



# State Championship Scoring Ranges & General Information

## General Information

### Category Difficulty - How Scoring Ranges are Determined

Majority is defined as half plus 1 of the team (see quantity charts).

The majority must perform the same skills in the stunt sequence to ensure difficulty credit is earned in a desired range. Skills performed by less than the majority will earn a score in a lower range.

Stunting skills must be performed by the majority of the team either simultaneously or in a ripple to receive credit. Single and multiple stunt sequences will be credited throughout the routine.

*Example: There are 16 girls and 4 stunt groups. 3 groups must perform the same skill to score in the difficulty credit within a range.*

*The skills performed within the pyramid directly correlate to the skills on the Stunt rubric.*

*Pyramids should involve the following: Extended One Leg Stunts, Multiple Transitional Sequences and Multiple Extended Structures/Pictures. Pyramids MUST include a variety of skills listed within a range.*

Coed Style Stunts = the main base directly under the stunt. (Base and Spotter must not be chest to chest.)

**Coed Style Stunts do not need the male athlete involved in the actual stunt to be considered Coed.**

Performing at least 1 level appropriate skill by the majority of your team will get you within that range.

Multiple skills performed within a range may increase your score.

Pyramids and toss skills will be cumulatively counted throughout the routine.

Basket tosses are not required but may be rewarded in the Pyramid section.

Jumps must be performed by the majority of the team simultaneously and must include variety.

They are not cumulative and must be synchronized. Jumps must be connected.

Connected = Continuous Movement through the swing.

**ADVANCED JUMPS include Toe Touch, Right/Left Hurdler either Front/Side, Pike, Double 9**

Standing/Running tumbling must be performed by **25%** of the team.

See Tumbling Quantity Chart. They will be cumulatively added throughout the routine.

Synchronization is not required but may increase your score within the range.

#### Violation Values:

NFHS General Info/ Apparel/Accessories -1.0 per infraction (.5 per infraction (INT/NT/GROUPS)

NFHS General Safety Rules -2.5 per infraction (1.25 per infraction (INT/NT/GROUPS)

Routine Level Guideline (INT/NT) -2.5 per infraction

Scoresheets can be found on our website: [www.njcdca.com](http://www.njcdca.com)

revised 2022 v3



# NJCDCA Difficulty & Execution Drivers

The following are areas found in execution and difficulty to help the Judges determine skill placement within the point range:

## STANDING AND RUNNING TUMBLING

- Degree of difficulty
- Level of perfection (technique, timing, landing)
- Percentage of team participation
- Height of Skills
- Form
- Synchronization of skills/passes
- Variety of skills/passes
- Specialty combinations/creativity

## PYRAMIDS / TOSSES /STUNTS

- Degree of difficulty
- Percentage of team participation
- Minimal use of bases(lack of front spots)
- Level of perfection (technique, timing)
- Multiple structures
- Strong body positions/Body control
- Specialty incorporations
- Unique transitions
- Variety/Speed of transitions
- Creative/difficult dismounts
- Pace of skills performed
- Height of Toss

## MOTIONS/DANCE

- Use of motions and dance
- Synchronization
- Formations changes
- Level changes
- Foot work and floor work
- Rhythm
- Body control
- Strong Placement
- Visual effect
- Pace
- Energy/entertainment value

## JUMPS

- Hyperextended/Flexibility
- Jump/Tumbling combinations (jump standing tumbling)
- Jump combinations
- Synchronization of skills
- Toe point
- Landing Stability
- Arm placement
- BASIC JUMPS INCLUDE :
  - Spread eagle, Tuck
- ADVANCED JUMPS INCLUDE:
  - Toe touch, Right or Left Hurdler either Front or Side, Pike, Double 9

## Division Restrictions: *National Federation Rules Apply*

### Non Tumbling

Teams that compete in this division will not receive a tumbling difficulty or technique score.

Tumbling skills are not allowed in the Non-Tumbling division only, and if performed will receive a **2.5 point deduction**.

Legal inversions into or from load ins, stunts and pyramids will not be considered tumbling and are allowed in this division.

### Intermediate Category

Skills will be scored according to the Intermediate rubric on the category score sheets.

Please be advised that the maximum score in stunting, standing and running tumbling, and pyramids/tosses in the Intermediate Division will not be comparable to the maximum score in the general High School division.

If you perform skills that are out of level, they will not be scored or count toward your final score.

You will be given a **2.5 point deduction** per category for skills performed out of the Intermediate Division.

There will be no limit on jumps. All types of jumps are allowed in the Intermediate Division.

### Standing/Running Tumbling:

1. No airborne skills are allowed. Exception: Side aerial Cartwheels are allowed.
2. Series handsprings are allowed.
3. Jump to Single Back Handspring allowed.
4. Flipping skills with or without twisting are not allowed.

### Stunts:

1. Twisting transitions to and from an extended position may not exceed 1/2 twisting transition.
2. Twisting transitions to, from, and at prep level may not exceed 1 twisting rotation.
3. Release moves must start below prep level and must be caught at prep level or below.
4. Release moves may not pass above extended arm level.
5. Release moves may not twist.

Exception: Barrel Roll that begins and ends in a cradle, flatback, or prone position, and has 1 twisting rotation.

6. Body Positions only include the following: Liberty, Arabesque, Heel Stretch or Pretty Girl.
7. Downward Inversions from below prep level are permitted.
8. Prep level inverted stunts are permitted.
9. Released inversions to below prep level are permitted.
10. Ground inversions to below prep level are permitted.

### Pyramids:

1. Extended one leg stunts may not be braced to another extended stunt.
  2. Braced Rolls and Braced Flips are allowed and must land below Prep Level or in a cradle.
- EXCEPTION- Braced Rolls where the back spot maintains constant contact with the flyer may continue through to an extended single leg stunt that is braced on both sides.

**3. During a pyramid transition, a top person cannot be released at an extended level.**

**Note: A top person may be released from the bases if all of the following occur:**

- The top person stays at prep level.
- The top person is in direct contact with **2** different top persons who remain at Prep Level or below.
- The top person must maintain contact with the same bracers throughout the entire transition.
- The top person must have contact with a base(s) on the performing surface **BEFORE** contact with the bracer is lost.

**EXCEPTION - In any braced release to a cradle, connection between the flyer and bracer may be lost on the downward motion of the flyer.**

### Tosses:

1. Up to 2 tricks - non twisting - allowed during toss.

### Dismounts:

1. Only straight pop down, basic straight rides, and 1/4 turn cradles are allowed from any 1 leg stunt.
2. Up to 1 and 1/4 twists are allowed from any two leg stunt.

## TUMBLING DIFFICULTY

The following grid outlines the point ranges for specific skill sets performed by **25%** of the team. Tumbling is cumulative. Synchronized tumbling in each range will score higher than individual passes. Skills performed by **LESS** than the 25% of the team will move the score into a lower range. Skills performed in addition to the **25%** MAY move the score higher in the range. See chart below for tumbling quantity.

	5.0 - 3.6	3.5 - 2.6	2.5 - 1.6	1.5 - 0	Tumbling Technique Drivers
<b>Running Tumbling</b>	<ul style="list-style-type: none"> <li>• RO BHS Full</li> <li>• RO Full</li> <li>• Punch Front</li> <li>• RO BHS LO</li> <li>• RO LO</li> <li>• Specialty Passes of Similar Difficulty</li> </ul>	<ul style="list-style-type: none"> <li>• RO Back Tuck</li> <li>• RO BHS Back Tuck</li> <li>• RO BHS (series) Back Tuck</li> </ul>	<ul style="list-style-type: none"> <li>• FWO RO BHS (single or series)</li> <li>• RO BHS Series</li> <li>• RO BHS</li> </ul> <p style="text-align: center;"><b>INTERMEDIATE DIVISION</b></p>	<ul style="list-style-type: none"> <li>• Any combination of connected skills listed below</li> <li>• Forward/Backward Walk Overs</li> <li>• Round Offs</li> <li>• Cartwheels</li> </ul>	<ul style="list-style-type: none"> <li>• Fluidity/Power/ Speed</li> <li>• Control</li> <li>• Body position (Core/Arms/Head/Leg/Chest/Toes)</li> </ul>
<b>Standing Tumbling</b>	<ul style="list-style-type: none"> <li>• Standing Full Twist</li> <li>• Standing BHS Full</li> <li>• Cartwheel Full</li> <li>• Standing BHS Lay Outs</li> <li>• Jump/Tuck Combo</li> <li>• Standing Back Tucks</li> <li>• Cartwheel Tuck</li> </ul>	<ul style="list-style-type: none"> <li>• Standing BHS Back Tuck</li> <li>• Jump(s) to BHS</li> <li>• Jump(s) to BHS Series</li> </ul>	<ul style="list-style-type: none"> <li>• Jump to Single BHS</li> <li>• Standing BHS series</li> <li>• Standing BHS</li> </ul> <p style="text-align: center;"><b>INTERMEDIATE DIVISION</b></p>	<ul style="list-style-type: none"> <li>• Forward/Backward Walk Overs</li> <li>• Round Offs</li> <li>• Cartwheels</li> <li>• Forward/Backward Rolls</li> </ul>	

## JUMP DIFFICULTY

Jumps are not cumulative. They must be performed synchronized w/ no ripples, include a variety, and at least 2 of the jumps must be connected.

Connected = Continuous Movement through the swing

ADVANCED JUMPS = Toe Touch, Right/Left Hurdler either Front/Side, Pike, Double 9

	5	4	3	2	1	Jump Technique Drivers
<b>Jumps</b>	2 Connected Advanced Jumps plus 1 Additional Advanced Jump with variety	2 Connected Advanced Jumps plus 1 Additional Advanced Jump with NO variety	2 Connected Advanced Jumps with variety	2 Connected Advanced Jumps with no variety	1 Jump	<ul style="list-style-type: none"> <li>• Height/Control</li> <li>• Flexibility/ Leg &amp; Hip Placement</li> <li>• Position/ Arm &amp; Chest Placement</li> </ul>

### JUMP QUANTITY CHART

Number of Athletes	Majority	Number of Athletes	Majority
5	3	21	11
6	4	22	12
7	4	23	12
8	5	24	13
9	5	25	13
10	6	26	14
11	6	27	14
12	7	28	15
13	7	29	15
14	8	30	16
15	8	31	16
16	9	32	17
17	9	33	17
18	10	34	18
19	10	35	19
20	11	36	19

### TUMBLING QUANTITY CHART

Number of Athletes	25%	Number of Athletes	25%
5	1	21	5
6	2	22	6
7	2	23	6
8	2	24	6
9	2	25	6
10	3	26	7
11	3	27	7
12	3	28	7
13	3	29	7
14	4	30	8
15	4	31	8
16	4	32	8
17	4	33	8
18	5	34	9
19	5	35	9
20	5	36	9

## STUNT/PYRAMID DIFFICULTY

The following grid outlines the point ranges for specific skill sets performed by the **MAJORITY** of the team.\* Skills performed by **LESS** than the MAJORITY of the team will move the score into a lower range. Skills performed in addition to the MAJORITY **MAY** move the score higher in the range. Similar stunting skills performed without front spots will score higher than stunting skills performed with front spots.  
Coed Style Stunts = the main base is directly under the stunt. Coed Style Stunts do not need the male athlete involved in the actual stunt to be considered Coed. See Quantity Chart below.

**The skills performed within the pyramid directly correlate to the skills on the rubric below.**  
**Pyramids should involve the following: Extended One Leg Stunts, Multiple Transitional Sequences and Multiple Extended Structures/Pictures.**  
**Pyramids MUST include a variety of skills listed in each range below.**

	5.0 - 4.5	4.4 - 3.6	3.5 - 2.6	2.5 - 1.6	1.5-0.0
<b>Release</b> When scoring difficulty, judges will take into account the following: minimum movement of bases, limited number and type of connections between bases and top, top person's beginning and ending position, and completion of the skill.	<ul style="list-style-type: none"> <li>• Full up switch ups</li> <li>• Full twisting release moves to extended</li> <li>• Full up quick toss to extended</li> <li>• High to High Tick Tocks (body position to body position)</li> <li>• High to High Tick Tocks</li> </ul>	<ul style="list-style-type: none"> <li>• Low to high tick tock variations (body position to body position)</li> <li>• 1/2 twisting release moves to extended</li> <li>• Quick toss to single leg extended</li> <li>• 1/2 switch up to extended one leg</li> </ul>	<ul style="list-style-type: none"> <li>• Quick toss to extended two leg</li> <li>• Release moves caught at prep level or below</li> <li>• Release moves caught at extended (low to high tick tock, prep release ball to extended)</li> <li>• Switch up to extended one leg</li> <li>• 1/4 switch up to extended one leg</li> </ul>	<ul style="list-style-type: none"> <li>• Release move from below prep level to prep level (Quick toss, switch up, ball up)</li> <li>• Prep level tick tock</li> </ul> <b>INTERMEDIATE DIVISION</b>	<ul style="list-style-type: none"> <li>• Release move from below prep level to below prep level</li> <li>• Horizontal release move caught below prep level</li> </ul>
<b>Inversion</b> Credit for inversions will only be received if the weight of the top person is held in the upper portion of the top and the skill is inverted at the dip.	<ul style="list-style-type: none"> <li>• Shoulder inversion release to extended body position</li> <li>• Ground inversion release to extended body position</li> <li>• Hand to hand inversion</li> <li>• Full twisting ground inversion to extended</li> </ul>	<ul style="list-style-type: none"> <li>• 1/2 twisting ground inversion to extended</li> <li>• Release Prep level inversion to extended two leg</li> <li>• Non released prep inversions to extended</li> <li>• Ground inversions to extended two leg</li> </ul>	<ul style="list-style-type: none"> <li>• Suspended Roll include twisting variations</li> <li>• Released inversions to prep level</li> <li>• Ground inversion to prep level</li> <li>• Downward Inversion from prep level (foldover)</li> </ul>	<ul style="list-style-type: none"> <li>• Suspended Roll</li> <li>• Downward Inversion below prep level</li> <li>• Prep level inverted stunts</li> <li>• Released inversions to below prep level</li> <li>• Ground inversions to below prep level</li> </ul> <b>INTERMEDIATE DIVISION</b>	<ul style="list-style-type: none"> <li>• Inverted skills below prep level</li> <li>• Below prep level inversions out of stunts (yo-yo, back walkover, etc.)</li> </ul>
<b>Twisting</b> When scoring difficulty, judges will take into account the following: minimum movement of bases, limited number and type of connections between bases and top, top person's beginning and ending position, and completion of the skill.	<ul style="list-style-type: none"> <li>• Double up to extended</li> <li>• Double around prep to extended</li> <li>• High to high full around - 2 feet • High to high full around - 1 foot</li> </ul>	<ul style="list-style-type: none"> <li>• Full up to single leg extended variations</li> <li>• Full around prep to extended</li> <li>• 1 - 1/2 up to extended single leg</li> <li>• 1 - 1/2 around prep to extended</li> <li>• 1 - 1/2 up to extended two leg</li> </ul>	<ul style="list-style-type: none"> <li>• Full up to extended two leg</li> <li>• Full up to extended target / liberty</li> <li>• Twisting transitions from extended level to side / prone</li> </ul>	<ul style="list-style-type: none"> <li>• Full up to prep level two leg</li> <li>• Full up to prep single leg variations limited to liberty, heel stretch, arabesque, pretty girl</li> <li>• 1/2 up to extended</li> <li>• 1/2 twisting transitions from prep to prone</li> <li>• Rewind transition to load</li> </ul> <b>INTERMEDIATE DIVISION</b>	<ul style="list-style-type: none"> <li>• 1/4 up to prep</li> <li>• 1/2 up to prep</li> <li>• 1/4 up to extended</li> </ul>
<b>Other</b> When scoring difficulty, judges will take into account the following: minimum movement of bases, limited number and type of connections between bases and top, top person's beginning and ending position, and completion of the skill.	<ul style="list-style-type: none"> <li>• Single base extended body position</li> <li>• Single base extended variations that include twisting / releases (low to high tick tock, full up, 1/2 switch up)</li> </ul>	<ul style="list-style-type: none"> <li>• Switch up to extended one leg single base</li> <li>• Single base extended liberty</li> </ul>	<ul style="list-style-type: none"> <li>• Single leg extended variations</li> <li>• Full twisting dismount from single leg stunts</li> <li>• Single base extension</li> <li>• 1/2 Twisting to extended single base</li> </ul>	<ul style="list-style-type: none"> <li>• Single leg extended variations limited to liberty, heel stretch, arabesque, pretty girl</li> <li>• Single base prep</li> <li>• Full twisting dismount from two leg extended stunts</li> <li>• Full twisting dismount from single leg prep level stunts</li> </ul> <b>INTERMEDIATE DIVISION</b>	<ul style="list-style-type: none"> <li>• Straddle lift at prep level</li> <li>• Flat back stunt</li> <li>• Prep</li> <li>• Extension</li> <li>• Full twisting dismount from two leg prep level</li> </ul>
<b>Coed</b> Unless listed as Assisted, All Coed stunts are to be considered Unassisted. Assisted skills will not receive full credit.	<ul style="list-style-type: none"> <li>• Toss to immediate extended body position</li> <li>• Low to low/high tick tocks</li> <li>• Toss one arm extended</li> <li>• Toss full up to extended</li> <li>• 1/2 Twist or greater release moves (Hands full arounds/ low to high)</li> <li>• High to High Tick Tocks</li> <li>• Released Inversion to prep level</li> <li>• Released inversion to extended</li> </ul>	<ul style="list-style-type: none"> <li>• Walk in to extended single leg/single arm variation</li> <li>• Toss hands press to extended single leg/ single arm</li> <li>• Toss extension</li> <li>• Toss extended platform to single leg variation</li> <li>• Toss to immediate extended liberty</li> </ul>	<ul style="list-style-type: none"> <li>• Walk in hands press extension</li> <li>• Toss hands press extension</li> <li>• Walk in extension</li> <li>• Assisted full up variations to extended level</li> </ul>	<ul style="list-style-type: none"> <li>• Assisted coed skills at extended level</li> <li>• Toss Hands</li> </ul> <b>INTERMEDIATE DIVISION</b>	<ul style="list-style-type: none"> <li>• Assisted walk in chair</li> <li>• Assisted toss chair</li> <li>• Assisted walk in hands</li> <li>• Assisted toss hands</li> <li>• Assisted coed skills at prep level</li> </ul>

**TOSES are not required but may be rewarded in the Pyramid Section**

ALL GIRL QUANTITY CHART (Stunts/Pyramids)		COED QUANTITY CHART		Building Difficulty Drivers
Number of Athletes	Number of Stunt Groups	Number of Male Athletes	Number of CoEd Style Stunt Groups	
6-11	1-2	1-3	1	<ul style="list-style-type: none"> <li>• Percent of Team Participation</li> <li>• Complexity of Skill Sequence</li> <li>• Pace of sequence and speed of skill</li> </ul>
12-15	2-3	4-5	2	
16-19	3-4	6-7	3	
20-23	4-5	8-9	4	<b>Building Technique Drivers</b>
24-27	5-6	10-11	5	
28-30	6-7	12-13	6	<ul style="list-style-type: none"> <li>• Stability/Control</li> <li>• Flyer Position/ Flexibility/ Technique</li> <li>• Base Position/ Technique</li> </ul>
31-36	7-8	14-15	7	
		16-17	8	
		18-20	9	

NEW JERSEY CHEERLEADING AND DANCE STATE CHAMPIONSHIP  
POINT DEDUCTION RUBRIC

**Boundary Violation**

**0.5 POINTS** Example: **When the athlete makes contact with one or both feet outside the performance surface**  
*NOTE: Stepping on the white tape is not a Boundary Violation*

**Athlete Fall**

**0.25 POINTS** Drops to the performance surface during tumbling and or jump skills  
**Examples: Hands down or head down in tumbling or jump skills**  
**Knee or knees down in tumbling or jump skills**

**Building Fall**

**0.5 POINTS** Drops to a cradle, uncontrolled dismounting and or uncontrolled lowering of a building skill (*NOT TIMING ISSUES*)  
**Examples: Base or spotter drops to the performance surface during a building skill**

**Major Building Fall**

**1 POINTS** Drops to the performing surface from a stunt, pyramid or toss by the top person and/or the bases/spotters  
**Examples: Top person drops to the performing surface**  
**Multiple bases and or spotters drop to the performance surface**  
**Top person lands on base and or spotter who drops to the performance surface**

**Maximum Building Fall**

**1.5 POINTS** When multiple deductions should be assessed during a stunt or toss by a single group or during a pyramid transition, then the sum of those deductions will not be greater than 1.5

*\*\*\* Bobbles, balance checks and controlled timing errors will be reflected in your execution/technique scores.*

NEW JERSEY CHEERLEADING AND DANCE STATE CHAMPIONSHIP  
POINT DEDUCTION RUBRIC  
GROUPS AND INTERMEDIATE

**Boundary Violation**

**0.25 POINT** Example: **When the athlete makes contact with one or both feet outside the performance surface**  
*NOTE: Stepping on the white tape is not a Boundary Violation*

**Athlete Fall**

**0.12 POINTS** Drops to the performance surface during tumbling and or jump skills  
**Examples: Hands down or head down in tumbling or jump skills**  
**Knee or knees down in tumbling or jump skills**

**Building Fall**

**0.25 POINTS** Drops to a cradle, uncontrolled dismounting and or uncontrolled lowering of a building skill (*NOT TIMING ISSUES*)  
**Examples: Base or spotter drops to the performance surface during a building skill**

**Major Building Fall**

**0.5 POINTS** Drops to the performing surface from a stunt, pyramid or toss by the top person and/or the bases/spotters  
**Examples: Top person drops to the performing surface**  
**Multiple bases and or spotters drop to the performance surface**  
**Top person lands on base and or spotter who drops to the performance surface**

**Maximum Building Fall**

**0.75 POINTS** When multiple deductions should be assessed during a stunt or toss by a single group or during a pyramid transition, then the sum of those deductions will not be greater than .75

*\*\*\* Bobbles, balance checks and controlled timing errors will be reflected in your execution/technique scores.*