

2022 SOUTH CAROLINA VARSITY COMPETITIVE CHEER SCALES

PRIMARY PARTNER STUNT DIFFICULTY:

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

PARTNER STUNT EXECUTION:

1 – 10
Body alignment, form, synchronization, technique, flexibility, spacing, transitions, obvious mistakes, etc.

SECONDARY PARTNER STUNT DIFFICULTY:

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

SECONDARY PARTNER STUNT EXECUTION

1 – 5
Body alignment, form, synchronization, technique, flexibility, spacing, transitions, obvious mistakes, etc.

Examples:	Entry	Transition
<p>Basic: Skills to prep level or below</p>		
<p>Intermediate: To extended level: Straight up, inversion, walk-in, half-in, half up, j up, etc, Release or full spin to extended level: Full up, switch up, low-high, etc.</p>		<p>Leap frog variations, power press, half up, etc</p>
<p>Advance: To extended level: Full up, low-high, etc.</p>		<p>To extended level: Full up, low-high, etc.</p>

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

Intermediate body skill: Lib, arabesque, etc

Advance body skill: Heel stretch, bow & arrow, scorpion, scale, front stretch, etc.

*Two feet on the floor and not just one indicates the beginning of a new stunt sequence.

*A full up is not advance if more than one base exceeds a quarter turn.

PYRAMID DIFFICULTY:

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

Examples:	Entry	Transition
<p>Basic: Skills to prep level or below</p>		
<p>Intermediate: To extended level: Straight up, walk-in, half up, j up, etc.</p>		Leap frog variations, power press, half up, etc. To extended level: Full up, low-high, ball up, tic-toc, etc. (exception flips that pass through extended level can initiate/end at prep level or below)
<p>Advance: To extended position: Full up, switch up, low-high, flips, etc.</p>		

PYRAMID EXECUTION:

1 – 10
Body alignment, form, synchronization, technique, flexibility, transitions, obvious mistakes, etc.

STANDING TUMBLING DIFFICULTY:

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

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 – 10
Technique, form, synchronization, speed, spacing, obvious mistakes, etc.

RUNNING TUMBLING DIFFICULTY:

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

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 – 10
Technique, form, synchronization, speed, spacing, obvious mistakes, etc.

* Majority is at least 13 team members

* A repeat tumbler does not necessarily count as more than one tumbler

JUMP DIFFICULTY:

1	2	3	4	5
<u>Full Squad</u> 1 jump	<u>Full Squad</u> 2 jumps connected	<u>Full Squad</u> 2 different jumps connected	<u>Full Squad</u> 3 jumps connected	<u>Full Squad</u> 3 different jumps connected

JUMP EXECUTION:

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

DANCE DIFFICULTY:

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

DANCE EXECUTION:

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

OVERALL ROUTINE COMPOSITION:

1 – 10
Transitions, formations, motions, pace, energy, confidence, showmanship, creativity, routine layout, etc.

*A routine cannot exceed 2 minutes and 15 seconds.