

AMERICAN CHEER POWER

School Score Sheet Descriptions

The following grid outlines the point ranges for specific skill sets performed by a MAJORITY of the teams. Judges will consider difficulty and variety when deciding on a specific score. Skills performed by less than a majority of the team will move the score into a lower range. In each category, the majority of the team must master each listed skill unless the skills are separated by the work "or". Technique for each skill category will be rewarded separately on the score sheet. (Definitions and examples of "Advanced" and "Elite" skills attached.)

STUNTS

Difficulty:	Technique: 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	

Advanced Skills Include

(but are not limited to)
 Full Twisting Dismounts from Two Leg Stunts
 Extended One Leg Stunts
 Minor Releases that land at Prep or Below
 Minor Tick Tock Variations
 Walking/Turning Extended Stunts
 12 or Single Twisting Transitions
 Power Presses
 Other unique Mounts/Transitions of similar difficulty level

Elite Skills Include

(but are not limited to)
 Full Up to Extended Position
 Major Releases that land in Extended Position
 Major Tick Tock variations
 Inverted Transitions to prep and below
 1 ½ - 2 Twisting Transitions
 Toss Extended Stunts
 Other unique Mounts/Transitions of similar difficulty level

JUMPS

Difficulty:	Technique: Max Value= 1 point
Variety	Chest Placement
Incorporation	Flexibility
Use of Approach	Form
Quantity	Landing

Basic Jumps

Spread Eagle
 Double Hook
 Tuck
 Herkie
 Side Hurdler

PYRAMIDS

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

TOSSES

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

FORMATIONS / TRANSITIONS

Difficulty:	Technique: Max Value= 1 point
Creativity	Synchronization
Flow	Memory
Visual Effect	Obvious Mistakes
Ease of Movement	
Pace	

TUMBLING

Difficulty:	Technique: Max Value= 1 point
% Of Team Participation	Technique
Specialty Combinations	Form
Additional Skills	Landing

