

The Allstar Cheerleading Championships Divisions

School and Rec Cheer Traditional

Divisions	Defined	Scoring		
SCHOOL CHEER Middle School Junior Varsity Varsity	Team affiliated with a school organization. All members must be enrolled in the school they are representing. Team is governed by school administration. Routines must consist of Cheer & Music combination. Routine Max: 2:30 minutes. Music Max: 1:30 minutes. Middle School Teams ARE NOT PERMITTED to execute basket or sponge multi base tosses All Basket Tosses will be included in Pyramid Scoring	STUNT DIFFICULTY	PYRAMID DIFFICULTY	TUMBLING DIFFICULTY
		2-3	2-3	2-3
		Extension Preps or One Leg Variations Below Prep Level Extensions or One Leg	Pyramids involving an Extended Two Leg Stunts and/ or One Leg Stunt at Prep Level	Cartwheels or Round-offs or Forward/Backward Rolls
		Extensions or One Leg Variations at Prep Level	Pyramids involving an Extended One Leg Stunt	Round-off BHS or Standing BHS
Scoring		3-4	3-4	3-4
Tosses • Tosses are rewarded in the "Pyramid" category Jump Difficulty and Performance (3.5– 5.0) Performance - Proper Technique, Form, Height, Synchronization, Type of Jump(s), Connections / Combos or Variety *Jump Combination Jumps connected with continuous movement, using either a whip or prep approach Motions/Girls Dance (3.5-5) Transitions, level changes, footwork, floorwork with a variety of visual movement in their dance with high level of perfection. Motion technique throughout the routine Overall Impression (3.5-5) Crowd Effective Material Voice, Pace and Flow (3.5-5 points) Ability and Energy to Lead the Crowd (3.5-5 points) Proper Use of Signs, Poms or Megaphones and Motion Technique (3.5-5 points) Proper Use of Skills to Lead the Crowd (3.5-5 points) Skill Execution - Proper Technique, Synchronization and Spacing (9.0-10) Cheer Overall Impression - Flow, Overall Crowd Effectiveness (3.5-5 points) NON TUMBLE TEAMS Total Points 90 Tumbling scores/category will be replaced with School Representation School Representation (3.5-5) Sportsmanship, Performance Integrity, Image (hair, make-up, bows, uniform) team uniformity		Extended One Leg Stunts Required Dismount: Single Twist from Two Leg Stunts	Pyramids involving multiple transitional elements, one of which is a release and multiple extended structures including extended one leg stunts	Round-off BHS Tucks or Roundoff Tucks or Standing BHS Series or Jump/BHS Combinations
		4-5	4-5	4-5
		Required: Elite Skills* Single Twist from One Leg Stunts Or Extended Stunt Sequence performed by a Single Base, Unassisted	Pyramids involving Extended One Leg Stunts with Multiple Transitional Sequences , at least one of which is a Braced Flip Transition or Arm Braced Tic Toc and Multiple Extended Structures	Layouts or Standing Back Tucks or Standing BHS Back Tuck *** May include Running/Stand Fulls Not Required for Range ***
		To be scored in the high range, MOST of the team which is 75% of the team must perform the skill set <i>Teams that do not master the skill set performed by MOST of the team will be scored in a lower range</i> NOTE: Junior High/Middle School Teams must follow the additional rules as stated in NFHS Spirit Rules Book.		
		*Stunts Elite Stunt Skills • Full up to extended positions • Release moves to extended positions • Tick Toc variations • Other unique mounts and transitions with similar difficulty • Toss Extended Stunts • Other unique stunts and transitions of similar difficulty	School Rules: NFHS/USA Cheer Rules	Buidling Overall Impression Building skills incorporate visual or innovative ideas Includes: Entries Transitions Dismounts Pace/Flow