

2022-23 The Allstar Cheerleading Championships Divisions

School Cheer Performance/All Music

Divisions	Defined	Scoring		
		STUNT DIFFICULTY	PYRAMID DIFFICULTY	TUMBLING DIFFICULTY
		2-3	2-3	2-3
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. Routine performed completely with music time limit of 2:30. Middle School Teams ARE NOT PERMITTED to execute basket or sponge multi base tosses All Basket Tosses will be included in Pyramid Scoring	Extension Preps or One Leg Variations Below Prep Level Extensions or One Leg Extensions or One Leg Variations at Prep Level	Pyramids involving an Extended Two Leg Stunts and/ or One Leg Stunt at Prep Level Pyramids involving an Extended One Leg Stunt	Cartwheels or Round-offs or Forward/Backward Rolls Round-o! BHS or Standing BHS
Scoring Tosses • Tosses are rewarded in the "Pyramid" category Jump Difficulty (4.0 – 5.0) • 4.0 – Single jumps • 4.2 – Double jump combinations • 4.4 – Triple jump combinations with no variety • 4.6 – Triple jump combinations with variety • 4.8 – Quad jump combinations or triple jump combinations and a single jump, no variety • 5.0 – Quad jump combinations or triple jump combinations and a single jump, with variety *Jump Combination Jumps connected with continuous movement, using either a whip or prep approach Timing (9.0 – 10) • Synchronization and uniformity Routine Composition (9.0 – 10) • Spacing, seamless movement and patterns, execution of formations Overall Impression (9.0 – 10) Motions/Girls Dance Transitions, level changes, footwork, floorwork with a variety of visual movement in their dance with high level of perfection. Motion technique throughout the routine NON TUMBLE TEAMS Tumbling scores/category will be replaced with School Representation School Representation (9.0-10) Sportsmanship, Performance Integrity, Image (hair, make-up, bows, uniform) team uniformity		3-4 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
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.		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
School Rules: NFHS/USA Cheer Rules *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				