

## CATEGORY DIFFICULTY

\* Most of the team (75%) must perform the skill set to ensure credit is earned in a desired range. Skills performed by less than most of the team will earn a score in a lower range. Ranges are pre-determined based upon the difficulty of the skill. *Refer to the scoring grid for further clarification.*

\* Stunting skills must be performed by most simultaneously or in a ripple to receive credit. Single and multiple stunt sequences will be credited throughout the routine.

\* Pyramid and toss skills will be cumulatively counted throughout the routine.

\* Jumps must be performed by most simultaneously. To achieve above a 4.4, the jump sequence must include Variety. A team must perform at least 2 types of advanced jumps in their sequence to meet the variety requirement.

\* Tumbling skills must be performed by most, and will be cumulatively added throughout the routine. Synchronization is not required but can increase your score within the range.

\* The scoring grid lists required skills your team must do qualify for the range. Performing additional skills within the same difficulty level can increase the teams score in the range. *Refer to the division skills grid for additional information.*

## ROUTINE STRUCTURE

\* The maximum routine time can be no longer than 2 minutes and 30 seconds.

\* Teams that exceed 2:30 will receive the following deduction:

.01 - 2.99 seconds will result in a warning.

3 or more seconds over time will result in a .25 deduction.

\* Routines can consist of all cheer, or a cheer/chant and music. (The routine cannot consist of only music.) It is the decision of the team to determine how long the cheer/chant or music section should be. The time will begin with the first synchronized movement. The time will not be paused once the routine has begun.

\* The cheer or chant can be performed without or with a back beat. However, no voice-overs or words may be recorded during the cheer/chant section.

\* Teams that use voice-overs or recorded words during the cheer/chant section will receive a .5 deduction.

### End of Season Competitions:

\* Teams should refer to scoring and rules requirements for end of season competitions to prepare in advance. Some EP's require school teams routine structure to consist of cheer/music mix. The music portion can total no more than 90 seconds of the 2 minutes and 30 second max. There can be no music or back beat played during the cheer section.

## RULES

\* All teams must adhere to AACCA Safety Rules.

\* Novice and Intermediate divisions have additional skill restrictions. Refer to *School Division Skill Restrictions for further information.*

\* Elementary, Junior High, and Middle School teams are not allowed to perform tosses. Refer to the AACCA Safety Rules for additional restrictions for these divisions.

### **DIFFICULTY DRIVERS**

- \* Percent of team participation
- \* Complexity of skill/sequence
- \* Pace of sequence and speed of skill

### **BUILDING TECHNIQUE DRIVERS**

- \* Stability/Control
- \* Flyer Position/Flexibility/Technique
- \* Base Position/Technique
- \* Height (*Applies to Tosses only*)

### **TUMBLING TECHNIQUE DRIVERS**

- \* Fluidity/Power/Speed
- \* Control
- \* Body Position (Core/Arms/Head/Legs/Chest/Toes)

### **JUMP TECHNIQUE DRIVERS**

- \* Height
- \* Control
- \* Flexibility/Leg & Hip Placement
- \* Position/Arm & Chest Placement

### **MOTION/DANCE DRIVERS**

- \* Body Placement/Position/Alignment
- \* Sharpness & Strength of Movement
- \* Pace of Arm Movement & Footwork
- \* Variety of Formations & Level Changes