

2022 SOUTH CAROLINA SUB-VARSITY COMPETITIVE CHEER SCALES

PRIMARY PARTNER STUNT DIFFICULTY:

| 1 – 2 | 3 – 6 | 7 – 10 (unassisted) |
|--|--|--|
| <p><u>1 or More Stunt Groups</u> -Basic entry to prep level or below -Two-leg skill</p> | <p><u>3 or More Stunt Groups</u> -Intermediate entry to extended -2 extended one-leg intermediate body skills -Intermediate transition A stunt with intermediate skills that does not meet the requirements will score in the lower range</p> | <p><u>5 or More Stunt Groups</u> -Advance entry to extended -2 extended one-leg advance body skills -Advance transition to extended A stunt with advance skills that does not meet the requirements will score in a lower range</p> |

PARTNER STUNT EXECUTION:

| 1 – 10 |
|---|
| Body alignment, form, synchronization, technique, flexibility, spacing, transitions, obvious mistakes, etc. |

SECONDARY PARTNER STUNT DIFFICULTY:

| 1 | 2 – 3 | 4 – 5 (unassisted) |
|---|---|--|
| <p><u>1 or More Stunt Groups</u> -Basic entry to prep level or below -1 one-leg basic body skill</p> | <p><u>3 or More Stunt Groups</u> -Intermediate entry to extended -1 extended one-leg intermediate body skill A stunt with intermediate skills that does not meet the requirements will score in the lower range</p> | <p><u>5 or More Stunt Groups</u> -Advance entry to extended -1 extended one-leg advance body skill A stunt with advance skills that does not meet the requirements will score in a lower range</p> |

SECONDARY PARTNER STUNT EXECUTION

| 1 – 5 |
|---|
| Body alignment, form, synchronization, technique, flexibility, spacing, transitions, obvious mistakes, etc. |

| Examples: | Entry | Transition |
|--|-------|---|
| <p>Basic: Skills to prep level or below</p> | | |
| <p>Intermediate: To extended level: Straight up, inversion, walk-in, half up, j up, etc, Release or full spin to extended level: Full up, switch up, low-high, etc.</p> | | Leap frog variations, power press, half up, etc To extended level: Full up, low-high, etc. |
| <p>Advance: Basic body skill: (two-leg at any level) Cupie, extension, etc. Intermediate body skill: Lib, arabesque, etc Advance body skill: Heel stretch, bow & arrow, scorpion, scale, front stretch, etc.</p> | | |

*Two feet on the floor and not just one indicates the beginning of a new stunt sequence.

*A full up is not advance if more than one base exceeds a quarter turn.

PYRAMID DIFFICULTY:

| 1 – 2 | 3 – 6 | 7 – 10 |
|---|---|--|
| <p>1 or More Top Persons at Prep Level or Below -Basic entry to prep or below -1 Structure</p> | <p>1 or More Top Persons Extended -Intermediate entry to extended -2 One-legged extended structures -2 Intermediate transitions A pyramid with intermediate skills that does not meet the requirements will score in the lower range</p> | <p>2 or More Top Persons Extended -Advance entry to extended -3 One-legged extended structures -3 Advance transitions A pyramid with advance skills that does not meet the requirements will score in a lower range</p> |

| Examples: | Entry | Transition |
|---|-------|--|
| <p>Basic: Skills to prep level or below</p> | | |
| <p>Intermediate: To extended level: Straight up, walk-in, half up, j up, etc.</p> | | Leap frog variations, power press, half up, etc. To extended level: Full up, low-high, ball up, tic-toc, etc. (exception flips that pass through extended level can initiate/end at prep level or below) |
| <p>Advance: To extended position: Full up, switch up, low-high, flips, etc.</p> | | |

PYRAMID EXECUTION:

| 1 – 10 |
|--|
| Body alignment, form, synchronization, technique, flexibility, transitions, obvious mistakes, etc. |

STANDING TUMBLING DIFFICULTY:

| 1 – 2 | 3 – 6 | 7 – 10 |
|---------------------|---|--|
| <u>Basic skills</u> | <u>25% of the Team</u> Intermediate skills | <u>25% of the Team</u> Advance skills |
| | Less than majority of intermediate skills will be scored in the lower range | Less than majority of advance skills will score in a lower range |

Basic: Forward roll, backward roll, back extension, front walkover, back walkover, cartwheel, etc.

Intermediate: Back handspring, aerial, etc.

Advance: Standing tuck, back handspring(s) tuck, back handspring(s) layout, standing full, back handspring(s) full, etc.

STANDING TUMBLING EXECUTION:

| 1 – 10 |
|--|
| Technique, form, synchronization, speed, spacing, obvious mistakes, etc. |

RUNNING TUMBLING DIFFICULTY:

| 1 – 2 | 3 – 6 | 7 – 10 |
|---------------------|---|--|
| <u>Basic skills</u> | <u>25% of the Team</u> Intermediate skills | <u>25% of the Team</u> Advance skills |
| | Less than majority of intermediate skills will be scored in the lower range | Less than majority of advance skills will score in a lower range |

Basic: Round off, running walkover, cartwheel walkover, etc.

Intermediate: Round off back handspring(s), aerial, etc.

Advance: Cartwheel tuck, round off tuck, round off back handspring(s) tuck, round off back handspring(s) layout, round off back handspring(s) full, specialty pass, etc.

RUNNING TUMBLING EXECUTION:

| 1 – 10 |
|--|
| Technique, form, synchronization, speed, spacing, obvious mistakes, etc. |

* 25% of the team is at least 6 team members

* A repeat tumbler does not necessarily count as more than one tumbler

JUMP DIFFICULTY:

| | | | | |
|-----------------------------|--|--|--|--|
| 1 | 2 | 3 | 4 | 5 |
| <u>Full Squad</u> 1 jump | <u>Full Squad</u> 2 jumps connected | <u>Full Squad</u> 2 different jumps connected | <u>Full Squad</u> 3 jumps connected | <u>Full Squad</u> 3 different jumps connected |

JUMP EXECUTION:

| |
|---|
| 1 – 5 |
| Technique, flexibility, landing(s), synchronization, position of arms, obvious mistakes, etc. |

DANCE DIFFICULTY:

| | | |
|---|--|---|
| 1 | 2 – 3 | 4 – 5 |
| <u>Basic</u> Skills, choreography, creativity, movement, pace, transitions, formations, level changes, foot work, etc. | <u>Intermediate</u> Skills, choreography, creativity, movement, pace, transitions, formations, level changes, foot work, etc. | <u>Advance</u> Skills, choreography, creativity, movement, pace, transitions, formations, level changes, foot work, etc. |

DANCE EXECUTION:

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|---|
| 1 – 5 |
| Technique, timing, synchronization, transitions, formations, spacing, rhythm, energy, confidence, performance, obvious mistakes, etc. |

OVERALL ROUTINE COMPOSITION:

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|---|
| 1 – 10 |
| Transitions, formations, motions, pace, energy, confidence, showmanship, creativity, routine layout, etc. |

*A routine cannot exceed 2 minutes and 15 seconds.