



IOWA CHEERLEADING STATE CHAMPIONSHIPS

CHEER & DANCE DIVISION

PYRAMIDS, TOSSES, PARTNER STUNTS SCORE SHEET

SCHOOL: _____ **CLASS** _____ **Total Athletes** _____

PYRAMIDS

| DIFFICULTY | 2.5-3 | 3-3.5 | 3.5-4 | 4-4.5 | 4.5-5 | NOTES & NUMBER OF SKILLS | SCORE |
|------------|---|--|---|--|---|--------------------------|-------|
| | Pyramids involving Prep level and below level structures | Pyramids involving extended double leg stunts and a transitional sequence | Pyramids involving extended stunts and a transitional sequence | Pyramids involving extended single leg stunts and multiple transitions and multiple extended structures | Pyramids involving extended single leg stunts and multiple transitions and multiple extended structures , required braced flip transition | | |

| EXECUTION | 2.5-3 | 3-3.5 | 3.5-4 | 4-4.5 | 4.5-5 | NOTES | SCORE |
|-----------|-------------------------|-------------------------|-------------------|-------------------------|-------------------------|-------|-------|
| | Poor level of technique | Below average technique | Average technique | Above average technique | High level of technique | | |

| | |
|-----------------------|--|
| PYRAMIDS x 1 = | |
|-----------------------|--|

TOSSES

| DIFFICULTY | 2.5-3 | 3-3.5 | 3.5-4 | 4-4.5 | 4.5-5 | NOTES & NUMBER OF SKILLS | SCORE |
|------------|---|---|--|---|--|--------------------------|-------|
| | Straight ride tosses in the same section | Single skill tosses without twists in the same section | Multi-skill tosses without twists in the same section | Tosses with twists in the same section | Multi-skill tosses with twists in the same section & one other different toss by at least one stunt group | | |

| EXECUTION | 2.5-3 | 3-3.5 | 3.5-4 | 4-4.5 | 4.5-5 | NOTES | SCORE |
|-----------|-------------------------|-------------------------|-------------------|-------------------------|-------------------------|-------|-------|
| | Poor level of technique | Below average technique | Average technique | Above average technique | High level of technique | | |

| | |
|-----------------------|--|
| TOSSES x 0.5 = | |
|-----------------------|--|

PARTNER STUNTS

| DIFFICULTY | 2.5-3 | 3-3.5 | 3.5-4 | 4-4.5 | 4.5-5 | NOTES & NUMBER OF SKILLS | SCORE |
|------------|--------------------------|-----------------------------------|---|---|--|--------------------------|-------|
| | Prep level stunts | Extended double leg stunts | Extended single leg stunts with at least one extended body position | Extended single leg body positions and at least one elite stunt , required full twist extended level dismount | Extended single leg body positions and multiple elite stunts, required full twist dismount from extended body position | | |

| EXECUTION | 2.5-3 | 3-3.5 | 3.5-4 | 4-4.5 | 4.5-5 | NOTES | SCORE |
|-----------|-------------------------|-------------------------|-------------------|-------------------------|-------------------------|-------|-------|
| | Poor level of technique | Below average technique | Average technique | Above average technique | High level of technique | | |

| | |
|-----------------------------|--|
| PARTNER STUNTS x 2 = | |
|-----------------------------|--|

| | |
|--------------------|--|
| TOTAL SCORE | |
|--------------------|--|

***Majority is needed to score in a range** i.e., a team of 12 must have 2 stunt groups performing the stunts in the range to receive scoring. **Pyramids and stunts to move up in a range consider:** difficulty of skills, % of team participation, transitions, pace of stunting, combination of skills, # of bases, variety of entrances and dismounts, multiple tops in pyramids. **Elite Stunts** (include but not limited to): Full up to extended position, release moves that land in an extended position, tick tock variations, toss extended stunts, other unique stunts and transitions of similar difficulty level.