

CONNECTICUT ASSOCIATION OF SCHOOLS
CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE
30 Realty Drive, Cheshire, Connecticut 06410
Telephone (203) 250-1111 / Fax (203) 250-1345

TO: CAS/CSAC Member Secondary School Cheerleading Coaches
FROM: CAS/CSAC Cheerleading Committee
RE: 20th Annual CAS/CSAC Cheerleading Championships

The information in this packet covers in detail the 2010 CAS/CSAC Cheerleading Championships.

Your school is encouraged to participate in this activity which has been well received in the last nineteen years. If you intend to enter, please do the following:

1. Complete the **Entry Form** and submit via the password-protected online eligibility center by **Friday, January 8, 2010**. Mail the \$75 entry fee, payable to CAS, to CAS-CIAC office, 30 Realty Drive, Cheshire, CT 06410.

NOTE: An intent-to-enter form is no longer required. Place all cheerleaders in your cheerleading program, varsity, junior varsity or freshmen on the entry form. There is no limit to the number of cheerleaders who may be on the entry form, but, only twenty (20) of those listed will be able to compete on the day of the competition

The CAS/CSAC Cheerleading Committee encourages your school to participate and support this program. These championships are a worthwhile activity for all high school youth.

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Telephone (203)250-1111 / Fax (203)250-1345

TO: CIAC Member Schools
FROM: Connecticut Interscholastic Athletic Conference
RE: CAS-CIAC/CSAC Cheerleading Competition

The Connecticut Student Activities Conference under the authority of the Connecticut Association of Schools will for the twentieth time conduct an Association cheerleading competition. In order to more accurately estimate the number of schools competing, the CAS/CSAC requests that you complete the enclosed **Entry Form**, if you intend to enter.

Please submit the **Entry Form** to CAS, via the password-protected online eligibility center by **January 8, 2010**. Your promptness is appreciated.

The competition that is planned will be as follows:

- A. ***State Championship*** -- Friday, March 12, 2010 and Saturday, March 13, 2010
Site - New Haven Citywide Field House
480 Sherman Parkway
New Haven, CT 06511
(Snow date -- Sunday, March 14, 2010)
- B. ***Entry fee:*** \$75 per team with checks payable to CAS
- C. Each squad of not more than **20 cheerleaders** will be required to ***PERFORM A 2 TO 2½ MINUTE ROUTINE***. Music will be allowed. There will be, in addition to the all girl divisions, a co-ed division.
- D. 2009-2010 National Federation Rules will be followed.
- E. The number of classes such as Co-ed, LL, L, M, and S will be determined based upon the number of schools that enter the competition.
- F. Teams entering will perform once. Regional competitions **will not** be held.
- G. Appropriate awards similar to CIAC awards will be presented to the champion, first and second runner-up teams in each Class.

Questions or concerns may be addressed to the CAS office - telephone (203) 250-1111 or Fax (203) 250-1345.

**** Please share this information with your cheerleader coach/advisor. ****

CONNECTICUT ASSOCIATION OF SCHOOLS
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30 Realty Drive, Cheshire, Connecticut 06410

20th ANNUAL CAS/CSAC CHEERLEADING CHAMPIONSHIP 2010

Sponsored by IGA

1. **AUTHORITY**

The decisions of the CAS/CSAC Cheerleading Committee and/or Meet Directors relative to the operation of the competition shall be final.

2. **AWARDS**

In each class a plaque and 22 individual medals will be awarded to each of the champion, 1st, and 2nd runner-up teams.

3. **DATE OF COMPETITION / SITE / STARTING TIMES**

DATE: State Championship -- **Friday, March 12, 2010 & Saturday, March 13, 2010**

Snow Date -- Sunday, March 14, 2010

TIME: To be announced with a follow-up communication

SITE: **New Haven Citywide Field House**

The CAS/CSAC Cheerleading Committee will determine the starting time for each division competing and a follow-up letter will be mailed to participating schools indicating the starting time.

4. **DIVISIONS**

The 2010 Cheerleading Championship divisions will be determined when the entry forms are submitted to the CAS office.

5. **ENTRY FEE / ENTRY FORM**

Each cheerleading team entering the Championships will be assessed an entry fee of \$75 which must be mailed to CAS, 30 Realty Drive, Cheshire, CT 06410. The entry form and fee must be in the CAS office not later than January 8, 2010. Entry forms are to be submitted via the CAS web site.

6. **LATE ENTRY POLICY**

- No tournament entries will be accepted after the established deadline except those approved by the CIAC Board of Control.
- Corrections requested by a school to an entry form that was submitted by the established deadline, but prior to seeding/pairing data being published on the web site, will be assessed a fee of \$50 per correction to a maximum of \$250.
- All requests for corrections must be submitted on a support ticket via the online eligibility center. **No phone request will be considered.**

7. **MEET REGULATIONS**

- A. Only member schools of CAS/CSAC may enter these championships.
- B. **EACH CHEERLEADING SQUAD MUST PERFORM FOR AT LEAST 2.0 MINUTES BUT NOT MORE THAN 2.5 MINUTES.** Performing less than the required time or performing more than the required time will result in points being deducted. Two points will be deducted for each 5-second violation or any part thereof. TIME OF PERFORMANCE FOR EACH TEAM WILL START WHEN THE COACH OR HIS/HER DESIGNEE SIGNALS THE TIMER THAT THEY ARE READY TO PERFORM AFTER BEING ANNOUNCED. TIMING WILL STOP WHEN THE COACH OR HIS/HER DESIGNEE HAND SIGNALS THE TIMER THAT THEY HAVE COMPLETED THEIR ROUTINE.
- C. Dance will be permitted in the routine. The dance portion of the routine may not exceed more than **one minute and thirty seconds (90 seconds)**. A disc jockey equipped with a tape and CD player will be provided at the site, however, a team may use their own tape player if they so choose. *It is highly recommended that each squad bring a back up copy of their music.*
- D. Eight performance judges and two safety judges will score each team. If two divisions are competing at the same time there will be two sets of judges. Technical difficulties will be adjudicated by the judges.
- Sherrie Zembrzuski, Notre Dame Catholic High School, 220 Jefferson Street, Fairfield, CT 06825 is the Tournament Official Coordinator -- Home phone (203) 574-5639 (after 5:00 p.m.) / Work phone (203) 372-6521 (6:45 a.m. - 3:00 p.m.) / e-mail: missz14@sbcglobal.net Sherrie will hire and assign judges with the assistance of a subcommittee of the CAS/CSAC Cheerleading Committee. Safety judges **will not** preview the squads.
- E. The 2009-10 National Federation Rules for Spirit squads must be followed. Team stunts or actions judged to be illegal by the National Federation Rules **will result in penalty points assessed**. If you are in doubt about the legality of a stunt or pyramid, submit a picture or video tape to Sherrie Zembrzuski **at least two weeks before the competition**. A decision will be made within three days of receipt of the picture or video.
- F. **"Props" which are permitted in this competition are megaphones, pom poms, signs, flags, banners, etc.**
- G. Judges decisions on scoring will be final and binding on all entries. Technical difficulties, such as music stopping, will be adjudicated by the judges.
- H. The Cheerleading Committee will determine the "order of performance" for the championship prior to the competition and will mail this order to those member schools entered.
- I. Only one squad per member school may enter the competition.
- J. All competitors must be enrolled in grade 9, 10, 11 or 12.

- K. Each team will receive five complimentary tickets. These complimentary tickets are to be used for school personnel and spouses, NOT parents.
- There will be no pre-sale tickets. Ticket prices will be: Children five (5) and under are free; Senior Citizens (age 65 and older) \$5.00; Students (Grades 1-12) \$5.00; Adults (All others not in the above categories) \$8.00.
- L. Cheerleading coaches are expected to maintain discipline among the competitors and make certain that good sportsmanship prevails in both winning and defeat. Schools will be held liable for actions of their competitors which may include but is not limited to property damage or assault.
- M. Competitors will not be permitted to compete without the presence of their cheerleading coach/advisor, or having in writing from the Principal of the school a statement designating an adult replacement.
- N. Coaches are to bring a large plastic bag so that what their team "packs in" may be packed out.
- O. Score sheets will be presented to each coach at the conclusion of the competition. Also available to coaches will be an order of finish and point totals for their division.
- P. Scoring will be done in the accordance with the score sheet. A detailed score sheet will be mailed to those entered in January 2010.

8. **TEAM COMPOSITION**

Each team may have up to but not more than **twenty (20) cheerleaders** performing. No alternates. **Schools must be represented by a squad of winter cheerleading members as long as each member of the competition team is actively cheering at current winter athletic events.**

9. **TRAVELING EXPENSES**

Competing schools must provide their own transportation at their expense.

10. **WARM-UP AREA**

A warm-up area will be provided at the competition site for use by the teams prior to the start of competition. A 42' by 42' (seven panels) mat will be provided in the practice and competition areas.

11. **DRESSING FACILITIES**

Facilities will be available at the site.

12. **PERFORMANCE AREA**

See attached gym floor plan which indicates the area of the basketball court that will be the performance area. It will be half court. The performing surface will be a 42' by 42' mat (seven (7) panels) mat. Stepping off the mat will **NOT** result in point deduction. **Tumbling off the mat or a body part other than the feet landing off the mat will result in a point deduction.**

13. **MEDICAL SERVICE**

Medical personnel will be on site at the competition to attend to emergency needs of competitors, coaches and spectators. Each coach is responsible for his/her own team .

14. **NEW ENGLAND REGIONAL CHEERLEADING COMPETITION**

- Only three teams from each division are allowed to compete at the New England Regional Cheerleading Competition.
- In the event that teams are tied, in any division, at the conclusion of the Connecticut State Championships, the following procedure will be used to determine the top three teams eligible to advance to the New England Regionals:
 - A. The points awarded from each judge in the category for “overall effect / overall appeal” will be totaled and the team with the highest score in that category will be eligible to advance.
 - B. If a tie remains, the highest and lowest score from each judge will be deleted and the remaining scores will be tabulated with the team awarded the highest point total given the higher rank.

CONNECTICUT ASSOCIATION OF SCHOOLS
CONNECTICUT STUDENT ACTIVITIES CONFERENCE

2010 Cheerleading Entry Form

1. The entry form must be submitted to the CAS-CIAC via the password-protected online eligibility center no later than 4:00 p.m. on Friday, January 8, 2010. The \$75 entry fee must be mailed to the CAS office, 30 Realty Drive, Cheshire, CT 06410. A late fee of \$50 will be charged if the entry form is not in the CAS office by 4:00 p.m. on January 8, 2010.
2. Only twenty (20) competitors may be admitted to perform during the competition.
3. If schools require a P.O. for fee payment, indicate that payment of the entry will be forthcoming.

Please fill in the school information requested on the entry form and submit via the password protected online eligibility center by January 8, 2010.

List ALL THE MEMBERS of your cheerleading squad on this entry form (including JV and freshmen members). Only twenty (20) competitors may compete during the performance.

REMINDER: In order to compete the cheerleaders must cheer for the winter season and must be actively cheering at current winter athletic events.

The principal certifies that the individuals listed on this official entry form have satisfied the State health Statutes and local regulations regarding physical examinations and are physically fit to participate in this competition.

School _____ City/Town _____

Principal _____ Principal's School Phone () _____
Principal's Home Phone () _____

Athletic Director _____ Ath. Director's School Phone () _____
Ath. Director's Home Phone () _____ AD's E-mail _____

Coach/Advisor _____ Coach/Advisor School Phone () _____
Coach/Advisor Home Address _____
City _____ State _____ Zip Code _____
Coach/Advisor Home Phone () _____ E-mail _____

Please list area code with all telephone numbers.

() ALL GIRL SQUAD

() CO-ED SQUAD

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BASKETBALL COURT

BASKET

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Table Officials

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8 judges, timer, and disqualification judge

RISERS →

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performance area

BASKET

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CONNECTICUT ASSOCIATION OF SCHOOLS

CHEERLEADING PENALTY SHEET

School _____ Division _____ Judge's Initials _____

Violation

Penalty Points

1) **Apparel** -- wearing jewelry, long fingernails, unsafe hair devices, improperly covered braces (10 points per violation)

2) **Performance Mistakes** -- stepping on poms or signs, inattentive spotter, improperly performed legal stunts (10 points)

3) **Safety Violations** (25 points)

Rule Infraction

Page #

Category

Rule #

4) **Time**

Time of Music _____

(Maximum time is 1 minute 30 seconds or 90 seconds)

Time of Routine _____

(Minimum time is 2 minutes (120 seconds) and

Maximum time is 2 minutes, 30 seconds (150 seconds)

1 - 5 seconds over or under deduct 2 points

6 - 10 seconds over or under deduct 4 points

11 - 15 seconds over or under deduct 6 points

16 - 20 seconds over or under deduct 8 points

21 - 25 seconds over or under deduct 10 points

TOTAL PENALTY POINTS

NEW ENGLAND / CONNECTICUT CHEERLEADING
JUDGING CRITERIA

JUDGE #1 and JUDGE #5

PYRAMIDS

Pyramids: A group of stunts, braced or non-braced, in close proximity in order to form the visual effect of one unit.

Requirement: Teams are required to incorporate *at least one* pyramid in the competition routine.

Level	Point Range	Skills
Elite	9 - 10	<ul style="list-style-type: none">* Transitional Pyramid sequences using a combination of liberty variations (without the use of front spots) and/or tick tocks.* Pyramids performed with a high level of execution, perfection and flexibility.
Advanced	7 - 9	<ul style="list-style-type: none">* Transitional Pyramid sequences using a combination of liberty / liberty variations with the use of front spots.* Pyramids performed with a high level of execution, perfection and flexibility.* And/or Elite level pyramids performed with a sub-standard level of technique and execution.
Intermediate	4 - 7	<ul style="list-style-type: none">* Pyramid sequences using liberty / liberty variations performed from the ground up with no transitions.* Transitional 2-legged pyramid sequences.* And/or Advanced pyramids performed with a sub-standard level of technique and execution.
Beginner	1 - 4	<ul style="list-style-type: none">* Pyramid sequences built from the prep (half-extension) level and below.* And/or Intermediate pyramids performed with a sub-standard level of technique and execution.

Flow of Routine (5 points) – Routine moves smoothly from one segment to the next. Cheer moves effectively, cleanly, maintains momentum.

Transitions (5 points) – Cheerleaders move smoothly and cleanly from one segment of the routine to the next avoiding bumping and unnecessary crossing.

Overall Effect / Overall Appeal (5 points) – Impression that the judge is left with upon completion of the entire routine. Must consider all skills performed, the execution and how they are presented.

JUDGE #2 and JUDGE #6

PARTNER STUNTS

Liberty Variations – stunts based on the traditional liberty grip, including, but not limited to, hitch, arabesque, scorpion, scaled, heel stretch, bow and arrow.

To receive maximum points a team would have to have maximum participation.

Maximum Participation:

- 20 cheerleaders – 4 or 5 stunt groups
- 16 - 19 cheerleaders – 3 or 4 stunt groups
- 15 cheerleaders – 3 stunt groups
- 12 - 14 cheerleaders – 2 or 3 stunt groups
- 10 - 11 cheerleaders – 2 stunt groups
- 9 or under – 1 or 2 stunt groups

Level	Point Range	Skills
Elite	9 - 10	<p>Elite Stunts include liberty or liberty variations with above average flexibility, all girl single based extended stunts, extended co-ed single based stunts, basket tosses twist or two positions.</p> <p>* All stunts performed with a high level of execution, perfection and flexibility.</p> <p>* Maximum participation.</p> <p>Dismounts:</p> <ul style="list-style-type: none">• <u>Single Twisting Dismounts</u> from extended liberty variations without front spots and with maximum participation (i.e. 5 groups for 20 cheerleaders);• <u>Double Twisting Dismounts</u> from extended liberty variations with / without front spots;• <u>Single Twisting Dismounts</u> from extended stunt, when all-girl single based stunting.
Advanced	7 - 9	<p>Advanced Stunts include liberty or liberty variation with average flexibility, basket tosses, toss to hands (co-ed), single based all-girl stunting at prep (half extension) level.</p> <p>* All stunts performed with a high level of execution, perfection and flexibility.</p> <p>* And/or Elite Stunts performed with sub-standard level of technique and execution</p> <p>* Maximum participation.</p> <p>Dismounts:</p> <ul style="list-style-type: none">• <u>Single Twisting Dismounts</u> from extended liberty variations with/without front spots.• <u>Single Twisting Dismounts</u> for 2-legged extended students without front spots.• <u>Straight Cradles</u> from extended stunts when all-girl single based stunting.• <u>Double Twisting Dismounts</u> from the prep (half-extension) level.
Intermediate	4 - 7	<p>Intermediate Stunts include traditional two-leg extended stunts or any combination thereof: chairs, liberty with a front spot.</p> <p>* All students performed with a high level of execution, perfection and flexibility.</p> <p>* And/or Advanced stunts performed with a sub-standard level of technique and execution.</p> <p>Dismounts:</p> <ul style="list-style-type: none">• <u>Single Twisting Dismounts</u> from the prep (half-extension) level without front spots.• <u>Single Twisting Dismounts</u> from 2-legged extended stunts performed with front spots• <u>Straight Cradles</u> from extended liberty / liberty variations performed with front spots.• <u>Straight Cradles</u> from 2-legged extended stunts without the use of front spots.
Beginner	1 - 4	<p>Beginner Stunts include prep (half extension), thigh stand shoulder stand, shoulder sit, pop up splits, straddle press, liberty and liberty variations at the prep level.</p> <p>* And/or Intermediate stunts performed with a sub-standard level of technique and execution.</p> <p>Dismounts:</p> <ul style="list-style-type: none">• <u>Single Twisting Dismounts</u> from the Prep (half-extension) level with front spots.• <u>Single Twisting Dismounts</u> from liberty variations at the prep level.• <u>Straight Cradles</u> from 2-legged stunts with the use of front spots.

Voice (5 points): Volume, tone, pitch, clarity, appropriate inflections, appropriate use of words

Expression and Enthusiasm (5 points): Smiles, spirit, naturalness, showmanship maintained throughout entire routine.

Overall Effect/Overall Appeal (5 points): Impression that the judge is left with upon completion of the entire routine. Must consider all skills performed, the execution and how they are presented.

JUDGE #3 AND JUDGE #7

TUMBLING

Level	Point Range	Skills
Elite	9 - 10	<ul style="list-style-type: none"> * Elite tumbling skills include standing tucks, front tumbling, X-outs, series passes with multiple advanced / elite skills, whips, layouts and full twisting layouts. * Jumps into back tucks. * 100% of team with intermediate skills or above, majority of team with advanced skills or above, and numerous elite level skills performed with a high level of execution and perfection.
Advanced	7 - 9	<ul style="list-style-type: none"> * Advanced tumbling skills include round-off back tucks, round-off back handspring back tucks, standing back tucks and standing back handspring back tucks. * Jumps into back handsprings. * 100% of team with intermediate skills and only some advanced skills performed with a high level of execution and perfection. * OR Majority of team with intermediate skills and several advanced / elite skills performed with a high level of execution and perfection. * And/or elite level skills performed at sub-standard level of execution and perfection.
Intermediate	4 - 7	<ul style="list-style-type: none"> * Intermediate tumbling skills include standing back handsprings, round-off back handsprings and round off multiple handsprings. * 100% of team with intermediate skills only, performed with a high level of execution and perfection. * OR 100% of team with beginner skills or better, majority of team with intermediate skills and minimal advanced skills performed with a high level of execution and perfection. * And/or advanced level skills performed at sub-standard level of execution and perfection.
Beginner	1 - 4	<ul style="list-style-type: none"> * Basic tumbling skills include forward rolls, round-offs and cartwheels. * 100% of team with basic skills performed at a high level of execution and perfection and/or some intermediate tumbling skills. * No advanced / elite tumbling skills. * And / or intermediate level skills performed at sub-standard level of execution and perfection.

JUMPS

Requirement: 2 jumps must be incorporated into the entire competition routine, one of which must be performed by 100% of the team and the second jump must be performed by the majority of the team. Combination jumps are more than one jump performed in succession.

Level	Point Range	Skills
Elite	8 - 10	<ul style="list-style-type: none"> * Elite jumps include toe touches, hurdlers, and herkies above level, pikes, around the worlds, and double nines level or above. * Combination jumps performed with no prep in between. * Jumps performed with a back handspring or back tuck attached to the jump sequence. * All jumps performed by the majority of the team with strong execution and variety.
Advanced	6 - 8	<ul style="list-style-type: none"> * Advanced jumps include level toe touches, hurdlers, and herkies, pikes and double nines slightly below level. * Combination jumps performed with no prep in between. * Jumps performed with a back handspring attached to a jump sequence. * All jumps performed by the majority of the team with strong execution and variety. * And/or Elite jumps executed with sub-standard technique and perfection.
Intermediate	3 - 6	<ul style="list-style-type: none"> * Intermediate jumps include toe touches, hurdlers, and herkies slightly below level, pikes and double nines well below level. * Combination jumps performed with a prep in between. * All jumps performed by the majority of the team with strong execution and variety. * And/or Advanced jumps executed with sub-standard technique and perfection.
Beginner	1 - 3	<ul style="list-style-type: none"> * Beginner jumps include toe touches, hurdlers, and herkies, tuck jumps and spread eagles well below level. * And/or Intermediate jumps executed with sub-standard technique and perfection.

Formation and Spacing (5 points): Use of floor, varied, interesting, properly aligned and symmetrical (when appropriate).

Overall Effect/Overall Appeal (5 points): Impression that the judge is left with upon completion of the entire routine. Must consider all skills performed, the execution and how they are presented..

JUDGE #4 AND JUDGE #8

MOTIONS

Level	Point Range	Skills
Elite	9 - 10	Elite motions performed by the majority of the team. Executed at a fast pace with several 'and' counts, strong level of technique, difficult foot and body movements during transitions, strong use of moves, motions and level changes to enhance the visual effect. Strong use of floor work with several level and formation changes.
Advanced	7 - 9	Advanced motions performed by the majority of the team. Executed at a reasonably fast pace with moderate 'and' counts, strong level of technique, moderate foot and body movements during transitions, good use of moves, motions and level changes to enhance the visual effect. Good use of floor work, with moderate level and formation changes.
Intermediate	4 - 7	Intermediate motions performed by the majority of the team. Executed at an average pace with minimal 'and' counts, strong level of technique, minimal foot and body movements during transitions, moderate variety of moves, motions and level changes to enhance the visual effect. Minimal use of floor work, with minor level and formation changes.
Beginner	1 - 4	Beginner motions performed by the majority of the team. Executed at a slow pace with little or no 'and' counts, low to average level of technique, lack of movement during transitions, minimal variety of moves, motions. Minimal or no use of floor work, level changes, and/or formation changes.

DANCE

Level	Point Range	Skills
Elite	9 - 10	Elite motions performed by the majority of the team. Executed at a fast pace with several 'and' counts, strong level of technique, difficult foot and body movements during transitions, strong use of moves, motions and level changes to enhance the visual effect. Strong use of floor work with several level and formation changes.
Advanced	7 - 9	Advanced motions performed by the majority of the team. Executed at a reasonably fast pace with moderate 'and' counts, strong level of technique, moderate foot and body movements during transitions, good use of moves, motions and level changes to enhance the visual effect. Good use of floor work, with moderate level and formation changes.
Intermediate	4 - 7	Intermediate motions performed by the majority of the team. Executed at an average pace with minimal 'and' counts, strong level of technique, minimal foot and body movements during transitions, moderate variety of moves, motions and level changes to enhance the visual effect. Minimal use of floor work, with minor level and formation changes.
Beginner	1 - 4	Beginner motions performed by the majority of the team. Executed at a slow pace with little or no 'and' counts, low to average level of technique, lack of movement during transitions, minimal variety of moves, motions. Minimal or no use of floor work, level changes, and/or formation changes.

Creative Use of Material (5 points): Imaginative, appropriate for all ages, good incorporation and presentation of all elements.

Overall Effect / Overall Appeal (5 points): Impression that the judge is left with upon completion of the entire routine. Must consider all skills performed, the execution and how they are presented.