



## Cheer Solos & Duos 2024

| Difficulty   | MAX                 | Score |
|--|---------------------|-------|
| <b>Tumbling Difficulty</b><br><i>Number of level appropriate and elite tumble skills and combinations including transitions.</i> | 5                   |       |
| <b>Jumps Difficulty</b><br><i>Number of Jumps, transitions, connected jumps, considering variety and creativity.</i>             | 5                   |       |
| <b>Motions Difficulty</b><br><i>Intricacy, pace, precision, creativity and innovation.</i>                                       | 5                   |       |
| <b>Choreography Difficulty</b><br><i>Flow of routine, use of floor, musicality, variety, pace, innovation and creativity.</i>    | 5                   |       |
| <b>Performance</b><br><i>Stamina, Timing, Stability, Crowd appeal, Showmanship</i>   | 5                   |       |
| <b>Maximum Points: 25</b>  | <b>J1<br/>TOTAL</b> |       |
| <b>Comments:</b>   |                     |       |

| Technique   | MAX                 | Score |
|---|---------------------|-------|
| <b>Tumbling Technique</b><br><i>Overall tumbling technique, body positions, control, flexibility and precision.</i> | 5                   |       |
| <b>Jump Technique</b><br><i>Overall Jump technique, body positions, control, flexibility and precision.</i>         | 5                   |       |
| <b>Motions Technique</b><br><i>Strength, precision, correct placement.</i>  | 5                   |       |
| <b>Choreography Technique</b><br><i>Performed with precision and control.</i>                                       | 5                   |       |
| <b>Overall Routine Impression</b><br><i>Entertainment value, solid clean routine.</i>                               | 5                   |       |
| <b>Maximum Points: 25</b>   | <b>J2<br/>TOTAL</b> |       |
| <b>Comments:</b>  |                     |       |

| Cheer Deductions                | Timestamp | Explanation | J4<br>DEDUCTIONS |
|---------------------------------|-----------|-------------|------------------|
| AF :Athlete Fall (0.15)         |           |             |                  |
| BB :Building Bobble (0.25)      |           |             |                  |
| BF :Building Fall (0.75)        |           |             |                  |
| MBF :Major Building Fall (1.25) |           |             |                  |
| BV :Boundary Violation (0.05)   |           |             |                  |
| TL :Time Limit Violation (0.05) |           |             |                  |
| Time of Routine                 |           |             |                  |
|                                 |           |             |                  |

| Cheer Safety  | Timestamp | Explanation | J5<br>DEDUCTIONS |
|---|-----------|-------------|------------------|
| GOLT :General Rules/Out of Level Tumbling (0.05) (0.05) |           |             |                  |
| BOL :Building Out of Level (0.1) (0.1)                  |           |             |                  |
| BAL :Building All Level Rules (0.50) (0.5)              |           |             |                  |
| IP :Image Policy (0.01) (0.01)                          |           |             |                  |
| Warning (0)   |           |             |                  |
|   |           |             |                  |