

AMERICAN CHEER POWER SLIDING CRITERIA

The following are examples of traits and qualities of the execution to help the judges determine skill placement within the point range.



STANDING TUMBLING

Degree of Difficulty
 Level of Perfection (technique, timing and landing)
 % of Team Participation
 Height of Skills
 Form
 Specialty Combinations/Creativity
 Synchronization of Skills
 Additional Skills

RUNNING TUMBLING

Degree of Difficulty
 Level of Perfection (technique, timing and landing)
 % of Team Participation
 Height of Skills
 Form
 Specialty Combinations/Creativity
 Synchronization of Skills
 Additional Skills

STUNTS

Degree of Difficulty
 Level of Perfection
 % of Team Participation
 Strong Body Positions/Body Control
 Minimal Use of Bases
 Additional Skills

PYRAMIDS

Degree of Difficulty
 Level of Perfection
 Creative/Difficult Dismounts
 % of Team Participation
 Minimal Use of Bases
 Variety/Speed of Transitions
 Creative Transitions
 Multiple Structures
 Additional Skills

TOSSES

Degree of Difficulty
 Level of Perfection
 % of Team Participation
 Height
 Strong Body Positions
 Minimal Use of Bases
 Specialty Incorporation
 Synchronization of Skills
 Additional Skills

Basic Tosses

Straight Ride
 Pretty Girl

Intermediate Tosses

Toe Touch
 Tuck Arch
 Bottle Rocket
 X-Out
 Full Twist

Advanced Tosses

Double Twist
 Kick Full
 Full Up Toe Touch

Elite Tosses

Kick Double
 Switch Kick Double

MOTIONS & DANCE

Synchronization
 Sharpness
 Rhythm
 Body Control
 Placement
 Visual Effect
 Pace

JUMPS

Hyper Extended / Flexibility
 Jump Combinations
 Synchronization of Skills
 Toe Point
 Landings
 Arm & Chest Placement
 Difficulty of Approaches
 Additional Skills

Basic Jumps

Tuck
 Spread Eagle
 Double Hook

Intermediate Jumps

Side Hurdler
 Herkie

Advanced Jumps

Toe Touch
 Front Hurdler
 Double 9
 Pike
 Adv. Combo

Elite Jumps

Around the World
 Adv. Whip Combo