

## SUB VARSITY SCALES FOR COMPETITIVE CHEER

3.10.16

### Partner Stunt Difficulty:

1	2-4		5-7		
<i>Max Participation</i>	<i>Max Participation</i>		<i>Max Participation</i>		<i>MAX</i>
Basic Entry -3 Body Positions	Intermediate Entry -1 Ext Flex Skill -1 Ext Additional Body Position -Dismount	Intermediate Entry -Ext Skill	Advanced Entry -2 Ext Flex Skills -1 Additional Ext Body Position -Transition -Advanced Dismount	Advanced Entry -1 Additional Ext Flex Skill	5
	AND		AND		
<i>Most Participation</i>	<i>Most Participation</i>		<i>Most Participation</i>		<i>MOST</i>
Basic Entry -1 Flexibility Skill -1 Additional Body Position	Intermediate Entry to Immediate Flex Skill -1 Ext Flex Skill -1 Additional Ext Body Position -Dismount	Different Intermediate Entry -Ext Skill	Advanced Entry to Immediate Flex Skill -2 Ext Flex Skills -1 Additional Ext Body Position -Transition -Advanced Dismount	Different Advanced Entry -1 Additional Ext Flex Skill	4
	AND		AND		
<i>Majority Participation</i>	<i>Majority Participation</i>		<i>Majority Participation</i>		<i>MAJ</i>
Basic Entry -2 Flexibility Skills -1 Additional body Position	Advanced Entry -2 Ext Flex Skills -1 Additional Ext Body Position -Dismount	Intermediate Entry to Immediate Flex Skill -Ext Skill	More Advanced Entry -2 Ext Flex Skills -1 Additional Ext Body Position -Transition -Advanced dismount	Advanced Entry to Immediate Flex Skill -1 Additional Ext Flex Skill	3 or 2
	AND		AND		

### Partner Stunt Execution:

1 - 2	3 - 4	5 - 6	7 - 8	9 - 10
Numerous mistakes/poor: -body alignment -form -timing -synchronization -technique -flexibility -none to multiple dropped stunts <b>and/or</b> several bobbles -dismount(s)	Several mistakes/good: -body alignment -form -timing -synchronization -technique -flexibility -none to 2 dropped stunts <b>and/or</b> multiple bobbles -dismount(s)	Some mistakes/very good: -body alignment -form -timing -synchronization -technique -flexibility -none to 1 dropped stunts <b>or</b> few bobbles -dismount(s)	Few mistakes/excellent: -body alignment -form -timing -synchronization -technique -flexibility -no dropped stunts -1 to no bobbles -dismount(s)	Few to no mistakes/precise: -body alignment -form -timing -synchronization -technique -flexibility -no dropped stunts -no bobbles -dismount(s)

\* Bobbles are defined as incomplete dismounts, severe balance checks, severe timing issues, stunts that almost fall but are saved, or errors that distract from the performance in timing, synchronization and perfection.

\* Falls are defined as individual stunts that fall to an early cradle, stunts that fall to a pop down dismount, stunts that fall to the ground (flyer or bases)

### Basket Toss Difficulty:

1	2	3
Less Than Majority Straight Ride Tosses	Most Participation Single Skill Tosses	Most Participation Advanced Tosses(2 Skill)
<b>LESS THAN MAJORITY – 1-2</b>	<b>MOST - 3</b>	<b>MOST - 3</b>

Single skill tosses would be any baskets that perform a single skill after the straight ride.

### Basket Toss Execution:

1	2	3	4	5
Numerous mistakes -body alignment -precision -synchronization -form -technique -height -cradle(s)	Several mistakes -body alignment -precision -synchronization -form -technique -height -cradle(s)	Few mistakes -body alignment -precision -synchronization -form -technique -height -cradle(s)	Few to No mistakes -body alignment -precision -synchronization -form -technique -height -cradle(s)	No mistakes -body alignment -precision -synchronization -form -technique -height -cradle(s)

## Pyramid Difficulty:

1	2 – 4		5 - 7	
Max Participation	Max Participation		Max Participation	
-Pyramid Structures -1 or more Flyers	-2 Structures of One Legged Extended Stunts -Creative Entry -2 High, Synchronized High Flyers 1 Transition	-4 Structures of One Legged Extended Stunts -Creative Entry -1 High Flyer -2 Transitions	-3 Structures of One Legged Extended Stunts -Advanced Entry -2 or more High, Synchronized Flyers -1 Advanced Transition -1 legal inversion	-5 Structures of One Legged Extended Stunts -Advanced Entry -1 High Flyer -2 Advanced Transitions -1 legal inversion
	OR		OR	
	Most Participation			
	-3 Structures of One Legged Stunts -Advanced Entry -2 or more High, Synchronized Flyers -2 Advanced Transitions-1 Legal Inversion -Advanced Dismount	-5 Structures of One Legged Stunts -Advanced Entry -1 High Flyer -3 Advanced Transitions -1 Legal Inversion -Advanced Dismount	<i>Max participation indicates that all members on the floor are actively involved in the pyramid or other skill.</i>	

## Pyramid Execution:

1 – 2	3 – 4	5 – 6	7 – 8	9 – 10
Numerous mistakes/poor: -body alignment -form -timing -synchronization -technique -flexibility -transitions -none to multiple dropped stunts <b>and/or</b> numerous bobbles -dismount(s)	Several mistakes/good: -body alignment -form -timing -synchronization -technique -flexibility -transitions -none to 2 dropped stunts <b>and/or</b> multiple bobbles -dismount(s)	Some mistakes/very good: -body alignment -form -timing -synchronization -technique -flexibility -transitions -none to 1 dropped stunt <b>and/or</b> few bobbles -dismount(s)	Few mistakes/excellent: -body alignment -form -timing -synchronization -technique -flexibility -no dropped stunts -1 to no bobbles -dismount(s)	Few to no mistakes/precise: -body alignment -form -timing -synchronization -technique -flexibility -no dropped stunts -no bobbles -dismount(s)

## Standing Tumbling Difficulty:

1 – 2	3 – 6	7 – 10
Approximately 25% of the team must throw a level appropriate basic skill.	Approximately 25% of the team must throw a level appropriate intermediate skill.  Less than 25% of a level appropriate skill will be scored in the lower range(s).	Approximately 25% of the team must throw a level appropriate advanced skill.  Less than 25% of a level appropriate skill will be scored in the lower range(s).

**Basic Skills:** Forward Rolls, Backward Rolls, Back Extension, Front Walkover, Back Walkover, Cartwheel

**Intermediate Skills:** Back Handspring(s)

**Advanced Skills:** Standing Tuck, Back Handspring(s) Tuck, Back Handspring(s) Layout, Standing Full, Back Handspring(s) Full or other level appropriate skills

## Standing Tumbling Execution:

1 – 2	3 – 4	5 – 6	7 – 8	9 -10
Numerous mistakes/poor: -technique -timing -speed -none to several busts <b>and/or</b> majority touch outs	Several mistakes/good: -technique -timing -speed -none to few busts <b>and/or</b> numerous touch outs	Some mistakes/very good: -technique -timing -speed -none to 1 bust <b>or</b> several touch outs	Few mistakes/excellent: -technique -timing -speed -no busts -few to no touch outs	Few to no mistakes/precise: -technique -timing -speed -no busts -no touch outs

## Running Tumbling Difficulty:

1 – 2	3 – 6	7 – 10
Approximately 25% of the team must throw level appropriate basic skills.	Approximately 25% of the team must throw level appropriate intermediate skills.  Less than 25% of a level appropriate skill will be scored in the lower range(s).	Approximately 25% of the team must throw level appropriate advanced skills.  Less than 25% of a level appropriate skill will be scored in the lower range(s).

**Basic Skills:** Round off, Walkovers, Cartwheel Walkovers

**Intermediate Skills:** Round-Off Back Handspring(s)

**Advanced Skills:** Round Off Tuck, Round Off back Handspring(s) Tuck, Round-Off Back Handspring(s) Layout, Round-Off Back Handspring(s) Full, Specialty Passes or other level appropriate skills

## Running Tumbling Execution:

1-2	3-4	5-6	7 – 8	9 – 10
Numerous mistakes/poor: -technique -timing -speed -none to several busts and/or majority touch outs	Several mistakes/good: -technique -timing -speed -none to few busts and/or numerous touch outs	Some mistakes/very good: -technique -timing -speed -none to 1 bust or several touch outs	Few mistakes/excellent: -technique -timing -speed -no busts -few to no touch outs	Few to no mistakes/precise: -technique -timing -speed -no busts -no touch outs

## Jump Difficulty:

1	2	3	4	5
-2 Advanced Jumps by the team. -not Connected. -Same or Different	-3 Advanced Jumps by the team -Connected	-3 Advanced Jumps by the team -Connected -Variety	-3 Advanced Jumps by the team -Connected -Variety  AND	-Quad Advanced Jumps by the team -Connected -Variety

## Jump Execution:

1	2	3	4	5
Numerous mistakes -technique -flexibility -landings -timing -synchronization -position of arms	Several mistakes -technique -flexibility -landings -timing -synchronization -position of arms	Few mistakes -technique -flexibility -landings -timing -synchronization -position of arms	Few to no mistakes -technique -flexibility, -landings -timing -synchronization -position of arms	No mistakes -technique -flexibility -landings -timing -synchronization -position of arms

## Dance Difficulty:

1	2 - 3	4 - 5
-Basic skill level of dance -Slow pace movement -Minimal intricacy in variety of movement such as floor work, upper/lower limbs, full body involvement, and level changes -Very few seamless incorporations of unique and challenging formations/transitions, use of and placement on floor -Basic choreography and creativity	-Intermediate skill level of dance -Moderate pace movement -Average intricacy in variety of movement such as floor work, upper/lower limbs, full body involvement, and level changes -Fair number of seamless incorporations of unique and challenging formations/transitions, use of and placement on floor -Intermediate choreography and creativity	-Advance skill level of dance -Quick pace movement -Extensive intricacy in variety of movement such as floor work, upper/lower limbs, full body involvement, and level changes -Significant number of seamless incorporations of unique and challenging formations/transitions, use of and placement on floor -Advanced choreography and creativity

## Dance Execution:

1	2 - 3	4 - 5
-Poor technique in movement and placement -Weak ability to maintain accuracy, sharp synchronization, clarity of movement, and performance of skills -Basic musicality -Not very clean transitions and/or formations -Basic level of power, energy, and confidence	-Average technique in movement, control, and body placement -Standard ability to maintain accuracy, sharp synchronization, clarity of movement, and performance of skills -Intermediate musicality -Clean transitions and/or formations -Average level of power, energy, and confidence	-Excellent technique in movement, control, and body placement -Outstanding ability to maintain accuracy, sharp synchronization, clarity of movement, and performance of skills -Superior musicality -Meticulous transitions and/or formations -High level of power, energy, and confidence

## Transitions and Formations:

1	2	3	4	5
-Basic, sloppy, lengthy transitions -Slow paced -Poor spacing -Minimal visual formations	-Fairly clean transitions -Slow paced -Unbalanced spacing -Few formations changes	-Clean transitions -Moderately paced -Average spacing throughout -Variety of visual formations	-Very clean transitions -Good pace -Very good spacing throughout -Variety of visual formations	-Extremely clean/seamless transitions -Fast paced -Precise spacing throughout -Variety of visual formations

## Motions:

1	2	3	4	5
-Few motions evident throughout the routine -Slow paced -Few level changes -Poor technique -Weak synchronization of foot and arm work -Poor motion placement -Lack of visual enhancement	-Some motions throughout the routine -Fairly slow paced -Little variety of level changes -Below average technique -Below average synchronization of foot and arm work -Below average motion placement -Little visual enhancement	-Clear variety of motions throughout the routine -Moderately paced -Some variety of level changes -Average technique -Average synchronization of foot and arm work -Average motion placement -Good visual enhancement	-Good variety of motions throughout the routine -Fairly fast paced -Variety of level changes -Advanced technique -Strong synchronization of foot and arm work -Above average motion placement -Very good visual enhancement	-Intricate variety of motions throughout the routine -Fast paced -Variety of level changes -Superior technique -Strong synchronization of foot and arm work -Precise motion placement -Extremely visual adding to the overall routine

## Creativity:

Creativity will reward teams for using creative, innovative, and visual choreography throughout the routine (stunts, pyramids, formations, transitions, music, etc.). **This is not to include props, signs or flags, etc.**

1	2	3	4	5
Few parts of the Routine Choreography demonstrate excellent use of: -Innovative/unique/visual elements throughout	Less than a majority of the Routine Choreography demonstrates excellent use of: -Innovative/unique/visual elements throughout	Majority of the Routine Choreography demonstrates excellent use of: -Innovative/unique/visual elements throughout	Most of the Routine Choreography demonstrates excellent use of: -Innovative/unique/visual elements throughout	Maximum of the Routine Choreography demonstrates excellent use of: -Innovative/unique/visual elements throughout

## Overall Performance:

Overall Performance will be evaluated on the following criteria: showmanship, energy levels, excitement, crowd appeal, uniformity, genuine enthusiasm, and athletic sportsmanship.

1	2	3	4	5
-Basic level of energy -Lacks confidence -Basic appeal to the crowd -Little to no amount nor display of showmanship -Words not clear and/or hard to understand in majority of the cheer	-Below average level of energy -Little confidence -Below average appeal to the crowd -Below average amount and display of showmanship -Words not clear and/or hard to understand in parts of the cheer	-Average level of energy -Average confidence -Appealing to the crowd -Average amount and display of showmanship -clear understandable words through majority of the cheer	-High level of energy -Very confident -Very appealing to the crowd -Great amount and display of showmanship -Very clear understandable words through majority of the cheer	-Superior level of energy -Extreme confidence -Exceptional appeal to the crowd -Extreme amount and display of showmanship -Extremely clear understandable words throughout the entire cheer.

A routine cannot exceed 2 minutes and 30 seconds.  
No more than 2 minutes is allowed for music time.  
A cheer section with words and without music is required.  
The cheer section must be a minimum of 20 seconds.