

AMERICAN CHEER POWER Score Sheet Descriptions

Execution/Technique will be evaluated on the following criteria: synchronization, form, technique, body position, flexibility and skill completion. Any bobbles (hands down on tumbling, shaky stunts, etc.) will be considered when awarding the score and will not be considered by the point deduction judge.

STUNTS

Difficulty: Max Value= 9 points	Execution: Max Value= 1 point
% Of Team Participation	Synchronization
Minimal Use of Bases	Form
Additional Skills	Technique
Dismounts	Body Position
Transitions	Flexibility
Level of Skill	Skill Completion
Load-ins	

JUMPS

Difficulty: Max Value= 9 points	Execution: Max Value= 1 point	
Variety	Chest Placement	
Incorporation	Flexibility	
Use of Approach	Form	
Quantity	Landing	
Basic Jumps	Advanced Jumps	Combinations
Spread Eagle	Herkie	Connecting w/Prep or Whip
Double Hook	Side Hurdler	
Tuck Jump	Toe Touch	
Stag	Front Hurdler	
	Pike	
	Double Nine	

PYRAMIDS

Difficulty: Max Value= 9 points	Execution: Max Value= 1 point
Dismounts	Synchronization
% Of Team Participation	Form
Minimal Use of Bases	Technique
Variety/Speed of Transitions	Body Position
Creative Transitions	Flexibility
Multiple Structures	Skill Completion
Additional Skills	

MOTIONS / DANCE

Difficulty: Max Value= 9 points	Execution: Max Value= 1 point
Transitions	Synchronization
Level Changes	Sharpness
Variety of Movement	Placement
Footwork	Control
Floorwork	Completion
Entertainment Value	Rhythm
Pace	

TOSSES

Difficulty: Max Value= 9 points	Execution: Max Value= 1 point
Minimal Use of Bases	Form
Specialty Incorporation	Height
Additional Skills	Technique

FORMATIONS / TRANSITIONS

Difficulty: Max Value= 9 points	Execution: Max Value= 1 point
Creativity	Synchronization
Flow	Memory
Visual Effect	Obvious Mistakes
Ease of Movement	
Pace	
Spacing	
Seamless Patterns	
Use of Floor	

Basic Tosses	Intermediate Tosses	Advanced Tosses	Elite Tosses
Straight Ride	Toe Touch	Double Twist	Kick Double
Pretty Girl	Tuck Arch	Kick Full	Switch Double
	Bottle Rocket	Full Up Toe Touch	
	X-Out	Switch Kick	
	Full Twist		

STANDING TUMBLING

Difficulty: Max Value= 9 points	Execution: Max Value= 1 point
% Of Team Participation	Technique
Specialty Combinations/Creativity	Form
Additional Skills	Landing

RUNNING TUMBLING

Difficulty: Max Value= 9 points	Execution: Max Value= 1 point
% of Team Participation	Technique
Specialty Combinations	Form
Additional Skills	Landing

Performance - Will be evaluated on the following: showmanship, energy levels, excitement, crowd appeal, uniformity, genuine enthusiasm and athletic sportsmanship.
Skills Creativity – Will reward teams for using unique load-ins, dismounts and transitions in the building and tumbling portions of the routine and will have a maximum value of 5 points. (Exception: Level 1)
Routine Creativity – Will reward teams for using creative and innovative choreography throughout the overall routine and will have a maximum value of 5 points. (Exception: Level 1)
 Difficulty maximum value - 9 point
 Execution maximum value – 1 point