

2024 SOUTH CAROLINA SUB VARSITY COMPETITIVE CHEER SCALES

PRIMARY PARTNER STUNT DIFFICULTY:

1 – 2	3 – 6	7 – 10 (unassisted)
1 or More Stunt Groups -1 basic skill to prep level or below -1 two-leg body position	3 or More Stunt Groups -1 intermediate skill to extended -1 intermediate skill -2 extended one-leg intermediate body positions A stunt with intermediate skills that does not meet these requirements will score in the lower range	5 or More Stunt Groups -2 advance skills to extended -2 extended one-leg advance body positions A stunt with advance skills that does not meet these requirements will score in a lower range

PRIMARY PARTNER STUNT TECHNIQUE:

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

SECONDARY PARTNER STUNT DIFFICULTY:

1	2 – 3	4 – 5 (unassisted)
1 or More Stunt Groups -1 basic skill to prep level or below -1 one-leg basic body position	3 or More Stunt Groups -1 intermediate skill to extended -1 extended one-leg intermediate body position A stunt with intermediate skills that does not meet these requirements will score in the lower range	5 or More Stunt Groups -1 advance skill to extended -1 extended one-leg advance body position A stunt with advance skills that does not meet these requirements will score in a lower range

SECONDARY PARTNER STUNT TECHNIQUE:

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

	Skills Examples	
Basic:	Skills to prep level or below	
Intermediate:	To extended level: Straight up, inversion, walk-in, half up, j up, etc,	Transition: Leap frog variations, power press, half up, switch up to prep, full up to prep, etc.
Advance:	Full up, 1.5 up, switch up, quick toss, low-high, high-high, etc.	

Basic body position: (two-leg at any level) Cupie, extension, etc.
Intermediate body position: Lib, arabesque, etc
Advance body position: Heel stretch, bow & arrow, scorpion, scale, front stretch, etc.

*Tap down in between skills should be one, quick, smooth tap. A double tap or pause will indicate a new stunt.
 *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><u>1 or More Top Persons at Prep Level or Below</u> -1 basic skill to prep or below -1 Structure</p>	<p><u>1 or More Top Persons Extended</u> -3 intermediate skills where 1 of the 3 skills is executed to the extended level -2 one-legged extended structures</p> <p>A pyramid with intermediate skills that does not meet these requirements will score in the lower range</p>	<p><u>2 or More Top Persons Extended</u> -4 advance skills where 1 of the 4 skills is executed to the extended level -3 one-legged extended structures</p> <p>A pyramid with advance skills that does not meet these requirements will score in a lower range</p>

*Skill examples are listed under stunts on page 1

*Exception: Flips that pass through extended level that initiate/end at prep level or below are advance skills

PYRAMID TECHNIQUE:

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>6 or more</u> Intermediate skills	<u>6 or more</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.

*Majority is at least 13 team members

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

STANDING TUMBLING TECHNIQUE:

1 – 10
Technique, form, synchronization, speed, spacing, obvious mistakes, etc.

RUNNING TUMBLING DIFFICULTY:

1 – 2	3 – 6	7 – 10
<u>Basic skills</u>	<u>6 or more</u> Intermediate skills	<u>6 or more</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.

May 16, 2023

RUNNING TUMBLING TECHNIQUE:

1 – 10
Technique, form, synchronization, speed, spacing, obvious mistakes, etc.

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

JUMP TECHNIQUE:

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

DANCE:

1 – 5
Skills, choreography, creativity, movement, pace, transitions, formations, level changes, foot work, etc. 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 30 seconds.

May 16, 2023