

# CONNECTICUT ASSOCIATION OF SCHOOLS CHEERLEADING SCORE SHEET

Team \_\_\_\_\_

Number of Cheerleaders \_\_\_\_\_

Judge Number \_\_\_\_\_

Division \_\_\_\_\_

## Judge 1 & 5

JUMPS DIFFICULTY (* See Appendix A)		
/5	0	• No Jumps
	0.1 - 0.4	• Majority of basic jumps only
	0.5 - .09	• Most Basic jumps only
	1.0 - 1.4	• Majority Advanced jumps, not connected
	1.5 - 1.9	• Most advanced jumps, not connected
	2.0 - 2.4	• Majority two advanced jumps, connected
	2.5 - 2.9	• Most two advanced jumps connected
	3.0 - 3.4	• Majority three advanced jumps, connected
	3.5 - 3.9	• Most three advanced jumps, connected
	4.0 - 4.4	• Most four advanced jumps, three connected
4.5 - 5.0	• Most four advanced jumps, four connected	
<b>Basic Jumps :</b> Tucks, Eagles <b>Advanced Jumps:</b> Toe Touch, Hurdler, Herkie & Pike <b>Exceptional Jumps:</b> Double Nine, Around the World		

JUMPS EXECUTION		
/2.5	0.0 - 0.4	• Poor technique/zero jumps/no Jumps performed in unison/timing completely off
	0.5 - .9	• Below average synchronization/timing off in most jumps
	1.0 - 1.4	• Average synchronization/timing in majority of jumps
	1.5 - 1.9	• Above average synchronization/timing in majority of jumps
	2.0 - 2.5	• Superior synchronization/timing in most/all jumps

JUMPS TECHNIQUE (* See Appendix B)		
/2.5	0.0 - 0.4	• Poor technique
	0.5 - .9	• Below average technique
	1.0 - 1.4	• Average technique
	1.5 - 1.9	• Above average technique
	2.0 - 2.5	• Superior technique

DANCE		
/5	0	• No Dance
	0.1 - 1.9	• Below average energy, musicality, rhythm, and pace of music ("and" counts) • Minimal to no transitional elements and level changes • Minimal variety of movement and use of footwork, floor work, visual effects, etc. • Basic dance choreography and/or creativity
	2.0 - 3.9	• Average energy, musicality, rhythm, and pace of music ("and" counts) • Some advanced transitional elements and level changes • Some variety of movement and use of footwork, floor work, visual effects, etc. • Average dance choreography and/or creativity
	4.0 - 5.0	• High energy, musicality, rhythm, and pace of music ("and" counts) • Multiple advanced transitional elements and level changes • Superior variety of movement and use of footwork, floor work, visual effects, etc. • Superior dance choreography and/or creativity

MAJORITY / MOST TABLE						
#OF ATHLETES	MAJORITY	MOST	#OF ATHLETES	MAJORITY	MOST	
9	5	7	15	8	11	
10	6	8	16	9	12	
11	6	8	17	9	12	
12	7	9	18	10	13	
13	7	10	19	10	14	
14	8	11	20	11	15	

CHOREOGRAPHY OF ENTIRE ROUTINE		
/5	0.1 - 1.9	• Little to no visual elements • Flow & construction of routine off at times • Minimal incorporation of skills
	2.0 - 3.9	• Some visual elements • Average flow & construction of routine • Average incorporation of skills
Max = 5	4.0 - 5.0	• Superior visual elements • Superior flow & construction of routine • Superior incorporation of skills

DANCE TECHNIQUE		
/5	0.1 - 1.9	• Below average quality of movement- poor placement • Below average timing & synchronization
	2.0 - 3.9	• Average quality of movement- average placement and/or control • Average timing & synchronization
Max = 5	4.0 - 5.0	• Superior quality of movement- excellent placement and/or control • Superior timing & synchronization

TOTAL SCORE	
/25	

\* See Reference Sheet

**CONNECTICUT ASSOCIATION OF SCHOOLS CHEERLEADING SCORE SHEET**  
**JUMPS REFERENCE SHEET**

**APPENDIX A: JUMPS DIFFICULTY AND HOW YOU WILL FALL IN THAT RANGE**

Total points	Jumps Difficulty and Combinations
4.5 - 5.0	Most four advanced jumps, four connected
4.0 - 4.4	Most four advanced jumps: three connected
3.5 - 3.9	Most three advanced jumps, connected
3.0 - 3.4	Majority three advanced jumps, connected
2.5 - 2.9	Most two advanced jumps, connected
2.0 - 2.4	Majority two advanced jumps, connected
1.5 - 1.9	Most advanced jumps, not connected
1.0 - 1.4	Majority advanced jumps, not connected
0.5 - .9	Most basic jumps only
0.1 - 0.4	Majority basic jumps only
0	No jumps

Tenths that can be applied to your combination within range:	
0.1	Full participation
0.1	Rotation/Formation change
0.1	Incorp. exceptional jumps (double 9 or A.T.W.)
Tenths that can be applied for variety within range	
0.1	2 jumps
0.2	3 jumps
0.3	4 jumps

**APPENDIX B: JUMPS TECHNIQUE AND WHAT ERRORS CAN EFFECT YOUR RANGE**

Total Points	Jumps Technique
0.1 - 0.4	Poor technique
0.5 - 0.9	Below average technique
1.0 - 1.4	Average technique
1.5 - 1.9	Above average technique
2.0 - 2.5	Superior technique

Technique Errors	
· Leg separation in approach	· Flexed toes
· Leg separation in landing	· Poor extension (height, flex, hip position)
· Poor arm placement	· Leg separation in approach
· Poor leg placement	

**CONNECTICUT ASSOCIATION OF SCHOOLS CHEERLEADING SCORE SHEET**

Team \_\_\_\_\_

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**Judge 2 & 6**

**PARTNER STUNT DIFFICULTY**

<b>/10</b>	<b>0</b>	<ul style="list-style-type: none"> <li>No Partner Stunts</li> </ul>
	<b>0.1 - 2.9</b>	<ul style="list-style-type: none"> <li>Beginner Stunts : Thigh Stand/ Prep/ Shoulder Sit/ Straddle Press</li> <li>Dismounts: Straight Cradles, bump downs, wraps, etc.</li> </ul>
	<b>3.0 - 5.4</b>	<ul style="list-style-type: none"> <li>Liberty and liberty variations at prep level</li> <li>Extended 2 legged stunts</li> <li>Straight up extended stunts</li> <li>Suspended rolls from the performance surface</li> <li>Half up</li> <li>Switch up to prep level</li> <li>Inverted entry to below prep level</li> <li>Dismounts: Straight Cradles, Twist from prep level</li> <li>Sponge Tosses</li> </ul>
	<b>5.5 - 6.9</b>	<ul style="list-style-type: none"> <li>Liberty and liberty variations at extended level</li> <li>Prep level single based stunts</li> <li>Switch up to liberty</li> <li>Inverted entry to prep level</li> <li>Dismounts: Twists from two legged extended stunts</li> <li>1 trick tosses such as Arch/ Pike/ Toe touch</li> </ul>
	<b>7.0 - 8.4</b>	<ul style="list-style-type: none"> <li>Multiple liberty variations at extended level showing flexibility (scorpion, scale, stretch, etc.)</li> <li>Switch up to extended single leg stunt showing flexibility (scorpion, scale, stretch, etc.)</li> <li>Full up to extended 2 legged stunts</li> <li>Toss to hands/Single based extended 2 legged stunts</li> <li>Low to high (lib to lib) free standing tick tock</li> <li>Inverted entry to 2 legged extended level stunts (follow NFHS rules)</li> <li>Twisting tosses or 2 trick tosses such as Ball Out/X Out</li> <li>Dismounts: Twists from single legged extended stunts</li> </ul>
<b>Max = 10</b>	<b>8.5 - 10</b>	<ul style="list-style-type: none"> <li>Single based single leg extended stunts</li> <li>Full up to extended single leg stunt</li> <li>Full around to extended single leg stunts</li> <li>Low to high free standing tick tock showing flexibility (scorpion, scale, stretch, etc.)</li> <li>High to high free standing tick tock</li> <li>Inverted entry to single legged extended position/Inversion with a release to non-inverted extended level stunts</li> <li>Elite twisting tosses (Kick Full)</li> <li>Dismounts: Twists from single legged extended stunts</li> </ul>

**Partner Stunt Technique**

<b>/5</b>	<b>0</b>	<ul style="list-style-type: none"> <li>No Partner Stunts</li> </ul>
	<b>0.1 - 1.9</b>	<ul style="list-style-type: none"> <li>Below average technique - less than majority demonstrated excellent precision, form and synchronization</li> </ul>
	<b>2.0 - 3.9</b>	<ul style="list-style-type: none"> <li>Average technique - majority demonstrated excellent precision, form and synchronization</li> </ul>
<b>Max = 5</b>	<b>4.0 - 5</b>	<ul style="list-style-type: none"> <li>Superior technique - most demonstrated excellent precision, form and synchronization</li> </ul>
<b>Technique= Flyers Flexibility, Body Position of Bases, Spotters &amp; Flyers, Control of Stunt</b>		

**MOTIONS**

<b>/5</b>	<b>0</b>	<ul style="list-style-type: none"> <li>No Motions</li> </ul>
	<b>0.1 - 1.9</b>	<ul style="list-style-type: none"> <li>Below average paced motions</li> <li>Little to no variety of motions</li> <li>Minimal visual effects in motions, level changes, etc.</li> </ul>
	<b>2.0 - 3.9</b>	<ul style="list-style-type: none"> <li>Average paced motions</li> <li>Average variety &amp; incorporation of basic and complex motions</li> <li>Some visual effects in motions, level changes, etc.</li> </ul>
<b>Max = 5</b>	<b>4.0 - 5.0</b>	<ul style="list-style-type: none"> <li>Fast paced motions</li> <li>Superior variety &amp; incorporation of basic and complex motions</li> <li>Superior visual effects in motions, level changes, etc.</li> </ul>
<p><b>Basic Motions: V- high/low, T, touchdown- high/low.</b>  <b>Complex Motions: K, L, Diagonal, Variations of Basic Motions (for example- broken high V, broken T, etc.)</b> NOTE: Must meet all bullets listed to obtain the range.</p>		

**MOTIONS TECHNIQUE**

<b>/5</b>	<b>0.1 - 1.9</b>	<ul style="list-style-type: none"> <li>Below average technique- many bent motions and/or poor placement</li> <li>Below average timing &amp; synchronization</li> </ul>
	<b>2.0 - 3.9</b>	<ul style="list-style-type: none"> <li>Average technique- some bent motions and/or placement off</li> <li>Average timing &amp; synchronization</li> </ul>
	<b>4.0 - 5.0</b>	<ul style="list-style-type: none"> <li>Superior technique- proper placement sharp precision</li> <li>Superior timing &amp; synchronization</li> </ul>
<b>Max = 5</b>		

**TOTAL SCORE**

**/25**

**TO OBTAIN A SCORE OF 8.5-10 Range**

- All stunts must be performed by maximum number of athletes.
  - Front spots may not be utilized (with the exception of basket tosses).
  - Teams must perform three different bulleted skills and the required dismount.
- For All Other Ranges**
- Teams must perform three bulleted skills from the list, (or a mix of skills in that range and above), and the required dismount.
  - Maximum participation required by teams. Teams that do not perform maximum stunts will be penalized one point.

**CONSIDERED WHEN SCORING DIFFICULTY**

- Variety of entries, inversions, dismounts, and transitions
- Pace of skills performed
- Use of front spots (0 - 8.4 ranges)

**MAXIMUM PARTICIPATION**

ATHLETES	STUNT GROUPS
20	5
16 to 19	4
12 to 15	3
8 to 11	2
7 or Less	1

**CONNECTICUT ASSOCIATION OF SCHOOLS CHEERLEADING SCORE SHEET**

Team \_\_\_\_\_

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**Judge 3 & 7**

STANDING TUMBLING DIFFICULTY (* See Appendix A)		
<b>/5</b>	<b>0</b>	• No Tumbling
	<b>0.1 - .04</b>	• Majority Rolls or Cartwheels
	<b>0.5 - 0.9</b>	• Most Rolls or Cartwheels OR • Majority AND Minimal Walkovers, Front Handsprings
	<b>1.0 - 1.4</b>	• Majority Walkovers, Front Handsprings
	<b>1.5 - 1.9</b>	• Most Walkovers, Front Handsprings OR • Majority AND Minimal Back Handsprings
	<b>2.0 - 2.4</b>	• Majority Back Handsprings
	<b>2.5 - 2.9</b>	• Most Back Handsprings OR • Majority Back Handsprings AND Minimal Tucks
	<b>3.0 - 3.4</b>	• Majority Tucks
	<b>3.5 - 3.9</b>	• Most Tucks OR • Majority Tucks AND Minimal Specialty
	<b>4.0 - 4.4</b>	• Most Tucks AND Minimal Specialty
<b>Max = 5</b>	<b>4.5 - 5.0</b>	• Majority Specialty

In order to obtain a Difficulty Range - You MUST demonstrate a Majority or Most Skill in unison or in a succession of difficulty. Range will be accumulated until the succession of difficulty is broken.

RUNNING TUMBLING DIFFICULTY (* See Appendix A)		
<b>/5</b>	<b>0</b>	• No Tumbling
	<b>0.1 - .04</b>	• Majority Rolls, Cartwheels, Roundoffs
	<b>0.5 - 0.9</b>	• Most Rolls, Cartwheels, Roundoffs OR • Majority AND Minimal Walkovers, Front Handsprings
	<b>1.0 - 1.4</b>	• Majority Walkovers, Front Handsprings
	<b>1.5 - 1.9</b>	• Most Walkovers, Front Handsprings OR • Majority AND Minimal Back Handsprings
	<b>2.0 - 2.4</b>	• Majority Back Handsprings
	<b>2.5 - 2.9</b>	• Most Back Handsprings OR • Majority Back Handsprings AND Minimal Tucks
	<b>3.0 - 3.4</b>	• Majority Tucks
	<b>3.5 - 3.9</b>	• Most Tucks OR • Majority Tucks AND Minimal Layouts
	<b>4.0 - 4.4</b>	• Majority Layouts
<b>Max = 5</b>	<b>4.5 - 5.0</b>	• Most Layouts OR • Majority Layouts AND Minimal Specialties

MAJORITY/MOST/MINIMAL TABLE				
#OF ATHLETES	MAJORITY	MOST	Minimal for +.1	Minimal for +.2
9	5	7	1-2	3-4
10	6	8	1-3	4-5
11	6	8	1-3	4-5
12	7	9	1-3	4-6
13	7	10	1-3	4-6
14	8	11	1-4	5-7
15	8	11	1-4	5-7
16	9	12	1-4	5-8
17	9	12	1-4	5-8
18	10	13	1-5	6-9
19	10	14	1-5	6-9
20	11	15	1-5	6-10

TUMBLING EXECUTION (* See Appendix B)		
<b>/2.5</b>	<b>0.0 - 0.4</b>	• Poor technique/no skills performed in unison/timing completely off, multiple severe balance checks
	<b>0.5 - 0.9</b>	• Below average synchronization/timing off AND/OR multiple balance checks
	<b>1.0 - 1.4</b>	• Average synchronization/timing. Few, if any, balance checks
	<b>1.5 - 1.9</b>	• Above average synchronization/timing. Few, if any, balance checks.
<b>Max = 2.5</b>	<b>2.0 - 2.5</b>	• Superior synchronization/timing AND skills performed in unison.

EXPRESSION		
<b>/5</b>	<b>0.1 - 1.9</b>	• Poor expression and enthusiasm
	<b>2.0 - 3.9</b>	• Some expression and enthusiasm
	<b>4.0 - 5.0</b>	• Strong expression and enthusiasm throughout routine
<b>Max = 5</b>		

TUMBLING TECHNIQUE (* See Appendix C) * based on overall team performance		
<b>/2.5</b>	<b>0.0 - 0.4</b>	• Poor technique
	<b>0.5 - 0.9</b>	• Below average technique
	<b>1.0 - 1.4</b>	• Average technique
	<b>1.5 - 1.9</b>	• Above technique
<b>Max = 2.5</b>	<b>2.0 - 2.5</b>	• Superior technique

VOICE		
<b>/5</b>	<b>0.1 - 1.9</b>	• Poor enunciation, low volume
	<b>2.0 - 3.9</b>	• Some unclear enunciation, average volume
	<b>4.0 - 5.0</b>	• Strong enunciation, strong volume
<b>Max = 5</b>		

TOTAL SCORE	
<b>/25</b>	

**DETERMINING YOUR TEAMS RANGE AND SUCCESSION OF DIFFICULTY**

- The majority/most range skill will be performed first by the whole team, which will determine the teams range
- Skills should be increasing with difficulty as the tumbling section progresses
- Once the succession is broken, the total skills performed up until that point will be counted toward the Majority/Most in tenths (UNLESS there is a clear execution/performance error which will be determined by Judge 3 and the head judge when available.
- Tenths of points will be used to reward teams for more advanced skills that are incorporated but do not meet team percentage requirements
- Less than minimal aerial skills will earn one tenth of a point on top of majority/most up until the back-handspring range
- An additional tenth of a point will be awarded for minimal skills performed two ranges or more above your majority/most skill
- An additional tenth of a point will be awarded for jumps into majority/most tumbling
- Tenths of points will be used to reward execution scores that meet team percentage requirements during succession of difficulty.
- Standing tumbling occurs in the absence of a hurdle
- **Specialty passes are defined as:**  
 Standing: skills including a layout or full  
 Running: A full, or a pass including an airborne entry and ending in a layout or full

**APPENDIX A: RANGE TABLE**

Total Athletes	Majority	Most	Minimal for +.1	Minimal for +.2
9	5	7	1-2	3-4
10	6	8	1-3	4-5
11	6	8	1-3	4-5
12	7	9	1-3	4-6
13	7	10	1-3	4-6
14	8	11	1-4	5-7
15	8	11	1-4	5-7
16	9	12	1-4	5-8
17	9	13	1-4	5-8
18	10	13	1-5	6-9
19	10	14	1-5	6-9
20	11	15	1-5	6-10

**APPENDIX B: EXECUTION RANGE**

Total Points	Tumbling Execution
0.0 - 0.4	Poor technique/no skills performed in unison/timing completely off, multiple severe balance checks
0.5 - 0.9	Below average synchronization/timing off AND/OR multiple balance checks
1.0 - 1.4	Average synchronization/timing. Few, if any, balance checks
1.5 - 1.9	Above average synchronization/timing. Few, if any, balance checks.
2.0 - 2.5	Superior synchronization/timing AND skills performed in unison.

Highest number of majority and above skills performed together will earn bonus point values as follows:
• Minimal +1 performed in unison: .1 additional points
• Minimal + 2 performed in unison: .2 additional points
• Majority performed in unison: .3 additional points
• Most performed in unison: .4 additional points
• Full team performed in unison: .5 additional points

**APPENDIX C: TECHNIQUE RANGE**

Total Points	Tumbling Range
0.0 - 0.4	Poor technique
0.5 - 0.9	Below average technique
1.0 - 1.4	Average technique
1.5 - 1.9	Above technique
2.0 - 2.5	Superior technique

Technique Errors that can/will effect tumbling score
• Leg separation in handspring or airborne skills
• Bent arms when supporting body weight
• Bent legs during front-walkover, cartwheel, round-off, handspring rotations
• Absence of set in backward airborne skills
• Absence of hollow in layout or full skills
• Skills are performed at appropriate speed
• Safety of skill performed comes into question

CONNECTICUT ASSOCIATION OF SCHOOLS CHEERLEADING SCORE SHEET  
TUMBLING REFERENCE SHEET  
SCENERIOS AND EXAMPLES

**TEAM DESCRIPTION**

- Team of 15- Numbers for Majority (8 tumblers), Most (11 tumblers), and Minimal (1-4 tumblers) +.1 and (5-7 tumblers) +.2
- Each Scenario is listed by skills and quantity IN THE ORDER in which the skill(s) was performed

**SCENERIO A**

- 5 Standing Back handsprings, 3 Standing Tucks and 1 cartwheel Full- These skills were performed right after another( in a succession of difficulty).
- The total number of Skills is 9. Because the first skill performed was a back handspring, all of the skills in the succession will be counted toward the total number of Back handsprings (9) However, an additional .1 will be added to reward the 3 standing tucks and 1 cartwheel full, totaling 4 Minimal Skills = +.1
- Scoring Range for this Scenario is the range of 2.1-2.5 = Majority BHS and +.1 will be added to the score in that range as indicated above. (Judges will have discretion in the range based on number of skills performed)
- Teams MAY be scored into the NEXT RANGE if the Skills performed exceed the Majority but not meet the Most Requirement and/or have harder more difficult skills to meet the Minimal Skills requirement. (In this case, that number would have to be 10, as the Most number is 11 and/or have to meet the Minimal Number with more difficult skills or competed more minimal skills that are even more difficult than the first minimal skill set which then, are awarded extra tenth(s) of point(s). At no point will a team be scored into higher in the range if a Minimal more difficult skill (s) are not performed.

**SCENERIO B**

- 10 Standing Back handsprings. No other tumbling skill performed.
- Because the first skill performed was a back handspring and no other skills are performed, the Scoring Range for this Scenario is the range of 2.1-2.5 = Majority BHS (Judges will have discretion in the range based on number of skills performed) At NO point will this team be scored into the next range.

**SCENERIO C**

- 5 Standing Back handsprings, 4 Standing Tucks and 2 cartwheel Full- These skills were performed right after another( in a succession of difficulty).
- The total number of Skills is 11. Because the first skill performed was a back handspring, all of the skills in the succession will be counted toward the total number of Back handsprings (11) However, an additional .2 will be added to reward the 4 standing tucks and 2 cartwheel full, totaling 6 Minimal Skills = +.2
- Scoring Range for this Scenario is 2.6-3.0 = MOST BHS and Minimal Tucks and +.2 will be added to the score in that range as indicated above.
- Judges will have discretion in the range based on number of skills performed) Teams MAY be scored into the NEXT RANGE if the Most Number of Skills has met the Total Number of Athletes on the Floor and/or More difficult minimal skills were performed and given tenths of points. At no point will a team be scored higher in the range if a Minimal more difficult skill (s) has NOT been performed.

**SCENERIO D**

- 6 Standing Back handsprings, 3 Back Walkover  
These skills were performed right after another( The Succession of difficulty ENDED after the First Skill, a walkover is less difficult than a Back Handspring).
- The total number of Skills is 6  
Because the first skill performed was a back handspring, following that skill the succession was broken with the 3 back walkovers and those will NOT be counted. The skill is less difficult and no additional points will be added as the minimal number of skills is in a lesser degree of difficulty.
- Per the Single Clarification of the OR in the Most and/or Minimal section (you will obtain the lowest score in that range initially). Scoring Range for this Scenario is the range of 1.6-2.0= Minimal BHS- The reward scale for minimal will not pertain to this because the Most component was not achieved and the score will be 1.6 only (the lowest score in that range).
- In this scenario- No additional skills in a higher degree of difficulty were performed. The score stands at 1.6 and will not be scored higher in that range per the Single Clarification of OR.

**SCENERIO E**

- 6 Standing Back handsprings ONLY: - The scoring will be the same as Scenario D.

**CONNECTICUT ASSOCIATION OF SCHOOLS CHEERLEADING SCORE SHEET**

Team \_\_\_\_\_

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**Judge 4 & 8**

**Pyramid incorporates connected structures showing variety, creativity and transitional elements. Teams must perform 3 different bulleted skills from the given range (or ranges above)**

PYRAMID DIFFICULTY	
0	<ul style="list-style-type: none"> <li>No Pyramid</li> </ul>
0.1 - 2.9	<ul style="list-style-type: none"> <li>Prep level structures and below</li> <li>Prep level liberty/ liberty variations braced on both sides</li> <li>Two legged show and go</li> <li>Extended two legged stunts</li> </ul>
3.0 - 5.4	<ul style="list-style-type: none"> <li>Single based prep</li> <li>Braced flips to prep or below</li> <li>Release transition to/from horizontal position to prep</li> <li>Extended liberty/liberty variations braced on both sides</li> <li>Single legged show and go</li> <li>Switch up to prep level single legged stunt</li> <li>Half up to prep</li> </ul>
5.5-6.9	<ul style="list-style-type: none"> <li>Single based single leg prep</li> <li>Full up to extended 2 legged</li> <li>Inverted entry to prep</li> <li>Braced flips to extended two leg</li> <li>Tic tocks to liberty braced on both sides</li> <li>Release transitions to/from horizontal position to 2 legged extended level</li> <li>1/2 Ups to extended position</li> <li>Switch up to liberty</li> </ul>
7.0-8.4	<ul style="list-style-type: none"> <li>Single based extended 2 legged</li> <li>Full up to extended liberty</li> <li>Inverted entry to 2 legged extended level stunts (follow NFHS rules)</li> <li>Release transitions to/from horizontal position to one legged extended stunt</li> <li>Braced flips to one legged extended level</li> <li>Switch up to extended single legged stunt showing flexibility (scorpion, scale, stretch, etc.)</li> <li>Tick tock to flexible position (scorpion, scale, stretch, etc.) braced on both sides</li> <li>Tick tock to liberty braced on one side</li> <li>Full around to prep</li> </ul>
8.5-10	<ul style="list-style-type: none"> <li>Single based extended single legged</li> <li>Full up to extended single legged flexible position (scorpion, scale, stretch, etc.)</li> <li>Full around to extended level</li> <li>High to high full around to extended position (Follow NFHS rules)</li> <li>Inverted entry to single legged extended position (Follow NFHS rules)</li> <li>High to high flip</li> <li>Tick tock to flexible position (scorpion, scale, stretch, etc.) braced on one side</li> </ul>
Max = 10	/10

PYRAMID TECHNIQUE	
0	<ul style="list-style-type: none"> <li>No Pyramid</li> </ul>
0.1-1.9	<ul style="list-style-type: none"> <li>Below average technique - less than majority demonstrated excellent precision, form and synchronization</li> </ul>
2.0 - 3.9	<ul style="list-style-type: none"> <li>Average technique - majority demonstrated excellent precision, form and synchronization</li> </ul>
4.0 - 5.0	<ul style="list-style-type: none"> <li>Above average technique - most demonstrated excellent precision, form and synchronization</li> </ul>
Max = 5	/5
Technique= Flyers flexibility, body position of bases, spotters & flyers, control of stunt	

FORMATIONS/SPACING	
0.1 - 1.9	<ul style="list-style-type: none"> <li>Visually ineffective formations</li> <li>Spacing off throughout routine</li> <li>Little variety of formation changes with limited floor use</li> </ul>
2.0 - 3.9	<ul style="list-style-type: none"> <li>Formations demonstrate some good use of floor, alignment and symmetry</li> <li>Minor problems with spacing</li> <li>Some variety of formations with moderate use of floor</li> </ul>
4.0 - 5.0	<ul style="list-style-type: none"> <li>Clear &amp; clean, visually effective formations</li> <li>Minimal/No Spacing errors</li> <li>Large variety of formations with excellent use of floor</li> </ul>
Max = 5	/5
Varied = Changes in positions, shapes, and groupings on the mat	

TRANSITIONS/ FLOW OF ROUTINE	
0.1 - 1.9	<ul style="list-style-type: none"> <li>Major issues during transitions</li> <li>Minimal incorporation of skills during transitions</li> <li>Choppy, lacks cohesion, excessive down time</li> </ul>
2.0 - 3.9	<ul style="list-style-type: none"> <li>Some issues during transitions</li> <li>Average incorporation of skills during transitions</li> <li>Average coordination among all elements of the routine</li> </ul>
4.0 - 5.0	<ul style="list-style-type: none"> <li>Clean &amp; clear transitions</li> <li>Excellent incorporation of skills during transitions</li> <li>Uncluttered changes between segments</li> <li>Strong coordination among all elements of the routine.</li> </ul>
Max = 5	/5

MAXIMUM PARTICIPATION	
ATHLETES	STUNT GROUPS
20	5
16 to 19	4
12 to 15	3
8 to 11	2
7 or Less	1

CONSIDERED WHEN SCORING DIFFICULTY	TOTAL SCORE
<ul style="list-style-type: none"> <li>Variety of entries, inversions, dismounts, and transitions</li> <li>Pace of skills performed</li> <li>Skills braced on one vs. two sides</li> </ul>	/25

**In order to obtain 8.5-10 range:**

- All stunts must be performed by maximum number of athletes.
  - Front spots may not be utilized.
- Teams must perform three different bulleted skills.

**For all other ranges:**

- Teams must perform three bulleted skills from the list or a mix of skills in that range and the ranges above.
- Maximum participation required by teams. Teams that do not perform maximum stunts will be penalized one point.

**CONNECTICUT ASSOCIATION OF SCHOOLS CHEERLEADING SCORE SHEET**

Team \_\_\_\_\_

Number of Cheerleaders \_\_\_\_\_

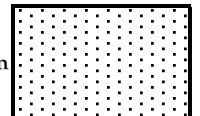
Judge Number \_\_\_\_\_

Division \_\_\_\_\_

**DEDUCTIONS**

Deduction Category	Explanation	Occurrence	Number/Time of Occurrences	Total Deductions
<p align="center"><b>Bobbles/Mistakes in Routine &amp; Touchdowns in Tumbling</b></p>	<ul style="list-style-type: none"> <li>• Incomplete Twisting Dismount</li> <li>• Memory Mistakes involving Obvious Execution of Incorrect Moves</li> <li>• Tripping on the Floor While Transitioning</li> <li>• Severe Balance Checks in Stunts/Pyramids</li> <li>• Hands/Knees Down in Tumbling</li> <li>• Missed Jump</li> <li>• Bumping During Transitions (Per Occurrence)</li> </ul>	<p align="center">.25*/.5</p>		
<p align="center"><b>Early Dismounts/ Clean Falls in Stunts/ Pyramid</b></p>	<ul style="list-style-type: none"> <li>• Stunts that result in an early dismount</li> <li>• Pyramids that result in an early dismount</li> <li>• No body part hits the ground (with the exception of feet)</li> </ul>	<p align="center">.5*/1.0</p>		
<p align="center"><b>Falls to Ground</b></p>	<ul style="list-style-type: none"> <li>• Partner Stunts/Pyramid/Tumbling that Fall to the Ground During Routine</li> <li>• Falls from Individuals to the Ground During Routine/Tumbling</li> <li>• Body Weight on the Ground based on obvious performance/execution error</li> </ul>	<p align="center">1.0*/2.0</p>		
<p align="center"><b>Collapse</b></p>	<ul style="list-style-type: none"> <li>• Entire Pyramid Falls/Collapses (fall/collapses will be assessed at a maximum of 1.5/3)</li> </ul>	<p align="center">1.5*/3.0</p>		

Total Deduction



\* A Competition With Four Panel Judges Can Choose To Access The Reduced Deductions



# CONNECTICUT ASSOCIATION OF SCHOOLS CHEERLEADING PENALTY SHEET

School: \_\_\_\_\_

Division \_\_\_\_\_

Initials \_\_\_\_\_

VIOLATION	PENALTY															
<p><b>1). ANY VIOLATION OF NFHS RULE 3 SECTION 1 (per occurrence) (1 pts*/2 pts)</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> jewelry (p. 18 3-1-1 and pg 19 3.1.1 Situations A and B)</li> <li><input type="checkbox"/> improper length of nails/artificial nails (p. 14 2-1-4)</li> <li><input type="checkbox"/> hair not secure /hair needs to be up (p. 14 2-1-5 and pg 16 2.1.5 Situations B)</li> <li><input type="checkbox"/> unsafe hair devices (p. 14 2-1-5 and pg 16 2.1.5 Situation A)</li> <li><input type="checkbox"/> improper use of glitter p18 3-1-5and pag 19 3.1.5 Situation A)</li> <li><input type="checkbox"/> when standing at attention apparel must cover the midriff (p. 18 3-1-4 and pg 19 3.1.4 Situation)</li> <li><input type="checkbox"/> stunting while wearing a plaster cast or walking boot p. 15 2-1-11 and pg 17 2.1.11 Situation)</li> </ul>																
<p><b>2). PERFORMANCE MISTAKES-INATTENTIVE SPOTTER, IMPROPERLY PERFORMED LEGAL STUNTS, STEPPING ON POMS OR SIGNS (includes any violation of NFHS Rule 2 Section 1) (per occurrence) (2.5 pts*/5pts)</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> tumbling off the mat (CT rule)</li> <li><input type="checkbox"/> surface must be free of objects (pg 14 2-1-7a and pg 17 2.1.7 Situation A,C,D)</li> <li><input type="checkbox"/> props need to be discarded gently (pg 14 2-1-7c and pg 17 2.1.7 Situation B)</li> <li><input type="checkbox"/> no gum or candy allowed (p. 15 2-1-9)</li> <li><input type="checkbox"/> inattentive spotter (p. 19 3-2-5 and p.20 3.2.5 Situation A,B,C)</li> <li><input type="checkbox"/> improperly performed legal stunt</li> </ul>																
<p><b>3). SPORTSMANSHIP (VIOLATION OF NFHS RULE 2 SECTION 2) (4 pts*/8 pts)</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> disrespectfully addressing, or contacting an official or gesturing in a manner indicating resentment (p. 17-18 2-2-1 a)</li> <li><input type="checkbox"/> inappropriate language music, dance moves/motions) (p. 18 2-2-1 b)</li> <li><input type="checkbox"/> taunting ( p. 18 2-2-1 c)</li> </ul>																
<p><b>4). SAFETY VIOLATIONS:(5pts*/10pts)</b></p> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 15%; text-align: center;">PAGE #</th> <th style="width: 15%; text-align: center;">RULE #</th> <th style="width: 70%; text-align: center;">EXPLANATION</th> </tr> </thead> <tbody> <tr> <td style="border-top: 1px solid black; border-bottom: 1px solid black;"> </td> <td style="border-top: 1px solid black; border-bottom: 1px solid black;"> </td> <td style="border-top: 1px solid black; border-bottom: 1px solid black;"> </td> </tr> <tr> <td style="border-top: 1px solid black; border-bottom: 1px solid black;"> </td> <td style="border-top: 1px solid black; border-bottom: 1px solid black;"> </td> <td style="border-top: 1px solid black; border-bottom: 1px solid black;"> </td> </tr> <tr> <td style="border-top: 1px solid black; border-bottom: 1px solid black;"> </td> <td style="border-top: 1px solid black; border-bottom: 1px solid black;"> </td> <td style="border-top: 1px solid black; border-bottom: 1px solid black;"> </td> </tr> <tr> <td style="border-top: 1px solid black; border-bottom: 1px solid black;"> </td> <td style="border-top: 1px solid black; border-bottom: 1px solid black;"> </td> <td style="border-top: 1px solid black; border-bottom: 1px solid black;"> </td> </tr> </tbody> </table>	PAGE #	RULE #	EXPLANATION													
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<p><b>5). TIME</b>                      Time of Routine(Minimum time is 2 minutes or 120 seconds and Maximum time is 2 minutes 30 sconds or 150 seconds)                      1-5 seconds over or under deduct (0.5 pt*/1 pt)                      6-10 seconds over or under deduct( 1 pt*/2 pts)                      11-25 seconds over or under deduct (3 pts*/6 pts)</p>																

Please email a video to Sherrie Zembrzusi at missz14@sbcglobal.net

**TOTAL PENALTY POINTS** \_\_\_\_\_

Teams must comply with all safety standards in the NFHS Spirit Rules Book. It is the coach's responsibility to know the NFHS & CAS rules. CAS is the sole and exclusive source of binind rules/interpretation for CAS sanctioned events. CAS interpretations and rulings of safety judges are final and binding.

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