



# 2025 CHEERSPORT SCORING SYSTEM

STUNT DIFFICULTY		
3.0	GOOD	1 level appropriate skill, performed by Maximum Groups Possible
4.0	BETTER	2 level appropriate skills, performed by Maximum Groups Possible
5.0	BEST	3 level appropriate skills, performed by Maximum Groups Possible

PYRAMID DIFFICULTY		
3.0	GOOD	1 structure performed
4.0	BETTER	1 level appropriate skill & 1 structure, performed by Maximum Groups Possible
5.0	BEST	2 level appropriate skill and 2 structures, performed by Maximum Groups Possible

TOSS DIFFICULTY		
(No tosses for grades 1-2, grade 3 is scored on a trophy drill progression)		
5.0	BEST	Max Groups Possible performs 1 toss (or level appropriate progression)

STUNT/PYRAMID/TOSS TECHNIQUE	
3.0 - 5.0	A team's ability to execute building skills with excellent precision and form. Judges are looking for: Uniformity and synchronization of skills performed, stability and control from Bases/Spotters and Top Person. No obvious mistakes.

STUNT/TOSS QUANTITY CHART	
(Maximum Groups Possible is the total team number divided by 4)	
# OF ATHLETES	MAX GROUPS POSSIBLE
4 - 7	1
8 - 11	2
12 - 15	3
16 - 19	4
20 - 23	5
24 - 27	6
28 - 30	7
31 - 36	8

TUMBLING/JUMP DIFFICULTY		
5.0	BEST	Full team performs the <b>SAME jump OR tumbling skill</b> . No other tumbling passes will be credited, but are allowed.

TUMBLING/JUMP TECHNIQUE	
3.0 - 5.0	A team's ability to execute Tumbling/Jumps with excellent precision and form. Skills not included in the "Full Team" section will not be scored. However, deductions will be given for tumbling as we want to encourage safe tumbling

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 expression throughout the routine.

GROUP UNIFORMITY	
9 - 10	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, control and synchronization. No obvious mistakes or errors. Spacing or formation issues will not affect this score.



## 2025 CHEERSPORT LEVEL APPROPRIATE STUNTS

GRADE 1	GRADE 2	GRADE 3
<ul style="list-style-type: none"> <li>•Back Stand/Nugget Stunt</li> <li>•1 Leg stunt below prep level (Eg "baby lib")</li> <li>•2 Leg stunt below prep level</li> <li>•Hang Drill</li> <li>•Double base thigh stand</li> <li>•Single base thigh stand</li> <li>•1/4 twisting transition to below prep level</li> <li>•1/4 down to ground</li> <li>•T-Lift</li> <li>•V-Sit at shoulder level (aka Teddy/Straddle Lift)</li> <li>•Switch up to lib below prep level</li> <li>•Switch up to body position below prep level</li> <li>•Tic Toc below prep level (Lib to Lib)</li> <li>•Tic Toc below prep level (Lib to Body Position)</li> </ul>	<ul style="list-style-type: none"> <li>•Back Stand/Nugget Stunt</li> <li>•1 Leg stunt below prep level</li> <li>•Switch up to lib below prep level</li> <li>•Switch up to body position below prep level</li> <li>•Tic Toc below prep level (Lib to Lib)</li> <li>•Tic Toc below prep level (Lib to Body Position)</li> <li>•1/4 twisting transition to below prep level</li> <li>•1/4 twisting transition from prep level</li> <li>•1/4 down to ground</li> <li>•Prep level show &amp; go</li> <li>•Shoulder Sit</li> <li>•Shoulder Stand</li> <li>•Flatback</li> <li>•Extended Flatback</li> <li>•Prep level single leg stunt (with hand/arm connection)</li> <li>•Prep level to Prone</li> <li>•Straight cradle</li> <li>•V-Sit at shoulder level (aka Teddy/Straddle Lift)</li> <li>•Extended V-Sit (aka Teddy/Straddle Lift)</li> </ul>	<ul style="list-style-type: none"> <li>•Load to 2 leg prep that passes through extended level</li> <li>•1/2 twisting transition to 2 leg prep that passes through extended level</li> <li>•Show 'n' go that passes above prep level</li> <li>•Straight cradle from single leg prep level stunt</li> <li>•Prep level single leg stunt</li> <li>•Full twist log roll</li> <li>•1/2 twist transition to 2 leg prep level stunt</li> <li>•Switch up to Lib prep level</li> <li>•Tic Toc below prep level (body position to body position)</li> <li>•Tic Toc prep level (Lib to Lib)</li> <li>•Tic Toc prep level (lib to body position)</li> <li>•1/2 twist transition to below prep level</li> <li>•1/4 twisting transition to to prep level Lib</li> <li>•1/4 twisting transition to to prep level Body Position</li> </ul>
GRADE 4	GRADE 5	GRADE 6
<ul style="list-style-type: none"> <li>•Inversion on ground to waist level stunt</li> <li>•Inversion on ground to prep level stunt</li> <li>•Switch up to Lib prep level</li> <li>•Tic Toc prep level (Lib to Lib)</li> <li>•Tic Toc prep level (lib to body position)</li> <li>•1/2 twist transition to below prep level</li> <li>•1/4 twisting transition to to prep level 1 leg stunt</li> <li>•1/2 twisting transition to below prep level</li> <li>•1/2 twisting transition to prep level</li> <li>•1/2 twisting transition to prep level 1 leg stunt</li> <li>•1/2 twisting transition to prep level body position</li> <li>•1/4 twisting transition to extended stunt</li> <li>•Straight cradle from extended stunt</li> <li>•Straight cradle from prep level body position</li> <li>•1/4 twisting dismount from prep or extension</li> </ul>	<ul style="list-style-type: none"> <li>•Inversion from ground level to extended stunt</li> <li>•Tic Toc prep level (body position to body position)</li> <li>•1/2 twisting transition to extended stunt</li> <li>•1/2 twisting inversion to extended stunt</li> <li>•1/2 twisting Tic Toc to prep level 1 leg stunt</li> <li>•1/2 twisting inversion to prep level 1 leg stunt</li> <li>•Switch up to prep level Lib</li> <li>•Full up below prep level</li> <li>•Full up to 2 leg prep level stunt</li> <li>•1/4 twisting transition to 1 leg stunt that passes through extended level</li> <li>•1/2 twisting transition to 1 leg prep that passes through extended level</li> <li>•Straight cradle from extended 1 leg stunt</li> <li>•Full down from prep</li> <li>•1/4 twisting dismount from extended 1 leg</li> <li>•Single skill cradle from 2 leg stunt (non-twisting)</li> </ul>	<ul style="list-style-type: none"> <li>•Inverted below prep level</li> <li>•Inverted at prep level</li> <li>•Downward inversion from below prep level</li> <li>•Release to prep level or below</li> <li>•Switch up to prep level Lib</li> <li>•Ball up, straddle up and/or release to prep level Lib</li> <li>•Tic Toc below prep level to below prep level (Lib to Lib)</li> <li>•Full up below prep level</li> <li>•Full up prep level stunt</li> <li>•1/4 twisting transition to extended 1 leg stunt</li> <li>•Full up to prep level 1 leg stunt</li> <li>•Prep level full twisting transition to prep level 1 leg stunt</li> <li>•Straight cradle from extended 1 leg stunt</li> <li>•Full down from prep</li> <li>•1/4 twisting dismount from extended 1 leg</li> <li>•Full down from extension</li> <li>•Single skill cradle from 2 leg stunt (non-twisting)</li> </ul>



## 2025 CHEERSPORT LEVEL APPROPRIATE STUNTS

GRADE 1	GRADE 2	GRADE 3
N/A	N/A	Trophy drill through extended level
GRADE 4	GRADE 5	GRADE 6
Straight ride toss	Toe Touch toss Pike Arch toss Kick Arch toss Pretty Girl Arch toss Ball-X toss	Toe Touch toss Pike Arch toss Kick Arch toss Pretty Girl Arch toss Ball-X toss Full Twist toss



## 2025 CHEERSPORT LEVEL APPROPRIATE TUMBLE

GRADE 1 & 2	GRADE 3 & 4	GRADE 5 & 6
<ul style="list-style-type: none"> <li>• Forward Roll</li> <li>• Straddle Roll</li> <li>• Handstand</li> <li>• Handstand Forward Roll</li> <li>• Front Limber</li> <li>• Front Walkover</li> <li>• Cartwheel</li> <li>• Backward Roll</li> <li>• Back Extension Roll</li> <li>• Push up to Backbend</li> <li>• Standing Backbend</li> <li>• Backbend kick-over</li> <li>• Back Walkover</li> <li>• Round Off</li> <li>• Cartwheel Back Walkover</li> <li>• Front Walkover to Cartwheel/Round Off</li> <li>• Cartwheel 1/2 turn Front Walkover</li> <li>• Connected Skills - Cartwheel/Back Walkover</li> </ul>	<ul style="list-style-type: none"> <li>• Handstand</li> <li>• Handstand Forward Roll</li> <li>• Front Limber</li> <li>• Front Walkover</li> <li>• Cartwheel</li> <li>• Push up to Backbend</li> <li>• Standing Backbend</li> <li>• Backbend kick-over</li> <li>• Back Walkover</li> <li>• Round Off</li> <li>• Cartwheel Back Walkover</li> <li>• Front Walkover to Cartwheel/Round Off</li> <li>• Cartwheel 1/2 turn Front Walkover</li> <li>• Connected Skills - Cartwheel/Back Walkover</li> <li>• Standing Back Handspring</li> <li>• Back Handspring step-out</li> <li>• Back extension roll Back Handspring</li> <li>• Back Walkover Back Handspring</li> <li>• Cartwheel BHS</li> <li>• Round Off BHS</li> <li>• Round Off BHS step-out</li> <li>• Round Off BHS series</li> <li>• Front Walkover to Round Off BHS Series</li> </ul>	<ul style="list-style-type: none"> <li>• Standing Back Handspring</li> <li>• Back Handspring step-out</li> <li>• Back extension roll Back Handspring</li> <li>• Back Walkover Back Handspring</li> <li>• Cartwheel BHS</li> <li>• Round Off BHS</li> <li>• Round Off BHS step-out</li> <li>• Round Off BHS Series</li> <li>• Front Walkover to Round Off BHS Series</li> <li>• BHS Series</li> <li>• Jump to BHS</li> <li>• Jump to BHS series</li> <li>• BHS series Jump BHS Series</li> <li>• BHS step out BHS combo</li> <li>• Aerial</li> <li>• Punch Front</li> <li>• Round Off Back Tuck</li> <li>• Round Off BHS Back Tuck</li> <li>• Round Off BHS series to Back Tuck</li> <li>• Front Walkover to Round Off BHS Back Tuck</li> <li>• Front Walkover to Round Off BHS series Back Tuck</li> </ul>

*Clarification: All tumbling skills will be allowed in all grades (EG. Back tuck in Grade 1), but this will not be credited or judged for difficulty. However, deductions will be given for tumbling*