



IOWA CHEERLEADING STATE CHAMPIONSHIPS

CHEER & DANCE

PYRAMIDS, TOSSES, PARTNER STUNTS SCORE SHEET

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

PYRAMIDS

DIFFICULTY	2.5-3.0	3.0-3.5	3.5-4.0	4.0-4.5	4.5-5.0	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	2.5-3.0	3.0-3.5	3.5-4.0	4.0-4.5	4.5-5.0	NOTES	SCORE
	Poor level of technique	Below average technique	Average technique	Above average technique	High level of technique		

PYRAMIDS x 1 =	
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TOSSES

DIFFICULTY	2.5-3.0	3.0-3.5	3.5-4.0	4.0-4.5	4.5-5.0	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	2.5-3.0	3.0-3.5	3.5-4.0	4.0-4.5	4.5-5.0	NOTES	SCORE
	Poor level of technique	Below average technique	Average technique	Above average technique	High level of technique		

TOSSES x 0.5 =	
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PARTNER STUNTS

DIFFICULTY	2.5-3.0	3.0-3.5	3.5-4.0	4.0-4.5	4.5-5.0	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	2.5-3.0	3.0-3.5	3.5-4.0	4.0-4.5	4.5-5.0	NOTES	SCORE
	Poor level of technique	Below average technique	Average technique	Above average technique	High level of technique		

PARTNER STUNTS x 2 =	
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TOTAL SCORE	
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***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.