

CHEER AND DANCE EXTREME – RECREATIONAL & SCHOOL SCORING/JUDGING GRID

Category	Point Range	Degree of Difficulty	Execution
Jumps	<p>4-6 Basic/Intermediate jumps demonstrating little or no variety in a medium pace.</p> <p>6-8 Intermediate/Advanced jumps demonstrating variety in a single or double combination of any style.</p> <p>8-10 Advanced jumps demonstrating variety in a double or triple whip combination. (No break of momentum, or stop, in the arm swing)</p>	<p>Pace</p> <p>Type of jump</p> <p>Unique approaches</p> <p>Innovative level changes</p> <p>Combinations used (Added w/tumbling)</p> <p>% of team participation (Not necessarily same time/jump)</p>	<p>Jump Height</p> <p>Visual appeal</p> <p>Degree of perfection</p> <p>Timing / Synchronization</p> <p>Body Lines / Technique (i.e. - Hyper extended, toe point, landings, arm placement, chest alignment, etc.)</p>
Tumbling	<p>4-6 Demonstrated tumbling skills with very few to no team members and little to no specialty and/or unique skills</p> <p>6-8 Demonstrated tumbling skills with few to half of the team with limited specialty and/or unique skills.</p> <p>8-10 Demonstrated tumbling skills with more than half or all of the team; included specialty passes and/or unique skills.</p>	<p>% of team participation</p> <p># of maximized skills</p> <p>Specialty passes (i.e. - combination of multiple skills pieced together)</p> <p>Unique entries / dismounts</p> <p># of connected skills</p> <p>Synchronization</p> <p>Height of skills</p>	<p>Visual Appeal</p> <p>Degree of perfection</p> <p>Timing / Synchronization</p> <p>Body lines / Technique (i.e. - Bent legs/arms, pointed toes, landings, etc.)</p>
Stunts/Tosses/Pyramids	<p>4-6 Stunts – Demonstrated few stunt skills; showed only basic body positions; used multiple bases; basic dismounts with all stunts. Tosses - Showed few groups with little or no variation of individual body positions; used basic load-in and dismount skills. Pyramids - Demonstrated few stunt skills; showed only basic body positions; used multiple bases; basic dismounts with all stunts.</p> <p>6-8 Stunts – Demonstrated numerous (i.e. - 3 or more) stunt skills; showed limited transitions and/or body positions and unique and/or special load ins; had some groups with additional bases; maximized the allowable dismounts with most stunts. Tosses - Showed limited to few groups with little variation of individual body positions; used basic load-in and dismount skills. Pyramids - Demonstrated numerous (i.e. - 3 or more) stunt skills; showed limited transitions and/or body positions and unique and/or special load ins; had some groups with additional bases; maximized the allowable dismounts with some stunts.</p> <p>8-10 Stunts – Demonstrated numerous (i.e. – 3 or more) stunt skills; showed numerous (i.e. - 3 or more) transitions and/or body positions and unique and/or special load ins; used limited bases; maximized the allowable dismounts with all stunts. Tosses - Showed numerous groups with a variety of skills and/or individual body positions including specialty and/or unique skills within the load-in, dismount and/or height of the toss. Pyramids - Demonstrated numerous (i.e. - 3 or more) transitions and/or body positions and unique and/or special load ins; used limited bases; maximized the allowable dismounts with many stunts.</p>	<p>Pace</p> <p>Height of toss</p> <p>% of team participation</p> <p># of bases used per group</p> <p>Synchronization (if applicable)</p> <p>Multiple Groups (Structures)</p> <p># of body positions demonstrated</p> <p>Unique / special load-ins, transitions, grips, etc.</p> <p># (and/or variety) of body positions demonstrated</p> <p>Unique / special load ins and dismounts for pyramids (i.e. - power presses, full ups, turns, etc.)</p>	<p>Visual Appeal</p> <p>Degree of perfection</p> <p>Timing / Synchronization</p> <p>Body lines / Technique / Flexibility</p>

*PLEASE NOTE: As a result of poor or sloppy execution of skills (i.e. - flexibility, timing, levels, mounts, dismounts, etc.) judges reserve the right to award a score below the bottom point range depending on the severity and number of poorly executed skills.