

2024-2025 UK SCORING - CHEER SOLO

JUMP DIFFICULTY

Athlete is to perform 1 double jump combination and a 1 single jump. Jumps will receive a difficulty and an execution score.

2.5	3 Different advanced jumps are performed.
2.0	2 Different advanced jumps are performed.
1.5	3 Jumps are performed but are not unique/different.
1.0	2 Jumps Performed.
0.5	1 Jump Performed.
0.0	No Jumps Performed.

JUMP EXECUTION

HIGH	1.5 - 2.5	Excellent form and execution to include: Upper body posture and core positioning, leg speed, connection, height.
MEDIUM	0.5 - 1.4	Average form and execution to include: Upper body posture and core positioning, leg speed, connection, height.
LOW	0.0 - 0.4	Needs Practice in areas of form and execution to include: Upper body posture and core positioning, leg speed, connection, height.

STANDING TUMBLING DIFFICULTY

Skills performed in a single standing pass are at the highest level allowed by IASF Rules/Guidelines as per level allowed by age division.

HIGH	1.5 - 2.5	Strongest level of skills possible to include in combination and connected.
MEDIUM	0.5 - 1.4	Average level of skills possible to include in combination and connected.
LOW	0.0 - 0.4	Below average level of skills possible to include in combination and connected.

STANDING TUMBLING EXECUTION

HIGH	1.5 - 2.5	Excellent form and execution to include: Leg form, foot form, flexibility, speed, power, control.
MEDIUM	0.5 - 1.4	Average form and execution to include: Leg form, foot form, flexibility, speed, power, control.
LOW	0.0 - 0.4	Needs Practice in areas of form and execution to include: Leg form, foot form, flexibility, speed, power, control.

RUNNING TUMBLING DIFFICULTY

Skills performed in a single standing pass are at the highest level allowed by IASF Rules/Guidelines as per level allowed by age division.

HIGH	1.5 - 2.5	Strongest level of skills possible to include in combination and connected.
MEDIUM	0.5 - 1.4	Average level of skills possible to include in combination and connected.
LOW	0.0 - 0.4	Below average level of skills possible to include in combination and connected.

RUNNING TUMBLING EXECUTION

HIGH	1.5 - 2.5	Excellent form and execution to include: Leg form, foot form, flexibility, speed, power, control.
MEDIUM	0.5 - 1.4	Average form and execution to include: Leg form, foot form, flexibility, speed, power, control.
LOW	0.0 - 0.4	Needs Practice in areas of form and execution to include: Leg form, foot form, flexibility, speed, power, control.

MOTION SEQUENCE DIFFICULTY

8 to 12 Counts of traditional cheerleading motions.

HIGH	1.5 - 2.5	Strong incorporation of motions with strong pace and variety.
MEDIUM	0.5 - 1.4	Average incorporation of motions with strong pace and variety.
LOW	0.0 - 0.4	Below average incorporation of motions with strong pace and variety.

MOTION SEQUENCE EXECUTION

HIGH	1.5 - 2.5	Excellent form and execution to include: Sharpness, placement, wrist form, control.
MEDIUM	0.5 - 1.4	Average form and execution to include: Sharpness, placement, wrist form, control.
LOW	0.0 - 0.4	Needs Practice in areas of form and execution to include: Sharpness, placement, wrist form, control.

ADDITIONAL NOTES

Time limit is 1:15 (one minute and fifteen seconds) timing begins with the first movement, skill, vocalization, or beat of music.

Skills can be performed to music, however, the concept of the presentation of skills is not intended to follow a choreographed routine. All additional choreography will not be considered when the judges are evaluating the skills, however, such choreography is not restricted.

Skills can be performed in any order, but each section should be prepared so that the skills incorporated are clearly defined and fit with each scoring category.

This scoring philosophical adjustment was made to the scoring process, based on review of the routines from previous years. This category evolved into an extended tumbling routine with limited execution of the other individual fundamental elements of the sport. It is the intent that this scoring system will encourage and reward individual athletes who excel in each of the defined scoring categories.

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DEDUCTIONS

ATHLETE FALL - 0.10

0.1 Point deduction for each occurrence.

EXAMPLES:

- Hand, hands, or head down in tumbling or jump skills.
- Knee or knees down in tumbling or jump skills.

IASF OUT OF LEVEL - 0.25

0.25 Point deduction for each occurrence.

SAFETY VIOLATIONS - 0.50

0.5 point deduction for each occurrence.

TIME VIOLATIONS - 0.25

0.25 point deduction for each occurrence.