

PPAACCC Cheerleading Sliding Criteria

The following are examples of traits and qualities of the execution to help judges determine skill placement within the point range.

Stunts Sliding Criteria

Degree of Difficulty
Level of Perfection
% of Team Participation
Strong Body Positions/Body Control
Minimal Use of Bases
Additional Skills

Pyramids Sliding Criteria

Degree of Difficulty
Level of Perfection
Creative/Difficult Dismounts
% of Team Participation
Minimal Use of Bases
Variety/Speed of Transitions
Unique Mounts and Transitions
Multiple Structures
Additional Skills

Tosses Sliding Criteria

Degree of Difficulty
Level of Perfection (Technique & Timing)
Creative/Difficult Dismounts
Height
Strong Body Positions
Minimal Use of Bases (Lack of front spots)
Specialty Incorporations
Additional Skills
Other Unique Transitions
Synchronization of Skills

Tumbling Sliding Criteria

Degree of Difficulty
Level of Perfection (Technique, Timing, Landing)
% of Team Participation
Height of Skills
Form
Specialty Combination/Creativity
Synchronization of Skills
Additional Skills

Jumps Sliding Criteria

Hyperextended/Flexibility
Jump Combinations
Synchronization of Skills
Toe Point
Landings
Arm Placement
Chest Placement
Difficulty Approaches
Additional Skills

Motions/Dance Sliding Criteria

Synchronization
Sharpness
Rhythm
Body Control
Placement
Visual Effect
Pace
Energy/Entertainment Value
Formations

Advanced Stunting Skills Include

(but are not limited to):

Extended one leg stunts
Minor releases that land at prep level or below
Minor tick tock variations
Inverted transitions to prep level and below
Walking stunts/turning transitions
1/2 or single twisting transitions
Power presses
Other unique mounts and transitions of similar difficulty

Elite Stunting Skills Include

(but are not limited to):

Full up to extended position
Major releases that land in an extended position
Major tick tock variations
Inverted transitions to an extended position
1 1/2 - 2 twisting transitions
Toss extended stunts
Other unique mounts and transitions of similar difficulty

Basic Jumps Include:

Spread Eagle
Double Hook
Tuck
Herkie
Side Hurdle