



# BEST CHEERLEADER - SCORE SHEET

VERSION: 8.27.2024

	Mastery Score	Difficulty Score	Technique Score	Total Score
Jumps		1.0	5.0	6.0
Standing Tumbling		5.0	5.0	10
Running Tumbling		5.0	5.0	10
Tumbling & Jump Mastery	2.0			2.0
Dance Mastery	4.0			4.0
Routine Mastery	4.0			4.0
			Total Points Possible	36.0

JUMP DIFFICULTY - MAX POINTS: 1	
0.0	No jumps performed
0.25	One (1) advanced jump is performed
0.5	Two (2) advanced jumps that show variety are performed
0.75	Three (3) non-connected advanced jumps that show variety are performed
1.0	Three (3) advanced jumps that show variety performed, two (2) of which are connected

**ADDITIONAL JUMP INFORMATION**

- Jump skills must land on feet to receive difficulty credit
- Jumps must use a whip approach to be considered connected. Whip approach: continuous movement through swing connecting 2 or more jumps.
- Advanced Jumps: Pike, Right/Left Hurder (Front or Side), Toe Touch

JUMP TECHNIQUE - MAX POINTS: 5								
<b>APPROACH</b> 1 Point Max  <ul style="list-style-type: none"> <li>● Arm placement into jump</li> <li>● Swing/prep</li> <li>● Chest placement</li> <li>● Flow of connected jumps</li> </ul>	Single Occurrence	0.25	<b>LANDINGS</b> 1 Point Max  <ul style="list-style-type: none"> <li>● Controlled</li> <li>● Legs/feet together</li> <li>● Chest placement</li> <li>● Jump completion</li> </ul>	Single Occurrence	0.25	<b>BODY CONTROL</b> 1 Point Max  <ul style="list-style-type: none"> <li>● Head placement</li> <li>● Arm/shoulder placement</li> <li>● Pointed toes</li> <li>● Leg placement</li> </ul>	Single Occurrence	0.25
	Minor	0.50		Minor	0.50		Minor	0.50
	Multiple	0.75		Multiple	0.75		Multiple	0.75
	Widespread	1.0		Widespread	1.0		Widespread	1.0

\*Points are based on occurrence and removed from the maximum possible score.



## TUMBLING DIFFICULTY - MAX POINTS: 5

### Level Appropriate Pass Requirement - 1 Point Max

0.0	Passes not performed or do not meet requirement
1.0	Two (2) Level Appropriate Passes performed

### Variety & Innovation - 2 Points Max

0.0	Passes do not show innovative elements/variety
1.0	Passes executed with minor innovative elements and a variety of skills
2.0	Passes executed with multiple innovative elements and a variety of skills

### Degree of Difficulty - 2 Points Max

0.0-2.0	Number of skills within a pass and complexity of the level appropriate skills utilized, as well as the use of different skills will be considered.
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\*All Level/Elite Level Appropriate Skills can be viewed on the [OCS website](#).  
 \*\*Points combined to reach maximum score.  
 \*\*\*Standing & Running Tumbling Difficulty are two separate scoring categories. Each category has a max of 5 points.

VERSION: 8.27.2024

### ADDITIONAL TUMBLING INFORMATION

- L1-Cartwheel does not get standing tumbling credit.
- Pauses, Steps or Cleans between skills will not count as connected skills.
- Tumbling passes must land on feet ONLY to receive level appropriate difficulty credit (ex: Jump 3/4 front flip to seat)
- Jumps within a pass will not break up the pass (ex: Toe Touch - BHS - Toe Touch - BHS is 1 pass in L3.
- T-Jumps are not considered a jump and will break up a pass into two separate passes.
- Skills that are illegal for a lower level do not automatically make them a Level Appropriate Skill for a higher level.
  - L2 - No L1 skill out of a round-off that are illegal in L1 will count for level appropriate credit.
  - L3 - No L2 skills out of BHS-stepout 1/2-turn that are illegal in L2 will count for level appropriate credit
  - L4 - Punch front forward roll will not count for level appropriate credit
  - L5 - Not all L4 skills out of a standing tuck that are illegal in L4 will count for level appropriate credit (ex: BHS-Tuck-BHS; Tuck-BHS)

## TUMBLING TECHNIQUE - MAX POINTS: 5

APPROACH 1 Point Max	Single Occurrence	-0.25	LANDINGS 1 Point Max	Single Occurrence	-0.25	BODY CONTROL 1 Point Max	Single Occurrence	-0.25
<ul style="list-style-type: none"> <li>● Arm placement into a pass/skill</li> <li>● Body positioning at initiation of skill</li> <li>● Chest placement</li> <li>● Connection of pass/skills</li> </ul>	Minor	-0.50	<ul style="list-style-type: none"> <li>● Controlled</li> <li>● Legs/Feet together</li> <li>● Chest Placement</li> <li>● Completion of skills</li> </ul>	Minor	-0.50	<ul style="list-style-type: none"> <li>● Head placement</li> <li>● Arm/shoulder placement in skills</li> <li>● Hips</li> <li>● Leg placement in skills</li> </ul>	Minor	-0.50
	Multiple	-0.75		Multiple	-0.75		Multiple	-0.75
	Widespread	-1.0		Widespread	-1.0		Widespread	-1.0

\*Standing & Running Tumbling Technique are two separate scoring categories. Each category has a max of 5 points.

**JUMPS & TUMBLING MASTERY - MAX POINTS: 2**

Not Shown	Low	Moderate	High	Specific Drivers
0.0	0.5-0.8	0.7-0.8	0.9-1.0	Jumps: Confidence, execution and overall impression of skills.
0.0	0.5-0.8	0.7-0.8	0.9-1.0	Tumbling: Confidence, execution and overall impression of skills.

\*Points combined to reach maximum score.

**DANCE MASTERY - MAX POINTS: 4**

Not Shown	Low	Moderate	High	Specific Drivers
0.0	0.5-0.8	0.7-0.8	0.9-1.0	Pace and flow
0.0	0.5-0.8	0.7-0.8	0.9-1.0	Performance and engagement
0.0	0.5-0.8	0.7-0.8	0.9-1.0	Precise motions and intricate movements
0.0	0.5-0.8	0.7-0.8	0.9-1.0	Memory

\*Points combined to reach maximum score.

**ROUTINE MASTERY - MAX POINTS: 4**

Not Shown	Low	Moderate	High	Specific Drivers
0.0	0.5-0.8	0.7-0.8	0.9-1.0	Continuous flow
0.0	0.5-0.8	0.7-0.8	0.9-1.0	Visual, engaging and entertaining
0.0	0.5-0.8	0.7-0.8	0.9-1.0	Confidence in execution of routine
0.0	0.5-0.8	0.7-0.8	0.9-1.0	Creativity and use of choreography

\*Points combined to reach maximum score.

**BEST CHEERLEADING-ROUTINE GUIDELINES:**

- Time limit: 1:30 minutes maximum
- Music may be used for the entire routine
- Routine to include but not limited to: (Skills can be performed in any order.)
  - \*All Level/Elite Level Appropriate Skills can be viewed on the [OCS website](#).
    - Three (3) advanced jumps that show variety, two (2) of which need to be connected to receive max difficulty
    - Two (2) running tumbling passes including Level and/or Elite Level Appropriate Skills.
    - Two (2) standing tumbling passes including Level and/or Elite Level Appropriate Skills.
    - Dance and/or motion section - Choreography should be incorporated throughout the routine

**General Rules / Routine Appropriateness:**

- All facets of a performance/routine, including both choreography and music selection, should be appropriate and suitable for family viewing and listening.
- Removing improper language or words from a song and replacing with sound effects or other words, may still constitute 'inappropriate'.
- Judges reserve the right to assess warnings and/or deductions when an individual's choreography, uniform, makeup, bows, etc. do not meet the standards of what ABC deems 'appropriate'.



# BEST STUNT GROUP - SCORE SHEET

VERSION: 8.27.2024

	Mastery Score	Difficulty Score	Technique Score	Total Score
Toss		1.0	2.0	3.0
Building		10	5.0	15
Routine Mastery	4.0			4.0
			Total Points Possible	22

TOSS DIFFICULTY - MAX POINTS: 5	
Level Appropriate Toss Requirement - 1 Point Max	
0.0	Toss not performed or does not meet requirement
1.0	One (1) Level Appropriate Toss performed

TOSS TECHNIQUE - MAX POINTS: 2					
<b>FLYER</b> 1 Point Max	Single Occurrence	-0.25	<b>BASES</b> 1 Point Max	Single Occurrence	-0.25
<ul style="list-style-type: none"> <li>● Body Control</li> <li>● Execution of skill</li> <li>● Legs straight/toes pointed</li> <li>● Arm placement</li> </ul>	Minor	-0.50	<ul style="list-style-type: none"> <li>● Use of arms/legs to throw together</li> <li>● Solid stance</li> <li>● Controlled</li> <li>● Cradle</li> </ul>	Minor	-0.50
	Multiple	-0.75		Multiple	-0.75
	Widespread	-1.0		Widespread	-1.0
	*Points are based on occurrence and removed from the maximum possible score.				

ROUTINE MASTERY - MAX POINTS: 4				
Not Shown	Low	Moderate	High	Specific Drivers
0.0	0.5-0.8	0.7-0.8	0.9-1.0	Continuous flow
0.0	0.5-0.8	0.7-0.8	0.9-1.0	Visual, engaging and entertaining
0.0	0.5-0.8	0.7-0.8	0.9-1.0	Confidence in execution of routine
0.0	0.5-0.8	0.7-0.8	0.9-1.0	Creativity and use of choreography
*Points combined to reach maximum score.				

ADDITIONAL BUILDING INFORMATION
<ul style="list-style-type: none"> <li>● All Level/Elite Level Appropriate Skills can be viewed on the <a href="#">OCS website</a>.</li> <li>● All skills performed must be different. Repeated skills will not count toward Stunt Difficulty Score.</li> <li>● Level 1 and Mini 2 must execute a Show &amp; Go instead of the toss, which must pass to/above prep level with a traditional basket or extension grip while maintaining contact with the flyer.</li> <li>● Body Positions: Stretch, Bow and Arrow, Arabesque, Scale and Scorpion               <ul style="list-style-type: none"> <li>○ Lib, torch, hitch, and platform are not considered body positions.</li> </ul> </li> </ul>

**Level Appropriate Skill Requirement - 1 Point Max**

0.0	Skills not performed or do not meet requirement
1.0	Four (4) Level Appropriate Skills & Three (3) Elite Level Appropriate Skills performed

**Variety & Innovation - 2 Points Max**

0.0	Skills do not show innovative elements/variety
1.0	Skills executed with minor innovative elements and a variety of skills
2.0	Skills executed with multiple innovative elements and a variety of skills

**Pace & Flow - 2 Points Max**

0.0	Skills did not show continuous movement, fluid connections or acceptable pace of skills
1.0	Skills executed at a moderate pace with continuous transitions in and out of skills
2.0	Skills executed at a quick pace while showing a seamless transitions in and out of skills

**Perfection of Routine - 3 Points Max**

0.0	Widespread mistakes, errors, omissions, etc.
1.0	Multiple mistakes, errors, omissions, etc.
2.0	Minor mistakes, errors, omissions, etc.
3.0	Impeccable performance, as well as technique demonstrated throughout

**Degree of Difficulty - 2 Points Max**

0.0-2.0	Number of skills and complexity of the level appropriate skills utilized, as well as the use of different skills will be considered.
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\*Points combined to reach maximum score.

\*\*Stunt skills will only receive full credit if they show control.

**BUILDING TECHNIQUE - MAX POINTS: 5**
**FLYER - 1 Point Max**

- Body control
- Flexibility of body positions
- Motion placement/accuracy
- Confidence demonstrated throughout skills and transitions

Single Occurrence	-0.25
Minor	-0.50
Multiple	-0.75
Widespread	-1.0

**BASES - 1 Point Max**

- Body control
- Stability of stunt
- Technique in lifts and catches
- Confidence demonstrated throughout skills and transitions

Single Occurrence	-0.25
Minor	-0.50
Multiple	-0.75
Widespread	-1.0

**TRANSITIONS - 1 Point Max**

- Entry
- Dismount
- Control throughout
- Flow/pace of skills

Single Occurrence	-0.25
Minor	-0.50
Multiple	-0.75
Widespread	-1.0

**BEST STUNT GROUP - ROUTINE GUIDELINES:**

- Time limit: 1 minute maximum
- Music may be used for the entire routine
- Groups (5 members maximum). 1 male is permitted.
- Routine to include but not limited to:
  - \*All Level/Elite Level Appropriate Skills can be viewed on the [OCS website](#).
  - Four (4) level appropriate skills
  - Three (3) elite skills
  - One (1) level appropriate toss (Level 1 & Mini 2: Show & Go)

<b>Deductions</b>	<b>Point Penalty</b>	<b>Description <i>Included but NOT limited to</i></b>
Athlete Fall	-0.25	<ul style="list-style-type: none"> <li>• Drops to the performance floor during tumbling, and/or jump skills.</li> <li>• Hand, both hands, knee, both knees, or head hitting the performance floor while performing a tumbling or jump skill or tumbling transition in and/or out of a building skill.</li> </ul>
Building Fall	-0.75	<ul style="list-style-type: none"> <li>• Flyer falls from a stunt onto a base or spotter and does not hit the floor and does not maintain control - also includes falling into a cradle or a base falling during any portion of the stunt.</li> <li>• Base/Spotter Falls to the ground.</li> <li>• Athletes that fall as they are being set out of cradle/stunt transition</li> </ul>
Major Building Fall	-1.25	<ul style="list-style-type: none"> <li>• Flyer falls from a stunt and flyer hits the ground in an unsafe manner. (including hands on the floor during prone catches, feet on the floor during cradles)</li> <li>• Flyer falls onto the base/spotter and the base/spotter hits the ground.</li> <li>*Stunts that pop off due to safety do not constitute a Major Building Fall.</li> <li>*Athletes that fall as they are being set out of a cradle are not considered major building falls.</li> </ul>
Out of Bounds	-0.25	Both feet off of the performance surface. Performance surface includes any borders attached to the performance floor.

<b>Legalities</b>	<b>Point Penalty</b>	<b>Description <i>Included but NOT limited to</i></b>
Tumbling/General Rule	-0.10	<ul style="list-style-type: none"> <li>• General rule or tumbling violation</li> </ul>
Building Safety Concern	-0.50	<ul style="list-style-type: none"> <li>• If a skill is performed illegally and appears to be inherently dangerous and/or unsafe</li> <li>• All Level Rules</li> </ul>

<b>Time Limit Violation</b>	Over Time Limit 1-5 Seconds = -0.05	Over Time Limit 6+ Seconds = -0.1
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VERSION: 8.27.2024

	Mastery Score	Difficulty Score	Technique Score	Total Score
Jumps		1.0	5.0	6.0
Standing Tumbling		5.0	5.0	10
Running Tumbling		5.0	5.0	10
Tumbling & Jump Mastery	2.0			2.0
Dance Mastery	4.0			4.0
Routine Mastery	4.0			4.0
			Total Points Possible	36.0

JUMP DIFFICULTY - MAX POINTS: 1	
0.0	No synchronized advanced jumps performed
0.25	One (1) synchronized advanced jump is performed
0.5	Two (2) synchronized advanced jumps that show variety are performed
0.75	Three (3) synchronized non-connected advanced jumps that show variety are performed
1.0	Three (3) synchronized advanced jumps that show variety performed, two (2) of which are connected

**ADDITIONAL JUMP INFORMATION**

- Jump skills must land on feet to receive difficulty credit
- Jumps must use a whip approach to be considered connected. Whip approach: continuous movement through swing connecting 2 or more jumps.
- Advanced Jumps: Pike, Right/Left Hurder (Front or Side), Toe Touch

JUMP TECHNIQUE - MAX POINTS: 5								
<b>APPROACH</b> 1 Point Max  <ul style="list-style-type: none"> <li>● Arm placement into jump</li> <li>● Swing/prep</li> <li>● Chest placement</li> <li>● Flow of connected jumps</li> </ul>	Single Occurrence	0.25	<b>LANDINGS</b> 1 Point Max  <ul style="list-style-type: none"> <li>● Controlled</li> <li>● Legs/feet together</li> <li>● Chest placement</li> <li>● Jump completion</li> </ul>	Single Occurrence	0.25	<b>BODY CONTROL</b> 1 Point Max  <ul style="list-style-type: none"> <li>● Head placement</li> <li>● Arm/shoulder placement</li> <li>● Pointed toes</li> <li>● Leg placement</li> </ul>	Single Occurrence	0.25
	Minor	0.50		Minor	0.50		Minor	0.50
	Multiple	0.75		Multiple	0.75		Multiple	0.75
	Widespread	1.0		Widespread	1.0		Widespread	1.0

\*Points are based on occurrence and removed from the maximum possible score.





## TUMBLING DIFFICULTY - MAX POINTS: 5

### Level Appropriate Pass Requirement - 1 Point Max

0.0	Passes not performed or do not meet requirement
1.0	One (1) synchronized pass, plus one (1) additional pass performed including Level and/or Elite Level Appropriate Skills.

### Variety & Innovation - 2 Points Max

0.0	Passes do not show innovative elements/variety
1.0	Passes executed with minor innovative elements and a variety of skills
2.0	Passes executed with multiple innovative elements and a variety of skills

### Degree of Difficulty - 2 Points Max

0.0-2.0	Number of skills within a pass and complexity of the level appropriate skills utilized, as well as the use of different skills will be considered.
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\*All Level/Elite Level Appropriate Skills can be viewed on the [OCS website](#).

\*\*Points combined to reach maximum score.

\*\*\*Standing & Running Tumbling Difficulty are two separate scoring categories. Each category has a max of 5 points.

VERSION: 8.27.2024

### ADDITIONAL TUMBLING INFORMATION

- L1-Cartwheel does not get standing tumbling credit.
- Pauses, Steps or Cleans between skills will not count as connected skills.
- Tumbling passes must land on feet ONLY to receive level appropriate difficulty credit (ex: Jump 3/4 front flip to seat)
- Jumps within a pass will not break up the pass (ex: Toe Touch - BHS - Toe Touch - BHS is 1 pass in L3.
- T-Jumps are not considered a jump and will break up a pass into two separate passes.
- Skills that are illegal for a lower level do not automatically make them a Level Appropriate Skill for a higher level.
  - L2 - No L1 skill out of a round-off that are illegal in L1 will count for level appropriate credit.
  - L3 - No L2 skills out of BHS-stepout 1/2-turn that are illegal in L2 will count for level appropriate credit
  - L4 - Punch front forward roll will not count for level appropriate credit
  - L5 - Not all L4 skills out of a standing tuck that are illegal in L4 will count for level appropriate credit (ex: BHS-Tuck-BHS; Tuck-BHS)

## TUMBLING TECHNIQUE - MAX POINTS: 5

APPROACH 1 Point Max	Single Occurrence	-0.25	LANDINGS 1 Point Max	Single Occurrence	-0.25	BODY CONTROL 1 Point Max	Single Occurrence	-0.25
<ul style="list-style-type: none"> <li>● Arm placement into a pass/skill</li> <li>● Body positioning at initiation of skill</li> <li>● Chest placement</li> <li>● Connection of pass/skills</li> </ul>	Minor	-0.50	<ul style="list-style-type: none"> <li>● Controlled</li> <li>● Legs/Feet together</li> <li>● Chest Placement</li> <li>● Completion of skills</li> </ul>	Minor	-0.50	<ul style="list-style-type: none"> <li>● Head placement</li> <li>● Arm/shoulder placement in skills</li> <li>● Hips</li> <li>● Leg placement in skills</li> </ul>	Minor	-0.50
	Multiple	-0.75		Multiple	-0.75		Multiple	-0.75
	Widespread	-1.0		Widespread	-1.0		Widespread	-1.0

\*Standing & Running Tumbling Technique are two separate scoring categories. Each category has a max of 5 points.



**JUMPS & TUMBLING MASTERY - MAX POINTS: 2**

Not Shown	Low	Moderate	High	Specific Drivers
0.0	0.5-0.8	0.7-0.8	0.9-1.0	Jumps: Confidence, execution and overall impression of skills, including Timing and Synchronization.
0.0	0.5-0.8	0.7-0.8	0.9-1.0	Tumbling: Confidence, execution and overall impression of skills, including Timing and Synchronization.

\*Points combined to reach maximum score.

**DANCE MASTERY - MAX POINTS: 4**

Not Shown	Low	Moderate	High	Specific Drivers
0.0	0.5-0.8	0.7-0.8	0.9-1.0	Pace and flow
0.0	0.5-0.8	0.7-0.8	0.9-1.0	Performance and engagement
0.0	0.5-0.8	0.7-0.8	0.9-1.0	Precise motions and intricate movements
0.0	0.5-0.8	0.7-0.8	0.9-1.0	Memory, Timing and Synchronization.

\*Points combined to reach maximum score.

**ROUTINE MASTERY - MAX POINTS: 4**

Not Shown	Low	Moderate	High	Specific Drivers
0.0	0.5-0.8	0.7-0.8	0.9-1.0	Continuous flow
0.0	0.5-0.8	0.7-0.8	0.9-1.0	Visual, engaging and entertaining
0.0	0.5-0.8	0.7-0.8	0.9-1.0	Confidence in execution of routine
0.0	0.5-0.8	0.7-0.8	0.9-1.0	Creativity and use of choreography

\*Points combined to reach maximum score.

**BEST CHEER GROUP-ROUTINE GUIDELINES:**

- Time limit: 1:30 minutes maximum
- 2-4 members (M/F)
- Music may be used for the entire routine
- Routine to include but not limited to:  
(Skills can be performed in any order.)
- \*All Level/Elite Level Appropriate Skills can be viewed on the [OCS website](#).
  - Three (3) synchronized advanced jumps that show variety, two (2) of which need to be connected to receive max difficulty. Jumps must be synchronized.
  - One (1) synchronized running tumbling pass, plus one (1) additional running tumbling pass performed including Level and/or Elite Level Appropriate Skills.
  - One (1) synchronized standing tumbling pass, plus one (1) additional standing tumbling pass performed including Level and/or Elite Level Appropriate Skills.
  - Dance and/or motion section - Choreography should be incorporated throughout the routine

**General Rules / Routine Appropriateness:**

- All facets of a performance/routine, including both choreography and music selection, should be appropriate and suitable for family viewing and listening.
- Removing improper language or words from a song and replacing with sound effects or other words, may still constitute 'inappropriate'.
- Judges reserve the right to assess warnings and/or deductions when an individual's choreography, uniform, makeup, bows, etc. do not meet the standards of what ABC deems 'appropriate'.