

CHEER SOLO

- Time Limit – 1:30
- Routine may consist of all music, all cheer, or a combination of music and cheer.
- All tumbling skills must follow USASF/AACCA guidelines.
- Building skills are not allowed.
- Athletes will be scored in the following categories:

	<u>Points</u>
Jump Difficulty	5
Jump Technique	10
Standing Tumbling Difficulty	5
Standing Tumbling Technique	10
Running Tumbling Difficulty	5
Running Tumbling Technique	10
Motions & Dance Difficulty	10
Motions & Dance Technique	10
Overall Creativity, Originality & Choreography	10
Transitions, Use of Floor & Flow of Routine	10
Expression, Showmanship & Crowd Appeal	15
TOTAL	100

CHEER DUET-TRIO

- Time Limit – 1:30
- Routine must include 2-3 people.
- Routine may consist of all music, all cheer, or a combination of music and cheer.
- All tumbling skills must follow USASF/AACCA guidelines.
- Building skills are not allowed.
- Athletes will be scored in the following categories:

	<u>Points</u>
Jump Difficulty	5
Jump Technique	10
Standing Tumbling Difficulty	5
Standing Tumbling Technique	10
Running Tumbling Difficulty	5
Running Tumbling Technique	10
Motions & Dance Difficulty	10
Motions & Dance Technique	10
Overall Creativity, Originality & Choreography	10
Transitions, Use of Floor & Flow of Routine	10
Expression, Showmanship & Crowd Appeal	15
TOTAL	100

INDIVIDUAL POWER TUMBLING

- Athletes must perform 2 tumbling passes. The athlete can choose to perform 2 running tumbling passes, 2 standing tumbling passes, or 1 running and 1 standing tumbling pass.
- All tumbling skills must follow USASF/AACCA guidelines.
- Athletes will be scored in the following categories:

	<u>Points</u>
Tumbling Pass 1 Difficulty	20
Tumbling Pass 1 Execution	20
Tumbling Pass 2 Difficulty	20
Tumbling Pass 2 Execution	20
Confidence of Skills & Poise of Athlete	10
Overall Creativity & Originality	10
TOTAL	100

INDIVIDUAL POWER JUMPS

- Athletes will be scored and may perform up to 4 jumps of their choice.
- Judges will score according to type of jump (basic or advanced), approach (whipped through connection or not connected) and execution.
- Athletes will be scored in the following categories:

	<u>Points</u>
Jump Difficulty	20
Jump Leg Positioning & Flexibility	20
Arm/Chest Placement & Sharpness of Motions	20
Body Position & Control Upon Landing	20
Expression & Showmanship	10
Overall Creativity & Flow of Sequence	10
TOTAL	100