



WHY CHEERSPORT...



Fact: 70% of athletes leave youth sport by the age of 13 and the number one reason given is "it's no longer fun" and the primary reason they continue is because it "is fun". There is this new exciting sports science research by Amanda Visek ("Fun Maps") that puts enjoyment and fun as the foundation for keeping kids in sport & breaks down the elements of fun – it is fascinating!! So what they know is that there are 81 Fun-determinants, youth sport needs to be fun & competitive, if it's not fun, kids quit. And the sad thing is that if they quit, we have lost the opportunity to impact their lives and teach them valuable life lessons that come from being in our great sport!



Why CheerSPORT?

This is why CheerBrandz has decided to disrupt our industry and create a new recreational competitive division aimed at putting the fun back in competitive cheerleading. CheerSPORT is aimed at attracting athletes that want to do competitive cheerleading but may not have the drive, natural ability or financial support to continually progress through elite level cheerleading.

Grades not Levels: We have changed the level system to be a grade system to distinguish it from Elite Cheerleading while also trying to use a system that encourages athletes to stay with CheerSPORT for multiple years. Grades are based on simple progressions, allowing athletes to be able to graduate and move up grades year after year while also staying with the friends they have made in their team. We have taken inspiration from the dance world who has a similar grading system where dancers stay with dance for many years.

- * Grade 1 = Equivalent to Level 1 Restricted
- * Grade 2 = Equivalent to USASF Level 1
- * Grade 3 = Advanced Level 1
- * Grade 4 = Equivalent to USASF Level 2
- * Grade 5 = Advanced Level 2
- * Grade 6 = Equivalent to USASF Level 3

**Please see the rubric for level/grade appropriate skills.*

Making it Affordable, Fun, Easy & Sustainable:

We have redesigned the scoresheet to make the sport:

- * **More Affordable** - competition fees are almost half the cost, there is no need for expensive music, no need for choreography fees and no need to practice on a full floor. By making the routines 1min30 it allows for shorter practices again making the sport more affordable.
- * **More Fun** – by removing the difficulty from the scoresheet, athletes can learn routines that fit their team and have more fun playing the sport they love. There is now no more need to out perform the competition with jam packing routines with even more elite skills.
- * **More Sustainable** – we have re-engineered the scoresheet to create a more sustainable business model. Cheer Gyms growth is limited mainly by two finite resources being gym space and coaches. We have ensured that there is no place on the scoresheet to judge spacing and formations. This means teams will not be disadvantaged by having less equipment or a smaller facility, this helps with gym efficiency, by allowing multiple teams to train simultaneously on one floor.
- * **Easier** – by removing the difficulty on the scoresheet & simplifying the grades we not only make it easier for athletes but equally as important we make it easier to train and teach coaches. You no longer need to have years of cheerleading experience to be a great coach, we can now look outside the industry for cheerleading coaches as the sport is easy to understand and teach. Coaches can once again grow and learn the grades with their athletes.



CheerSPORT Guidelines & Scoring Overview:



Routine Length: 1:30min

Judging: One judge will judge all sections, this helps to reduce the cost of the competition fees.

Awards: 1st, 2nd & 3rd Championship Banners, Mini Banners/Ribbons in place of medals & a competition gift. We understand the scoring ranges are small so it is likely we will have teams having equal scores, so there will be banners for all in the case of competition ties. Tiny, Mini & Youth teams will all receive an award banner regardless of placement.

Choreography: There are no choreography scores, so there is no need to pay for extra choreography.

Group Uniformity: This portion of the scoresheet has been adapted from dance scoresheets to encourage strong teamwork through group synchronisation, execution and uniformity.

Performance: This area of the scoresheet will play a big role in determining division winners. This is because we want to encourage coaches to teach a true love of the sport and encourage athletes to show genuine enjoyment and fun. And as an added bonus parents love to see their children smiling throughout their routine.

Stunt/Pyramid Difficulty: To make CheerSPORT as easy to teach and learn as possible, we have reduced the difficulty requirements for Stunts and Pyramids. This is a flat score and not subjective. Teams are only required to do 3 level appropriate skills. Having only three skills makes it easier to teach, avoids practice stress and allows for shorter practices. Elite skills are

allowed but not required as they are not rewarded on this scoresheet.

Stunt Quantity: We have created a new stunt quantity rubric called Maximum Groups Possible. This effectively is the total number of athletes on the floor divided by 4 (the number of athletes needed to make one full group stunt). This is because we believe all cheerleaders should have an equal opportunity to perform and experience the sport.

Tumbling: Tumbling difficulty is a flat score and not subjective and at all grades a single jump or basic tumble pass performed by 75% of the team will score a 5/5 for difficulty. This allows coaches to decide what skill is best for their team. Please also note that we allow all level/grade appropriate tumbling to be performed but these will not be scored. This is to allow those athletes who excel in tumble to perform and showcase their skills, while also encouraging athletes to enrol or continue in tumble classes.

Music: There is no score influenced by musicality or music quality, therefore, we encourage using low cost music options. Recycled mixes, single songs, 8-count man, are all acceptable options.

Uniforms: We encourage the use of low-cost affordable athletic looking uniforms or training apparel. The coverup rule will apply.

Legalities: We will be warned but not deducted.

Deductions: Deductions will be given.





CheerSPORT AGE GRID

Division	Age	Numbers	Grades
Tiny	6 years & younger	4 or more	Grade 1,2
Mini	9 years & younger	4 or more	Grade 1, 2, 3, 4
Youth	12 years & younger	4 or more	Grade 1,2,3,4,5,6
Junior	15 years & younger	4 or more	Grade 1,2,3,4,5,6
Senior	18 years & younger	4 or more	Grade 1,2,3,4,5,6
Open	14 years & older	4 or more	Grade 1,2,3,4,5,6
Primary School	Primary School Age	4 or more	Grade 1, 2, 3, 4
Intermediate	Intermediate School Age	4 or more	Grade 1,2,3,4,5,6
High School	High School Age	4 or more	Grade 1,2,3,4,5,6

The age of a competitor: will be determined based on the International standard being the date of birth falling during the “year of the competition” being the 31 December. **Size Splits:** Divisions will be split into Small (4-12 Members) and Large (13 or more Members) where there are more than 10 teams in a division. **Coed Splits:** For Senior Divisions Grades 5 & 6 a coed split will occur where there are 5 or more coed teams in a division.





TUMBLING

A.
GENERAL

B.
STANDING

C.
RUNNING

	GRADES 2	GRADES 4	GRADES 6
<p>May jump/rebound over an individual; May rebound from feet into a stunt transition; When rebounding into a stunt transition, may not rebound to inverted or through an inverted position; NO tumbling over, under, or through a stunt, individual or prop; NO tumbling while holding/contact with prop</p>	<p>½ rebound to prone allowed NO dive rolls</p>	<p>NO dive rolls in arched or swan position and may not twist</p>	<p>NO dive rolls in arched or swan position and may not twist</p>
	<p>Skills with constant physical contact with the performing surface such as cartwheels, rolls, walkovers, handstands</p> <p>Blocked cartwheels allowed</p>	<p>Single handspring</p> <p>NO twisting or turning allowed after back handspring step out; NO jump skills connected to handspring; NO twisting while airborne except round offs</p>	<p>Series handsprings; Jump in combination with handspring(s)</p> <p>NO flips allowed; NO twisting while airborne except round-offs</p>
	<p>Skills with constant physical contact with the performing surface such as cartwheels, rolls, walkovers</p> <p>Blocked cartwheels and round offs allowed</p> <p>NO tumbling immediately after round off or round off rebound</p>	<p>Handspring series</p> <p>NO twisting or turning allowed after back handspring step out; NO twisting while airborne except round offs</p>	<p>Round off or round off back handspring(s) into back tuck; Aerial cartwheels; Front tucks; ¾ front flips</p> <p>NO tumbling after a tuck or aerial cartwheel; NO tumbling prior to front tuck; NO twisting while airborne except round offs and aerial cartwheels</p>





STUNTS

A.

SPOTTERS

B.

STUNT HEIGHT

C.

TRANSITION

D.

TWISTING

E.

RELEASE MOVES

	GRADES 1 + 2	GRADES 3 + 4	GRADES 5 + 6
A. SPOTTERS	Prep level and above; Floor stunt Exception: Shoulder sit, Tlift, Stunts only supported at waist	Above prep level; Floor stunt	Above prep level; Single based stunts with multiple top persons require spotter for each top person
B. STUNT HEIGHT	NO single based or assisted single based extended stunts for Youth and below but may pass above prep level if allowed	Waist level single leg; Prep level two leg (may pass above prep level); Prep level single leg with additional base with hand/arm connection to top person prior to initiation; Walk up shoulder stand NO single based stunts with multiple top persons	Prep level single leg (may pass above prep level); Above prep level two leg NO single based stunts with multiple top persons
C. TRANSITION	Must remain in contact with at least one base No leap frog/leap frog variations	Must remain in contact with at least one base	Must remain in contact with at least one base unless legal as release move
D. TWISTING	Up to ¼ EXCEPTION: Rebound ½ turn to prone; Wrap around; Up to ½ twist starts & ends on performing surface and only supported at the waist	Up to ½ twist EXCEPTION: Single full twisting log roll with no additional skills that starts and ends in cradle position	Up to 1 twist to prep level or below; Up to ½ twist to extended single leg; Up to 1 twist to extended two legged
E. RELEASE MOVES	Requires 3 catchers for multi-based stunt, and 2 catchers for single based stunt that lands in a horizontal position; May not land inverted; May not intentionally travel; Must return to original base(s); NO free flips(see Exception for Level 6)	Not allowed other than dismounts	Not allowed other than dismounts, tosses, and full twisting log rolls with no additional skills that start and end in a cradle position
			Starts at waist level or below and lands at prep level or below; May not exceed extended arm level; 1 skill and 0 twisting EXCEPTION: Log rolls up to one twist and must land in cradle, flat back or prone NO helicopters; May not involve inversions



STUNTS

	GRADES 2	GRADES 4	GRADES 6
F. INVERSIONS		Not allowed (Inverted athlete must maintain contact with performing surface)	Ground level inversions that transition directly to non-inverted position.
G. DOWNWARD INVERSIONS	Not allowed		Waist level or below (may pass through prep level); Must have 2 catchers in contact between waist and shoulder region of torso of top person NO 2 leg pancake style stunts Not allowed
H. OVER/ UNDER	Stunt or individual passing over/under a separate stunt or individual	Arms and Legs allowed	Arms and Legs Allowed





PYRAMIDS

A.
GENERAL

B.
DOWNWARD INVERSIONS

C.
NON-RELEASED TRANSITIONS

	GRADES 2	GRADES 4	GRADES 6
A. GENERAL	Must follow stunt and dismount rules and allowed up to 2 high; Top person must receive primary support from a base unless legal as a release transition; Released transitions may	not come in contact with other stunt/pyramid release moves; Required catchers/spotters must be stationary, must maintain visual contact with the top person throughout the entire	transition, and may not be involved in any other skill or choreography when the transition is initiated; Primary weight may not be borne at second level.
B. DOWNWARD INVERSIONS	(Single based or assisted single based extended stunts are not allowed in Youth and below; Required bracer(s) must be connected to top person by initiation of skill and remain in contact throughout skill)	Two leg extended connected to prep level or below bracer with hand/arm connection; Prep level single leg connected to prep level or below bracer with hand/arm connection NO extended stunt connected to extended stunt Prep level bracers must have both feet in the bases' hands unless in shoulder sit, flat back, straddle lift, or shoulder stand	Extended single leg connected to prep level or below bracer with hand/arm connection NO extended stunt connected to extended stunt Prep level bracers must have both feet in the bases' hands unless in shoulder sit, flat back, straddle lift, or shoulder stand
C. NON-RELEASED TRANSITIONS	TWISTING Up to ¼ twist INVERSIONS Must follow stunt rules	TWISTING Up to ½ twist Log rolls may not be assisted by another top person INVERSIONS Must follow stunt rules	TWISTING Up to 1 twist (Prep level bracer required through transition if exceeds ½ twist to extended single leg stunt) INVERSIONS Must follow stunt rules.





PYRAMIDS

D. RELEASED TRANSITIONS

F. OVER/UNDER

	GRADES 2	GRADES 4	GRADES 6
<p>(Contact must be maintained with the same bracer/bracers throughout the transition; Contact must be made with a base on the performing surface before contact with the bracer(s) is lost (this does not include the uniform or hair); If 2 bracers are required, must be on 2 separate sides of the body; May not be connected/braced to top persons above prep level; Braced inversions/flips may not travel downward while inverted)</p>	<p>Not allowed other than dismounts</p>	<p>Not allowed other than dismounts and tosses</p> <p>Log rolls may not be assisted by another top person</p>	<p>NON-INVERTED- 2 bracers (one of which must be hand/arm to hand/arm, the other may be hand/arm or hand/arm to foot/lower leg); 2 catchers; May not change bases</p> <p>EXCEPTION: Legal stunt release moves may be performed with 1 bracer</p> <p>TWISTING 2 bracers hand/arm connections</p> <p>BRACED INVERSIONS Not allowed</p>
<p>Stunt, pyramid or individual over/under a separate stunt, pyramids or individual</p>	<p>Arms and legs allowed</p>	<p>Arms and legs allowed Top person may not pass over/under torso of another top person</p>	<p>Arms and legs allowed Top person may not pass over/under torso of another top person</p>





DISMOUNTS AND TOSSES

A.
GENERAL DISMOUNTS

	GRADES 2	GRADES 4	GRADES 6
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	Single based cradles require a spotter with at least one hand-arm supporting waist to shoulder region of top person; Multi-based cradles require 2 catchers and a spotter with at least	one hand-arm supporting waist to shoulder region of top person; Cradles from single based stunts with multiple top persons require 2 catchers for	each top person, and catchers and bases must be stationary prior to initiation; No free flipping or assisted flipping dismounts allowed
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B.
DISMOUNTS

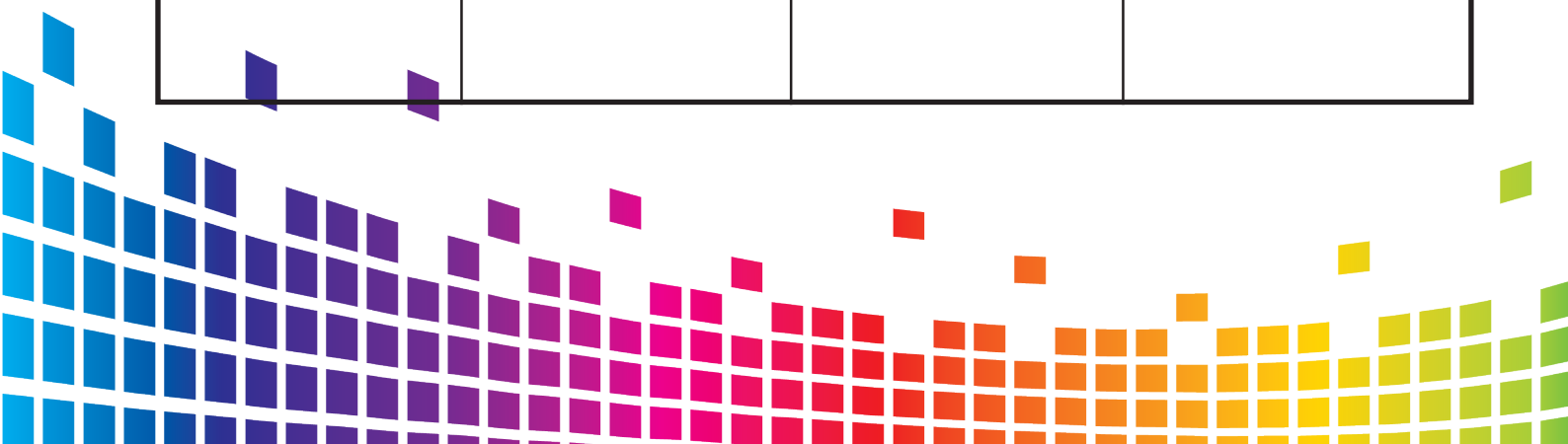
	Straight pop downs, basic straight cradles NO waist level cradles, sponge tosses or dismounts from above prep level in pyramids	Straight pop downs, basic straight cradles, and ¼ turn cradles NO waist level cradles in Mini division	1 ¼ twist or 1 trick from two legs; ¼ twist cradles from single leg; All dismounts from prep level and above involving a trick must land in cradle NO dismounts from an inverted position
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C.
GENERAL TOSSES

	Minimum of 3, maximum of 4 tossing bases, one base must be behind the top person; Must be caught in cradle	position by at least 3 original bases one of which is positioned at the head and shoulder area of the top person;	NO flipping, inverted, or intentionally traveling tosses
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D.
TOSSES

	See allowed stalls for judged progressions	Straight ride	1 trick or up to 1 twists Exception: Ball X Arch does not count as trick
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CheerSPORT SCORING RUBRIC - DRAFT

BUILDING (35)				
STUNTS		STUNT/TOSS QUANTITY		
DIFFICULTY	3 - 5	# of Athletes	Majority (4.5)	Most (5.0)
3 level appropriate skills	5 Points	5-11	1	1
2 level appropriate skills	4 Points	12-15	1	2
1 level appropriate skill	3 Points	16-19	2	3
		20-23	3	4
TECHNIQUE	3.5 - 5	24-27	4	5
A team's ability to execute building skills with excellent precision and form		28-30	4	6
Judging is subjective		31-38	5	7

PYRAMID		TOSSESS		
		<i>*Appropriate at levels 2+ ONLY</i>		
DIFFICULTY	3 - 5	DIFFICULTY	5 PTS AVAILABLE	
1 level appropriate skill & 2 structures	5 Points	Majority of the team performs 1 toss	5 Points	
1 level appropriate skill & 1 structure	4 Points			
1 structure	3 Points			
TECHNIQUE	3.5 - 5	TECHNIQUE	3.5 - 5	
A team's ability to execute building skills with excellent precision and form		A team's ability to execute building skills with excellent precision and form		
Judging is subjective				

TUMBLING / JUMPS (10)	
DIFFICULTY	5pts Available
Full team performs the SAME jump or tumbling skill	5 Points

TECHNIQUE	4 - 5
A team's ability to execute building skills with excellent precision and form	
Judging is subjective	

OVERALL (35)	
DANCE	9.5 - 10
A team's ability to demonstrate a high level of energy and entertainment value which incorporates visual elements, formation changes, partner work, floorwork and footwork. This includes technique, perfection and synchronization of dance moves performed.	

PERFORMANCE	9 - 10
A team's ability to demonstrate high energy levels and excitement while maintaining genuine enthusiasm and showmanship. This includes appropriate athletics impression throughout the routine.	

GROUP EXECUTION	4.5 - 5
The judges will credit here: How well the team performs together as a group, rather than the execution of technique. The ability of the team to maintain accuracy, clarity and control. No obvious mistakes or errors	

ROUTINE COMPOSITION	9.5 - 10
A team's ability to demonstrate precise spacing in formations and seamless patterns of movement in transitions performed throughout the routine.	