



XCX
XTREME CHEER XPERIENCE

2020-2021
XTREME CHEER XPERIENCE

SCORING RUBRIC

**THE BELOW DIVISIONS WILL
UTILIZE THIS RUBRICS**

LEVEL 6: ALLSTAR
LEVEL 7: ALLSTAR

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2020 - 2021 ALL STAR SCORING SYSTEM - BUILDING LEVEL 6 & 7 WORLDS ALL GIRL

STUNT DIFFICULTY

3.0 - 3.5	BELOW	Skills performed do not meet Low range requirement
3.5 - 4.0	LOW	4 different level appropriate skills performed by Most of the team
4.0 - 4.5	MID	4 different level appropriate skills performed by Most of the team, 1 of which is Elite level appropriate
4.5 - 5.0	HIGH	4 different level appropriate skills performed by Most of the team, 2 of which are Elite level appropriate

ADDITIONAL INFORMATION

For Level 7 Stunts: All Level 6 & 7 Level appropriate skills will be considered Level Appropriate for scoring purposes (at least 2 different Level 7 skills are required to score in High range).

L6- All pyramid skills that are Level Appropriate in L5 will be given Level Appropriate credit.

Skills that are not required to be synchronized may be cumulative to meet a difficulty requirement.

Stunt Skills will only receive full credit if they show control through the pop or transition to another skill.

BODY POSITIONS

- Lib and platform are not considered body positions
- Body positions include: Stretch, bow and arrow, arabesque, scale, scorpion.

DIFFICULTY DRIVERS

- Degree of difficulty
- Percent of team participation (Maximizing stunt groups based on the number of athletes)
- Combination of skills (level and non-level appropriate)
- Pace of skills performed

BUILDING QUANTITY CHART

# OF ATHLETES	NUMBER OF GROUPS	
	MAJORITY	MOST
8 - 11	1	1
12 - 15	1	2
16 - 19	2	3
20 - 23	3	4
24 - 30	4	5
31 - 38	5	6

PYRAMID DIFFICULTY

3.0 - 3.5	BELOW	Skills performed do not meet Low range requirement
3.5 - 4.0	LOW	2 different level appropriate skills and 2 structures performed by Most of the team
4.0 - 4.5	MID	3 different level appropriate skills and 2 structures performed by Most of the team
4.5 - 5.0	HIGH	4 different level appropriate skills and 2 structures performed by Most of the team

TOSS DIFFICULTY

4.0	Less than a Majority of the team performs a toss
4.5	Majority of the team performs a level appropriate toss
5.0	Majority of the team performs a level appropriate toss rippled or synchronized in the same section

Same Section - Athletes may not be recycled.

STUNT DIVISION EXPECTATIONS

MUST BE PERFORMED BY GROUPS OF 3 OR MORE ATHLETES. RIPPLED OR SYNCHRONIZED IN THE SAME SECTION WITHOUT RECYCLING ATHLETES

X SMALL (5-16)		SMALL (17-22)		MEDIUM/NON-TUMBLING (23-30)		LARGE (31-38)		INTERNATIONAL (16-24) and OPEN (5-30)	
4.0	1 group performs a level appropriate skill	4.0	1-2 groups perform a level appropriate skill	4.0	1-4 groups perform a level appropriate skill	4.0	1-6 groups perform a level appropriate skill	4.0	1-3 groups perform a level appropriate skill
4.2	2 groups perform a level appropriate skill	4.2	3 groups perform a level appropriate skill	4.2	5 groups perform a level appropriate skill	4.2	7 groups perform a level appropriate skill	4.2	4 groups perform a level appropriate skill
4.4	3 groups perform a level appropriate skill	4.4	4 groups perform a level appropriate skill	4.4	6 groups perform a level appropriate skill	4.4	8 groups perform a level appropriate skill	4.4	5 groups perform a level appropriate skill
4.6	4 groups perform a level appropriate skill	4.6	5 groups perform a level appropriate skill	4.6	7 groups perform a level appropriate skill	4.6	9 groups perform a level appropriate skill	4.6	6 groups perform a level appropriate skill
4.8	3 groups perform an ELITE level appropriate skill	4.8	4 groups perform an ELITE level appropriate skill	4.8	6 groups perform an ELITE level appropriate skill	4.8	8 groups perform an ELITE level appropriate skill	4.8	5 groups perform an ELITE level appropriate skill
5.0	4 groups perform an ELITE level appropriate skill	5.0	5 groups perform an ELITE level appropriate skill	5.0	7 groups perform an ELITE level appropriate skill	5.0	9 groups perform an ELITE level appropriate skill	5.0	6 groups perform an ELITE level appropriate skill

2020 - 2021 ALL STAR SCORING SYSTEM - BUILDING LEVEL 6 & 7 WORLDS ALL GIRL

JUMP DIFFICULTY	
JUMPS MUST USE A WHIP APPROACH TO BE CONSIDERED CONNECTED.	
3.5	Skills performed do not meet 4.0 requirement
4.0	Most of the team performs 1 advanced jump
4.5	Most of the team performs 2 connected advanced jumps. Must be synchronized and include a variety.
5.0	Most of the team performs 3 connected advanced jumps or 2 connected advanced jumps, plus 1 additional advanced jump. Must be synchronized and include a variety.

TUMBLING/JUMP QUANTITY CHART		
# OF ATHLETES	MAJORITY	MOST
8 - 9	4	5
10 - 15	6	7
16 - 19	8	9
20 - 25	10	13
26 - 30	14	16
31 - 38	15	18

DIFFICULTY DRIVERS
<ul style="list-style-type: none"> Degree of difficulty Percent of team participation Combination of skills Synchronization of passes Variety of passes

STANDING TUMBLING DIFFICULTY		
SAME SECTION - SINGLE PORTION OF THE ROUTINE WHERE SKILLS FROM A SKILL SET ARE PERFORMED.		
3.0 - 3.5	BELOW	Skills performed do not meet Low range requirement
3.5 - 4.0	LOW	Most of the team performs a level appropriate pass
4.0 - 4.5	MID	Majority of the team performs an Elite level appropriate pass
4.5 - 5.0	HIGH	Most of the team performs an Elite level appropriate pass in the same section

JUMPS
<ul style="list-style-type: none"> Variety - at least 2 different jumps. Performing the same jump with different legs doesn't constitute as variety. (i.e. left/right hurdler). Jump skills must land on feet to be considered level appropriate and receive difficulty credit (i.e. jumps that land on knee(s) or seat, etc. would not count). Basic Jumps: Spread Eagle, Tuck Jump Advanced Jumps: Pike, Right/Left Hurdlers (front or side), Toe Touch

RUNNING TUMBLING DIFFICULTY		
3.0 - 3.5	BELOW	Skills performed do not meet Low range requirement
3.5 - 4.0	LOW	Majority of the team performs a level appropriate pass
4.0 - 4.5	MID	Most of the team performs a level appropriate pass
4.5 - 5.0	HIGH	Majority of the team performs an Elite level appropriate pass

ADDITIONAL INFORMATION
<ul style="list-style-type: none"> Tumbling passes must land on feet to be considered level appropriate and receive difficulty credit (i.e. jump 3/4 front flip to seat, back hand-springs which lands in a prone position, etc. would not count). Jumps within a pass will not break up the pass (i.e. Toe Touch BHS Toe Touch BHS Full is 1 pass). T-Jumps are not considered a jump and will break up a pass into two separate passes. L6 & L7- Standing Tumbling skills ending in a layout that are LEGAL in L5 will not receive level appropriate credit (i.e. BHS-BHS-Layout).

2020 - 2021 ALL STAR SCORING SYSTEM - OVERALL

STUNT CREATIVITY

2.0 - 2.5

Stunt skills incorporate visual, unique or innovative ideas.
This includes level and non-level appropriate skills.

This may include: Entries • Transitions • Dismounts • Clarity • Flow

PYRAMID CREATIVITY

2.0 - 2.5

Pyramid skills incorporate visual, unique or innovative ideas.
This includes level and non-level appropriate skills.

This may include: Entries • Transitions • Dismounts • Clarity • Flow

ROUTINE COMPOSITION

9.0 - 10

A team's ability to demonstrate the following throughout the routine:

Precise spacing • Formations • Transitions.

This includes innovative, visual and intricate ideas, as well as, any additional skills performed to enhance the overall appeal.

DANCE

9.0 - 10

A team's ability to demonstrate a high level of energy and entertainment value which may incorporate:

Visual elements • Variety of levels • Formation changes • Footwork • Floorwork • Partner work

This also includes: Technique • Perfection • Synchronization • Pace

SHOWMANSHIP

9.0 - 10

A team's ability to demonstrate high levels of energy and excitement while maintaining genuine enthusiasm. This will include appropriate athletic impression throughout the routine.

CHEER (GLOBAL DIVISIONS ONLY)

9.0 - 10

The Cheer portion of the routine MUST be completed before the music section of the routine.

Cheer Criteria: Crowd Leading – Ability to lead the crowd • Crowd Effectiveness – Voice, Pace & Flow • Proper use of signs, poms, megaphones, flags & motion technique • Practical use of stunts/pyramids to lead the crowd • Execution

2020 - 2021 ALL STAR SCORING SYSTEM - EXECUTION

EXECUTION

3.5 - 5.0	<p>Athletes are expected to demonstrate excellent technique when performing each skill. A team's execution will be determined by all athletes performing the skill.</p> <ul style="list-style-type: none"> Scores will start at a 5.0 and may be reduced by .1, .2 or .3 based on the lack of technical execution of each driver .1 - Minor technique issues by the team, not just 1 athlete in Tumbling/Jumps or 1 athlete in Stunts/Pyramid/Tosses .2 - Multiple technique issues by the team .3 - Widespread technique issues by the team No more than .3 will be taken off for a single driver. Stylistic differences will not factor into a teams' Execution score.
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STUNT/PYRAMID DRIVERS

Each driver may include, but is not limited to, the below examples:

Top Person	<ul style="list-style-type: none"> Body control Uniform flexibility Motion placement Legs straight/locked and toes pointed
Bases/Spotters	<ul style="list-style-type: none"> Stability of the stunt Solid stance Positioned shoulder width apart Feet stationary
Transitions	<ul style="list-style-type: none"> Entries Dismounts Speed/control/flow from skill to skill
Synchronization*	<ul style="list-style-type: none"> Timing
Obvious Mistakes	<ul style="list-style-type: none"> .2 - 2 errors (Bobbles**, Building Falls, and/or Major Building Falls) .3 - 3 or more errors (Bobbles**, Building Falls, and/or Major Building Falls)

*Teams that do not perform at least 1 level appropriate skill/transition by 2 or more groups in Stunts and Pyramids will automatically receive .3 off for Synchronization.

**Bobbles - Stunt/Pyramid skills that almost fall, but are saved. This does not include omitted skills.

STANDING/RUNNING TUMBLING DRIVERS

Each driver may include, but is not limited to, the below examples:

Approach	<ul style="list-style-type: none"> Arm placement into a pass/skill Swing/prep Chest placement Flow from skill to skill in a pass
Speed	<ul style="list-style-type: none"> Consistent or increases through pass/skills Connection of pass/skills
Body Control	<ul style="list-style-type: none"> Head placement Arm/shoulder placement in skills Hips Leg placement in skills Pointed toes
Landings	<ul style="list-style-type: none"> Controlled Legs/feet together Chest placement Finished pass/skill Incomplete twisting skills
Synchronization*	<ul style="list-style-type: none"> Timing

*Teams that do not perform 2 or more level appropriate passes synchronized in a group will automatically receive .3 off for Synchronization.

TOSS DRIVERS

Each driver may include, but is not limited to, the below examples:

Top Person	<ul style="list-style-type: none"> Body control Consistent execution of skill/trick Legs straight/toes pointed Arm placement
Bases/Spotters	<ul style="list-style-type: none"> Using arms/legs to throw together Solid stance Positioned shoulder width apart Timing
Height	<ul style="list-style-type: none"> Relative to the size of the athletes performing the toss
Cradle	<ul style="list-style-type: none"> Arms up to catch high Legs used to absorb catch Group positioned no more than shoulder width apart Controlled
Obvious Mistakes	<ul style="list-style-type: none"> .3 - Building Falls, and/or Major Building Falls

Teams with only 1 toss will always receive .3 off for each driver, regardless of the severity of the issue.

JUMP DRIVERS

Each driver may include, but is not limited to, the below examples:

Approach	<ul style="list-style-type: none"> Consistent entry Swing/prep
Arm Placement	<ul style="list-style-type: none"> Arm position within jump(s)
Leg Placement	<ul style="list-style-type: none"> Straight legs Pointed toes Hip placement/rotation Hyperextension Height
Landings	<ul style="list-style-type: none"> Legs/feet together Chest placement
Synchronization	<ul style="list-style-type: none"> Timing

2020 - 2021 ALL STAR SCORING SYSTEM - STUNTS

LEVEL 6

	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STUNT
LEVEL APPROPRIATE	<ul style="list-style-type: none"> DOWNWARD INVERSION FROM EXTENDED STUNT DOWNWARD INVERSION FROM EXTENDED 1 LEG STUNT RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO EXTENSION RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO LIB 	<ul style="list-style-type: none"> $\frac{3}{4}$ TURN SWITCH UP TO EXTENDED 1 LEG STUNT TIC TOC LIB TO LIB (HIGH TO HIGH) TIC TOC LIB TO LIB (LOW TO HIGH) $\frac{1}{2}$ TURN SWITCH UP TO EXTENDED 1 LEG STUNT TIC TOC LIB TO BODY POSITION (HIGH TO HIGH) TIC TOC LIB TO BODY POSITION (LOW TO HIGH) TWISTING HELICOPTER RELEASE MOVES SWITCH UP FULL TWIST TO EXTENDED 1 LEG STUNT $\frac{1}{2}$ TWISTING BALL UP TO EXTENDED BODY POSITION REWIND TO PREP LEVEL OR BELOW (INT 6 ONLY) 	<ul style="list-style-type: none"> FULL UP TO EXTENDED 1 LEG STUNT $1\frac{1}{2}$ - $1\frac{1}{4}$ UP TO EXTENDED STUNT $1\frac{1}{2}$ - $1\frac{1}{4}$ UP TO EXTENDED 1 LEG STUNT DOUBLE UP TO EXTENDED STUNT 	<ul style="list-style-type: none"> DOUBLE DOWN FROM 1 LEG STUNT KICK DOUBLE TWISTING DISMOUNT 	<ul style="list-style-type: none"> $1\frac{1}{2}$ - 2 TWIST TO PRONE COED STYLE TOSS $\frac{1}{4}$ - $\frac{1}{4}$ TWIST TO EXTENDED STUNT $\frac{1}{4}$ - $\frac{1}{2}$ TWISTING TIC TOC TO EXTENDED 1 LEG STUNT FULL TWISTING TIC TOC TO EXTENDED 1 LEG STUNT (LOW TO HIGH) COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY
ELITE LEVEL APPROPRIATE	<ul style="list-style-type: none"> RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO EXTENDED BODY POSITION 	<ul style="list-style-type: none"> SWITCH UP FULL TWIST TO EXTENDED BODY POSITION TIC TOC BODY POSITION TO BODY POSITION (HIGH TO HIGH) FULL TWISTING BALL UP TO EXTENDED BODY POSITION REWIND TO EXTENDED STUNT (INT 6 ONLY) UNASSISTED REWIND TO EXTENDED STUNT (INT 6 ONLY) 	<ul style="list-style-type: none"> $1\frac{1}{2}$ UP TO EXTENDED BODY POSITION $1\frac{1}{2}$ UP TO EXTENDED BODY POSITION DOUBLE UP TO EXTENDED 1 LEG STUNT 		<ul style="list-style-type: none"> UNASSISTED COED STYLE TOSS EXTENDED 1 ARM STUNT COED STYLE TOSS FRONT HANDSPRING RELEASE $\frac{1}{2}$ TWIST TO EXTENDED STUNT UNASSISTED COED STYLE TOSS FULL TWIST TO EXTENDED STUNT FULL TWISTING TIC TOC TO EXTENDED 1 LEG STUNT (HIGH TO HIGH) TOSS FRONT HANDSPRING $\frac{1}{2}$ UP RELEASE TO EXTENDED STUNT $\frac{1}{2}$ TWISTING RELEASED INVERSION TO EXTENDED STUNT FULL TWISTING TIC TOC TO EXTENDED BODY POSITION (LOW TO HIGH)

LEVEL 7

	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STUNT
LEVEL APPROPRIATE	<ul style="list-style-type: none"> FREE FLIPPING FROM GROUND LEVEL TO CRADLE (L7) FLIPPING FROM GROUND LEVEL TO PREP LEVEL (L7) FLIPPING FROM GROUND LEVEL TO EXTENSION (L7) DOWNWARD INVERSION FROM EXTENDED STUNT DOWNWARD INVERSION FROM EXTENDED 1 LEG STUNT RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO EXTENSION RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO LIB 	<ul style="list-style-type: none"> $\frac{3}{4}$ TURN SWITCH UP TO EXTENDED 1 LEG STUNT TIC TOC LIB TO LIB (HIGH TO HIGH) TIC TOC LIB TO LIB (LOW TO HIGH) $\frac{1}{2}$ TURN SWITCH UP TO EXTENDED 1 LEG STUNT TIC TOC LIB TO BODY POSITION (HIGH TO HIGH) TIC TOC LIB TO BODY POSITION (LOW TO HIGH) TWISTING HELICOPTER RELEASE MOVES SWITCH UP FULL TWIST TO EXTENDED 1 LEG STUNT $\frac{1}{2}$ TWISTING BALL UP TO EXTENDED BODY POSITION 	<ul style="list-style-type: none"> FREE FLIPPING WITH TWISTING FROM GROUND LEVEL TO CRADLE (L7) FLIPPING WITH TWISTING FROM GROUND LEVEL TO PREP LEVEL (L7) FLIPPING WITH TWISTING FROM GROUND LEVEL TO EXTENSION (L7) FULL UP TO EXTENDED 1 LEG STUNT $1\frac{1}{2}$ - $1\frac{1}{4}$ UP TO EXTENDED STUNT $1\frac{1}{2}$ - $1\frac{1}{4}$ UP TO EXTENDED 1 LEG STUNT DOUBLE UP TO EXTENDED STUNT 	<ul style="list-style-type: none"> FRONT FREE FLIPPING TO GROUND LEVEL (L7) FREE FLIPPING FROM PREP LEVEL OR BELOW TO CRADLE (L7) FREE FLIPPING WITH TWISTING FROM PREP LEVEL OR BELOW TO CRADLE (L7) DOUBLE DOWN FROM 1 LEG STUNT KICK DOUBLE TWISTING DISMOUNT 	<ul style="list-style-type: none"> $1\frac{1}{2}$ - 2 TWIST TO PRONE COED STYLE TOSS $\frac{1}{4}$ - $\frac{1}{4}$ TWIST TO EXTENDED STUNT $\frac{1}{4}$ - $\frac{1}{2}$ TWISTING TIC TOC TO EXTENDED 1 LEG STUNT COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY
ELITE LEVEL APPROPRIATE	<ul style="list-style-type: none"> FLIPPING FROM GROUND LEVEL TO EXTENDED SINGLE LEG AND/OR SINGLE ARM STUNT (L7) RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO EXTENDED BODY POSITION 	<ul style="list-style-type: none"> SWITCH UP FULL TWIST TO EXTENDED BODY POSITION TIC TOC BODY POSITION TO BODY POSITION (HIGH TO HIGH) FULL TWISTING BALL UP TO EXTENDED BODY POSITION 	<ul style="list-style-type: none"> FLIPPING WITH TWISTING FROM GROUND LEVEL TO EXTENDED SINGLE LEG (L7) $1\frac{1}{2}$ UP TO EXTENDED BODY POSITION $1\frac{1}{2}$ UP TO EXTENDED BODY POSITION DOUBLE UP TO EXTENDED 1 LEG STUNT 		<ul style="list-style-type: none"> BACKHANDSPRING FULL UP TO EXTENDED STUNT (L7) UNASSISTED COED STYLE TOSS EXTENDED 1 ARM STUNT FRONT HANDSPRING $1\frac{1}{2}$ UP TO EXTENDED STUNT COED STYLE TOSS FRONT HANDSPRING RELEASE $\frac{1}{2}$ TWIST TO EXTENDED STUNT COED STYLE TOSS FULL TWIST TO EXTENDED STUNT FULL TWISTING TIC TOC TO EXTENDED BODY POSITION (LOW TO HIGH) FRONT HANDSPRING $\frac{1}{2}$ UP TO EXTENDED STUNT

2020 - 2021 ALL STAR SCORING SYSTEM - TOSSES

LEVEL 6

NON - TWISTING	TWISTING
PIKE HITCH KICK • PIKE KICK PRETTY GIRL PIKE SWITCH KICK • HITCH KICK KICK	BALL DOUBLE FULL • PIKE DOUBLE FULL • KICK DOUBLE FULL TOE TOUCH DOUBLE FULL • DOUBLE UP TOE TOUCH • HITCH KICK DOUBLE FULL SWITCH KICK DOUBLE FULL • KICK FULL KICK FULL

LEVEL 7

NON - TWISTING	TWISTING
TUCK • X-OUT • PIKE • LAYOUT	LAYOUT FULL • LAYOUT DOUBLE FULL • X-OUT FULL SPLIT FULL • ARABIAN 1 1/2 • PIKE OPEN DOUBLE FULL

2020 - 2021 ALL STAR SCORING SYSTEM - TUMBLING

LEVEL 6 & 7

STANDING TUMBLING SKILLS	RUNNING TUMBLING SKILLS
JUMP BACK TUCK	CARTWHEEL FULL • ROUND OFF FULL • ROUND OFF BHS FULL • FRONT WALKOVER THROUGH TO FULL SIDE AERIAL/FRONT AERIAL/ONODI THROUGH TO FULL • FRONT FULL
ELITE LEVEL APPROPRIATE STANDING FULL • JUMP FULL • BHS FULL • JUMP BHS FULL • BHS SERIES TO FULL JUMP BHS SERIES TO FULL • BHS WHIP TO BHS SERIES TO FULL • BHS SERIES TO DOUBLE FULL JUMP BHS SERIES TO DOUBLE FULL • BHS WHIP TO BHS SERIES TO DOUBLE FULL	ELITE LEVEL APPROPRIATE FRONT HANDSPRING FRONT FULL • PUNCH FRONT STEPOUT TO FULL • ROUND OFF BHS WHIP TO FULL ROUND OFF ARABIAN ROUND OFF BHS FULL • ROUND OFF BHS FULL BHS SERIES TO FULL ROUND OFF DOUBLE FULL ROUND OFF BHS DOUBLE FULL • FRONT WALKOVER THROUGH TO DOUBLE FULL PUNCH FRONT STEPOUT TO DOUBLE FULL • ROUND OFF BHS WHIP TO DOUBLE FULL ROUND OFF ARABIAN ROUND OFF BHS DOUBLE FULL • ROUND OFF BHS FULL BHS SERIES TO DOUBLE FULL ROUND OFF BHS DOUBLE FULL BHS SERIES TO DOUBLE FULL