

OSAA / OCCA Cheerleading Score Sheet

Building Skills Guidelines

The following grid outlines the point ranges for specific skill sets performed by a MAJORITY (one more than half) of the team.

Stunts

Difficulty

A sliding criteria will determine where the score will fall within the range. Sliding Criteria: Percent of total team members participating in skill, number and variety of stunts within range, variety and creativity in load-ins, dismounts and transitions and number of bases used.

0.0-4.0

Stunts such as below prep level, preps, one-leg prep variations, extensions, 1/2 twist to prep level one-leg stunt, single based unassisted at prep level or below, leap frog, forward extended roll, straight cradle, 1/4 twisting dismount from one-leg stunt, other unique stunts and transitions of similar difficulty.

4.0-7.0

Stunts such as extended one-leg stunt, full up to prep, 1/2 twist to one-leg stunt, single based unassisted extended two-leg stunt, single twist dismount from two-leg stunt, release variations from below prep level, backward suspended roll, 1/4 twisting dismount from one-leg stunt, other unique stunts and transitions of similar difficulty.

7.0-10.0

Stunts such as full up to two-leg or one-leg extended stunts, single based unassisted one-leg stunts, single twist dismount from one-leg stunt, release variations from prep level, other unique stunts and transitions of similar difficulty.

Execution

0.0-4.0

Poor technique, placement, flexibility and synchronization.

4.0-8.0

Standard technique, placement, flexibility and synchronization.

8.0-12.0

Standard to higher than standard technique, placement, flexibility and synchronization.

12.0-15.0

Nearly perfect to perfect technique, placement, flexibility and synchronization.

Pyramids

Difficulty

A team cannot score in the middle of their difficulty range unless there is one transition and two structures.

A team cannot score in the top of their difficulty range unless there are multiple transitions and two structures.

0.0-4.0

Pyramids involving prep level stunts and below, one-leg prep level stunts, transitions with no inversions, other unique stunts and transitions of similar difficulty.

4.0-7.0

Pyramids involving two-leg extended stunts with single braces, one-leg extended stunts with double braces, release moves but NOT by the MAJORITY of the team, transitions with inversions but NOT by the MAJORITY of the team, other unique stunts and transitions of similar difficulty.

7.0-10.0

Pyramids involving one-leg extended stunts with single braces, multiple release moves by the MAJORITY of the team, multiple transitions with inversions by the MAJORITY of the team, other unique stunts and transitions of similar difficulty.

Execution

0.0-4.0

Poor technique, placement, flexibility and synchronization.

4.0-8.0

Standard technique, placement, flexibility and synchronization.

8.0-12.0

Standard to higher than standard technique, placement, flexibility and synchronization.

12.0-15.0

Nearly perfect to perfect technique, placement, flexibility and synchronization.

Tosses

Difficulty

A team cannot score in the middle of their difficulty range unless the MAJORITY of the team performs the appropriate tosses at least once. A team cannot score in the top of their difficulty range unless the MAJORITY of the team performs the appropriate tosses multiple times.

0.0-4.0

Basic straight tosses.

4.0-7.0

Single skill tosses not involving a twist, or a single twist.

7.0-10.0

Double skill tosses, double skill tosses that include a single twist.

Execution

0.0-4.0

Low height. Poor body control, synchronization and execution.

4.0-8.0

Standard height. Standard body control, synchronization and execution.

8.0-12.0

Moderate to stronger height. Standard to higher than standard body control, synchronization and execution.

12.0-15.0

Strong height. Nearly perfect to perfect body control, synchronization and execution.

Overall Impression

0.0-10.0

Overall Impression reflects the individual judge's evaluation of the entire routine taking into consideration all categories both difficulty and execution. This score should take into consideration effective crowd leadership including but not limited to use of signs, poms and flags as well as engaging and crowd responsive cheer.

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Tumbling and Jumps Guidelines

The following grid outlines the point ranges for specific skill sets performed by a MAJORITY (one more than half) of the team.

Standing Tumbling

Difficulty

0.0-2.0

Skills such as forward rolls, backward rolls, cartwheels, front walkovers, back walkovers.

2.0-4.0

Skills such as back handsprings, front handsprings and back handspring series.

4.0-6.0

Skills such as back handspring series to tucks, front tucks, standing tucks.

6.0-8.0

Skills such as back handspring series to layouts and layout variations.

8.0-10.0

Skills such as back handspring series to fulls, standing fulls.

Execution

0.0-4.0

Poor technique and synchronization, low power, slow and / or weak strength.

4.0-8.0

Standard technique and synchronization, power, speed and strength.

8.0-12.0

Standard to higher than standard technique and synchronization, power, speed and strength.

12.0-15.0

Nearly perfect to perfect technique and synchronization, with advanced power, speed and strength.

Running Tumbling

Difficulty

0.0-2.0

Skills such as cartwheels, round offs.

2.0-4.0

Skills such as round off BHS / series BHS, front tumbling through round off BHS / series BHS.

4.0-6.0

Skills such as round off tucks / BHS tucks, front tumbling through round off tucks / BHS tucks.

6.0-8.0

Skills such as round off BHS layout / layout variations, front tumbling through round off BHS layout / layout variations.

8.0-10.0

Skills such as round off BHS fulls, front tumbling through round off BHS fulls.

Execution

0.0-4.0

Poor technique and synchronization, low power, slow and / or weak strength.

4.0-8.0

Standard technique and synchronization, power, speed and strength.

8.0-12.0

Standard to higher than standard technique and synchronization, power, speed and strength.

12.0-15.0

Nearly perfect to perfect technique and synchronization, with advanced power, speed and strength.

Jumps

Difficulty

0.0-2.0

Basic jumps such as straight jumps, tucks and stars.

2.0-4.0

Single jump skills such as toe touches, hurdlers, pikes, etc. with NO connections.

4.0-6.0

Connected jumps and / or a jump connected to tumbling.

6.0-8.0

Connected jumps with at least one change in hip direction AND a jump connected to tumbling.

8.0-10.0

Connected jumps with at least two changes in hip direction AND a jump connected to tumbling.

Execution

0.0-4.0

Poor height, chest position, leg position / flexibility, landing position, arm position, timing and synchronization.

4.0-8.0

Standard height, chest position, near level leg position / flexibility, standard landing position, arm position, timing and synchronization.

8.0-12.0

Standard to higher than standard height, chest position, level to higher than level leg position / flexibility, strong landing position, arm position, timing and synchronization.

12.0-15.0

Strong height, chest position, hyper extended leg position / flexibility, strong landing position, arm position, timing and synchronization.

Overall Impression

0.0-10.0

Overall Impression reflects the individual judge's evaluation of the entire routine taking into consideration all categories both difficulty and execution. This score should take into consideration effective crowd leadership including but not limited to use of signs, poms and flags, as well as, engaging and crowd responsive cheer.

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Dance and Choreography Guidelines

The following grid outlines the point ranges for specific skill sets performed by a MAJORITY (one more than half) of the team.

Dance

Difficulty

0.0-4.0

Skills with little use of total body, floor work, level change. Performed at a slow to moderate pace.

4.0-6.0

Skills with some use of total body, floor work, level changes and formation changes. Performed at a moderate to fast pace.

6.0-8.0

Skills using total body, floor work, level changes and formation changes, with some creative and visual elements. Performed at a moderate to fast pace.

8.0-10.0

Intricate skills using total body, floor work, level changes and formation changes with creative and visual elements. Performed at a fast pace.

Execution

0.0-4.0

Poor technique, placement and synchronization.

4.0-8.0

Standard technique, placement and synchronization.

8.0-12.0

Standard to higher than standard technique, placement and synchronization.

12.0-15.0

Nearly perfect to perfect technique, placement and synchronization.

Motions / Voice

Difficulty

0.0-4.0

Motions such as Ts and Vs with little variety.

4.0-6.0

Motions with some variety.

6.0-8.0

Motions with an average level of variety and creativity, with some formation and level changes.

8.0-10.0

Motions with a strong level of variety, creativity, with MULTIPLE formation and level changes.

Execution

0.0-4.0

Poor technique, placement and synchronization. Low vocal level and clarity.

4.0-8.0

Standard technique, placement and synchronization. Average vocal level and clarity.

8.0-12.0

Standard to higher than standard technique, placement and synchronization. Good vocal level and clarity.

12.0-15.0

Nearly perfect to perfect technique, placement and synchronization. Strong vocal level with clear, understandable words.

Choreography

Creativity

0.0-4.0

Poor level of creativity in routine.

4.0-6.0

Standard level of creativity in routine. Some visuals.

6.0-8.0

Advanced level of creativity incorporating visuals and good flow.

8.0-10.0

Elite level of creativity incorporating multiple visuals through sections with well thought out transitions and flow.

Formations / Spacing / Transitions

0.0-4.0

Formations and transitions with multiple spacing issues. Choppy flow across sections.

4.0-8.0

Formations with little variety. Some spacing issues and basic transitions.

8.0-12.0

Formations with few to no spacing issues. Transitions include some creativity and executed strongly.

12.0-15.0

Formations with no spacing problems and high level of variety. Well thought out transitions involving creative and visual techniques.

Overall Impression

0.0-10.0

Overall Impression reflects the individual judge's evaluation of the entire routine taking into consideration all categories both difficulty and execution. This score should take into consideration effective crowd leadership including but not limited to use of signs, poms and flags, as well as, engaging and crowd responsive cheer.

OSAA / OCCA Cheerleading Score Sheet

Individual Guidelines

The following grid outlines the point ranges for specific skill sets performed by an individual.

Tumbling

Difficulty

0.0-2.0

Skills such as forward rolls, backward rolls, cartwheels, front walkovers, back walkovers, round offs.

2.0-4.0

Skills such as standing BHS / BHS series, front handspring, round off BHS / BHS series, front tumbling through to round off BHS / BHS series.

4.0-6.0

Skills such as standing BHS series to tucks, standing front tucks, standing back tucks, round off tucks / BHS tucks, front tumbling through round off tucks / BHS tucks.

6.0-8.0

Skills such as standing BHS series to layouts / layout variations, round off BHS layout / layout variations, front tumbling through round off BHS layout / layout variations.

8.0-10.0

Skills such as standing BHS series to fulls, standing fulls, round off BHS fulls, front tumbling through round off BHS fulls.

Execution

0.0-4.0

Poor technique, low power, slow and / or weak strength.

4.0-8.0

Standard technique, power, speed and strength.

8.0-12.0

Standard to higher than standard technique, power, speed and strength.

12.0-15.0

Nearly perfect to perfect technique, with advanced power, speed and strength.

Jumps

Difficulty

0.0-2.0

Basic jumps such as straight jumps, tucks and stars.

2.0-4.0

Single jump skills such as toe touches, hurdlers, pikes, etc. with NO connections.

4.0-6.0

Connected jumps and / or a jump connected to tumbling.

6.0-8.0

Connected jumps with at least one change in hip direction AND a jump connected to tumbling.

8.0-10.0

Connected jumps with at least two changes in hip direction AND a jump connected to tumbling.

Execution

0.0-4.0

Poor height, chest position, leg position / flexibility, landing position and arm position.

4.0-8.0

Standard height, chest position, near level leg position / flexibility, standard landing position and arm position.

8.0-12.0

Standard to higher than standard height, chest position, level to higher than level leg position / flexibility, strong landing position and arm position.

12.0-15.0

Strong height, chest position, hyper extended leg position / flexibility, strong landing position and arm position.

Dance / Motions / Voice

Difficulty

0.0-4.0

Motions such as Ts and Vs with little variety.

4.0-6.0

Motions with some variety.

6.0-8.0

Motions with an average level of variety and creativity, with some formation and level changes.

8.0-10.0

Motions with a strong level of variety, creativity, with MULTIPLE formation and level changes.

Execution

0.0-4.0

Poor technique, placement and synchronization. Low vocal level and clarity.

4.0-8.0

Standard technique, placement and synchronization. Average vocal level and clarity.

8.0-12.0

Standard to higher than standard technique, placement and synchronization. Good vocal level and clarity.

12.0-15.0

Nearly perfect to perfect technique, placement and synchronization. Strong vocal level with clear, understandable words.

Overall Impression

0.0-10.0

Overall Impression reflects the individual judge's evaluation of the entire routine taking into consideration all categories both difficulty and execution. This score takes into consideration the individual's ability to effectively engage and lead a crowd.

OSAA / OCCA Cheerleading Score Sheet

Stunt Group Guidelines

The following grid outlines the point ranges for specific skill sets performed by the stunt group.

Stunts

Difficulty

A sliding criteria will determine where the score will fall within the range. Sliding Criteria: Number and variety of stunts within range, variety and creativity in load-ins, dismounts and transitions and number of bases used.

0.0-4.0

Stunts such as below prep level, preps, one-leg prep variations, extensions, 1/2 twist to prep level one-leg stunt, single based unassisted at prep level or below, leap frog, forward extended roll, straight cradle, 1/4 twisting dismount from one-leg stunt, other unique stunts and transitions of similar difficulty.

4.0-7.0

Stunts such as extended one-leg stunt, full up to prep, 1/2 twist to one-leg stunt, single based unassisted extended two-leg stunt, single twist dismount from two-leg stunt, release variations from below prep level, backward suspended roll, 1/4 twisting dismount from one-leg stunt, other unique stunts and transitions of similar difficulty.

7.0-10.0

Stunts such as full up to two-leg or one-leg extended stunts, single based unassisted one-leg stunts, single twist dismount from one-leg stunt, release variations from prep level, other unique stunts and transitions of similar difficulty.

Execution

0.0-4.0

Poor technique, placement, flexibility and synchronization.

4.0-8.0

Standard technique, placement, flexibility and synchronization.

8.0-12.0

Standard to higher than standard technique, placement, flexibility and synchronization.

12.0-15.0

Nearly perfect to perfect technique, placement, flexibility and synchronization.

Tosses

Difficulty

A team cannot score in the top of their difficulty range unless they perform the appropriate tosses multiple times.

0.0-4.0

Basic straight tosses.

4.0-7.0

Single skill tosses not involving a twist, or a single twist.

7.0-10.0

Double skill tosses, double skill tosses that include a single twist.

Execution

0.0-4.0

Low height. Poor body control, synchronization and execution.

4.0-8.0

Standard height. Standard body control, synchronization and execution.

8.0-12.0

Moderate to stronger height. Standard to higher than standard body control, synchronization and execution.

12.0-15.0

Strong height. Nearly perfect to perfect body control, synchronization and execution.

Overall Impression

0.0-10.0

Overall Impression reflects the individual judge's evaluation of the entire routine taking into consideration all categories both difficulty and execution. This score takes into consideration the overall choreography of the routine including good flow and use of creative and visual elements.

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Partner Stunt Guidelines

The following grid outlines the point ranges for specific skill sets performed by the partner stunt group.

Stunt

Difficulty

A sliding criteria will determine where the score will fall within the range. Sliding Criteria: Number, variety and creativity of stunts within range.

0.0-4.0

Stunts such as shoulder sits, chair sits, single based unassisted at prep level or below, straight cradles.

4.0-7.0

Stunts such as single based unassisted extended two-leg stunts, single twist dismount from two-leg stunt.

7.0-10.0

Stunts such as single based unassisted one-leg stunts, single twist dismount from one-leg stunt.

Execution

0.0-4.0

Poor technique, placement, flexibility and stability.

4.0-8.0

Standard technique, placement, flexibility and stability.

8.0-12.0

Standard to higher than standard technique, placement, flexibility and stability.

12.0-15.0

Nearly perfect to perfect technique, placement, flexibility and stability.

Load-ins / Transitions

Difficulty

0.0-4.0

Basic load-ins. Disconnected or no transitional elements.

4.0-6.0

Some creative elements added to load-ins or transitions including walk ups, half ups and minor transitional elements.

6.0-8.0

Skills including tossing to top (extended level) and visual transitional elements.

8.0-10.0

Skills such as full ups and tic tocs, or multiple advanced skills in both areas of load-ins and transitions.

Execution

0.0-4.0

Poor technique, placement and flexibility.

4.0-8.0

Standard technique, placement and flexibility.

8.0-12.0

Standard to higher than standard technique, placement and flexibility.

12.0-15.0

Nearly perfect to perfect technique, placement and flexibility.

Overall Impression

0.0-10.0

Overall Impression reflects the individual judge's evaluation of the entire routine taking into consideration all categories both difficulty and execution. This score takes into consideration the overall choreography of the routine including good flow and use of creative and visual elements.

OSAA / OCCA Cheerleading Score Sheet

All-State Individual Guidelines

The following grid outlines the point ranges for specific skill sets performed by an individual.

Standing Tumbling

Difficulty

0.0-2.0

Skills such as forward rolls, backward rolls, cartwheels, front walkovers, back walkovers.

2.0-4.0

Skills such as back handsprings and back handspring series.

4.0-6.0

Skills such as back handspring series to tucks, front tucks, standing tucks.

6.0-8.0

Skills such as back handspring series to layouts and layout variations.

8.0-10.0

Skills such as back handspring series to fulls, standing fulls.

Execution

0.0-4.0

Poor technique and synchronization, low power, slow and / or weak strength.

4.0-8.0

Standard technique and synchronization, power, speed and strength.

8.0-12.0

Standard to higher than standard technique and synchronization, power, speed and strength.

12.0-15.0

Nearly perfect to perfect technique and synchronization, with advanced power, speed and strength.

Running Tumbling

Difficulty

0.0-2.0

Skills such as cartwheels, round offs.

2.0-4.0

Skills such as round off BHS / series BHS, front tumbling through round off BHS / series BHS.

4.0-6.0

Skills such as round off tucks / BHS tucks, front tumbling through round off tucks / BHS tucks.

6.0-8.0

Skills such as round off BHS layout / layout variations, front tumbling through round off BHS layout / layout variations.

8.0-10.0

Skills such as round off BHS fulls, front tumbling through round off BHS fulls.

Execution

0.0-4.0

Poor technique and synchronization, low power, slow and / or weak strength.

4.0-8.0

Standard technique and synchronization, power, speed and strength.

8.0-12.0

Standard to higher than standard technique and synchronization, power, speed and strength.

12.0-15.0

Nearly perfect to perfect technique and synchronization, with advanced power, speed and strength.

Jumps

Difficulty

0.0-2.0

Basic jumps such as straight jumps, tucks and stars.

2.0-4.0

Single jump skills such as toe touches, hurdlers, pikes, etc. with NO connections.

4.0-6.0

Connected jumps and / or a jump connected to tumbling.

6.0-8.0

Connected jumps with at least one change in hip direction AND a jump connected to tumbling.

8.0-10.0

Connected jumps with at least two changes in hip direction AND a jump connected to tumbling.

Execution

0.0-4.0

Poor height, chest position, leg position / flexibility, landing position, arm position.

4.0-8.0

Standard height, chest position, near level leg position / flexibility, standard landing position, arm position.

8.0-12.0

Standard to higher than standard height, chest position, level to higher than level leg position / flexibility, strong landing position, arm position.

12.0-15.0

Strong height, chest position, hyper extended leg position / flexibility, strong landing position, arm position.

Dance

Execution

0.0-4.0

Poor technique and placement.

4.0-8.0

Standard technique and placement.

8.0-12.0

Standard to higher than standard technique and placement.

12.0-15.0

Nearly perfect to perfect technique and placement.

Motions / Voice

Execution

0.0-4.0

Poor technique, placement and synchronization. Low vocal level and clarity.

4.0-8.0

Standard technique, placement and synchronization. Average vocal level and clarity.

8.0-12.0

Standard to higher than standard technique, placement and synchronization. Good vocal level and clarity.

12.0-15.0

Nearly perfect to perfect technique, placement and synchronization. Strong vocal level with clear, understandable words.

Overall Impression

0.0-10.0

Overall Impression reflects the individual judge's evaluation of the entire routine taking into consideration all categories both difficulty and execution. This score takes into consideration the individual's ability to effectively engage and lead a crowd.