

# THE **OFFICIAL** CHAMPIONSHIP GUIDE

# JAMZ™ 2011 - 2012

## **JAMZ** | SCHOOL CHEER AND DANCE GUIDE



**WE'RE NOT JUST A BRAND, WE'RE A LIFESTYLE.**  
Made in California. 100% Original. Athletes for life.  
The perfect blend of talent, love and dedication to the sport.  
Train hard. Dream big. Be you. Made for athletes by athletes.

800.920.4272 | [camps@jamz.com](mailto:camps@jamz.com) | [www.jamz.com](http://www.jamz.com)

# THE GUIDE

*We summed it up to save you time.*

**JAMZ™**  
PLAY. PERFORM. INSPIRE.

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**ALL CONTENT VALID THROUGH 3/31/12**

*\*Updated 07/12/2011*

## CONTACT US

*Seriously. We like talking to you.*

### JAMZ Cheer & Dance

PO Box 4308

Modesto, CA 95352

Phone: (800) 920-4272

Fax: (209) 578-1617

[www.jamz.com](http://www.jamz.com)

General Questions:

[cheer@jamz.com](mailto:cheer@jamz.com)

Rules/Legality Questions:

[rules@jamz.com](mailto:rules@jamz.com)

Division/Category Changes:

[championships@jamz.com](mailto:championships@jamz.com)

Camps/Private Camps:

[camps@jamz.com](mailto:camps@jamz.com)

Merchandise:

[sales@jamz.com](mailto:sales@jamz.com)



# JAMZ

Cheer & Dance

## 2011-2012

### CHAMPIONSHIPS

www.jamz.com



**WE KNOW YOUR RULES. WE KNOW THE INDUSTRY. WE KNOW HOW TO HAVE FUN!**



**OCT 9**

#### **KINGDOM CLASSIC**

Six Flags Discovery Kingdom  
Vallejo, CA

**OCT 16**

#### **FRIGHTFEST CLASSIC**

Six Flags Discovery Kingdom  
Vallejo, CA (Youth Only)

**OCT 23**

#### **JAMZ RELOAD**

UOP Spanos Center  
Stockton, CA

**NOV 6**

#### **CAPITOL CITY CHAMPIONSHIP**

SCC - Memorial Auditorium  
Sacramento, CA

**NOV 6**

#### **COASTER CLASSIC**

Six Flags Magic Mountain  
Valencia, CA

**NOV 6**

#### **CENTRAL VALLEY SPECTACULAR**

CSU Stanislaus  
Turlock, CA (Youth & HS Only)

**NOV 13**

#### **ROYAL VALLEY CHAMPIONSHIP**

Selland Arena  
Fresno, CA

**NOV 19**

#### **BID CHALLENGE**

Anaheim Convention Center  
Anaheim, CA

**DEC 3**

#### **SLAM CITY JAMZ**

Cow Palace  
San Francisco, CA

**DEC 3**

#### **GOLDEN CLASSIC**

Six Flags Magic Mountain  
Valencia, CA

**DEC 11**

#### **HOLIDAY SHOWCASE**

CSU Dominguez Hills  
Carson, CA

**JAN 15**

#### **ADRENALINE HEAVEN\***

UC Davis  
Davis, CA

**JAN 15**

#### **PALMS & PYRAMIDS\***

CSU Long Beach  
Long Beach, CA

\*Not a qualifier for JAMZ Youth Nationals.

**MADE IN CALIFORNIA.**  
100% ORIGINAL.

**(800) 920-4272**

**EARLY BIRD RATES AVAILABLE!**

Visit [www.jamz.com](http://www.jamz.com) for details.

**WE ♥ THIS SPORT. WE ARE ATHLETES.**

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**WE'RE NOT JUST A BRAND, WE'RE A LIFESTYLE.**

Made in California. 100% Original.

The perfect blend of talent, love and dedication to the sport. Train hard. Dream big. Be you. Made for athletes by athletes.

# REGISTRATION 411

*What do you need to know to get started?*

## BEFORE YOU REGISTER... *(Please note the following guidelines, requirements, etc.)*

### SIX FLAGS EVENTS:

- Six Flags events are excluded from online registration. See each Six Flag event for specific info on rates, payments, & deadlines.

### DEADLINES:

- Entry form and full payment must be RECEIVED by specified deadlines. Visit [www.jamz.com](http://www.jamz.com) to see deadlines for each event.
- Performance order is determined by the date FULL registration is received (including full payment).

### PAYMENTS:

- No personal checks or purchase orders will be accepted. You may pay by School check, money order, or credit card.
- One check, money order or credit card number per registration only.
- For late entries that are approved, you must pay by money order or credit card. Checks will not be accepted.
- A \$30 'returned check' fee will be charged for each insufficient check.
- Cards will be charged according to the fee that applies on date entry is received. Some credit cards are subject to maximum daily allowances. Any balance not obtained by the deadline, will be charged according to the fee of the actual charge date and not the received fax date.

## WHAT DOES IT COST TO REGISTER? *The Registration Rates*

JAMZ knows life is busy and unpredictable. That's why we allow teams more options when submitting their registration. Whether you're early, on time or late with your registration, we'll do our best to work with your situation. The earlier you register, the more money you save!

	EARLY BIRD	ON TIME	LATE
Schools Regional per participant	\$30	\$35	\$40
Cross Competitor Rage	\$30	\$30	\$30

*(Six Flags events are excluded from these rates. See each Six Flag event for specific info on rates, payments and deadlines.)*

## HOW DO YOU REGISTER? *There are three (3) ways to register:*

### 1) ONLINE - *Pay by credit card.*

- Go to the [Registration Manager](#) online, complete forms and payment online. *(One credit card number per registration only).*
- Print out the [Agreement of Compliance Form](#) and get it signed by all parents/guardians *(to be completed only ONE TIME per season).*
- Mail or fax [Agreement of Compliance Form](#) and [Team Roster](#) to JAMZ w/in 48 hours of your online submission.

**NOTE:** *Your team's information does not submit to JAMZ until full payment is processed online. If you create/set up your team during the Early Bird time frame, but do not submit payment information until the On Time dates, your total will be recalculated at the current day's rate. Late entries are not accepted online.*

### 2) FAX - *Pay by credit card or e-check*

- Download the registration forms online, print out and complete all info. *(One credit card number per registration only).*
- Get [Agreement of Compliance Form](#) signed by all parents/guardians *(to be completed only ONE TIME per season).*
- Fax the [Championship Team Entry Form](#), [Agreement of Compliance Form](#) and [Team Roster](#) to (209) 578-1617.

### 3) MAIL - *Pay by check, money order, e-check, or credit card.*

- Download the registration forms online, print out and complete all info.
- Get [Agreement of Compliance Form](#) signed by all parents/guardians *(to be completed only ONE TIME per season).*
- Make checks payable to: **JAMZ**. *(One check, money order or credit card number per registration only).*
- Mail [payment](#), [Championship Team Entry Form](#), original [Agreement of Compliance Form](#), and [Team Roster](#) directly to:  
**JAMZ Championships, PO Box 4308, Modesto, CA 95352**
- To expedite shipping, use US Postal Service Express (overnight) or Priority Mail (2-3 day in CA). **UPS and FedEx do NOT deliver to P.O. Boxes.**

## HOW DO YOU KNOW WHEN REGISTRATION IS COMPLETE? *You'll receive a confirmation email.*

Notification of registration receipt will be sent via email. If you do not receive notification within seven days of mailing registration documents, please call JAMZ at (800)920-4272 or email [championships@jamz.com](mailto:championships@jamz.com). All future correspondence will be sent to the contact person's name and address on each registration form. 1-2 weeks prior to the event, you will receive a preliminary line up, followed by a schedule of performance. These will also be posted online.

# REGISTRATION 411

*How to complete the boring but important paperwork.*

## **CHAMPIONSHIP TEAM ENTRY FORM** - *One per team for each event.*

Please read through the category descriptions, divisions, routine guidelines, levels, general safety rules and scoring section (found in this guide) prior to registering your team to ensure you are choosing the appropriate level, category and division for your team.

## **AGREEMENT OF COMPLIANCE FORM** - *One per team each season.*

Teams/organizations submit this form only **ONE TIME** during the entire season (**exception**: an updated form is required if any participants are added after the original form was submitted). Each form allows space for 20 parent/guardian signatures. If you have more than 20 competitors, you may duplicate the form. Unless registering on-line, the Agreement of Compliance Form must be submitted at the time of registration. If you are registering on-line, the form must be submitted to JAMZ 48 hours after your registration is received.

## **TEAM ROSTERS** - *One per team each season (see requirements & exceptions below).*

All teams competing at JAMZ Championship(s) are required to submit a Team Roster. Schools teams **MUST** use the JAMZ form.

**SCHOOLS:** Forms are only required with your team's FIRST JAMZ Championship entry. If you attend more than one event, (including Nationals) you'll only be required to submit an updated JAMZ Roster form if there are changes made to your team. Elementary, Jr. High and High School teams are required to provide a complete listing of all eligible school cheerleaders, with a school official's signature that confirms all participants are members of the school. **Alternates** may be listed on your roster. See JAMZ School Roster form for more details.

## **NEED TO MAKE A CHANGE?...** *Follow these steps to successful changes.*

- Read the 2011-2012 categories, divisions and levels thoroughly to ensure you're making the correct change.
- Fill out the Change Request Form (available online in the Championship Info section).
- Form must be submitted on or before the "On-Time" deadline for each event, JAMZ will confirm your change within 2 business days.
- All changes that are requested after the "On-Time" deadline are subject to approval and the following fee:  
**\$50 per team/change** at Regionals and Six Flags events    **\$100 per team/change** for Nationals.
- Be sure to include your Credit Card Authorization Form with the Change Request Form.

The following are the most common types of changes:

### **Change of Total # of Participants:**

Increasing participant(s) requires additional fees (paid with the Change Request Form at that current date's rate); there are no fees for decreasing.

### **Change in Category/Division/Level:**

Teams will change position in the performance order based on the date the new changes were made. *Nationals change deadlines are specific to each event. See your invitation packet for dates and specifics.*

# REGISTRATION 411

*The legal stuff you should know.*

## LIMITED ENTRIES - *Trust us, we'd love to let an endless amount of teams register.*

However, due to the popularity of our events JAMZ will only accept entries as space allows. JAMZ will process entries in the order in which they are received. Should the event reach capacity (stadium seating capacity/length of day capacity), registration will be closed.

## LATE ENTRIES - *We all know life isn't perfectly planned.*

If you missed the deadline, you need to register via phone. Call JAMZ at (800) 920-4272 to get your late entry approved (acceptance is not guaranteed due to limited space available). If the event is not full and late entries are approved by JAMZ, the late registration fee must be paid for each participant in the form of a credit card to JAMZ at the time registration is submitted.

## PERFORM IN A SECOND CATEGORY FOR FREE! *Did we mention it's FREE?*

Yes, teams are allowed to compete in a second category for FREE. However, teams are NOT allowed to compete in the same SAME CATEGORY twice (i.e. Varsity Show Cheer Level 1 and Varsity Show Cheer Level 2). The second category MUST contain at least 70% of the SAME participants as the first category. Please select your second category when submitting original registration. Unfortunately, second categories can't be added once the Final Schedule is posted.

**IMPORTANT NOTE:** JAMZ cannot guarantee more than 20 minutes between a team's 1st and 2nd performances. Warm-up and award ceremonies may overlap. JAMZ will not change times the day of the event to accommodate teams for this reason.

## SCHOOL CROSS COMPETITORS - *Wow, we think you're amazing!*

JAMZ does allow cross-competitors (meaning participants who perform on multiple teams), but they must:

- Be included in all team's numerical counts and rosters
- Submit full payment for the participants main team
- Submit Cross Competitor fee for each additional team with whom they compete

**IMPORTANT NOTE:** JAMZ cannot guarantee more than 20 minutes between a team's 1st and 2nd performances. Warm-up and award ceremonies may overlap. JAMZ will not change times the day of the event to accommodate teams for this reason.

## CANCELLATION POLICY - *We'll miss you.*

Teams wishing to cancel are subject to processing and cancellation fees. Cancellation notifications must be submitted in writing (fax or email), by a registering coach. You will be contacted by a JAMZ Representative upon receipt of notification. If a participant cancels from your registration and you replace that participant with a new participant for your team, you can use the payment of the first participant towards the new.

**IMPORTANT NOTE:** All participant payments are non-transferable between teams. If a participant cancels (regardless of the reason) you cannot apply that person's payment to another team.

## REFUND POLICY - *The earlier your request, the better.*

Requests for refunds must be submitted in writing (fax or email), by a registering coach. Requests submitted on or before the "On-Time" deadline will receive a full participant refund. Requests made between the the "On-Time" deadline and 6 days prior to an event will receive 50% participant refund. All payments are non-refundable after that time. Refunds will be given in the manner in which payment was received. Please allow 4-6 weeks for refunds to be processed. *Nationals refunds and deadlines are specific to each event. See your invitation packet for dates and specifics. This policy does not apply to Six Flags events. See Six Flags Registration Packet for event specifics.*

## GENERAL FORM POLICY - *Don't forget these helpful reminders:*

- Doublecheck that you have all of your forms.** Any team entries that do not include the appropriate forms will not be processed.
- Include your email address.** It's required on the registration forms so we can keep in touch about the event for which you registered.
- Look for a confirmation email.** Notification of registration receipt will be sent via email. If you don't see one after 7 days, please call us.

# CHAMPIONSHIPS 411

*Get the lowdown on Performance Day.*

## **JAMZ MISSION STATEMENT...** *Because we know that EVERY event is someone's FIRST event!*

JAMZ Cheer & Dance strives to provide a safe and positive environment for kids to enhance self-esteem, improve skill levels and educate teams. By hiring talented and knowledgeable staff and conducting all events with the highest level of integrity and professionalism, JAMZ will pursue quantitative growth without sacrificing the quality of the company's products or services.

## **EVENT PERFORMANCE SCHEDULES...** *Please share this info with your parents.*

Performance schedules are determined by the number of registered teams. A preliminary line-up with overall event day time frames will be posted on the JAMZ website ([www.jamz.com](http://www.jamz.com)) and emailed to the registering coach up to two weeks prior to championships. Team performance schedules will be posted on the JAMZ website and emailed to the registering coach up to one week prior to championships (no later than 3 days prior). Coaches will also be given a copy of the performance schedule at the time of 'Coach Check-in'. All times are subject to change. Prior to posting of the schedule, please do not call to check your individual team performance time, how many teams are in your division, etc. We appreciate your patience. *Please share this information with your parents.*

## **PERFORMANCE ORDER...** *First to Register = Last to Perform*

The date full registration is received (including full payment) will determine the performance order for all championships. The first registration received will be placed last to perform in that category/division/level. The last registration received will be the first to perform. Adjustments may be necessary due to team or division conflicts. Teams that delay submitting required paperwork will change position in performance order based on the date the paperwork is completed. Teams that make any changes to their category, division or level after submitting registration will change position in the performance order based on the date the new changes were made.

## **PARTICIPANT ELIGIBILITY...** *Proof of age is required.*

Coaches/coordinators must be able to prove the age of their participants on the day of the championship.

- **School teams** must be able to prove the grade level of their participants on the day of the championship as well as student enrollment with the school. These teams must submit a Team Roster signed by an administrator of the school, that confirms all competitors are members of the school. Please bring a copy of this signed Official Team Roster with you on the day of the championship.

## **PERFORMANCE AREA...** *Check the event description on the web or give us a call.*

### **REGIONAL CHAMPIONSHIP (SPRING FLOOR):**

- **School cheer teams:** Teams will perform on a 42' deep x 54' wide Olympic Elite Fiberglass spring floor.
- **School dance teams:** All teams will perform on the same floor as cheer: 42' deep x 54' wide Olympic Elite Fiberglass spring floor.

*Note:* If the dance team registrations warrant, and facility space allows, JAMZ will provide a Marly floor.

**REGIONAL CHAMPIONSHIPS (NON SPRING FLOOR):** All cheer and dance teams will perform on a 42' deep x 54' wide carpeted foam cheer mat.

**SIX FLAGS CHAMPIONSHIPS:** All cheer and dance teams will perform on a carpeted foam cheer mat.

- **Six Flags Discovery Kingdom:** 42' deep x 54' wide.
- **Six Flags Magic Mountain:** Magic Mountain Golden Bear Theatre = 30' x 31'. These dimensions are smaller than standard floors. See the Magic Mountain registration packet for more details.

### **NATIONAL CHAMPIONSHIPS:**

- **School Cheer** - All Cheer teams will perform on a 42' deep X 54' wide carpeted foam cheer mat, per NFHS guidelines.
- **School Dance** - All dance teams will perform on a 42' deep x 49' wide professional Marly floor.

## **WARM-UP AREA...** *Your warm-up time will be listed on the final schedule of performance posted online.*

Each team will have a designated warm-up time prior to its performance time. Times will be posted on the final schedule of performance, posted online at [www.jamz.com](http://www.jamz.com) three (3) days prior to your event. Warm-up will vary for each event. Specifics will be in emails specific to your event.

## **MUSIC...** *Take the stressing out of pressing play at the sound booth!*

### **TEAMS MUST MEET THE FOLLOWING MUSIC FORMAT REQUIREMENTS:**

- Music may be on cassette tape, CD (CD is preferred) or ipod/MP3 (must have 1/8" jack - email [cheer@jamz.com](mailto:cheer@jamz.com) for specifics).
- Music must be recorded at the beginning of the tape/CD with no other music on the tape/CD.
- Duplicate tapes/CD's must be available so that teams may have a copy while in warm-ups, in case of lost, broken tapes/CD's, etc.
- Please label CD's with your team name and cell phone number (including area code) in case of loss.
- A team representative must be at the sound booth prior to your team's performance time to press play and direct our sound tech.
- Please have your music queued and ready.

# CHAMPIONSHIPS 411

*Get the lowdown on Performance Day.*

## ADDITIONAL MUSIC TIPS:

- Make sure your CD is an Audio CD Format, not Data Format. Check it in a CD player to be certain it plays properly.
- Each team should bring their own tape player/radio for practice sessions. Be sure to have team identification on it. (Exception: Six Flags Theme Parks do not allow these devices in the park).
- Give other members of your coaching staff duplicate copies of your music in the event of a lost bag or malfunction.
- Coaches/choreographers should create routines that finish at least a few seconds under the time limit to ensure team does not go over the maximum time allotted for the category. Penalty points will be deducted for exceeding the time limit for routines.
- Music selections must be edited and appropriate for a family environment.

## INTERRUPTION OF PERFORMANCE... *'Cause we know stuff happens.*

### 1) Unforeseen Circumstances.

- If, in the opinion of the competition officials, a team's routine is interrupted because of failure of the competition equipment, facility, or other factors attributable to the competition rather than the team, the team affected should STOP the routine.
- The team will perform the routine again in its entirety, but will be evaluated ONLY from the point where the interruption occurred. The degree and effect of the interruption will be determined by the competition officials.

### 2) Fault of Team.

- In the event a team's routine is interrupted because of failure of the team's own equipment, the team must either continue the routine or withdraw from the competition.
- The competition officials will determine if the team will be allowed to perform at a later time. If decided by officials, the team will perform the routine again in its entirety, but will be evaluated ONLY from the point where the interruption occurred.

### 3) Injury.

- In the event that an injury causes the team's routine to be interrupted, the participant can stop the routine and seek medical assistance.
- Competition officials reserve the right to stop the routine if an injury occurs.
- The competition officials will determine if the team will be allowed to perform at a later time. If decided by officials, the team will perform the routine again in its entirety, but will be evaluated ONLY from the point where the interruption occurred.

## HOW TO HANDLE PROCEDURAL QUESTIONS

**1. RULES & PROCEDURES.** Any questions concerning the rules or procedures of the competition will be handled exclusively by the advisor / coach of the team and will be directed to a Championship Event Director. Such questions should be made prior to the team's competition performance.

**2. PERFORMANCE.** Any questions concerning the team's performance should be made to the Championship Event Director immediately after the team's performance and/or following the outcome of the competition.

## INTERPRETATIONS AND / OR RULINGS

Any interpretation of any aspect of these Rules and Regulations or any decision involving any other aspect of the competition will be rendered by the Head Rules Judge. The Head Rules Judge will render a judgment in an effort to ensure that the competition proceeds in a manner consistent with the general spirit and goals of the competition.

## SPORTSMANSHIP

All participants agree to conduct themselves in a manner displaying good sportsmanship throughout the competition with positive presentation upon entry and exit from the performance area as well as throughout the routine. The advisor and coach of each team is responsible for seeing that team members, coaches, parents and other persons affiliated with the team conduct themselves accordingly. Severe cases of unsportsmanlike conduct are grounds for disqualification.

## DISQUALIFICATION

Any team that does not adhere to the terms and procedures of these "Rules and Regulations" will be subject to disqualification from the competition and will automatically forfeit all rights to any prizes or awards presented by the competition, and may also forfeit the opportunity to participate in a competition or the National Championship the following year.

## SCORING... *Our judges use a custom scoring system so championships run on time and scores are accurate.*

JAMZ has incorporated an electronic scoring system to increase efficiency and accuracy in the scoring process. This innovative scoring system was the first in the cheer and dance industry and nothing can top it! We're excited for our JAMZ Panel and Rules Judges to utilize this amazing technology! Judges will represent various parts of the industry so that style differences will be balanced in evaluating performances. Score sheets may not be available on the day of every championship. In this instance, score sheets will be emailed or mailed following the championship. See the Scoring section for more details on JAMZ' scoring process.

## FINALITY OF DECISIONS

By participating in this championship, each team agrees that the decisions by the judges will be final and results may ONLY be reviewed for clarification. Each team acknowledges the necessity for the judges to make prompt and fair decisions in this competition and each team therefore expressly waives any legal, equitable, administrative or procedural review of such decisions.

# RULES 411

*How to keep your teams safe and happy.*

## COACH'S CHECKLIST... *Think of this as your Summer reading list.*

Coaches should read through all of the following in the **JAMZ Championship Guide** to help avoid penalties, forfeiture or disqualification, and maximize scoring:

- JAMZ Category Descriptions
- JAMZ Division Details
- JAMZ Routine Guidelines
- JAMZ Levels Grids
- JAMZ General Safety Rules
- JAMZ Glossaries
- JAMZ Penalty Info
- JAMZ Scoring Info
- JAMZ Coach's Cheat Sheet
- JAMZ Scoring Grids

## ASK QUESTIONS... *Only you can prevent penalties, forfeiture or disqualification.*

JAMZ asks that all coaches/directors/advisors review the JAMZ Rules each year, understand them and adhere to the JAMZ Safety and Routine Guidelines. Any questions concerning guidelines or specific stunts, pyramids, dance lifts or clarification are welcome! Protect your team from unnecessary deductions and penalties.

In order to ensure a prompt response to your questions, please contact us at the following:

- For Category/Division/Level Registration Questions: [championships@jamz.com](mailto:championships@jamz.com) OR (800) 920-4272
- For General Championship Questions/Comments: [championships@jamz.com](mailto:championships@jamz.com) OR (800) 920-4272
- For Routine/Safety/Skill Allowance Rules Questions: [rules@jamz.com](mailto:rules@jamz.com)

## HOW DO YOU SUBMIT A RULES QUESTION?... *There are two options.*

**1) SEND US A VIDEO.** Honestly, we love videos! It's the best way to make sure your routine is penalty-free! Full mounting/dismounting and skill should be included in video. Submit your video in one of the following formats:

- Mail a DVD or VHS tape (include your division, category, level and the event you'll be attending).
- OR -
- Email us a link to an online video of a stunt, pyramid or dance skill (include your division, category, level and the event you'll be attending).

**2) FILL OUT THE ONLINE RULES FORM.** We make it soooooo easy.

- Go to [www.jamz.com](http://www.jamz.com) and click "Championships".
- Under "General Forms" in the Info Center, click "Ask a Rules Question".
- Make sure to include your division, category, level and the event you'll be attending.

## DON'T FORGET TO INCLUDE THE FOLLOWING INFO FOR RULES QUESTIONS... *if you include it, they will answer ☺*

- All questions must be in written form; no phone calls will be accepted.
- Include the event you will be attending.
- Include your name.
- Include your team name.
- Include your division/category/level.
- OPTIONAL - If you're referring to a specific rule, include the page number and rule reference (e.g. Youth Cheer Routine Guidelines #8a).

## HOW LONG DOES IT TAKE?... *The earlier you send it, the better.*

Please allow up to 3 business days for response. JAMZ will address all inquiries in writing. Questions should be submitted at least 10 days prior to an event to allow for a response and time to make routine changes (if needed).

# JAMZ

## Cheer & Dance

# NATIONALS

# 2012

THE ORLEANS ARENA  
LAS VEGAS, NV



Find out how to qualify!  
**(800) 920-4272**  
[www.jamz.com](http://www.jamz.com)

## THE STORY CONTINUES...

Once upon a time there was a crazy hip cheer & dance company from California! Their Nationals in Las Vegas was all the rage! Amazing talent, worlds bids, a cool Vegas venue and a totally sweet staff! Teams worked hard across the land to be the best, but no matter who won, they all had a blast and lived happily ever after. Yeah, there's more to that story... like hard work, a true love for the sport, etc.. You really have to be there. At JAMZ, you are an athlete and we want you to be a part of the story! Visit [www.jamz.com](http://www.jamz.com) to see how to qualify for Nationals!

## YOUTH

JAN 27-30, 2012

### WHY CHOOSE JAMZ?

LARGEST IN THE U.S.  
BIGGEST TROPHIES,  
JACKETS, MEDALLIONS,  
MORE DIVISIONS,  
MORE AWARDS,  
MORE CHANCES TO WIN,  
EXPERIENCED JUDGES,  
FUN-FILLED EXPERIENCE,  
MADE FOR YOUTH,  
JUST FOR YOUTH,  
PERIOD.



## ALL-STAR & SCHOOL

FEB 24-26, 2012

### WHY CHOOSE JAMZ?

HUGE TROPHIES,  
JACKETS, MEDALLIONS,  
BANNERS,  
MORE DIVISIONS,  
MORE AWARDS,  
MORE CHANCES TO WIN,  
EXPERIENCED JUDGES,  
FUN-FILLED EXPERIENCE,  
USASF TIER 1 COMPANY,  
14 BIDS TO WORLDS,  
MORE WARMUP TIME,  
BEST OF THE BEST,  
PERIOD.



## 2012 BIDS

### CHEER

(2) FULL PAID BIDS  
(6) AT-LARGE BIDS

### DANCE

(2) PARTIAL PAID BIDS  
(4) AT-LARGE BIDS

See [www.jamz.com](http://www.jamz.com) for rules  
and requirements.

WE ♥ THIS SPORT. WE ARE ATHLETES.

**JAMZ™**  
PLAY. PERFORM. INSPIRE.

WE'RE NOT JUST A BRAND, WE'RE A LIFESTYLE.  
Made in California. 100% Original.  
The perfect blend of talent, love and dedication to the sport. Train hard. Dream big. Be you. Made for athletes by athletes.

# WHY TAKE YOUR TEAM TO JAMZ NATIONALS?

*Trust us, we have a lot of good reasons.*

## **JAMZ INVESTS IN THE HIGHEST QUALITY OF EQUIPMENT USED IN THE INDUSTRY!**

We don't just say we have the best equipment in the industry! We research it, ask our customers about their preferences, bounce and tumble on choice floors, visualize how to improve events, consider what the highest industry standard is year after year, and spend the money! We realize that staying current on industry trends is key to any successful business.

## **PROFESSIONAL MARLY DANCE FLOORS**

JAMZ knows dance...warmup and compete on the floor your team deserves!

## **EVENTS RUN ON TIME!**

JAMZ estimates events with experienced forecasting measures that allow our events to run smoothly and on time. We understand how busy life can be and appreciate the time you do spend with us!

## **UNIQUE AND ABUNDANT AWARDS MAKE JAMZ NATIONALS A MEMORABLE EXPERIENCE!**

With Nationals jackets, huge team trophies, banners, medallions, invitations to once in a lifetime opportunities, there's something for everyone!

## **THE JAMZ NATIONAL TITLE CARRIES PRESTIGE!**

When teams win the National Title at JAMZ Nationals, they truly are the best of the best! The caliber of teams at JAMZ Nationals continues to amaze us. JAMZ offers MORE YOUTH DIVISIONS than any other company, a dance category for EVERY style, and ALL USASF DIVISIONS. Our School divisions and levels also continue to grow each year! But most importantly, JAMZ requires at least 2 teams in a division to be eligible for a national title, and most often exceed the requirement by many teams!

## **JAMZ JUDGES ARE HIGHLY TRAINED IN THE SCHOOL INDUSTRY!**

Judges have been trained and tested on School categories, divisions, levels, rules and scoring guidelines! Rules judges are Safety-Judge-Certified for all divisions. Judges represent various parts of the industry and are from across the country, so style preferences will be balanced in evaluating performances.

## **NO ONE HAS AN ELECTRONIC SCORING SYSTEM LIKE OURS. IT'S CUSTOM-MADE!**

JAMZ has incorporated an electronic scoring system to increase efficiency and accuracy in the scoring process. The JAMZ scoring process will change the way you think about scoring! With less subjectivity and much more emphasis on skills performed, we've heard what our customers want and can't wait for you to see the new updates.

JAMZ has created separate scoring criteria for EVERY level of cheer and EVERY style of dance! What does this mean? Points for routines are allocated differently for each level! They each have their own point distribution. Why would we go to such great lengths to tailor our score sheets to each level? 'Cause we know that level rules only allow certain difficulties in tumbling, stunting, tosses, pyramids, etc. We challenge teams to "perform smarter". By understanding JAMZ' scoring structure, coaches should already be able to estimate their 'base' technical element scores before even taking the floor! Use the tips provided in the Scoring sections of the Championship Guide to ensure your routine maximizes its potential score.

**IF THOSE AREN'T ENOUGH REASONS, COME VISIT A JAMZ EVENT AND SEE FOR YOURSELF 😊**

*We'll see you there!*

# NATIONALS 411

*Are you ready for JAMZ Nationals?*

## HOW DO TEAMS GET TO NATIONALS? ... *Show us what you've got!*

Since JAMZ Nationals features the “best of the best”, all teams are required to qualify. Once you’re there, you’re “the cream of the crop”. We don’t waste your time, money or energy with on-site prelims or finals, we treat your team like the stars they are! Attending Nationals is an amazing, unique experience for all participants, parents and coaches!

## WHAT'S THE QUALIFICATION PROCESS? ... *Choose one of three options:*

### OPTION #1: SCORE A 70% OR HIGHER AT A JAMZ CHAMPIONSHIP

Teams scoring 70% or higher at a JAMZ championship will qualify for JAMZ Nationals. All teams that qualify for JAMZ Nationals will receive a Nationals Invitation along with score sheets. Teams will then be required to submit all required forms to the JAMZ office by the deadlines listed. See the Registration section of this document for details on how to register for a JAMZ championship.

### OPTION #2: VIDEO QUALIFICATION

When a JAMZ championship is not within close proximity, teams may qualify for JAMZ Nationals by submitting a qualifying video. All teams that qualify for JAMZ Nationals will be asked to download the Nationals Invitation Packet. Download the **Nationals Qualification Packet** (located in the Championship Info Center or Nationals section on [www.jamz.com](http://www.jamz.com)) for details on paperwork and video requirements for submitting a qualifying video for Nationals.

### OPTION #3: SCORE SHEET SUBMISSION FROM A NON-JAMZ SANCTIONED CHAMPIONSHIP

When a JAMZ championship is not within close proximity, teams may qualify for JAMZ Nationals by attending a non-JAMZ championship and submitting those score sheets for qualification. All teams that qualify for JAMZ Nationals will be asked to download the Nationals Invitation Packet. Download the **Nationals Qualification Packet** (located in the Championship Info Center or Nationals section on [www.jamz.com](http://www.jamz.com)) for details on paperwork and score sheet requirements to qualify for Nationals.

## NATIONALS TEAM REQUIREMENT... *Let the competition begin.*

In order to protect the prestige of winning a national title, all divisions MUST contain at least two (2) teams in order to be included in the JAMZ National Championships. Teams that are found to be alone in a division will be asked to move to a different skill level or division. JAMZ reserves the right to make exceptions to this rule if deemed necessary.

For further questions on Nationals, please check the Nationals section on [www.jamz.com](http://www.jamz.com) for periodic updates. You may also contact us with specific questions at [championships@jamz.com](mailto:championships@jamz.com) or (800) 920-4272.

# SCHOOL CHEER CATEGORIES

*What type of routine will your team perform?*

**CATEGORY** is defined by the type of performance you select.

**SHOW CHEER:** Performance using music, cheer or any combination thereof. **Music is required in this category.** Music may be positioned for a segment, half, or the entire performance. Gymnastic skills are required as a component of the total team score; lack of tumbling in a Show Cheer Routine will result in a 0 in any tumbling category. **Stunts are required; omission of stunts in a Show Cheer routine will result in a 0.** Poms, megaphones, signs, and banners are encouraged. Tear away uniforms or removal of clothing is prohibited. Formal entrances are prohibited (i.e. crowd response chants or cheers, choreographed marching, or stunts). A quick team huddle prior to performance is allowed. Spirited entrances are allowed; teams should take no longer than 10 seconds to set for their routine. Please refer to the remainder of the School Cheer section for complete details on Show Cheer routine requirements.

**GROUP STUNT ROUTINE:** Background music is required in this category. **Stunts are required; omission of stunts in a Group Stunt routine will result in a forfeiture.** Formal entrances are prohibited (i.e. crowd response chants or cheers, choreographed marching, or stunts). A quick team huddle prior to performance is allowed. Spirited entrances are allowed; teams should take no longer than 10 seconds to set for their routine. Please refer to the remainder of the School Cheer section for complete details on Group Stunt routine requirements. Tosses are required in group stunt. Omission of tosses will result in a zero. Execution penalties will not be deducted in group stunt.

**SIDELINE PERFORMANCE CHEER:** A performance using cheers, chants, crowd response and any combination thereof. Music or amplified sound is strictly forbidden in this category. Gymnastic skills, jumps, and or stunts may be incorporated. Basket tosses or sponge tosses are prohibited. At least one of the following props is required; poms, banners, megaphones, props, flags, drum cadences or signs. **A spirited entrance is required and will be judged** and may include crowd response chants, cheers, choreographed marching, and or stunts. **This spirited entrance will be included in a team's total performance time limit.**

**PARTNER STUNT ROUTINE:** Background music is required in this category. **Stunts are required; omission of stunts in a Partner Stunt routine will result in a forfeiture.** Formal entrances are prohibited (i.e. crowd response chants or cheers, choreographed marching, or stunts). A quick huddle prior to performance is allowed. Spirited entrances are allowed; partners should take no longer than 10 seconds to set for their routine. Please refer to the remainder of the School Cheer section for complete details on Partner Stunt routine requirements. Execution penalties will not be deducted in Partner Stunt routines.

# SCHOOL CHEER DIVISIONS

## General Division Guidelines

### WHAT ARE LEVELS?

Levels 1-3 (Novice, Intermediate, Advanced and Elite) have been created to provide safety and convenience for teams who may perform at a different skill level than others. Coaches must consider tumbling and stunting abilities when choosing the level in which their team will perform. Please refer to the JAMZ School Cheer Routine Guidelines, Scoring Guidelines, General Safety Rules, Penalty Info and Scoring Grids for routine requirements and specifications on skills that are allowed and restricted in each level.

### ABOUT THE RULES

In order to provide accessibility to teams who compete at various companies and event producers throughout California, Nevada, Arizona and Utah, JAMZ has formulated their rules in compliance with AACCA and NHSF Guidelines so teams have to perform minimal changes when competing at both JAMZ events and other event producers within California. Therefore JAMZ will be following all rules in the 2011 - 2012 AACCA High School Cheerleading Safety Rules. However, further restriction do apply regarding the Novice (Level 1) and Intermediate (Level 2) division. Please review these rules carefully.

### SAFETY & PROGRESSION

Please be aware that all JAMZ divisions and Levels are created to allow for proper progression in the learning of cheerleading skills, stunts, tosses, tumbling, and jumps. Nevertheless, some divisions allow skills that may allow for advanced progression over the previous level or division. Coaches and Advisors should only have cheerleaders perform skills that they have mastered through proper progression and practice even though a division or level may allow a skill that is more advanced than the capabilities of the cheerleader or group.

### WHEN DO DIVISIONS COMBINE?

**JAMZ reserves the right to combine/delete divisions based on participation.** Coaches will be notified of this type of division change PRIOR to competition.

### WHEN DO DIVISIONS SPLIT?

**SMALL/LARGE DIVISIONS:** At JAMZ Nationals, teams will compete based on age and skill level (as listed in the divisions). After registration is complete divisions may be split into small and large based on equal distribution of small and large teams. If there are **EIGHT (8) OR MORE TEAMS IN A DIVISION**, JAMZ reserves the right to split into small and large. Small and large numbers will be determined by the natural break. Natural break is calculated by finding the average participant number of the teams in that division and splitting accordingly. A minimum of 3 teams must clearly fall within the large and small break.

The Natural break is calculated using the original number of participants registered. If any changes are made after the draft schedule those changes will not be considered during placement in small and large divisions on the final schedule.

**COED:** At National Championships, Show Cheer Co-ed divisions (only), may be split into small, medium and large based on equal distribution of divisions. If the split occurs, "small", "medium" and "large" will be defined as:

For 'co-ed' divisions:

*Limited (Small):* = 1-4 males (5-36 members)

*Semi-Limited (Medium)* = 5-12 males (5-36 members)

*Unlimited (Large)* = 5 or more males (5-36 members)

\*Note: Co-ed divisions are based on the number of males on a team, NOT the number of team members.

### DIVISIONS ARE NOT GUARANTEED.

**JAMZ RESERVES THE RIGHT TO COMBINE/DELETE DIVISIONS BASED ON PARTICIPATION.** All divisions listed are not available at every Regional Championship. For the divisions offered for each event, please see the Championship Entry Form. Note there are separate registration packets for Six Flags events. For teams registering in upper level School Cheer divisions: If there is a lack of participation in the selected division – your team may be asked to omit the element(s) allowed under the upper level School Cheer divisions and move to a lower division. Example: The double twist cradle allowed in Level 3 must be modified to a full twist to abide by Schools Cheer Level 2 Rules. Coaches will be notified of this type of division change PRIOR to competition.

### \*TO COMPETE IN A "SCHOOL" DIVISION, TEAMS MUST:

- Include only students of the school who are designated as members of the school's spirit squad(s). An eligible team member is one who has not graduated and is eligible to compete for a designated school according to that state's school association and/or the local board of education.
- Send a copy of their Official Team Roster, signed by a school administrator, along with the team registration form for Regional Championships. Teams must provide JAMZ with an updated Official Team Roster whenever a team change occurs (addition/drop of participants, name change, etc.) prior to any championship. Only the names listed on the Official Team Roster will be allowed to compete at championships including Nationals (pending team qualification).
- School divisions are determined by the team member in the highest grade level.
- The participant's grade level will be based on the academic year in which the championship takes place and shall be the participant's grade level through JAMZ Nationals 2012.

# SCHOOL CHEER DIVISIONS

*Choose the division in which your team will compete.*

DIVISION is defined by the age of the oldest participant. LEVEL is defined by the degree of skill difficulty you select.

## **SCHOOL SHOWCHEER:** *Time Limit 2:30*

NAME OF CHEER DIVISION	GRADE	PARTICIPANTS*
Elementary Level 1 (Novice) *	6th grade and under	(5-36 members, male and/or female)
Elementary Level 2 (Intermediate) *	6th grade and under	(5-36 members, male and/or female)
Jr. High/Middle School Level 1 (Novice) *	9th grade and under	(5-36 members, male and/or female)
Jr. High/Middle School Level 2 (Intermediate) *	9th grade and under	(5-36 members, male and/or female)
Freshman Level 1 (Novice)	9th grade ONLY	(5-36 members, male and/or female)
Freshman Level 2 (Intermediate)	9th grade ONLY	(5-36 members, male and/or female)
Junior Varsity Level 1 (Novice)	12th grade and under	(5-36 members, male and/or female)
Junior Varsity Level 2 (Intermediate)	12th grade and under	(5-36 members, male and/or female)
Junior Varsity Level 2.5 (Advanced)	12th grade and under	(5-36 members, male and/or female)
Junior Varsity Level 3 (Elite)	12th grade and under	(5-36 members, male and/or female)
Varsity Level 1 (Novice)	12th grade and under	(5-36 members, all female)
Varsity Level 2 (Intermediate)	12th grade and under	(5-36 members, all female)
Varsity Level 2.5 (Advanced)	12th grade and under	(5-36 members, all female)
Varsity Level 3 (Elite)	12th grade and under	(5-36 members, all female)
Varsity Co-Ed Level 1 (Novice)	12th grade and under	(5-36 members, male and female)
Varsity Co-Ed Level 2 (Intermediate)	12th grade and under	(5-36 members, male and female)
Varsity Co-Ed Level 2.5 (Advanced)	12th grade and under	(5-36 members, male and female)
Varsity Co-Ed Level 3 (Elite)	12th grade and under	(5-36 members, male and female)

\* Please see below ELEMENTARY, MIDDLE AND JUNIOR HIGH SCHOOL ADDITIONAL RESTRICTIONS

\*\* No less than 5 members and no more than 36 members are allowed on the floor under any circumstances.

## **SCHOOL SIDELINE PERFORMANCE CHEER:** *Time Limit 1:15*

NAME OF CHEER DIVISION	GRADE	PARTICIPANTS*
Jr. High/Middle School	9th grade and under	(5-36 members, male and/or female)
High School	12th grade and under	(5-36 members, all female)
High School Co-Ed	12th grade and under	(5-36 members, male and female)

\* No less than 5 members and no more than 36 members are allowed on the floor under any circumstances.

### **SCHOOL SIDELINE PERFORMANCE CHEER DIVISION RULES:**

- At least one of the following props is required; poms, banners, megaphones, props, flags, drum cadences or signs. Failure to incorporate at least one of the following props will result in a zero.
- Your spirited entrance may incorporate jumps, running tumbling, flags, cheers or chants and will be judged. A spirited entrance is required.
- Crowd involvement will be judged and evaluated.
- Teams should incorporate cheer, chants, spirited yells and all other aspects which encourage crowd involvement and interaction.
- No amplified music is allowed. A drummer or drum line is allowed.
- No tosses are allowed. This includes elevator, sponge, etc.
- Tumbling greater than a back handspring running or standing is ILLEGAL (Clarification: back handspring series are allowed)
- Stunts are limited to two leg extended stunt. ALL single leg stunts whether in a pyramid or free standing are ILLEGAL.
- No inversions or twisting is allowed in stunts. Therefore all twist cradles and entrances/dismounts are ILLEGAL.

- CONTINUED -

# SCHOOL CHEER DIVISIONS

*(continued)*

## **SCHOOL GROUP STUNT:** *Time Limit 1:00*

### NAME OF CHEER DIVISION

Jr. High/Middle School Level 2 (Intermediate)  
 Freshman Level 2 (Intermediate)  
 Varsity Level 3 (Elite)

### GRADE

9th grade and under  
 9th grade ONLY  
 12th grade and under

### PARTICIPANTS\*

(4 – 5 members, male and/or female)  
 (4 – 5 members, male and/or female)  
 (4 – 5 members, male and/or female)

**GROUP STUNT TEAM SIZE:** No less than 4 and no more than 5 members are allowed on the floor under any circumstances.

**GROUP STUNT REQUIREMENT:** Group Stunt divisions must follow the skill specifications on tumbling and stunting according to the level they are performing in. Please refer to the JAMZ School Cheer Routine Guidelines, Levels Grid, General Safety Rules, Penalty Info and Scoring sections for routine requirements and specifications on skills that are allowed and restricted in these levels. **Group stunt is only offered at Nationals and is not considered a team category. An extra registration fee is required.** Please see the registration information for Nationals and the Entry Form for details.

**GROUP STUNT LIMITATION AT NATIONALS:** At the JAMZ National Championship, 'Group Stunt' Division entry, is LIMITED to ONE representative group from each competing team. This representative group may be comprised of any selected members of your previously qualified team(s).

Please refer to the [School Cheer Routine Guidelines](#) for further information or contact us at (800) 920-4272.

## **SCHOOL PARTNER STUNT:** *Time Limit 1:00*

### NAME OF CHEER DIVISION

Varsity Level 3 (Elite)

### GRADE

12th grade and under

### PARTICIPANTS\*

(2 members + spotter, male or female)

**PARTNER STUNT TEAM SIZE:** No more or less than 2 members and 1 spotter are allowed on the floor under any circumstances.

**PARTNER STUNT REQUIREMENT:** Partner stunt divisions must follow the skill specifications on tumbling and stunting according to the level they are performing in. Please refer to the JAMZ School Cheer Routine Guidelines, Levels Grid, General Safety Rules, Penalty Info and Scoring sections for routine requirements and specifications on skills that are allowed and restricted in these levels. **Partner stunt is only offered at Nationals and is not considered a team category.** An extra registration fee is required. Please see the registration information for Nationals and the Entry Form for details. All partner stunt divisions are open to females and/or males. Teams are required to have 3 people which include 1 base, 1 flyer and 1 spotter. The role of the spotter is for safety purposes and assisting cradles only. A deduction will occur if the spotter assists the base in any stunt. No registration fee is required for the spotter. Execution penalties will not be deducted in Partner Stunt routines.

**PARTNER STUNT LIMITATION AT NATIONALS:** At the JAMZ National Championship, 'Partner Stunt' Division entry, is LIMITED to ONE representative group from each competing team. This representative group may be comprised of any selected members of your previously qualified team(s).

## **ELEMENTARY , MIDDLE AND JUNIOR HIGH SCHOOL ADDITIONAL RESTRICTIONS:**

The following restrictions for elementary, middle school and junior high teams are in addition to the below and above rules for high school teams

1. Basket tosses, elevator tosses and similar multi-based tosses are prohibited.
2. The total number of twists in a dismount from stunts cannot be greater than one and one quarter rotation.

Please refer to the [School Cheer Routine Guidelines](#) for further information or contact us at (800) 920-4272.

# SCHOOL CHEER ROUTINE GUIDELINES\*

*The general requirements for the format of your routine.*

- 1) Each team will perform a choreographed performance not to exceed:
  - a. **Show Cheer:** 2 minutes 30 seconds
  - b. **Sideline Performance Cheer:** 1 minute 15 seconds
  - c. **Group Stunt:** 1 minute
  - d. **Partner Stunt:** 1 minute
- 2) Formal entrances are prohibited. (i.e. crowd response chants or cheers, choreographed marching, or stunts). (In Sideline Performance cheer, formal and spirited entrances are allowed.) A quick team huddle prior to performance is allowed. Spirited entrances are allowed; teams should take no longer than 10 seconds to set for their routine. In Sideline Performance Cheer your spirited entrance will begin timing of your routine and will be judged.
- 3) Timing will begin with the first organized word, movement, or note of music following the teams' announcement to take the floor. Timing will end with the last organized word, note of music, or movement by the team.
- 4) All participants must begin with at least one foot on the ground.
- 5) Items that may damage the performance surface are prohibited.
- 6) The team's name will be called at least twice (once as the team is on deck, and again once the team is next to perform). Teams missing their performance time will only be able to perform at the discretion of a JAMZ official. Teams will not be able to perform once their division/category has closed.
- 7) For the categories mentioned below, violations of the following will result in a forfeiture of scores (team receives an overall team score of 0):
  - a. **Show Cheer:** Music must be incorporated into the performance.
  - b. **Group Stunt:** Background music is required throughout the entire performance.
  - c. **Partner Stunt:** Background music is required throughout the entire performance.
- 8) Routines must be appropriate for family viewing. Appropriate choreography and music **MUST** be used. Teams using excessive vulgar or suggestive movements, words or music will be penalized, forced to forfeit or disqualified. Actions will be taken under the discretion of a JAMZ official.

## DUE TO UNFORESEEN CIRCUMSTANCES, JAMZ RESERVES THE RIGHT TO DISQUALIFY ANY TEAM.

*These guidelines have been developed to help create a natural progression from elementary, jr. high & high school to the collegiate level.*

*The JAMZ Routine Guidelines are of a general nature and are not intended to cover all circumstances. JAMZ American Spirit Connection Inc. makes no warranties either expressed or implied that the JAMZ Routine Guidelines will prevent injuries to individual participants.*

## AGE CHECKING/ELIGIBILITY

Registered Coaches of teams are allowed to question/ lodge a complaint regarding the age and/or eligibility of another team's athlete. The request to verify or check the age or eligibility of another team must occur within 24 hours of a team's performance. No verification of an athlete will occur between the "Point of No Return" and that team's performance on the competition floor. However that team may be questioned regarding their athletes eligibility either before the point of return and up to 24 hours after a team's performance. Only registered coaches of a team may lodge a complaint against another team regarding age/eligibility. The team lodging the complaint should be prepared to also present proof of their team's age and eligibility on site or within 24 hours of the complaint. Only JAMZ event officials may question or investigate a team's eligibility. All complaints regarding age and/or eligibility should be lodged with the event director or by emailing [rules@jamz.com](mailto:rules@jamz.com) within 24 hours of the close of a competition day.

## RULES VIOLATIONS/POINT DEDUCTIONS

Registered Coaches of a team may request a review of another teams Level Rules or General safety rules violations only within 24 hours of the completion of the competition day. A rival team **MAY NOT** request the review of another team's routine for execution point deductions because those deductions are based on the human eye and are not reviewable for adding additional deductions not viewed live.

Registered coaches may request a review of their own team's execution point deductions/rules violations up to 24 hours after the completion of the competition. However, please be aware any review of your point deductions/ rules violations may result in your team being awarded additional violations that were not viewed during the "live" performance if the video review discovers deductions not originally placed on your team.

If the awards ceremony has already been completed and a team is given additional level rules violations or general safety rules violations based upon a lodged complaint within 24 hours of the close of the competition day then placements of teams may be altered **ONLY** if it effects the Top 3 teams in a division. Nevertheless, JAMZ will not strip any team of a National Championship or Top 3 placement once it has been awarded on stage but instead reward dual placements or co-National Champions to teams in that division.

These rules violations/ point deductions review complaints must be lodged within 24 hours of the completion on the competition day. All complaints should be lodged with the event director or by emailing [rules@jamz.com](mailto:rules@jamz.com) within 24 hours of the close of a competition day.

**Please note:** Coaches must refer to the School Cheer Routine Guidelines, General Safety Rules, Glossary, Penalty Info and Scoring sections for further requirements. JAMZ rules, regulations and levels are in compliance with the AACCA and NHSF guidelines and safety regulations. For further clarification regarding these rules please see AACCA rules at <http://www.aacca.org/content.aspx?item=Safety/2011-12%20School%20Cheerleading%20Rules.xml>

# SCHOOLS CHEER LEVELS GRID (1 OF 2)

	LEVEL 1 (NOVICE)	LEVEL 2 (INTERMEDIATE)
<b>STANDING TUMBLING</b>	All skills with hand support performed from a standing position are allowed. Front rolls, back rolls, front walkovers, back walkovers, cartwheels, handstands, round offs, and front/back handsprings are allowed. All tumbling must have both hands and/or feet on the performance surface at all times. Flips, aerials, back tucks, punch fronts, layouts, fulls, and dive rolls etc. are prohibited.	Standing tumbling is defined as any tumbling skill not originating from a cartwheel or round off. All skills with hand support performed from a standing position are allowed. Standing series of these skills are also allowed. At least one hand must remain in contact with the floor during skill execution (Exception: both hands must remain in contact with the floor when performing front or back handsprings). Flips and aerials are prohibited. (Therefore a standing back-handspring back tuck would be ILLEGAL) Dive rolls are prohibited in the swan or laid out position.
<b>RUNNING TUMBLING</b>	All skills with both hands and/or feet support on the performance surface are allowed. Therefore a round off, round off back handspring entry, etc. would be legal. For example, front handspring walkout round off series back handsprings would also be allowed. Flips, aerials, back tucks, punch fronts, layouts, fulls, and dive rolls etc. are prohibited.	Flips may ONLY be performed from a round off or round off back handspring entry. Aerial cartwheels are allowed. Flips may not be performed in alternate positions (layout, x-out, pike) No tumbling is allowed after a flip. Twisting is prohibited in any flips.
<b>STUNTS</b>	Free standing extended stunts are limited to stunts where both feet are in the bases hands at all times. All Free standing extended single leg stunts are ILLEGAL. Free standing prep level single leg variations are allowed. Twisting during the load-in/mount and/or transitions is prohibited. At least one base must maintain contact with the flyer during transitions (Exception: see release moves).	Single leg extended stunts are limited to a liberty or a high torch only. Twisting during the load-in/mount and/or transitions is limited to one and one quarter full twist by the flyer. At least one base must maintain contact with the flyer during transitions (for exceptions, see release moves). Front, back or side tension rolls are prohibited.
<b>INVERSIONS</b>	Inverted stunts are only allowed from ground-level as a load-in/mount into a non-inverted stunt (upright position). For example, the flyer may begin in a handstand on the ground that transitions into an extension prep. Inverted stunts are prohibited (Exception: Inverted Transitions described in this text box). The top person can be placed on the performing surface in an inverted position provided that all of the following conditions are met: 1) The inversion begins from a cradle or prone position below shoulder level. The cradle or prone position must be established prior to the inversion. In other words, the skill cannot simply "pass through" the cradle or prone position on the way to the inversion. 2) The inversion goes immediately to the performing surface with both the top person's hands supporting his or her weight. 3) Two original bases or an original base and a spotter must maintain contact with the top person in a position to protect the head, neck and shoulder area of the top person. This contact must be maintained until the top person's hands are on the performing surface.	Inverted stunts are only allowed from ground-level as a load-in/mount into a non-inverted stunt (upright position). For example, the flyer may begin in a handstand on the ground that transitions into an extension prep. Inverted stunts are prohibited (Exception: see Dismounts, and Inverted Transitions described in this text box). The top person can be placed on the performing surface in an inverted position provided that all of the following conditions are met: 1) The inversion begins from a cradle or prone position below shoulder level. The cradle or prone position must be established prior to the inversion. In other words, the skill cannot simply "pass through" the cradle or prone position on the way to the inversion. 2) The inversion goes immediately to the performing surface with both the top person's hands supporting his or her weight. 3) Two original bases or an original base and a spotter must maintain contact with the top person in a position to protect the head, neck and shoulder area of the top person. This contact must be maintained until the top person's hands are on the performing surface.
<b>DISMOUNTS</b>	Only basic straight cradles are allowed from stunts. Free from contact twisting dismounts or free from contact twist skills to or from a stunt of any type are prohibited (full downs/twist cradles). Exception. A 1/4 dismount to a cradle is allowed (i.e. arabesque cradle to the front where bases and flyer move to face forward would be considered a quarter turn cradle). Anything other than a step off the front or shove wrap must be caught in a cradle position. Alternate cradles (i.e. arch, toe touch, pike, ball/tuck, etc.) are allowed. Cradles may not land in the prone position (on stomach).	Cradles from all stunts are limited to one and one quarter (1 1/4) twists. Anything other than a step off the front or shove wrap must be caught in a cradle. Flips are prohibited (exception: Suspended forward rolls are allowed provided that all of the following conditions are met: 1) The top person begins in a non-inverted position from the performing surface or a stunt. 2) The top person has continuous hand-to-hand contact with two primary bases or with two posts who are controlling the top person. The top person cannot have contact with one base and one post or with bracers. 3) The bases or posts cannot be involved in any other skill during the suspended roll. 4) The top person lands in a double-based cradle or the performing surface. They may not land in a loading position for a stunt). Cradles may not land in prone position (on stomach). Cradle dismounts to different bases (i.e. fireman's catches, fall backs and pendulums) must originate from prep-level or below. *Elementary, Middle School and Junior High Divisions are limited to one twist except for side facing stunts which may add an additional quarter turn to cradle to the front.
<b>RELEASE MOVES</b>	No release moves are allowed other than those mentioned in the Dismounts and Tosses sections. Free from contact barrel rolls are ILLEGAL.	No release moves are allowed other than those mentioned in the Dismounts and Tosses sections. Exceptions: 1) A single full twisting barrel (log) roll is allowed if it starts and ends in a cradle position. 2) Release moves that do not exceed eighteen inches above extended arm level are allowed ONLY if the flyer is continuously braced between two extension preps.
<b>TOSSES</b>	No Sponge, basket, squishy, scrunch or similar type of tosses are allowed.	Sponge, basket, squishy, scrunch tosses are allowed and must be caught in a cradle position by the original bases. Other toss positions are allowed (i.e. toe touch, ball/tuck, etc.). Flipping (front or back), traveling tosses are not permitted. Helicopters (that are released) are allowed but limited to one half rotation. Tosses that exceed 1 1/4 twist are prohibited. Tosses may only incorporate one trick (so kick full, double toe touch would be ILLEGAL). * In the Elementary, Middle School, and Junior High Divisions : Basket tosses, elevator tosses and similar multi-based tosses are prohibited.
<b>PYRAMIDS</b>	Pyramids must follow stunt and dismount rules and are allowed up to 2 high with the following exceptions: 1) Single-leg extended stunt variations are allowed in pyramids but the flyer must be braced (supported by) on both sides by prep level or below prep level stunts. The connection to the prep-level stunt can be hand or foot and MUST be established at or below prep level before the stunt passes into the extended position. 2) Flyers in single leg extended stunts must maintain contact with both bases at all times and may not lose contact with the prep-level stunts when changing positions or until the upward motion of a cradle. Moving/walking and hanging pyramids are allowed. Collapsible pyramids are prohibited.	Pyramids must follow stunt and dismount rules and are allowed up to 2 high. Single leg extended stunts, (other than a liberty) must be braced on at least one side by a prep level or below prep level stunt. The connection to the prep-level stunt can be hand or foot and MUST be established at or below prep level before the stunt passes into the extended position. The flyer must maintain contact with at least one base at all times, unless braced between two extension preps when released no more than 18 inches above extended arm level. Thus, a braced tic toc would be allowed. Moving/walking and hanging pyramids are allowed. Collapsible pyramids are prohibited. 2 and 1/2 high transitions are prohibited.

## SCHOOLS CHEER LEVELS GRID (2 OF 2)

	LEVEL 2.5 (ADVANCED)	LEVEL 3 (ELITE)
<b>STANDING TUMBLING</b>	Standing tumbling is defined as any tumbling skill not originating from a cartwheel or round off. All skills with hand support performed from a standing position are allowed. Standing series of these skills are also allowed. At least one hand must remain in contact with the floor during skill execution (Exception: both hands must remain in contact with the floor when performing front or back handsprings). Flips and aerials are prohibited. (Therefore a standing back-handspring back tuck would be ILLEGAL) Dive rolls are prohibited in the swan or laid out position.	Flips are allowed but may not exceed one flipping and one twisting rotation. Forward 3/4 flips to the seat and toe-pitch flips are prohibited. Dive rolls are prohibited in the swan or laid out position.
<b>RUNNING TUMBLING</b>	Flips may ONLY be performed from a round off or round off back handspring entry. Aerial cartwheels are allowed. Flips may not be performed in alternate positions (layout, x-out, pike) No tumbling is allowed after a flip. Twisting is prohibited in any flips.	Flips are allowed but may not exceed one flipping and one twisting rotations.
<b>STUNTS</b>	All Single leg extended stunts are allowed. Twisting during the load-in/mount is limited to one and one half twist by the flyer. Transitional stunts may change bases and may include up to one and one half twist. Front, back or side tension rolls are prohibited.	Single leg extended stunts are allowed. Twisting during the load-in/mount is limited to one and one half twist by the flyer. Transitional stunts may change bases and may include up to one and one half twist. Front, back or side tension rolls are prohibited.
<b>INVERSIONS</b>	Inverted stunts are only allowed from ground-level as a load-in/mount into a non-inverted stunt (upright position). For example, the flyer may begin in a handstand on the ground that transitions into an extension prep. Inverted stunts are prohibited (Exception: see Dismounts, and Inverted Transitions described in this text box). The top person can be placed on the performing surface in an inverted position provided that all of the following conditions are met: 1) The inversion begins from a cradle or prone position below shoulder level. The cradle or prone position must be established prior to the inversion. In other words, the skill cannot simply "pass through" the cradle or prone position on the way to the inversion. 2) The inversion goes immediately to the performing surface with both the top person's hands supporting his or her weight. 3) Two original bases or an original base and a spotter must maintain contact with the top person in a position to protect the head, neck and shoulder area of the top person. This contact must be maintained until the top person's hands are on the performing surface.	Inverted stunts are only allowed from ground-level as a load-in/mount into a non-inverted stunt (upright position). For example, the flyer may begin in a handstand on the ground that transitions into an extension prep. Inverted stunts are prohibited (Exception: see Dismounts, and Inverted Transitions described in this text box). The top person can be placed on the performing surface in an inverted position provided that all of the following conditions are met: 1) The inversion begins from a cradle or prone position below shoulder level. The cradle or prone position must be established prior to the inversion. In other words, the skill cannot simply "pass through" the cradle or prone position on the way to the inversion. 2) The inversion goes immediately to the performing surface with both the top person's hands supporting his or her weight. 3) Two original bases or an original base and a spotter must maintain contact with the top person in a position to protect the head, neck and shoulder area of the top person. This contact must be maintained until the top person's hands are on the performing surface.
<b>DISMOUNTS</b>	Cradles from all extended stunts are limited to 1 1/4. Cradles from all prep level stunts are limited to two and one quarter (2 1/4) twists. Anything other than a step off the front or shove wrap must be caught in a cradle. Flips are prohibited (exception: Suspended forward rolls are allowed provided that all of the following conditions are met: 1) The top person begins in a non-inverted position from the performing surface or a stunt. 2) The top person has continuous hand-to-hand contact with two primary bases or with two posts who are controlling the top person. The top person cannot have contact with one base and one post or with bracers. 3) The bases or posts cannot be involved in any other skill during the suspended roll. 4) The top person lands in a double-based cradle or the performing surface. They may not land in a loading position for a stunt). Cradles may not land in prone position (on stomach). Cradle dismounts to different bases (i.e. fireman's catches, fall backs and pendulums) must originate from prep-level or below.	Cradles from all stunts are limited to two and one quarter (2 1/4) twists. Flips are prohibited (exception: Suspended forward rolls are allowed provided that all of the following conditions are met: 1) The top person begins in a non-inverted position from the performing surface or a stunt. 2) The top person has continuous hand-to-hand contact with two primary bases or with two posts who are controlling the top person. The top person cannot have contact with one base and one post or with bracers. 3) The bases or posts cannot be involved in any other skill during the suspended roll. 4) The top person lands in a double-based cradle or the performing surface. They may not land in a loading position for a stunt). Cradles may not land in prone position (on stomach). Cradle dismounts to different bases (i.e. fireman's catches, fall backs and pendulums) must originate from prep-level or below.
<b>RELEASE MOVES</b>	Release moves that do not exceed eighteen inches above extended arm level are allowed ONLY if the flyer is continuously braced on one side by extension prep or lower stunt. Helicopters (that are released) are allowed but limited to one half rotation.	Release moves that do not exceed eighteen inches above extended arm level are allowed ONLY if the flyer is continuously braced on one side by extension prep or lower stunt. Helicopters (that are released) are allowed but limited to one half rotation.
<b>TOSSES</b>	Sponge, basket, squishy, scrunch tosses are allowed and must be caught in a cradle position by the original bases. Other toss positions are allowed (i.e. toe touch, ball/tuck, etc.). Flipping (front or back), traveling tosses are not permitted. Helicopters (that are released) are allowed but limited to one half rotation. Tosses that exceed two full twist are prohibited. Tosses may only incorporate two tricks (so kick full, double toe touch would be LEGAL).	Sponge, basket, squishy, scrunch tosses are allowed and must be caught in a cradle position by the original bases. Flipping (front or back) and traveling tosses are not allowed. Tosses may not exceed two and one quarter twisting rotations. Tosses may incorporate up to 3 tricks.
<b>PYRAMIDS</b>	Pyramids must follow stunt and dismount rules and are allowed up to 2 high only. During a pyramid transition, a flyer may pass through up to 2 and 1/2 high if the flyer is braced between 2 extension preps. Braced flips or inversions in pyramids are prohibited. Moving/walking and hanging pyramids are allowed. Collapsible pyramids are prohibited.	Pyramids must follow stunt and dismount rules and are allowed up to 2 high only. During a pyramid transition, a flyer may pass through up to 2 and 1/2 high if the flyer is braced between 2 extension preps. Braced flips or inversions in pyramids are prohibited. Moving/walking and hanging pyramids are allowed. Collapsible pyramids are prohibited.

# SCHOOL CHEER GENERAL SAFETY RULES

*These rules must be used in addition to the School Cheer Levels Grid.*

- (a) All teams should be supervised during all official functions by a qualified Advisor/Coach. Athletes and coaches may not be under the influence of alcohol, narcotics, performance enhancing substances, or over-the-counter medications while participating in a practice or performance that would hinder the ability to supervise or execute a routine safely.
- (b) No jewelry of any kind (except medical/religious – taped down) or chewing gum will be allowed during performances.
- (c) Performers with a hard cast may not tumble or be involved in a stunt in any way.
- (d) Fingernails, including artificial nails, shall be kept at a length appropriate for safe participation.
- (e) Proper warm - up and stretching exercises should be performed prior to performance.
- (f) All teams, coaches and advisors should have an emergency response plan in the event of injury.
- (g) Mini-tramps, springboards, or any other height increasing apparatus are prohibited (exception: spring floor).
- (h) Knee, seat, thigh and jump-split drops are prohibited if performer jumps into the air and lands directly in the positions listed.
- (i) Banners, flags, megaphones, poms, and signs are the only props allowed (exception: a small soft item may be used to mark center). The use of poms and/or props is prohibited during tumbling and tosses. Poms attached solely to the wrist are considered the same as all other poms in regards to this rule. Tumbling exception: a forward/backward roll may be performed with poms in hand for High School Levels.)
- (j) All tumbling must originate from ground level. Participants may not tumble over, under or through stunts, pyramids or over/under individuals. Forward rolls over individuals are prohibited. A forward three-quarter flip to the seat or knees is prohibited. Airborne drops to a prone position on the performing surface are illegal. (Examples: A back flip or a jump landing in a pushup position is illegal. A handspring to a pushup position is legal as it is not airborne prior to the prone landing.) Sushinovas are illegal.
- (k) Partner tumbling (using 2 connected persons) including Double Cartwheels, Double Rolls and Chorus-Line Flips are prohibited. (Exception: When tumbling into a rebound that transitions into a stunt, physical contact is allowed. Gymnastics-oriented load-ins/mounts, dismounts and transitions such as cartwheels, round offs, walkovers and rewinds are not considered tumbling, but part of the stunts as long as inversion and stunt rules are followed). Spotted, assisted, or connected tumbling is prohibited.
- (l) Continuous back spotter:
- 1) Required for all extended stunts (Exceptions: Chair, Russian Lift, Torch, Triple-Based Dead Man Lift, Straddle Sit (V-Sit), Triple-Based Extended Suspended Splits, and Double-Based Vertical T-Lift).
  - 2) Required for a single-based partner stunt (located behind, to the side of or diagonal to the stunt). The spotter must assist the base on cradles (exception: not required for a single-based chair or torch).
  - 3) Required for each flyer in a single-based double partner stunt (i.e. double cupie). Flyers must stand on both feet while in a double partner stunt; therefore, single-based double liberties and variations are prohibited.
  - 4) Required for all types of multi-based release moves, tosses and cradles (from non-extended and extended stunts).
  - 5) Required for a flyer (standing on the base's shoulders) in a hanging pyramid.
  - 6) One required in front of the bases during a back half pendulum; one required behind the bases in a front half pendulum.
  - 7) Must not pass through the vertical plane of a stunt The back spotters torso may never pass under a stunt or the flyers body (example: must not walk under and/or through the stunt).
  - 8) Must be in direct contact with the performing surface.
  - 9) Must not step underneath the stunt to hold under the flyer's soles without the help of an additional back spotter behind the stunt.
  - 10) Inversions from ground-level require a spotter at the head and shoulder area of the flyer.
- (m) Bases:
- 1) Must be in direct contact with the performing surface.
  - 2) Must not assume a back-bend, headstand or handstand position.
  - 3) Two required (with both feet on the ground) in a basket toss, three bases max (including front person added for extra height). (Thus there should be no more than 5 people in a toss including the flyer)
  - 4) Two required (must remain stationary) plus three additional catchers (must remain stationary) on each side of a pendulum or stunt that moves away from the vertical axis (i.e. shooting star, shoot outs, etc.). Therefore, three catchers are required when the top person falls away from the bases to a horizontal, flat-body position.
  - 5) Two required (must remain stationary) plus two additional catchers during the transitioning from a prep-level stunt to a flat back, fireman catch or fallback.
  - 6) Three required on an extended triple-based split stunt (one of which must have hand to hand contact with the flyer during or at the top of the stunt). Four bases are required (the new fourth base would be under the seat of the flyer to slow momentum) when dropping to the split stunt from a stunt.
  - 7) Released transition stunts must be braced on at least one side. Note: This applies to stunts such as tic tocs where a stunt has taken place and is then released to another stunt. It does not apply to releases during load-in stunts such as a Switch Liberty from the ground. An additional spotter for the bracer(s) is not required unless the release meets the definition of a "Released Pyramid Transition".
  - 8) Bases may not hold props in their hands if the hands are the primary support for the top person.
  - 9) At least three original bases must be under the top person throughout a braced release transition in a pyramid.
- (n) Flyer:
- 1) Must never pass over, under or through other stunts and/or pyramids.
  - 2) Must never vault over another individual unless the flyer maintains constant physical contact with the base during the stunt and a spotter follows the flyer during the stunt (also known as a Leap Frog or Up and Over).
  - 3) A flyer in a single-leg extended stunt (i.e. liberty, stretch, etc.) must never brace, connect or touch another flyer in any other type of extended stunt. (Please see the definition of an extended stunt for detail). Double-leg extended stunts MAY brace other double-leg extended stunts. Stunts where the flyer is not at a complete extended level, but the arms of the arms of the bases are extended (i.e. Chair, Russian Lift, Triple-Based Dead Man Lift, Flat Back, Triple-Based V-Sit and Double- Based Vertical T-Lift) may brace each other.
  - 4) Must have constant hand to hand contact with at least one base upon reaching the top of a split stunt.
  - 5) Must never be released to the prone position (face-down/stomach) unless the flyer is being braced between two stunts (exceptions: flyers may land in the prone position when transitioning to a flat back, during a pendulum, or from a barrel roll with four catchers).
  - 6) Must be assisted during a dismount to the performing surface. At least one spotter must assist each flyer in a single-based double partner stunt (i.e. double cupie).
  - 7) Must perform a pendulum ONLY from shoulder-height (prep-level) or below; may end in an extended stunt.
  - 8) Must be caught in a cradle position by two bases and one continuous back spotter during a back dismount to different bases.
  - 9) Must be swung in an upward direction and face-up position in order to perform a swing-up stunt legally.
  - 10) Must never be tossed to a different set of bases during a multi-based toss (sponge, basket, etc.). Cradles to different bases are allowed.

# SCHOOL CHEER GLOSSARY

*Reference guide for all skills mentioned in the School Cheer Levels Grid & General Safety Rules.*

**Aerial:** Cartwheel or walkover executed without placing hands on the ground.

**Awesome:** A stunt where a top person has both feet together in the hand(s) of the base(s). Also referred as a "Cupie."

**Back Dismount:** Flyer dismounts backwards (with or without the feet being held) to catchers who are not the original bases to a cradle from a stunt or pyramid.

**Back Walkover:** A non-aerial tumbling skill where one moves backward into an arched position, with the hands making contact with the ground first, then rotates the hips over the head and lands on one foot/leg at a time.

**Barrel Roll:** A release move whereby the top person's body rotates at least 360 degrees while remaining parallel to the performance surface. An assisted barrel roll would be the same skill, with the assistance from an additional base that maintains contact throughout the transition.

**Base:** A person who is in direct weight bearing contact with the performing surface and is supporting another person's weight

**Basket Toss:** A stunt in which a top person is tossed by bases whose hands are interlocked.

**Bobble:** An error during a technical skill. Obvious missed skills: hand(s) down on a tumbling skill/shaky stunts/pyramids/baskets, incomplete or obvious errors in regards to dismounts (i.e., incomplete twisting cradles), obvious errors during jump, motion and dance execution.

**Bracer:** A top person that provides stability to another top person.

**Braced Flip:** A stunt in which a top person performs a hip-over-head rotation while in constant physical contact with another top person(s).

**Cartwheel:** A non-aerial gymnastic skill where one supports the weight of the body with the arm(s) while rotating sideways through an inverted position landing one foot/leg at a time.

**Continuous Back Spotter:** A person located behind the stunt that maintains continuous visual contact with the flyer, keeps the arms up and may hold the calves or ankles of the flyer, or the bases' wrists on an extended stunt. The continuous back spotter is responsible for the neck and shoulders of the flyer.

**Cradle:** A dismount from a partner stunt, pyramid or toss in which the top person is caught in a face-up, piked position before being placed on the performance area or remounting into another stunt, pyramid or loading position.

**Cupie/Awesome:** A stunt in which both feet of the top person are in one hand of a base.

**Dead Man Lift:** A type of flat back (see below) when the arms of the bases are extended. A Dead Man Lift requires three bases.

**Dismount:** The final part of a stunt (originated by the bases) used to bring the flyer back to the performing surface (i.e. step off, shove wrap, cradle).

**Dive Roll:** A forward roll where your feet leave the ground before the hands reach the ground.

**Drop:** Dropping to the knee, thigh, seat, front, back or split position onto the performing surface from an airborne position or inverted position without first bearing most of the weight on the hands/feet which breaks the impact of the drop.

**Elevator/Sponge Toss:** A stunt in which the top person loads in to an elevator/sponge loading position and is then tossed into the air.

**Extended Stunt:** A stunt in which the entire body of the top person is extended in an upright position over the base(s). Chairs, torches, flat backs and straddle lifts are examples of stunts where the bases' arms are extended overhead, but are NOT considered to be extended stunts since the height of the body of the top person is similar to a shoulder level stunt.

**Extended Position:** Anytime the bases take the feet of the flyer above the head of the bases, no matter how momentary the flyer has passed through the extended position. Therefore, true show and go's would be considered an extended position.

**Extension Prep or Prep (or Half):** When the top person is being held at shoulder level by the base(s).

**Flat back:** A stunt in which the flyer is transitioned from a stunt at prep level or below with both feet off of the ground to a lying horizontal face up position and is supported by two or more bases and one continuous back spotter held at the prep level.

**Flip:** An aerial skill that involves hip-over-head rotation without contact with the performing surface as the body passes through the inverted position.

**Flyer:** A person who receives primary support from another person.

**Forward Roll:** A non-airborne tumbling skill where one rotates forward through an inverted position by lifting the hips over the head and shoulders while curving the spine to create a motion similar to a ball "rolling" across the floor.

**Forward Suspended Roll:** The top person begins in a non-inverted position from the performing surface or a stunt. The top person has continuous hand-to-hand contact with two primary bases or with two posts who are controlling the top person. The top person cannot have contact with one base and one post or with bracers. The bases or posts cannot be involved in any other skill during the suspended roll. The top person lands in a double-based cradle or the performing surface. They may not land in a loading position for a stunt.

- CONTINUED -

# SCHOOL CHEER GLOSSARY

*(continued)*

**Front Bracer (Spotter):** A person located in front of the stunt added to help control the stunt and for the additional safety of the flyer.

**Front Walkover:** A non-aerial tumbling skill where one rotates forward through an inverted position to a non-inverted position by arching the legs and hips over the head and down to the performing surface landing one foot/leg at a time.

**Half:** See "Extension Prep".

**Hand/Arm Connection:** The physical contact between two or more individuals using the hand(s)/arm(s).

**Handspring:** Springing off the hands by putting the weight on the arms and using a strong push from the shoulders; can be done whether forward or backward.

**Handstand:** A straight body inverted position where the arms are extended straight by the head and ears.

**Hand Support:** When both hands make contact with the performance surface during a tumbling skill to support the tumbler's weight.

**Hanging Pyramid:** A pyramid in which the top person's weight is primarily supported by another top person. Examples of hanging pyramids are: a person being suspended between two shoulder stands; a "whirlybird" stunt where one person's weight is being supported by the legs of a top person in a shoulder sit; and a "diamond head" where two persons are suspended from one shoulder stand.

**Helicopter Toss:** A stunt in which the top person is tossed into the air in a horizontal position and rotates parallel to the ground in the same motion as a helicopter blade.

**Inversion/Inverted:** A body position where the shoulder are below the waist.

**Jump:** An airborne position not involving hip-over-head rotation created by using one's own feet and lower body power to push off the performance surface.

**Knee (Body) Drop:** Dropping to the knees, without first bearing majority of the weight on the hands or feet.

**Loading Position:** A position in which the top person is off the ground in continuous movement that puts the bases and top in a position to end the movement in a stunt

**Middle:** A top person who is being supported by a base while also supporting a top person.

**New Bases(s):** Bases previously not in direct contact with the top person of a stunt.

**Original Base(s):** A base which is in contact with the top person during the initiation of the stunt.

**Pendulum:** A stunt in which the flyer falls forward and/or backward away from the bases in a lay out position to the required number of catchers while maintaining constant hands to feet/legs contact with the bases. It is not a dismount.

**Pike:** Body bent forward at the hips while the legs are kept straight.

**Pop:** A controlled upward throwing motion by a base(s) to release the flyer free from contact with the bases to a cradle catch from a shoulder-level stunt and above.

**Post:** A person on the performing surface who may assist a top person during a stunt or transition.

**Power Press:** When bases bring the top person from an extended position, down to prep level or below, and then re-extend.

**Prep-Level:** The height of the bases hands are at shoulder-level (also known as shoulder-height). For purposes of pyramids shoulder sits are considered prep level stunts.

**Primary Support:** Supporting a majority of the weight of the top person.

**Prone Position:** A face down, flat body position.

**Prop:** Any object which can be manipulated or used as a base. Flags, banners, signs, poms, megaphones, and pieces of cloth.

**Pyramid:** Multiple stunts connected by hand-to-hand (arm-over-arm), hand-to-foot or other physical touching connections. Individuals standing at ground level may be incorporated as apart of the connection. In order to be a pyramid physical connection in a grouping of individuals or multiple stunts is required.

**Quick Toss:** A toss technique where the top person begins the toss with both feet on the ground. The bases can apply an upward force on any part of the body other than under the feet.

**Release Move/ Pyramid Transition:** A pyramid in which the top person in a braced stunt is released from their bases and is in a descending mode before being caught in a cradle, stunt or loading position prior to being transitioned to another stunt.

**Reload:** Return to the loading position with both feet of the top person in the hands of the bases.

- CONTINUED -

# SCHOOL CHEER GLOSSARY

*(continued)*

**Retake:** Reloading to a stunt, whereby the top person brings one foot to the ground prior to reloading.

**Round Off:** The tumbler, with a push-off on one leg, plants hand(s) on floor while swinging the legs upward in a fast cartwheel motion. The feet snap down together landing at the same time to the performance surface.

**Running Tumbling:** Tumbling that is performed with a running start and/or involves a step or a hurdle (etc.) used to gain momentum as an entry to another skill. Any type of forward momentum/movement prior to execution of the tumbling skill(s) is defined as "running tumbling."

**Show and Go:** A transitional stunt where a stunt passes through an extended level and lands into a loading position or non-extended stunt.

**Single-Based Stunt:** A stunt using a single base for support.

**Sponge Toss/ Elevator:** A stunt in which the top person loads in to an elevator/sponge loading position and is then tossed into the air.

**Spotter:** A person who is responsible for assisting or catching the top person in a partner stunt or pyramid. This person cannot be in a position of providing primary support for a top person but must be in a position to protect the top person's head, neck, and shoulders when coming off of a stunt, pyramid or landing in a cradle. Spotters must have their attention focused on the top person in order to be considered a spotter. Momentarily looking away in order to assess environmental safety factors (poms, signs, another stunt, etc.) is allowed as long as their focus returns to the top person.

**Standing Tumbling:** A tumbling skill (series of skills) performed from a standing position without any previous forward momentum. Any number of steps backward prior to execution of tumbling skill(s) is defined as "standing tumbling."

**Straight Cradle:** A release move from a stunt to a catching position where no skill (i.e. turn, kick, twist, etc.) is performed.

**Straight Ride:** The body position of a top person performing a toss that does not involve any trick in the air. It is a straight line position that teaches the top to reach and obtain maximum height on toss.

**Stunt/Partner Stunt:** One or more persons supporting one or more top persons off of the ground.

**Suspended Roll:** A skill in which a person in contact with bases or posts performs a foot-over-head rotation.

**Swedish Falls:** A stunt in which the flyer is lying horizontal face down and is supported by two or more bases and one continuous back spotter.

**Tension Roll/Drop:** A prohibited dismount from a stunt or pyramid where the top person(s) are directed toward the ground while their feet are held by the base(s) until just before the landing.

**Tic-Toc:** A stunt that is held in a static position on one leg, the base(s) takes a downward clip and release the top person as the top person switches the weight to the other leg and lands in a static position on the opposite leg. The dip may or may not pass through prep level before release.

**Toe/Leg Pitch:** A single or multi-based toss in which the base(s) push upward on a single foot or leg of the top person to increase the top person's height.

**Top Person:** A person who is not in contact with the performing surface and is being supported or stabilized by another person or has been tossed into the air. Referred to as the flyer or partner.

**Toss:** An airborne stunt where base(s) execute throwing motion from the waist level to increase the height of the top person. Top person becomes free from all bases. Top Person is free from performing surface when toss is initiated (ex: basket toss or sponge toss).

**Two – High Pyramid:** All flyers, individuals in the pyramid/mount who are not in contact with the performing surface, must be primarily supported by a base(s), one or more individuals who are in direct weight-bearing contact with the performing surface.

**Two and One Half (1/2) – High Pyramid:** All flyers, individuals in the pyramid who are not in contact with the performing surface must be primarily supported by a base(s), one or more individuals who are in a prep-level stunt.

**Transitional Stunt:** Top person(s) moving from one stunt to another thereby changing the configuration of the beginning stunt.

**Tuck Position:** A position in which the knees and hips are bent and drawn into the chest; body is bent at waist.

**Tumbling:** Any gymnastic or acrobatic skill that begins and ends on the performance surface.

**X-Out:** Flip or somersault skill performed that involves spreading the arms and legs into an "x" fashion during the rotation of the flip.

# SCHOOL CHEER PENALTY INFO

*Protecting integrity, safety and perfection of routine execution.*

## RULES PENALTIES:

**2.5 POINTS** (per occurrence) deducted from your total possible score for each violation of any of the following:

- School Cheer Routine Guidelines      OR      • School Cheer General Safety Rules

**5.0 POINTS** (per occurrence) deducted from your total possible score for each violation of any of the requirements in the School Cheer Levels Grid.

Please refer to the School Cheer Routine Guidelines, General Safety Rules, and Levels Grid for specific skill allowances and restrictions.

## EXECUTION PENALTIES:

### TUMBLING

**0.5 POINT** (per occurrence) deducted from your total possible score for hands down on flipping tumbling skills following the landing. This includes back handsprings where the knees of the bases make contact with the floor.

**1.0 POINT** (per occurrence) deducted from your total possible score for each FALL on tumbling skills. Tumbling falls are any time the majority of the tumblers body comes in contact with the performing surface either on an over rotation or under rotation during the attempted skill.

### STUNT SKILLS\*

**0.5 POINT** deducted from your total possible score for each obvious BOBBLE on a stunt skill.

**1.0 POINT** (per occurrence) deducted from your total possible score for each FALL on a stunt skill.

*\*The category "Stunt Skills" will include inversions, release moves, pyramids, tosses, etc. for the purpose of simplifying penalty descriptions.*

## BOUNDARY PENALTY:

**0.5 POINT** (per occurrence) deducted from your total possible score for each STEP OR TOUCH OUT OF BOUNDS with any part of the body.

## TIME LIMIT PENALTIES:

**1.0 POINT** deducted from your total possible score if your routine goes 6 – 10 SECONDS OVER time requirements.

**2.0 POINTS** deducted from your total possible score if your routine goes 11 OR MORE SECONDS OVER time requirements.

## FORMAL ENTRANCE PENALTY:

**1.5 POINTS** deducted from your total possible score for performing an organized/choreographed formal entrance prior to the start of a routine (i.e. crowd response chants or cheers, choreographed marching, tumbling or stunts). A quick team huddle prior to performance is allowed.

## INAPPROPRIATE MUSIC/CHOREOGRAPHY:

Age appropriate choreography and music must be used. Penalties will be assessed under the School Cheer Routine Guidelines.

**REASONS FOR DISQUALIFICATION:** Teams with illegal competitor(s) will be disqualified. Reasons for disqualification include but are not limited to inappropriate choreography/music (at the discretion of a JAMZ official), overage participant(s), more or less participants than allowed on the floor, participant(s) not listed on team roster, and/or illegal participants(s) listed on team roster. If a team is found with unregistered participants, the team will be disqualified. Teams registering and performing in incorrect divisions will be disqualified.

**DUE TO UNFORESEEN CIRCUMSTANCES, JAMZ RESERVES THE RIGHT TO DISQUALIFY ANY TEAM.**

## REASONS FOR FORFEITURE:

See #6, #7 and #8 in the School Cheer General Routine Guidelines for further details. Teams forfeiting will receive an overall team score of 0.

## LEGALITY QUESTIONS:

See the **RULES 411** section with detailed instructions on how to submit a rules question.

# SCORE SYSTEM 411

## School Cheer Divisions

JAMZ' score system leads the industry in innovation! We take scoring to the next level! We challenge teams to "perform smarter". By understanding JAMZ' scoring structure, coaches know how to estimate their 'base' technical element scores before even taking the floor! Use the tips provided below, Scoring Guidelines, Scoring Grid, Levels Grid, Routine Guidelines & General Safety Rules, Penalty Info and the Coach's Cheat Sheet to ensure your routine maximizes its potential score.

### WHERE DO I FIND ALL INFO ON JAMZ' SCORING?

Everything you need to know about JAMZ scoring is found in the following Championship Guide sections:

- Score System 411 *(the document you're reading right now)*
- Coach's Cheat Sheet
- Scoring Grids
- Levels Grids
- Routine Guidelines & General Safety Rules
- Penalty Info

### HOW IS A ROUTINE SCORED?... *This is our favorite part!*

JAMZ has created separate scoring grids, criteria, and score sheets for EVERY level of cheer! What does this mean? Points for routines are allocated differently for each level! They each have their own point distribution. Why would we go to such great lengths to tailor our score sheets to each level? 'Cause we know that level rules only allow certain difficulties in tumbling, stunting, tosses, pyramids, etc. This Olympic Level of scoring creates fixed points for the execution of a skill by the majority of the team. Nevertheless, teams are still limited to the Level Rules and may not perform skills out of the Level Division in which they are competing. JAMZ not only believes in the purpose of skills levels, but also carries this mission throughout the scoring process. If the number of tumbling skills allowed at lower levels is limited, so too should the points allocated to tumbling in lower levels versus higher skill levels. We get it!

### WHAT ARE SCORING GRIDS AND CRITERIA?

**SCORING GRIDS** show coaches what point ranges certain skills may achieve depending on whether skills were performed by a partial or majority of the team, and the amount of Scoring Criteria met within a point range the team executes or lack thereof.

**SCORING CRITERIA** will determine the team's score within a given range. As you can see, JAMZ takes scoring seriously and works hard to identify the slight differences in routine difficulty, execution and team incorporation that make the difference in final team ranking.

### HOW ARE TOTAL SCORES CALCULATED?... *Let's do some math. O'mon, it will be fun!*

Your Total Possible Score will be 100 possible points. Total scores from all judges on the panel are added together, and then divided by the total number of judges. This total is referred to as the team's Total Average Score. The team's Total Average Score is then divided into the Total Possible Score of that team's Division and Level. This percentage is the team's Total Qualifying Percentage and is used to determine Nationals qualification.

Using the team's Total Average Score, any penalties and deductions received are deducted based on their percentage weight (see calculation below) to provide the Final Team Score. This Final Team Score is then divided by the number of judges giving the teams average score.

The teams average score is divided by 100. This total becomes the team's Final Team Percentage which is used for awards/ranking at that specific championship.

**For example:**

Total Possible Score:	100 points			
The team receives the following scores:		Judge 1: 72.1	Judge 2: 75.3	Judge 3: 74.1
These scores added together $(72.1+75.3+74.1) = 221.5$				
Then divided by the number of judges $(3) = 73.83$				
Team Average Score: 73.83 points				
Divide this score by Total Possible Score: $(73.83 / 100) = 73.83\%$				
Total Qualifying Percentage: 73.83% (used to qualify for Nationals)				
The team also received a penalty of 2.5 points.				
Team Average Score: 73.83 points				
Final Team Score: $(73.83 - 2.5) = 71.33$				
Divide this score by Total Possible Score: $(71.33 / 100) = 71.33\%$				
Final Team Percentage: 71.33 (used for awards/ranking)				

### HOW ARE THE SCORES FOR SCHOOL SIDELINE PERFORMANCE CHEER ALLOCATED?

Crowd Effective Material (Easy to follow, encourages crowd participation)	10 pts.
Spacing and Formations (Spacing, Formations, Positioned to cover crowd)	10 pts.
Voice and Pace (Loud and natural voices, Good inflection, Moderate controlled pace)	10 pts.
Crowd Leading Skills (Skills add to the squad's ability to lead the crowd)	10 pts.
Use of signs/poms/flags/megaphones ( Used to encourage crowd response)	10 pts.
Motion Placement (Proper control, correct placement of movements)	10 pts.
Motion Synchronization (Motions synchronized with words or cadence)	10 pts.
Motion Strength (Sharpness)	10 pts.
Overall Impression (Audience appropriateness, execution)	10 pts.
Overall Crowd Appeal (Facial expression, Eye contact, Energy)	10 pts.

# COACH'S CHEAT SHEET

## School Cheer Divisions

**HOW DO YOU USE JAMZ SCORING GRIDS?**... *Don't worry, we'll walk you through it.*

### 1. FIND YOUR TEAM'S SCORING GRID.

What is your Category & Level (if applicable)?

**Example 1:**

- If you are: *SHOW CHEER - LEVEL 2 (Intermediate)*
- Then select: *SCHOOLS LEVEL 2 (Intermediate)- SHOW CHEER SCORING GUIDELINES*

### 2. LOOK AT EACH SKILL (UP TO 11 SCORING ELEMENTS) ON THE SCORING GRID. (ACTUAL NUMBERS MAY VARY)

\*Scoring grids are consistent with JAMZ' score sheets and display point ranges teams may earn (scoring grids = score sheets).

**Example 1:** One element on the show cheer scoring grid is MOTIONS/DANCE

→ *Determine where your team falls*

▶ If the majority of your team executes Good basic technique. Missing motion strength and sharpness. Varied motions moderately paced. Good incorporation into cheer and/or dance. Average energy level in dance with minimal transitions and level changes in dance.

• Then you can expect to receive a score in the 7.1 - 8.0 range

• Remember the key word is *majority* - majority means executed by over half of the team

▶ If the *majority* of your team executes precise motion technique and placements. Strong sharp motions. Variety of upbeat and stylized fast paced motion sequences. Visually enhancing motion sections. Excellent incorporation into cheer and/or dance. Multiple transitions, level changes and variety in dance with high energy.

• Then you can expect to receive a score in the 9.1 - 10.0 range

**Example 2:** Another element on the show cheer scoring grid is RUNNING TUMBLING

→ *What is the most advanced running tumbling skill or skill set your team can perform IN YOUR Level division?*

▶ Let's say it is Level 2 (Intermediate), and the skill is a round off back handspring back tuck.

• Is majority of your team able to perform and execute this skill sequence?


• If YES - by looking at the SCHOOLS LEVEL 2 (Intermediate) - SHOW CHEER SCORING GUIDELINE you can expect your running tumbling score to fall within the 9.1 – 10.0 range.


• If the majority of your team performs series back handsprings and only two team members are able to execute the round off back handspring back tuck


• Then your team could fall in a range of 8.1 – 9.0 because the majority of the team failed to perform the back handspring entry to a back tuck but would receive enhancements within the range for the two back tucks.


### 3. SUMMARY - TIPS FOR COACHES


- Skill sets for standing & running tumbling, stunts, dismounts, tosses and pyramids are provided in the scoring guidelines. The listed skills are only examples of possible skill sets that might fall within that range. Use the scoring guideline as a standard to determine how your team could be scored.
- Include variety! For example: Incorporate more than two jumps and/or a combination of jumps. Incorporate more than one tumbling sequence with different tumbling skills. Incorporate more than one pyramid that contains pyramid transitions. Try not to repeat the same stunt over and over again. Keep your audience's attention with varied choreography. Judges don't like to watch monotonous routines.
- Elements are judged based on a level of execution, perfection & creative incorporation. Elements with a strong level of execution, perfection & creative incorporation show mastery, excellence, consistency and are performed with confidence. Elements with a weak level of execution, perfection & creative incorporation lack technique, show inconsistency, need to be polished and lack self-confidence.
- Majority always wins! Remember teams will earn more points if the *majority* (over half of the team) executes (not attempts) the elements than teams who have partial (less than half of the team) execution.


 <b>2011-2012 Season</b>		
<b>Schools Level 1</b>		
SCORING ELEMENTS	MAX POINTS	YOUR SCORE
Dismounts Difficulty	10	
Dismounts Execution	1	
Jumps Difficulty	10	
Jumps Execution	1	
Motions/Dance	10	
Overall Execution/Choreography/Crowd Appeal	15	
Performance/Showmanship	15	
Pyramids Difficulty	10	
Pyramids Execution	1	
Stunts Difficulty	15	
Stunts Execution	1	
Tumbling Difficulty	10	
Tumbling Execution	1	
<b>Comment:</b>	<b>POSSIBLE: 100</b>	<b>YOUR TOTAL:</b>


 <b>2011-2012 Season</b>		
<b>Schools Level 2</b>		
SCORING ELEMENTS	MAX POINTS	YOUR SCORE
Dismounts Difficulty	10	
Dismounts Execution	1	
Jumps	10	
Motions/Dance	10	
Overall Execution/Choreography/Crowd Appeal	15	
Performance/Showmanship	10	
Pyramids Difficulty	10	
Pyramids Execution	1	
Stunts Difficulty	10	
Stunts Execution	1	
Tosses Difficulty	10	
Tosses Execution	1	
Tumbling Difficulty	10	
Tumbling Execution	1	
<b>Comment:</b>	<b>POSSIBLE: 100</b>	<b>YOUR TOTAL:</b>


 <b>2011-2012 Season</b>		
<b>Schools Elementary/Middle Level 2</b>		
SCORING ELEMENTS	MAX POINTS	YOUR SCORE
Dismounts Difficulty	10	
Dismounts Execution	1	
Jumps Difficulty	10	
Jumps Execution	1	
Motions/Dance	10	
Overall Execution/Choreography/Crowd Appeal	15	
Performance/Showmanship	15	
Pyramids Difficulty	10	
Pyramids Execution	1	
Stunts Difficulty	15	
Stunts Execution	1	
Tumbling Difficulty	10	
Tumbling Execution	1	
<b>Comment:</b>	<b>POSSIBLE: 100</b>	<b>YOUR TOTAL:</b>

 <b>2011-2012 Season</b>		
<b>Schools Level 2.5</b>		
SCORING ELEMENTS	MAX POINTS	YOUR SCORE
Dismounts Difficulty	10	
Dismounts Execution	1	
Jumps	10	
Motions/Dance	10	
Overall Execution/Choreography/Crowd Appeal	15	
Performance/Showmanship	10	
Pyramids Difficulty	10	
Pyramids Execution	1	
Stunts Difficulty	10	
Stunts Execution	1	
Tosses Difficulty	10	
Tosses Execution	1	
Tumbling Difficulty	10	
Tumbling Execution	1	
<b>Comment:</b>	<b>POSSIBLE: 100</b>	<b>YOUR TOTAL:</b>

 <b>2011-2012 Season</b>		
<b>Schools Level 3</b>		
SCORING ELEMENTS	MAX POINTS	YOUR SCORE
Dismounts Difficulty	10	
Dismounts Execution	1	
Jumps	10	
Motions/Dance	10	
Overall Execution/Choreography/Crowd Appeal	15	
Performance/Showmanship	10	
Pyramids Difficulty	10	
Pyramids Execution	1	
Stunts Difficulty	10	
Stunts Execution	1	
Tosses Difficulty	10	
Tosses Execution	1	
Tumbling Difficulty	10	
Tumbling Execution	1	
<b>Comment:</b>	<b>POSSIBLE: 100</b>	<b>YOUR TOTAL:</b>

 <b>2011-2012 Season</b>		
<b>Schools Sideline Performance Cheer</b>		
SCORING ELEMENTS	MAX POINTS	YOUR SCORE
Crowd Effective Material - Easy to Follow, Encourages Crowd Participation	10	
Crowd Leading Skills - Skills add to squads ability to lead crowd	10	
Motion Placement - Proper control, correct placement of movements	10	
Motion Strength - Sharpness	10	
Motion Synchronization - Motions synchronized with words or cadence	10	
Overall Crowd Appeal - Facial expression, eye contact, energy	10	
Overall Impression - Audience appropriateness, execution	10	
Spacing and Formations - Spacing, Formations, Positioned to cover crowd	10	
Use of Signs/Poms/Flags/Megaphones - Used to encourage crowd response	10	
Voice and Pace - Loud and natural voices, good inflection, moderate controlled pace	10	
<b>Comment:</b>	<b>POSSIBLE: 100</b>	<b>YOUR TOTAL:</b>

 <b>2011-2012 Season</b>		
<b>Schools Group Stunt</b>		
SCORING ELEMENTS	MAX POINTS	YOUR SCORE
Tosses Difficulty/Execution	5	
Overall Presentation - Perfection of Routine	10	
Overall Presentation - Showmanship	10	
Stunt Choreography - Variety / Creativity	10	
Stunt Execution - Stunt Difficulty	15	
Stunt Execution - Stunt Flow within Routine	10	
Stunt Execution - Stunt Strength	10	
Stunt Execution - Stunt Technique	20	
Stunt Execution - Stunt Transitions	10	
<b>Comment:</b>	<b>POSSIBLE: 100</b>	<b>YOUR TOTAL:</b>

 <b>2011-2012 Season</b>		
<b>Schools Partner Stunt</b>		
SCORING ELEMENTS	MAX POINTS	YOUR SCORE
Overall Presentation - Perfection of Routine	10	
Overall Presentation - Showmanship	10	
Stunt Choreography - Variety / Creativity	10	
Stunt Execution - Stunt Difficulty	20	
Stunt Execution - Stunt Flow within Routine	10	
Stunt Execution - Stunt Strength	10	
Stunt Execution - Stunt Technique	20	
Stunt Execution - Stunt Transitions	10	
<b>Comment:</b>	<b>POSSIBLE: 100</b>	<b>YOUR TOTAL:</b>

# SCORING GRIDS & GUIDELINES

## School Cheer Divisions

The following suggested criteria, grids and score sheets are guidelines by which judges will assess your team's skills and performance. Judges maintain the right to drop your team out of the suggested scoring range if it is determined that the quality of skills being executed is not satisfactory for your level of competition.

### SCORING CRITERIA FOR EACH POINT RANGE... *Maximize these to score the most points in each section!*

#### **Stunts:**

- Percentage of team participation
- Body position and control
- Minimal use of bases
- Degree of difficulty
- Level of execution
- Creativity

#### **Dismounts:**

- Completion of rotation
- Sharpness of landing (how tight are bases catching and set out)
- Execution of cradle
- Pointed toes by flyer at landing
- Legs together and no uncrossed legs on landings
- Creativity
- Height of dismounts

#### **Pyramids:**

- Percentage of team participation
- Body position and control
- Minimal Use of bases
- Degree of difficulty
- Level of execution
- Creativity
- Transitions speed and variety

#### **Tosses:**

- Percentage of team participation
- Body position and control
- Degree of difficulty
- Level of execution
- Use of arm movements
- Minimal use of bases ( lacking front spots)
- Creativity
- Landings
- Height

#### **Standing/Running Tumbling:**

- Percentage of team participation
- Form
- Height of execution
- Combinations of Skills
- Creativity
- Synchronization of landings

#### **Jumps:**

- Percentage of team participation
- Degree of difficulty
- Technique, timing, landing
- Synchronization
- Difficulty of approaches
- Landings
- Arm movements
- Pointed toes
- Variety

# Schools Level 1

<b>DISMOUNTS DIFFICULTY (Max Score: 10.0 - An additional point will be reserved for execution)</b>	
<b>0.0 - 6.9</b>	Minimal to no incorporation, weak level of execution and perfection
<b>7.0 - 8.0</b>	Pop off, step, shove wrap
<b>8.1 - 9.0</b>	Straight ride cradle
<b>9.1 - 10.0</b>	Alternate cradles no twisting- (toe touch, pike arch, etc)
<b>JUMPS DIFFICULTY (Max Score: 10.0 - An additional point will be reserved for execution)</b>	
<b>0.0 - 5.9</b>	Lacking/Poor technique, variety, form, height, pointed toes and/or incorporation. Lacking/poor combinations/sequences. No to minimal jumps.
<b>6.0 - 7.0</b>	Single jumps not in combination performed with weak technique, variety, form, height, pointed toes and/or incorporation. Weak below level jumps.
<b>7.1 - 8.0</b>	Multiple continuous jump combination performed by majority of team with weak level of execution. Below level combination jumps. Or Single jumps performed not in combination with average technique (level), variety, form, height, pointed toes and/or incorporation.
<b>8.1 - 9.0</b>	Multiple continuous jump combination performed by majority of team with level jumps Or Jumps performed by team with hyper-extended jumps by majority Or Single Jumps performed by majority of team with incorporation of standing handspring with Standard to good technique, variety, form, height, pointed toes and/or incorporation.
<b>9.1 - 10.0</b>	Multiple continuous jump combination executed by team with a majority of team performing hyper-extended well executed jumps Or Multiple Jumps performed by majority of the team with incorporation of standing handspring with Excellent technique, variety, form, height, pointed toes.
<b>MOTIONS/DANCE (Max Score: 10.0)</b>	
<b>0.0 - 5.9</b>	Lacking strength and technique in motions. Movements lacking basic technique. Slow paced, drawn out lengthy sections. Little or no control over arm placement. Lacking sharpness. Lacking/poor incorporation into cheer and/or dance.
<b>6.0 - 7.0</b>	Moderate motion technique. Lacking sharpness and overall motion control. Moderate paced. Lacking creativity and variety in motions. Weak incorporation into cheer and/or dance. Low Energy Dance with minimal to zero transitions and level changes in dance.
<b>7.1 - 8.0</b>	Good basic technique. Missing motion strength and sharpness. Varied motions moderately paced. Good incorporation into cheer and/or dance. Average energy level in dance with minimal transitions and level changes in dance.
<b>8.1 - 9.0</b>	Great technique and control. Sharp motions. Excellent pace. Motion sequences include variety. Minimal visual enhancement. Great incorporation into cheer and/or dance. Moderate energy with some transitions and level changes in dance.
<b>9.1 - 10.0</b>	Precise motion technique and placements. Strong sharp motions. Variety of upbeat and stylized fast paced motion sequences. Visually enhancing motion sections. Excellent incorporation into cheer and/or dance. Multiple transitions, level changes and variety in dance with high energy.
<b>OVERALL EXECUTION/CHOREOGRAPHY/CROWD APPEAL (Max Score: 15.0)</b>	
<b>0.0 - 10.9</b>	Lacking/poor pace and flow of routine, smooth transitions, choice and use of music and/or timing. Lacking/poor visual effects, level changes, roll offs. Lacking/poor creativity.
<b>11.0 - 12.0</b>	Minimal/inconsistent pace and flow of routine, smooth transitions, choice and use of music and/or timing. Minimal/inconsistent visual effects, level changes, roll offs. Minimal/inconsistent creativity. Minimal execution of routine.
<b>12.1 - 13.0</b>	Moderate/consistent pace and flow of routine, smooth transitions, choice and use of music and/or timing. Moderate/consistent visual effects, level changes, roll offs. Moderate/consistent creativity. Low execution of routine
<b>13.1 - 14.0</b>	Good pace and flow of routine, smooth transitions, choice and use of music and/or timing. Good visual effects, level changes, roll offs. Good creativity. Average to Moderate execution of routine.
<b>14.1 - 15.0</b>	Excellent/innovative pace and flow of routine, smooth transitions, choice and use of music and/or timing. Excellent/innovative visual effects, level changes, roll offs. Excellent/innovative creativity. Highest/strongest level of execution of routine.
<b>PERFORMANCE/SHOWMANSHIP (Max Score: 15.0)</b>	
<b>0.0 - 10.9</b>	Lacking/poor quality of presentation, showmanship, routine attitude, confidence, audience/crowd appeal, routine ownership engaging. Lacking/poor formations, spacing, synchronization, cleanliness and/or uniformity. Lacking/poor degree of difficulty.
<b>11.0 - 12.0</b>	Minimal/inconsistent quality of presentation, showmanship, routine attitude, confidence, audience/crowd appeal, routine ownership, engaging. Minimal/inconsistent formations, spacing, synchronization, cleanliness and/or uniformity. Minimal/inconsistent degree of difficulty.
<b>12.1 - 13.0</b>	Moderate/consistent quality of presentation, showmanship, routine attitude, confidence, audience/ crowd appeal, routine ownership, engaging. Moderate/ consistent formations, spacing, synchronization, cleanliness and/or uniformity. Moderate/consistent degree of difficulty.
<b>13.1 - 14.0</b>	Good quality of presentation, showmanship, routine attitude, confidence, audience/crowd appeal, routine ownership, engaging. Good formations, spacing, synchronization, cleanliness, and/or uniformity. Good degree of difficulty.
<b>14.1 - 15.0</b>	Excellent/innovative quality of presentation, showmanship, routine attitude, confidence, audience/crowd appeal, routine ownership, engaging. Excellent/innovative formations, spacing, synchronization, cleanliness, and/or uniformity. Excellent/innovative degree of difficulty.
<b>PYRAMIDS DIFFICULTY (Max Score: 10.0 - An additional point will be reserved for execution)</b>	
<b>0.0 - 5.9</b>	Minimal to no incorporation, weak level of execution and perfection
<b>6.0 - 7.0</b>	Pyramids below prep level
<b>7.1 - 8.0</b>	Pyramids involving prep level stunts and transitions
<b>8.1 - 9.0</b>	Pyramids involving extended 2 leg stunts and multiple transitions
<b>9.1 - 10.0</b>	Pyramids involving braced extended single leg stunts and multiple creative transitions
<b>STUNTS DIFFICULTY (Max Score: 15.0 - An additional point will be reserved for execution)</b>	
<b>0.0 - 11.9</b>	Minimal to no incorporation, weak level of execution and perfection
<b>12.0 - 13.0</b>	2 Leg Thigh Stands, Knee Stands, Shoulder sits,
<b>13.1 - 14.0</b>	Prep level 2 leg stunts, below prep level single leg stunt variations/body positions (stretches, scorpions, scales, arabesques)
<b>14.1 - 15.0</b>	Prep level single leg stunt variations (stretches, scorpions, scales, arabesque) or two leg extended stunts.
<b>TUMBLING DIFFICULTY (Max Score: 10.0 - An additional point will be reserved for execution)</b>	
<b>0.0 - 6.9</b>	Minimal to no incorporation- weak level of execution
<b>7.0 - 8.0</b>	Round off/ Cartwheels
<b>8.1 - 9.0</b>	Single/Series standing or running walkovers
<b>9.1 - 10.0</b>	Single/Series standing or running handsprings

# Schools Level 2



<b>MOTIONS/DANCE (Max Score: 10.0)</b>	
0.0 - 5.9	Lacking strength and technique in motions. Movements lacking basic technique. Slow paced, drawn out lengthy sections. Little or no control over arm placement. Lacking sharpness. Lacking/poor incorporation into cheer and/or dance.
6.0 - 7.0	Moderate motion technique. Lacking sharpness and overall motion control. Moderate paced. Lacking creativity and variety in motions. Weak incorporation into cheer and/or dance. Low Energy Dance with minimal to zero transitions and level changes in dance.
7.1 - 8.0	Good basic technique. Missing motion strength and sharpness. Varied motions moderately paced. Good incorporation into cheer and/or dance. Average energy level in dance with minimal transitions and level changes in dance.
8.1 - 9.0	Great technique and control. Sharp motions. Excellent pace. Motion sequences include variety. Minimal visual enhancement. Great incorporation into cheer and/or dance. Moderate energy with some transitions and level changes in dance.
9.1 - 10.0	Precise motion technique and placements. Strong sharp motions. Variety of upbeat and stylized fast paced motion sequences. Visually enhancing motion sections. Excellent incorporation into cheer and/or dance. Multiple transitions, level changes and variety in dance with high energy.
<b>PERFORMANCE/SHOWMANSHIP (Max Score: 10.0)</b>	
0.0 - 5.9	Lacking/poor quality of presentation, showmanship, routine attitude, confidence, audience/crowd appeal, routine ownership engaging. Lacking/poor formations, spacing, synchronization, cleanliness and/or uniformity. Lacking/poor degree of difficulty.
6.0 - 7.0	Minimal/inconsistent quality of presentation, showmanship, routine attitude, confidence, audience/crowd appeal, routine ownership, engaging. Minimal/inconsistent formations, spacing, synchronization, cleanliness and/or uniformity. Minimal/inconsistent degree of difficulty.
7.1 - 8.0	Moderate/consistent quality of presentation, showmanship, routine attitude, confidence, audience/ crowd appeal, routine ownership, engaging. Moderate/ consistent formations, spacing, synchronization, cleanliness and/or uniformity. Moderate/consistent degree of difficulty.
8.1 - 9.0	Good quality of presentation, showmanship, routine attitude, confidence, audience/crowd appeal, routine ownership, engaging. Good formations, spacing, synchronization, cleanliness, and/or uniformity. Good degree of difficulty.
9.1 - 10.0	Excellent/innovative quality of presentation, showmanship, routine attitude, confidence, audience/crowd appeal, routine ownership, engaging. Excellent/innovative formations, spacing, synchronization, cleanliness, and/or uniformity. Excellent/innovative degree of difficulty.
<b>DISMOUNTS DIFFICULTY (Max Score: 10.0 - An additional point will be reserved for execution)</b>	
0.0 - 4.9	Minimal to no incorporation, weak level of execution and perfection
5.0 - 6.0	Pop off, step, shove wrap
6.1 - 7.0	Straight ride cradle
7.1 - 8.0	Alternate cradles no twisting- (toe touch, pike arch, etc)
8.1 - 9.0	Single twist cradles from prep level stunts
9.1 - 10.0	Single twisting cradles from extended stunts.
<b>JUMPS (Max Score: 10.0)</b>	
0.0 - 5.9	Lacking/Poor technique, variety, form, height, pointed toes and/or incorporation. Lacking/poor combinations/sequences. No to minimal jumps.
6.0 - 7.0	Single jumps not in combination performed with weak technique, variety, form, height, pointed toes and/or incorporation. Weak below level jumps.
7.1 - 8.0	Multiple continuous jump combination performed by majority of team with weak level of execution. Or Single jumps performed not in combination with average technique (level), variety, form, height, pointed toes and/or incorporation.
8.1 - 9.0	Multiple continuous jump combination performed by majority of team with level jumps Or Jumps performed by team with hyper-extended jumps by majority Or Single Jumps performed by majority of team with incorporation of standing handspring/handspring series with Standard to good technique, variety, form, height, pointed toes and/or incorporation.
9.1 - 10.0	Multiple continuous jump combination executed by team with a majority of team performing hyper-extended well executed jumps Or Multiple Jumps performed by majority of the team with incorporation of standing handspring/handspring series with Excellent technique, variety, form, height, pointed toes.
<b>OVERALL EXECUTION/CHOREOGRAPHY/CROWD APPEAL (Max Score: 15.0)</b>	
0.0 - 10.9	Lacking/poor pace and flow of routine, smooth transitions, choice and use of music and/or timing. Lacking/poor visual effects, level changes, roll offs. Lacking/poor creativity.
11.0 - 12.0	Minimal/inconsistent pace and flow of routine, smooth transitions, choice and use of music and/or timing. Minimal/inconsistent visual effects, level changes, roll offs. Minimal/inconsistent creativity. Minimal execution of routine.
12.1 - 13.0	Moderate/consistent pace and flow of routine, smooth transitions, choice and use of music and/or timing. Moderate/consistent visual effects, level changes, roll offs. Moderate/consistent creativity. Low execution of routine
13.1 - 14.0	Good pace and flow of routine, smooth transitions, choice and use of music and/or timing. Good visual effects, level changes, roll offs. Good creativity. Average to Moderate execution of routine.
14.1 - 15.0	Excellent/innovative pace and flow of routine, smooth transitions, choice and use of music and/or timing. Excellent/innovative visual effects, level changes, roll offs. Excellent/innovative creativity. Highest/strongest level of execution of routine.
<b>PYRAMIDS DIFFICULTY (Max Score: 10.0 - An additional point will be reserved for execution)</b>	
0.0 - 5.9	Minimal to no incorporation, weak level of execution and perfection
6.0 - 7.0	Pyramids below prep level
7.1 - 8.0	Pyramids involving prep level stunts and transitions
8.1 - 9.0	Pyramids involving extended 2 leg stunts and multiple transitions
9.1 - 10.0	Pyramids involving transitions 2 high (ex. braced tic tocs/ moving walking pyramid) and extended single leg stunts
<b>STUNTS DIFFICULTY (Max Score: 10.0 - An additional point will be reserved for execution)</b>	
0.0 - 5.9	Minimal to no incorporation, weak level of execution and perfection
6.0 - 7.0	Below prep level single leg stunts, Thigh Stands, Knee Stands, Shoulder sits,
7.1 - 8.0	Prep level 2 leg stunts, below prep level single leg stunt variations/body positions ( stretches, scorpions, scales, arabesque)
8.1 - 9.0	Prep level single leg stunt variations (stretches, scorpions, scales, arabesque), two leg extended stunts, 1/2 twist load in/ mount transitions, single full twisting barrel rolls.
9.1 - 10.0	Single leg liberty or high torch, incorporation of full twisting load in mount or transitions.
<b>TOSSES DIFFICULTY (Max Score: 10.0 - An additional point will be reserved for execution)</b>	
0.0 - 6.9	Minimal to no incorporation - weak level of execution
7.0 - 8.0	Basic straight ride tosses
8.1 - 9.0	Non- twisting toss execution ( toe touch, switch kick, pike arch, tuck arch, etc..)
9.1 - 10.0	Single twisting tosses
<b>TUMBLING DIFFICULTY (Max Score: 10.0 - An additional point will be reserved for execution)</b>	
0.0 - 5.9	Minimal to no incorporation- weak level of execution
6.0 - 7.0	Round off/ Cartwheels
7.1 - 8.0	Single/Series standing or running walkovers
8.1 - 9.0	Single/Series standing or running handsprings
9.1 - 10.0	Round off or Round off back Handspring entry into a flip (tuck).

# Schools Elementary/Middle Level 2

<b>EXECUTION/CHOREOGRAPHY (Max Score: 15.0)</b>	
<b>0.0 - 10.9</b>	Lacking/poor pace & flow of routine, smooth transitions, choice & use of music and/or timing. Lacking/poor visual effects, level changes, roll offs. Lacking/poor creativity.
<b>11.0 - 12.0</b>	Minimal/inconsistent pace & flow of routine, smooth transitions, choice & use of music and/or timing. Minimal/inconsistent visual effects, level changes, roll offs. Minimal/inconsistent creativity. Minimal execution of routine.
<b>12.1 - 13.0</b>	Moderate/consistent pace & flow of routine, smooth transitions, choice & use of music and/or timing. Moderate/consistent visual effects, level changes, roll offs. Moderate/consistent creativity. Low execution of routine
<b>13.1 - 14.0</b>	Good pace & flow of routine, smooth transitions, choice & use of music and/or timing. Good visual effects, level changes, roll offs. Good creativity. Average to Moderate execution of routine.
<b>14.1 - 15.0</b>	Excellent/innovative pace & flow of routine, smooth transitions, choice & use of music and/or timing. Excellent/innovative visual effects, level changes, roll offs. Excellent/innovative creativity. Highest/strongest level of execution of routine.
<b>MOTIONS/DANCE (Max Score: 10.0)</b>	
<b>0.0 - 5.9</b>	Lacking strength and technique in motions. Movements lacking basic technique. Slow paced, drawn out lengthy sections. Little or no control over arm placement. Lacking sharpness. Lacking/poor incorporation into cheer and/or dance.
<b>6.0 - 7.0</b>	Moderate motion technique. Lacking sharpness and overall motion control. Moderate paced. Lacking creativity and variety in motions. Weak incorporation into cheer and/or dance. Low Energy Dance with minimal to zero transitions and level changes in dance.
<b>7.1 - 8.0</b>	Good basic technique. Missing motion strength and sharpness. Varied motions moderately paced. Good incorporation into cheer and/or dance. Average energy level in dance with minimal transitions and level changes in dance.
<b>8.1 - 9.0</b>	Great technique and control. Sharp motions. Excellent pace. Motion sequences include variety. Minimal visual enhancement. Great incorporation into cheer and/or dance. Moderate energy with some transitions and level changes in dance.
<b>9.1 - 10.0</b>	Precise motion technique and placements. Strong sharp motions. Variety of upbeat and stylized fast paced motion sequences. Visually enhancing motion sections. Excellent incorporation into cheer and/or dance. Multiple transitions, level changes and variety in dance with high energy.
<b>PERFORMANCE/SHOWMANSHIP (Max Score: 15.0)</b>	
<b>0.0 - 10.9</b>	Lacking/poor quality of presentation, showmanship, routine attitude, confidence, audience/crowd appeal, routine ownership engaging. Lacking/poor formations, spacing, synchronization, cleanliness and/or uniformity. Lacking/poor degree of difficulty.
<b>11.0 - 12.0</b>	Minimal/inconsistent quality of presentation, showmanship, routine attitude, confidence, audience/crowd appeal, routine ownership, engaging. Minimal/inconsistent formations, spacing, synchronization, cleanliness and/or uniformity. Minimal/inconsistent degree of difficulty.
<b>12.1 - 13.0</b>	Moderate/consistent quality of presentation, showmanship, routine attitude, confidence, audience/ crowd appeal, routine ownership, engaging. Moderate/ consistent formations, spacing, synchronization, cleanliness and/or uniformity. Moderate/consistent degree of difficulty.
<b>13.1 - 14.0</b>	Good quality of presentation, showmanship, routine attitude, confidence, audience/crowd appeal, routine ownership, engaging. Good formations, spacing, synchronization, cleanliness, and/or uniformity. Good degree of difficulty.
<b>14.1 - 15.0</b>	Excellent/innovative quality of presentation, showmanship, routine attitude, confidence, audience/crowd appeal, routine ownership, engaging. Excellent/innovative formations, spacing, synchronization, cleanliness, and/or uniformity. Excellent/innovative degree of difficulty.
<b>DISMOUNTS DIFFICULTY (Max Score: 10.0 - An additional point will be reserved for execution)</b>	
<b>0.0 - 4.9</b>	Minimal to no incorporation, weak level of execution and perfection
<b>5.0 - 6.0</b>	Pop off, step, shove wrap
<b>6.1 - 7.0</b>	Straight ride cradle
<b>7.1 - 8.0</b>	Alternate cradles no twisting- (toe touch, pike arch, etc)
<b>8.1 - 9.0</b>	Single twist cradles from prep level stunts
<b>9.1 - 10.0</b>	Single twisting cradles from extended stunts.
<b>JUMPS DIFFICULTY (Max Score: 10.0 - An additional point will be reserved for execution)</b>	
<b>0.0 - 5.9</b>	Lacking/Poor technique, variety, form, height, pointed toes and/or incorporation. Lacking/poor combinations/sequences. No to minimal jumps.
<b>6.0 - 7.0</b>	Single jumps not in combination performed with weak technique, variety, form, height, pointed toes and/or incorporation. Weak below level jumps.
<b>7.1 - 8.0</b>	Multiple continuous jump combination performed by majority of team with weak level of execution. Below level combination jumps. Or Single jumps performed not in combination with average technique (level), variety, form, height, pointed toes and/or incorporation.
<b>8.1 - 9.0</b>	Multiple continuous jump combination performed by majority of team with level jumps Or Jumps performed by team with hyper-extended jumps by majority Or Single Jumps performed by majority of team with incorporation of standing handspring/handspring series with Standard to good technique, variety, form, height, pointed toes and/or incorporation.
<b>9.1 - 10.0</b>	Multiple continuous jump combination executed by team with a majority of team performing hyper-extended well executed jumps Or Multiple Jumps performed by majority of the team with incorporation of standing handspring/handspring series with Excellent technique, variety, form, height, pointed toes.
<b>PYRAMIDS DIFFICULTY (Max Score: 10.0 - An additional point will be reserved for execution)</b>	
<b>0.0 - 5.9</b>	Minimal to no incorporation, weak level of execution and perfection
<b>6.0 - 7.0</b>	Pyramids below prep level
<b>7.1 - 8.0</b>	Pyramids involving prep level stunts and transitions
<b>8.1 - 9.0</b>	Pyramids involving extended 2 leg stunts and multiple transitions
<b>9.1 - 10.0</b>	Pyramids involving transitions 2 high (ex. braced tic tocs/ moving walking pyramid) and extended single leg stunts
<b>STUNTS DIFFICULTY (Max Score: 15.0 - An additional point will be reserved for execution)</b>	
<b>0.0 - 10.9</b>	Minimal to no incorporation, weak level of execution and perfection
<b>11.0 - 12.0</b>	Below prep level single leg stunts, Thigh Stands, Knee Stands, Shoulder sits,
<b>12.1 - 13.0</b>	Prep level 2 leg stunts, below prep level single leg stunt variations/body positions ( stretches, scorpions, scales, arabesque)
<b>13.1 - 14.0</b>	Prep level single leg stunt variations (stretches, scorpions, scales, arabesque), two leg extended stunts, 1/2 twist load in/ mount transitions, single full twisting barrel rolls.
<b>14.1 - 15.0</b>	Single leg liberty or high torch, incorporation of full twisting load in mount or transitions.
<b>TUMBLING DIFFICULTY (Max Score: 10.0 - An additional point will be reserved for execution)</b>	
<b>0.0 - 4.9</b>	Zero to minimal incorporation of standing skills. Weak Level of execution and perfection
<b>5.0 - 6.0</b>	Forward and Backward Rolls
<b>6.1 - 7.0</b>	Roundoffs /Cartwheels
<b>7.1 - 8.0</b>	Single/Series standing or running walkovers
<b>8.1 - 9.0</b>	Standing or running Single handsprings
<b>9.1 - 10.0</b>	Standing handspring series, Round off or Round off back Handspring entry into a flip (tuck).

# Schools Level 2.5

<b>MOTIONS/DANCE (Max Score: 10.0)</b>	
0.0 - 5.9	Lacking strength and technique in motions. Movements lacking basic technique. Slow paced, drawn out lengthy sections. Little or no control over arm placement. Lacking sharpness. Lacking/poor incorporation into cheer and/or dance.
6.0 - 7.0	Moderate motion technique. Lacking sharpness and overall motion control. Moderate paced. Lacking creativity and variety in motions. Weak incorporation into cheer and/or dance. Low Energy Dance with minimal to zero transitions and level changes in dance.
7.1 - 8.0	Good basic technique. Missing motion strength and sharpness. Varied motions moderately paced. Good incorporation into cheer and/or dance. Average energy level in dance with minimal transitions and level changes in dance.
8.1 - 9.0	Great technique and control. Sharp motions. Excellent pace. Motion sequences include variety. Minimal visual enhancement. Great incorporation into cheer and/or dance. Moderate energy with some transitions and level changes in dance.
9.1 - 10.0	Precise motion technique and placements. Strong sharp motions. Variety of upbeat and stylized fast paced motion sequences. Visually enhancing motion sections. Excellent incorporation into cheer and/or dance. Multiple transitions, level changes and variety in dance with high energy.
<b>PERFORMANCE/SHOWMANSHIP (Max Score: 10.0)</b>	
0.0 - 5.9	Lacking/poor quality of presentation, showmanship, routine attitude, confidence, audience/crowd appeal, routine ownership engaging. Lacking/poor formations, spacing, synchronization, cleanliness and/or uniformity. Lacking/poor degree of difficulty.
6.0 - 7.0	Minimal/inconsistent quality of presentation, showmanship, routine attitude, confidence, audience/crowd appeal, routine ownership, engaging. Minimal/inconsistent formations, spacing, synchronization, cleanliness and/or uniformity. Minimal/inconsistent degree of difficulty.
7.1 - 8.0	Moderate/consistent quality of presentation, showmanship, routine attitude, confidence, audience/ crowd appeal, routine ownership, engaging. Moderate/ consistent formations, spacing, synchronization, cleanliness and/or uniformity. Moderate/consistent degree of difficulty.
8.1 - 9.0	Good quality of presentation, showmanship, routine attitude, confidence, audience/crowd appeal, routine ownership, engaging. Good formations, spacing, synchronization, cleanliness, and/or uniformity. Good degree of difficulty.
9.1 - 10.0	Excellent/innovative quality of presentation, showmanship, routine attitude, confidence, audience/crowd appeal, routine ownership, engaging. Excellent/innovative formations, spacing, synchronization, cleanliness, and/or uniformity. Excellent/innovative degree of difficulty.
<b>DISMOUNTS DIFFICULTY (Max Score: 10.0 - An additional point will be reserved for execution)</b>	
0.0 - 4.9	Minimal to no incorporation, weak level of execution and perfection
5.0 - 6.0	Pop off, step, shove wrap
6.1 - 7.0	Straight ride cradle
7.1 - 8.0	Alternate cradles no twisting(toe touch, pike arch, etc)
8.1 - 9.0	Single twist cradles from prep level stunts or extended two leg stunts
9.1 - 10.0	Single twisting cradles from extended single leg stunts, double twist cradles from prep level stunts
<b>JUMPS (Max Score: 10.0)</b>	
0.0 - 5.9	Lacking/Poor technique, variety, form, height, pointed toes and/or incorporation. Lacking/poor combinations/sequences. No to minimal jumps.
6.0 - 7.0	Single jumps not in combination performed with weak technique, variety, form, height, pointed toes and/or incorporation. Weak below level jumps.
7.1 - 8.0	Multiple continuous jump combination performed by majority of team with weak level of execution. Or Single jumps performed not in combination with average technique (level), variety, form, height, pointed toes and/or incorporation.
8.1 - 9.0	Multiple continuous jump combination performed by majority of team with level jumps Or Jumps performed by team with hyper-extended jumps by majority Or Single Jumps performed by majority of team with incorporation of standing handspring/handspring series with Standard to good technique, variety, form, height, pointed toes and/or incorporation.
9.1 - 10.0	Multiple continuous jump combination executed by team with a majority of team performing hyper-extended well executed jumps Or Multiple Jumps performed by majority of the team with incorporation of standing handspring/handspring series with Excellent technique, variety, form, height, pointed toes.
<b>OVERALL EXECUTION/CHOREOGRAPHY/CROWD APPEAL (Max Score: 15.0)</b>	
0.0 - 10.9	Lacking/poor pace and flow of routine, smooth transitions, choice and use of music and/or timing. Lacking/poor visual effects, level changes, roll offs. Lacking/poor creativity.
11.0 - 12.0	Minimal/inconsistent pace and flow of routine, smooth transitions, choice and use of music and/or timing. Minimal/inconsistent visual effects, level changes, roll offs. Minimal/inconsistent creativity. Minimal execution of routine.
12.1 - 13.0	Moderate/consistent pace and flow of routine, smooth transitions, choice and use of music and/or timing. Moderate/consistent visual effects, level changes, roll offs. Moderate/consistent creativity. Low execution of routine
13.1 - 14.0	Good pace and flow of routine, smooth transitions, choice and use of music and/or timing. Good visual effects, level changes, roll offs. Good creativity. Average to Moderate execution of routine.
14.1 - 15.0	Excellent/innovative pace and flow of routine, smooth transitions, choice and use of music and/or timing. Excellent/innovative visual effects, level changes, roll offs. Excellent/innovative creativity. Highest/strongest level of execution of routine.
<b>PYRAMIDS DIFFICULTY (Max Score: 10.0 - An additional point will be reserved for execution)</b>	
0.0 - 4.9	Minimal to no incorporation, weak level of execution and perfection
5.0 - 6.0	Pyramids below prep level
6.1 - 7.0	Pyramids involving prep level stunts and transitions
7.1 - 8.0	Pyramids involving extended 2 leg stunts and multiple transitions
8.1 - 9.0	Pyramids involving extended single leg stunts
9.1 - 10.0	Pyramid involving extended single leg stunts and 2.5 high transitions, braced tic tocs
<b>STUNTS DIFFICULTY (Max Score: 10.0 - An additional point will be reserved for execution)</b>	
0.0 - 4.9	Minimal to no incorporation, weak level of execution and perfection
5.0 - 6.0	Below prep level single leg stunts, Thigh Stands, Knee Stands, Shoulder sits,
6.1 - 7.0	Prep level 2 leg stunts, below prep level single leg stunt variations/body positions ( stretches, scorpions, scales, arabesque)
7.1 - 8.0	Prep level single leg stunt variations (stretches, scorpions, scales, arabesque), two leg extended stunts, 1/2 twist load in/ mount transitions, single full twisting barrel rolls.
8.1 - 9.0	Extended Single leg Liberty, Full twisting load in mounts to prep level stunts.
9.1 - 10.0	Extended Single leg stunt variations (stretches, scorpions, scale, arabesque) or creative stunt sequences displayed before dismount(s). Full twisting load in mounts to extended level stunts or creative transitions/entrances. Teams displaying Multiple body positions will score in a higher end of this range
<b>TOSSES DIFFICULTY (Max Score: 10.0 - An additional point will be reserved for execution)</b>	
0.0 - 5.9	Minimal to no incorporation - weak level of execution
6.0 - 7.0	Basic straight ride tosses
7.1 - 8.0	Non- twisting toss execution ( toe touch, switch kick, pike arch, tuck arch, etc.)
8.1 - 9.0	Single twisting tosses
9.1 - 10.0	Trick/single twist combinations (ex. Kick full) or double twist
<b>TUMBLING DIFFICULTY (Max Score: 10.0 - An additional point will be reserved for execution)</b>	
0.0 - 4.9	Zero to minimal incorporation of standing skills. Weak Level of execution and perfection
5.0 - 6.0	Forward and Backward Rolls
6.1 - 7.0	Roundoffs /Cartwheels
7.1 - 8.0	Single/Series standing or running walkovers
8.1 - 9.0	Single standing or running back handsprings
9.1 - 10.0	Standing back handspring series, round off back handspring series, round off back handspring back tuck, round off back tuck, running front tuck

# Schools Level 3

<b>MOTIONS/DANCE (Max Score: 10.0)</b>	
0.0 - 5.9	Lacking strength and technique in motions. Movements lacking basic technique. Slow paced, drawn out lengthy sections. Little or no control over arm placement. Lacking sharpness. Lacking/poor incorporation into cheer and/or dance.
6.0 - 7.0	Moderate motion technique. Lacking sharpness and overall motion control. Moderate paced. Lacking creativity and variety in motions. Weak incorporation into cheer and/or dance. Low Energy Dance with minimal to zero transitions and level changes in dance.
7.1 - 8.0	Good basic technique. Missing motion strength and sharpness. Varied motions moderately paced. Good incorporation into cheer and/or dance. Average energy level in dance with minimal transitions and level changes in dance.
8.1 - 9.0	Great technique and control. Sharp motions. Excellent pace. Motion sequences include variety. Minimal visual enhancement. Great incorporation into cheer and/or dance. Moderate energy with some transitions and level changes in dance.
9.1 - 10.0	Precise motion technique and placements. Strong sharp motions. Variety of upbeat and stylized fast paced motion sequences. Visually enhancing motion sections. Excellent incorporation into cheer and/or dance. Multiple transitions, level changes and variety in dance with high energy.
<b>DISMOUNTS DIFFICULTY (Max Score: 10.0 - An additional point will be reserved for execution)</b>	
0.0 - 3.9	Minimal to no incorporation, weak level of execution and perfection
4.0 - 5.0	Straight ride cradle
5.1 - 6.0	Alternate cradles no twisting- (toe touch, pike arch, etc)
6.1 - 7.0	Single twist cradles from prep level stunts
7.1 - 8.0	Single twisting cradles from extended stunts, double twist cradles from prep level stunts
8.1 - 9.0	Double twisting cradles from extended 2 leg stunts
9.1 - 10.0	Double twisting cradles from extended single leg stunts
<b>JUMPS (Max Score: 10.0)</b>	
0.0 - 5.9	Lacking/Poor technique, variety, form, height, pointed toes and/or incorporation. Lacking/poor combinations/sequences. No to minimal jumps.
6.0 - 7.0	Single jumps not in combination performed with weak technique, variety, form, height, pointed toes and/or incorporation. Weak below level jumps.
7.1 - 8.0	Multiple continuous jump combination performed by majority of team with weak level of execution. Or Single jumps performed not in combination with average technique (level), variety, form, height, pointed toes and/or incorporation.
8.1 - 9.0	Multiple continuous jump combination performed by majority of team with level jumps Or Jumps performed by team with hyper-extended jumps by majority Or Single Jumps performed by majority of team with incorporation of standing handspring/handspring series with Standard to good technique, variety, form, height, pointed toes and/or incorporation.
9.1 - 10.0	Multiple continuous jump combination executed by team with a majority of team performing hyper-extended well executed jumps Or Multiple Jumps performed by majority of the team with incorporation of standing handspring/handspring series with Excellent technique, variety, form, height, pointed toes.
<b>OVERALL EXECUTION/CHOREOGRAPHY/CROWD APPEAL (Max Score: 15.0)</b>	
0.0 - 10.9	Lacking/poor pace and flow of routine, smooth transitions, choice and use of music and/or timing. Lacking/poor visual effects, level changes, roll offs. Lacking/poor creativity.
11.0 - 12.0	Minimal/inconsistent pace and flow of routine, smooth transitions, choice and use of music and/or timing. Minimal/inconsistent visual effects, level changes, roll offs. Minimal/inconsistent creativity. Minimal execution of routine.
12.1 - 13.0	Moderate/consistent pace and flow of routine, smooth transitions, choice and use of music and/or timing. Moderate/consistent visual effects, level changes, roll offs. Moderate/consistent creativity. Low execution of routine
13.1 - 14.0	Good pace and flow of routine, smooth transitions, choice and use of music and/or timing. Good visual effects, level changes, roll offs. Good creativity. Average to Moderate execution of routine.
14.1 - 15.0	Excellent/innovative pace and flow of routine, smooth transitions, choice and use of music and/or timing. Excellent/innovative visual effects, level changes, roll offs. Excellent/innovative creativity. Highest/strongest level of execution of routine.
<b>PERFORMANCE/SHOWMANSHIP (Max Score: 10.0)</b>	
0.0 - 5.9	Lacking/poor quality of presentation, showmanship, routine attitude, confidence, audience/crowd appeal, routine ownership engaging. Lacking/poor formations, spacing, synchronization, cleanliness and/or uniformity. Lacking/poor degree of difficulty.
6.0 - 7.0	Minimal/inconsistent quality of presentation, showmanship, routine attitude, confidence, audience/crowd appeal, routine ownership, engaging. Minimal/inconsistent formations, spacing, synchronization, cleanliness and/or uniformity. Minimal/inconsistent degree of difficulty.
7.1 - 8.0	Moderate/consistent quality of presentation, showmanship, routine attitude, confidence, audience/ crowd appeal, routine ownership, engaging. Moderate/ consistent formations, spacing, synchronization, cleanliness and/or uniformity. Moderate/consistent degree of difficulty.
8.1 - 9.0	Good quality of presentation, showmanship, routine attitude, confidence, audience/crowd appeal, routine ownership, engaging. Good formations, spacing, synchronization, cleanliness, and/or uniformity. Good degree of difficulty.
9.1 - 10.0	Excellent/innovative quality of presentation, showmanship, routine attitude, confidence, audience/crowd appeal, routine ownership, engaging. Excellent/innovative formations, spacing, synchronization, cleanliness, and/or uniformity. Excellent/innovative degree of difficulty.
<b>PYRAMIDS DIFFICULTY (Max Score: 10.0 - An additional point will be reserved for execution)</b>	
0.0 - 4.9	Minimal to no incorporation, weak level of execution and perfection
5.0 - 6.0	Pyramids below prep level
6.1 - 7.0	Pyramids involving prep level stunts and transitions
7.1 - 8.0	Pyramids involving extended 2 leg stunts and multiple transitions
8.1 - 9.0	Pyramids involving transitions extended single leg stunts
9.1 - 10.0	Pyramid involving extended single leg stunts and 2.5 high transitions, braced tic tocs
<b>STUNTS DIFFICULTY (Max Score: 10.0 - An additional point will be reserved for execution)</b>	
0.0 - 4.9	Minimal to no incorporation, weak level of execution and perfection
5.0 - 6.0	Below prep level single leg stunts, Thigh Stands, Knee Stands, Shoulder sits,
6.1 - 7.0	Prep level 2 leg stunts, below prep level single leg stunt variations/body positions ( stretches, scorpions, scales, arabesque)
7.1 - 8.0	Prep level single leg stunt variations (stretches, scorpions, scales, arabesque), two leg extended stunts, 1/2 twist load in/ mount transitions, single full twisting barrel rolls.
8.1 - 9.0	Extended Single leg Liberty, Full twisting load in mounts to prep level stunts.
9.1 - 10.0	Extended Single leg stunt variations (stretches, scorpions, scale, arabesque) or creative stunt sequences displayed before dismount(s). Full twisting load in mounts to extended level stunts or creative transitions/entrances. Teams displaying Multiple body positions will score in a higher end of this range
<b>TOSSES DIFFICULTY (Max Score: 10.0 - An additional point will be reserved for execution)</b>	
0.0 - 4.9	Minimal to no incorporation - weak level of execution
5.0 - 6.0	Basic straight ride tosses
6.1 - 7.0	Non- twisting toss execution ( toe touch, switch kick, pike arch, tuck arch, etc.)
7.1 - 8.0	Single twisting tosses
8.1 - 9.0	Trick/single twist combinations (ex. Kick full) or double twist
9.1 - 10.0	Trick/double twist combination (ex. Kick double full)
<b>TUMBLING DIFFICULTY (Max Score: 10.0 - An additional point will be reserved for execution)</b>	
0.0 - 4.9	Zero to minimal incorporation of standing skills. Weak Level of execution and perfection
5.0 - 6.0	Forward and Backward Rolls
6.1 - 7.0	Roundoffs /Cartwheels
7.1 - 8.0	Single/Series standing or running walkovers
8.1 - 9.0	Single/Series standing or running handsprings
9.1 - 10.0	Back tucks, front flips, layout, x out, pike, full twist flips

# SCHOOL DANCE CATEGORIES

*What type of routine will your team perform?*

**CATEGORY** is defined by the type of performance you select.

**POM PERFORMANCE:** Performance must consist of three dance styles (Pom, Jazz, Cheer-Funk) with the majority of emphasis on Pom. See the scoring section for details on point distribution. Poms must be used 80% of the routine.

**POM:** The most important characteristic of this style is synchronization and visual effect. Cheer style motions emphasizing uniformity, motion sharpness, technique and placement. Visually effective routine including ground work, level changes, group work, and roll-offs.

**JAZZ:** Dance style including Jazz-Performance Skills and Jazz Technique. **Jazz-Performance Skills:** Combination of dance movements with an emphasis on use of space, visual effects, body placement, as well as artistic expression and style through movement with team uniformity.

**Jazz Technique:** Kicks, leaps/leap combinations, pirouettes, turning sequences, body placement, control, etc. When incorporating these skills it is very important to make sure proper technique is maintained (for example, leaps demonstrating height, extended legs, correct arm placement, and pointed toes. Pirouettes demonstrating proper foot placement, arm placement, spotting and performed on relevé). **Improper execution of technique may negatively affect your score.**

**CHEER-FUNK:** Dance style with an emphasis on uniformity, rhythm, body isolation, creativity, and execution yet still incorporating the basic fundamentals of cheer such as sharp precise movements and visual effect. **This style of dance does NOT include pop and lock, street or excessive vibrating. Incorporating these skills may negatively affect your score.**

**FUNK/HIP-HOP:** A routine focusing on street style movements with an emphasis on variety, execution, creativity, body isolations/control, rhythm, uniformity and musical interpretation. Choreography demonstrating various styles and elements of hip-hop while incorporating athletic tricks, footwork, jumps, stalls, etc. When incorporating these skills it is very important to make sure proper technique is maintained. Improper execution of any trick, stall, etc may negatively affect your score.

**CHEER-FUNK:** Dance style with an emphasis on uniformity, rhythm, body isolation, creativity, and execution yet still incorporating the basic fundamentals of cheer such as sharp precise movements and visual effect.

**STREET:** An urban style of dance that is often improvisational or raw and social in nature. This style of dance can also encourage interaction between performers such as battling and/or partner work.

**POP AND LOCK:** A dance style with an emphasis on body isolation that implements “popping” (muscle flexes) and “locking” (short pauses or freezes within movement).

**BREAK DANCE:** A very athletic style of skills combining forms and maneuvers from activities such as gymnastics\*, hip-hop, and martial arts. \*See Dance General Rules: Tumbling & Tricks for details.

**KRUMPING:** An evolving new style of dance that involves fast, expressive, and highly energetic movements.

**LIQUID DANCE:** Liquid like movements that can sometimes involve pantomime.

**JAZZ:** Performance demonstrating various elements of jazz technique and performance skills. This routine should focus on a mixture of difficulty, creativity, and technique. The following elements should be included in this category:

**JAZZ TECHNIQUE:** Kicks, leaps/leap combinations, pirouettes, turning sequences, body placement, control, etc. When incorporating these skills, it is very important to make sure proper technique is maintained (for example, leaps demonstrated with height, extended legs, correct arm placement, and pointed toes. Pirouettes demonstrating proper foot placement, arm placement, spotting and performed on relevé.) **Improper execution of technique may negatively affect your score.**

**JAZZ-PERFORMANCE SKILLS:** Combination of dance movements with an emphasis on use of space, visual effects, body placement, routine demonstration as well as artistic expression and style through movement with team uniformity. Creative choreography will capture your audience and the judge’s attention.

**LYRICAL:** A form of dance that fuses from jazz, modern and ballet influences. The main focus of Lyrical is emphasizing strong and proper technical execution, flexibility, balance and mood. Intense emotional expressions are used to tell a story that develops with the music. Expressing proper technique and emotions will bring shape and life to the story.

Please refer to the remainder of the School Dance section for complete details on dance routine requirements and scoring.

# SCHOOL DANCE DIVISIONS

## *General Division Guidelines*

### SAFETY & PROGRESSION

JAMZ Dance Divisions and Categories allow for progression within skills, choreography and tricks. Coaches and Advisors should only have dancers perform skills that they have mastered through proper progression and practice even though a division and/or category may allow a skill that is more advanced than the capabilities of an individual or group.

### WHEN DO DIVISIONS COMBINE?

JAMZ reserves the right to combine/delete divisions based on participation. Coaches will be notified of this type of division change PRIOR to competition.

### WHEN DO DIVISIONS SPLIT?

**SMALL/LARGE DIVISIONS:** At JAMZ Nationals, teams will compete based on age and skill level (as listed in the divisions). After registration is complete divisions may be split into small and large based on equal distribution of small and large teams. If there are **EIGHT (8) OR MORE TEAMS IN A DIVISION**, JAMZ reserves the right to split into small and large. Small and large numbers will be determined by the natural break. Natural break is calculated by finding the average participant number of the teams in that division and splitting accordingly. A minimum of 3 teams must clearly fall within the large and small break.

The Natural Break is calculated using the original number of participants registered. If any changes are made after the draft schedule those changes will not be considered during placement in small and large divisions on the final schedule.

### DIVISIONS ARE NOT GUARANTEED.

JAMZ RESERVES THE RIGHT TO COMBINE/DELETE DIVISIONS BASED ON PARTICIPATION. All divisions listed are not available at every Regional Championship. For the divisions offered for each event, please see the Championship Entry Form (**NOTE:** there are separate registration packets for Six Flags events). Coaches will be notified of this type of division change PRIOR to competition.

### TO COMPETE IN A "SCHOOL" DIVISION, TEAMS ARE REQUIRED TO:

- Include only students of the school who are designated as members of the school's spirit squad(s). An eligible team member is one who has not graduated and is eligible to compete for a designated school according to that state's school association and/or the local board of education.
- Send a copy of their Official Team Roster, signed by a school administrator, along with the team registration form for Regional Championships. Teams must provide JAMZ with an updated Official Team Roster whenever a team change occurs (addition/drop of participants, name change, etc.) prior to any championship. Only the names listed on the Official Team Roster will be allowed to compete at championships including Nationals (pending team qualification).
- School divisions are determined by the team member in the highest grade level.
- The participant's grade level will be based on the academic year in which the championship takes place and shall be the participant's grade level through JAMZ Nationals 2012.

# SCHOOL DANCE DIVISIONS

*Choose the division your team will compete in.*

DIVISION is defined by the age of the oldest participant.

## **SCHOOL POM PERFORMANCE:** *Time: Minimum 1:45, Maximum 2:30*

### DIVISIONS

Elementary  
Jr. High/Middle School  
Freshman  
Junior Varsity  
Varsity

### GRADE LEVEL

6th grade and under  
9th grade and under  
9th grade ONLY  
12th grade and under  
12th grade and under

### PARTICIPANTS

(5 -36 members, male and/or female)  
(5 -36 members, male and/or female)  
(5 -36 members, male and/or female)  
(5 -36 members, male and/or female)  
(5 -36 members, male and/or female)

## **SCHOOL FUNK/HIP-HOP:** *Time: Minimum 1:45, Maximum 2:30*

### DIVISIONS

Jr. High/Middle School  
Junior Varsity  
Varsity

### GRADE LEVEL

9th grade and under  
12th grade and under  
12th grade and under

### PARTICIPANTS

(5 -36 members, male and/or female)  
(5 -36 members, male and/or female)  
(5 -36 members, male and/or female)

## **SCHOOL JAZZ:** *Time: Minimum 1:45, Maximum 2:30*

### DIVISIONS

Jr. High/Middle School  
Junior Varsity  
Varsity

### GRADE LEVEL

9th grade and under  
12th grade and under  
12th grade and under

### PARTICIPANTS

(5 -36 members, male and/or female)  
(5 -36 members, male and/or female)  
(5 -36 members, male and/or female)

## **SCHOOL LYRICAL:** *Time: Minimum 1:45, Maximum 2:30*

### DIVISIONS

Junior Varsity  
Varsity

### GRADE LEVEL

12th grade and under  
12th grade and under

### PARTICIPANTS

(5 -36 members, male and/or female)  
(5 -36 members, male and/or female)

Please refer to the [School Dance General Rules](#) for further information or contact us at (800) 920-4272.

# SCHOOL DANCE GENERAL RULES

*The general requirements for your dance routine.*

## GENERAL GUIDELINES

- 1) All teams should be supervised during all official functions by a qualified coach/instructor.
- 2) Coaches/instructors must require proficiency before skill progression. Coaches must consider the dancer and team skill level with regard to proper performance placement.
- 3) All participants agree to conduct themselves in a manner displaying good sportsmanship throughout the event. The director/instructor/coach of each team is responsible for seeing that team members, coaches, parents, and any other person affiliated with the team conduct themselves accordingly. Severe demonstrations of unsportsmanlike conduct are grounds for disqualification.
- 4) All programs should have, and review, an emergency action plan in the event of an injury.
- 5) Teams must have at least 5 members. There is a maximum limit of 36 members.
- 6) Each team will have a **minimum of 1 minute and 45 seconds to a maximum of 2 minutes and 30 seconds** to demonstrate their style and expertise. Timing will begin with the first choreographed movement or note of music. Timing will end with the last choreographed movement or note of music, whichever comes last.
- 7) Any team proven to be in violation of the age restrictions will be automatically disqualified from the event.
- 8) The teams name will be called at least twice (once as the team is on deck, and again once the team is next to perform). Teams missing their performance time will only be able to perform at the discretion of a JAMZ official. Teams will not be allowed to perform once their division/category has closed.
- 9) Footwear is recommended but not required. Wearing socks and/or footed tights only is prohibited. (Exception, socks are allowed on a carpeted performance surface)
- 10) Jewelry as a part of a costume is allowed.
- 11) Weight bearing skills and/or tumbling on the performance surface is not allowed while holding poms or props (including stalls, etc.). (Exception, forward and backward rolls are allowed). A full clean hand must be in contact with the performance surface for all weight bearing skills.

## TUMBLING AND TRICKS- (Executed by individuals)

Tumbling and/or tricks: An acrobatic or gymnastics skill executed by an individual dancer without contact, assistance or support of another dancer (s) and begins and ends on the performance surface.

**Tumbling is allowed, but not required, in all divisions with the following limitations:**

- 1) In Hip Hop ONLY airborne tumbling skills with hip over head rotation must involve hand support with at least one hand when passing through the inverted position. (Exception, aerial cartwheels, round offs and dive rolls are allowed in all categories)
  - a) The allowed hip hop tumbling skills with airborne hip over head rotation is limited to 2 connected skills. (Example, Round off, back handspring, back handspring is not allowed. Round off, back handspring kip up is allowed)
- 2) Simultaneous tumbling over or under another tumbler is not allowed.
- 3) Drops to the knee, thigh, seat, front, back, jazz split (hurdler) or split position onto the performing surface from a turn, jump, stand, or inverted position must first bear weight on the hands or foot/feet in order to break the impact of the drop.
- 4) Drops to a push up position onto the performance surface are permitted from a standing or kneeling position or from a jump with forward momentum (i.e. Flying Squirrel) or an X, Star or Spread Eagle jump. All variations of a Shushunova not permitted.

### Allowed

Forward/Backward Rolls	Windmills/Flairs
Shoulder Rolls	Kip Up
Cartwheels	Dive Rolls (in a pike position)
Headstands	Round Off
Handstands	Headsprings with Hand Support
Backbends	Aerial Cartwheel
Front/Back Walkover	Front/Back Handsprings (in Hip Hop ONLY)
Stalls	
Head Spins	

### Not Allowed

Front/Back Tucks  
Side Somi  
Layouts  
Shushunova  
Headsprings (without hand support)  
Round Off Series Back Handsprings  
Dive Rolls (in a layout position)

*(continued)*

# SCHOOL DANCE GENERAL RULES

*(continued)*

## **DANCE LIFTS, TRICKS AND PARTNERING- (Executed as partners or groups)**

Dance lifts, Tricks and Partnering are permitted and are defined below:

**Dance Lift:** An action in which a dancer(s) is elevated from the performance surface by one or more dancers and set down. A Dance Lift is comprised of Lifting dancer (s) and Elevated dancer(s).

**Dance Trick:** An action in which a dancer(s) executes a skill with support from one or more dancers. A Dance Trick is comprised of Supporting dancer(s) and Executing dancer(s).

**Partnering:** An action in which two or more dancers use support from one another, but are not elevated. Partnering can involve both "Supporting" and "Executing" skills.

- 1) Any lifting/supporting dancer(s) who has primary weight of a Lifted Dancer must maintain direct contact with the performance surface at all times.
- 2) At least one lifting/supporting dancer must have hand/arm/body to hand/arm/body contact with the elevated/executing dancer(s) throughout the entire lift, trick or partnering skill. (Exception- A dancer who is not prone can release contact below shoulder level of the lifting/supporting dancer when standing upright)
- 3) Jumping or leaping off a dancer above hip level of the lifting/supporting dancer when standing upright is allowed as long as there is hand/arm (lifting/supporting dancer) to hand/arm/body (elevated/executing dancer) contact with a lifting/supporting dancer throughout the skill.
  - a. A dancer who is not prone may jump or leap off another dancer. This is only allowed if the highest point of the toss does not elevate the executing dancers hips above shoulder level of a standing dancer.
  - b. A dancer may step off another dancer.
- 4) Tossing a dancer is only allowed if the highest point of the toss does not elevate the executing dancers hips above shoulder level of the the lifting/supporting dancer when standing upright and the executing dancer is not prone or inverted. When released the executing dancer can not pass through an inverted position.
- 5) Swinging lifts and tricks are allowed provided the elevated/executing dancers body does not make a complete circular rotation and is in a supine position (may not be prone) at all times.
- 6) Hip over head rotation of the elevated/executing dancer(s) may occur as long as his/her shoulders do not exceed shoulder level of the lifting/supporting dancer when standing upright.
- 7) Vertical Inversions above shoulder level of a standing dancer must be supported by at least two lifting/supporting dancers, who have hand to body contact throughout the inversion.
- 8) Hand to hand vertical inversions are allowed as long as the shoulders of the executing dancer do not exceed shoulder level of the lifting/supporting dancers when standing upright and there are at least 2 lifting/supporting dancers.

## **CHOREOGRAPHY, MUSIC AND COSTUMING**

- 1) Suggestive, offensive, or vulgar choreography, costuming and/or music are inappropriate for family audiences and therefore lack audience appeal.
- 2) Routine choreography should be appropriate and entertaining for all audience members. Vulgar or suggestive material is defined as any movement or choreography implying something improper or indecent, appearing offensive or sexual in content, and/or relaying lewd or profane gestures or implications. Inappropriate choreography, costuming and/or music may affect the judges overall impression and/or score of the routine. Please make sure all choreography is age appropriate.
- 3) All choreography, costuming and makeup should be age appropriate and acceptable for family viewing.
- 4) Team using excessive vulgar or suggestive movements, words, costuming or music will be penalized, forced to forfeit or disqualified. Actions taken will be under the discretion of a JAMZ official.
- 5) Music is required throughout this performance. Teams performing without music will result in a forfeiture of scores (teams receive an overall team score of 0). Choreographed artistic pauses are allowed. If music is interrupted due to technical failure, performers will continue to be judged on dance skills outlined in the routine specifics.

## **PROPS**

- 1) Wearable and handheld items are allowed in all categories and can be removed or discarded from the body.
- 2) Standing props are only allowed in the Prop and Production categories. Any item(s) that bears the weight of the participant is considered a standing prop. (Examples- chairs, stools, benches, ladders, boxes, stairs, etc.)JAMZ does not offer the Prop or Production categories at any event.
- 3) Items that may damage the performance surface are prohibited.

*(continued)*

# SCHOOL DANCE GENERAL RULES

*(continued)*

**DUE TO UNFORESEEN CIRCUMSTANCES, JAMZ RESERVES THE RIGHT TO DISQUALIFY ANY TEAM.**

*The School Dance General Rules are of a general nature and are not intended to cover all circumstances. JAMZ American Spirit Connection Inc. makes no warranties either expressed or implied that the JAMZ School Dance General Rules will prevent injuries to individual participants.*

## **Age Checking/Eligibility**

Registered Coaches of teams are allowed to question/lodge a complaint regarding the age and/or eligibility of another team's athlete. The request to verify or check the age or eligibility of another team must occur within 24 hours of a team's performance. No verification of an athlete will occur between the "Point of No Return" and that team's performance on the competition floor. However that team may be questioned regarding their athletes eligibility either before the "Point of No Return" and up to 24 hours after a team's performance. Only registered coaches of a team may lodge a complaint against another team regarding age/eligibility. The team lodging the complaint should be prepared to also present proof of their team's age and eligibility on site or within 24 hours of the complaint. Only JAMZ event officials may question or investigate a team's eligibility. All complaints regarding age and/or eligibility should be lodged with the event director or by emailing [rules@jamz.com](mailto:rules@jamz.com) within 24 hours of the close of a competition day.

## **Rules Violations/Point Deductions**

Registered Coaches of a team may request a review of another teams Level Rules or General safety rules violations only within 24 hours of the completion of the competition day. A rival team MAY NOT request the review of another team's routine for execution point deductions because those deductions are based on the human eye and are not reviewable for adding additional deductions not viewed live.

Registered coaches may request a review of their own team's execution point deductions/rules violations up to 24 hours after the completion of the competition. However, please be aware any review of your point deductions/ rules violations may result in your team being awarded additional violations that were not viewed during the "live" performance if the video review discovers deductions not originally placed on your team.

If the awards ceremony has already been completed and a team is given additional Level rules violations or general safety rules violations based upon a lodged complaint within 24 hours of the close of the competition day then placements of teams may be altered ONLY if it effects the Top 3 teams in a division. Nevertheless, JAMZ will not strip any team of a National Championship or Top 3 placement once it has been awarded on stage but instead reward dual placements or co-National Champions to teams in that division.

These rules violations/ point deductions review complaints must be lodged within 24 hours of the completion of the competition day. All complaints should be lodged with the Event Director or by emailing [rules@jamz.com](mailto:rules@jamz.com) within 24 hours of the close of a competition day.

# SCHOOL DANCE GLOSSARY

*Reference guide for all skills mentioned in the General Safety Rules.*

**A la Seconde Turns (Turns in Second):** A turning series that opens from a plié out to the front in second position (extended directly out to the side, level with hips) on relevé, and repeats with a turn in plié and so on. Very similar to fouetté turns but instead of the leg whipping in to passé, it stays in second position.

**Aerial Cartwheel:** An airborne tumbling skill which emulates a cartwheel without placing hands on the ground..

**Airborne:** To be free of contact with a person and/or the performing surface (*Clarification: an example of airborne hip over head rotation is a back hand-spring*).

**Arabesque (air-u-besk):** When the dancer stands on one leg while the other is fully extended behind at a 90 degree angle.

**Attitude:** A position where one leg is the supporting leg and the other is extended back/front at a 90 degree angle, with a bent knee and well turned out so that the knee is level with the foot.

**Axle:** The working leg kicks out from a low chainé and around through second position, where it meets the other leg in a tucked position while completing a full rotation in mid-air.

**Back Walkover:** A non-airborne tumbling skill where the dancer reaches backward with an arched torso through an inverted position, hands make contact with the ground, then the hips rotate over the head and the torso hollows bringing the dancer to an upright position, landing one foot/leg at a time.

**Backward Roll:** A non-airborne tumbling skill where one rotates backward into/or through an inverted position by lifting the hips over the head and shoulders while curving the spine to create a motion similar to a ball “rolling” across the floor.

**Break Dancing:** A rhythmic style of hip hop dance involving rapid acrobatic moves, jumps, and twists in which different parts of the body are in contact with the performance surface.

**C - Jump:** A jump in which the dancers creates an arch in the back allowing the knees to bend and the feet reach behind the body.

**Calypso (ka-lip-so):** A rotating leap in which the working leg opens from a low chainé and fully extends to the side while the supporting leg pushes off the ground to execute a back attitude position. Also often referred to as a back attitude leap or rotating back attitude leap.

**Cartwheel:** A non-airborne gymnastic skill where one supports the weight of the body with the arm(s) while rotating sideways through an inverted position landing on one foot at a time.

**Chainé Turns (sha-nay):** A series of rapid turns, chained together, on the balls of the feet. One foot steps out and the other follows in to a closed turn, repeat.

**Chassé (sha-say):** A step in which one foot replaces the other and literally chases it out of its position. Usually done across the floor or as a prep into a leap or other aerial skill.

**Coupe (koo-pay):** A position of the foot lifted and held tightly against the ankle of the supporting leg.

**Dance Lifts (executed as partners or in a group):** An action in which a dancer(s) is elevated from the performance surface by one or more dancers and set down. A Dance Lift is comprised of “Lifting” dancer(s) and “Elevated” dancer(s).

**Dance Trick (executed as an individual):** An acrobatic or gymnastics skill executed by an individual dancer without contact, assistance or support of another dancer(s) and begins and ends on the performance surface.

**Dance Trick (executed as partners or in a group):** An action in which a dancer(s) executes skill with support from one or more dancers. A Dance Trick is comprised of “Supporting” dancer(s) and “Executing” dancer(s).

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# SCHOOL DANCE GLOSSARY

*(continued)*

**Développé (dayv-law-pay):** An action in which the working leg moves through passé before extending into position. Means to delvelop.

**Dive Roll:** An airborne tumbling skill in which the dancer does a forward roll where the hands and feet are off of the performing surface simultaneously. This skill is allowed only if the dancer is in a piked position.

**Elevated:** An action in which a dancer is moved to a higher position or place from a lower one.

**Elevated Dancer:** A dancer who is lifted from the performance surface as a part of a Dance Lift.

**Executing Dancer:** A dancer who performs a skill as a part of a Dance Trick or uses support from another dancer or dancers when Partnering.

**Flying Squirrel:** A jump executed with forward momentum with the dancers arms extended in front, legs behind, creating an "X" position in the air.

**Forward Roll:** A non-airborne tumbling skill where one rotates forward through an inverted position by lifting the hips over the head and shoulders while curving the spine to create a motion similar to a ball "rolling" across the floor.

**Fouetté Turns(fweh-tay):** A turning series that opens from a pirouette in slight plié (with a turned out passé) and then extends out to the front in second position (extended directly out to the side, level with hips) on relevé, and whips in to repeat with a pirouette in plié and so on. Very similar to al a seconde turns but instead of the leg staying in second position it whips in to passé.

**Front Heel Stretch:** The dancer first grabs his/her foot before stretching the leg up to the front of the body at the highest point of extension.

**Front Leap/Grand Jeté (Leap):** A large leap forward with one leg extended in front and the other extended in back to create the splits in mid-air.

**Front Walkover:** A non-airborne tumbling skill where the dancer rotates forward with a hollow torso through an inverted position and arches up bringing the legs and hips over the head to a non inverted position with legs landing one foot/leg at a time.

**Handstand:** A non-airborne, non rotating, tumbling skill where the dancer supports his/herself vertically on his/her hands in an inverted position and the arms are extended straight by the head and ears.

**Head Spin:** A hip hop technique in which the dancer spins on his/her head with use of the hands to aid in rotation and speed. The legs can be held in a variety of positions.

**Head Spring (front/back):** A trick typically performed in hip hop in which the dancer approaches the head spring much like a hand spring, and can be executed either to the front or to the back. Beginning in a standing or squatting position, the hands are placed on the floor with the head between the hands, and the legs come over/whip through the body similar to a kip up and the dancer lands on two feet.

**Headstand:** A non airborne, non rotating, tumbling skill where the dancer supports his/herself vertically on his/her head in an inverted position and the hands are on the floor supporting the body.

**Heel Stretch:** When the dancer first grabs his/her foot before stretching the leg out to the side of the body at the highest point of extension.

**Hip Over Head Rotation:** An action where hips move over the head in a tumbling skill (Example: Back walkover or cartwheel).

**Inversion:** A position in which the dancer's waist/hips and at least one foot are higher than his/her shoulders. *(Clarification: An arch in a back lift is not considered an inversion)*

**Kick and Hold:** When the dancer kicks one leg to the front, grabs the foot, and holds it at the highest point of extension.

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# SCHOOL DANCE GLOSSARY

*(continued)*

**Kip Up:** From lying down, stomach up, the dancer bends knees, thrusts legs into the chest, rolls back slightly, and then kicks up. The force of the kick causes the dancer to land in an upright position with both feet planted on the floor.

**Krumping:** This is a very expressive style of dance involving movements that are fast, aggressive, and highly energetic.

**Lifting Dancer:** A dancer(s) who is part of a dance lift and lifts an elevated dancer as a part of a dance lift.

**Liquid Dancing:** Liquid like movements and gestured dancing that can sometimes involve pantomime.

**Partnering:** A skill in which two dancers use support from one another. Partnering Lifts can involve both "Supporting" and "Executing" skills.

**Passé (pah-say):** A position that has one leg, the working leg, connected to the supporting leg with a pointed toe. The working leg should connect the arch of the foot to the knee of the supporting leg.

**Piqué Turns (pee-kay):** A series of rapid turns with the supporting leg stepping directly on to relevé as the other, the working leg, pulls up to passé while completing a full rotation, repeat.

**Pirouette Turns (pir-o-et):** A full rotation of the body with the supporting leg on relevé and the working leg pulled up to passé.

**Plié (plee-ay):** A bending of the knee or knees.

**Pop & Lock:** Sudden muscle contractions that create a visual of the dancer popping their body rather than moving more naturally. Intricate and robotic movements that can create the image of a strobe light, "Snap Shot Effect".

**Prone:** A position in which the front of the dancers body is facing the ground and the back of the dancers body is facing up.

**Prop:** An object that can be manipulated.

**Relevé (reh-la-vay):** A rising of the body on the balls of the feet.

**Scale:** When the dancer pulls one leg, fully extended and turned out, directly to the back and stretches it to the highest point of extension. Similar to an arabesque, but the dancer uses his/her hand to stretch it to a higher point.

**Shoulder Roll:** A non airborne tumbling skill in which the dancer rolls where the back of the shoulder is the contact with the floor. Head is tilted to the side to avoid contact with the floor.

**Shushunova:** A jump variation in which the dancer lifts extended legs to a toe-touch or pike position and then circles them behind the body dropping the chest and landing in a prone support (push up position). Shushunovas are not permitted.

**Side Leap/Jeté a la Seconde:** A leap to the side in which one leg rises to second position, or highest point of extension, while the other leg follows by doing the same on the opposite side to meet in a straddle position in mid-air before landing.

**Side Somi:** An airborne skill where the dancer rotates sideways in a position. Side Somis can be performed running or from a cartwheel or round off entry. Side Somis are not permitted.

**Spotting:** A term used for the movement of the head and focusing of the eyes during pirouettes and other turning movements. The dancer chooses a spot to focus on with their eyes and as the turn is executed, the eyes stay focused on that spot until the head has no choice but to whip around. This will prevent dizziness and help the dancer to not fall out or travel during the turn(s).

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# SCHOOL DANCE GLOSSARY

*(continued)*

**Stall:** A hip hop technique that involves halting all body motion, often in an interesting, inverted or balance-intensive position with the support of one or both hands. Also often referred to as a Freeze.

**Stepping:** This is a form of percussive dance in which the dancer uses their entire body as an instrument to produce complex rhythms and sounds through a mixture of footsteps, spoken word and hand claps.

**Street Dancing:** This type of dancing includes break dancing, krumping, liquid dancing, popping, etc.

**Supine:** A position in which the back of the dancers body is facing the ground and the front of the dancers body is facing up.

**Supporting Dancer:** A supporting dancer (s), who is part of a dance trick and bears the primary weight of a lifted dancer. A supporting dancer(s) holds or tosses and/or maintains contact with an Executing dancer as a part of a Dance Trick or Partnering skill. The supporting dancer may also be considered a lifting dancer.

**Supporting Leg:** The leg of a dancer that supports the weight of the body and is connected to the ground while executing a skill.

**Swinging Lift:** A dance lift in which the momentum of the lifted dancer increases while creating a curve or arc with circular/up and down motion.

**Switch Leap:** A leap in which the working leg kicks forward then switches to the back as the other leg comes to the front to create the ending position of a leap before landing.

**Switch Second:** Facing the side, the dancer begins a leap by extending one leg forward, then rotates the hips and body to the front while switching the leg position in mid-air to end with both legs extended at each side (straddle position).

**Tilt:** An angled body position, usually tilting at a diagonal to one side bending at the torso. This can be performed in a kick, jump or leaping action.

**Toss:** An airborne dance lift/trick where supporting dancer(s) execute a throwing motion to increase the height of the executing dancer. Executing dancer becomes free from the performance surface, but maintains hand/arm/body to hand/arm contact with at least one supporting dancer.

**Tumbling:** A collection of skills that emphasize acrobatic or gymnastic ability and are executed by an individual dancer without contact, assistance or support of another dancer(s) and begins and ends on the performance surface. *(Clarification: tumbling skills do not have to include hip over head rotation)*

**Turning Kick and Hold:** Executing a full turn(s) while remaining in the position of a kick and hold until rotation(s) is complete.

**Turning Switch:** When the dancer begins the skill with a low chainé that leads into a leap starting in one direction and then switches leg position (like a switch leap) while body rotates in mid-air before completing the skill.

**Vertical Inversion:** A position in which a dancer is perpendicular to the ground with his/her hips directly over his/her shoulders.

**Weight bearing:** A skill in which the dancers weight is supported by one body part without any other body part on the ground.

**Windmill:** Beginning in a position laying down on the back, the dancer spins from his/her upper back to the chest while twirling his/her legs around his/her body in a V-shape. The leg motion gives the majority of the power, allowing the body to “flip” from a position on the back to a position with the chest to the ground.

**Working Leg:** The leg of a dancer that is responsible for the momentum, power and/or position of a skill during execution.

# SCHOOL DANCE PENALTY INFO

*Protecting integrity and perfection of routine execution.*

## **RULES PENALTIES:**

**2.5 POINTS** (per occurrence) deducted from your total possible score for each violation of any of the **School Dance General Rules**.

Please refer to the School Dance General Rules for specific allowances and restrictions.

## **TIME LIMIT PENALTIES:**

Timing will begin with the first organized word, movement, or note of music following the teams' announcement to take the floor. Timing will end with the last organized word, note of music, or movement by the team.

**1.0 POINT** deducted from your total possible score if your routine goes 6 – 10 SECONDS OVER/UNDER time requirements.

**2.0 POINTS** deducted from your total possible score if your routine goes 11 OR MORE SECONDS OVER/UNDER time requirements.

## **INAPPROPRIATE MUSIC/CHOREOGRAPHY:**

Age appropriate choreography and music must be used. Penalties will be assessed under the All-Star/Studio Dance General Rules.

## **REASONS FOR DISQUALIFICATION:**

Teams with illegal participant(s) will be disqualified. Reasons for disqualification include but are not limited to inappropriate choreography/music (at the discretion of a JAMZ official), severe demonstrations of unsportsmanlike conduct, overage participant(s), less participants than allowed on the floor, participant(s) not listed on the team roster, and/or illegal participant(s) listed on the team roster. If a team is found with unregistered participants, the team will be disqualified.

Teams registering and performing in incorrect divisions will be disqualified. **Due to unforeseen circumstances, JAMZ reserves the right to disqualify any team.**

## **REASONS FOR FORFEITURE:**

In the School Dance General Rules, see #7 and #8 in the General Guidelines and #2, #4 and #5 (under Choreography, Music and Costuming). Teams forfeiting will receive an overall team score of 0.

## **LEGALITY QUESTIONS:**

See the **RULES 411** section with detailed instructions on how to submit a rules question.

# SCORE SYSTEM 411

## School Dance Divisions

JAMZ' score system leads the industry in innovation! We take scoring to the next level! We challenge teams to "perform smarter". By understanding JAMZ' scoring structure, coaches should already be able to estimate their 'base' technical element scores before even taking the floor! Use the tips provided below, Scoring Grid, General Rules, Penalty Info and the Coach's Cheat Sheet to ensure your routine maximizes its potential score.

### WHERE DO I FIND ALL INFO ON JAMZ SCORING?

Everything you need to know about JAMZ scoring is found in the following Championship Guide sections:

- Score System 411 *(the document you're reading right now)*
- Coach's Cheat Sheet
- Scoring Grids
- General Rules
- Penalty Info

### HOW IS A ROUTINE SCORED?... *This is our favorite part!*

This is our favorite part! JAMZ has created separate scoring criteria for EVERY style of dance! What does this mean? Points are allocated differently for each routine style! Why would we go to such great lengths to tailor our score sheets to each style? 'Cause we know that different styles of dance demand different skill levels. For example, a Lyrical routine demands different skills and a different performance than a Pom Performance routine. Lyrical does not call for motion technique and sharpness but it does call for a routine built on emotion and expressive movements. Therefore the score sheets for Lyrical have a scoring section solely for Emotion/Expression of Movement. JAMZ not only believes in the purpose of skills/performance levels, but also carries this mission throughout the scoring process. If the routine is less demanding of a certain skill or style, then less points will be allocated for this versus other parts of the routine. We get it!

### WHAT ARE SCORING GRIDS?

Scoring grids show coaches what point ranges certain skills may achieve. However, point ranges are assessed by acknowledging whether skills were performed by a partial or majority of the team, at what difficulty level the majority of the skills were performed, and the perfection of execution of the skills. Therefore, for example in Pom Performance, having one participant execute a single pirouette while the rest of the members perform a front kick does NOT guarantee a scoring in the range of 4 - 5 in Incorporation of Jazz Technique /Performance Skills. Other factors must be considered. When entering a category that specifically calls for mandatory skills/styles, JAMZ must ensure that the difference is recognized between teams who perform a sufficient amount of the required skills/styles vs. teams that have only included a limited amount. With perfection of execution and creative incorporation, that team may be able to achieve a score in the range of 4 - 5. As you can see, JAMZ takes scoring seriously and works hard to identify the slight differences in routine difficulty, execution and team incorporation that make the difference in final team ranking.

### HOW ARE TOTAL SCORES CALCULATED?... *Let's do some math. O'mon, it will be fun!*

Each division is scored out of 100 possible points. Total scores from all judges on the panel are added together, and then divided by the total number of judges. This total is referred to as the team's Total Average Score. The team's Total Average Score is then divided into the Total Possible Score. This percentage is the team's Total Qualifying Percentage and is used to determine Nationals qualification. Using the team's Total Average Score, any penalties and deductions received are deducted based on their percentage weight (see calculation below) to provide the Final Team Score. This Final Team Score is then divided into the Total Possible Score. This total becomes the team's Final Team Percentage which is used for awards/ranking at that specific championship.

For example, say that in a particular Division and Level there is a potential of 100 points possible:

Total Possible Score: 100 points

The team receives the following scores:

Judge 1: 72.1

Judge 2: 75.3

Judge 3: 74.1

These scores added together ( 72.1 + 75.3 + 74.1 ) = 221.5

Then divided by the number of judges (3) = 73.83

Team Average Score: 73.83 points

Divide this score by Total Possible Score: (73.8 / 100) = 73.8%

Total Qualifying Percentage: 73.8% (used to qualify for Nationals)

The team also received a penalty of 2.5 points.

Final Team Score: (73.83 - 2.5) = 71.33

Divide this score by Total Possible Score: (71.33 / 100) = 71.33%

Final Team Percentage: 71.33 (used for awards/ranking)

# COACH'S CHEAT SHEET

## School Dance Divisions

**HOW DO YOU USE JAMZ SCORING GRIDS?**... *Don't worry, we'll walk you through it.*

### 1. FIND YOUR TEAM'S SCORING GRID.

What is your Category?

**Example:**


- If you are: POM PERFORMANCE
- Then select: SCHOOL - POM PERFORMANCE SCORING GRID


### 2. LOOK AT EACH ELEMENT ON THE SCORING GRID.


- Your team will be judged and scored on the criteria specified in *your* category and level or dance style scoring grid. Each scoring grid has its own point distribution and allotment.
- Scoring elements are judged based on a level of execution, perfection & creative incorporation. Elements with a strong level of execution, perfection & creative incorporation show mastery, excellence, consistency and are performed with confidence. Elements with a weak level of execution, perfection & creative incorporation lack technique, show inconsistency, need to be polished and lack self-confidence. Strong level = higher score.
- Scoring elements are judged base on majority vs. partial execution. Teams will earn more points if the *majority* (over half of the team) executes (not attempts) the elements than teams who have partial (less than half of the team) execution.
- **Scoring Example:** An element on the SCHOOL - POM PERFORMANCE SCORING GRID is CHOREOGRAPHY FORMATIONS- Variety, Spacing and Transitions
  - ▶ If the *majority* of the routine contains seamless and creative transitions, variety in formations, great spacing, etc.
    - Then you can expect to receive a score in the 9.0 - 10.0 range
  - ▶ If the *majority* of the routine contains basic formation changes with standard transitions and inconsistent spacing, etc.
    - Then you can expect to receive a score in the 7.0 - 7.9 range


**WHAT ARE JUDGES LOOKING FOR?**... *Here's a quick checklist.*

- Were all skills performed 'legally'?
- Did the majority (over half) of the team perform/execute (not attempt) the skill(s)?
- Did the routine include variety?
- Was the routine executed with proper presentation and level of energy?
- Was it clean & exciting? Were there many timing errors?
- Examples:**
  - Was choreography varied to hold audience attention? OR did the routine become repetitive & monotonous?
  - Did the performance have consistent energy throughout the entire routine? Or did the confidence and energy level drop half way through or towards the end?
- How did the team *execute* the skills?
  - Strong Level = Higher Score
    - Mastery of skill
    - Excellence of performance/skill
    - Confidence in performance
  - Weak Level = Lower Score
    - Inconsistent in skill
    - Needs polish
    - Lacks self confidence
- Were there mistakes, improper execution of technique/tricks/styles, timing errors, etc.?

 <b>2011-2012 Season</b>		
<b>Schools Pom Performance</b>		
SCORING ELEMENTS	MAX POINTS	YOUR SCORE
Cheer Funk - Execution of Cheer Funk Skills	5	
Cheer Funk - Incorporation of Cheer Funk Skills	5	
Choreography - Creativity And Variety	10	
Choreography - Formations- Variety, Spacing and Transitions	10	
Jazz - Execution of Jazz Technique	5	
Jazz - Incorporation of Jazz Technique/Performance Skills	5	
Pom - Motion Technique and Sharpness	20	
Pom - Synchronization and Visual Effect	20	
Routine Execution - Degree of Difficulty	10	
Routine Execution - Performance Presentation and Execution	10	
<b>Comment:</b>	<b>POSSIBLE: 100</b>	<b>YOUR TOTAL:</b>

 <b>2011-2012 Season</b>		
<b>Schools Funk Hip-Hop</b>		
SCORING ELEMENTS	MAX POINTS	YOUR SCORE
Choreography - Creativity and Variety	10	
Choreography - Formations- Variety, Spacing and Transitions	10	
Choreography - Visual Effect	10	
Hip-Hop Fundamentals - Execution of Hip Hop Styles	20	
Hip-Hop Fundamentals - Interpretation and Incorporation of Hip Hop Styles	20	
Routine Execution - Degree of Difficulty	10	
Routine Execution - Performance Presentation and Execution	10	
Routine Execution - Team Uniformity	10	
<b>Comment:</b>	<b>POSSIBLE: 100</b>	<b>YOUR TOTAL:</b>

 <b>2011-2012 Season</b>		
<b>Schools Jazz</b>		
SCORING ELEMENTS	MAX POINTS	YOUR SCORE
Choreography - Creativity And Variety	10	
Choreography - Formations- Variety, Spacing and Transitions	10	
Choreography - Visual Effect	10	
Jazz Fundamentals - Execution of Jazz Technique	20	
Jazz Fundamentals - Incorporation of Jazz Technique/Performance Skills	20	
Routine Execution - Degree of Difficulty	10	
Routine Execution - Performance Presentation and Execution	10	
Routine Execution - Team Uniformity	10	
<b>Comment:</b>	<b>POSSIBLE: 100</b>	<b>YOUR TOTAL:</b>

 <b>2011-2012 Season</b>		
<b>Schools Lyrical</b>		
SCORING ELEMENTS	MAX POINTS	YOUR SCORE
Choreography - Creativity and Visual Effect	10	
Choreography - Formations- Variety, Spacing and Transitions	10	
Lyrical Fundamentals - Emotion/Expression of Movement	20	
Lyrical Fundamentals - Execution of Technical Skills	15	
Lyrical Fundamentals - Incorporation of Technical Skills	15	
Routine Execution - Degree of Difficulty	10	
Routine Execution - Performance Presentation and Execution	10	
Routine Execution - Team Uniformity	10	
<b>Comment:</b>	<b>POSSIBLE: 100</b>	<b>YOUR TOTAL:</b>

# Schools Pom Performance



<b>CHEER FUNK - EXECUTION OF CHEER FUNK SKILLS (Max Score: 5.0)</b>	
<b>0.0 - 2.9</b>	Little to no cheer-funk style executed. Lacking energy. Movements short of personality and uniformity. Proper rhythm and body control not maintained by majority. Numerous timing errors.
<b>3.0 - 3.9</b>	Average energy executed. Minimal timing errors. Movements performed with basic rhythm/body control.
<b>4.0 - 5.0</b>	Good sense of rhythm and energy. Nice body control and execution. Minor timing errors.
<b>CHEER FUNK - INCORPORATION OF CHEER FUNK SKILLS (Max Score: 5.0)</b>	
<b>0.0 - 2.9</b>	Little to no cheer funk movements in choreography. Movements short of personality and variety.
<b>3.0 - 3.9</b>	Basic incorporation of cheer-funk movements. Standard level of creative choreography and movements.
<b>4.0 - 5.0</b>	Good incorporation of cheer-funk movements. Expressive and varied style. Nice visuals and creativity.
<b>CHOREOGRAPHY - CREATIVITY AND VARIETY (Max Score: 10.0)</b>	
<b>0.0 - 5.9</b>	Routine contains little to no variety in style. Choreography is without personality and creative movements.
<b>6.0 - 6.9</b>	Routine lacks variety. Movements are repetitive and fall short of creativity.
<b>7.0 - 7.9</b>	Standard incorporation of creative choreography. Average variety displayed throughout routine.
<b>8.0 - 8.9</b>	Good variety in styles and movements. Choreography displays creativity.
<b>9.0 - 10.0</b>	Excellent incorporation of variety. Great interpretation and variety in movements. Routine is creative and unique.
<b>CHOREOGRAPHY - FORMATIONS- VARIETY, SPACING AND TRANSITIONS (Max Score: 10.0)</b>	
<b>0.0 - 5.9</b>	Little to no formation changes. Spacing off throughout routine. Lacking awareness of floor spacing. Transitions are chaotic and confusing.
<b>6.0 - 6.9</b>	Team lacking in knowledge of routine spacing. Formations are short of variety. Transitions are chaotic and lack in variety.
<b>7.0 - 7.9</b>	Basic incorporation of formation changes. Standard transitions. Spacing is inconsistent throughout routine.
<b>8.0 - 8.9</b>	Good use of various formations and floor space. Minor inconsistent spacing issues. Majority of transitions smooth.
<b>9.0 - 10.0</b>	Tricky/creative transitions between formation changes. Great use of the floor with proper spacing. Great variety in formations.
<b>JAZZ - EXECUTION OF JAZZ TECHNIQUE (Max Score: 5.0)</b>	
<b>0.0 - 2.9</b>	Lacking proper technical execution. Poor body placement. Skills are too rushed/too slow and not being performed at proper pace.
<b>3.0 - 3.9</b>	Basic knowledge of proper technique and execution. Few issues with incorrect body placement and timing of skills. Standard skills with some being performed at improper pace, too fast/too slow.
<b>4.0 - 5.0</b>	Skills performed with good execution and presentation. Minor timing errors. Nice body placement/extensions. Appropriately paced jazz skills executed properly by majority.
<b>JAZZ - INCORPORATION OF JAZZ TECHNIQUE/PERFORMANCE SKILLS (Max Score: 5.0)</b>	
<b>0.0 - 2.9</b>	Little to no incorporation of skills. Minimal team participation in jazz technique throughout routine. Little to no variety in jazz skill.
<b>3.0 - 3.9</b>	Moderate jazz skills/technique incorporated within routine. Jazz skills lack variety. Minimal team participation.
<b>4.0 - 5.0</b>	Good incorporation of technique. Routine includes solid combinations. Nice variety and team participation.
<b>POM - MOTION TECHNIQUE AND SHARPNESS (Max Score: 20.0)</b>	
<b>0.0 - 11.9</b>	Motions are executed without proper strength and technique. Slow paced, drawn out lengthy sections.
<b>12.0 - 13.9</b>	Motions lacking correct placement and are not being executed with proper technique. Lacking sharpness and control.
<b>14.0 - 15.9</b>	Basic cheer technique performed at a moderate pace. Areas of routine lacking in motion strength and placement.
<b>16.0 - 17.9</b>	Good technique and control. Sharp motions performed at a good pace. Motion sequences include variety and strength.
<b>18.0 - 20.0</b>	Amazing motion technique and placement. Strong sharp motions. Variety of upbeat & stylized fast paced motion sequences.
<b>POM - SYNCHRONIZATION AND VISUAL EFFECT (Max Score: 20.0)</b>	
<b>0.0 - 11.9</b>	Routine lacks visual appeal and team precision. No incorporation of level changes, ground work, roll offs etc. Lacking synchronization. Major timing errors throughout entire routine.
<b>12.0 - 13.9</b>	Numerous timing errors. Minimal level changes, ground work and roll-offs. Missing visual appeal. Lacking team synchronization.
<b>14.0 - 15.9</b>	Lacking team uniformity and synchronization. Slight incorporation of visual effects. Moderate use of roll-offs, level changes and/or group work.
<b>16.0 - 17.9</b>	Great team uniformity and group work. Minimal timing errors. Great visual effect. Good incorporation of level changes, ground work and/or roll-offs.
<b>18.0 - 20.0</b>	Amazing team uniformity and stylized group work. Remarkable timing. Excellent visual effects. Variety of level changes incorporated. Creative incorporation of ground work and/or roll-offs.
<b>ROUTINE EXECUTION - DEGREE OF DIFFICULTY (Max Score: 10.0)</b>	
<b>0.0 - 5.9</b>	Routine difficulty level is too easy/too hard and causes confusion throughout routine. Routine displays a complete lack in knowledge of proper difficulty level.
<b>6.0 - 6.9</b>	Routine difficulty is not apparent throughout the routine. Routine difficulty is minimal or above team ability. Routine lacks dance technique and challenging choreography. Majority of routine not executed properly.
<b>7.0 - 7.9</b>	Routine difficulty is age appropriate. Average emphasis on technical skills and choreography. Need to focus on proper execution of routine. Standard incorporation of difficulty.
<b>8.0 - 8.9</b>	Nice difficulty level and incorporation of challenging movements and technical dance skills. Routine difficulty level is age appropriate yet challenging. Majority of team executing routine correctly.
<b>9.0 - 10.0</b>	High level of routine difficulty including challenging choreography, innovative movements technical dance skills. Technique and choreography executed properly throughout routine. Difficulty level keeps audience engaged and performance exciting.
<b>ROUTINE EXECUTION - PERFORMANCE PRESENTATION AND EXECUTION (Max Score: 10.0)</b>	
<b>0.0 - 5.9</b>	Routine execution is inconsistent. Performance lacks energy and audience appeal. Displays no showmanship or confidence. Flow of routine is lost.
<b>6.0 - 6.9</b>	Little energy and showmanship. Routine flow and presentation is inconsistent. Routine short of proper execution and lacks confidence and audience appeal.
<b>7.0 - 7.9</b>	Average presentation of routine. Performance is standard and lacks energy throughout. Standard routine execution.
<b>8.0 - 8.9</b>	Nice entertainment value and crowd appeal. Good energy and presentation. Routine performed with good execution and consistent confidence from majority. Routine carries good flow throughout.
<b>9.0 - 10.0</b>	Great routine flow. Engaging performance and audience appeal. Ownership of routine and confidence felt from the entire team. Routine performed with great execution and with natural showmanship and energy.

JAMZ 2011-2012 Scoring System (c)

# Schools Funk Hip-Hop

<b>CHOREOGRAPHY - CREATIVITY AND VARIETY (Max Score: 10.0)</b>	
<b>0.0 - 5.9</b>	Choreography lacks personality and innovative movements. Little to no creativity and variety throughout entire routine choreography.
<b>6.0 - 6.9</b>	Routine lacks creative style throughout majority of routine. Movements are repetitive and personality is lost.
<b>7.0 - 7.9</b>	Average creativity displayed throughout routine. Choreography lacks innovative style and variety in movements.
<b>8.0 - 8.9</b>	Good display of creative choreography. Routine holds personality and varied movements throughout majority of routine.
<b>9.0 - 10.0</b>	Excellent incorporation of creative choreography. Routine created with a unique and clever style. Personality and diversity maintained throughout entire routine.
<b>CHOREOGRAPHY - FORMATIONS- VARIETY, SPACING AND TRANSITIONS (Max Score: 10.0)</b>	
<b>0.0 - 5.9</b>	Little to no formation changes. Spacing off throughout routine. Lacking awareness of floor spacing. Transitions are chaotic and confusing.
<b>6.0 - 6.9</b>	Team lacking in knowledge of routine spacing. Formations are short of variety. Transitions are chaotic and lack in variety.
<b>7.0 - 7.9</b>	Basic incorporation of formation changes. Standard transitions. Spacing is inconsistent throughout routine.
<b>8.0 - 8.9</b>	Good use of various formations and floor space. Minor inconsistent spacing issues. Majority of transitions smooth.
<b>9.0 - 10.0</b>	Tricky/creative transitions between formation changes. Great use of the floor with proper spacing. Great variety in formations.
<b>CHOREOGRAPHY - VISUAL EFFECT (Max Score: 10.0)</b>	
<b>0.0 - 5.9</b>	Little to no visually appealing choreography incorporated. Lacking levels, roll offs, group work, etc.
<b>6.0 - 6.9</b>	Minimal incorporation of visual movements. Routine lacks visual appeal.
<b>7.0 - 7.9</b>	Moderate visual effects. Routine incorporates basic levels, roll offs, group work, etc. Standard visual appeal.
<b>8.0 - 8.9</b>	Nice incorporation of visual movements. Good amount of level changes, roll offs, group work, etc. Routine contains sections that are visually appealing and entertaining.
<b>9.0 - 10.0</b>	Includes several visually effective sections. Routine grabs the attention of the audience with prominent and definite moves that are visually impressive. Very creative use of levels, roll offs, group work, etc. Routine visuals keep the choreography exciting and audience entertained.
<b>HIP HOP FUNDAMENTALS - EXECUTION OF HIP HOP STYLES (Max Score: 20.0)</b>	
<b>0.0 - 11.9</b>	Majority of routine is executed improperly. Hip hop styles are lost throughout routine.
<b>12.0 - 13.9</b>	Routine lacks proper execution of hip hop styles throughout entire performance. Majority of team lacking body control and basic rhythm.
<b>14.0 - 15.9</b>	Standard rhythm and body control. Hip hop styles and movements are inconsistently executed throughout.
<b>16.0 - 17.9</b>	Nice body control and rhythm throughout routine. Most movements and styles are executed properly and with strength by majority.
<b>18.0 - 20.0</b>	Wonderful execution of all incorporated movements. Variety of styles executed with strength, emotion and personality. Moves contain body control and natural rhythm.
<b>HIP HOP FUNDAMENTALS - INTERPRETATION AND INCORPORATION OF HIP HOP STYLES (Max Score: 20.0)</b>	
<b>0.0 - 11.9</b>	Little to no understanding of hip hop styles. Routine lacks in diversity and variety of styles. Poor interpretation and knowledge of movements.
<b>12.0 - 13.9</b>	Team lacks knowledge of basic hip hop styles. Routine short of variety and proper incorporation of style.
<b>14.0 - 15.9</b>	Basic incorporation of style variety throughout routine. Movements are repetitive and lack in diversity. Average understanding of hip hop styles.
<b>16.0 - 17.9</b>	Nice variety in styles. Good awareness and interpretation of hip hop styles. Diversity and variety maintained throughout majority of routine.
<b>18.0 - 20.0</b>	Remarkable knowledge and interpretation of hip hop styles. Routine incorporates diversity and demands attention. Great variety in styles and movements.
<b>ROUTINE EXECUTION - DEGREE OF DIFFICULTY (Max Score: 10.0)</b>	
<b>0.0 - 5.9</b>	Routine difficulty level too easy/too hard and causes confusion throughout the routine. Routine displays a complete lack in knowledge of proper difficulty level.
<b>6.0 - 6.9</b>	Routine difficulty is not apparent throughout the routine. Difficulty is minimal or above team ability. Routine lacks athletic street style and challenging choreography. Majority of routine not executed properly.
<b>7.0 - 7.9</b>	Routine difficulty is age appropriate. Average emphasis on challenging choreography and athletic tricks. Need to focus on proper execution of routine. Standard incorporation of difficulty.
<b>8.0 - 8.9</b>	Good routine difficulty. Level of difficulty is age appropriate yet challenging. Majority of team executing athletic choreography, tricks, difficult choreography, etc correctly.
<b>9.0 - 10.0</b>	High level of routine difficulty including intricate and innovative movements, tricks, athletic street skills, etc. Challenging choreography maintained throughout routine with proper execution. Difficulty level keeps audience engaged and performance exciting.
<b>ROUTINE EXECUTION - PERFORMANCE PRESENTATION AND EXECUTION (Max Score: 10.0)</b>	
<b>0.0 - 5.9</b>	Routine execution is inconsistent. Performance lacks energy and audience appeal. Displays no showmanship or confidence. Flow of routine is lost.
<b>6.0 - 6.9</b>	Little energy and showmanship. Routine flow and presentation is inconsistent. Routine short of proper execution and lacks confidence and audience appeal.
<b>7.0 - 7.9</b>	Average presentation of routine. Performance is standard and lacks energy throughout. Standard routine execution.
<b>8.0 - 8.9</b>	Nice entertainment value and crowd appeal. Good energy and presentation. Routine performed with good execution and consistent confidence from majority. Routine carries good flow throughout.
<b>9.0 - 10.0</b>	Great routine flow. Engaging performance and audience appeal. Ownership of routine and confidence felt from the entire team. Routine performed with great execution and with natural showmanship and energy.
<b>ROUTINE EXECUTION - TEAM UNIFORMITY (Max Score: 10.0)</b>	
<b>0.0 - 5.9</b>	Lacks team uniformity and synchronization. Major timing errors throughout the entire routine. Team is unsure of choreography and timing. Routine personality lost.
<b>6.0 - 6.9</b>	Routine lacking in uniformity and synchronization. Team is not working as one to convey choreography to audience. Many timing errors throughout the routine.
<b>7.0 - 7.9</b>	Moderate team uniformity and synchronization. Timing errors throughout routine.
<b>8.0 - 8.9</b>	Good team synchronization and uniformity. Good sense of team style. Minimal timing errors.
<b>9.0 - 10.0</b>	Developed team style. Amazing synchronization and team uniformity. Very clean and precise.

<b>CHOREOGRAPHY - CREATIVITY AND VARIETY (Max Score: 10.0)</b>	
<b>0.0 - 5.9</b>	Choreography lacks personality and innovative movements. Little to no creativity and variety throughout entire routine choreography.
<b>6.0 - 6.9</b>	Routine lacks creative style throughout majority of routine. Movements are repetitive and personality is lost.
<b>7.0 - 7.9</b>	Average creativity displayed throughout routine. Choreography lacks innovative style and variety in movements.
<b>8.0 - 8.9</b>	Good display of creative choreography. Routine holds personality and varied movements throughout majority of routine.
<b>9.0 - 10.0</b>	Excellent incorporation of creative choreography. Routine created with a unique and clever style. Personality and diversity maintained throughout entire routine.
<b>CHOREOGRAPHY - FORMATIONS- VARIETY, SPACING AND TRANSITIONS (Max Score: 10.0)</b>	
<b>0.0 - 5.9</b>	Little to no formation changes. Spacing off throughout routine. Lacking awareness of floor spacing. Transitions are chaotic and confusing.
<b>6.0 - 6.9</b>	Team lacking in knowledge of routine spacing. Formations are short of variety. Transitions are chaotic and lack in variety.
<b>7.0 - 7.9</b>	Basic incorporation of formation changes. Standard transitions. Spacing is inconsistent throughout routine.
<b>8.0 - 8.9</b>	Good use of various formations and floor space. Minor inconsistent spacing issues. Majority of transitions smooth.
<b>9.0 - 10.0</b>	Tricky/creative transitions between formation changes. Great use of the floor with proper spacing. Great variety in formations.
<b>CHOREOGRAPHY - VISUAL EFFECT (Max Score: 10.0)</b>	
<b>0.0 - 5.9</b>	Little to no visually appealing choreography incorporated. Lacking levels, roll offs, group work, etc.
<b>6.0 - 6.9</b>	Minimal incorporation of visual movements. Routine lacks visual appeal.
<b>7.0 - 7.9</b>	Moderate visual effects. Routine incorporates basic levels, roll offs, group work, etc. Standard visual appeal.
<b>8.0 - 8.9</b>	Nice incorporation of visual movements. Good amount of level changes, roll offs, group work, etc. Routine contains sections that are visually appealing and entertaining.
<b>9.0 - 10.0</b>	Includes several visually effective sections. Routine grabs the attention of the audience with prominent and definite moves that are visually impressive. Very creative use of levels, roll offs, group work, etc. Routine visuals keep the choreography exciting and audience entertained.
<b>JAZZ FUNDAMENTALS - EXECUTION OF JAZZ TECHNIQUE (Max Score: 20.0)</b>	
<b>0.0 - 11.9</b>	Little to no understanding of jazz technique/performance skills. Poor execution and body placement. Skills are too rushed/too slow and not being performed at proper pace. Most to all skills attempted were executed incorrectly. Complete lack of artistic expression.
<b>12.0 - 13.9</b>	Lacking knowledge of jazz style/technical elements. Most skills performed were executed improperly. Poor placement and extension of the body. Little artistic expression and style. Skills not performed at proper pace.
<b>14.0 - 15.9</b>	Average understanding of technical skills and proper execution. Incorrect placement with skills being performed at improper pace, too fast/too slow.
<b>16.0 - 17.9</b>	Good execution and presentation of jazz technique. Minor timing errors. Nice placement and extension of the body throughout majority of routine. Good artistic expression. Appropriately paced jazz skills nicely executed.
<b>18.0 - 20.0</b>	Wonderful jazz technique and presentation. Proper execution maintained throughout routine. Great pace of movements and technical skills. Excellent body placement and extension of body lines.
<b>JAZZ FUNDAMENTALS - INCORPORATION OF JAZZ TECHNIQUE/PERFORMANCE SKILLS (Max Score: 20.0)</b>	
<b>0.0 - 11.9</b>	Little to no incorporation of technical jazz skills. Routine lacks in performance skills and variety. Majority of team not participating.
<b>12.0 - 13.9</b>	Minimal team participation. Routine lacks incorporation of jazz technique and performance skills. Very little variety in jazz skills.
<b>14.0 - 15.9</b>	Standard incorporation of jazz technique and skill sequences. Lack of team participation throughout routine. Basic variety in technical and performance skills.
<b>16.0 - 17.9</b>	Good incorporation of technical skills. Nice team participation and variety. Good use of technical combinations.
<b>18.0 - 20.0</b>	Excellent variety of technical skills incorporated into routine. Great use of technical combinations and skill sequences. Majority to entire team participation.
<b>ROUTINE EXECUTION - DEGREE OF DIFFICULTY (Max Score: 10.0)</b>	
<b>0.0 - 5.9</b>	Routine difficulty level too easy/too hard and causes confusion throughout the routine.
<b>6.0 - 6.9</b>	Routine difficulty is not apparent throughout the routine. Difficulty is minimal or above team ability. Routine lacks jazz technique and challenging choreography. Majority of routine not executed properly.
<b>7.0 - 7.9</b>	Routine difficulty is age appropriate. Average emphasis on challenging choreography and technical skills. Need to focus on proper execution of routine. Standard incorporation of difficulty.
<b>8.0 - 8.9</b>	Good routine difficulty. Level of difficulty is age appropriate yet challenging. Majority of team executing routine technique and difficult choreography correctly.
<b>9.0 - 10.0</b>	High level of routine difficulty including innovative and expressive movements, tricks, technical skills, etc. Challenging choreography maintained throughout routine with proper execution. Difficulty level keeps audience engaged and performance exciting.
<b>ROUTINE EXECUTION - PERFORMANCE PRESENTATION AND EXECUTION (Max Score: 10.0)</b>	
<b>0.0 - 5.9</b>	Routine execution is inconsistent. Performance lacks energy and audience appeal. Displays no showmanship or confidence. Flow of routine is lost.
<b>6.0 - 6.9</b>	Little energy and showmanship. Routine flow and presentation is inconsistent. Routine short of proper execution and lacks confidence and audience appeal.
<b>7.0 - 7.9</b>	Average presentation of routine. Performance is standard and lacks energy throughout. Standard routine execution.
<b>8.0 - 8.9</b>	Nice entertainment value and crowd appeal. Good energy and presentation. Routine performed with good execution and consistent confidence from majority. Routine carries good flow throughout.
<b>9.0 - 10.0</b>	Great routine flow. Engaging performance and audience appeal. Ownership of routine and confidence felt from the entire team. Routine performed with great execution and with natural showmanship and energy.
<b>ROUTINE EXECUTION - TEAM UNIFORMITY (Max Score: 10.0)</b>	
<b>0.0 - 5.9</b>	Lacks team uniformity and synchronization. Major timing errors throughout the entire routine. Team is unsure of choreography and timing. Routine personality lost.
<b>6.0 - 6.9</b>	Routine lacking in uniformity and synchronization. Team is not working as one to convey choreography to audience. Many timing errors throughout the routine.
<b>7.0 - 7.9</b>	Moderate team uniformity and synchronization. Timing errors throughout routine.
<b>8.0 - 8.9</b>	Good team synchronization and uniformity. Good sense of team style. Minimal timing errors.
<b>9.0 - 10.0</b>	Developed team style. Amazing synchronization and team uniformity. Very clean and precise.

# Schools Lyrical

<b>CHOREOGRAPHY - CREATIVITY AND VISUAL EFFECT (Max Score: 10.0)</b>	
<b>0.0 - 5.9</b>	Routine falls short of creative and visual choreography. Lacks originality and personality. Levels, group work, etc. not included
<b>6.0 - 6.9</b>	Minor creativity incorporated into routine. Choreography consists of simple and repetitive movements. Minimal incorporation of visual effect. Routine sections/movements are small and unnoticeable to the audience.
<b>7.0 - 7.9</b>	Standard level of creative movements and visual effects incorporated into routine. Choreography includes basic skills and moves that lack in variety.
<b>8.0 - 8.9</b>	Good incorporation of unique skills and visual movements. Creative and visually appealing choreography included throughout majority of routine.
<b>9.0 - 10.0</b>	Variety of movements and skills creatively choreographed throughout the entire routine. Includes several visually effective sections. Unique and creative style is noticeable and entertaining. Original choreography used to create a visual and expressive routine. Excellent use of levels, roll offs, group work, etc.
<b>CHOREOGRAPHY - FORMATIONS- VARIETY, SPACING AND TRANSITIONS (Max Score: 10.0)</b>	
<b>0.0 - 5.9</b>	Little to no formation changes. Spacing off throughout routine. Lacking awareness of floor spacing. Transitions are chaotic and confusing.
<b>6.0 - 6.9</b>	Team lacking in knowledge of routine spacing. Formations are short of variety. Transitions are chaotic and lack in variety.
<b>7.0 - 7.9</b>	Basic incorporation of formation changes. Standard transitions. Spacing is inconsistent throughout routine.
<b>8.0 - 8.9</b>	Good use of various formations and floor space. Minor inconsistent spacing issues. Majority of transitions smooth.
<b>9.0 - 10.0</b>	Tricky/creative transitions between formation changes. Great use of the floor with proper spacing. Great variety in formations.
<b>LYRICAL FUNDAMENTALS - EMOTION/EXPRESSION OF MOVEMENT (Max Score: 20.0)</b>	
<b>0.0 - 11.9</b>	Poor incorporation of expressive movements. Lack of emotion throughout the entire routine. Performance does not relay any feelings to the audience. Knowledge of lyrical style is not shown.
<b>12.0 - 13.9</b>	Lacking in expressive and interpretive movements throughout most of the routine. Story not understood and not believable. Routine not connecting with audience and is not danced with emotion.
<b>14.0 - 15.9</b>	Basic use of expressive movements. Routine contains few areas of emotion and connection.
<b>16.0 - 17.9</b>	Good expression and emotion conveyed throughout routine. Emotion is believable and compliments mood of choreography.
<b>18.0 - 20.0</b>	Routine is performed with wonderful expressive movements. Emotions evolved with the music selection and brought the story to life. Performance was convincing and captured the audience.
<b>LYRICAL FUNDAMENTALS - EXECUTION OF TECHNICAL SKILLS (Max Score: 15.0)</b>	
<b>0.0 - 8.9</b>	Complete lack of knowledge in lyrical form and proper technical execution. Poor execution and body placement. Skills are too rushed/too slow and not being performed at proper pace. Most to all skills attempted were executed incorrectly. Complete lack of artistic expression.
<b>9.0 - 9.9</b>	Most skills performed were executed improperly. Little understanding of lyrical form/technique. Poor placement and extension of the body. Little artistic expression and style. Skills not performed at proper pace.
<b>10.0 - 11.9</b>	Average understanding of technical skills and proper execution. Incorrect placement and timing throughout routine. Standard skills with some being performed at improper pace, too fast/too slow.
<b>12.0 - 12.9</b>	Good execution and presentation of technical skills. Minor timing errors. Nice placement and extension of the body throughout majority of routine. Good artistic expression.
<b>13.0 - 15.0</b>	Wonderful technique and presentation. Complete understanding of lyrical form with proper execution maintained throughout routine. Great pace of movements and technical skills. Excellent body placement and extension of body lines.
<b>LYRICAL FUNDAMENTALS - INCORPORATION OF TECHNICAL SKILLS (Max Score: 15.0)</b>	
<b>0.0 - 8.9</b>	Routine is without technical skills. Routine lacks technique and variety. Majority of team not participating.
<b>9.0 - 9.9</b>	Minimal team participation. Routine lacks incorporation of technique. Little to no variety in technical skills.
<b>10.0 - 11.9</b>	Standard technical skills incorporated within routine. Basic variety and team participation throughout routine.
<b>12.0 - 12.9</b>	Good incorporation of technical skills. Nice team participation and variety. Good use of technical combinations.
<b>13.0 - 15.0</b>	Excellent variety of technical skills incorporated into routine. Great use of technical combinations and skill sequences. Majority to entire team participation. Technique is creative and unique.
<b>ROUTINE EXECUTION - DEGREE OF DIFFICULTY (Max Score: 10.0)</b>	
<b>0.0 - 5.9</b>	Routine difficulty level too easy/too hard and causes confusion throughout the routine. Routine displays a complete lack in knowledge of proper difficulty level.
<b>6.0 - 6.9</b>	Routine difficulty is not apparent throughout the routine. Difficulty is minimal or above team ability. Routine lacks athletic street style and challenging choreography. Majority of routine not executed properly.
<b>7.0 - 7.9</b>	Routine difficulty is age appropriate. Average emphasis on challenging choreography and technical skills. Need to focus on proper execution of routine. Standard incorporation of difficulty.
<b>8.0 - 8.9</b>	Good routine difficulty. Level of difficulty is age appropriate yet challenging. Majority of team executing technical skills, lyrical form, difficult choreography, etc correctly.
<b>9.0 - 10.0</b>	High level of routine difficulty including intricate and innovative movements, tricks, technical skills, etc. Challenging choreography maintained throughout routine with proper execution. Difficulty level keeps audience engaged and performance exciting.
<b>ROUTINE EXECUTION - PERFORMANCE PRESENTATION AND EXECUTION (Max Score: 10.0)</b>	
<b>0.0 - 5.9</b>	Routine execution is inconsistent. Performance lacks energy and audience appeal. Displays no showmanship or confidence. Flow of routine is lost.
<b>6.0 - 6.9</b>	Little energy and showmanship. Routine flow and presentation is inconsistent. Routine short of proper execution and lacks confidence and audience appeal.
<b>7.0 - 7.9</b>	Average presentation of routine. Performance is standard and lacks energy throughout. Standard routine execution.
<b>8.0 - 8.9</b>	Nice entertainment value and crowd appeal. Good energy and presentation. Routine performed with good execution and consistent confidence from majority. Routine carries good flow throughout.
<b>9.0 - 10.0</b>	Great routine flow. Engaging performance and audience appeal. Ownership of routine and confidence felt from the entire team. Routine performed with great execution and with natural showmanship and energy.
<b>ROUTINE EXECUTION - TEAM UNIFORMITY (Max Score: 10.0)</b>	
<b>0.0 - 5.9</b>	Lacks team uniformity and synchronization. Major timing errors throughout the entire routine. Team is unsure of choreography and timing. Routine personality lost.
<b>6.0 - 6.9</b>	Routine lacking in uniformity and synchronization. Team is not working as one to convey choreography to audience. Many timing errors throughout the routine.
<b>7.0 - 7.9</b>	Moderate team uniformity and synchronization. Timing errors throughout routine.
<b>8.0 - 8.9</b>	Good team synchronization and uniformity. Good sense of team style. Minimal timing errors.
<b>9.0 - 10.0</b>	Developed team style. Amazing synchronization and team uniformity. Very clean and precise.