

SCORING SYSTEM

CHEERABILITIES



A CheerABILITIES routine should be comprised of typical routine categories, i.e. opening, standing tumbling, running tumbling, jumps, pyramid, stunt, dance, etc. It should contain important characteristics such as visual effects and purposeful movement while projecting a high level of energy. Keep in mind, some athletes on a team may not be able to achieve perfect execution of skills because of their differing abilities. Focus on attempt of skills verses technique. Technique will only be as good as their ability allows.

BUILDING SKILLS (1.0 – 10.0)

The following will be considered:

- Original variety of stunts and pyramid based on the ability of top persons, bases and spotters.
- Visual elements created and correct body positions, if ability allows.
- Transitions in and out of building skills, to include the creativity, timing from skill to skill.
- Limited to no coaches standing in front of the skills counting and directing stunt groups.
- Confidence athletes display during building skills.
- Building Technique; Top Person, Base(s) and Spotter(s).

Judges will not penalize or comment on bent legs in body positions or bent arms by top persons during building skills.

TUMBLING SKILLS (1.0 – 10.0)

The following will be considered:

- Attempt of a variety of skills and the connection of skills in running and standing tumbling.
- Attempt of a correct approach.
- Timing of the approach or first steps into a skill or skills during group pass(es).
- Connected skills, i.e., cartwheel – forward roll by majority of the team or in groups.
- Tumbling Technique (Including a clean position after the pass).

Judges will not penalize for athletes attempting a cartwheel or round off which may include; running across the floor with arms up, dipping down/touching floor and standing back up. No penalty will be given for athletes that land in a flat position after a roll due to issues completing the skill.

JUMPS (1.0 – 10.0)

The following will be considered:

- Timing of the choreographed approach prior to a jump or jumps. Ex: clap, prep/punch, dip approach, etc.
- The attempt of a variety of jumps and the transitions between jumps.

Judges will not penalize for toes that are not pointed, bent legs, low height or timing of landing.

ROUTINE COMPOSITION / CREATIVITY (1.0 – 20.0)

The following will be considered:

- Pace and flow.
- Innovative, visual, and creative ideas.
- Additional skills used to enhance the overall appeal. Ex: motions while moving in transitions or a transition into a building skill or out of a building skill etc.
- Utilizing all athletes throughout routine and purposeful placement of those athletes to highlight their abilities.

Judges will not penalize a team for lack of skills but will give credit to teams with innovative skill sets and skills that fit the overall capabilities of the team.

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FORMATIONS & TRANSITIONS (1.0 – 10.0)

The following will be considered:

- Spacing, timing, seamless patterns of movement, use of floor, and visual elements. *Keep in mind, there may be a few athletes that do not move or simply take a few steps forward, backward, side-to-side or crouch down, turn in a circle and stand back up. In these cases credit and comment on spacing in formations.
- A variety of original movement without buddies leading or coaxing the athletes across the floor.

Judges will not penalize for buddies or assistants pushing wheelchairs or assisting sight impaired athletes to their spots.

MOTIONS (1.0 – 10.0)

The following will be considered:

- A variety of motions that create visuals through levels and creative formations.
- Memorization of the motions from most athletes in the group.
- Timing of motions as a group and attempt of placement.

Judges will not penalize for bent arms, imperfect placement, or 1-2 athletes lacking precise timing.

DANCE (1.0 – 10.0)

The following will be considered:

- Variety of movements that enhance the musicality and levels throughout the section that create unique visuals.
- How well the team dances as a group rather than the execution of body placement.
- Endurance and the ability to maintain timing, project high energy level, pace/speed, and overall movement of the dance as a whole.
- Appropriate athletic moves.

Judges will not penalize for athletes standing in a single formation, 1-2 athletes lacking precise timing, or imperfect body placement.

OVERALL IMPRESSION (1.0 – 20.0)

The following will be considered:

- Pace of movements that enhance the energy throughout the routine and how well it is executed.
- Visuals created because of good timing, use of skills and placement that also enhance musicality.
- Athletes projecting confidence with energetic expression through facials, connecting with the audience, displaying pure joy throughout the routine and not relying on constant reminders from the coaches at the front of the floor.
- Incorporation of all athletes throughout the routine.

Judges will not penalize nor comment on lack of skills or abilities.

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BUILDING JUDGE NOTES: (ELITE DIVISION)

If an **Assistant** fulfills a required building role (required base, spotter, top person) the team will be given a **ZERO** in the **Building Category** on the score sheet (regardless of the number of groups).

TUMBLING JUDGE NOTES: (ELITE DIVISION)

If an **Assistant** spots or assists tumbling the team will be given a **ZERO** in the **Tumbling Category** on the score sheet (regardless of the number of athletes).

NOTE: An **Assistant** may help an athlete up after a forward roll to get to their feet and it will **NOT** result in a **ZERO** in the **Tumbling Category**.

LEGALITY OFFICIAL NOTES:

The rules are for all divisions. Points deducted for elite and novice since they receive a score sheet. Please give warnings to novice, exhibition and unified teams accordingly.

- CheerABILITIES rules can be found here: <https://usasf.net/rules>
- If a team breaks one of the CheerAbility **General Rules** it is a **.25** legality penalty.
- If an **Assistant** spots or assists tumbling it is a **.25** legality penalty, per occurrence.
- If an **Assistant** assists a skill to help put it back up, stabilize it, save the stunt, help the top person stay up, etc. they will be given a **1.0** legality penalty, per occurrence.

NOTE: If the Assistant is helping due to a fall or near fall, they may assist the athlete in getting down safely without any deductions.



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CHEERABILITIES – COMMENT EXAMPLES



BUILDING SKILLS:

- Great use of visual transitions into the first stunt sequence. Ensuring all groups get to the same starting angle will make the transition even more impactful.
- It was clear all top persons had a high level of confidence throughout the sequence, which added to the precise placement of body positions.
- Great utilization of all athletes throughout the pyramid sequence. Your percentage of team participation added to the overall difficulty of this section.
- The routine could benefit from incorporating visual elements to create seamless movements from skill to skill.
- Continue to train on the basing techniques of each individual, i.e., bases have straight back, chest up and dip with their legs.

TUMBLING SKILLS:

- Great utilization of athletes in the beginning running tumbling section. Strong group passes and a variety of skills added to the overall difficulty.
- Work on the timing in your group passes from the back to the front of the floor. Even when a variety of skills are being performed simultaneously aim to align the approach to those skills.
- The two athletes tumbling across the front of the floor during jumps, had exceptional timing and body control. Great job completing those passes and standing up so quickly from the forward roll.
- The routine could benefit from a consistent clean after tumbling passes. About half of the athletes are attempting the same finish, which is contributing to their overall technique of the passes.
- Consider connecting skills, i.e., cartwheel – forward roll.

JUMPS:

- A strong variety was performed throughout your jump sequence, which contributed to your overall jump score.
- Great use of your jump formation to highlight all athletes.
- Good snap-down between jumps from a majority of the team.
- The sync was off throughout the jump sequence. Focus on the clap punch approach counts within the jump sequence, to assist in the overall synchronization of this sequence.
- Excellent attempt of "T" motion at the peak of the jump for visual effect.
- Continue to train athletes to hit an attempt of a "T" motion at the peak of their jump.

ROUTINE COMPOSITION / CREATIVITY:

- Incorporating innovative transitions in and out of skills/sections of the routine could enhance your score.
- Great utilization of all athletes throughout the routine and purposeful placement of those athletes to highlight their abilities.
- Creative use of the floor and adding clear movement to enhance the flow of the routine.
- Many patterns and visuals used throughout the routine really added to the overall appreciation of the routine.

FORMATIONS & TRANSITIONS:

- Exceptional spacing and transitional movement during the opening section. Work to make this consistent throughout the remainder of the routine.
- Great transitions throughout the routine, focus on precise movement from your running tumbling section into the jump sequence.
- Athletes displayed a high knowledge of their formations and transitions throughout, without any assistance.
- Amazing use of the floor and displaying a variety of formations, which highlight the strong abilities of this team.
- Continue to train athletes on memorizing their spots in formations and travel in transitions.

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CHEERABILITIES – COMMENT EXAMPLES



MOTIONS:

- To possibly enhance your score, consider incorporating a majority of the athletes into your motion sections.
- Great use of levels and changes in angles to highlight all the performing athletes.
- Work on a consistent approach to your motions to aid in the overall synchronization of the sequence.
- Great variety in motions and a high use of percentage of team participation, which increased your overall score.

DANCE:

- Great utilization of athletes within the different elements of dance. Work on the overall timing and confidence of all athletes.
- Very fun, and energetic dance. Athletes showed a high level of confidence and knowledge of the different movements throughout.
- Make sure athletes are maintaining a consistent energy level throughout, not just at the start of the dance.
- The incorporated level changes and partner work displayed a high level of precision and teamwork by all athletes.
- Consider adding at least one transition instead of staying in one spot to enhance the score.
- Incorporate all athletes within the dance section.

OVERALL IMPRESSION:

- Strong incorporation of all athletes throughout the performance.
- Athletes displayed confidence by making eye contact while looking out at the audience, smiling, and showing a strong athletic impression.
- The energy level from beginning to end was high and it was clear that the athletes were having fun.
- Great memorization of skills and placement throughout the routine.
- Excellent display of independent knowledge of routine throughout without constant reminders from coaches.
- Continue to work on memorization, so the athletes are not constantly looking at the coaches in front of the floor.
- Coaches in front are distracting and the athletes are looking at them and not out at the audience.
- So much potential, continue to encourage the athletes to develop more skills.

