

**CONNECTICUT ASSOCIATION OF SCHOOLS CHEERLEADING SCORESHEET**

**TEAM NAME: NUMBER OF CHEERLEADERS:**

**JUDGE NUMBER: DIVISION:**

	MAX	SCORE	COMMENTS
<b>Scoresheet 1</b>			
MOTIONS - DIFFICULTY	5		
MOTIONS - TECHNIQUE	5		
VOICE	2.5		
EXPRESSION	2.5		
JUMPS - DIFFICULTY	5		
JUMPS - TECHNIQUE	5		
<b>Scoresheet 2</b>			
PARTNER STUNTS - DIFFICULTY	10		
PARTNER STUNTS - TECHNIQUE	8		
OVERALL PERFORMANCE	3.5		
CREATIVITY	3.5		
<b>Scoresheet 3</b>			
STANDING TUMBLING - DIFFICULTY	5		
RUNNING TUMBLING - DIFFICULTY	5		
TUMBLING - TECHNIQUE	2.5		
TUMBLING - SYNCHRONIZATION	2.5		
DANCE - DIFFICULTY	5		
DANCE - TECHNIQUE/TIMING	5		
<b>Scoresheet 4</b>			
PYRAMIDS - DIFFICULTY	10		
PYRAMIDS - TECHNIQUE	8		
CHOREOGRAPHY/FLOW OF ROUTINE	7		

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TABULATOR \_\_\_\_\_ /25



# CATEGORY JUDGING & SKILL

## WORKSHEETS

	<b>MAX</b>
<b>Scoresheet 1</b>	
MOTIONS – DIFFICULTY	5
MOTIONS – TECHNIQUE	5
VOICE	2.5
EXPRESSION	2.5
JUMPS – DIFFICULTY	5
JUMPS – TECHNIQUE	5
<b>Scoresheet 2</b>	
PARTNER STUNTS – DIFFICULTY	10
PARTNER STUNTS – TECHNIQUE	8
OVERALL PERFORMANCE	3.5
CREATIVITY	3.5
<b>Scoresheet 3</b>	
STANDING TUMBLING – DIFFICULTY	5
RUNNING TUMBLING – DIFFICULTY	5
TUMBLING – TECHNIQUE	2.5
TUMBLING – SYNCHRONIZATION	2.5
DANCE – DIFFICULTY	5
DANCE – TECHNIQUE/TIMING	5
<b>Scoresheet 4</b>	

PYRAMIDS – DIFFICULTY	10
PYRAMIDS – TECHNIQUE	8
CHOREOGRAPHY/FLOW OF ROUTINE	7

## WORKSHEETS **SCORESHEET #1**

### **MOTIONS – DIFFICULTY (5 POINTS)**

**Basic Motions:** V – high/low, T, Touchdown – high/low

**Complex Motions:** K, L, Diagonal, Variations of Basic Motions (examples include: broken high V, broken T, etc.) **NOTE:** Must meet all bullets to obtain range.

0	· No Motions Performed
0.1 – 1.9	· Slow paced motions · Little to no variety of motions · Minimal visual effects in motions, formation changes, level changes etc.
2.0 – 3.9	· Average paced motions · Average variety and incorporation of basic and complex motions · Some visual effects in motions, formation changes, level changes etc.
4.0 – 5.0	· Fast paced motions · Outstanding variety in incorporation of basic and complex motions · Outstanding visual effects in motions, formation changes, level changes etc.

### **MOTIONS – TECHNIQUE (5 POINTS)**

Considerations for technique scores includes arm placement, wrists, arm extension angles off, sharpness, precision, timing, and synchronization.

0	No Motions Performed
0.1 – 0.9	Poor Technique
1.0 – 1.9	Below Average Technique
2.0 – 2.9	Average Technique

3.0 – 3.9	Above Average Technique
4.0 – 5.0	Outstanding Technique

## **VOICE (2.5 POINTS)**

Volume, voice projection, enunciation, inflection, and energy conveyed in voices throughout the cheer segment.

0.1 – 0.9	Below Average
1.0 – 1.4	Average
1.5 – 1.9	Above Average
2.0 – 2.5	Outstanding

## **EXPRESSION (2.5 POINTS)**

Use of natural smiles and facial expression changes to express enthusiasm and excitement throughout the routine.

0.1 – 0.9	Below Average
1.0 – 1.4	Average
1.5 – 1.9	Above Average
2.0 – 2.5	Outstanding

## **JUMPS – DIFFICULTY (5 POINTS)**

Basic Jumps: Tucks, Eagles

Advanced Jumps: Toe Touch, Hurdler, Herkie, and Pike

0	· No Jumps Performed
0.1 – 0.4	· Majority of basic jumps only
0.5 – 0.9	· Most basic jumps only
1.0 – 1.4	· Majority advanced jumps, not connected
1.5 – 1.9	· Most advanced jumps, not connected
2.0 – 2.4	· Majority two advanced jumps, connected

2.5 – 2.9	· Most two advanced jumps, connected
3.0 – 3.4	· Majority three advanced jumps, connected
3.5 – 3.9	· Most three advanced jumps, connected
4.0 – 4.4	· Majority four advanced jumps, three connected
4.5 – 5.0	· Most four advanced jumps, four connected  <b>OR</b> · Most four advanced jumps, 3 connected and 1 advanced jump connected to a backhandspring or tuck performed by most of the team

Teams will be awarded the following bonus point values on the <b>range-making combination</b> performed:	
0.1	Full Participation
0.2	2 Different Advanced Jumps
0.3	3 Different Advanced Jumps
0.4	4 Different Advanced Jumps

## **JUMPS – TECHNIQUE (5 POINTS)**

Considerations for technique scores include leg separation in approach or landing, poor arm placement, poor leg placement, flexed toes, poor extension (height, flexibility, hip position). In addition, synchronization and timing will also be taken into consideration.

0	No Jumps Performed
0.1 – 0.9	Poor Technique
1.0 – 1.9	Below Average Technique
2.0 – 2.9	Average Technique
3.0 – 3.9	Above Average Technique
4.0 – 5.0	Outstanding Technique

# OF ATHLETES	MAJORITY	MOST	# OF ATHLETES	MAJORITY	MOST
5	3	4	13	7	10
6	4	5	14	8	11
7	4	5	15	8	11
8	5	6	16	9	12
9	5	7	17	9	12
10	6	8	18	10	13
11	6	8	19	10	14
12	7	9	20	11	15

## WORKSHEETS SCORESHEET #2

### PARTNER STUNTS – DIFFICULTY (10 POINTS)

Considerations for difficulty scores include pace of skills, variety, and difficulty level of entries, inversions, dismounts, and transitions. The difficulty of any skill that bumps prior to progressing to an extended stunt will be judged based on where the bump occurred.

**NOTE:** A show and go is considered a transitional skill and not considered a partner stunt.

**Example:** 1 skill in 3.0–5.4, 1 skill in 5.5–6.9, 1 skill in 7.0–8.4 will be in the 3.0–5.4 range. **Example:** 2 skills in 5.5–6.9, 1 skill in 7.0–8.4 will be in the 5.5–6.9 range.

0	No Partner Stunts
0.1 – 2.9	<b>NOVICE</b> · Novice stunting examples are included on the stunt worksheet.
3.0 – 5.4	<b>BEGINNER</b> · 4 or more basic skills executed by maximum number of athletes. Examples are included on the stunt worksheet.
5.5 – 6.9	<b>INTERMEDIATE</b> · 4 or more intermediate skills executed by maximum number of athletes. Examples are included on the stunt worksheet.
7.0 – 8.4	<b>ADVANCED</b> · 4 or more advanced skills executed by maximum number of athletes. Examples are included on the stunt worksheet.

8.5 – 10.0	<p><b>ELITE</b></p> <ul style="list-style-type: none"> <li>· 4 or more elite skills executed by maximum number of athletes. Examples are included on the stunt worksheet.</li> </ul>
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## **PARTNER STUNTS – TECHNIQUE (8 POINTS)**

Considerations for technique scores include flyer body control, flexibility, body positions, locked knees, pointed toes and stability. Bases/spotters should be demonstrating stability, extended arms, stable stance, stationary feet, timed teamwork. Sequences should reflect synchronization with adequate speed in transitions and seamless flow from skill to skill.

0.1 – 1.9	Poor Technique
2.0 – 3.9	Below Average Technique
4.0 – 5.9	Average Technique
6.0 – 8.0	Above Average Technique

## **OVERALL PERFORMANCE (3.5 POINTS)**

A team's ability to demonstrate seamless patterns of movement performed throughout the routine with enthusiasm, confidence, and the ability to capture the crowd while performing.

0.1 - 0.9	Below Average
1.0 – 1.9	Average
2.0 – 2.9	Above Average
3.0 – 3.5	Outstanding

## **CREATIVITY (3.5 POINTS)**

A team's ability to create visual elements throughout the routine which includes innovative, unique, and intricate ideas (i.e. stunt entries, exits, and other visual elements).

0.1 - 0.9	Below Average
1.0 – 1.9	Average
2.0 – 2.9	Above Average
3.0 – 3.5	Outstanding

## **PARTNER STUNTS – SKILLS /REFERENCE GUIDE**



### **To Obtain The 8.5–10 Range (Elite)**

4 Elite skills must be performed by maximum number of groups.

Front spots may not be utilized (baskets tosses may use a front spot).

### **For All Other Ranges (Novice, Beginner, Intermediate, Advanced)**

Maximum number of stunt groups must be utilized. Teams that do not utilize max stunt groups will lose one point.

Teams must perform 4 bulleted skills from the list, (or a mix of skills in that range or the range above).

MAXIMUM PARTICIPATION	
ATHLETES	STUNT GROUPS
20	5
16 to 19	4
12 to 15	3
8 to 11	2
7 or Less	1

## **PARTNER STUNT SKILLS**

**Groups must demonstrate control at the extended point of the executed stunt for full credit. Skills are not limited to those listed below.**

### **NOVICE**

(0.1 – 2.9)

- Thigh Stand
- Prep
- Shoulder Sit
- Straddle Press
- Thigh Stand
- Any other legal stunt not listed on this worksheet which a judge deems to be novice ●  
Push off, pop off, shove off

### **BEGINNER**

(3.0 – 5.4)

- Liberty and liberty variations at prep level
- Extended 2 legged stunts
- Straight up extended stunts
- Suspended rolls from the performance surface
- Half up to prep level

- Switch up to prep level
- Inverted entry to below prep level
- Sponge Tosses
- Straight ride or quarter turn cradles from prep level or above
  - Any other legal stunt not listed on this worksheet which a judge deems to be beginner

## **INTERMEDIATE**

(5.5 – 6.9)

- Liberty and liberty variations at extended level
- Prep level single based stunts (1 base & 1 spotter)
- Half up to extended level
- Switch up to extended liberty
- Full up variation to extended 2 legged stunts (bases and flyer rotate)
- Full up or full around variation to prep level (bases and flyer rotate)
- Quick toss to prep (1 or 2 legs)
- Non–Released inverted entry to prep level
- Non–Released step-up to extended single leg
- 1 trick tosses such as Arch/ Pike/ Toe touch
- True Full up or around to prep level (bases remain stationary and flyer rotates) ● Full down cradle or rewind from one legged prep level or extended 2 legged stunts ● Any other legal stunt not listed on this worksheet which a judge deems to be intermediate

## **ADVANCED**

(7.0 – 8.4)

- Low to high non–released tick tock
- Single based (1 base & 1 spotter) extended 2 legged stunt/single based single legged extended stunt not originating from the ground
- Multiple liberty variations at extended level showing flexibility (scorpion, scale, stretch, etc.)
- Switch up to extended single leg stunt showing flexibility (scorpion, scale, stretch, etc.) ● True Full up to extended 2 legged stunts (bases remain stationary and flyer rotates) ● Full up variation to extended single leg (bases and flyer rotate)

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## **(ADVANCED CONT.)**

- Low to high (lib to lib) released tick tock
- Quick toss to extended 2 legged stunt
- Inverted entry originating from ground to extended position
- Non–released inverted entry not originated from ground to 1 or 2 legged extended level stunts (i.e. K)
- Released inversion to prep level
- Twisting tosses or 2 trick tosses such as Ball Out/X Out
- Full down cradle or rewind from single leg extended stunt
  - Any other legal stunt not listed on this worksheet which a judge deems to be advanced

## **ELITE**

(8.5 – 10.0)

- Single based (1 base & 1 spotter) single leg extended stunts originating from the ground ● Single based (1 base & 1 spotter) switch up single leg extended stunts originating from the ground
- True Full up to extended single leg stunt (bases remain stationary and flyer rotates) ● True Full around to extended stunts (bases remain stationary and flyer rotates) ● Low to high released tick tock showing flexibility (scorpion, scale, stretch, etc.) ● High to

high released tick tock

- Twisting switch up to extended single legged stunt (minimum of a 1/2 turn) •

Quick toss to extended single legged stunt

- Released Inversion to non-inverted extended level stunts

- Elite twisting tosses (Skill + Twist)

- Any other legal stunt not listed on this worksheet which a judge deems to be elite

## WORKSHEETS **SCORESHEET #3**

### **STANDING TUMBLING – DIFFICULTY (5 POINTS)**

	<b>Standing Tumbling</b>
0	· No Standing Tumbling
0.1 – 0.4	· Some rolls/Cartwheels
0.5 – 0.9	· Majority Rolls/Cartwheels <b>OR</b> · Minimal Walkovers
1.0 – 1.4	· Majority Rolls/Cartwheels AND Minimal Walkovers <b>OR</b> · Most Rolls/Cartwheels
1.5 – 1.9	· Majority Walkovers <b>OR</b> · Minimal Handsprings
2.0 – 2.4	· Majority Walkovers AND Minimal Handsprings <b>OR</b> · Most Walkovers
2.5 – 2.9	· Majority Handsprings <b>OR</b> · Minimal Tucks/Layouts/Fulls
3.0 – 3.4	· Majority Handsprings AND Minimal Tucks/Layouts/Fulls <b>OR</b> · Most Handsprings
3.5 – 3.9	· Most Handsprings AND Minimal Tucks/Layouts/Fulls <b>OR</b> · Majority Tucks

4.0 – 4.4	<ul style="list-style-type: none"> <li>· Majority Tucks AND Minimal Layouts/Fulls</li> </ul> <p style="text-align: center;"><b>OR</b></p> <ul style="list-style-type: none"> <li>· Most Tucks</li> </ul>
4.5 – 5.0	<ul style="list-style-type: none"> <li>· Most Tucks AND Minimal Layouts/Fulls</li> </ul> <p style="text-align: center;"><b>OR</b></p> <ul style="list-style-type: none"> <li>· Majority Layouts/Fulls</li> </ul>

## **RUNNING TUMBLING – DIFFICULTY (5 POINTS)**

**Consideration will be given within the range to skill combinations, percentage of team utilized, and skills that exceed the range but do not meet participation requirements.**

	<b>Running Tumbling</b>
0	<ul style="list-style-type: none"> <li>· No Running Tumbling</li> </ul>
0.1 – 0.4	<ul style="list-style-type: none"> <li>· Some Roundoffs</li> </ul>
0.5 – 0.9	<ul style="list-style-type: none"> <li>· Majority Roundoffs</li> </ul> <p style="text-align: center;"><b>OR</b></p> <ul style="list-style-type: none"> <li>· Minimal Walkovers</li> </ul>
1.0 – 1.4	<ul style="list-style-type: none"> <li>· Majority Roundoffs AND Minimal Walkovers</li> </ul> <p style="text-align: center;"><b>OR</b></p> <ul style="list-style-type: none"> <li>· Most Roundoffs</li> </ul>
1.5 – 1.9	<ul style="list-style-type: none"> <li>· Majority Walkovers</li> </ul> <p style="text-align: center;"><b>OR</b></p> <ul style="list-style-type: none"> <li>· Minimal Handsprings/Aerials</li> </ul>
2.0 – 2.4	<ul style="list-style-type: none"> <li>· Majority Walkovers AND Minimal Handsprings/Aerials</li> </ul> <p style="text-align: center;"><b>OR</b></p> <ul style="list-style-type: none"> <li>· Most Walkovers</li> </ul>
2.5 – 2.9	<ul style="list-style-type: none"> <li>· Majority Handsprings/Aerials</li> </ul> <p style="text-align: center;"><b>OR</b></p> <ul style="list-style-type: none"> <li>· Minimal Tucks/Layouts/Fulls</li> </ul>
3.0 – 3.4	<ul style="list-style-type: none"> <li>· Majority Handsprings/Aerials AND Minimal Tucks/Layouts/Fulls</li> </ul> <p style="text-align: center;"><b>OR</b></p> <ul style="list-style-type: none"> <li>· Most Handsprings/Aerials</li> </ul>
3.5 – 3.9	<ul style="list-style-type: none"> <li>· Most Handsprings AND Minimal Tucks/Layouts/Fulls</li> </ul> <p style="text-align: center;"><b>OR</b></p>

	· Majority Tucks
4.0 – 4.4	· Majority Tucks AND Minimal Layouts/Fulls <b>OR</b> · Majority Layouts <b>OR</b> · Most Tucks
4.5 – 5.0	· Majority Layouts AND Minimal Fulls <b>OR</b> · Most Layouts <b>OR</b> · Majority Fulls

### **TUMBLING – TECHNIQUE (2.5 POINTS)**

Consideration will be given to the safety, technique, and overall uniformity of skills performed from approach through landing, including arm, chest, head, and leg placement; speed and body control through connections and landing; and extension/rotation of skills.

0 – 0.4	Poor technique
0.5 – 0.9	Below average technique
1.0 – 1.4	Average technique
1.5 – 1.9	Above average technique
2.0 – 2.5	Outstanding technique

### **TUMBLING – SYNCHRONIZATION/TIMING (2.5 POINTS)**

Teams should perform at least one range-level synchronized skill.

0.0 – 0.4	Poor synchronization/timing
0.5 – 0.9	Below average synchronization/timing
1.0 – 1.4	Average synchronization/timing
1.5 – 1.9	Above Average synchronization/timing
2.0 – 2.5	Outstanding synchronization/timing

MINIMAL / MAJORITY / MOST TABLE							
# OF ATHLETES	MINIMAL	MAJORITY	MOST	# OF ATHLETES	MINIMAL	MAJORITY	MOST
5	1	3	4	13	4	7	10
6	2	4	5	14	4	8	11
7	2	4	5	15	4	8	11
8	2	5	6	16	4	9	12
9	3	5	7	17	5	9	12
10	3	6	8	18	5	10	13
11	3	6	8	19	5	10	14
12	3	7	9	20	5	11	15

**WORKSHEETS DANCE – DIFFICULTY (5 POINTS)**

0	<ul style="list-style-type: none"> <li>· No Dance Performed</li> </ul>
0.1 – 1.9	<ul style="list-style-type: none"> <li>· Below average energy, musicality, rhythm, and pace of music ("and" counts) · Minimal to no transitional elements and level changes</li> <li>· Minimal variety of movement and use of footwork, floor work, visual effects, etc.</li> <li>· Basic dance choreography and/or creativity</li> </ul>
2.0 – 3.9	<ul style="list-style-type: none"> <li>· Average energy, musicality, rhythm, and pace of music ("and" counts) · Some advanced transitional elements and level changes</li> <li>· Some variety of movement and use of footwork, floor work, visual effects, etc. · Average dance choreography and/or creativity</li> </ul>
4.0 – 5.0	<ul style="list-style-type: none"> <li>· High energy, musicality, rhythm, and pace of music ("and" counts)</li> <li>· Multiple advanced transitional elements and level changes</li> <li>· Outstanding variety of movement and use of footwork, floor work, visual effects, etc.</li> <li>· Outstanding dance choreography and/or creativity</li> </ul>

## **DANCE – TECHNIQUE/TIMING (5 POINTS)**

0.1 – 1.9	<ul style="list-style-type: none"><li>· Below average quality of movement–poor placement</li><li>· Below average timing &amp; synchronization</li></ul>
2.0 – 3.9	<ul style="list-style-type: none"><li>· Average quality of movement– average placement and/or control</li><li>· Average timing &amp; synchronization</li></ul>
4.0 – 5.0	<ul style="list-style-type: none"><li>· Outstanding quality of movement–outstanding placement and/or control</li><li>· Outstanding timing &amp; synchronization</li></ul>

# WORKSHEETS **SCORESHEET #4**

## **PYRAMIDS – DIFFICULTY (10 POINTS)**

Pyramid incorporates connected structures showing variety, creativity, and transitional elements. If a skill or transition is performed that is not on “the list”, please review the skill in comparison and place it in the appropriate difficulty range. Dismounts from the pyramid, if not listed as a skill, can be considered transitional elements– thereby considered in difficulty score within range. Groups must demonstrate control at the extended point of the executed stunt for full credit. Skills are not limited to those listed below.

0	No Pyramids
0.1 – 2.9	<b>NOVICE</b> <ul style="list-style-type: none"><li>· Novice stunting examples are included on the pyramid worksheet.</li></ul>
3.0 – 5.4	<b>BEGINNER</b> <ul style="list-style-type: none"><li>· <b>3</b> or more basic skills executed by maximum number of athletes. Examples are included on the pyramid worksheet.</li></ul>
5.5 – 6.9	<b>INTERMEDIATE</b> <ul style="list-style-type: none"><li>· <b>3</b> or more intermediate skills by maximum number of athletes. Examples are included on the pyramid worksheet.</li></ul>
7.0 – 8.4	<b>ADVANCED</b> <ul style="list-style-type: none"><li>· <b>3</b> or more advanced skills executed by maximum number of athletes. Examples are included on the pyramid worksheet.</li></ul>
8.5 – 10.0	<b>ELITE</b> <ul style="list-style-type: none"><li>· <b>4</b> or more elite skills executed by maximum number of athletes. Examples are included on the pyramid worksheet.</li></ul>

## **PYRAMIDS – TECHNIQUE (8 POINTS)**

Considerations for technique scores include flyer body control, flexibility, body positions, locked knees,

pointed toes and stability. Bases/spotters should be demonstrating stability, extended arms, stable stance, stationary feet, timed teamwork. Sequences should reflect stunt group synchronization with adequate speed in transitions and seamless flow from skill to skill.

0.1 – 1.9	Poor Technique
2.0 – 3.9	Below Average Technique
4.0 – 5.9	Average Technique
6.0 – 8.0	Above Average Technique

**CHOREOGRAPHY/FLOW OF ROUTINE (7 POINTS)** Consider formations with the use of the center as a point of reference along with a variety of visually effective formations, spacing, and use of floor. Transitions should be seamless with the incorporation of skills and creative elements. Consider pace and flow of routine in the coordination of routine construction.

0.1 – 1.9	Poor
2.0 – 3.9	Below Average
4.0 – 5.9	Average
6.0 – 7.0	Above Average

### **PYRAMID – SKILLS/REFERENCE GUIDE**

Teams must perform 3 skills in the same range to receive a score in that range. If a mix of skills is performed in various ranges, the score will be based on the mix of skills in each range and above.

**Example:** 1 skill in 3.0–5.4, 1 skill in 5.5–6.9, 1 skill in 7.0–8.4 will be scored in the 3.0–5.4 range. **Example:** 2 skills in 5.5–6.9, 1 skill in 7.0–8.4 will be scored in the 5.5–6.9 range.

<b>To Obtain The 8.5–10 Range (Elite):</b>
<b>4</b> Elite skills must be performed by the maximum number of groups.
Elite skills must be performed by maximum participation number of groups. One group in prep the entire pyramid and 2 groups perform the elite skills. <b>Note:</b> there is no one point deduction for the elite range. If less than 4 elite skills are performed, the team would score in the 7.0–8.4 range.
Front spots may not be utilized.



<b>For All Other Ranges (Novice, Beginner)</b>
Teams must perform <b>3</b> bulleted skills from the list above).
The maximum number of stunt groups must be 3. If more than 3 groups will lose one point.
<b>Bracer Support:</b>
A flyer facing a bracer and holding on with 2 hands need to be evaluated for support. Lifting/holding on with support is considered braced on both sides. If not, it is not performance.

<b>MAXIMUM PARTICIPATION</b>	
<b>ATHLETES</b>	<b>STUNT GROUPS</b>
20	5
16 to 19	4
12 to 15	3
8 to 11	2
7 or Less	1

## **PYRAMID SKILLS:**

**Groups must demonstrate control at the extended point of the executed stunt for full credit. Skills are not limited to those listed below.**

**NOTE:** In release skills requiring switch up/tick-tock, etc. to flex, flyer must hit flex position upon switch-timing for when base catches foot, and there must be a full release (not a step down). If stall and then hit to flex, skill will be considered in liberty range if the range differs.

### **NOVICE**

(0.1 – 2.9)

- Prep level structures and below
- Prep level liberty/liberty variations/single leg skills
- Extended 2 legged skills
- Any other legal pyramid skill not listed on this worksheet that a judge deems to be novice

### **BEGINNER**

(3.0 – 5.4)

- Single based prep (1 base and 1 spot) originating from ground
- Flipping transitions/braced flips to prep level or below braced on 2 sides
- Switch up to single leg prep level
- Inverted entry to below prep level
- Half up to prep
- Extended single leg skill braced on 1 or 2 sides
- Non-Released step-up to extended single leg braced on 1 or 2 sides
- Any other legal pyramid skill not listed on this worksheet that a judge deems to be beginner

### **INTERMEDIATE**

(5.5 – 6.9)

- Single based extension (1 base and 1 spot) originating from ground
- Full up or full around variation to prep level (bases and flyer rotate)
- Full up variation to extended 2 legged stunts (bases and flyer rotate)
- Inverted entry to prep level (K included here)
- Release transitions to prep or extended level braced on 2 sides (ex. quick toss)
- Inverted/horizontal stunts or braced flips to prep level

- Half up to extended positions
- Flipping transitions/braced flips to prep level or below braced on 1 side
- Non-released low to high single leg skill braced on 1 or 2 sides
- High to high tick tock to single leg skill braced on 2 sides
- Switch up to extended single leg skill braced on 2 sides
- Any other legal pyramid skill not listed on this worksheet that a judge deems to be intermediate

## **ADVANCED**

(7.0 – 8.4)

- Single based single leg skill (1 base and 1 spot) originating from ground braced on 1 or 2 sides
- Single based switch up to single leg (1 base and 1 spot) originating from ground braced on 2 sides
- Single base (1 base and 1 spot) high tick tock braced on 2 sides
- Braced flips from below prep level to 1 or 2 legged extended level
- Twisting flips braced on 2 sides
- Non released inversions to extended level (K included here)

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### **(ADVANCED CONT.)**

- Released transitions to extended level braced on 1 side (ex. quick toss)
- Full up/full around variations (cross legs, bases moving) to single leg extended skill • True full up to extension (bases remain stationary and flyer rotates to extended position) • Side sumis to below prep level or advanced braced flips/transitions (STAR over) • Switch up to extended single leg flex braced on 1 side
- High to high tick tock to lib braced on 1 side
- Released low to high lib braced on 1 side
- Any other legal pyramid skill not listed on this worksheet that a judge deems to be advanced

## **ELITE**

(8.5 – 10)

- Single based (1 base and 1 spot) high to high tick tock braced on 1 side
- Single based switch up to single leg (1 base and 1 spot) originating from ground braced on 1 side
- True full up to single leg skill (bases remain stationary and flyer rotates to extended position) – Braced on 1 side
- True full around to extended level (from prep to extended or extended to extended) Braced on 1 side
- Released inversions to extended position braced on 1 side
- Flipping transitions beginning at prep level or above to extended positions (ex. high to high flip)
- Twisting flips braced on 1 side
- Release transitions involving spinning or twisting to an extended level (minimum of 1/2 turn required (ex. Switch up with half turn)
- High to high tick tock to flex braced on 1 side
- Released low to high to flex braced on 1 side
- Flipping transition braced on 1 side landing extended 2-leg stunt OR extended 1 leg • Side sumi landing at prep level or above

- Any other legal pyramid skill not listed on this worksheet that a judge deems to be elite