

Sliding Criteria for State Cheerleading Championships

STUNTS

Majority: 50% PLUS 1

Full Team: Maximum number of stunt groups without Front Spots

Additional skills: creative load in's and dismounts

PYRAMID

Multiple structures that connect and brace each other

Elite: Pyramids involving **multiple** single leg transitions including creative load in's and/or releases, and/or dismounts

Advanced: Pyramids involving a **single** leg transition including creative load in's and/or releases, and/or dismounts

Intermediate: Extended two-leg pyramids; Pyramids involving **braced** single leg stunts; no release transitions

Beginner: Pyramids at or below prep level

TOSSES

Elite: Includes three skills

Advanced: Includes two skills

Intermediate: Non-twisting toss (toe touch, pretty girl, pike, tuck arch)

Beginner: Straight ride

MOTIONS & DANCE

Motions should be judged throughout entire routine

No minimum number of 8 counts in dance required

Beginner Stunting Skills include:

Extension Prep

Single Leg Variations Below Prep Level

Straight Ride Dismounts

Intermediate Stunting Skills include:

Two Legged Extensions

Single Leg at Prep Level

Single twist from Two Legged Stunt at Prep Level or Below

Show and Go

Other Unique Intermediate Skill Combo-Variations at or Below Prep Level

Advanced Stunting Skills include but are not limited to:

Extended One Leg Stunts

Single Twisting Dismounts

Double Twisting Dismounts from Prep Level

Full Up to Prep Position

Power Presses

Suspended Rolls

Leap Frogs

360 Show and Go

Other Unique Advanced Skill Combo-Variations

Elite Stunting Skills include but are not limited to:

Full Up to Extended Position

Full Up -Pull through to Body Position

Low to High

Switch Tocks

Toss to Extended Stunts

Single Based Stunts

Double Twisting Dismounts from Extended Stunts

Multiple Body Positions

Other Unique Elite Skill Combo-Variations

Sliding Criteria for State Cheerleading Championships

JUMPS

Majority: 50% PLUS 1

Full Team: 90% of TEAM

Jump-Standing Tumbling Combinations will be scored in the Tumbling category (see below)

Elite: Jump variations in continuous combination (no prep in between)

Advanced: Jumps in continuous combination without variety (no prep in between)

Intermediate: Single jump not in immediate combination

Beginner: Spread Eagle, Tuck, Double Hook

TUMBLING

Majority: 50% PLUS 1

Full Team: 90% of TEAM

STANDING TUMBLING: Anything out of a stationary position or steps taken backward (Examples below, but not limited to):

Elite: Standing Passes including Full Twisting skills, Standing BHS to Full, Back Tucks, BHS Back Tucks, BHS to Layout position

Jump/Tuck Combination, Jump/BHS/Tuck Combination

Advanced: Single Backhandspring (BHS), Series BHS, Jump BHS Combination

Intermediate: Front/Back Walkovers, Cartwheels. **No airborne skills.**

Beginner: Forward/Backward Rolls

RUNNING TUMBLING: Anything with forward and/or backward momentum:

Elite: Layout, Arabian, Single Full Twisting Skills, Specialty Passes that may include Twisting skills, anything Aerial,

Punch Front, Front Tumbling Combinations

Advanced: Roundoff BHS, Roundoff Tuck, Roundoff BHS Tuck, Front Handspring

Intermediate: Cartwheel, Roundoff, Running Front Walkover, Back Walk Over. **No airborne skills.**

Beginner: Forward/Backward Rolls

Sliding Criteria for State Cheerleading Championships

I

Sliding Criteria for State Cheerleading Championships