

# ECIC CHEERLEADING SCORE GUIDLINES

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

\*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.

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<b>2</b>	<p style="text-align: center;">Round off one back handspring</p> <p style="text-align: center;">Combo skills into round off one back handspring</p>	<p style="text-align: center;">Below Avg. Technique Which may include:</p> <p style="text-align: center;">Steps taken after skill</p> <p style="text-align: center;">Legs apart on skill</p> <p style="text-align: center;">Below average height on flipping skills</p>	<p>2 or more non connected jumps in whole routine</p>	<p style="text-align: center;">legs not locked out in jumps</p> <p style="text-align: center;">flexed feet (majority of team)</p> <p style="text-align: center;">Not landing together</p>
<b>3</b>	<p style="text-align: center;">Round off Back Handspring Series</p> <p style="text-align: center;">Combo skills into Round off Back Handspring Series</p>	<p style="text-align: center;">Bent legs on BHS</p> <p style="text-align: center;">Non-pointed toes</p> <p style="text-align: center;">Average height on flipping skills</p>	<p>2 or more connected jumps</p>	<p style="text-align: center;">Level jumps</p> <p style="text-align: center;">Some flexed toes</p> <p style="text-align: center;">some legs apart on landing</p>
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