

JAMZ CHEER & DANCE

 **MADE IN CALIFORNIA. 100% ORIGINAL.**

Part 2 of 2

OFFICIAL
THE CHAMPIONSHIP GUIDE
2012-2013



JAMZTM
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USASF/IASF GLOSSARY

2012-2013

For updated and complete glossary please go to www.usasf.net

Aerial: Cartwheel or walkover executed without placing hands on the ground.

Airborne/Aerial: To be free of contact with a person or the performing surface.

Airborne Tumbling Skill: An aerial maneuver involving hip-over-head rotation in which a person uses their body and the performing surface to propel himself/herself away from the performing surface.

Assisted-Flipping Mount: An entrance skill into a stunt in which a top person performs a hip-over-head rotation while in direct physical contact with a base or top person when passing through the inverted position. (See "Suspended Flip", "Braced Flip")

Assisted Tumbling: Any form of physical assistance to an individual performing a tumbling skill. This does not apply to gymnastic oriented "stunts" permitted at each level.

Awesome: A stunt where a top person has both feet together in the hand(s) of the base(s). Also referred to as a "Cupie."

Back Walkover: A non-aerial tumbling skill where one moves backward into an arched position, with the hands making contact with the ground first, then rotates the hips over the head and lands on one foot/leg at a time.

Ball-X: A body position (usually during a toss) where the top person goes from a tucked position to a straddle/x-position

Backward Roll: A non-aerial tumbling skill where one rotates backward into/or through an inverted position by lifting the hips over the head and shoulders while curving the spine to create a motion similar to a ball "rolling" across the floor.

Barrel Roll: See "Log Roll".

Base: A person who is in direct weight-bearing contact with the performance surface who provides support for another person. The person(s) that holds, lifts or tosses a top person into a stunt. (New bases – bases previously not in direct contact with the top person of a stunt)

Basket Toss: A toss with no more than 4 bases, 2 of which use their hands to interlock wrists.

Block: A gymnastic term referring to the increase in height created by using one's hand(s) and upper body power to push off the performing surface during a tumbling skill. The momentary airborne position created by blocking is legal for all levels.

Block Cartwheel: A momentarily airborne cartwheel created by the tumbler blocking through the shoulders against the performing surface during the execution of the skill.

Brace: A physical connection that helps to provide stability to a top person. A top person's hair and/or uniform is not an appropriate or legal body part to use while bracing a pyramid or pyramid transition.

Braced Flip: A stunt in which a top person performs a hip-over-head rotation while in constant physical contact with another top person(s).

Cartwheel: A non-aerial gymnastic skill where one supports the weight of the body with the arm(s) while rotating sideways through an inverted position landing on one foot at a time.

Catcher: One of the person(s) responsible for the safe landing of a top person during a stunt.

Chorus Line Flips: A skill in which a cheerleader back flips between two other cheerleaders with locked arms and/or wrists.

Coed Style: A single base grabs the top person at the waist and tosses the top person while unassisted from ground level.

Connected Tumbling: Physical contact between two or more individuals performing tumbling skills simultaneously. Exception: A double cartwheel would be defined as a stunt.

Cradle: A release move in which catchers, with palms up, catch the top person by placing one arm under the back and the other under the thighs of the top person. The top person must land face up in a pike position.

Cupie: See "Awesome."

Dirty Bird (D-Bird): Toss to a laid out X-position to the back of the base, through the base's legs and typically transitioning to a scooper.

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Dismount: The movement from a stunt or pyramid to a cradle or the performing surface. The movement from a cradle to the performing surface is not considered to be a dismount.

Dive Roll: A forward roll where the feet leave the ground before the hands reach the ground.

Double-Leg Stunt: See "Stunt".

Double Cartwheel: A partnered or paired cartwheel with hand/ankle or arm/thigh connection done simultaneously.

Downward Inversion: A stunt or pyramid in which an inverted top person's center of gravity is moving toward the performing surface.

Downward Motion: The movement of one's center of gravity towards the performing surface.

Drop: Dropping to the knee, thigh, seat, front, back or split position onto the performing surface from an airborne position or inverted position without first bearing most of the weight on the hands/feet which breaks the impact of the drop.

Eighteen Inches Above Extended Arm Level: The maximum distance allowed between the highest point of a base's extended arm and the lowest point of a top person's body above Extended during a release move in Level 5 only.

Entrance Skill: The beginning or mounting phase of a tumbling skill or stunt.

Extended Arm Level: The distance from the performing surface to the highest point of a base's arm(s) when standing upright with the arm(s) fully extended over the head. Extended arms do not necessarily define an "Extended Stunt". See "Extended Stunt" for further clarification.

Extended Position: A top person supported by a base(s) with fully extended arms. Extended arms do not necessarily define an "extended stunt". See "Extended Stunt" for further clarification.

Extended Stunt: When the entire body of the top person is extended in an upright position over the base(s). (Examples of stunts that are not considered "extended stunts": Chairs, torches, flat backs, arm-n-arms and straddle lifts. These are stunts where the bases arms are extended overhead, but are NOT considered to be "extended stunts" since the height of the body of the top person is similar to a shoulder/prep level stunt.) *(Clarification: If the primary bases go to their knees and extend their arms, the stunt would be considered extended.)*

Extension Prep (also Prep or Half): When the top person is being held at shoulder level by the base(s).

Flat Back: A stunt in which the top person is lying horizontal and is usually supported by two or more bases.

Flip: An aerial skill that involves hip-over-head rotation without contact with the performing surface as the body passes through the inverted position.

Flipping Toss: A toss where the top person rotates through an inverted position.

Flyer: See "Top Person"

Forward Roll: A non-airborne tumbling skill where one rotates forward through an inverted position by lifting the hips over the head and shoulders while curving the spine to create a motion similar to a ball "rolling" across the floor.

Free-Flipping Mount: Immediately prior to the stunt, the entry into a stunt where the top person passes through an inverted position without physical contact with a base, brace, or the performing surface.

Front Limber: A non-aerial tumbling skill where one rotates forward through an inverted position to a non-inverted position by arching the legs and hips over the head and down to the performing surface landing on both feet/legs at the same time.

Front Spot: A person positioned in front of a stunt that may also add additional support or height to that stunt. (Also know as "fourth base".)

Front Tuck: A tumbling skill in which the tumbler generates momentum upward to perform a forward flip. (Also know as "punch front".)

Front Walkover: A non-aerial tumbling skill where one rotates forward through an inverted position to a non-inverted position by arching the legs and hips over the head and down to the performing surface landing one foot/leg at a time.

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Full: A 360 degree twisting rotation.

Full-up Toe Touch: A non-flipping skill (typically performed in a dismount or toss) in which one performs a 360 degrees turn before executing a toe touch.

Ground Level: To be at the height of or supported by the performing surface.

Half: See "Extension Prep".

Hand/Arm Connection: The physical contact between two or more individuals using the hand(s)/arm(s).

Handspring: Springing off the hands by putting weight on the arms and using a strong push from the shoulders; can be done forward or backward.

Handstand: A straight body inverted position where the arms are extended straight by the head and ears.

Hanging Pyramid: A pyramid in which one or more persons are suspended off the performing surface by one or more top persons. A "Hanging Pyramid" would be considered a 2 and ½ high pyramid due to the weight of the top person being borne at the second level. This would be illegal in levels 1-5.

Helicopter Toss: A stunt where a top person in a horizontal position is tossed to rotate around a vertical axis (like helicopter blades) before being caught by original bases.

Inversion: See "Inverted"; it is the act of being inverted.

Inverted: When the athlete's shoulders are below her/his waist and at least one foot is above her/his head. Arch-back dismounts to a cradle are not considered inverted.

Jump: An airborne position not involving hip-over-head rotation created by using one's own feet and lower body power to push off the performance surface.

Kick Arch: Type of trick that involves the straight ride to a kick with one leg and an arch out of the trick into the cradle position.

Kick Double Full: Skill, typically in a toss, that involves a kick and a 720 degree twisting rotation. A quarter turn performed by the top person during the kick portion is customary and permitted to initiate the twists.

Kick Full: Skill, typically in a toss, that involves a kick and a 360 degree twisting rotation. A quarter turn performed by the top person during the kick portion is customary and permitted to initiate the twist.

Knee (Body) Drop: Dropping to the knees, seat, thigh or splits from an airborne position without first bearing majority of the weight on the hands or feet.

Layout: A stretched body position, straight, hollow, or slightly arched

Layout Stepout: Similar to Layout skill. However, the tumbler "scissors" their legs and lands with one foot before the other.

Leap Frog: A braced top person is transitioned from one set of bases to another or back to the original bases by going through the arms of the brace. The top person remains upright and stays in continuous contact with the brace while transitioning.

Log Roll: A release move whereby the top person's body rotates at least 360 degrees while remaining parallel to the performing surface. (Also known as "barrel roll".) An assisted log roll would be the same skill, with assistance from an additional base that maintains contact throughout the transition.

Mount: See "Stunt".

Multi-Based Stunt: A stunt having 2 or more bases not including the spot.

New Base(s): Bases previously not in direct contact with the top person of a stunt.

Non-Inverted Position: The body is upright. The top person's shoulders are at or above the waist.

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One Half (1/2) Twist Toe Touch: A non-flipping skill in which one performs a 180° twist before executing a toe touch.

Onodi: Starting from a back hand-spring position after pushing off, the tumbler performs a 1/2 twist to the hands, ending the skill as a front handspring step out.

Original Base(s): A base which is in contact with the top person during the initiation of the stunt.

Paper Dolls: Identical single-leg stunts bracing each other while in the single leg position. The stunts may or may not be extended.

Partner: See "Top Person".

Pendulum/Pendulum Style: When the top person falls away from the vertical axis (usually landing in a flat-bodied position) and is caught by additional bases.

Pike: Body bent forward at the hips while the legs are kept straight.

Power Press: When bases bring the top person from an extended position, down to prep level or below, and then re-extend.

Prep: See "Extension Prep".

Prep-Level: The height of the bases hands and at least one foot of the top person are at shoulder level (also known as shoulder-height). Chairs, torches, flatbacks, arm-n-arms and straddle lifts will be considered prep level stunts.

Primary Support: Supporting a majority of the weight of the top person.

Prone Position: A face down, flat body position.

Prop: An object that can be manipulated. Flags, banners, signs, poms, megaphones, and pieces of cloth are the only props allowed. Any uniform piece purposefully removed from the body and used for visual effect will be considered a prop.

Punch: See "Rebound".

Pyramid: A grouping of connected stunts. Individuals standing at ground level may be incorporated into the grouping.

Rebound: A position not involving hip-over-head rotation created by using one's own feet and lower body power to bounce off the performance surface from a tumbling skill. Also known as "Punch."

Release Move: When the base(s) and top person become free of contact with each other and the top person comes back to the original set of bases. This interpretation applies to "stunts" only, not "pyramids."

Reload: Returning to the loading position with both feet of the top person in the hands of the bases.

Retake: Reloading to a stunt, whereby the top person brings one foot to the ground prior to reloading.

Rewind: A free-flipping release move used as an entrance skill into a stunt.

Round Off: The tumbler, with a push-off on one leg, plants hand(s) on floor while swinging the legs upward in a fast cartwheel motion. The feet snap down together landing at the same time to the performing surface.

Running Tumbling: Tumbling that is performed with a running start and/or involves a step or a hurdle (etc.) used to gain momentum as an entry to another skill. Any type of forward momentum/movement prior to execution of the tumbling skill(s) is defined as "running tumbling."

Scooper: An entrance/transition skill into a stunt in which a person (usually a top person) passes between the legs and under the torso of another person (usually a base).

Scrunch Toss: See "Sponge Toss".

Second Level: Any person being supported away from the performing surface by one or more bases.

Second Level Leap Frog: See "Leap Frog".

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Series Front and/or Back Handsprings: Multiple front and/or back handsprings performed consecutively by an individual.

Shoulder Stand Level: A stunt in which the top person's hips are at the same height they would be if in a shoulder stand. (Clarification: If the primary bases squat, go to their knees or drop the overall height of the stunt and extend their arms, the stunt would NOT be shoulder stand level, but rather extended)

Show and Go: A transitional stunt where a stunt passes through an extended level and lands into a loading position or non-extended stunt.

Shushunova: A straddle jump (toe touch) landing in a prone support (push up position)

Single-Based Double Awesome/Cupie: A single base supporting 2 top persons who have both feet in each hand of the base; see definition of "Awesome/Cupie."

Single-Based Split Catch: A single base extending a top person (who is in an upright position having knees forward) by holding both inner thighs as the top person typically performs a high "V" motion, creating an "X" with the body. This is an illegal stunt.

Single-Based Stunt: A stunt using a single base for support.

Single-Leg Stunt: See "Stunt".

Split Catch: An extended stunt where the top person is held in an upright straddle/x position and supported on the thighs by the base(s).

Sponge Toss: A stunt with multiple bases, which have their hands gripping the top person's feet prior to the toss.

Spotted Tumbling: See "Assisted Tumbling".

Spotter: A person whose primary responsibility is the protection of the head and shoulders area of a top person during the performance of a stunt/toss. The spotter must be positioned to the side or the back of the stunt/toss.

- Must be in direct contact with the performing surface.
- Must be attentive to the skill being spotted.
- Spotter is required for each extended stunt.
- Must be in the proper position to prevent injuries and does not have to be in direct contact with the stunt.
- Cannot stand so that their torso is under a stunt.
- A spotter may grab the wrist(s) of the base(s), other parts of the base(s) arms, the top person(s) legs/ankles, or does not have to touch the stunt at all.
- The spotter may not have both hands under the sole of the top person's foot/feet or under the hands of the bases. The spotter may have one hand under the foot as long as the other hand is placed either at the back wrist of a base or at the back side of the ankle of the top person.
- All "Spotters" must be your own team's members and be trained in proper spotting techniques.
- Spotters may also be counted as a base in some cases (e.g. transitional stunts).

Squishy (Toss): See "Sponge Toss".

Standing Tumbling: A tumbling skill (series of skills) performed from a standing position without any previous forward momentum. Any number of steps backward prior to execution of tumbling skill(s) is defined as "standing tumbling."

Straight Cradle: A release move from a stunt to a catching position where no skill (i.e. turn, kick, twist, etc.) is performed.

Straight Ride: The body position of a top person performing a toss that doesn't involve any trick in the air. It is a straight line position that teaches the top person to reach and to obtain maximum height on toss.

Stunt: Any skill in which a top person is supported above the performance surface by one or more persons. Also referred to as a "mount." A stunt is determined to be "Single" or "Double" leg by the number of feet that the top person has being supported by a base(s).

Suspended Flip/Roll: A stunt in which a top person performs a hip over head rotation while in constant physical contact with a person(s) who is in direct weight bearing contact with the performing surface.

Tension Roll/Drop: A pyramid/stunt in which the base(s) and top(s) lean in formation until the top person(s) leave the base(s) without assistance.

Three Quarter (3/4) Front Flip (stunt): A forward hip-over-head rotation from an upright position to a cradle position.

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Three Quarter (3/4) Front Flip (tumble): A forward hip-over-head rotation from an upright position to the ground, with the hands and feet landing first.

Tic-Toc: A stunt that is held in a static position on one leg, base(s) take a downward dip and release top person in an upward fashion, as the top person switches their weight to the other leg and lands in a static position on their opposite leg. The dip may or may not pass through prep level before release.

Toe/Leg Pitch: A single or multi-based toss in which the base(s) push upward on a single foot or leg of the top person to increase the top person's height.

Toss: An airborne stunt where base(s) execute throwing motion from waist level to increase height of the top person. Top person becomes free from all bases. Top person is free from performing surface when toss is initiated (ex: basket toss or sponge toss). Note: Toss to hands, toss to extended stunts and toss chair are NOT included in this category. (See Release Moves)

Top Person: The person(s) on top of a stunt or toss. Also referred to as the "Flyer" or "Partner."

Transitional Pyramid: A top person moving from one stunt to another. The transition may involve changing bases, however at least one person at prep level or below must maintain constant contact with the top person.

Transitional Stunt: Top person or top persons moving from one stunt to another thereby changing the configuration of the beginning stunt.

Traveling Toss: A toss which intentionally requires the bases or catchers to move in a certain direction to catch the top person. (This does not include a quarter turn by the bases in tosses such as kick full)

Tuck Arch: Similar to kick arch, except instead of kick it is an arch out of a tuck position.

Tuck Position: A position in which the knees and hips are bent and drawn into the chest; the body is bent at the waist.

Tumbling: Any gymnastic or acrobatic skill that begins and ends on the performing surface.

Twist: Rotation around the body's vertical axis.

Twisting Mount: Mounts that begin with a twisting motion of the top person within the vertical axis (can be as few as 1/4 twist up to 2 twisting rotations) that end up either a) in a prep level stunt, b) in a loading position prior to the execution of a stunt, or c) in a fully extended stunt.

Twisting Toss: Any type of toss that involves the top person rotating at least 1/4 rotation around the vertical axis of the body.

Two-High Pyramid: All top persons must be primarily supported by a base(s) who is in direct weight-bearing contact with the performing surface. Any time a top person is released from their base(s) in a "Pyramid Release Move", regardless of the height of the release, this top person would be considered "passing above two persons high". "Passing above two persons high" does not relate to the actual height of the top person but to the number of layers they are connected to.

Two and One Half (2 1/2) High Pyramid: For Level 6 Only: Pyramids higher than 2 1/2 body lengths are prohibited. Pyramid height for a "Two and One Half High Pyramid" is measured by body lengths as follows: chairs, thigh stands and shoulder straddles are 1 1/2 body lengths; shoulder stands are 2 body lengths; extended stunts (i.e. extension, liberty, etc.) are 2 1/2 body lengths. Exception: an extended stunt on top of a thigh stand is allowed.

Two-Leg Stunt: Stunts that are above prep level in which the top person is bearing weight on both feet and both feet are in the hands of the base(s).

Vertical Axis of the Stunt Group: The up and down direction of a top person with a stationary stunt group during stunts and pyramids.

Walkover: A non-aerial acrobatic skill involving hip-over-head rotation in which a person rotates forward/backward (usually performed with the legs in a split position) with support from one or both hands.

Whip: Flip or somersault, with the feet coming up over the head and the body rotating around the axis of the waist, while the body remains in an arched position (not tucked and not in layout position). A whip has the look of a back handspring without the hands contacting the ground.

Wolf Wall Transition: Transition that involves the main top person traveling over (front to back, back to front, or side to side) a bracing top person's (at prep level) leg. The leg of the bracing top person is extended away from the body and connected (foot to waist) to a third top person at prep level.

X-Out: Flip or somersault skill performed that involves spreading the arms and legs into an "X" fashion during the rotation of the flip.

SCORE SYSTEM 411

ALL-STAR CHEER DIVISIONS

JAMZ' score system leads the industry in innovation! We take scoring to the next level! We challenge teams to "perform smarter". By understanding JAMZ' scoring structure, coaches should already be able to estimate their 'base' technical element scores before even taking the floor! Use the tips provided below, Scoring Grid, Levels Grid, Routine Guidelines & General Safety Rules, Penalty Info and the Coach's Cheat Sheet to ensure your routine maximizes its potential score.

WHERE DO I FIND ALL INFO ON JAMZ' SCORING?

Everything you need to know about JAMZ scoring is found in the following Championship Guide sections:

- Score System 411 *(THE DOCUMENT YOU'RE READING RIGHT NOW)*
- Coach's Cheat Sheet
- Scoring Grids
- Levels Grids
- Score sheets
- Routine Guidelines & General Safety Rules
- Penalty Info

HOW IS A ROUTINE SCORED?... THIS IS OUR FAVORITE PART!

JAMZ has separate scoring criteria for EVERY level of cheer! What does this mean? Points for routines are allocated differently for each level! They each have their own point distribution. Why would we go to such great lengths to tailor our score sheets to each level? 'Cause we know that level rules only allow certain difficulties in tumbling, stunting, tosses, pyramids, etc. For example, if a Level 1 team performs a round off, that point value of the round off will be higher than if the round off were performed in Level 3 (where round off back handspring back tucks are allowed). JAMZ not only believes in the purpose of skill levels, but also carries this mission throughout the scoring process. If the number of tumbling skills allowed at lower levels is limited, so too should be the percentage of points allocated to tumbling versus other parts of the routine. We get it!

WHAT ARE SCORING GRIDS, ENHANCEMENTS AND EXECUTION?

Scoring grids show coaches what point ranges certain skills, when performed by the majority, 70% OR 100% of the team depending on skill category, will receive. These are generally considered how many credits a team gets for performing a number of skills in the difficulty category of the skill. Stunts, Tosses, Pyramids, Dismounts require 100% to score within the range, Tumbling requires 50% + 1 and Jumps with a tumble must have 70% to score within a particular range. Point ranges are assessed by acknowledging whether skills were performed by a partial, majority, super majority, or ALL the team and the amount of enhancements within a point range the team executes or lack thereof. The actual enhancements are listed below and the failure of a team or success of a team in earning enhancements will determine the team's score within a given range. As you can see, JAMZ takes scoring seriously and works hard to identify the slight differences in routine difficulty, execution and team incorporation that make the difference in final team ranking. Execution points are based on how well a team executes the skills within the range given for difficulty. This is determined by the occurrence of any drops or bobbles, the degree of flexibility, sharpness, synchronization, and perfected form, etc.

HOW ARE TOTAL SCORES CALCULATED?... LET'S DO SOME MATH. C'MON, IT WILL BE FUN!

Your Total Possible Score will be out of 100 possible points. Total scores from all judges on the panel are added together, and then divided by the total number of judges. This total is referred to as the team's Total Average Score. The Total Average Score is used to determine Nationals qualification.

Using the team's Total Average Score, any penalties and deductions received are deducted based on their point weight (see calculation below) to provide the Final Team Score. The Final Team Score is used for awards/ranking at that specific championship.

For example:

Total Possible Score: 100 points

The team receives the following scores:

Judge 1: 72.1

Judge 2: 75.3

Judge 3: 74.1

These scores added together $(72.1+75.3+74.1) = 221.5$

Then divided by the number of judges $(3) = 73.83$

Team Average Score: 73.83 points (used to qualify for Nationals)

The team also received a penalty of 2.5 points.

Team Average Score: 73.83 points

Final Team Score: $(73.83 - 2.5) = 71.33$

COACH'S CHEAT SHEET

ALL-STAR CHEER DIVISIONS

HOW DO YOU USE JAMZ SCORING GRIDS?... *DON'T WORRY, WE'LL WALK YOU THROUGH IT.*

1. FIND YOUR TEAM'S SCORING GRID.

What is your Category & Level (if applicable)?

Example:

- If you are: *SHOW CHEER - LEVEL 5*
- Then select: *ALL-STAR LEVEL 5 - SHOW CHEER SCORING GRID*

2. LOOK AT EACH SKILL ELEMENT ON THE SCORING GRID.

- Scoring grids are consistent with JAMZ' score sheets and display point ranges teams may earn (scoring grids=score sheets).
- *Your* team will be judged and scored on the criteria specified in *your* category and level or dance style scoring grid. Each scoring grid has their own point distribution and allotment.
- Skill sets for standing & running tumbling, stunts, dismounts, tosses (excluding Level 1) and pyramids, motion/dance, choreography/overall impression, and jumps are provided as guidelines. The listed skills are only examples of possible skill sets that might fall within that range. Skills are not limited to the specific skills listed. Use the scoring guideline as a tool to determine how *your* team can expect to be scored.
- Scoring elements are judged based on a level of difficulty & creative incorporation. Elements with a strong level of difficulty & creative incorporation show mastery, excellence, consistency and are performed with confidence. Elements with a weak level of difficulty & creative incorporation lack technique, show inconsistency, need to be polished and lack self-confidence. Strong level = higher score.
- Scoring elements are judged based on majority + 1, super majority, and ALL (100%) vs. partial. Teams will earn more points if the *majority* or higher executes (not attempts) the elements than teams who have partial execution.
- Scoring elements are judged with variety in mind. Variety could include but is not limited to: technical skills, motion sequences, dance/stunt choreography, jumps, jump combinations, tumbling sequences/combinations, stunt/pyramid transitions, stunt entries/mounts, stunt exits/dismounts, creative formation changes, roll-offs, level changes, etc.
- **Scoring Example 1:** One element on the ALL-STAR LEVEL 5 - SHOW CHEER SCORING GRID is MOTIONS / DANCE
 - ▶ If the *majority* of your team executes good basic technique. Missing motion strength and sharpness. Varied motions moderately paced. Good incorporation into cheer and/or dance. Average energy level in dance with minimal transitions and level changes in dance.
 - Then you can expect to receive a score in the 7.1 - 8.0 range
 - ▶ If the *majority* of your team executes precise motion technique and placements. Strong sharp motions. Variety of upbeat and stylized fast paced motion sequences. Visually enhancing motion sections. Excellent incorporation into cheer and/or dance. Multiple transitions, level changes and variety in dance with high energy.
 - Then you can expect to receive a score in the 9.1 - 10.0 range
- **Scoring Example 2:** Another element on the ALL-STAR LEVEL 5 - SHOW CHEER SCORING GRID is STANDING TUMBLING
 - ▶ What is the most advanced standing tumbling skill/sequence your team can perform within the level they are competing?
 - Use the example - standing back handspring series
 - If the *majority* of your team is able to perform and execute this skill sequence.
 - Then according to the ALL-STAR LEVEL 5 - SHOW CHEER SCORING GRID you can expect standing tumbling's score to fall within the 6.1- 7.0 range.
 - If the *majority* of your team performs standing back handspring series and only two team members are able to execute standing back tucks.
 - Then your team could fall in a range of 7.1 - 8.0 but will receive enhancement points within the range for the 2 team members who were able to execute the standing tucks.

ALL-STAR SCORING GUIDELINE

ALL-STAR CHEER DIVISIONS

At JAMZ, our ranges are based on credits and percentages. We convert our percentage requirements into credits. Therefore, to score within a given range you must perform and execute a certain amount or number of skills listed in the range (or similar to the skills listed in the range) to score within that range. Skills must be successfully executed to be given credit.

Tumbling (Standing and Running) = 50% + 1 (Majority)

Jumps (with incorp of tumbling) = 70% (Super Majority) (decimal places .1 thru .4 are rounded down and .5 thru .9 are rounded up)

Stunts, Dismounts, Tosses, Pyramids= 100% (ALL) (we take your participant # and divide by 4 except on tosses where we divide by 5)

Pyramid explanation: You must, in your pyramid sequence, perform the requested skills listed in the scoring range the specified number of times as it corresponds to your # of participants (this can include pyramids skills, stunts, and tosses which are level appropriate as long as they all occur in the pyramid section of your routine. Dismounts from the pyramid will not be included in order to get credits to score in a particular range but they can be included when a judge evaluates what score to give a team in that determined range).

JAMZ is not concerned, when determining if a team has scored within a range, with how many separate individuals perform the skill. What is important is HOW MANY TIMES a skill is performed/executed regardless if 1 individual or 20 individuals throw the skill. (Warning: this is taken into account when determining what score a judge gives a team WITHIN the range). Your required credits/ # of skills are determined by the number of people on the competition floor. So to determine what range you will score in you:

1. Determine the number of participants
2. Look to the left hand side of grid for your participant number
3. Then scroll across and this will tell you how many skills you must perform to score in a given range.
4. Please remember that the listed numbers are only minimums. Teams are encouraged, in order to score higher, to exceed the minimums.

# of Participants	# of tumbling tricks required to meet 50% + 1 to score within a range	# of participants performing Jumps to meet 70% requirement to score within a range	# of building (stunts, dismounts & pyramids) skills required to score within a range	# of building (Tosses) skills required to score within a range
5	3	4	1	1
6	4	4	1	1
7	4	5	1	1
8	5	6	2	1
9	5	6	2	1
10	6	7	2	2
11	6	8	2	2
12	7	8	3	2
13	7	9	3	2
14	8	10	3	2
15	8	11	3	3
16	9	11	4	3
17	9	12	4	3
18	10	13	4	3
19	10	13	4	3
20	11	14	5	4
21	11	15	5	4
22	12	15	5	4
23	12	16	5	4
24	13	17	6	4
25	13	18	6	5
26	14	18	6	5
27	14	19	6	5
28	15	20	7	5
29	15	20	7	5
30	16	21	7	6
31	16	22	7	6
32	17	22	8	6
33	17	23	8	6
34	18	24	8	6
35	18	24	8	7
36	19	25	9	7

SCORING GRIDS

ALL-STAR CHEER DIVISIONS

The following suggested guidelines require specific skill sets performed by the majority of the team. Failure of the MAJORITY (in Tumbling), SUPER MAJORITY (in certain Jump categories) and ALL (100% in Stunts, Pyramids, Tosses, and Dismounts) of a team to perform a skill will move that team into a LOWER SCORE RANGE more appropriate with your skill level. These are suggested scoring ranges by which judges will assess your team's skills and performance.

ENHANCEMENTS WITHIN EACH POINT RANGE... *MAXIMIZE THESE TO SCORE THE MOST POINTS IN EACH SECTION!*

Stunts:

- Percentage of team participation
- Body position and control
- Minimal use of bases
- Degree of difficulty
- Creativity

Dismounts:

- Completion of rotation
- Sharpness of landing (how tight are bases catching and set out)
- Pointed toes by flyer at landing
- Legs together and no crossed legs on landings
- Creativity

Pyramids:

- Percentage of team participation
- Body position and control
- Minimal use of bases
- Degree of difficulty
- Creativity
- Transition speed and variety

Tosses:


- Percentage of team participation
- Body position and control
- Degree of difficulty
- Use of arm movements
- Minimal use of bases (lacking front spots)
- Creativity
- Landings
- Height


Standing/Running Tumbling:


- Percentage of team participation
- Form
- Height
- Combinations of skills
- Creativity
- Synchronization
- Landings
- Was jump skill performed after or before tumbling


Jumps:


- Percentage of team participation
- Degree of difficulty
- Synchronization
- Difficulty of approaches
- Landings
- Arm movements
- Pointed toes
- Was tumbling performed after or before jump skill
- Variety


		
All-Star Level 1		
SCORING ELEMENTS	MAX POINTS	YOUR SCORE
Scoring Criteria		
Choreography	10	
Dismounts	5	
Dismounts Execution	1	
Formations/Transitions	6	
Jumps	10	
Motions/Dance	8	
Overall Impression	10	
Pyramids	12	
Pyramids Execution	2	
Running Tumbling	10	
Running Tumbling Execution	1	
Standing Tumbling	10	
Standing Tumbling Execution	1	
Stunts	12	
Stunts Execution	2	
Comment:	POSSIBLE: 100	YOUR TOTAL:


		
All-Star Level 2		
SCORING ELEMENTS	MAX POINTS	YOUR SCORE
Scoring Criteria		
Choreography/Overall Impression	5	
Dismounts	5	
Dismounts Execution	1	
Formations/Transitions	5	
Jumps	10	
Motions/Dance	8	
Pyramids	12	
Pyramids Execution	2	
Running Tumbling	10	
Running Tumbling Execution	1	
Standing Tumbling	10	
Standing Tumbling Execution	1	
Stunts	12	
Stunts Execution	2	
Synchronized Tumbling	5	
Tosses	10	
Tosses Execution	1	
Comment:	POSSIBLE: 100	YOUR TOTAL:

		
All-Star Level 3		
SCORING ELEMENTS	MAX POINTS	YOUR SCORE
Scoring Criteria		
Choreography/Overall Impression	5	
Dismounts	5	
Dismounts Execution	1	
Formations/Transitions	5	
Jumps	10	
Motions/Dance	8	
Pyramids	12	
Pyramids Execution	2	
Running Tumbling	10	
Running Tumbling Execution	1	
Standing Tumbling	10	
Standing Tumbling Execution	1	
Stunts	12	
Stunts Execution	2	
Synchronized Tumbling	5	
Tosses	10	
Tosses Execution	1	
Comment:	POSSIBLE: 100	YOUR TOTAL:

		
All-Star Level 4		
SCORING ELEMENTS	MAX POINTS	YOUR SCORE
Scoring Criteria		
Choreography/Overall Impression	5	
Dismounts	5	
Dismounts Execution	1	
Formations/Transitions	5	
Jumps	10	
Motions/Dance	8	
Pyramids	12	
Pyramids Execution	2	
Running Tumbling	10	
Running Tumbling Execution	1	
Standing Tumbling	10	
Standing Tumbling Execution	1	
Stunts	12	
Stunts Execution	2	
Synchronized Tumbling	5	
Tosses	10	
Tosses Execution	1	
Comment:	POSSIBLE: 100	YOUR TOTAL:

		
All-Star Level 4.2		
SCORING ELEMENTS	MAX POINTS	YOUR SCORE
Scoring Criteria		
Choreography/Overall Impression	5	
Dismounts	5	
Dismounts Execution	1	
Formations/Transitions	5	
Jumps	10	
Motions/Dance	8	
Pyramids	12	
Pyramids Execution	2	
Running Tumbling	10	
Running Tumbling Execution	1	
Standing Tumbling	10	
Standing Tumbling Execution	1	
Stunts	12	
Stunts Execution	2	
Synchronized Tumbling	5	
Tosses	10	
Tosses Execution	1	
Comment:	POSSIBLE: 100	YOUR TOTAL:

		
All-Star Level 5		
SCORING ELEMENTS	MAX POINTS	YOUR SCORE
Scoring Criteria		
Choreography/Overall Impression	5	
Dismounts	5	
Dismounts Execution	1	
Formations/Transitions	5	
Jumps	10	
Motions/Dance	8	
Pyramids	12	
Pyramids Execution	2	
Running Tumbling	10	
Running Tumbling Execution	1	
Standing Tumbling	10	
Standing Tumbling Execution	1	
Stunts	12	
Stunts Execution	2	
Synchronized Tumbling	5	
Tosses	10	
Tosses Execution	1	
Comment:	POSSIBLE: 100	YOUR TOTAL:

		
All-Star Level 6		
SCORING ELEMENTS	MAX POINTS	YOUR SCORE
Scoring Criteria		
Choreography/Overall Impression	5	
Dismounts	5	
Dismounts Execution	1	
Formations/Transitions	5	
Jumps	10	
Motions/Dance	8	
Pyramids	12	
Pyramids Execution	2	
Running Tumbling	10	
Running Tumbling Execution	1	
Standing Tumbling	10	
Standing Tumbling Execution	1	
Stunts	12	
Stunts Execution	2	
Synchronized Tumbling	5	
Tosses	10	
Tosses Execution	1	
Comment:	POSSIBLE: 100	YOUR TOTAL:

All-Star Level 1

CHOREOGRAPHY (Max Score: 10.0)	
0.0 - 5.9	Lacking/poor pace and flow of routine, smooth transitions, choice and use of music and/or timing. Lacking/poor visual effects, level changes, roll offs. Lacking/poor creativity.
6.0 - 7.0	Minimal/inconsistent pace and flow of routine, smooth transitions, choice and use of music and/or timing. Minimal/inconsistent visual effects, level changes, roll offs. Minimal/inconsistent creativity.
7.1 - 8.0	Moderate/consistent pace and flow of routine, smooth transitions, choice and use of music and/or timing. Moderate/consistent visual effects, level changes, roll offs. Moderate/consistent creativity.
8.1 - 9.0	Good pace and flow of routine, smooth transitions, choice and use of music and/or timing. Good visual effects, level changes, roll offs. Good creativity.
9.1 - 10.0	Excellent/innovative pace and flow of routine, smooth transitions, choice and use of music and/or timing. Excellent/innovative visual effects, level changes, roll offs. Excellent/innovative creativity.
DISMOUNTS (Max Score: 5.0 - 1 point(s) will be reserved for execution)	
0.0 - 2.9	Minimal to no incorporation, weak level of execution and perfection
3.0 - 4.0	Pop off, step, shove wrap
4.1 - 5.0	Straight ride cradle
JUMPS (Max Score: 10.0)	
0.0 - 5.9	Lacking/poor technique, variety, form, height, pointed toes and/or incorporation. Lacking/poor combinations/sequences. No to minimal jumps.
6.0 - 7.0	Single jumps not in combination executed with weak technique, variety, form, height, pointed toes and/or incorporation. Weak below level jumps.
7.1 - 8.0	Multiple jump combination executed by majority of team with weak level of execution. Below level combination jumps. Or single jumps executed not in combination with average technique (level), variety, form, height, pointed toes and/or incorporation.
8.1 - 9.0	Multiple continuous jump combination executed by majority of team with level jumps or jumps (not continuous) executed by team with hyper-extended jumps by majority. Standard to good technique, variety, form, height, pointed toes and/or incorporation.
9.1 - 10.0	Multiple continuous jump combination executed by team with a majority of team performing hyper-extended well-executed jumps. Excellent technique, variety, form, height, pointed toes.
MOTIONS/DANCE (Max Score: 8.0)	
0.0 - 3.9	Lacking strength and technique in motions. Movements lacking basic technique. Slow paced, drawn out lengthy sections. Little or no control over arm placement. Lacking sharpness. Lacking/poor incorporation into cheer and/or dance.
4.0 - 5.0	Moderate motion technique. Lacking sharpness and overall motion control. Moderate paced. Lacking creativity and variety in motions. Weak incorporation into cheer and/or dance. Low energy dance with minimal to zero transitions and level changes in dance.
5.1 - 6.0	Good basic technique. Missing motion strength and sharpness. Varied motions moderately paced. Good incorporation into cheer and/or dance. Average energy level in dance with minimal transitions and level changes in dance.
6.1 - 7.0	Great technique and control. Sharp motions. Excellent pace. Motion sequences include variety. Minimal visual enhancement. Great incorporation into cheer and/or dance. Moderate energy with some transitions and level changes in dance.
7.1 - 8.0	Precise motion technique and placements. Strong sharp motions. Variety of upbeat and stylized fast paced motion sequences. Visually enhancing motion sections. Excellent incorporation into cheer and/or dance. Multiple transitions, level changes and variety in dance with high energy and floor work.
PYRAMIDS (Max Score: 12.0 - 2 point(s) will be reserved for execution)	
0.0 - 5.9	Minimal to no incorporation, weak level of execution and perfection
6.0 - 7.0	Pyramids involving below prep-level stunts
7.1 - 8.0	Pyramids involving two-leg prep-level stunts and transitions
8.1 - 9.0	Pyramids involving single-leg prep-level stunts braced on BOTH sides and transitions
9.1 - 10.0	Pyramids involving extended two leg stunts (braced on both sides) OR prep-level single leg stunts braced on only one side and multiple transitions.
10.1 - 12.0	Pyramids involving extended two leg stunts (braced on both sides) AND prep-level single-leg stunts braced on only one side and multiple transitions. Must have BOTH skills incorporated to score in this range.
RUNNING TUMBLING (Max Score: 10.0 - 1 point(s) will be reserved for execution)	
0.0 - 6.9	Minimal to no incorporation- weak level of execution
7.0 - 8.0	Cartwheels
8.1 - 9.0	Round offs
9.1 - 10.0	Front walkovers or round off w/ incorp of back walkover immediately afterwards
STANDING TUMBLING (Max Score: 10.0 - 1 point(s) will be reserved for execution)	
0.0 - 5.9	Zero to minimal incorporation of standing skills. Weak level of execution and perfection
6.0 - 7.0	Forward and Backward Rolls
7.1 - 8.0	Cartwheels
8.1 - 9.0	Round offs
9.1 - 10.0	Back Walkovers/ Front Walkovers
STUNTS (Max Score: 12.0 - 2 point(s) will be reserved for execution)	
0.0 - 6.9	Minimal to no incorporation, weak level of execution and perfection
7.0 - 8.0	Thigh stands (two legs)/ shoulder sits
8.1 - 9.0	Below prep-level liberties (performed in thigh stand position)
9.1 - 10.0	Below prep-level single-leg stunt variations/body positions, stretches, scorpions, scales, arabesque) performed in a thigh stand position OR below prep-level liberties performed with bases in standing position
10.1 - 12.0	Prep level two leg stunts or below prep level single leg stunts variations/body positions(stretches, scorpions, scales, arabesque) performed with bases in standing position.

All-Star Level 2

CHOREOGRAPHY/OVERALL IMPRESSION (Max Score: 5.0)	
0.0 - 0.9	Lacking/poor pace and flow of routine, smooth transitions, choice and use of music and/or timing. Lacking/poor visual effects, level changes, roll offs. Lacking/poor creativity.
1.0 - 2.0	Minimal/inconsistent pace and flow of routine, smooth transitions, choice and use of music and/or timing. Minimal/inconsistent visual effects, level changes, roll offs. Minimal/inconsistent creativity.
2.1 - 3.0	Moderate/consistent pace and flow of routine, smooth transitions, choice and use of music and/or timing. Moderate/consistent visual effects, level changes, roll offs. Moderate/consistent creativity.
3.1 - 4.0	Good pace and flow of routine, smooth transitions, choice and use of music and/or timing. Good visual effects, level changes, roll offs. Good creativity.
4.1 - 5.0	Excellent/innovative pace and flow of routine, smooth transitions, choice and use of music and/or timing. Excellent/innovative visual effects, level changes, roll offs. Excellent/innovative creativity.
DISMOUNTS (Max Score: 5.0 - 1 point(s) will be reserved for execution)	
0.0 - 0.9	Minimal to no incorporation, weak level of execution and perfection
1.0 - 3.0	Pop off, step, shove wrap
3.1 - 4.0	Straight ride cradles from prep level stunts
4.1 - 5.0	Straight ride cradle extended stunts/pyramids
JUMPS (Max Score: 10.0)	
0.0 - 5.9	Lacking/poor technique, variety, form, height, pointed toes and/or incorporation. Lacking/poor combinations/sequences. No to minimal jumps.
6.0 - 7.0	Single jumps not in combination executed with weak technique, variety, form, height, pointed toes and/or incorporation. Weak below level jumps.
7.1 - 8.0	Multiple continuous jump combination executed by majority of team with weak level of execution. Below level combination jumps. Or single jumps executed not in combination with average technique (level), variety, form, height, pointed toes and/or incorporation.
8.1 - 9.0	Multiple continuous jump combination executed by majority of team with level jumps or jumps (not continuous) executed by team with hyper-extended jumps by majority. Standard to good technique, variety, form, height, pointed toes and/or incorporation.
9.1 - 10.0	Multiple continuous jump combination executed by team with a majority of team performing hyper-extended well executed jumps OR Multiple continuous jump combination with level jumps executed by a super majority (70%) of the team with a back handspring after the jump (pause). Excellent technique, variety, form, height, pointed toes.
MOTIONS/DANCE (Max Score: 8.0)	
0.0 - 3.9	Lacking strength and technique in motions. Movements lacking basic technique. Slow paced, drawn out lengthy sections. Little or no control over arm placement. Lacking sharpness. Lacking/poor incorporation into cheer and/or dance.
4.0 - 5.0	Moderate motion technique. Lacking sharpness and overall motion control. Moderate paced. Lacking creativity and variety in motions. Weak incorporation into cheer and/or dance. Low Energy Dance with minimal to zero transitions and level changes in dance.
5.1 - 6.0	Good basic technique. Missing motion strength and sharpness. Varied motions moderately paced. Good incorporation into cheer and/or dance. Average energy level in dance with minimal transitions and level changes in dance.
6.1 - 7.0	Great technique and control. Sharp motions. Excellent pace. Motion sequences include variety. Minimal visual enhancement. Great incorporation into cheer and/or dance. Moderate energy with some transitions and level changes in dance.
7.1 - 8.0	Precise motion technique and placements. Strong sharp motions. Variety of upbeat and stylized fast paced motion sequences. Visually enhancing motion sections. Excellent incorporation into cheer and/or dance. Multiple transitions, formations changes, ground work, level changes and variety in dance with high energy.
PYRAMIDS (Max Score: 12.0 - 2 point(s) will be reserved for execution)	
0.0 - 7.9	Minimal to no incorporation, weak level of execution and perfection. Pyramids below prep level.
8.0 - 9.0	Pyramids involving prep level stunts and transitions
9.1 - 10.0	Pyramids involving extended two leg stunts and multiple transitions
10.1 - 11.0	Pyramids involving creative transitions two high and connected extended single leg stunts braced on BOTH sides.
11.1 - 12.0	Pyramids involving creative transitions two high and connected extended single-leg stunts braced on only ONE side.
RUNNING TUMBLING (Max Score: 10.0 - 1 point(s) will be reserved for execution)	
0.0 - 5.9	Minimal to no incorporation- weak level of execution
6.0 - 7.0	Cartwheels or round offs
7.1 - 8.0	Round offs w/ incorp of back or front walkovers
8.1 - 9.0	Round off back handspring single or single front handspring
9.1 - 10.0	Round off back handspring series (more than one back handspring must be performed in the series to qualify) OR incorporation of front handspring series OR the incorp of a front walkover, roundoff backhandspring.
STANDING TUMBLING (Max Score: 10.0 - 1 point(s) will be reserved for execution)	
0.0 - 5.9	Forward and Backward Rolls. Zero to minimal incorporation of standing skills. Weak Level of execution and perfection.
6.0 - 7.0	Cartwheels
7.1 - 8.0	Round offs
8.1 - 9.0	Front and back walkovers
9.1 - 10.0	Single standing back handsprings or standing front handspring
STUNTS (Max Score: 12.0 - 2 point(s) will be reserved for execution)	
0.0 - 5.9	Minimal to no incorporation, weak level of execution and perfection
6.0 - 7.0	Thigh stands/ shoulder sits
7.1 - 8.0	Below prep-level liberties and various body positions or single full twisting barrel roll.
8.1 - 9.0	Prep-level two leg stunts or below prep-level single-leg stunt variations/body positions (stretches, scorpions, scales, arabesque) or prep-level liberty or use of transitions from ground level inversions or 1/2 twist load in/ mount transitions to sponge position. Ground up inversions-transitions.
9.1 - 10.0	Prep-level single-leg stunt variations (stretches, scorpions, scales, arabesque) OR two leg extended stunts
10.1 - 12.0	1/2 twist load in mount transitions to immediate single leg prep level stunt OR two leg prep OR extension (two feet).
TOSSES (Max Score: 10.0 - 1 point(s) will be reserved for execution)	
0.0 - 6.9	Minimal to no incorporation - weak level of execution
7.0 - 8.0	Basic straight ride toss from a shot gun or other position.
8.1 - 10.0	Basic straight ride tosses from a true "basket position".

All-Star Level 3

CHOREOGRAPHY/OVERALL IMPRESSION (Max Score: 5.0)	
0.0 - 0.9	Lacking/poor pace and flow of routine, smooth transitions, choice and use of music and/or timing. Lacking/poor visual effects, level changes, roll offs. Lacking/poor creativity.
1.0 - 2.0	Minimal/inconsistent pace and flow of routine, smooth transitions, choice and use of music and/or timing. Minimal/inconsistent visual effects, level changes, roll offs. Minimal/inconsistent creativity.
2.1 - 3.0	Moderate/consistent pace and flow of routine, smooth transitions, choice and use of music and/or timing. Moderate/consistent visual effects, level changes, roll offs. Moderate/consistent creativity.
3.1 - 4.0	Good pace and flow of routine, smooth transitions, choice and use of music and/or timing. Good visual effects, level changes, roll offs. Good creativity.
4.1 - 5.0	Excellent/innovative pace and flow of routine, smooth transitions, choice and use of music and/or timing. Excellent/innovative visual effects, level changes, roll offs. Excellent/innovative creativity. Highest/strongest level of execution of routine.
DISMOUNTS (Max Score: 5.0 - 1 point(s) will be reserved for execution)	
0.0 - 0.9	Pop off, step, shove wrap
1.0 - 2.0	Straight ride cradle
2.1 - 3.0	Alternate cradles no twisting- (toe touch, pike arch, etc)
3.1 - 4.0	Single twist cradles from prep-level two-leg stunts
4.1 - 5.0	Single twist cradles from extended two-leg stunts
JUMPS (Max Score: 10.0)	
0.0 - 4.9	No to minimal jumps.
5.0 - 6.0	Single jumps not in combination executed with weak technique, variety, form, height, pointed toes and/or incorporation. Weak below level jumps lacking/poor technique, variety, form, height, pointed toes and/or incorporation. Lacking/poor combinations/sequences.
6.1 - 7.0	Multiple jump combination executed by majority of team with weak level of execution. Below level combination jumps OR single jumps executed not in combination with average technique (level), variety, form, height, pointed toes and/or incorporation.
7.1 - 8.0	Multiple jump combination executed by majority of team with level jumps
8.1 - 9.0	Single jumps executed not continuously with average technique (level) with a standing back handspring OR multiple continuous jump combination executed by majority of team with hyper extended jumps standard to good technique, variety, form, height, pointed toes with incorporation.
9.1 - 10.0	Multiple continuous jump combination executed by super majority (70%) of team with hyper extended jumps OR multiple continuous jump combination executed by super majority (70%) of team with level jumps executed continuously with a standing back handspring. Standard to good technique, variety, form, height, pointed toes with incorporation.
MOTIONS/DANCE (Max Score: 8.0)	
0.0 - 3.9	Lacking strength and technique in motions. Movements lacking basic technique. Slow paced, drawn out lengthy sections. Little or no control over arm placement. Lacking sharpness. Lacking/poor incorporation into cheer and/or dance.
4.0 - 5.0	Moderate motion technique. Lacking sharpness and overall motion control. Moderate paced. Lacking creativity and variety in motions. Weak incorporation into cheer and/or dance. Low energy dance with minimal to zero transitions and level changes in dance.
5.1 - 6.0	Good basic technique. Missing motion strength and sharpness. Varied motions moderately paced. Good incorporation into cheer and/or dance. Average energy level in dance with minimal transitions and level changes in dance.
6.1 - 7.0	Great technique and control. Sharp motions. Excellent pace. Motion sequences include variety. Minimal visual enhancement. Great incorporation into cheer and/or dance. Moderate energy with some transitions and level changes in dance.
7.1 - 8.0	Precise motion technique and placements. Strong sharp motions. Variety of upbeat and stylized fast paced motion sequences. Visually enhancing motion sections. Excellent incorporation into cheer and/or dance. Multiple transitions, level changes and variety in dance with high energy.
PYRAMIDS (Max Score: 12.0 - 2 point(s) will be reserved for execution)	
0.0 - 5.9	Pyramids below prep-level. Minimal to no incorporation, weak level of execution and perfection.
6.0 - 7.0	Pyramids involving prep-level stunts and transitions
7.1 - 8.0	Pyramids involving extended two leg stunts and multiple transitions
8.1 - 9.0	Pyramids involving creative transitions two high, and extended single-leg stunts braced on BOTH sides
9.1 - 10.0	Pyramids involving creative transitions two high and connected extended single-leg stunts braced on only ONE side.
10.1 - 12.0	Pyramid involving 2.5 high transitions (tic tocs/ release moves) OR inversions OR full ups (to prep only OR tosses allowed in Level 3 but not allowed in Level 2 OR stunts or inversions allowed in Level 3 but not allowed in Level 2).
RUNNING TUMBLING (Max Score: 10.0 - 1 point(s) will be reserved for execution)	
0.0 - 4.9	Minimal to no incorporation- weak level of execution
5.0 - 6.0	Cartwheels
6.1 - 7.0	Round offs
7.1 - 8.0	Round off back handspring single OR front handspring single
8.1 - 9.0	Round off back handspring series (more than one back handspring must be performed in the series to qualify) OR front handspring series
9.1 - 10.0	Round off or round off back handspring entry into a flip (tuck) OR running front tuck OR 3/4 front flip
STANDING TUMBLING (Max Score: 10.0 - 1 point(s) will be reserved for execution)	
0.0 - 5.9	Forward and backward rolls. Zero to minimal incorporation of standing skills. Weak level of execution and perfection
6.0 - 7.0	Round offs/cartwheels,
7.1 - 8.0	Front and back walkovers
8.1 - 9.0	Single standing back handsprings
9.1 - 10.0	Standing back handspring series (must incorporate at least two consecutive back handsprings)
STUNTS (Max Score: 12.0 - 2 point(s) will be reserved for execution)	
0.0 - 4.9	High stands/shoulder sits. Minimal to no incorporation, weak level of execution and perfection
5.0 - 6.0	Below prep-level liberties
6.1 - 7.0	Prep level two leg stunt or below prep-level single-leg stunt variations/body positions (stretches, scorpions, scales, arabesque) or single full twisting barrel rolls.
7.1 - 8.0	Prep-level single-leg stunt variations (stretches, scorpions, scales, arabesque) OR two leg extended stunts OR clear release moves that land below prep-level.
8.1 - 9.0	Extended single-leg liberties OR full and half twist transitions to below prep-level and smush positions OR clear release moves that land in prep two-footed
9.1 - 10.0	Multi-based extended Single leg stunt variations/body positions (stretches, scorpions, scales, arabesque) OR full twisting mount to two leg prep-level stunts OR 1/2 twist load in/mount to extended two leg stunt OR clear release moves that land at prep-level to an immediate single-leg stunt.
10.1 - 12.0	Half twisting load in mount to extended single leg stunts OR full twisting to prep level single leg stunt. Or single based (coed style) two leg extended stunts (only in coed divisions).
TOSSES (Max Score: 10.0 - 1 point(s) will be reserved for execution)	
0.0 - 6.9	Minimal to no incorporation weak level of execution
7.0 - 8.0	Basic straight ride tosses
8.1 - 9.0	Non- twisting toss execution (toe touch, ball out, pretty girl, etc.)
9.1 - 10.0	Single twisting tosses

All-Star Level 4

CHOREOGRAPHY/OVERALL IMPRESSION (Max Score: 5.0)	
0.0 - 0.9	Lacking/poor pace and flow of routine, smooth transitions, choice and use of music and/or timing. Lacking/poor visual effects, level changes, roll offs. Lacking/poor creativity.
1.0 - 2.0	Minimal/inconsistent pace and flow of routine, smooth transitions, choice and use of music and/or timing. Minimal/inconsistent visual effects, level changes, roll offs. Minimal/inconsistent creativity.
2.1 - 3.0	Moderate/consistent pace and flow of routine, smooth transitions, choice and use of music and/or timing. Moderate/consistent visual effects, level changes, roll offs. Moderate/consistent creativity.
3.1 - 4.0	Good pace and flow of routine, smooth transitions, choice and use of music and/or timing. Good visual effects, level changes, roll offs. Good creativity.
4.1 - 5.0	Excellent/innovative pace and flow of routine, smooth transitions, choice and use of music and/or timing. Excellent/innovative visual effects, level changes, roll offs. Excellent/innovative creativity.
DISMOUNTS (Max Score: 5.0 - 1 point(s) will be reserved for execution)	
0.0 - 1.0	Straight ride cradle, pop off, step, shove wrap. Minimal to no incorporation, weak level of execution and perfection
1.1 - 1.5	Alternate cradles no twisting- (toe touch, pike arch, etc)
1.6 - 2.4	Prep-level two leg single twist cradle
2.5 - 3.4	Single twist cradles from prep-level single-leg stunts OR extended two leg stunts
3.5 - 4.0	Double twist cradles from prep-level two leg stunts.
4.1 - 5.0	Single twisting cradles from extended single leg stunts OR double twist cradles from two leg extended stunts
JUMPS (Max Score: 10.0)	
0.0 - 4.9	Single jumps executed not in combination with average technique (level), variety, form, height, pointed toes and/or incorporation.
5.0 - 6.0	Multiple continuous jump combination executed by majority of team with level jumps OR single jumps executed not in combination with average technique (level), variety, form, height, pointed toes w/ a back handspring after the jump stop.
6.1 - 7.0	Single jumps executed not in combination with average technique (level) with a standing back handspring, variety, form, height, pointed toes and/or incorporation.
7.1 - 8.0	Multiple continuous jump combination executed by super majority (70%) of team with level jumps executed with a standing back handspring series OR multiple continuous jump combination executed by super majority (70%) of team with hyper-extended well executed jumps
8.1 - 9.0	Multiple continuous jump combination executed by super majority (70%) of team with level jumps executed with a standing back handspring series. Standard to good technique, variety, form, height, pointed toes and/or incorporation.
9.1 - 10.0	Multiple continuous jump combination executed by super majority of team (70%) with at least level jumps executed with a handspring tuck. Excellent technique, variety, form, height, pointed toes.
MOTIONS/DANCE (Max Score: 8.0)	
0.0 - 3.9	Lacking strength and technique in motions. Movements lacking basic technique. Slow paced, drawn out lengthy sections. Little or no control over arm placement. Lacking sharpness. Lacking/poor incorporation into cheer and/or dance.
4.0 - 5.0	Moderate motion technique. Lacking sharpness and overall motion control. Moderate paced. Lacking creativity and variety in motions. Weak incorporation into cheer and/or dance. Low energy dance with minimal to zero transitions and level changes in dance.
5.1 - 6.0	Good basic technique. Missing motion strength and sharpness. Varied motions moderately paced. Good incorporation into cheer and/or dance. Average energy level in dance with minimal transitions and level changes in dance.
6.1 - 7.0	Great technique and control. Sharp motions. Excellent pace. Motion sequences include variety. Minimal visual enhancement. Great incorporation into cheer and/or dance. Moderate energy with some transitions and level changes in dance.
7.1 - 8.0	Precise motion technique and placements. Strong sharp motions. Variety of upbeat and stylized fast paced motion sequences. Visually enhancing motion sections. Excellent incorporation into cheer and/or dance. Multiple transitions, level changes, ground work and variety in dance with high energy.
PYRAMIDS (Max Score: 12.0 - 2 point(s) will be reserved for execution)	
0.0 - 6.9	Pyramids involving prep level stunts and transitions. Pyramids below prep level. Minimal to no incorporation, weak level of execution and perfection
7.0 - 8.0	Pyramids involving extended two leg stunts and multiple transitions OR single-leg stunts braced on both sides
8.1 - 8.9	Pyramids involving creative transitions two high and extended single-leg stunts braced on only one side.
9.1 - 10.0	Pyramid involving extended single-leg stunts and 2.5 high transitions (non-flipping release moves) (Level 3 pyramids and skills)
10.1 - 12.0	Pyramid involving braced flips OR pyramid inversions allowed in Level 4 but not allowed in Level 3 or incorporation of stunts/inversions allowed in Level 4 but not allowed in Level 3.
RUNNING TUMBLING (Max Score: 10.0 - 1 point(s) will be reserved for execution)	
0.0 - 4.9	Minimal to no incorporation- weak level of execution
5.0 - 6.0	Round off/cartwheels
6.1 - 7.0	Round off back handspring series, front handspring series
7.1 - 8.0	Round off back handspring single OR front handspring single
8.1 - 9.0	Round off back handspring entry into a flip (tuck)
9.1 - 10.0	Round off back handspring entry into a layout, layout step out OR whips OR pikes
STANDING TUMBLING (Max Score: 10.0 - 1 point(s) will be reserved for execution)	
0.0 - 4.9	Round offs/cartwheels. Forward and backward rolls. Zero to minimal incorporation of standing skills. Weak level of execution and perfection.
5.0 - 6.0	Front and back walkovers
6.1 - 7.0	Single standing back handsprings
7.1 - 8.0	Single standing back handspring series.
8.1 - 9.0	Standing back handspring back tuck
9.1 - 10.0	Standing flips (tucks) OR standing back handspring through to layout
STUNTS (Max Score: 12.0 - 2 point(s) will be reserved for execution)	
0.0 - 5.9	Below prep-level liberties. Thigh stands/shoulder sits. Minimal to no incorporation, weak level of execution and perfection.
6.0 - 7.0	Prep-level single-leg stunt variations (stretches, scorpions, scales, arabesque), two leg extended stunts, 1/2 twist load in/mount transitions, single full.
7.1 - 8.0	Multi-based single-leg extended liberties or coed style prep-level stunts
8.1 - 9.0	Multi-based single-leg stunt variations/body positions (stretches, scorpions, scales, arabesque), half twisting load in mount or transitions landing at extended two feet. Single-based two leg extended stunt (coed division only).
9.1 - 10.0	True half ups to immediate single-leg stunt position OR "fake" full ups to two leg stunts creative transitions/entrances. Single-based liberty/high torch extended stunt (coed division only)
10.1 - 12.0	True full ups to extended two leg stunts OR release moves that originate from ground level that land in extended single position(switch ups)(incorp single leg body positions). Single based single leg extended stunt variations and body positions or single based one arm stunts (coed division only)
TOSSES (Max Score: 10.0 - 1 point(s) will be reserved for execution)	
0.0 - 5.9	Minimal to no incorporation - weak level of execution
6.0 - 7.0	Basic straight ride tosses
7.1 - 8.0	Non-twisting toss execution (toe touch, ball out, pretty girl, etc.)
8.1 - 9.0	Single twisting tosses
9.1 - 10.0	Trick/single twist combinations (ex. Kick full) OR straight double twist

All-Star Level 4.2

CHOREOGRAPHY/OVERALL IMPRESSION (Max Score: 5.0)	
0.0 - 0.9	Lacking/poor pace and flow of routine, smooth transitions, choice and use of music and/or timing. Lacking/poor visual effects, level changes, roll offs. Lacking/poor creativity.
1.0 - 2.0	Minimal/inconsistent pace and flow of routine, smooth transitions, choice and use of music and/or timing. Minimal/inconsistent visual effects, level changes, roll offs. Minimal/inconsistent creativity.
2.1 - 3.0	Moderate/consistent pace and flow of routine, smooth transitions, choice and use of music and/or timing. Moderate/consistent visual effects, level changes, roll offs. Moderate/consistent creativity.
3.1 - 4.0	Good pace and flow of routine, smooth transitions, choice and use of music and/or timing. Good visual effects, level changes, roll offs. Good creativity.
4.1 - 5.0	Excellent/innovative pace and flow of routine, smooth transitions, choice and use of music and/or timing. Excellent/innovative visual effects, level changes, roll offs. Excellent/innovative creativity.
DISMOUNTS (Max Score: 5.0 - 1 point(s) will be reserved for execution)	
0.0 - 0.9	Pop off, step, shove wrap. Minimal to no incorporation, weak level of execution and perfection
1.0 - 2.0	Straight ride cradle
2.1 - 3.0	Alternate cradles no twisting (toe touch, pike arch, etc)
3.1 - 4.0	Single twist cradles from prep-level stunts or extended two leg stunts
4.1 - 5.0	Single twisting cradles from extended single-leg stunts, double twist cradles from two leg stunts
JUMPS (Max Score: 10.0)	
0.0 - 5.9	Lacking/poor technique, variety, form, height, pointed toes and/or incorporation. Lacking/poor combinations/sequences. No to minimal jumps.
6.0 - 7.0	Single jumps not in combination executed with weak technique, variety, form, height, pointed toes and/or incorporation. Weak below level jumps.
7.1 - 8.0	Multiple continuous jump combination executed by majority of team with weak level of execution. Below level combination jumps. OR single jumps executed not in combination with average technique (level), variety, form, height, pointed toes and/or incorporation.
8.1 - 9.0	Multiple continuous jump combination executed by majority of team with level jumps Or Jumps (not continuous) executed by team with hyper-extended jumps by majority. Standard to good technique, variety, form, height, pointed toes and/or incorporation.
9.1 - 10.0	Multiple continuous jump combination executed by team with a majority of team performing hyper-extended well executed jumps OR multiple continuous jump combination with level jumps executed by a super majority (70%) of the team with a back handspring (clear stop) after the jump. Excellent technique, variety, form, height, pointed toes.
MOTIONS/DANCE (Max Score: 8.0)	
0.0 - 3.9	Lacking strength and technique in motions. Movements lacking basic technique. Slow paced, drawn out lengthy sections. Little or no control over arm placement. Lacking sharpness. Lacking/poor incorporation into cheer and/or dance.
4.0 - 5.0	Moderate motion technique. Lacking sharpness and overall motion control. Moderate paced. Lacking creativity and variety in motions. Weak incorporation into cheer and/or dance. Low Energy Dance with minimal to zero transitions and level changes in dance.
5.1 - 6.0	Good basic technique. Missing motion strength and sharpness. Varied motions moderately paced. Good incorporation into cheer and/or dance. Average energy level in dance with minimal transitions and level changes in dance.
6.1 - 7.0	Great technique and control. Sharp motions. Excellent pace. Motion sequences include variety. Minimal visual enhancement. Great incorporation into cheer and/or dance. Moderate energy with some transitions and level changes in dance.
7.1 - 8.0	Precise motion technique and placements. Strong sharp motions. Variety of upbeat and stylized fast paced motion sequences. Visually enhancing motion sections. Excellent incorporation into cheer and/or dance. Multiple transitions, level changes and variety in dance with high energy.
PYRAMIDS (Max Score: 12.0 - 2 point(s) will be reserved for execution)	
0.0 - 5.9	Pyramids involving prep-level stunts and transitions executed by majority of team. Pyramids below prep-level executed by majority of team. Minimal to no incorporation, weak level of execution and perfection executed by majority of team
6.0 - 7.0	Pyramids involving single-leg extended stunts braced on both sides multiple transitions executed by majority of team
7.1 - 8.0	Pyramids involving creative transitions 2 high and extended single leg stunts braced on only one side.
8.1 - 10.0	Pyramid involving extended single leg stunts and 2.5 high transitions (non-flipping release moves) (Level 3 pyramids and skills)
10.1 - 12.0	Pyramid involving braced flips OR inversions allowed in Level 4 but not allowed in Level 3 or incorporation of stunts located in the 11.1 - 12.0 of the Level 4 stunts category.
RUNNING TUMBLING (Max Score: 10.0 - 1 point(s) will be reserved for execution)	
0.0 - 6.9	Minimal to no incorporation- weak level of execution. Round offs, Cartwheels, forward rolls,
7.0 - 8.0	Round offs w/ incorp of front or back walkovers
8.1 - 9.0	Round off back handspring single, front handspring single
9.1 - 10.0	Round off back handspring series OR front handspring series.(more than one back handspring must be performed in the series to qualify)
STANDING TUMBLING (Max Score: 10.0 - 1 point(s) will be reserved for execution)	
0.0 - 5.9	Forward and backward rolls. Zero to minimal incorporation of standing skills. Weak level of execution and perfection
6.0 - 7.0	Cartwheels
7.1 - 8.0	Round offs
8.1 - 9.0	Front and back walkovers
9.1 - 10.0	Single standing back handsprings or standing front handspring.
STUNTS (Max Score: 12.0 - 2 point(s) will be reserved for execution)	
0.0 - 5.9	Below prep-level liberties. High stands/ shoulder sits. Minimal to no incorporation, weak level of execution and perfection
6.0 - 7.0	Prep-level single-leg stunt variations (stretches, scorpions, scales, arabesque), two leg extended stunts, 1/2 twist load in/ mount transitions, single full twisting barrel rolls.
7.1 - 8.0	Multi-based single-leg extended liberties or coed style prep-level stunts
8.1 - 9.0	Multi-based single-leg stunt variations/body positions (stretches, scorpions, scales, arabesque), half twisting load in mount or transitions landing at extended two feet. Single-based two leg extended stunt (coed division only) .
9.1 - 10.0	True half ups to immediate single-leg stunt position OR "fake" full ups to two leg stunts creative transitions/entrances. Single-based liberty/high torch extended stunt (coed division only)
10.1 - 12.0	True full ups to extended two leg stunts OR release moves that originate from ground level that land in extended position(switch ups). (w/ incorp of single-leg body positions) Single-based single-leg extended stunt variations and body positions or single-based one arm stunts (coed division only)
TOSSES (Max Score: 10.0 - 1 point(s) will be reserved for execution)	
0.0 - 5.9	Minimal to no incorporation - weak level of execution
6.0 - 7.0	Basic straight ride tosses
7.1 - 8.0	Non-twisting toss execution (toe touch, ball out, pretty girl, etc.)
8.1 - 9.0	Single twisting tosses
9.1 - 10.0	Trick/single twist combinations (ex. kick full) or double twist

All-Star Senior Restricted Level 5

CHOREOGRAPHY/OVERALL IMPRESSION (Max Score: 5.0)

0.0 - 0.9	Lacking/poor pace and flow of routine, smooth transitions, choice and use of music and/or timing. Lacking/poor visual effects, level changes, roll offs. Lacking/poor creativity.
1.0 - 2.0	Minimal/inconsistent pace and flow of routine, smooth transitions, choice and use of music and/or timing. Minimal/inconsistent visual effects, level changes, roll offs. Minimal/inconsistent creativity.
2.1 - 3.0	Moderate/consistent pace and flow of routine, smooth transitions, choice and use of music and/or timing. Moderate/consistent visual effects, level changes, roll offs. Moderate/consistent creativity.
3.1 - 4.0	Good pace and flow of routine, smooth transitions, choice and use of music and/or timing. Good visual effects, level changes, roll offs. Good creativity.
4.1 - 5.0	Excellent/innovative pace and flow of routine, smooth transitions, choice and use of music and/or timing. Excellent/innovative visual effects, level changes, roll offs. Excellent/innovative creativity.

DISMOUNTS (Max Score: 5.0 - 1 point(s) will be reserved for execution)

0.0 - 0.9	Straight ride cradle. Pop off, step, shove wrap. Minimal to no incorporation, weak level of execution and perfection
1.0 - 2.0	Alternate cradles no twisting- (toe touch, pike arch, etc)
2.1 - 3.0	Single twist cradles from prep level stunts or extended two leg stunts
3.1 - 4.0	Single twisting cradles from extended single leg stunts, double twist cradles from two leg stunts
4.1 - 5.0	Double twisting cradles from extended single leg stunts or extended inversions.

JUMPS (Max Score: 10.0)

0.0 - 5.9	Single jumps not in combination executed with average level technique, variety, form, height, pointed toes and/or incorporation. Weak below level jumps.
6.0 - 7.0	Multiple continuous jump combination executed by majority of team with level jumps OR single jumps not executed in combination with average technique with a back hand spring single.
7.1 - 8.0	Variety of movements and skills creatively choreographed throughout the entire routine. Includes several visually effective sections. Unique and creative style is noticeable and entertaining. Original choreography used to create a visual and expressive routine. Excellent use of levels, roll offs, group work, etc.
8.1 - 9.0	Multiple continuous jump combination executed by super majority (70%) of team with level jumps executed with a standing back handspring back tuck. Standard to good technique, variety, form, height, pointed toes and/or incorporation.
9.1 - 10.0	Multiple continuous jump combination by super majority (70%) of team with level jumps executed with a standing flip/tuck or handspring to full. Excellent technique, variety, form, height, pointed toes.

MOTIONS/DANCE (Max Score: 8.0)

0.0 - 3.9	Lacking strength and technique in motions. Movements lacking basic technique. Slow paced, drawn out lengthy sections. Little or no control over arm placement. Lacking sharpness. Lacking/poor incorporation into cheer and/or dance.
4.0 - 5.0	Moderate motion technique. Lacking sharpness and overall motion control. Moderate paced. Lacking creativity and variety in motions. Weak incorporation into cheer and/or dance. Low energy dance with minimal to zero transitions and level changes in dance.
5.1 - 6.0	Good basic technique. Missing motion strength and sharpness. Varied motions moderately paced. Good incorporation into cheer and/or dance. Average energy level in dance with minimal transitions and level changes in dance.
6.1 - 7.0	Great technique and control. Sharp motions. Excellent pace. Motion sequences include variety. Minimal visual enhancement. Great incorporation into cheer and/or dance. Moderate energy with some transitions and level changes in dance.
7.1 - 8.0	Precise motion technique and placements. Strong sharp motions. Variety of upbeat and stylized fast paced motion sequences. Visually enhancing motion sections. Excellent incorporation into cheer and/or dance. Multiple transitions, level changes and variety in dance with high energy.

PYRAMIDS (Max Score: 12.0 - 2 point(s) will be reserved for execution)

0.0 - 5.9	Pyramids involving prep level stunts and transitions. Pyramids below prep level. Minimal to no incorporation, weak level of execution and perfection
6.0 - 7.0	Pyramids involving extended 2 leg stunts and multiple transitions
7.1 - 8.0	Pyramids involving creative transitions 2 high and extended single leg stunts
8.1 - 10.0	Pyramid involving braced flips (braced on two sides) AND extended single leg stunts OR 2.5 high transitions. Tic tocs or other skills generally considered Level 4.
10.1 - 12.0	Pyramid involving braced flips (braced on 1 side only) OR other pyramid inversions and or releases allowed in Level 5 but not allowed in Level 4 OR the incorp of stunts within the Level 5 Stunts 10.1 - 12.0 category.

RUNNING TUMBLING (Max Score: 10.0 - 1 point(s) will be reserved for execution)

0.0 - 5.9	Round offs/cartwheels. Minimal to no incorporation- weak level of execution
6.0 - 7.0	Round off back handspring single/series, front handspring/series,
7.1 - 8.0	Round off back handspring entry into a flip (tuck)
8.1 - 9.0	Round off back handspring entry into a layout, layout step out, whips, pikes
9.1 - 10.0	Full twisting flips executed by majority of the team

STANDING TUMBLING (Max Score: 10.0 - 1 point(s) will be reserved for execution)

0.0 - 5.9	Front and back walkovers. Roundoffs. Cartwheels. Forward and backward rolls. Zero to minimal incorporation of standing skills. Weak level of execution and perfection
6.0 - 7.0	Single standing back handsprings
7.1 - 8.0	Standing back handspring series or standing through to tuck
8.1 - 9.0	Back handspring back tucks or standing through to layout. Must begin first skill executed in series from a standing position. Executed by majority of the team
9.1 - 10.0	Standing handspring through to full twist flips OR standing tucks. Must begin first skill executed in series from a standing position. Executed by majority of the team.

STUNTS (Max Score: 12.0 - 2 point(s) will be reserved for execution)

0.0 - 5.9	Extended two leg stunts
6.0 - 7.0	Multi based single-leg stunt variations/body positions.
7.1 - 8.0	Multi-based single-leg stunt variations/body positions with true half twisting load in mount
8.1 - 9.0	Fake full ups with immediate pull to single-leg position or ground level release move that lands in extended position. Single-based two leg extended stunts (co-ed only).
9.1 - 10.0	True full up to two leg position with single-leg position coming after square to front. OR release move that occurs at prep-level and lands in extended position single-based single-leg extended stunts with no release co-ed only).
10.1 - 12.0	True full up to immediate single-leg body position OR true tic-tocs from single leg extended position to single-leg extended position OR combination of release and twist (at least 1/2 twist with catch from release coming at immediate single-leg extend position) OR true release move that occurs from prep (stretch or lib) to immediate extended single-leg stretch or arabesque.

TOSSES (Max Score: 10.0 - 1 point(s) will be reserved for execution)

0.0 - 5.9	Basic straight ride tosses. Minimal to no incorporation - weak level of execution
6.0 - 7.0	Non- twisting toss execution (toe touch, ball out, pretty girl, etc.)
7.1 - 8.0	Single twisting tosses
8.1 - 9.0	Trick/single twist combinations (ex. kick full) or double twist.
9.1 - 10.0	Trick/double twist OR 2 tricks/single twist combinations ex. (switch kick full, hitch kick full, kick double)

All-Star Youth Level 5

CHOREOGRAPHY/OVERALL IMPRESSION (Max Score: 5.0)	
0.0 - 0.9	Lacking/poor pace and flow of routine, smooth transitions, choice and use of music and/or timing. Lacking/poor visual effects, level changes, roll offs. Lacking/poor creativity.
1.0 - 2.0	Minimal/inconsistent pace and flow of routine, smooth transitions, choice and use of music and/or timing. Minimal/inconsistent visual effects, level changes, roll offs. Minimal/inconsistent creativity.
2.1 - 3.0	Moderate/consistent pace and flow of routine, smooth transitions, choice and use of music and/or timing. Moderate/consistent visual effects, level changes, roll offs. Moderate/consistent creativity.
3.1 - 4.0	Good pace and flow of routine, smooth transitions, choice and use of music and/or timing. Good visual effects, level changes, roll offs. Good creativity.
4.1 - 5.0	Excellent/innovative pace and flow of routine, smooth transitions, choice and use of music and/or timing. Excellent/innovative visual effects, level changes, roll offs. Excellent/innovative creativity.
DISMOUNTS (Max Score: 5.0 - 1 point(s) will be reserved for execution)	
0.0 - 0.9	Straight ride cradle. Pop off, step, shove wrap. Minimal to no incorporation, weak level of execution and perfection
1.0 - 2.0	Alternate cradles no twisting- (toe touch, pike arch, etc)
2.1 - 3.0	Single twist cradles from prep level stunts or extended two leg stunts
3.1 - 4.0	Single twisting cradles from extended single leg stunts, double twist cradles from two leg stunts
4.1 - 5.0	Double twisting cradles from extended single leg stunts or extended inversions.
JUMPS (Max Score: 10.0)	
0.0 - 5.9	Single jumps not in combination executed with average level technique, variety, form, height, pointed toes and/or incorporation. Weak below level jumps.
6.0 - 7.0	Multiple continuous jump combination executed by majority of team with level jumps OR single jumps not executed in combination with average technique with a back handspring single.
7.1 - 8.0	Variety of movements and skills creatively choreographed throughout the entire routine. Includes several visually effective sections. Unique and creative style is noticeable and entertaining. Original choreography used to create a visual and expressive routine. Excellent use of levels, roll offs, group work, etc.
8.1 - 9.0	Multiple continuous jump combination executed by super majority (70%) of team with level jumps executed with a standing back handspring back tuck. Standard to good technique, variety, form, height, pointed toes and/or incorporation.
9.1 - 10.0	Multiple continuous jump combination by super majority (70%) of team with level jumps executed with a standing flip/tuck or handspring to full. Excellent technique, variety, form, height, pointed toes.
MOTIONS/DANCE (Max Score: 8.0)	
0.0 - 3.9	Lacking strength and technique in motions. Movements lacking basic technique. Slow paced, drawn out lengthy sections. Little or no control over arm placement. Lacking sharpness. Lacking/poor incorporation into cheer and/or dance.
4.0 - 5.0	Moderate motion technique. Lacking sharpness and overall motion control. Moderate paced. Lacking creativity and variety in motions. Weak incorporation into cheer and/or dance. Low energy dance with minimal to zero transitions and level changes in dance.
5.1 - 6.0	Good basic technique. Missing motion strength and sharpness. Varied motions moderately paced. Good incorporation into cheer and/or dance. Average energy level in dance with minimal transitions and level changes in dance.
6.1 - 7.0	Great technique and control. Sharp motions. Excellent pace. Motion sequences include variety. Minimal visual enhancement. Great incorporation into cheer and/or dance. Moderate energy with some transitions and level changes in dance.
7.1 - 8.0	Precise motion technique and placements. Strong sharp motions. Variety of upbeat and stylized fast paced motion sequences. Visually enhancing motion sections. Excellent incorporation into cheer and/or dance. Multiple transitions, level changes and variety in dance with high energy.
PYRAMIDS (Max Score: 12.0 - 2 point(s) will be reserved for execution)	
0.0 - 5.9	Pyramids involving prep-level stunts and transitions. Pyramids below prep-level. Minimal to no incorporation, weak level of execution and perfection
6.0 - 7.0	Pyramids involving extended two leg stunts and multiple transitions
7.1 - 8.0	Pyramids involving creative transitions two high and extended single-leg stunts
8.1 - 10.0	Pyramid involving braced flips (braced on two sides)AND extended single leg stunts OR 2.5 high transitions. Tic-tocs or other skills generally considered Level 4.
10.1 - 12.0	Pyramid involving braced flips (braced on 1 side only) OR other pyramid inversions and or releases allowed in Level 5 but not allowed in Level 4 OR the incorp of stunts within the Level 5 Stunts 10.1 - 12.0 category.
RUNNING TUMBLING (Max Score: 10.0 - 1 point(s) will be reserved for execution)	
0.0 - 5.9	Roundoffs/cartwheels. Minimal to no incorporation - weak level of execution
6.0 - 7.0	Round off back handspring single/series, front handspring/series,
7.1 - 8.0	Round off back handspring entry into a flip (tuck)
8.1 - 9.0	Round off back handspring entry into a layout, layout step out, whips, pikes
9.1 - 10.0	Full twisting flips executed by majority of the team.
STANDING TUMBLING (Max Score: 10.0 - 1 point(s) will be reserved for execution)	
0.0 - 5.9	Front and back walkovers. Roundoffs. Cartwheels. Forward and backward rolls. Zero to minimal incorporation of standing skills. Weak level of execution and perfection
6.0 - 7.0	Single standing back handsprings
7.1 - 8.0	Standing back handspring series or standing through to tuck
8.1 - 9.0	Back handspring back tucks or standing through to layout. Must begin first skill executed in series from a standing position. Executed by majority of the team
9.1 - 10.0	Standing handspring through to full twist flips OR standing tucks. Must begin first skill executed in series from a standing position. Executed by majority of the team.
STUNTS (Max Score: 12.0 - 2 point(s) will be reserved for execution)	
0.0 - 5.9	Extended two leg stunts
6.0 - 7.0	Multi-based single-leg stunt variations/body positions
7.1 - 8.0	Multi-based single-leg stunt variations/body positions with true half twisting load in mount
8.1 - 9.0	Fake full ups with immediate pull to single leg position or ground level release move that lands in extended position. Single based two leg extended stunts (co-ed only).
9.1 - 10.0	True full up to two leg position with single-leg position coming after square to front OR release move that occurs at prep-level and lands in extended position single-based single-leg extended stunts with no release co-ed only).
10.1 - 12.0	True full up to immediate single-leg body position OR true tic-tocs from single-leg extended position to single-leg extended position OR combination of release and twist (at least 1/2 twist with catch from release coming at immediate single-leg extend position) OR true release move that occurs from prep (stretch or lib) to immediate extended single-leg stretch or arabesque.
TOSSES (Max Score: 10.0 - 1 point(s) will be reserved for execution)	
0.0 - 5.9	Basic straight ride tosses. Minimal to no incorporation - weak level of execution
6.0 - 7.0	Non- twisting toss execution (toe touch, ball out, pretty girl, etc.)
7.1 - 8.0	Single twisting tosses
8.1 - 9.0	Trick/single twist combinations (ex. kick full)
9.1 - 10.0	Trick/double twist OR two tricks/single twist combinations ex. (switch kick full, hitch kick full) OR double twist

CHOREOGRAPHY/OVERALL IMPRESSION (Max Score: 5.0)	
0.0 - 0.9	Lacking/poor pace and flow of routine, smooth transitions, choice and use of music and/or timing. Lacking/poor visual effects, level changes, roll offs. Lacking/poor creativity.
1.0 - 2.0	Minimal/inconsistent pace and flow of routine, smooth transitions, choice and use of music and/or timing. Minimal/inconsistent visual effects, level changes, roll offs. Minimal/inconsistent creativity.
2.1 - 3.0	Moderate/consistent pace and flow of routine, smooth transitions, choice and use of music and/or timing. Moderate/consistent visual effects, level changes, roll offs. Moderate/consistent creativity.
3.1 - 4.0	Good pace and flow of routine, smooth transitions, choice and use of music and/or timing. Good visual effects, level changes, roll offs. Good creativity.
4.1 - 5.0	Excellent/innovative pace and flow of routine, smooth transitions, choice and use of music and/or timing. Excellent/innovative visual effects, level changes, roll offs. Excellent/innovative creativity.
DISMOUNTS (Max Score: 5.0 - 1 point(s) will be reserved for execution)	
0.0 - 0.9	Straight ride cradle. Pop off, step, shove wrap. Minimal to no incorporation, weak level of execution and perfection
1.0 - 2.0	Alternate cradles no twisting- (toe touch, pike arch, etc)
2.1 - 3.0	Single twist cradles from prep level stunts or extended two leg stunts
3.1 - 4.0	Single twisting cradles from extended single leg stunts, double twist cradles from two leg stunts
4.1 - 5.0	Double twisting cradles from extended single leg stunts OR extended inversions.
JUMPS (Max Score: 10.0)	
0.0 - 5.9	Single jumps not in combination executed with average level technique, variety, form, height, pointed toes and/or incorporation. Weak below level jumps.
6.0 - 7.0	Multiple continuous jump combination executed by majority of team with level jumps OR single jumps not executed in combination with average technique with a back handspring single.
7.1 - 8.0	Multiple jump combination executed by supermajority (70%) of team with hyper- extended jumps. Or single jumps executed not in combination with average technique (level) with a standing back handspring series, variety, form, height, pointed toes and/or incorporation.
8.1 - 9.0	Multiple continuous jump combination executed by super majority (70%) of team with level jumps executed with a standing back handspring back tuck OR single level jump executed by super majority (70%) of team with a standing tuck. Standard to good technique, variety, form, height, pointed toes and/or incorporation.
9.1 - 10.0	Multiple continuous jump combination by super majority (70%) of team with level jumps executed with an immediate standing flip/tuck/full or handsprings to full. Excellent technique, variety, form, height, pointed toes.
MOTIONS/DANCE (Max Score: 8.0)	
0.0 - 3.9	Lacking strength and technique in motions. Movements lacking basic technique. Slow paced, drawn out lengthy sections. Little or no control over arm placement. Lacking sharpness. Lacking/poor incorporation into cheer and/or dance.
4.0 - 5.0	Moderate motion technique. Lacking sharpness and overall motion control. Moderate paced. Lacking creativity and variety in motions. Weak incorporation into cheer and/or dance. Low energy dance with minimal to zero transitions and level changes in dance.
5.1 - 6.0	Good basic technique. Missing motion strength and sharpness. Varied motions moderately paced. Good incorporation into cheer and/or dance. Average energy level in dance with minimal transitions and level changes in dance.
6.1 - 7.0	Great technique and control. Sharp motions. Excellent pace. Motion sequences include variety. Minimal visual enhancement. Great incorporation into cheer and/or dance. Moderate energy with some transitions and level changes in dance.
7.1 - 8.0	Precise motion technique and placements. Strong sharp motions. Variety of upbeat and stylized fast paced motion sequences. Visually enhancing motion sections. Excellent incorporation into cheer and/or dance. Multiple transitions, level changes and variety in dance with high energy.
PYRAMIDS (Max Score: 12.0 - 2 point(s) will be reserved for execution)	
0.0 - 5.9	Pyramids involving prep-level stunts and transitions. Pyramids below prep-level. Minimal to no incorporation, weak level of execution and perfection
6.0 - 7.0	Pyramids involving extended two leg stunts and multiple transitions
7.1 - 8.0	Pyramids involving creative transitions two high and extended single-leg stunts
8.1 - 10.0	Pyramid involving braced flips (braced on two sides) AND extended single leg stunts OR 2.5 high transitions. Tic-tocs or other skills generally considered Level 4.
10.1 - 12.0	Pyramid Involving Braced flips (braced on one side only) OR braced twist flips, OR other pyramid inversions and or releases allowed in Level 5 but not allowed in Level 4 OR the incorp of stunts within the Level 5 Stunts 10.1 - 12.0 category.
RUNNING TUMBLING (Max Score: 10.0 - 1 point(s) will be reserved for execution)	
0.0 - 5.9	Round off back handspring single/series, front handspring/series. Round off/cartwheels. Minimal to no incorporation- weak level of execution
6.0 - 7.0	Round off back handspring entry into a flip (tuck)
7.1 - 8.0	Round off back handspring entry into a layout, layout step out, whips, pikes
8.1 - 9.0	Full twisting flips or punch fronts into full twisting flips executed by majority of the team.
9.1 - 10.0	Double twisting flips (1) OR arabians through to fulls (1) OR fulls through to fulls (1) OR kick full (1) OR kick double (1.5) OR whip bounder full (1) OR whip bounder double (2) OR full bounder full (2). Skills must be executed to equal majority of the team.(numbers denote credits given for each skill)(bounder- immediately from previous skill)
STANDING TUMBLING (Max Score: 10.0 - 1 point(s) will be reserved for execution)	
0.0 - 5.9	Front and back walkovers. Round offs/cartwheels. Forward and backward rolls. Zero to minimal incorporation of standing skills. Weak level of execution and perfection
6.0 - 7.0	Single standing back handsprings series or standing through to tuck. Must begin first skill executed in series from a standing position. Executed by majority of the team
7.1 - 8.0	Standing through to layout. Must begin first skill executed in series from a standing position. Executed by majority of the team. Back handspring back tuck by majority of team.
8.1 - 9.0	Standing flips incorporated with jump by majority of team
9.1 - 10.0	Standing handspring through to full (1) or double full (2), OR standing full twist flips (2 if performed by female (1) if performed by male) OR whip bounder full (2) OR full bounder full (3) Must begin first skill executed in series from a standing position. Executed by majority of the team.(Numbers denote credits given for each skill) (bounder- immediately from previous skill)
STUNTS (Max Score: 12.0 - 2 point(s) will be reserved for execution)	
0.0 - 5.9	Extended 2 leg stunts, below prep-level single-leg stunt variations/body positions (stretches, scorpions, scales, arabesque)Prep-level single-leg stunt variations (stretches, scorpions, scales, arabesque), two leg extended stunts, 1/2 twist load in/ mount transitions
6.0 - 7.0	Multi based single-leg stunt variations/body positions.
7.1 - 8.0	Multi-based single-leg stunt variations/body positions with true half twisting load in mount
8.1 - 9.0	Fake full ups with immediate pull to single-leg position or ground level release move that lands in extended position. Single-based two leg extended stunts (co-ed only).
9.1 - 10.0	True full up to two leg position with single-leg position coming after square to front. OR release move that occurs at prep-level and lands in extended position. Single-based single-leg extended stunts with no release (co-ed only).
10.1 - 12.0	True full up to immediate single-leg body position OR true tic-tocs from single-leg extended position to single-leg extended position OR combination of release and twist (at least 1/2 twist with catch from release coming at immediate single-leg extend position) OR true release move that occurs from prep (stretch or lib) to immediate extended single-leg stretch or arabesque.
TOSSES (Max Score: 10.0 - 1 point(s) will be reserved for execution)	
0.0 - 4.9	Basic straight ride tosses. Minimal to no incorporation - weak level of execution
5.0 - 6.0	Non- twisting toss execution (toe touch, ball out, pretty girl, etc.)
6.1 - 7.0	Single twisting tosses
7.1 - 8.0	Trick/single twist combinations (ex. kick full) or double twist,
8.1 - 9.0	3 trick/double twist combinations ex. (kick double fulls). It must be clear to the judges that you are incorporating 3 tricks.
9.1 - 10.0	4 trick baskets which incorporate a double twist. (ex. hitch kick double, kick/kick(whip)double, etc.) It must be clear to the judges that you are incorporating 4 tricks. (Incorp of a full twist skill then full twist at the end ex. full twist, toe touch, full twist will score in this range - must incorporate at least 2 twist separated by the skill)

CHOREOGRAPHY/OVERALL IMPRESSION (Max Score: 5.0)	
0.0 - 0.9	Lacking/poor pace and flow of routine, smooth transitions, choice and use of music and/or timing. Lacking/poor visual effects, level changes, roll offs.
1.0 - 2.0	Minimal/inconsistent pace and flow of routine, smooth transitions, choice and use of music and/or timing. Minimal/inconsistent visual effects, level changes, roll offs. Minimal/inconsistent creativity.
2.1 - 3.0	Moderate/consistent pace and flow of routine, smooth transitions, choice and use of music and/or timing. Moderate/consistent visual effects, level changes, roll offs. Moderate/consistent creativity.
3.1 - 4.0	Good pace and flow of routine, smooth transitions, choice and use of music and/or timing. Good visual effects, level changes, roll offs. Good creativity.
4.1 - 5.0	Excellent/innovative pace and flow of routine, smooth transitions, choice and use of music and/or timing. Excellent/innovative visual effects, level changes, roll offs. Excellent/innovative creativity.
DISMOUNTS (Max Score: 5.0 - 1 point(s) will be reserved for execution)	
0.0 - 0.9	Straight ride cradle executed by a majority of possible stunts that could have been placed in the air. Pop off, step, shove wrap executed by a majority of possible stunts that could have been placed in the air. Minimal to no incorporation, weak level of execution and perfection executed by a majority of possible stunts that could have been placed in the air.
1.0 - 2.0	Alternate cradles no twisting- (toe touch, pike arch, etc) executed by a majority of possible stunts that could have been placed in the air.
2.1 - 3.0	Single twist cradles from prep level stunts or extended two leg stunts executed by a majority of possible stunts that could have been placed in the air.
3.1 - 4.0	Single twisting cradles from extended single-leg stunts OR double twist cradles from two leg stunts executed by a majority of possible stunts that could have been placed in the air.
4.1 - 5.0	Double twisting cradles from extended single-leg stunts OR flip from stunts executed by a majority of possible stunts that could have been placed in the air.
JUMPS (Max Score: 10.0)	
0.0 - 5.9	Single jumps not in combination executed with weak technique, variety, form, height, pointed toes and/or incorporation. Weak below level jumps.
6.0 - 7.0	Multiple jump combination executed by majority of team with level jumps Or single jumps executed not in combination with back handspring single.
7.1 - 8.0	Multiple jump combination executed by super majority (70%) of team with hyper- extended jumps. Or single jumps executed not in combination with average technique (level) with a standing back handspring series, variety, form, height, pointed toes and/or incorporation.
8.1 - 9.0	Multiple continuous jump combination executed by super majority (70%) of team with level jumps executed with a standing back handspring back tuck. Standard to good technique, variety, form, height, pointed toes and/or incorporation.
9.1 - 10.0	Multiple continuous jump combination by super majority (70%) of team with level jumps executed with an immediate standing flip/tuck. Excellent technique, variety, form, height, pointed toes.
MOTIONS/DANCE (Max Score: 8.0)	
0.0 - 3.9	Lacking strength and technique in motions. Movements lacking basic technique. Slow paced, drawn out lengthy sections. Little or no control over arm placement. Lacking sharpness. Lacking/poor incorporation into cheer and/or dance. Executed by majority of team
4.0 - 5.0	Moderate motion technique. Lacking sharpness and overall motion control. Moderate paced. Lacking creativity and variety in motions. Weak incorporation into cheer and/or dance. Low energy dance with minimal to zero transitions and level changes in dance. Executed by majority of team
5.1 - 6.0	Good basic technique. Missing motion strength and sharpness. Varied motions moderately paced. Good incorporation into cheer and/or dance. Average energy level in dance with minimal transitions and level changes in dance. Executed by majority of team
6.1 - 7.0	Great technique and control. Sharp motions. Excellent pace. Motion sequences include variety. Minimal visual enhancement. Great incorporation into cheer and/or dance. Moderate energy with some transitions and level changes in dance. Executed by majority of team
7.1 - 8.0	Precise motion technique and placements. Strong sharp motions. Variety of upbeat and stylized fast paced motion sequences. Visually enhancing motion sections. Excellent incorporation into cheer and/or dance. Multiple transitions, level changes and variety in dance with high energy. Executed by majority of team
PYRAMIDS (Max Score: 12.0 - 2 point(s) will be reserved for execution)	
0.0 - 6.9	Pyramids involving extended two leg stunts and multiple transitions executed by majority of the team. Minimal to no incorporation, weak level of execution and perfection executed by majority of the team.
7.0 - 8.0	Pyramids involving creative transitions two high and extended single-leg stunts executed by majority of the team.
8.1 - 9.0	Pyramid involving extended single leg stunts AND braced flips and 2.5 high transitions, tic tocs executed by majority of the team.
9.1 - 10.0	2 1/2 Pyramids mounts involving multiple creative transitions and extended single-leg stunts and creative transitions and entrances. Executed by majority of the team.(2-2-1, swedish falls, 2-1-1 etc.)
10.1 - 12.0	2 1/2 pyramids with multiple creative transitions and flips or single twist mounts and /or release moves and single-leg stunts executed by majority of the team. (2-2-1, swedish falls, 2-1-1 etc.)
RUNNING TUMBLING (Max Score: 10.0 - 1 point(s) will be reserved for execution)	
0.0 - 5.9	Round off back handspring single/series, front handspring/series executed by majority of the team. Round off cartwheels executed by majority of the team. Minimal to no incorporation - weak level of execution executed by majority of team
6.0 - 7.0	Round off back handspring entry into a flip (tuck) executed by majority of the team.
7.1 - 8.0	Round off back handspring entry into a layout, layout step out, whips, or pikes, executed by majority of team
8.1 - 9.0	Full twisting flips executed by majority of the team.
9.1 - 10.0	Double twisting flips (1) OR arabians through to fulls (1) OR fulls through to fulls (1) OR kick full (1) OR kick double (1.5) OR whip bounder full (1) OR whip bounder double (2) OR full bounder full (2). Skills must be executed to equal majority of the team.(numbers denote credits given for each skill)(bounder- immediately from previous skill)
STANDING TUMBLING (Max Score: 10.0 - 1 point(s) will be reserved for execution)	
0.0 - 5.9	Zero to minimal incorporation of standing skills. Weak Level of execution and perfection. Forward and backward rolls by majority of the team. Round offs/cartwheels by majority of the team. Front and back walkovers by majority of the team.
6.0 - 7.0	Single standing back handsprings or series by majority of the team or standing through to tucks
7.1 - 8.0	Back handspring back tucks or standing flips. Must begin first skill executed in series from a standing position. Executed by majority of the team
8.1 - 9.0	Standing through to layout. Must begin first skill executed in series from a standing position. Executed by majority of the team
9.1 - 10.0	Standing handspring through to full (1) or double full (2), OR standing full twist flips (2 if performed by female (1) if performed by male) OR whip to full (2) OR whip to double (3.) Must begin first skill executed in series from a standing position. Executed by majority of the team. (Numbers denote how many credits are given for each skill)
STUNTS (Max Score: 12.0 - 2 point(s) will be reserved for execution)	
0.0 - 7.9	Prep-level two leg stunts executed by majority of team. Below prep-level stunts executed by majority of team. Minimal to no incorporation, weak level of execution and perfection executed by majority of team
8.0 - 9.0	Straight single-leg two leg extended stunts, 1/2 twist load in/ mount transitions executed by majority of team
9.1 - 10.0	Single leg stunt variations with no twist entries and no release (Co-ed only) executed by majority of team
10.1 - 11.0	Single-leg stunt variations/body positions executed with half twisting load in mount or transitions. (Coed division need to be a FULL release in order count in this range or otherwise skill counts in lower range) executed by majority of team
11.1 - 12.0	Rewinds/ true full release flips/ true full ups or greater to single-leg stunt or one arm variations. (In co-ed division must be a FULL release or otherwise skill counts in lower range) Multiple body positions displayed before dismount. Creative transitions/ entrances. Full twisting or greater mounts or tic-tocs. Executed by majority of team
TOSSES (Max Score: 10.0 - 1 point(s) will be reserved for execution)	
0.0 - 6.9	Non-twisting toss execution (toe touch, ball out, pretty girl, etc.) executed by a majority of possible stunts that could have been placed in the air. Basic straight ride tosses executed by a majority of possible stunts that could have been placed in the air. OR trick/single twist combinations (ex. kick full) or double twist, single twisting tosses executed by a majority of possible fliers that could have been placed in the air.
7.0 - 8.0	Trick/double twist combinations ex. (switch kick double fulls, hitch double fulls OR flipping baskets- tucks/layouts (no twisting)) executed by a majority of possible fliers that could have been placed in the air.
8.1 - 9.0	Straight flipping single twisting baskets no trick (ex. full twist and flip) executed by a majority of baskets that could have been placed in the air OR kick triple with no flip.
9.1 - 9.5	Single trick flipping twisting baskets executed by a majority of possible fliers that could have been placed in the air(kick single full flipping basket)
9.6 - 10.0	Double twisting basket executed by the majority of possible fliers that could have been placed in the air.

ALL-STAR/STUDIO DANCE CATEGORIES

WHAT TYPE OF ROUTINE WILL YOUR TEAM PERFORM?

CATEGORY is defined by the type of performance you select.

POM PERFORMANCE: Performance must consist of the following three elements: Pom, Jazz Technical Skills and Cheer-Funk. The majority of emphasis MUST be on Pom. See the scoring section for details on point distribution. Poms must be used 80% of the routine.

POM: The most important characteristic of this style is synchronization and visual effect. Cheer style motions emphasizing uniformity, motion sharpness, technique and placement. Visually effective routine including ground work, level changes, group work, and roll-offs.

JAZZ TECHNICAL SKILLS: Kicks, leaps/leap combinations, pirouettes, turning sequences, body placement, control, etc. When incorporating these skills it is very important to make sure proper technique is maintained (example: leaps demonstrating height, extended legs, correct arm placement, and pointed toes. Pirouettes demonstrating proper foot placement, arm placement, spotting and performed on relevé). **Improper execution of technique may negatively affect your score.**

CHEER-FUNK: Dance style with an emphasis on uniformity, rhythm, body isolation, creativity, and execution yet still incorporating the basic fundamentals of cheer such as sharp precise movements and visual effect. **This style of dance does NOT include pop and lock, street or excessive vibrating. Incorporating these skills may negatively affect your score.**

HIP HOP: A routine focusing on street style movements with an emphasis on variety, execution, creativity, body isolations/control, rhythm, uniformity and musical interpretation. Choreography demonstrating various styles and elements of hip hop while incorporating athletic tricks, footwork, jumps, stalls, etc. When incorporating these skills it is very important to make sure proper technique is maintained. Improper execution of any trick, stall, etc. may negatively affect your score.

CHEER-FUNK: Dance style with an emphasis on uniformity, rhythm, body isolation, creativity, and execution yet still incorporating the basic fundamentals of cheer such as sharp precise movements and visual effect.

STREET: An urban style of dance that is often improvisational or raw and social in nature. This style of dance can also encourage interaction between performers such as battling and/or partner work.

POP AND LOCK: A dance style with an emphasis on body isolation that implements "popping" (muscle flexes) and "locking" (short pauses or freezes within movement).

BREAK DANCE: A very athletic style of skills combining forms and maneuvers from activities such as gymnastics*, hip hop, and martial arts. ***See Dance General Rules: Tumbling for details.**

KRUMPING: An evolving new style of dance that involves fast, expressive, and highly energetic movements.

JAZZ: Performance demonstrating various elements of jazz technique and performance skills. This routine should focus on a mixture of difficulty, creativity, and technique. The following elements should be included in this category:

JAZZ TECHNICAL SKILLS: Kicks, leaps/leap combinations, pirouettes, turning sequences, body placement, control, etc. When incorporating these skills, it is very important to make sure proper technique is maintained (example: leaps demonstrated with height, extended legs, correct arm placement, and pointed toes. Pirouettes demonstrating proper foot placement, arm placement, spotting and performed on relevé). **Improper execution of technique may negatively affect your score.**

JAZZ-PERFORMANCE SKILLS: Combination of dance movements with an emphasis on use of space, visual effects, body placement, routine demonstration as well as artistic expression and style through movement with team uniformity. Creative choreography will capture your audience and the judges' attention.

LYRICAL: A form of dance that fuses from jazz, modern and ballet influences. The main focus of Lyrical is emphasizing strong and proper technical execution, flexibility, balance and mood. Intense emotional expressions are used to tell a story that develops with the music. Expressing proper technique and emotions will bring shape and life to the story.

VARIETY*: Routines will incorporate a blend of Jazz, Pom and Hip Hop styles. Emphasis should be placed on overall creativity and flow of routine and successful technical execution of the dance styles performed. Expanded Hip Hop Guidelines apply to Junior, Senior and Open divisions in the Hip Hop section of the performance. ***The Variety category will be offered in the Youth, Junior and Senior divisions at JAMZ All -Star/Studio Dance Nationals only.**

PREP*: The Prep category is offered for emerging teams. All styles will be judged against each other in this category, unless the splitting rule applies. A dancer may not compete in a non-prep category and a Prep category within the same style. ***Please see the Dance General Rules Section for skill restrictions in the Prep category.**

Please refer to the remainder of the All-Star/Studio Dance section for complete details on dance routine requirements and scoring.

ALL-STAR/STUDIO DANCE DIVISIONS

GENERAL DIVISION GUIDELINES

COMBINING AND SPLITTING

- 1) Event producers will split a division into small and large if there are 10 or more teams in the division before the split occurs. There must be at least three teams in each division once the split occurs. If the split occurs, "small" and "large" will be defined as:
 - Small: 4 – 14 performers
 - Large: 15 and up performers
- 2) * Event producers must combine Senior/Open with Senior/ Open Co-ed and/or Senior/Open Male, if there is only one team entered in either division/category. Event producers may not combine the Senior Division with the Open Division.
- 3) Event producers may further split the Prep category if there are at least three teams in each Category/Division.

AGE DIVISIONS

- 1) The Division Age of a team is determined by the age of the oldest competitor.
- 2) The age of the competitor as of August 31st, 2012 will be the age used for competition purposes throughout the 2012/13 season for all divisions.
- 3) Any team, from any country may enter any USASF division as long as they abide by the age restrictions of that division.
- 4) Event producers may offer any USASF optional category as listed below in any age division.

CROSSOVERS

- 1) Dancer(s) may compete in more than one division and/or category as long as they abide by the age restrictions in all divisions in which they compete.
- 2) Dancers may not compete in more than one routine in the same category and division. (Example: A dancer may not compete in two Senior Jazz routines).
 - a. Exception: If a dancer is on a Co-ed and Non-Co-ed team and the event producer combines the divisions, this rule does not apply (Example: A dancer may not compete in Senior Small Jazz and Senior Large Jazz, but a dancer may compete in Senior Jazz and Senior Coed Jazz.)
 - b. Exception: The Prep category.

DIVISIONS ARE NOT GUARANTEED.

JAMZ RESERVES THE RIGHT TO COMBINE/DELETE DIVISIONS BASED ON PARTICIPATION. All divisions listed are not available at every Regional Championship. For the divisions offered for each event, please see the Championship Entry Form (**NOTE:** there are separate registration packets for Six Flags events). Coaches will be notified of this type of division change PRIOR to competition.

TO COMPETE IN AN "ALL-STAR/STUDIO" DIVISION, TEAMS ARE REQUIRED TO:

- Send a copy of their completed JAMZ Roster Form, along with the team registration form for Regional Championships.
- Teams must provide JAMZ with an updated JAMZ Roster whenever a team change occurs (addition/drop of participants, name change, etc.) prior to any championship. Only the names listed on the JAMZ Roster will be allowed to compete at championships, including Nationals.

Please refer to the [All-Star/Studio Dance General Rules](#) for further information or contact us at (800) 920-4272.

ALL-STAR/STUDIO DANCE DIVISIONS

GENERAL DIVISION GUIDELINES (CONTINUED)

ALL-STAR/STUDIO DANCE DIVISION GUIDELINES: *TIME: MINIMUM 1:45, MAXIMUM 2:30*

DIVISIONS	CATEGORIES	AGE AS OF AUGUST 31, 2012	PARTICIPANTS
Tiny	Pom, Hip Hop, Jazz, Prep	6 years and younger	(4 +, male and/or female)
Mini	Pom, Hip Hop, Jazz, Prep	9 years and younger	(4 +, male and/or female)
Youth	Pom, Hip Hop, Jazz, Lyrical, Variety**, Prep	12 years and younger	(4 +, male and/or female)
Junior	Pom, Hip Hop*, Jazz, Lyrical, Variety**, Prep	15 years and younger	(4 +, male and/or female)
Senior	Pom, Hip Hop*, Jazz, Lyrical, Variety**, Prep	18 years and younger	(4 +, all female)
Senior Coed	Pom**, Hip Hop*, Jazz**, Lyrical**, Variety**, Prep**	18 years and younger	(4 +, female and 1 or more males)
Open	Pom, Hip Hop*, Jazz, Lyrical, Prep	14 years and older	(4 +, all female)
Open Coed	Pom**, Hip Hop*, Jazz**, Lyrical**, Prep**	14 years and older	(4 +, female and 1 or more males)
Male	Pom, Hip Hop*, Jazz, Lyrical, Prep	14 years and older	(4 +, all male)

*These divisions may follow the Expanded Hip Hop Rules.

**Divisions offered JAMZ All -Star/Studio Dance Nationals only.

DIVISION CATEGORIES

1. Event producers may offer an Open category (any style) instead of separate categories, i.e. Jazz, Pom, Hip Hop, at any age division. (Example: An event producer may offer Tiny Open instead of Tiny Jazz, Tiny Pom and Tiny Hip Hop.)
2. Event producers may also offer separate categories in Open Division (14 years & older). (Example: An event producer may offer Open Jazz, Open Pom.)
3. Event producers must only split or divide by categories listed above. They may not further split or add categories and/or divisions by style, level, skill, age or ability. (Examples: Event producers cannot offer a Stylized Jazz category and a Character Jazz category.)

ALL-STAR/STUDIO SPECIAL PERFORMANCES: *SEE TIME LIMITS BELOW.*

DIVISION	AGE	PARTICIPANTS	TIME LIMIT
Mascot Performance	Youngest Dancers	Unlimited	1:30
Special Needs Performance	Any age	Unlimited	2:30

SPECIAL PERFORMANCE GUIDELINES

- No ranking or judging in this category.
- May perform any category/style offered, following time restrictions and category guidelines/rules.
- Mascot division is not offered at JAMZ Nationals.
- Mascots who perform in a non-mascot division will be considered a member of the team. They do count as part of the team's numerical count.
- Special Needs division WILL BE offered at JAMZ Nationals.
- Special Needs participants who perform in a non-Special Needs division will be considered a member of the team. They do count as part of the team's numerical count.

ALL-STAR/STUDIO DANCE GENERAL RULES

THE GENERAL REQUIREMENTS FOR YOUR DANCE ROUTINE.

GENERAL GUIDELINES

- 1) All teams must be supervised during all official functions by a qualified coach/instructor.
- 2) Coaches/instructors must require proficiency before skill progression. Coaches must consider the dancer and team skill level with regard to proper performance placement.
- 3) All participants agree to conduct themselves in a manner displaying good sportsmanship throughout the event. The director/instructor/coach of each team is responsible for seeing that team members, coaches, parents, and any other person affiliated with the team conduct themselves accordingly. Severe demonstrations of unsportsmanlike conduct are grounds for disqualification.
- 4) All programs should have, and review, an emergency action plan in the event of an injury.
- 5) Teams must have at least four members. There is no maximum limit.
- 6) Each team will have a **minimum of 1 minute and 45 seconds to a maximum of 2 minutes and 30 seconds** to demonstrate their style and expertise. Timing will begin with the first choreographed movement or note of music. Timing will end with the last choreographed movement or note of music, whichever comes last.
- 7) Substitutions may be made in the event of an injury or other serious circumstances. Substitutes must also abide by the age and gender restrictions in all divisions in which they compete.
- 8) Any team proven to be in violation of the age restrictions will be automatically disqualified from the event.
- 9) The teams name will be called at least twice (once as the team is on deck, and again once the team is next to perform). Teams missing their performance time will only be able to perform at the discretion of a JAMZ official. Teams will not be allowed to perform once their division/category has closed.
- 10) Footwear is recommended but not required. Wearing socks and/or footed tights only is prohibited (Exception: socks are allowed on a carpeted performance surface).
- 11) Jewelry as a part of a costume is allowed.

CHOREOGRAPHY, MUSIC AND COSTUMING

- 1) Suggestive, offensive, or vulgar choreography, costuming and/or music are inappropriate for family audiences and therefore lack audience appeal.
- 2) Routine choreography should be appropriate and entertaining for all audience members. Vulgar or suggestive material is defined as any movement or choreography implying something improper or indecent, appearing offensive or sexual in content, and/or relaying lewd or profane gestures or implications. Inappropriate choreography, costuming and/or music may affect the judges overall impression and/or score of the routine.
- 3) All choreography, costuming and makeup should be age appropriate and acceptable for family viewing.
- 4) Team using excessive vulgar or suggestive movements, words, costuming or music will be penalized, forced to forfeit or disqualified. Actions taken will be under the discretion of a JAMZ official.
- 5) Music is required throughout performances. Teams performing without music will result in a forfeiture of scores (teams receive an overall team score of 0). Choreographed artistic pauses are allowed. If music is interrupted due to technical failure, performers will continue to be judged on dance skills outlined in the routine specifics.

PROPS

- 1) Wearable and handheld items are allowed in all categories and can be removed or discarded from the body.
- 2) Standing props are only allowed in the Prop and Production categories. Any item(s) that bears the weight of the participant is considered a standing prop (Examples: chairs, stools, benches, ladders, boxes, stairs, etc.). JAMZ does not offer the Prop or Production categories at any event.
- 3) Items that may damage the performance surface are prohibited.

-Continued-

ALL-STAR/STUDIO DANCE GENERAL RULES

(CONTINUED)

TUMBLING (Executed by individuals)

Tumbling: An acrobatic or gymnastics skill executed by an individual dancer without contact, assistance or support of another dancer(s) and begins and ends on the performance surface.

Tumbling as a dance skill is allowed, but not required in all divisions with the following limitations:

- 1) Airborne* tumbling skills with hip over head rotation are not allowed. (Exception: aerials, dive rolls in a pike position and round offs.)
- 2) Simultaneous tumbling over or under another dancer that includes hip over head rotation by both dancers is not allowed.
- 3) Drops* to the knee, thigh, back, seat, front, jazz split (hurdler) or split position onto the performing surface are not allowed unless the dancer first bears weight on the hands or foot/feet.
- 4) Drops* to a push-up position onto the performance surface are allowed from a jump with forward momentum (i.e. Flying Squirrel) or an X, Star or Spread Eagle jump. All variations of a Shushunova are not allowed.
- 5) Hip over head rotation skills with hand support are not allowed while holding poms or props. (Exception: forward rolls and backward rolls are allowed.)

DANCE LIFTS AND PARTNERING- (Executed in partners or groups)

- 1) Any supporting dancer(s) who has primary weight of an executing dancer must maintain direct contact with the performance surface at all times.
- 2) At least one supporting dancer must have hand/arm/body to hand/arm/body contact with the executing dancer(s) throughout the entire skill above shoulder level. Clarification: A dancer who is not prone can release contact below shoulder level.
- 3) Hip over head rotation of the executing dancer(s) is allowed if:
 - a. A supporting dancer maintains hand/arm/body to hand/arm/body contact until the executing dancer returns to the performance surface or returns to the upright position.
 - b. The skill is limited to one [hip over head] rotation.
- 4) A Vertical Inversion* is allowed if:
 - a. The supporting dancer(s) maintains hand/arm/body to hand/arm/body contact until the executing dancer returns to the performance surface or returns to the upright position.
 - b. When the height of the executing dancer's shoulders exceed shoulder level there is at least one additional dancer to spot and/or support.

RELEASE MOVES

- 5) An executing dancer may jump, leap, step or push off a supporting dancer(s) if:
 - a. The highest point of the released skill does not elevate the executing dancer's hips above shoulder level.
 - b. When the height of the release is at hip level or above the executing dancer may not pass through the prone or inverted position.
 - c. Toe pitches are not allowed.
- 6) A supporting dancer may toss an executing dancer as long as:
 - a. The highest point of the toss does not elevate the executing dancer's hips above shoulder level.
 - b. The executing dancer is not prone or inverted when released.
 - c. The executing dancer does not pass through a prone or inverted position after release.

* see glossary definition

(HIP HOP teams in Junior, Senior and Open see also Expanded Rules. Prep Teams see also Limited Rules.)

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ALL-STAR/STUDIO DANCE GENERAL RULES

(CONTINUED)

LIMITED PREP CATEGORY RULES

Teams in the Prep category must follow the USASF Dance Rules AND the additional restrictions below:

PREP TECHNICAL SKILLS (executed by individuals):

Skills are developed and should be part of natural progression in learning. The Prep category involves skills with the following limitations:

- 1) Skill combinations are limited to three technical skills. (Exception: chassé and glissade are considered steps. Clarification: duplicate skills are considered multiple skills [i.e. double pirouette is two skills].)
- 2) Turns are allowed provided the following:
 - a) Working leg is held in a passé or coupe position.
 - b) Supporting leg is on ground through the completion of the turn.
 - c) Rotations are limited to two rotations.
- 3) Leaps and jumps are allowed provided the following:
 - a) Does not involve a position change (Example: switch leaps are not allowed).
 - b) Do not involve axis rotation (Example: tour jeté or axle is not allowed).

PREP TUMBLING (executed by individuals):

Tumbling, as a dance style skill is allowed, but not required. The Prep category must follow the USASF Rules in addition to the following limitations:

- 1) Skills with hip over head rotation must involve hand support and may not be airborne. (Example: airborne skills with hip over head rotation* including round offs are not allowed.)
- 2) Skills that do not include hip over head rotation may be airborne provided the following:
 - a) No more than one axis rotation in a straight/pencil position (Example: A jump full turn is allowed, a windmill or butterfly is not allowed).
 - b) Involve hand support during any inversion (Example: kip ups must have hand support).
- 3) Inverted skills are allowed provided the following:
 - a) Involve hand support with at least one hand (Example: shoulder stall).

PREP DANCE LIFTS AND PARTNERING (executed in partners or groups):

Dance lifts and partnering should be limited. The Prep category must follow the USASF Guidelines in addition to the following limitations:

- 1) All supporting dancer(s) must maintain direct contact with the performance surface at all times.
- 2) Executing dancer must maintain an upright position (i.e. hips lower than shoulder level) in any elevated skill.

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ALL-STAR/STUDIO DANCE GENERAL RULES

(CONTINUED)

EXPANDED HIP HOP RULES (For Junior, Senior, and Open HIP HOP Teams):

Junior, Senior, and Open teams in the Hip Hop category must follow the USASF Dance Rules, but may apply the exceptions in the Expanded Hip Hop Rules below:

AERIAL STREET SKILLS (Executed by individuals):

- 1) Airborne skills* with hip over head rotation are permitted provided the following:
 - a. Skills without hand support may involve no more than one twisting rotation. ** see below for further explanation and exception.
 - b. Only skills with hand support may be performed consecutively, but are limited to two consecutive skills. (Example: two back hand springs may connect, a flipping rotation may not connect to any skill or jump.)
- 3) Drops from a turn, jump or inverted position are permitted provided the following:
 - a. Drops to the shoulder or seat are permitted provided the height of the airborne dancer does not exceed hip level (Example: kip ups are allowed).
- 4) Drops to a push up position may involve any jump.

LIFTS AND PARTNERING (Executed in partners or groups):

- 1) A supporting dancer who has primary weight of the executing dancer does not have to maintain contact with the performance surface provided the height of the skill does not exceed shoulder level.
- 2) **RELEASE 5 & 6:** An executing dancer may jump, leap, step, push off or be tossed by a supporting dancer(s) if:
 - a. The highest point of the released skill does not elevate the executing dancer's feet above shoulder level.
 - b. The executing dancer must either be assisted to the performance surface or land on at least one of his/her feet.

* see glossary definition

** Aerial Street Skills are Hip Hop skill sets that dancers develop over time. They can include rotation that is hip over head or twisting. These skills are **NOT** meant to incorporate gymnastics or cheerleading style tumbling. Such gymnastic skills are **NOT ALLOWED**. This prohibits a "standing full twisting layout" in the Expanded Hip Hop Rules but allows a capoeira style "folha secca twist".

DUE TO UNFORESEEN CIRCUMSTANCES, JAMZ RESERVES THE RIGHT TO DISQUALIFY ANY TEAM.

The All-Star/Studio Dance General Rules are of a general nature and are not intended to cover all circumstances. JAMZ American Spirit Connection Inc. makes no warranties either expressed or implied that the JAMZ All-Star/Studio Dance General Rules will prevent injuries to individual participants.

AGE CHECKING/ELIGIBILITY

Registered coaches of teams are allowed to question/ lodge a complaint regarding the age and/or eligibility of another team's athlete. The request to verify or check the age or eligibility of another team must occur within 24 hours of a team's performance. No verification of an athlete will occur between the "Point of No Return" and that team's performance on the competition floor. However that team may be questioned regarding their athletes eligibility either before the "Point of No Return" and up to 24 hours after a team's performance. Only registered coaches of a team may lodge a complaint against another team regarding age/eligibility. The team lodging the complaint should be prepared to also present proof of their team's age and eligibility on site or within 24 hours of the complaint. Only JAMZ event officials may question or investigate a team's eligibility. All complaints regarding age and/or eligibility should be lodged with the event director or by emailing rules@jamz.com within 24 hours of the close of a competition day.

RULES VIOLATIONS/POINT DEDUCTIONS

Registered coaches of a team may request a review of another teams Level Rules or General Safety Rules violations only within 24 hours of the completion of the competition day. A rival team **MAY NOT** request the review of another team's routine for execution point deductions because those deductions are based on the human eye and are not reviewable for adding additional deductions not viewed live.

Registered coaches may request a review of their own team's execution point deductions/rules violations up to 24 hours after the completion of the competition. However, please be aware any review of your point deductions/rules violations may result in your team being awarded additional violations that were not viewed during the "live" performance if the video review discovers deductions not originally placed on your team.

If the awards ceremony has already been completed and a team is given additional Level Rules violations or General Safety Rules violations based upon a lodged complaint within 24 hours of the close of the competition day then placements of teams may be altered **ONLY** if it effects the top three teams in a division. Nevertheless, JAMZ will not strip any team of a National Championship or top three placement once it has been awarded on stage but instead reward dual placements or co-National Champions to teams in that division.

These rules violations/ point deductions review complaints must be lodged within 24 hours of the completion of the competition day. All complaints should be lodged with the Event Director or by emailing rules@jamz.com within 24 hours of the close of a competition day.

ALL-STAR/STUDIO DANCE PENALTY INFO

PROTECTING INTEGRITY AND PERFECTION OF ROUTINE EXECUTION.

RULES PENALTIES:

2.5 POINTS (per occurrence) deducted from your total possible score for each violation of any of the All-Star/Studio Dance General Rules.

10.0 POINTS (per occurrence) deducted from your total possible score for each violation of any of the restrictions in the All-Star/Studio Dance Prep Category.

Please refer to the All-Star/Studio Dance General Rules and the All-Star/Studio Dance Categories and Divisions for specific allowances and restrictions.

TIME LIMIT PENALTIES:

1.0 POINT deducted from your total possible score if your routine goes 4 – 7 SECONDS OVER time requirements.

2.0 POINTS deducted from your total possible score if your routine goes 8 - 10 SECONDS OVER time requirements.

3.0 POINTS deducted from your total possible score if your routine goes 11 OR MORE SECONDS OVER time requirements.

INAPPROPRIATE MUSIC/CHOREOGRAPHY:

Age appropriate choreography and music must be used. Penalties will be assessed under the All-Star/Studio Dance General Rules.

REASONS FOR DISQUALIFICATION:

Teams with illegal participant(s) will be disqualified. Reasons for disqualification include but are not limited to inappropriate choreography/music (at the discretion of a JAMZ official), severe demonstrations of unsportsmanlike conduct, overage participant(s), less participants than allowed on the floor, participant(s) not listed on the team roster, and/or illegal participant(s) listed on the team roster. If a team is found with unregistered participants, the team will be disqualified. Teams registering and performing in incorrect divisions will be disqualified. **Due to unforeseen circumstances, JAMZ reserves the right to disqualify any team.**

REASONS FOR FORFEITURE/DISQUALIFICATION:

In the All-Star/Studio Dance General Rules, see #3, #8 and #9 in the General Guidelines and #2, #4 and #5 (under Choreography, Music and Costuming). Teams forfeiting will receive an overall team score of 0.

LEGALITY QUESTIONS:

See the **RULES 411** section with detailed instructions on how to submit a rules question.

ALL STAR/STUDIO DANCE GLOSSARY

REFERENCE GUIDE FOR ALL SKILLS MENTIONED IN THE GENERAL SAFETY RULES.

A la Seconde Turns (Turns in Second): A turning series that opens from a plié out to the front in second position (extended directly out to the side, level with hips) on relevé, and repeats with a turn in plié and so on. Very similar to fouetté turns but instead of the leg whipping in to passé, it stays in second position.

Aerial Cartwheel: An airborne tumbling skill which emulates a cartwheel executed without placing hands on the ground.

Airborne (executed by individual): A state in which the dancer is free of contact from a person and/or the performing surface.

Airborne Hip Over Head Rotation (executed by individual): An action where hips rotate over the head in a tumbling skill and there is no contact with the performance surface (example: Round off or a Back Handspring).

Airborne Skill (executed by individual): A skill in which the dancer is free of contact with the performance surface (Example: Tour Jeté or Butterfly).

Arabesque (air-u-besk): When the dancer stands on one leg while the other is fully extended behind at a 90 degree angle.

Attitude: A position where one leg is the supporting leg and the other is extended back/front at a 90 degree angle, with a bent knee and well turned out so that the knee is level with the foot.

Axle: The working leg kicks out from a low chainé and around through second position, where it meets the other leg in a tucked position while completing a full rotation in mid-air.

Back Walkover: A non-airborne tumbling skill where the dancer reaches backward with an arched torso through an inverted position, hands make contact with the ground, then the hips rotate over the head and the torso hollows bringing the dancer to an upright position, landing one foot/leg at a time.

Backward Roll: A non-airborne tumbling skill where one rotates backward into/or through an inverted position by lifting the hips over the head and shoulders while curving the spine to create a motion similar to a ball "rolling" across the floor.

Breaking: A rhythmic style of hip hop dance involving rapid acrobatic moves, martial arts, jumps, and twists in which different parts of the body are in contact with the performance surface.

C - Jump: A jump in which the dancers creates an arch in the back allowing the knees to bend and the feet reach behind the body.

Calypso (ka-lip-so): A rotating leap in which the working leg opens from a low chainé and fully extends to the side while the supporting leg pushes off the ground to execute a back attitude position. Also often referred to as a back attitude leap or rotating back attitude leap.

Cartwheel: A non-airborne tumbling skill where one supports the weight of the body with the arm(s) while rotating sideways through an inverted position landing on one foot at a time.

Category: Denoting the style of a performance piece/competition routine (Example: Jazz, Pom or Hip Hop).

Coed: A division that includes one or more males.

Chainé Turns (sha-nay): A series of rapid turns, chained together, on the balls of the feet. One foot steps out and the other follows in to a closed turn, repeat.

Chassé (sha-say): A step in which one foot replaces the other and literally chases it out of its position. Usually done across the floor or as a prep into a leap or other aerial skill.

Consecutive Skills: An action in which the dancer connects skills immediately, without step, pause or break in between (Example: Double pirouette or Double Toe Touch)

Coupe (koo-pay): A position of the foot lifted and held tightly against the ankle of the supporting leg. Meaning to cut or cutting.

Dance Lifts (executed as partners or in a group): A skill in which a dancer(s) is elevated from the performance surface by one or more dancers and set down. A Dance Lift is comprised of "Lifting" dancer(s) and "Elevated" dancer(s). Refer to the USASF/IASF Rules for Dance Lifts and Partnering for safety guidelines.

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ALL STAR/STUDIO DANCE GLOSSARY

(CONTINUED)

Développé (dayv-law-pay): An action in which the working leg moves through passé before extending into position. Means to develop.

Dive Roll: An airborne tumbling skill in which the dancer does a forward roll where the hands and feet are off of the performing surface simultaneously. This skill is allowed only if the dancer is in a pike position.

Division: Denoting the composition of a competing group of dancers (Example: Senior Coed, Junior and Youth).

Drop: An action in which an airborne dancer lands on a party part other than his/her hands or feet without first bearing weight on the hands/feet.

Elevated: An action in which a dancer is moved to a higher position or place from a lower one.

Elevated Dancer: A dancer who is lifted from the performance surface as a part of a Dance Lift. Refer to the USASF/IASF Rules for Dance Lifts and Partnering for safety guidelines.

Executing Dancer: A dancer who performs a skill as a part of a Dance Trick or uses support from another dancer or dancers when Partnering. Refer to the USASF/IASF Rules for Dance Lifts and Partnering for safety guidelines.

Flying Squirrel: A jump executed with forward momentum with the dancers arms extended in front, legs behind, creating an "X" position in the air.

Forward Roll: A non-airborne tumbling skill where one rotates forward through an inverted position by lifting the hips over the head and shoulders while curving the spine to create a motion similar to a ball "rolling" across the floor.

Fouetté Turns (fweh-tay): A turning series that opens from a pirouette in slight plié (with a turned out passé) and then extends out to the front in second position (extended directly out to the side, level with hips) on relevé, and whips in to repeat with a pirouette in plié and so on. Very similar to al a seconde turns but instead of the leg staying in second position it whips in to passé.

Front Heel Stretch: The dancer first grabs his/her foot before stretching the leg up to the front of the body at the highest point of extension.

Front Leap/Grand Jeté (Leap): A large leap forward with one leg extended in front and the other extended in back to create the splits in mid-air.

Front Walkover: A non-airborne tumbling skill where the dancer rotates forward with a hollow torso through an inverted position and arches up bringing the legs and hips over the head to a non inverted position with legs landing one foot/leg at a time.

Handstand: A non-airborne, non rotating, tumbling skill where the dancer supports his/herself vertically on his/her hands in an inverted position and the arms are extended straight by the head and ears.

Head Spin: A hip hop technique in which the dancer spins on his/her head with use of the hands to aid in rotation and speed. The legs can be held in a variety of positions.

Head Spring (front/back): An airborne tumbling skill, typically performed in hip hop, in which the dancer approaches the head spring much like a hand spring, and can be executed either to the front or to the back. Beginning in a standing or squatting position, the hands are placed on the floor with the head between the hands, and the legs come over/whip through the body similar to a kip up and the dancer lands on two feet.

Headstand: A non airborne, non rotating, tumbling skill where the dancer supports his/herself vertically on his/her head in an inverted position and the hands are on the floor supporting the body.

Heel Stretch: When the dancer first grabs his/her foot before stretching the leg out to the side of the body at the highest point of extension.

Hip Level: A designated height; the height of a standing dancers' hips while standing upright with straight legs (Clarification: This is an approximate height to measure space, and is not changed by bending, inverting, etc).

Hip Over Head Rotation (executed by individuals): An action where the dancers hips move over the head in a tumbling skill (Example: Back walkover or cartwheel).

Hip Over Head Rotation (executed in groups or pairs): An action where the Executing Dancers' hips move over the head in a lift or partnering skill.

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ALL STAR/STUDIO DANCE GLOSSARY

(CONTINUED)

Inversion: A position in which the dancer's waist/hips/feet are higher than his/her head and shoulders.

Kick and Hold: When the dancer kicks one leg to the front, grabs the foot, and holds it at the highest point of extension.

Kip Up: A non airborne, non rotating tumbling skill, typically performed in hip hop, where the dancer brings the body to a non inverted upright position. Starting from lying down, stomach up, the dancer bends knees, thrusts legs into the chest, rolls back slightly, and then kicks up. The force of the kick causes the dancer to land in an upright position with both feet planted on the floor.

Krumping: This is a very expressive style of dance involving movements that are fast, aggressive, and highly energetic.

Lifting Dancer: A dancer(s) who is part of a dance lift and lifts an Elevated Dancer as a part of a dance lift. Refer to the USASF/IASF Rules for Dance Lifts and Partnering for safety guidelines. The supporting dancer may also be considered a Lifting Dancer. Refer to the USASF/IASF Rules for Dance Lifts and Partnering for safety guidelines

Partnering (executed in pairs): A skill in which two dancers use support from one another. Partnering Lifts can involve both "Supporting" and "Executing" skills. Refer to the USASF/IASF Rules for Dance Lifts and Partnering for safety guidelines.

Passé (pah-say): A position that has one leg, the working leg, connected to the supporting leg with a pointed toe. The working leg should connect the arch of the foot to the knee of the supporting leg. Passé may be executed with the knee of the connected foot parallel or turned out.

Piqué Turns (pee-kay): A series of rapid turns with the supporting leg stepping directly on to relevé as the other, the working leg, pulls up to passé while completing a full rotation, repeat.

Pirouette Turns (pir-o-wet): A full rotation of the body with the supporting leg on relevé and the working leg pulled up to passé.

Plié (plee-ay): A bending of the knee or knees.

Pop & Lock: Sudden muscle contractions that create a visual of the dancer popping their body rather than moving more naturally. Intricate and robotic movements that can create the image of a strobe light, "Snap Shot Effect".

Prone: A position in which the front of the dancers body is facing the ground and the back of the dancers body is facing up.

Prop: An object that can be manipulated. A glove is part of the uniform.

Release Move (executed in groups or pairs): An action in which the Executing Dancer becomes free of contact from the Supporting Dancer(s) and are unassisted to the performance surface.

Relevé (reh-la-vay): A rising of the body on the balls of the feet.

Scale: When the dancer pulls one leg, fully extended and turned out, directly to the back and stretches it to the highest point of extension. Similar to an arabesque, but the dancer uses his/her hand to stretch it to a higher point.

Shoulder Roll (forward/back): A non airborne tumbling skill in which the dancer rolls where the back of the shoulder is the contact with the floor. Head is tilted to the side to avoid contact with the floor.

Shoulder Level: A designated height; the height of a standing dancers' shoulders while standing upright with straight legs (Clarification: This is an approximate height to measure space and is not changed by bending, inverting, etc.).

Shushunova: A jump variation in which the dancer lifts extended legs to a toe-touch or pike position and then circles them behind the body dropping the chest and landing in a prone support (push up position).

Side Leap/Jeté à la Seconde: A leap to the side in which one leg rises to second position, or highest point of extension, while the other leg follows by doing the same on the opposite side to meet in a straddle position in mid-air before landing.

Spotting: A term used for the movement of the head and focusing of the eyes during pirouettes and other turning movements. The dancer chooses a spot to focus on with their eyes and as the turn is executed, the eyes stay focused on that spot until the head has no choice but to whip around. This will prevent dizziness and help the dancer to not fall out or travel during the turn(s).

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ALL STAR/STUDIO DANCE GLOSSARY

(CONTINUED)

Stag: A position, typically performed in a leap or jump, in which the dancer bends the front leg.

Stall: A non airborne, non rotating hip hop technique that involves halting all body motion, often in an interesting, inverted or balance-intensive position with the support of one or both hands. Also often referred to as a Freeze.

Stepping: A style of dance, typically in the hip hop category, which is a form of percussive dance in which the dancer uses their entire body as an instrument to produce complex rhythms and sounds through a mixture of footsteps, spoken word and hand claps.

Supine: A position in which the back of the dancers body is facing the ground and the front of the dancers body is facing up.

Supporting Dancer: A Supporting Dancer(s), who is part of a dance trick and bears the primary weight of a lifted dancer. A Supporting Dancer(s) holds or tosses and/or maintains contact with an Executing Dancer as a part of a Dance Trick or Partnering skill. The Supporting Dancer may also be considered a lifting dancer. Refer to the USASF/IASF Rules for Dance Lifts and Partnering for safety guidelines.

Supporting Leg: The leg of a dancer that supports the weight of the body during a skill.

Switch Leap: A leap in which the working leg kicks forward then switches to the back as the other leg comes to the front to create the ending position of a leap before landing.

Switch Second: Facing the side, the dancer begins a leap by extending one leg forward, then rotates the hips and body to the front while switching the leg position in mid-air to end with both legs extended at each side (straddle position).

Tilt: An angled body position, usually tilting at a diagonal to one side bending at the torso. This can be performed in a kick, jump or leaping action.

Toe Pitch (executed by groups or pairs): A toss in which the Executing Dancer(s) foot is in the hands of the Supporting Dancer(s) and she/he is propelled upward.

Toe Touch: A jump in which the dancer lifts both legs on the sides of the body. The hips should rotate under to maximize height and flexibility while keeping the chest upright.

Toss: A release move where Supporting Dancer(s) execute a throwing motion to increase the height of the Executing Dancer. The Executing Dancer becomes free from the performance surface when toss is initiated.

Tour Jeté: A skill in which the dancer takes off from one leg, executes a half turn and lands on the same leg.

Tumbling: A collection of skills that emphasize acrobatic or gymnastic ability and are executed by an individual dancer without contact, assistance or support of another dancer(s) and begins and ends on the performance surface. (Clarification: tumbling skills do not have to include hip over head rotation)

Turning Kick and Hold: Executing a full turn(s) while remaining in the position of a kick and hold until rotation(s) is complete.

Turning Switch: When the dancer begins the skill with a low chainé that leads into a leap starting in one direction and then switches leg position (like a switch leap) while body rotates in mid-air before completing the skill.

Vertical Inversion (executed in groups or pairs): A position in which the Executing Dancer is inverted and bears direct weight on the Supporting Dancer by a stop, stall or change in momentum.

Windmill: A non airborne, non rotating tumbling skill in which a dancer begins on the back, spins from his/her upper back to the chest while twirling his/her legs around his/her body in a V-shape. The leg motion gives the majority of the power, allowing the body to "flip" from a position on the back to a position with the chest to the ground.

Working Leg: The leg of a dancer that is responsible for the momentum, power and/or position during a skill.

SCORE SYSTEM 411

ALL-STAR/STUDIO DANCE DIVISIONS

JAMZ' score system leads the industry in innovation! We take scoring to the next level! We challenge teams to "perform smarter." By understanding JAMZ' scoring structure, coaches should already be able to estimate their 'base' technical element scores before even taking the floor! Use the tips provided below, Scoring Grid, General Rules, Penalty Info and the Coach's Cheat Sheet to ensure your routine maximizes its potential score.

WHERE DO I FIND ALL INFO ON JAMZ' SCORING?

Everything you need to know about JAMZ scoring is found in the following Championship Guide sections:

- Score System 411 *(THE DOCUMENT YOU'RE READING RIGHT NOW)*
- Coach's Cheat Sheet
- Scoring Grids
- Dance General Rules
- Penalty Info

HOW IS A ROUTINE SCORED? ... THIS IS OUR FAVORITE PART!

JAMZ has created separate scoring criteria for EVERY style of dance! What does this mean? Points are allocated differently for each routine style! Why would we go to such great lengths to tailor our score sheets to each style? 'Cause we know that different styles of dance demand different skill levels. For example, a Lyrical routine demands different skills and a different performance than a Pom Performance routine. Lyrical does not call for motion technique and sharpness but it does call for a routine built on emotion and expressive movements. Therefore the score sheet for Lyrical has a scoring section solely for Emotion/Expression of Movement. JAMZ not only believes in the purpose of skills/performance levels, but also carries this mission throughout the scoring process. If the routine is less demanding of a certain skill or style, then less points will be allocated for this versus other parts of the routine. We get it!

WHAT ARE SCORING GRIDS?

Scoring grids show coaches what point ranges certain skills may achieve. However, point ranges are assessed by acknowledging whether skills were performed by a partial or majority of the team, at what difficulty level the majority of the skills were performed, and the perfection of execution of the skills. Therefore, for example in Pom Performance, having one participant execute a single pirouette while the rest of the members perform a front kick does NOT guarantee a scoring in the range of 4 - 5 in Incorporation of Jazz Technique. Other factors must be considered. When entering a category that specifically calls for mandatory skills/styles, JAMZ must ensure that the difference is recognized between teams who perform a sufficient amount of the required skills/styles vs. teams that have only included a limited amount. With perfection of execution and creative incorporation, that team may be able to achieve a score in the range of 4 - 5. As you can see, JAMZ takes scoring seriously and works hard to identify the slight differences in routine difficulty, execution and team incorporation that make the difference in final team ranking.

HOW ARE TOTAL SCORES CALCULATED? ... LET'S DO SOME MATH. C'MON, IT WILL BE FUN!

Each division is scored out of 100 possible points. Total scores from all judges on the panel are added together, and then divided by the total number of judges. This total is referred to as the team's Total Average Score. This score is used to determine Nationals qualification.

Using the team's Total Average Score, any penalties and deductions received are deducted based on their percentage weight (see calculation below) to provide the Final Team Score. This Final Team Score is used for awards/ranking at that specific championship.

For example, say that in a particular Division and Level there is a potential of 100 points possible:

Total Possible Score: 100 points

The team receives the following scores:

Judge 1: 72.1

Judge 2: 75.3

Judge 3: 74.1

These scores added together $(72.1 + 75.3 + 74.1) = 221.5$

Then divided by the number of judges $(3) = 73.83$

Team Average Score: 73.83 points (used to qualify for Nationals)

The team also received a penalty of 2.5 points.

Team Average Score: 73.83 points

Final Team Score: $(73.83 - 2.5) = 71.33$ (used for awards/ranking)

COACH'S CHEAT SHEET

ALL-STAR/STUDIO DANCE DIVISIONS

HOW DO YOU USE JAMZ SCORING GRIDS? ... DON'T WORRY, WE'LL WALK YOU THROUGH IT.

1. FIND YOUR TEAM'S SCORING GRID.

What is your Category?

Example:

→ If you are: POM PERFORMANCE


→ Then select: ALL STAR/STUDIO- POM PERFORMANCE SCORING GRID


2. LOOK AT EACH ELEMENT ON THE SCORING GRID.


- Your team will be judged and scored on the criteria specified in your category and level or dance style scoring grid. Each scoring grid has its own point distribution and allotment.
- Scoring elements are judged based on a level of execution, perfection and creative incorporation. Elements with a strong level of execution, perfection and creative incorporation show mastery, excellence, consistency and are performed with confidence. Elements with a weak level of execution, perfection and creative incorporation lack technique, show inconsistency, need to be polished and lack self-confidence. Strong level = higher score.
- Scoring elements are judged based on majority vs. partial execution. Teams will earn more points if the majority (over half of the team) executes (not attempts) the elements than teams who have partial (less than half of the team) execution.
- **Scoring Example:** An element on the ALL-STAR / STUDIO - POM PERFORMANCE SCORING GRID is CHOREOGRAPHY FORMATIONS- Variety, Spacing and Transitions
 - ▶ If the majority of the routine contains seamless and creative transitions, variety in formations, great spacing, etc.
 - Then you can expect to receive a score in the 9.0 - 10.0 range
 - ▶ If the majority of the routine contains basic formation changes with standard transitions and inconsistent spacing, etc.
 - Then you can expect to receive a score in the 7.0 - 7.9 range


WHAT ARE JUDGES LOOKING FOR? ... HERE'S A QUICK CHECKLIST.


- Were all skills performed 'legally'?
- Did the majority (over half) of the team perform/execute (not attempt) the skill(s)?
- Did the routine include variety?
- Was the routine executed with proper presentation and level of energy?
- Was it clean & exciting? Were there many timing errors?
 - Examples:**
 - Was choreography varied to hold audience attention? OR did the routine become repetitive and monotonous?
 - Did the performance have consistent energy throughout the entire routine? Or did the confidence and energy level drop half way through or towards the end?
- How did the team execute the skills?
 - Strong Level = Higher Score
 - Mastery of skill
 - Excellence of performance/skill
 - Confidence in performance
 - Weak Level = Lower Score
 - Inconsistent in skill
 - Needs polish
 - Lacks self confidence
- Were there mistakes, improper execution of technique/tricks/styles, timing errors, etc.?


		
All-Star Pom Performance		
SCORING ELEMENTS	MAX POINTS	YOUR SCORE
Scoring Criteria		
Choreography - Creativity And Variety	10	
Choreography - Formations- Variety, Spacing and Transitions	10	
Routine Execution - Performance Presentation and Execution	10	
Pom - Motion Technique- Placement	10	
Pom - Motion Technique- Sharpness	10	
Pom - Visual Effect	10	
Pom - Synchronization	10	
Cheer Funk - Incorporation of Cheer Funk Skills	5	
Cheer Funk - Execution of Cheer Funk Skills	5	
Jazz - Incorporation of Jazz Technique/Performance Skills	5	
Jazz - Execution of Jazz Technique	5	
Routine Execution - Degree of Difficulty	10	
Comment:	POSSIBLE: 100	YOUR TOTAL:

		
All-Star Hip Hop		
SCORING ELEMENTS	MAX POINTS	YOUR SCORE
Scoring Criteria		
Choreography - Creativity and Variety	10	
Choreography - Visual Effect	10	
Choreography - Formations-Variety, Spacing and Transitions	10	
Choreography - Difficulty	5	
Hip Hop Fundamentals - Interpretation and Incorporation of Hip Hop Styles	20	
Hip Hop Fundamentals - Execution of Hip Hop Styles	20	
Hip Hop Fundamentals - Incorporation of Athleticism and Tricks	5	
Routine Execution - Team Uniformity	10	
Routine Execution - Performance Presentation and Execution	10	
Comment:	POSSIBLE: 100	YOUR TOTAL:

		
All-Star Jazz		
SCORING ELEMENTS	MAX POINTS	YOUR SCORE
Scoring Criteria		
Choreography - Creativity and Variety	10	
Choreography - Formations-Variety, Spacing and Transitions	10	
Choreography - Visual Effect	10	
Jazz Fundamentals - Incorporation of Jazz Technique/Performance Skills	20	
Jazz Fundamentals - Execution of Jazz Technique	20	
Routine Execution - Degree of Difficulty	10	
Routine Execution - Team Uniformity	10	
Routine Execution - Performance Presentation and Execution	10	
Comment:	POSSIBLE: 100	YOUR TOTAL:

		
All-Star Lyrical		
SCORING ELEMENTS	MAX POINTS	YOUR SCORE
Scoring Criteria		
Choreography - Creativity and Visual Effect	10	
Choreography - Formations-Variety, Spacing and Transitions	10	
Lyrical Fundamentals - Emotion/Expression of Movement	20	
Lyrical Fundamentals - Incorporation of Technical Skills	15	
Lyrical Fundamentals - Execution of Technical Skills	15	
Routine Execution - Degree of Difficulty	10	
Routine Execution - Performance Presentation and Execution	10	
Routine Execution - Team Uniformity	10	
Comment:	POSSIBLE: 100	YOUR TOTAL:

		
All-Star Prep		
SCORING ELEMENTS	MAX POINTS	YOUR SCORE
Scoring Criteria		
Choreography - Creativity and Visual Effect	20	
Choreography - Flow of Routine	10	
Choreography - Formations- Variety, Spacing and Transitions	10	
Routine Execution - Degree of Difficulty	20	
Routine Execution - Performance Presentation and Execution	20	
Routine Execution - Synchronization and Team Uniformity	20	
Comment:	POSSIBLE: 100	YOUR TOTAL:

		
All-Star Variety		
SCORING ELEMENTS	MAX POINTS	YOUR SCORE
Scoring Criteria		
Choreography - Creativity and Visual Effect	15	
Choreography - Flow of Routine	15	
Choreography - Formations-Variety, Spacing and Transitions	10	
Routine Execution - Degree of Difficulty	10	
Routine Execution - Performance Presentation and Execution	10	
Routine Execution - Synchronization and Team Uniformity	10	
Variety Fundamentals - Incorporation of Hip Hop	5	
Variety Fundamentals - Execution of Hip Hop	5	
Variety Fundamentals - Incorporation of Jazz	5	
Variety Fundamentals - Execution of Jazz	5	
Variety Fundamentals - Incorporation of Pom	5	
Variety Fundamentals - Execution of Pom	5	
Comment:	POSSIBLE: 100	YOUR TOTAL:

All-Star Pom Performance

CHOREOGRAPHY - CREATIVITY AND VARIETY (Max Score: 10.0)	
0.0 - 5.9	Routine contains little to no variety in style. Choreography is without personality and creative movements.
6.0 - 6.9	Routine lacks variety. Movements are repetitive and fall short of creativity.
7.0 - 7.9	Standard incorporation of creative choreography. Average variety displayed throughout routine.
8.0 - 8.9	Good variety in styles and movements. Choreography displays creativity.
9.0 - 10.0	Excellent incorporation of variety. Great interpretation and variety in movements. Routine is creative and unique.
CHOREOGRAPHY - FORMATIONS- VARIETY, SPACING AND TRANSITIONS (Max Score: 10.0)	
0.0 - 5.9	Little to no formation changes. Spacing off throughout routine. Lacking awareness of floor spacing. Transitions are chaotic and confusing.
6.0 - 6.9	Team lacking in knowledge of routine spacing. Formations are short of variety. Transitions are chaotic and lack in variety.
7.0 - 7.9	Basic incorporation of formation changes. Standard transitions. Spacing is inconsistent throughout routine.
8.0 - 8.9	Good use of various formations and floor space. Minor inconsistent spacing issues. Majority of transitions smooth.
9.0 - 10.0	Tricky/creative transitions between formation changes. Great use of the floor with proper spacing. Great variety in formations.
ROUTINE EXECUTION - PERFORMANCE PRESENTATION AND EXECUTION (Max Score: 10.0)	
0.0 - 5.9	Routine execution is inconsistent. Performance lacks energy and audience appeal. Displays no showmanship or confidence. Flow of routine is lost.
6.0 - 6.9	Little energy and showmanship. Routine flow and presentation is inconsistent. Routine short of proper execution and lacks confidence and audience appeal.
7.0 - 7.9	Average presentation of routine. Performance is standard and lacks energy at times. Standard routine execution.
8.0 - 8.9	Nice entertainment value and crowd appeal. Good energy and presentation. Routine performed with good execution and consistent confidence from majority. Routine carries good flow throughout.
9.0 - 10.0	Great routine flow. Engaging performance and audience appeal. Ownership of routine and confidence felt from the entire team. Routine performed with great execution and with natural showmanship and energy.
POM - MOTION TECHNIQUE- PLACEMENT (Max Score: 10.0)	
0.0 - 5.9	Team lacks complete knowledge of proper motion placement and technique.
6.0 - 6.9	Motions lack proper placement. Motions and movements not clear throughout routine.
7.0 - 7.9	Average understanding of proper motion placement. Standard knowledge of placement maintained periodically throughout routine but inconsistent at times.
8.0 - 8.9	Good motion technique. Majority of routine executed with proper placement of motions.
9.0 - 10.0	Great motion technique. Movements and motions are executed with proper placement throughout entire routine.
POM - MOTION TECHNIQUE- SHARPNESS (Max Score: 10.0)	
0.0 - 5.9	Motions are executed without strength and technique. Slow paced, drawn out lengthy sections are executed throughout entire routine.
6.0 - 6.9	Motions do not maintain proper strength and technique. Lacking sharpness and control throughout majority of routine.
7.0 - 7.9	Basic technique performed at a moderate pace. Areas of routine lacking in motion strength.
8.0 - 8.9	Good technique and control. Sharp motions performed at a good pace. Majority of motion sequences include strength.
9.0 - 10.0	Amazing motion technique and placement. Strong sharp motions are consistently being executed throughout entire routine.
POM - VISUAL EFFECT (Max Score: 10.0)	
0.0 - 5.9	Routine has complete lack in visual appeal. No incorporation of level changes, ground work, roll offs etc.
6.0 - 6.9	Minimal level changes, ground work and roll-offs. Routine lacks visual appeal.
7.0 - 7.9	Standard incorporation of visual effects. Moderate use of roll-offs, level changes and/or ground work.
8.0 - 8.9	Good incorporation of visual movements throughout majority of routine. Level changes, ground work and/or roll-offs add to the visual appeal of routine.
9.0 - 10.0	Excellent visual effects. Nice variety of level changes incorporated. Creative incorporation of ground work and/or roll-offs. Routine is visually appealing throughout performance.
POM - SYNCHRONIZATION (Max Score: 10.0)	
0.0 - 5.9	Entire performance lacks proper timing and knowledge of routine synchronization.
6.0 - 6.9	Team lacks knowledge of routine timing. Synchronization is off throughout majority of performance and makes it difficult to visually understand routine movements.
7.0 - 7.9	Average timing displayed throughout routine. Standard synchronization maintained. Areas of routine lack team uniformity and knowledge of proper counts.
8.0 - 8.9	Good understanding and knowledge of proper timing and routine counts. Proper synchronization maintained throughout majority of routine. Minor timing errors.
9.0 - 10.0	Routine is executed with great synchronization. Nice uniformity and timing maintained throughout entire routine.
CHEER FUNK - INCORPORATION OF CHEER FUNK SKILLS (Max Score: 5.0)	
0.0 - 2.9	Little to no cheer funk movements in choreography. Movements short of personality and variety.
3.0 - 3.9	Basic incorporation of cheer-funk movements. Standard level of creative choreography and movements.
4.0 - 5.0	Good incorporation of cheer-funk movements. Expressive and varied style. Nice visuals and creativity.
CHEER FUNK - EXECUTION OF CHEER FUNK SKILLS (Max Score: 5.0)	
0.0 - 2.9	Little to no cheer-funk style executed. Lacking energy. Movements short of personality and uniformity. Proper rhythm and body control not maintained by majority. Numerous timing errors.
3.0 - 3.9	Average energy executed. Minimal timing errors. Movements performed with basic rhythm/body control.
4.0 - 5.0	Good sense of rhythm and energy. Nice body control and execution. Great timing.
JAZZ - INCORPORATION OF JAZZ TECHNIQUE/PERFORMANCE SKILLS (Max Score: 5.0)	
0.0 - 2.9	Little to no incorporation of skills. Minimal team participation in jazz technique throughout routine. Little to no variety in jazz skill.
3.0 - 3.9	Moderate jazz skills/technique incorporated within routine. Jazz skills lack variety. Minimal team participation.
4.0 - 5.0	Good incorporation of technique. Routine includes solid combinations. Nice variety and team participation.
JAZZ - EXECUTION OF JAZZ TECHNIQUE (Max Score: 5.0)	
0.0 - 2.9	Lacking proper technical execution. Poor body placement. Skills are too rushed/too slow and not being performed at proper pace.
3.0 - 3.9	Basic knowledge of proper technique and execution. Few issues with incorrect body placement and timing of skills. Standard skills with some being performed at improper pace (too fast/too slow).
4.0 - 5.0	Skills performed with good execution and presentation. Minor timing errors. Nice body placement/extensions. Appropriately paced jazz skills executed properly by majority.
ROUTINE EXECUTION - DEGREE OF DIFFICULTY (Max Score: 10.0)	
0.0 - 5.9	Routine difficulty level is too easy/too hard and causes confusion throughout routine. Routine displays a complete lack in knowledge of proper difficulty level.
6.0 - 6.9	Routine difficulty is not apparent throughout the routine. Routine difficulty is minimal or above team ability. Routine lacks dance technique and challenging choreography. Majority of routine not executed properly.
7.0 - 7.9	Routine difficulty is age appropriate. Average emphasis on technical skills and choreography. Need to focus on proper execution of routine. Standard incorporation of difficulty.
8.0 - 8.9	Nice difficulty level and incorporation of challenging movements and technical dance skills. Routine difficulty level is age appropriate yet challenging. Majority of team executing routine correctly.
9.0 - 10.0	High level of routine difficulty including challenging choreography, innovative movements and technical dance skills. Technique and choreography executed properly throughout routine. Difficulty level keeps audience engaged and performance exciting.

CHOREOGRAPHY - CREATIVITY AND VARIETY (Max Score: 10.0)	
0.0 - 5.9	Choreography lacks personality and innovative movements. Little to no creativity and variety throughout entire routine choreography.
6.0 - 6.9	Routine lacks creative style throughout majority of routine. Movements are repetitive and personality is lost.
7.0 - 7.9	Average creativity displayed throughout routine. Choreography lacks innovative style and variety in movements.
8.0 - 8.9	Good display of creative choreography. Routine holds personality and varied movements throughout majority of routine.
9.0 - 10.0	Excellent incorporation of creative choreography. Routine created with a unique and clever style. Personality and diversity maintained throughout entire routine.
CHOREOGRAPHY - VISUAL EFFECT (Max Score: 10.0)	
0.0 - 5.9	Little to no visually appealing choreography incorporated. Lacking levels, roll offs, group work, etc.
6.0 - 6.9	Minimal incorporation of visual movements. Routine lacks visual appeal.
7.0 - 7.9	Moderate visual effects. Routine incorporates basic levels, roll offs, group work, etc. Standard visual appeal.
8.0 - 8.9	Nice incorporation of visual movements. Good amount of level changes, roll offs, group work, etc. Routine contains sections that are visually appealing and entertaining.
9.0 - 10.0	Includes several visually effective sections. Routine grabs the attention of the audience with prominent and definite moves that are visually impressive. Very creative use of levels, roll offs, group work, etc. Routine visuals keep the choreography exciting and audience entertained.
CHOREOGRAPHY - FORMATIONS-VARIETY, SPACING AND TRANSITIONS (Max Score: 10.0)	
0.0 - 5.9	Little to no formation changes. Spacing off throughout routine. Lacking awareness of floor spacing. Transitions are chaotic and confusing.
6.0 - 6.9	Team lacking in knowledge of routine spacing. Formations are short of variety. Transitions are chaotic and lack in variety.
7.0 - 7.9	Basic incorporation of formation changes. Standard transitions. Spacing is inconsistent throughout routine.
8.0 - 8.9	Good use of various formations and floor space. Minor inconsistent spacing issues. Majority of transitions smooth.
9.0 - 10.0	Tricky/creative transitions between formation changes. Great use of the floor with proper spacing. Great variety in formations.
CHOREOGRAPHY - DIFFICULTY (Max Score: 5.0)	
0.0 - 2.9	Routine choreography displays a complete lack in knowledge of proper difficulty level. Movements are too easy/too hard and causes confusion throughout the routine.
3.0 - 3.9	Standard level of difficulty in movements and choreography. Difficulty level maintained throughout a majority of choreography.
4.0 - 5.0	Great level of routine difficulty including intricate and innovative movements. Challenging choreography maintained throughout routine. Difficulty level keeps audience engaged and performance exciting.
HIP HOP FUNDAMENTALS - INTERPRETATION AND INCORPORATION OF HIP HOP STYLES (Max Score: 20.0)	
0.0 - 11.9	Little to no understanding of hip hop styles. Routine lacks in diversity and variety of styles. Poor interpretation and knowledge of movements.
12.0 - 13.9	Team lacks knowledge of basic hip hop styles. Routine short of variety and proper incorporation of style.
14.0 - 15.9	Basic incorporation of style variety throughout routine. Movements are repetitive and lack in diversity. Average understanding of hip hop styles.
16.0 - 17.9	Nice variety in styles. Good awareness and interpretation of hip hop styles. Diversity and variety maintained throughout majority of routine.
18.0 - 20.0	Remarkable knowledge and interpretation of hip hop styles. Routine incorporates diversity and demands attention. Great variety in styles and movements.
HIP HOP FUNDAMENTALS - EXECUTION OF HIP HOP STYLES (Max Score: 20.0)	
0.0 - 11.9	Majority of routine is executed improperly. Hip hop styles are lost throughout routine.
12.0 - 13.9	Routine lacks proper execution of hip hop styles throughout entire performance. Majority of team lacking body control and basic rhythm.
14.0 - 15.9	Standard rhythm and body control. Hip hop styles and movements are inconsistently executed throughout.
16.0 - 17.9	Nice body control and rhythm throughout routine. Most movements and styles are executed properly and with strength by majority.
18.0 - 20.0	Wonderful execution of all incorporated movements. Variety of styles executed with strength, emotion and personality. Moves contain body control and natural rhythm.
HIP HOP FUNDAMENTALS - INCORPORATION OF ATHLETICISM AND TRICKS (Max Score: 5.0)	
0.0 - 2.9	Routine displays a complete lack in athleticism and tricks. Difficulty level is not apparent throughout entire routine.
3.0 - 3.9	Standard level of difficulty in athleticism and tricks. Difficulty level maintained throughout a majority of routine.
4.0 - 5.0	Great level of routine difficulty including tricks and athletic skills. Challenging level maintained throughout routine. Difficulty level keeps audience engaged and performance exciting.
ROUTINE EXECUTION - TEAM UNIFORMITY (Max Score: 10.0)	
0.0 - 5.9	Lacks team uniformity and synchronization. Major timing errors throughout the entire routine. Team is unsure of choreography and timing. Routine personality lost.
6.0 - 6.9	Routine lacking in uniformity and synchronization. Team is not working as one to convey choreography to audience. Many timing errors throughout the routine.
7.0 - 7.9	Moderate team uniformity and synchronization. Timing errors throughout routine.
8.0 - 8.9	Good team synchronization and uniformity. Good sense of team style. Minimal timing errors.
9.0 - 10.0	Developed team style. Amazing synchronization and team uniformity. Very clean and precise.
ROUTINE EXECUTION - PERFORMANCE PRESENTATION AND EXECUTION (Max Score: 10.0)	
0.0 - 5.9	Routine execution is inconsistent. Performance lacks energy and audience appeal. Displays no showmanship or confidence. Flow of routine is lost.
6.0 - 6.9	Little energy and showmanship. Routine flow and presentation is inconsistent. Routine short of proper execution and lacks confidence and audience appeal.
7.0 - 7.9	Average presentation of routine. Performance is standard and lacks energy throughout. Standard routine execution.
8.0 - 8.9	Nice entertainment value and crowd appeal. Good energy and presentation. Routine performed with good execution and consistent confidence from majority. Routine carries good flow throughout.
9.0 - 10.0	Great routine flow. Engaging performance and audience appeal. Ownership of routine and confidence felt from the entire team. Routine performed with great execution and with natural showmanship and energy.

CHOREOGRAPHY - CREATIVITY AND VARIETY (Max Score: 10.0)	
0.0 - 5.9	Choreography lacks personality and innovative movements. Little to no creativity and variety throughout entire routine choreography.
6.0 - 6.9	Routine lacks creative style throughout majority of routine. Movements are repetitive and personality is lost.
7.0 - 7.9	Average creativity displayed throughout routine. Choreography lacks innovative style and variety in movements.
8.0 - 8.9	Good display of creative choreography. Routine holds personality and varied movements throughout majority of routine.
9.0 - 10.0	Excellent incorporation of creative choreography. Routine created with a unique and clever style. Personality and diversity maintained throughout entire routine.
CHOREOGRAPHY - FORMATIONS-VARIETY, SPACING AND TRANSITIONS (Max Score: 10.0)	
0.0 - 5.9	Little to no formation changes. Spacing off throughout routine. Lacking awareness of floor spacing. Transitions are chaotic and confusing.
6.0 - 6.9	Team lacking in knowledge of routine spacing. Formations are short of variety. Transitions are chaotic and lack in variety.
7.0 - 7.9	Basic incorporation of formation changes. Standard transitions. Spacing is inconsistent throughout routine.
8.0 - 8.9	Good use of various formations and floor space. Minor inconsistent spacing issues. Majority of transitions smooth.
9.0 - 10.0	Tricky/creative transitions between formation changes. Great use of the floor with proper spacing. Great variety in formations.
CHOREOGRAPHY - VISUAL EFFECT (Max Score: 10.0)	
0.0 - 5.9	Little to no visually appealing choreography incorporated. Lacking levels, roll offs, group work, etc.
6.0 - 6.9	Minimal incorporation of visual movements. Routine lacks visual appeal.
7.0 - 7.9	Moderate visual effects. Routine incorporates basic levels, roll offs, group work, etc. Standard visual appeal.
8.0 - 8.9	Nice incorporation of visual movements. Good amount of level changes, roll offs, group work, etc. Routine contains sections that are visually appealing and entertaining.
9.0 - 10.0	Includes several visually effective sections. Routine grabs the attention of the audience with prominent and definite moves that are visually impressive. Very creative use of levels, roll offs, group work, etc. Routine visuals keep the choreography exciting and audience entertained.
JAZZ FUNDAMENTALS - INCORPORATION OF JAZZ TECHNIQUE/PERFORMANCE SKILLS (Max Score: 20.0)	
0.0 - 11.9	Little to no incorporation of technical jazz skills. Routine lacks in performance skills and variety. Majority of team not participating.
12.0 - 13.9	Minimal team participation. Routine lacks incorporation of jazz technique and performance skills. Very little variety in jazz skills.
14.0 - 15.9	Standard incorporation of jazz technique and skill sequences. Lack of team participation throughout routine. Basic variety in technical and performance skills.
16.0 - 17.9	Good incorporation of technical skills. Nice team participation and variety. Good use of technical combinations.
18.0 - 20.0	Excellent variety of technical skills incorporated into routine. Great use of technical combinations and skill sequences. Majority to entire team participation.
JAZZ FUNDAMENTALS - EXECUTION OF JAZZ TECHNIQUE (Max Score: 20.0)	
0.0 - 11.9	Little to no understanding of jazz technique/performance skills. Poor execution and body placement. Skills are too rushed/too slow and not being performed at proper pace. Most to all skills attempted were executed incorrectly. Complete lack of artistic expression.
12.0 - 13.9	Lacking knowledge of jazz style/technical elements. Most skills performed were executed improperly. Poor placement and extension of the body. Little artistic expression and style. Skills not performed at proper pace.
14.0 - 15.9	Average understanding of technical skills and proper execution. Incorrect placement with skills being performed at improper pace, too fast/too slow.
16.0 - 17.9	Good execution and presentation of jazz technique. Minor timing errors. Nice placement and extension of the body throughout majority of routine. Good artistic expression. Appropriately paced jazz skills nicely executed.
18.0 - 20.0	Wonderful jazz technique and presentation. Proper execution maintained throughout routine. Great pace of movements and technical skills. Excellent body placement and extension of body lines.
ROUTINE EXECUTION - DEGREE OF DIFFICULTY (Max Score: 10.0)	
0.0 - 5.9	Routine difficulty level too easy/too hard and causes confusion throughout the routine.
6.0 - 6.9	Routine difficulty is not apparent throughout the routine. Difficulty is minimal or above team ability. Routine lacks jazz technique and challenging choreography. Majority of routine not executed properly.
7.0 - 7.9	Routine difficulty is age appropriate. Average emphasis on challenging choreography and technical skills. Need to focus on proper execution of routine. Standard incorporation of difficulty.
8.0 - 8.9	Good routine difficulty. Level of difficulty is age appropriate yet challenging. Majority of team executing routine technique and difficult choreography correctly.
9.0 - 10.0	High level of routine difficulty including innovative and expressive movements, tricks, technical skills, etc. Challenging choreography maintained throughout routine with proper execution. Difficulty level keeps audience engaged and performance exciting.
ROUTINE EXECUTION - TEAM UNIFORMITY (Max Score: 10.0)	
0.0 - 5.9	Lacks team uniformity and synchronization. Major timing errors throughout the entire routine. Team is unsure of choreography and timing. Routine personality lost.
6.0 - 6.9	Routine lacking in uniformity and synchronization. Team is not working as one to convey choreography to audience. Many timing errors throughout the routine.
7.0 - 7.9	Moderate team uniformity and synchronization. Timing errors throughout routine.
8.0 - 8.9	Good team synchronization and uniformity. Good sense of team style. Minimal timing errors.
9.0 - 10.0	Developed team style. Amazing synchronization and team uniformity. Very clean and precise.
ROUTINE EXECUTION - PERFORMANCE PRESENTATION AND EXECUTION (Max Score: 10.0)	
0.0 - 5.9	Routine execution is inconsistent. Performance lacks energy and audience appeal. Displays no showmanship or confidence. Flow of routine is lost.
6.0 - 6.9	Little energy and showmanship. Routine flow and presentation is inconsistent. Routine short of proper execution and lacks confidence and audience appeal.
7.0 - 7.9	Average presentation of routine. Performance is standard and lacks energy throughout. Standard routine execution.
8.0 - 8.9	Nice entertainment value and crowd appeal. Good energy and presentation. Routine performed with good execution and consistent confidence from majority. Routine carries good flow throughout.
9.0 - 10.0	Great routine flow. Engaging performance and audience appeal. Ownership of routine and confidence felt from the entire team. Routine performed with great execution and with natural showmanship and energy.

CHOREOGRAPHY - CREATIVITY AND VISUAL EFFECT (Max Score: 10.0)	
0.0 - 5.9	Routine falls short of creative and visual choreography. Lacks originality and personality. Levels, group work, etc. not included
6.0 - 6.9	Minor creativity incorporated into routine. Choreography consists of simple and repetitive movements. Minimal incorporation of visual effect. Routine sections/movements are small and unnoticeable to the audience.
7.0 - 7.9	Standard level of creative movements and visual effects incorporated into routine. Choreography includes basic skills and moves that lack in variety.
8.0 - 8.9	Good incorporation of unique skills and visual movements. Creative and visually appealing choreography included throughout majority of routine.
9.0 - 10.0	Variety of movements and skills creatively choreographed throughout the entire routine. Includes several visually effective sections. Unique and creative style is noticeable and entertaining. Original choreography used to create a visual and expressive routine. Excellent use of levels, roll offs, group work, etc.
CHOREOGRAPHY - FORMATIONS-VARIETY, SPACING AND TRANSITIONS (Max Score: 10.0)	
0.0 - 5.9	Little to no formation changes. Spacing off throughout routine. Lacking awareness of floor spacing. Transitions are chaotic and confusing.
6.0 - 6.9	Team lacking in knowledge of routine spacing. Formations are short of variety. Transitions are chaotic and lack in variety.
7.0 - 7.9	Basic incorporation of formation changes. Standard transitions. Spacing is inconsistent throughout routine.
8.0 - 8.9	Good use of various formations and floor space. Minor inconsistent spacing issues. Majority of transitions smooth.
9.0 - 10.0	Tricky/creative transitions between formation changes. Great use of the floor with proper spacing. Great variety in formations.
LYRICAL FUNDAMENTALS - EMOTION/EXPRESSION OF MOVEMENT (Max Score: 20.0)	
0.0 - 11.9	Poor incorporation of expressive movements. Lack of emotion throughout the entire routine. Performance does not relay any feelings to the audience. Knowledge of lyrical style is not shown.
12.0 - 13.9	Lacking in expressive and interpretive movements throughout most of the routine. Story not understood and not believable. Routine not connecting with audience and is not danced with emotion.
14.0 - 15.9	Basic use of expressive movements. Routine contains few areas of emotion and connection.
16.0 - 17.9	Good expression and emotion conveyed throughout routine. Emotion is believable and compliments mood of choreography.
18.0 - 20.0	Routine is performed with wonderful expressive movements. Emotions evolved with the music selection and brought the story to life. Performance was convincing and captured the audience.
LYRICAL FUNDAMENTALS - INCORPORATION OF TECHNICAL SKILLS (Max Score: 15.0)	
0.0 - 8.9	Routine is without technical skills. Routine lacks technique and variety. Majority of team not participating.
9.0 - 9.9	Minimal team participation. Routine lacks incorporation of technique. Little to no variety in technical skills.
10.0 - 11.9	Standard technical skills incorporated within routine. Basic variety and team participation throughout routine.
12.0 - 12.9	Good incorporation of technical skills. Nice team participation and variety. Good use of technical combinations.
13.0 - 15.0	Excellent variety of technical skills incorporated into routine. Great use of technical combinations and skill sequences. Majority to entire team participation. Technique is creative and unique.
LYRICAL FUNDAMENTALS - EXECUTION OF TECHNICAL SKILLS (Max Score: 15.0)	
0.0 - 8.9	Complete lack of knowledge in lyrical form and proper technical execution. Poor execution and body placement. Skills are too rushed/too slow and not being performed at proper pace. Most to all skills attempted were executed incorrectly. Complete lack of artistic expression.
9.0 - 9.9	Most skills performed were executed improperly. Little understanding of lyrical form/technique. Poor placement and extension of the body. Little artistic expression and style. Skills not performed at proper pace.
10.0 - 11.9	Average understanding of technical skills and proper execution. Incorrect placement and timing throughout routine. Standard skills with some being performed at improper pace, too fast/too slow.
12.0 - 12.9	Good execution and presentation of technical skills. Minor timing errors. Nice placement and extension of the body throughout majority of routine. Good artistic expression.
13.0 - 15.0	Wonderful technique and presentation. Complete understanding of lyrical form with proper execution maintained throughout routine. Great pace of movements and technical skills. Excellent body placement and extension of body lines.
ROUTINE EXECUTION - DEGREE OF DIFFICULTY (Max Score: 10.0)	
0.0 - 5.9	Routine difficulty level too easy/too hard and causes confusion throughout the routine. Routine displays a complete lack in knowledge of proper difficulty level.
6.0 - 6.9	Routine difficulty is not apparent throughout the routine. Difficulty is minimal or above team ability. Routine lacks athletic street style and challenging choreography. Majority of routine not executed properly.
7.0 - 7.9	Routine difficulty is age appropriate. Average emphasis on challenging choreography and technical skills. Need to focus on proper execution of routine. Standard incorporation of difficulty.
8.0 - 8.9	Good routine difficulty. Level of difficulty is age appropriate yet challenging. Majority of team executing technical skills, lyrical form, difficult choreography, etc correctly.
9.0 - 10.0	High level of routine difficulty including intricate and innovative movements, tricks, technical skills, etc. Challenging choreography maintained throughout routine with proper execution. Difficulty level keeps audience engaged and performance exciting.
ROUTINE EXECUTION - PERFORMANCE PRESENTATION AND EXECUTION (Max Score: 10.0)	
0.0 - 5.9	Routine execution is inconsistent. Performance lacks energy and audience appeal. Displays no showmanship or confidence. Flow of routine is lost.
6.0 - 6.9	Little energy and showmanship. Routine flow and presentation is inconsistent. Routine short of proper execution and lacks confidence and audience appeal.
7.0 - 7.9	Average presentation of routine. Performance is standard and lacks energy throughout. Standard routine execution.
8.0 - 8.9	Nice entertainment value and crowd appeal. Good energy and presentation. Routine performed with good execution and consistent confidence from majority. Routine carries good flow throughout.
9.0 - 10.0	Great routine flow. Engaging performance and audience appeal. Ownership of routine and confidence felt from the entire team. Routine performed with great execution and with natural showmanship and energy.
ROUTINE EXECUTION - TEAM UNIFORMITY (Max Score: 10.0)	
0.0 - 5.9	Lacks team uniformity and synchronization. Major timing errors throughout the entire routine. Team is unsure of choreography and timing. Routine personality lost.
6.0 - 6.9	Routine lacking in uniformity and synchronization. Team is not working as one to convey choreography to audience. Many timing errors throughout the routine.
7.0 - 7.9	Moderate team uniformity and synchronization. Timing errors throughout routine.
8.0 - 8.9	Good team synchronization and uniformity. Good sense of team style. Minimal timing errors.
9.0 - 10.0	Developed team style. Amazing synchronization and team uniformity. Very clean and precise.

CHOREOGRAPHY - CREATIVITY AND VISUAL EFFECT (Max Score: 20.0)	
0.0 - 11.9	Routine falls short of creative and visual choreography. Lacks originality and personality. Levels, group work, etc. not included
12.0 - 13.9	Minor creativity incorporated into routine. Choreography consists of simple and repetitive movements. Minimal incorporation of visual effect. Routine sections/movements are small and unnoticeable to the audience.
14.0 - 15.9	Standard level of creative movements and visual effects incorporated into routine. Choreography includes basic skills and moves that lack in variety.
16.0 - 17.9	Good incorporation of unique skills and visual movements. Creative and visually appealing choreography included throughout majority of routine.
18.0 - 20.0	Variety of movements and skills creatively choreographed throughout the entire routine. Includes several visually effective sections. Unique and creative style is noticeable and entertaining. Original choreography used to create a visual and expressive routine. Excellent use of levels, roll offs, group work, etc.
CHOREOGRAPHY - FLOW OF ROUTINE (Max Score: 10.0)	
0.0 - 5.9	Flow of routine is lost. Music and movements do not compliment each other. Routine is choppy and hard to follow throughout entire performance.
6.0 - 6.9	Routine flow is inconsistent and choppy throughout majority of performance.
7.0 - 7.9	Routine flow and presentation is average. Lacking continuity and consistency within music, movements, etc.
8.0 - 8.9	Routine carries good flow throughout. Music and movements are complimentary to one another.
9.0 - 10.0	Great routine continuity. Flow of routine is seamless and creative.
CHOREOGRAPHY - FORMATIONS- VARIETY, SPACING AND TRANSITIONS (Max Score: 10.0)	
0.0 - 5.9	Little to no formation changes. Spacing off throughout routine. Lacking awareness of floor spacing. Transitions are chaotic and confusing.
6.0 - 6.9	Team lacking in knowledge of routine spacing. Formations are short of variety. Transitions are chaotic and lack in variety.
7.0 - 7.9	Basic incorporation of formation changes. Standard transitions. Spacing is inconsistent throughout routine.
8.0 - 8.9	Good use of various formations and floor space. Minor inconsistent spacing issues. Majority of transitions smooth.
9.0 - 10.0	Tricky/creative transitions between formation changes. Great use of the floor with proper spacing. Great variety in formations.
ROUTINE EXECUTION - DEGREE OF DIFFICULTY (Max Score: 20.0)	
0.0 - 11.9	Routine difficulty level too easy/too hard and causes confusion throughout the routine. Routine displays a complete lack in knowledge of proper difficulty level.
12.0 - 13.9	Routine difficulty is not apparent throughout the routine. Difficulty is minimal or above team ability. Routine lacks challenging choreography. Majority of routine not executed properly.
14.0 - 15.9	Routine difficulty is age appropriate. Average emphasis on challenging choreography. Need to focus on proper execution of routine. Standard incorporation of difficulty.
16.0 - 17.9	Good routine difficulty. Level of difficulty is age appropriate yet challenging. Majority of team executing difficult choreography, etc correctly.
18.0 - 20.0	High level of routine difficulty. Challenging choreography maintained throughout routine with proper execution. Difficulty level keeps audience engaged and performance exciting.
ROUTINE EXECUTION - PERFORMANCE PRESENTATION AND EXECUTION (Max Score: 20.0)	
0.0 - 11.9	Routine execution is inconsistent. Performance lacks energy and audience appeal. Displays no showmanship or confidence.
12.0 - 13.9	Little energy and showmanship. Routine short of proper execution and lacks confidence and audience appeal.
14.0 - 15.9	Average presentation of routine. Performance is standard and lacks energy throughout. Standard routine execution.
16.0 - 17.9	Nice entertainment value and crowd appeal. Good energy and presentation. Routine performed with good execution and consistent confidence from majority.
18.0 - 20.0	Engaging performance and audience appeal. Ownership of routine and confidence felt from the entire team. Routine performed with great execution and with natural showmanship and energy.
ROUTINE EXECUTION - SYNCHRONIZATION AND TEAM UNIFORMITY (Max Score: 20.0)	
0.0 - 11.9	Lacks team uniformity and synchronization. Major timing errors throughout the entire routine. Team is unsure of choreography and timing. Routine personality lost.
12.0 - 13.9	Routine lacking in uniformity and synchronization. Team is not working as one to convey choreography to audience. Many timing errors throughout the routine.
14.0 - 15.9	Moderate team uniformity and synchronization. Timing errors throughout routine.
16.0 - 17.9	Good team synchronization and uniformity. Good sense of team style. Minimal timing errors.
18.0 - 20.0	Developed team style. Amazing synchronization and team uniformity. Very clean and precise.

All-Star Variety

Choreography - Creativity and Visual Effect (Max Score: 15.0)	
0.0 - 8.9	Routine falls short of creative and visual choreography. Lacks originality and personality. Levels, group work, etc. not included
9.0 - 9.9	Minor creativity incorporated into routine. Choreography consists of simple and repetitive movements. Minimal incorporation of visual effect. Routine sections/movements are small and unnoticeable to the audience.
10.0 - 11.9	Standard level of creative movements and visual effects incorporated into routine. Choreography includes basic skills and moves that lack in variety.
12.0 - 12.9	Good incorporation of unique skills and visual movements. Creative and visually appealing choreography included throughout majority of routine.
13.0 - 15.0	Variety of movements and skills creatively choreographed throughout the entire routine. Includes several visually effective sections. Unique and creative style is noticeable and entertaining. Original choreography used to create a visual and expressive routine. Excellent use of levels, roll offs, group work, etc.
Choreography - Flow of Routine (Max Score: 15.0)	
0.0 - 8.9	Flow of routine is lost. Music and movements do not compliment each other. Routine is choppy and hard to follow throughout entire performance.
9.0 - 9.9	Routine flow is inconsistent and choppy throughout majority of performance.
10.0 - 11.9	Routine flow and presentation is average. Lacking continuity and consistency within music, movements, etc.
12.0 - 12.9	Routine carries good flow throughout. Music and movements are complimentary to one another.
13.0 - 15.0	Great routine continuity. Flow of routine is seamless and creative.
Choreography - Formations-Variety, Spacing and Transitions (Max Score: 10.0)	
0.0 - 5.9	Little to no formation changes. Spacing off throughout routine. Lacking awareness of floor spacing. Transitions are chaotic and confusing.
6.0 - 6.9	Team lacking in knowledge of routine spacing. Formations are short of variety. Transitions are chaotic and lack in variety.
7.0 - 7.9	Basic incorporation of formation changes. Standard transitions. Spacing is inconsistent throughout routine.
8.0 - 8.9	Good use of various formations and floor space. Minor inconsistent spacing issues. Majority of transitions smooth.
9.0 - 10.0	Tricky/creative transitions between formation changes. Great use of the floor with proper spacing. Great variety in formations.
Routine Execution - Degree of Difficulty (Max Score: 10.0)	
0.0 - 5.9	Routine difficulty level is too easy/too hard and causes confusion throughout routine. Routine displays a complete lack in knowledge of proper difficulty level.
6.0 - 6.9	Routine difficulty is not apparent throughout the routine. Routine difficulty is minimal or above team ability. Routine lacks dance technique and challenging choreography. Majority of routine not executed properly.
7.0 - 7.9	Routine difficulty is age appropriate. Average emphasis on technical skills and choreography. Need to focus on proper execution of routine. Standard incorporation of difficulty.
8.0 - 8.9	Nice difficulty level and incorporation of challenging movements and technical dance skills . Routine difficulty level is age appropriate yet challenging. Majority of team executing routine correctly.
9.0 - 10.0	High level of routine difficulty including challenging choreography, innovative movements technical dance skills. Technique and choreography executed properly throughout routine. Difficulty level keeps audience engaged and performance exciting.
Routine Execution - Performance Presentation and Execution (Max Score: 10.0)	
0.0 - 5.9	Routine execution is inconsistent. Performance lacks energy and audience appeal. Displays no showmanship or confidence.
6.0 - 6.9	Little energy and showmanship. Routine short of proper execution and lacks confidence and audience appeal.
7.0 - 7.9	Average presentation of routine. Performance is standard and lacks energy throughout. Standard routine execution.
8.0 - 8.9	Nice entertainment value and crowd appeal. Good energy and presentation. Routine performed with good execution and consistent confidence from majority.
9.0 - 10.0	Engaging performance and audience appeal. Ownership of routine and confidence felt from the entire team. Routine performed with great execution and with natural showmanship and energy.
Routine Execution - Synchronization and Team Uniformity (Max Score: 10.0)	
0.0 - 5.9	Lacks team uniformity and synchronization. Major timing errors throughout the entire routine. Team is unsure of choreography and timing. Routine personality lost.
6.0 - 6.9	Routine lacking in uniformity and synchronization. Team is not working as one to convey choreography to audience. Many timing errors throughout the routine.
7.0 - 7.9	Moderate team uniformity and synchronization. Timing errors throughout routine.
8.0 - 8.9	Good team synchronization and uniformity. Good sense of team style. Minimal timing errors.
9.0 - 10.0	Developed team style. Amazing synchronization and team uniformity. Very clean and precise.
Variety Fundamentals - Incorporation of Hip Hop (Max Score: 5.0)	
0.0 - 2.9	Little to no Hip Hop skills incorporated. Minimal team participation in style. Lacking variety of style.
3.0 - 3.9	Average Hip Hop incorporated throughout routine. Standard team participation and variety of skills and movements.
4.0 - 5.0	Great level of team participation and variety of Hip Hop style incorporated throughout entire routine.
Variety Fundamentals - Execution of Hip Hop (Max Score: 5.0)	
0.0 - 2.9	Hip Hop skills lack in strength. Minimal team knowledge of proper Hip Hop technique.
3.0 - 3.9	Average knowledge of Hip Hop technique. Basic execution performed by majority of team.
4.0 - 5.0	Nice movement and strength throughout entire routine. Knowledge of proper placement and technique demonstrated by full team.
Variety Fundamentals - Incorporation of Jazz (Max Score: 5.0)	
0.0 - 2.9	Little to no Jazz skills and technique incorporated. Minimal team participation in style. Lacking variety of style.
3.0 - 3.9	Average Jazz incorporated throughout routine. Standard team participation and variety of technical skills and movements.
4.0 - 5.0	Great level of team participation. Nice variety of Jazz style, movements and technique incorporated throughout entire routine.
Variety Fundamentals - Execution of Jazz (Max Score: 5.0)	
0.0 - 2.9	Jazz skills lack in strength and body placement. Minimal team knowledge of proper Jazz technique.
3.0 - 3.9	Average knowledge of Jazz technique. Basic execution performed by majority of team.
4.0 - 5.0	Nice strength throughout entire routine. Knowledge of proper placement and technique demonstrated by full team.
Variety Fundamentals - Incorporation of Pom (Max Score: 5.0)	
0.0 - 2.9	Little to no Pom skills incorporated. Minimal team participation in style. Lacking variety of style.
3.0 - 3.9	Average Pom incorporated throughout routine. Standard team participation and variety of motions and movements.
4.0 - 5.0	Great level of team participation and variety of Pom style incorporated throughout entire routine.
Variety Fundamentals - Execution of Pom (Max Score: 5.0)	
0.0 - 2.9	Pom skills lack in strength and placement. Minimal team knowledge of proper Pom technique.
3.0 - 3.9	Average knowledge of Pom technique. Basic execution performed by majority of team.
4.0 - 5.0	Nice motions and strength throughout entire routine. Knowledge of proper placement and technique demonstrated by full team.