

# 2022-23 The Allstar Cheerleading Championships Divisions

## School 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
<b>Scoring</b>		3-4	3-4	3-4
<b>Tosses</b> • Tosses are rewarded in the "Pyramid" category <b>Jump Difficulty and Performance (3.5- 5.0)</b> Performance - Proper Technique, Form, Height, Synchronization, Type of Jump(s), Connections / Combos or Variety <b>*Jump Combination</b> Jumps connected with continuous movement, using either a whip or prep approach <b>Overall Impression (3.5-5)</b> <b>Motions/Girls Dance (3.5-5)</b> Transitions, level changes, footwork, floorwork with a variety of visual movement in their dance with high level of perfection. Motion technique throughout the routine <b>Crowd Effective Material Voice, Pace and Flow (3.5-5 points)</b> <b>Ability and Energy to Lead the Crowd (3.5-5 points)</b> <b>Proper Use of Signs, Poms or Megaphones and Motion Technique (3.5-5 points)</b> <b>Proper Use of Skills to Lead the Crowd (3.5-5 points)</b> <b>Skill Execution - Proper Technique, Synchronization and Spacing (9.0-10)</b> <b>Cheer Overall Impression - Flow, Overall Crowd Effectiveness (3.5-5 points)</b>		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: <b>Elite Skills*</b> 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
<b>NON TUMBLE TEAMS</b> Tumbling scores/category will be replaced with School Representation <b>School Representation (3.5-5)</b> Sportsmanship, Performance Integrity, Image (hair, make-up, bows, uniform) team uniformity		To be scored in the high range, MOST of the team which is 75% of the team must perform the skill set Teams that do not master the skill set performed by MOST of the team will be scored in a lower range NOTE: Junior High/Middle School Teams must follow the additional rules as stated in NFHS Spirit Rules Book.  <b>*Stunts</b> <span style="float: right;">School Rules: NFHS/USA Cheer Rules</span> <b>Elite Stunt Skills</b> • 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		
				<b>Buidling Overall Impression</b> Building skills incorporate visual or innovative ideas Includes: Entries Transitions Dismounts Pace/Flow