

# HOT CHEER CHAMPIONSHIP

## DIFFICUTLY SCORE

Score	Tumbling	Jumps	Stunts	Pyramid	Tosses
1	Round off Rebounds Forward Rolls Cartwheels	One single non-connected jump in routine	Prep Level Stunts ¼ twisting transition Straight cradles ½ twisting stunt	Two legged connections	Straight Ride Tosses Not by majority
2	Round off one back handspring Combo skills into round off one back handspring	2 or more non-connected jumps in routine	Two legged extended stunt Single twist from 2 leg stunt Single twisting mount or transition	1 body positions and no transitions	Straight Ride Tosses By Majority
3	Round off Back Handspring Series Combo skills into Round off Back Handspring Series	2 or more connected jumps	Extended one legged stunts one body position Straight cradle from one leg Other creative load in/dismount	2 body position and 1 transition	1 Skill Non-Twisting
4	Round off Tuck Round off BHS Tuck Jump Combo BHS	3 or more jumps within a combination that at least 2 of which are connected	Extended One Legged stunts with 2 body positions Single based stunts Straight cradle from 1 leg stunt Other creative load in/dismount	2 or more body positions and 2 transitions	Single Twisting Tosses
5	Standing Tuck Jump Combo Tuck Round off Back Handspring into a layout or full Pass with any Combo skills (Front walk over, etc) into tuck/layout	3 or more connected	Extended one leg stunts with 3 body positions Single twist dismount from 1 leg stunt Variation: Express up, full up	2 or more body positions with 3 or more transitions	Kick Full

***\*In order to receive tumbling points routine must incorporate team skills of 50%+1***

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## TECHNIQUE SCORE

Score	Tumbling	Jumps	Stunts	Pyramid	Tosses
1	Head/knees landing on mat Chest down upon landing Not Completing skill	Below level jumps Flexed feet Landing feet apart	Little or no flyer body control Shaky or non steady bases	Poor body control Not majority Several Bobbles	Not by majority No body control Poor Height
2	Steps taken after skill Legs apart/Bent knees on skill Below average height on flipping skills	Legs not locked out in jumps Flexed feet (majority of team) Not landing together	Poor flyer body control Poor flyer motion/flexibility	Little body control Timing Issues Some bobbles	By majority Little Body Control Below Average Height
3	Bent legs on BHS Non-pointed toes Average height on flipping skills	Level jumps Some flexed toes Some legs apart on landing	Average flyer body control Average motion/flexibility	Average Body Control Average timing Some Bobbles	Average Body Control Average Height
4	Most legs together on Handsprings Some non-pointed toes Above average height on most flipping skills	Above level jumps Good toe point Good landings (with feet together)	Consistent flyer body control Good flyer motion/flexibility	Good Body Control Good timing Most transitions are smooth Very few bobbles	Good Body Control Above Average Height
5	Excellent Technique Toes pointed in all skills Excellent height on flipping skills	Hyper extended jumps Excellent toe point Excellent landings	Excellent flyer body control Excellent flyer flexibility	Excellent Body Control Excellent Timing Smooth Transitions No Bobbles	Excellent Body Control Excellent Height

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## STUNT QUANTITY CHART

# of Athletes	1	2	3	4	5
5-7					1
8-11				1	2
12-15			1	2	3
16-19		1	2	3	4
20-23	1	2	3	4	5
24-27	2	3	4	5	6
28-31	3	4	5	6	7
32-35	4	5	6	7	8
36	5	6	7	8	9