

CATEGORY DIFFICULTY

* Most of the team (75%) must perform the skill set to ensure credit is earned in a desired range. Skills performed by less than most of the team will earn a score in a lower range. Ranges are pre-determined based upon the difficulty of the skill. *Refer to the scoring grid for further clarification.*

* Stunting skills must be performed by most simultaneously or in a ripple to receive credit. Single and multiple stunt sequences will be credited throughout the routine.

* Pyramid and toss skills will be cumulatively counted throughout the routine.

* Jumps must be performed by most simultaneously. To achieve above a 4.5, the jump sequence must include Variety. A team must perform at least 2 types of advanced jumps in their sequence to meet the variety requirement.

* Tumbling skills must be performed by most, and will be cumulatively added throughout the routine. Synchronization is not required but can increase your score within the range.

* The scoring grid lists required skills your team must do qualify for the range. Performing additional skills within the same difficulty level can increase the teams score in the range. *Refer to the division skills grid for additional information.*

ROUTINE STRUCTURE

* The maximum routine time can be no longer than 2 minutes and 30 seconds.

* Teams that exceed 2:30 will receive the following deduction:

.01 - 2.99 seconds will result in a warning.

3 or more seconds over time will result in a .25 deduction.

* Routines can consist of all cheer, or a cheer/chant and music. (The routine cannot consist of only music.) It is the decision of the team to determine how long the cheer/chant or music section should be. The time will begin with the first synchronized movement. The time will not be paused once the routine has begun.

* The cheer or chant can be performed without or with a back beat. However, no voice-overs or words may be recorded during the cheer/chant section.

* Teams that use voice-overs or recorded words during the cheer/chant section will receive a .5 deduction.

US Finals attendees

* *Teams that receive a bid to US Finals should refer to scoring and rules requirements to prepare in advance. School teams routine structure must consist of cheer/music mix. The music portion can total no more than 90 seconds of the 2 minutes and 30 second max. There can be no music or back beat played during the cheer section at US Finals. US Finals is also requiring school teams to perform a synchronized quad jump or triple jump plus one additional jump with variety by most to achieve a 5.0.*

RULES

* All teams must adhere to NFHS/AACCA Safety Rules.

* Novice and Intermediate divisions have additional skill restrictions. *Refer to School Division Skill Restrictions in the Safety rules document for further information.*

* Elementary, Junior High, and Middle School teams are not allowed to perform tosses. *Refer to the Safety Rules document for additional restrictions for these divisions.*

DIFFICULTY DRIVERS

- * Percent of team participation
- * Complexity of skill/sequence
- * Pace of sequence and speed of skill

BUILDING TECHNIQUE DRIVERS

- * Stability/Control
- * Flyer Position/Flexibility/Technique
- * Base Position/Technique
- * Height (*Applies to Tosses only*)

TUMBLING TECHNIQUE DRIVERS

- * Fluidity/Power/Speed
- * Control
- * Body Position (Core/Arms/Head/Legs/Chest/Toes)

JUMP TECHNIQUE DRIVERS

- * Height
- * Control
- * Flexibility/Leg & Hip Placement
- * Position/Arm & Chest Placement

MOTION/DANCE DRIVERS

- * Body Placement/Position/Alignment
- * Sharpness & Strength of Movement
- * Pace of Arm Movement & Footwork
- * Variety of Formations & Level Changes