

2019 SOUTH CAROLINA SUB-VARSITY COMPETITIVE CHEER SCALES

PRIMARY PARTNER STUNT DIFFICULTY:

1 – 2	3 – 6	7 – 10 (unassisted)
<u>1 or More Stunt Groups:</u> -Basic entry to prep level or below -2 one-leg body skills -Basic dismount	<u>4 or More Stunt Groups:</u> -Intermediate entry to extended -2 extended one-leg body skills -Intermediate transition -Intermediate dismount A stunt with intermediate skills that does not meet the requirements will score in the lower range	<u>5 or More Stunt Groups:</u> -Advance entry to extended -2 extended one-leg advance body skills -Advance transition to extended -Advance dismount A stunt with advance skills that does not meet the requirements will score in a lower range

PARTNER STUNT EXECUTION:

1 – 2	3 – 5	6 – 8	9 – 10
Body alignment, form, synchronization, technique, flexibility, spacing, transitions, dismount(s), obvious mistakes, etc.			
0 – 3(+) Drops	0 – 2 Drops	0 – 1 Drop	0 Drop

SECONDARY PARTNER STUNT DIFFICULTY:

1	2 – 3	4 – 5 (unassisted)
<u>1 or More Stunt Groups:</u> -Basic entry to prep level or below -1 one-leg basic body skill	<u>4 or More Stunt Groups:</u> -Intermediate entry to extended -1 extended one-leg intermediate body skill A stunt with intermediate skills that does not meet the requirements will score in the lower range	<u>5 or More Stunt Groups:</u> -Advance entry to extended -1 extended one-leg advance body skill A stunt with advance skills that does not meet the requirements will score in a lower range

SECONDARY PARTNER STUNT EXECUTION

1	2 – 3	4 – 5
Body alignment, form, synchronization, technique, flexibility, spacing, transitions, dismount(s), obvious mistakes, etc.		
0 – 2(+) Drops	0 – 1 Drop	0 Drop

Examples:	Entry	Transition	Dismount
Basic:	Skills to prep level or below		From Prep Level or Below: Straight ride, pop off, etc.
Intermediate:	Straight up, walk-in, half up, j up, etc. to extended position	Leap frog variations, power press, half up, etc.	From Extended Level (exception inversions): Straight ride, pop off, flip, cartwheel, etc.
Advance:	Full up, switch up, low-high, inversion, etc. to extended position (exception high-high release)	Full up, low-high, inversion, etc. to extended position (exception high-high release)	From Extended Level (exception inversions that pass through extended): Full twist, pancake, etc.

Basic body skill: (two-leg at any level) Cupie, extension, etc.

Intermediate body skill: (one-leg at extended level) Lib, arabesque, etc

Advance body skill: (one-leg at extended level) Heel stretch, bow & arrow, scorpion, scale, front stretch, etc.

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BASKET TOSS DIFFICULTY:

1	2 – 3	4 – 5
<u>2 Different Toss Groups:</u> Basic skills	<u>3 Different Toss Groups:</u> Intermediate skills	<u>4 Different Toss Groups:</u> Advance skills
	Less than 3 intermediate tosses will score in the lower range	Less than 4 advance tosses will score in a lower range

Basic: straight ride, etc.

***All tosses must be thrown in the same basket toss section**

Intermediate: Toe touch, ball arch, pretty girl, pike, ball-x, etc.

Advance: Ball full, pike full, kick full, toe touch full, full up toe touch, etc

BASKET TOSS EXECUTION:

1	2 – 3	4 – 5
Body alignment, precision, synchronization, form, technique, height, cradle, obvious mistakes, etc.		

PYRAMID DIFFICULTY:

1 – 2	3 – 6	7 – 10
<u>1 or More Top Persons at Prep Level or Below</u> -Basic entry to prep or below -1 Structure -Basic dismount	<u>1 or More Top Persons Extended</u> -Intermediate entry to extended -2 One-legged extended structures -2 Intermediate transitions -Intermediate dismount A pyramid with intermediate skills that does not meet the requirements will score in the lower range	<u>2 or More Top Persons Extended</u> -Advance entry to extended -3 One-legged extended structures -3 Advance transitions -Advance dismount A pyramid with advance skills that does not meet the requirements will score in a lower range

Examples:	Entry	Transition	Dismount
Basic:	Skills to prep level or below		From Prep Level or Below: Straight ride, pop off, etc.
Intermediate:	Straight up, walk-in, half up, j up, etc. to extended position	Leap frog variations, power press, half up, etc.	From Extended Level (exception inversions): Straight ride, pop off, flip, cartwheel, etc.
Advance:	Full up, switch up, low-high, inversion, etc. to extended position	Full up, low-high, ball up, tic-toc, inversion, etc. to extended position	From Extended Level (exception inversions that pass through extended): Full twist, pancake, etc.

PYRAMID EXECUTION:

1 – 2	3 – 5	6 – 8	9 – 10
Body alignment, form, synchronization, technique, flexibility, transitions, dismount(s), obvious mistakes, etc.			
0 – 3(+) Drops	0 – 2 Drops	0 – 1 Drop	0 Drop

STANDING TUMBLING DIFFICULTY:

1 – 2	3 – 6	7 – 10
Basic skills	<u>25% of the Team:</u> Intermediate skills	<u>25% of the Team:</u> Advance skills
	Less than 25% of intermediate skills will be scored in the lower range	Less than 25% of advance skills will score in a lower range

* 25% is at least 6 team members

Basic: Forward roll, backward roll, back extension, front walkover, back walkover, cartwheel, etc.

Intermediate: Back handspring, aerial, etc.

Advance: Standing tuck, back handspring(s) tuck, back handspring(s) layout, standing full, back handspring(s) full, etc.

STANDING TUMBLING EXECUTION:

1 – 2	3 – 5	6 – 8	9 – 10
Technique, form, synchronization, speed, spacing, obvious mistakes, etc.			
0 – 3(+) Busts	0 – 2 Busts	0 – 1 Bust	0 Bust

RUNNING TUMBLING DIFFICULTY:

1 – 2	3 – 6	7 – 10
Basic skills	<u>Majority of the Team:</u> Intermediate skills	<u>Majority of the Team:</u> Advance skills
	Less than 25% of intermediate skills will be scored in the lower range	Less than 25% of advance skills will score in a lower range

* 25% is at least 6 team members

Basic: Round off, running walkover, cartwheel walkover, etc.

Intermediate: Round off back handspring(s), aerial, etc.

Advance: Cartwheel tuck, round off tuck, round off back handspring(s) tuck, round off back handspring(s) layout, round off back handspring(s) full, specialty pass, etc.

RUNNING TUMBLING EXECUTION:

1 – 2	3 – 5	6 – 8	9 – 10
Technique, form, synchronization, speed, spacing, obvious mistakes, etc.			
0 – 3(+) Busts	0 – 2 Busts	0 – 1 Bust	0 Bust

JUMP DIFFICULTY:

1	2	3	4	5
Full Squad: 1 jump	Full Squad: 2 jumps connected	Full Squad: 2 different jumps connected	Full Squad: 3 jumps connected	Full Squad: 3 different jumps connected
	Less than full squad will score in the lower range	Less than full squad will score in a lower range	Less than full squad will score in a lower range	Less than full squad will score in a lower range

JUMP EXECUTION:

1	2 – 3	4 – 5
Technique, flexibility, landing(s), synchronization, position of arms, obvious mistakes, etc.		

DANCE DIFFICULTY:

1	2 – 3	4 – 5
Basic: Skills, choreography, creativity, movement, pace, transitions, formations, level changes, foot work, etc.	Intermediate: Skills, choreography, creativity, movement, pace, transitions, formations, level changes, foot work, etc.	Advance: Skills, choreography, creativity, movement, pace, transitions, formations, level changes, foot work, etc.

DANCE EXECUTION:

1	2 – 3	4 – 5
Technique, timing, synchronization, transitions, formations, spacing, rhythm, energy, confidence, performance, obvious mistakes, etc.		

OVERALL ROUTINE COMPOSITION:

1 – 2	3 – 5	6 – 8	9 – 10
Transitions, formations, motions, pace, energy, confidence, showmanship, words, creativity, routine layout, etc.			

A routine cannot exceed 2 minutes and 30 seconds.

No more than 2 minutes of music is allowed.

A section with words and without music is required.

The section with words and without music must be a minimum of 20 seconds.