

XTREME SPIRIT

CHEER & DANCE EVENTS

CHEER SCORING GUIDE

Please keep in mind that actual scores are based upon a judge's perception of your routine at the time of your performance. Each judge can individually range low, mid, or high. Xtreme Spirit respects that each judge has their own personal scoring range. Xtreme Spirit checks for consistency in judging throughout the event but does not ask judges to bring up or lower scores if the judge's scoring remains consistent with all teams. Please use USASF cheer rules as your guide to choreographing routines that will maximize your scoring potential within your difficulty levels. We hope you are satisfied with a score that reflects your routine and we thank you for attending our events!

Judging Categories	Scoring Range					Reference	Maximum Scoring Range Requirements	Score Reducing Aspects
	L1	L2	L3	L4	L5-6			
Standing Tumbling	0-6	0-7	0-8	0-9	0-10	USASF Cheer Rules Standing Tumbling	Maximum difficulty allowed with proper form and execution. Minimal to no touch downs or falls. Large variety of tumbling skills choreographed for visual appeal.	Minimal standing tumbling skills thrown vs. the maximum skills allowed at each level. Improper form or execution. Touch downs, falls, unclean landings. Visually unappealing choreography.
Running Tumbling	0-6	0-7	0-8	0-9	0-10	USASF Cheer Rules Running Tumbling	Maximum difficulty allowed with proper form and execution. Minimal to no touch downs or falls. Large variety of tumbling skills choreographed for visual appeal.	Minimal running tumbling skills thrown vs. the maximum skills allowed at level. Improper form or execution. Touch downs, falls, unclean landings. Visually unappealing choreography.
% of Team Performing Skills					1-5	1-Low 2-Few 3-Half 4-High 5-Full	Majority or full squad tumbling. Complete passes. Within difficulty level of performance.	Half or less than half squad tumbling within difficulty level of performance. Incomplete passes. No tumbling thrown.
Stunts	0-6	0-7	0-8	0-9	0-10	USASF Cheer Rules Stunts Dismounts Release Moves Inversions	Maximum difficulty allowed with proper form and superior flexibility. Wide range of variations within each difficulty level. Originality in stunt sequences. Visually appealing choreographed transitioning.	Minimal difficulty vs. the maximum skills allowed at each level. Lack of variation and originality. Visually unappealing choreography and transitioning. Drops, falls, bobbles. Improper technique. Timing off. Poor flexibility.
Tosses	0-6	0-7	0-8	0-9	0-10	USASF Cheer Rules Tosses	Maximum difficulty allowed with proper form and technique. Height, plus a wide range of variation within each difficulty level. Visually appealing integration, good flow, and well choreographed transitioning.	Minimal difficulty vs. the maximum skills allowed at each level. Lack of variation and originality. Visually unappealing choreography and transitioning. Drops. Lack of height. Improper technique. Timing off.
Pyramids	0-6	0-7	0-8	0-9	0-10	USASF Cheer Rules Pyramids	Maximum difficulty allowed with proper form and strong execution. Variety and originality. Transitions that flow with visually appealing choreography.	Minimal difficulty vs. the maximum skills allowed at each level. Lack of variation and originality. Visually unappealing choreography and transitioning. Drops, falls, bobbles. Improper technique. Timing off.
% of Team Performing Skills					1-5	1-Low 2-Few 3-Half 4-High 5-Full	Majority or full squad executing stunts, tosses, and pyramids within difficulty level of performance. Majority or full squad participation.	Low squad participation.
Jumps <small>*See USASF rules for standing tumbling when combining jumps with standing tumbling.</small>	L1-2	L3	L4	L5-L6		USASF Cheer Rules *Standing Tumbling	Good form with height. High to full squad participation. Choreographed with visually appealing transitions. Fast paced with high level of variety including jump combinations. Synchronization/Timing on.	Poor jump height, form, or execution. Incomplete jumps. Synchronization/timing off. Low jump height. Slow paced and visually unappealing sequences. *Minimal difficulty in jump/tumble combinations allowed at each level. Low squad participation.
	0-7	0-8	0-9	0-10				
Dance/Cheer/Motions					10	No Reference Material	High level of difficulty to include fast paced energetic cheer and dance motions with proper arm placement, precision, and body positioning. Half count motions and footwork throughout. Variety in motions. Good synchronization and choreographed for visual appeal.	Low level of difficulty. Slow paced lacking energy. Poor motion placement and precision. Lack of variety with motions and footwork. Synchronization/timing off. Poor showmanship.
Choreography/Transitions/Formations					10	No Reference Material	High level of difficulty to include fast pace and high level of energy throughout routine. Transitions and formations that flow seamlessly with good variety and spacing throughout.	Slow paced transitioning with poor flow (dead spots). Poor spacing. Lack of variety and originality. Lack of visual appeal.
Overall Routine Impression					10	No Reference Material	Fast paced with energy and good flow throughout routine. Good audience appeal and response. Excellent showmanship. Good use of music and sound effects. Age appropriate dance motions. Positive facials. Good sportsmanship.	Lack of energy and flow throughout routine. Poor audience appeal and response. Inappropriate dance motions. Negative facials. Poor sportsmanship.
Total Score					100	Additional Notes: Xtreme Spirit does not outline exactly what needs to be in your routine. We have found that USASF difficulty level rules are an excellent source for what you can and cannot choreograph in your routine. Be sure to read USASF rules carefully to avoid safety rule violations. Xtreme Spirit events will have 2-6 certified USASF safety judges at each event. Please do not report other team's violations or ask if another team has received a violation. Xtreme Spirit respects each team's privacy in reference to scoring and violations, however final scores and placements are posted online after each event. Please do not take time from the event by expressing concerns with scoring while the event is in progress, on a break, or during event clean up and load out. Issues and concerns with scoring will only be responded to via email post event. All judge ruling and scoring is final.		