

2020 CHAMPIONSHIP DEFINITIONS and SCORING

Jumps

Advanced Jumps: Pike, side hurdler, front hurdler, toe touch, double nine, around the world

Basic Jumps: Spread eagle, tuck, herky

Connected Jumps: Jumps connected with the continuous movement using a whip approach

Jump Technique: Form (pointed toes, arm level/placement, leg and body position), approach, landing (feet together), hyperextension/height, uniformity, timing

Majority

Full Team: Entire team is doing the skill.

Majority of Team: Over half of the total number of participants.

Motions

Motion Technique: Sharpness, wrist and arm placement, uniformity, seamless transitions, timing-using poms/ props for over half of the cheer/chants could result in a lower score (in timeout/Crowd Involvement category only)

Musicality/Visual Effects

Crowd oriented movements and incorporations that are sideline practical. Movement time and rhythm fit the music used and synchronization is clear. Skills are practical and appropriate for the situation.

Point Deductions

1. The same safety violations and routine violations will apply in all divisions.
2. Time Violations: Two (2) points if more than half the team is on the mat at the final buzzer.
3. Violations of State Championship Rules will be a 2 point deduction per occurrence. Reference each division's guidelines for further information.

Scoring

Ranges: Skills listed in ranges must be performed by the majority of the team to move into a range (except where noted on rubrics).

Skills

Multiple Skills: More than one of the designated skills must be performed.

Possible Crowd Effectiveness Skills: Props, answer backs, etc. to gain a crowd response

Synchronization: Two or more performing a skill(s) at the same time.

Skills listed on rubrics are only examples. Other skills may fit into categories as seen fit by the judging panel.

Stunts (only allowed in Crowd Involvement/Time Out Division: Stunting/Tumbling Category)

Scoring: While not actually scored for difficulty and technique, stunts tumbling will be scored for crowd effectiveness and overall impression (only in the tumbling/stunt division).

Stunt Limitations: Skills are limited to those allowed on gym floors by the National Federation and as outlined in the state championship guidelines. These are limited to thigh stands, preps, and extensions. No single leg stunts are allowed. All stunts must be dismounted by pop down or bump down. No cradles, tosses, or inversions are allowed.

Technique: Perfection (no bobbles, missed or incomplete skills), proper technique and form (body alignment, body control, etc.), transitions, timing, dismounts/cradles.

Tumbling (only allowed in Crowd Involvement/Time Out Division: Stunting/Tumbling Category)

Maximum Difficulty: Tumbling is limited to a standing back handspring(s) during cheers/chants. No tumbling into a stunt.

Running tumbling is only allowed during the entrance. Other tumbling will lead to a point 2 point deduction.

Scoring: While not actually scored for difficulty and technique, tumbling will be scored for crowd effectiveness and overall impression.

Technique: Strong set/good height, proper technique, clean landings, precision (no bobbles, missed or incomplete skills), clean body lines, pointed toes, body positioning, uniformity, timing, clean connections between tumbling elements

Vocal

Voices (including answer backs or spell outs) are easily understood, volume appropriate, presented to the entire crowd.