3	4.0
Beginner Stunt Skills <i>Shoulder stands, extensions, chair sits, ect.</i>	Beginner Pyramid Skills <i>2 person high, non-transitional pyramid</i>	Non-Flipping Tosses <i>Toe Touch, Tuck Arch, Ect.</i>	<i>Beginning Tumbling Skills</i> <i>Backward roll, Back Walkovers</i>	<i>Beginning Tumbling Skills</i> <i>Round-offs, cartwheels, ect</i>	Single Jumps
3-4	3-4	3-4	3-4	3-4	4.5
Extended stunts with minimal braced unique mounts/dismounts, twisting, inversions, and transitions	Intermediate Pyramid Skills 2 high pyramid with none or minimal 2½ high transitions and minimal skills (mounts/dismounts, inversions, twisting)	Non-Flipping Single Full Twisting Tosses <i>Full Twist, Kick Full</i>	Intermediate Tumbling Skills <i>Standing back handspring(s)</i>	Intermediate Tumbling Skills <i>Round-off back handspring(s)</i>	Double Jump Combinations
4.0-4.5	4-5	4-5	4-5	4-5	5.0
Advanced stunts with multiple braced unique mounts/dismounts, twisting, inversions, and transitions <i>full up to extended position, ect.</i>	Advanced Pyramid Skills 2 high pyramid with multiple 2½ high transitions and multiple skills (mounts/dismounts, inversions, twisting)	Non-Flipping Double Full Twisting Tosses <i>Double Full Twist, kick double, ect.</i>	Advanced Tumbling Skills <i>Synchronized back handspring(s)</i>	Advanced Tumbling Skills <i>Round-off (back handspring) tucks, layouts, ect.</i>	Triple Jump combinations OR double jump combo and single jump. <u>MUST INCLUDE VARIETY.</u>
4.5-5.0					
Section containing at least one of the following partner stunts: - Toss lib variation/awesome REQUIRED DISMOUNT: <i>Single twist from the above listed skills</i> <u>ALL MUST BE UNASSISTED</u>					

**Intermediate skill restrictions and additional details including terminology can be found on the last page of this document, and in the Cheer America College Rule book.*

CHEER AMERICA: COLLEGE SCORING GUIDELINES: INTERMEDIATE ALL GIRL

Score will be based on the list below when performed by the majority of the team (If performed by less than majority, skills will be scored at a lower range).

STUNTS	PYRAMIDS	TOSSES	STANDING TUMBLING	RUNNING TUMBLING	JUMPS
2-3	2-3	2-3	2-3	2-3	4.0
Beginner Stunt Skills <i>Shoulder stands, extensions, chair sits, ect.</i>	Beginner Pyramid Skills <i>2 person high, non-transitional</i>	Non-Flipping Tosses <i>Toe Touch, Tuck Arch, Ect.</i>	<i>Beginning Tumbling Skills</i> <i>Backward roll, Back Walkovers</i>	<i>Beginning Tumbling Skills</i> <i>Round-offs, cartwheels, ect</i>	Single Jumps
3-4	3-4	3-4	3-4	3-4	4.5
Extended stunts with minimal braced unique mounts/dismounts, twisting, inversions, and transitions	Intermediate Pyramid Skills 2 high pyramid with none or minimal 2½ high transitions and minimal skills (mounts/dismounts, inversions, twisting)	Non-Flipping Single Full Twisting Tosses <i>Full Twist, Kick Full</i>	Intermediate Tumbling Skills <i>Standing back handspring(s)</i>	Intermediate Tumbling Skills <i>Round-off back handspring(s)</i>	Double Jump
4-5	4-5	4-5	4-5	4-5	5.0
Advanced stunts with multiple braced unique mounts/dismounts, twisting, inversions, and transitions <i>full up to extended position, ect.</i>	Advanced Pyramid Skills 2 high pyramid with multiple 2½ high transitions and multiple skills (mounts/dismounts, inversions, twisting)	Non-Flipping Double Full Twisting Tosses <i>Double Full Twist, kick double, ect.</i>	Advanced Tumbling Skills <i>Synchronized back handspring(s)</i>	Advanced Tumbling Skills <i>Round-off (back handspring) tucks, layouts, ect.</i>	Triple Jump combinations OR double jump combo and single jump. <u>MUST INCLUDE VARIETY.</u>

- Stunt groups are made of three bases (including a backspot), and a top person. Teams that use more than three bases will be scored in a lower range and teams using less can be rewarded and score in a higher range.

*Intermediate skill restrictions and additional details including terminology can be found in the Cheer America College Rule book. of this document,



CHEER AMERICA COLLEGE SCORING GUIDELINES

DETAILS & TERMINOLOGY

- **UNASSISTED** is defined as a stunt that is supported by a single base for the majority of the time the stunt is overhead. The same single base must also provide the primary support throughout the transitions. (EXAMPLE: a group stunt cannot toss a top person to a single base and receive credit for **UNASSISTED**)
- In standing tumbling **SYNCHRONIZED** is defined as beginning together *OR* having the qualifying skill occurring at the same time.

INTERMEDIATE DIVISION RESTRICTIONS

STUNTS / PYRAMIDS

- Release inversions into a stunt are **ALLOWED** but may **NOT** exceed prep level.
 - *Unassisted Rewinds are NOT permitted.*
- Release inversions out of stunts are **NOT** allowed.
- Braced inversions must make contact with a bracer prior to initiation and remain connected until the top person is no longer inverted
- Release full twists to an extended position are prohibited
- Twisting dismounts are limited to ONE and a quarter twist ($1\frac{1}{4}$)
- Pyramids sustained over 2 persons high are prohibited. (Transitions may be $2\frac{1}{2}$ high)
- Twisting stunts (EXAMPLE: *full ups*) are limited to one and a quarter ($1\frac{1}{4}$) twisting rotation.
 - *One and a half ($1\frac{1}{2}$) ups and double ups are prohibited.*
- When Released skills involve new catchers, these catchers must be stationary at the time of initiation of the release

TOSSES

- Release flips from basket/sponge tosses are prohibited.
- Twisting dismounts from basket/sponge tosses may not exceed 2 rotations ($\frac{1}{4}$ turn is allowed to set for the twist)

TUMBLING

- Standing back tucks or other flips, and standing tumbling with back tucks or other flips is prohibited.
- Airborne flips out of running tumbling are permitted (EXAMPLE: *tucks, layouts, whips, etc.*)
- Twisting flips are prohibited- includes running tumbling (EXAMPLE: *Aerials and Onodis are NOT allowed*)

