

Age Grid & Divisions Offered

High School Cheer Division is similar to Industry Standards

***All divisions must follow Division General Rules and Age Grids**

Jr High and High School	Intermediate	Advanced
Small - 5-15 Athletes	Jr High or High School	High School
Large - 16-38 Athletes	Jr High or High School	High School

DIVISION SPLITS Division splits and combining of divisions is at the discretion of each individual Event Producer.

- Coed Stunts are NOT required
- Participation Requirement for scoring is 60% in all Divisions.

Level	<p style="text-align: center;">Intermediate must follow USA Cheer/NFHS Rules and Guidelines with the additional restrictions listed below. Order Your 2023-24 NFHS/USA Cheer Spirit Rules Book! – USA Cheer</p>			
	Tumble	Stunt	Pyramids	Basket
Intermediate	Basics; rolls, handstands, cartwheels, or round-off	Thigh stand, shoulder sit/stand, prep, prep single leg skills	Extended two-leg pyramid	Straight Ride Toss
	Front/Back Walkovers or Front Handsprings	Extension, ½ up, ¼ up	Extended single-leg pyramid	Non-Twisting: ball arch, toe touch, ball-x, etc.
	Back handsprings or Aerial	Straight Cradles	One Transition Skill (change from one stunt to another)	
Advance	<p>Must follow USA Cheer/NFHS Rules and Guidelines. Order Your 2023-24 NFHS/USA Cheer Spirit Rules Book! – USA Cheer</p>	<p>Must follow USA Cheer/NFHS Rules and Guidelines. Order Your 2023-24 NFHS/USA Cheer Spirit Rules Book! – USA Cheer</p>	<p>Must follow USA Cheer/NFHS Rules and Guidelines. Order Your 2023-24 NFHS/USA Cheer Spirit Rules Book! – USA Cheer</p>	<p>Must follow USA Cheer/NFHS Rules and Guidelines. Order Your 2023-24 NFHS/USA Cheer Spirit Rules Book! – USA Cheer</p>



HIGH SCHOOL CHEER

High School Cheer League Team Scoring System		Divisions Intermediate Advance
Stunt Difficulty	5.0	
Stunt Execution	10.0	
Coed Quantity	5.0	5.0
Pyramid Difficulty	5.0	
Pyramid Execution	10.0	
Building Creativity (Combined)	2.5	
Basket Difficulty	2.5	
Basket Execution	5.0	
(Total Possible Points)	45	
Category Points		
Category Deductions		
Category Total		
Scoring Category	Maximum Points	Awarded Scores
Standing Tumbling Difficulty	5.0	
Standing Tumbling Execution	10.0	
Running Tumbling Difficulty	5.0	
Running Tumbling Execution	10.0	
Jump Difficulty	2.5	
Jump Execution	5.0	
(Total Possible Points)	37.5	
Category Points		
Category Deductions		
Category Total		
Scoring Category	Maximum Points	Awarded Scores
Dance Difficulty	4.5	
Dance Execution	.5	
Routine Composition	5.0	
Transitions/Formations	2.5	
Performance	5.0	
(Total Possible Points)	17.5	
Category Points		
Category Deductions		
Category Total		
Total Scores Combined		
Total Deductions Combined		
Final Score		
(Optional Percentage of Percentage can be converted after deductions)		

HIGH SCHOOL CHEER DIVISION TUMBLING/JUMP PARTICIPATION GRID, RUBRIC, AND BREAKDOWN

Participation Grid: Tumbling and Jump Requirements	
60%+ Required Participation for high range (ranges are rounded down)	
Number of Athletes	Required Participation
Min of 5	3
6	3
7	3
8 to 9	5
10 to 11	6
12 to 13	7
14	7
15 to 16	9
17 to 18	10
19	10
20 to 21	12
22 to 25	13
26 to 27	15
28 to 30	16
31 to 38	18

JUMP DIFFICULTY AND TECHNIQUE		
<i>(See participation grid for required number of athletes to perform the skill. If the participation grid requirement is not met, -1 point from the below scores.)</i>		
Connected Jumps	Difficulty Score	Technique Range and Descriptions
3 or 2+1	2.5	4.0-5.0 - Excellent timing and tech
2	2.0	3.0-4.0 - Avg. timing and tech
1	1.5	2.0-3.0 - Below avg. timing & tech
IMPORTANT:		
High School Division Divisions: Jump sections will be counted and used to determine scores. The following jumps are allowed: toe touch, hurdler, herkie, pike and pike variations.		
Jump Technique - Scores will be based on the majority of the athletes performing the skills but obvious mistakes or timing issues will effect placement within the range.		
Connected Jumps will be considered as immediate back to back jumps performed with a whip approach.		

TUMBLING DIFFICULTY (Standing & Running)		
<i>Refer to the Participation Grid for the amount of skills required for your team.</i>		
Points	Standing Tumbling	Running Tumbling
4.0-5.0	At least one identical level appropriate, basic tumbling skill is performed synchronized by at least 60%+ of the team AND multiple other advanced skills are also performed throughout the routine	A cumulative amount of 60%+ or more of the team performs an advanced tumbling pass.
3.0-4.0	At least one identical, basic tumbling skill is performed synchronized by at least 50% (but less than 60%) of the team AND some other advanced skills are also performed throughout the routine	A cumulative amount of at least 50% (but less than 60%) of the team performs an advanced tumbling skill OR a cumulative amount of at least 60% of the team performs a level appropriate tumbling pass.
2.0-3.0	Less than 50% of the team performs one synchronized, identical, basic skill and little or no advanced skills are performed throughout the routine.	Less than 50% of the team performs a level appropriate tumbling pass.
<i>Advanced tumbling or "combination pass" is declared as 3 or more DIFFERENT skills connected in ONE pass for RUNNING tumbling and 2 or more DIFFERENT skills connected in ONE pass for STANDING tumbling. A combination pass will be considered more difficult and the judge's will use their discretion when scoring passes. Ex: A connected front walkover round off back handspring tuck will be considered more difficult than a round off back handspring back tuck. Clarification: Not all running passes with three skills will be considered combo passes. Passes ending in tucks or higher will need 4 different skills to be considered to be a combination pass.</i>		

TUMBLING TECHNIQUE	
9.0-10.0	An excellent display of technique, timing and precision in all standing and running tumbling skills throughout the routine by the majority of the team.
8.0-9.0	An average display of technique, timing and precision in all standing and running tumbling skills throughout the routine by the majority of the team.
7.0-8.0	A below average display of technique, timing and precision in all standing and running tumbling skills throughout the routine by the majority of the team.

Clarification
<i>In the High School Division for standing tumbling, at least one identical, basic tumbling skill is performed synchronized by at least 60% of the team. Running Tumbling is a combined cumulative total but still must meet the 60% requirement for the high range.</i>



HIGH SCHOOL CHEER DIVISION BUILDING PARTICIPATION GRID, RUBRIC, AND BREAKDOWN

Participation Grid: Stunt/Toss Groups		
<i>60%+ Required Participation for high range</i>		
Number of Athletes	Stunts	Tosses
5 to 7	1	1
8 to 15	2	1
16 to 19	3	2
20 to 23	4	3
24 to 27	5	4
28 to 30	6	4
31 to 38	7	5
Baskets are NOT cumulative in the High School Division Majority = number of athletes /4, rounded down, -1 Most = number of athletes /4, rounded down		

BUILDING CREATIVITY	
<i>This score is Stunts and Pyramid Combined</i>	
2.0-2.5	Extremely innovative and creative transitions throughout building skills
1.5-2.0	Use of minimal innovative and creative transitions noticed
1.0-1.5	No signs of innovative or creative transitions used



HIGH SCHOOL CHEER

HIGH SCHOOL CHEER DIVISION BUILDING DIFFICULTY, PYRAMID DIFFICULTY, AND STUNT QUANTITY

PYRAMID DIFFICULTY	
<p><i>The collective # of transitions (going from one skill to the next) performed within a pyramid section will determine category ranges. SKILLS CAN BE REPEATED BUT IF 2 OR MORE PERFORM THE SAME SKILL AT THE SAME TIME IT IS ONE TRANSITION. Ranges within those categories are left to justified scores based off the judge's discretion.</i></p>	
4.0-5.0	High Range : 5-6 LAS's + 2 Structures, one of which is level appropriate
3.0-4.0	Mid Range : 3-4 LAS's + 2 Structures, one of which is level appropriate.
2.0-3.0	Low Range : 1-2 LAS's + 1 Structure
0.0-2.0	Below Range : 0 LAS's + 0 Structures
<p><i>Sections (of a routine) will be declared as a consistent portion of a routine with the same skill sets being performed. ***Please remember the participation % rules for each League***</i></p>	

BUILDING DIFFICULTY	
<p><i>The collective # of transitions (going from one skill to the next) performed within a routine will determine category ranges. Ranges within those categories are left to justified scores based off the judges discretion. SKILLS CAN BE REPEATED. A transition is considered getting into, out of or going from one skill to the next. (Ex. Cartwheel to Load in, up to Prep, Cradle, reload, prep=5)</i></p>	
4.0-5.0	High Range : 5-6 LAS's
3.0-4.0	Mid Range : 3-4 LAS's
2.0-3.0	Low Range : 1-2 LAS's
0.0-2.0	Below Range : 0 LAS's

STUNT QUANTITY	
2.5	Max number of stunts in the air.
2.0	Majority number of stunts in the air.
1.5	Requirement not met.

BUILDING: BASKET DIFFICULTY/EXECUTION RUBRIC, RANGES, AND BREAKDOWN

BASKET DIFFICULTY	
2.5	Level appropriate toss(es) by required participation.
2.0	Level appropriate toss(es) by less than required participation.
1.5	Non-Level appropriate toss(es) performed.
0.0	No toss(es) performed

BASKET EXECUTION	
4.0-5.0	Excellent technique among basses and flyers in tosses.
3.0-4.0	Average technique among basses and flyers in tosses.
2.0-3.0	Poor technique among basses and flyers in tosses.

HIGH SCHOOL DIFFICULTY AND EXECUTION RUBRIC AND BREAKDOWN

HIGH SCHOOL SCORING DIFFICULTY RUBRIC	
High Difficulty 4.0-4.5	Creative and unique incorporation of transitional formations, partner work, group work, use of depth, a variation of levels, patterns and other pertinent dance elements (such as pace and energy) are consistently shown throughout the section.
Average Difficulty 3.5-4.0	Creative and unique incorporation of transitional formations, partner work, group work, use of depth, a variation of levels, patterns and other pertinent dance elements (such as pace and energy) could benefit from additional attention.
Low Difficulty 3.0-3.5	Creative and unique incorporation of transitional formations, partner work, group work, use of depth, a variation of levels, patterns and other pertinent dance elements (such as pace and energy) needs considerable attention.

HIGH SCHOOL SCORING EXECUTION RUBRIC	
Excellent Execution .4-.5	An obvious above average use of dance movement, correct and consistent motion placement with a stable use of transitional elements in relation to the age group.
Average Execution .3-.4	An average use of dance movement, motion placement and stable use of transitional elements in relation to the age group.
Poor Execution .2-.3	Low levels of dance movement, motion placement and transitional elements in relation to the age group.

RANGE & SCALE BREAKDOWN	
<i>10 Point Range / .1 scale</i>	
Excellent	9.0-10.0
Average	8.0-9.0
Poor	7.0-8.0
<i>5 Point Range / .1 scale</i>	
Excellent	4.0-5.0
Average	3.0-4.0
Poor	2.0-3.0

TRANSITIONS AND FORMATIONS	
2.0-2.5	Unique and intricate transitions and formations throughout the entire routine.
1.5-2.0	Use of unique and intricate transitions and formations.
1.0-1.5	Basic transitions and formations.

ROUTINE COMPOSITION AND PERFORMANCE BREAKDOWN

ROUTINE COMPOSITION	
4.0-4.5	Great Spacing, Flow, and Visuals throughout.
3.5-4.0	Average Spacing, Flow, and Visuals.
3.0-3.5	Poor Spacing, Flow, and Visuals.

PERFORMANCE	
4.0-4.5	Great energy, excitement, showmanship, genuine enthusiasm and athletic impression.
3.5-4.0	Average energy, excitement, showmanship, genuine enthusiasm and athletic impression.
3.0-3.5	Low energy, excitement, showmanship, genuine enthusiasm and athletic impression.

HIGH SCHOOL DEDUCTION SYSTEM

The philosophy behind the Global Cheer and Dance League's deduction system is that the deductions must be justified, but also it is here to ensure fair play and the safety of the athletes. It is NOT intended to penalize the athletes.

Tumbling/Jump Touchdown

-0.5

An obvious mistake is made including but not limited to, knees, head or hands touching the performance during the skill or landing of the skill.

Building Violations

-0.25

An obvious mistake is made including but not limited to, missed skills, early dismount, uncontrolled cradle, etc.

-1.0

A stunt that falls but doesn't come in contact with the performance surface.

-1.25

Base, flyer, or spotter comes in contact with the performance surface.

-1.5

Any pyramid or same stunt group that comes in to contact with the performance surface

Rule Violations

Definition

Rule violations (no matter the skill set) will result in a deduction per rule being violated. If the same rule is violated in sync, it will be deducted 1 time. However, if the same rule is violated multiple times throughout the routine, it will be assessed each time it is violated. For ex: 4 Sync'd groups perform same illegal inversion=1.5 pt. but if that same illegal inversion is performed again later by 1 or 2 groups in the routine, it will get an additional 1.5 deduction.

-1.0

General/Tumbling Safety Infraction

-2.0

Building/Safety Infraction

-.5

Routine Length and/or Image Policy

-5.0

Unsportsmanlike Conduct Infraction