

ECIC CHEERLEADING SCORE GUIDLINES

Score	PARTNER STUNTS		TOSSES/PYRAMID	
	DIFFICULTY	TECHNIQUE	DIFFICULTY	TECHNIQUE
1	Any 2 legged stunt at prep level ¼ twisting transition straight leg cradle One legged stunt at prep level any 2 legged stunt at prep level ½ twisting stunt	little or no flyer body control shaky or non steady bases	TOSSES Straight Ride Tosses Not by majority PYRAMIDS Two legged connections	No body control Poor Height
2	two legged extended stunt single twist from 2 leg stunt 1 twisting mount or transition	poor flyer body control poor flyer motion/position	TOSSES Straight Ride Tosses By majority PYRAMIDS 1 body positions without transitions	Little Body Control Below Average Height
3	Extended one legged stunts on body position Straight cradle or sponge cradle any other creative load in/dismount	average flyer body control average motion/ position	TOSSES 1 Skill Non-Twisting Tosses PYRAMIDS 1 body position with transitions	Average Body Control Average Height
4	Extended One Legged stunts with 2 body positions single based stunts/2 partner stunting straight cradle or sponge cradle	Consistent flyer body control good flyer motion/ position	TOSSES Single Twisting Tosses PYRAMIDS 2 or more body positions without transitions	Good Body Control Above Average Height
5	Extended one leg stunts with trick away from body (scorp/stretch) single twist dismount from 1 leg stunt Variation: Express up, full up	Excellent flyer body control excellent flyer position	TOSSES Kick Full PYRAMIDS 2 or more body positions with transitions	Excellent Body Control Excellent Height

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Score	TUMBLING		JUMPS	
	DIFFICULTY	TECHNIQUE	DIFFICULTY	TECHNIQUE
1	Round off Rebounds Forward Rolls	Poor Technique may include: Head/knees landing on mat Chest down upon landing Not Completing skill	One single non-connected jump in whole routine	Below level jumps flexed feet landing feet apart
2	Round off one back handspring Combo skills into round off one back handspring	Below Avg. Technique Which may include: Steps taken after skill Legs apart on skill Below average height on flipping skills	2 or more non connected jumps in whole routine	legs not locked out in jumps flexed feet (majority of team) Not landing together
3	Round off Back Handspring Series Combo skills into Round off Back Handspring Series	Bent legs on BHS Non-pointed toes Average height on flipping skills	2 or more connected jumps	Level jumps Some flexed toes some legs apart on landing
4	Round off Tuck Round off Back Handspring Tuck Jump Combo BHS	Above Avg. Technique: (which can include) Height on rotation Some non-pointed toes Above average height on most flipping skills	3 or more jumps within a combination that at least 2 of which are connected	above level jumps good toe point good landings (with feet together)
5	Standing Tuck Jump Combo Tuck Round off Back Handspring into a layout or full Pass with any Combo skills (Front walk over, etc)	Excellent Technique Toes pointed in all skills Excellent height on flipping skills	3 or more connected jumps	hyper extended jumps excellent toe point excellent landings

*Team Tumbling points on score sheet

In order to receive those 5 points routine must incorporate team tumbling off 50%+1 Including skills from round offs and forward rolls, standing, and running.