

2023-2024 WACPC Cheer Scoresheets

Frequently Asked Questions

The FAQ document is developed on an annual basis to assist our member cheer coaches with developing their teams and routines throughout the year. We encourage members to continually monitor updates, as there may be a question answered at any time throughout the year.

WACPC's Cheer Communications Committee has developed a useful flow chart to assist members looking to seek answers. Please refer to this [guide](#) to connect with the appropriate representative for help.

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STUNTS & PYRAMIDS

Skill Clarifications

Q: Can you clarify some of the terms found in the stunt rubric?

A: Here are the most commonly questioned terms on the stunt rubric:

- **Full** – spinning 360° twist by the top person in a vertical position with one point of contact between the base(s) and top person during the skill. The bases do not rotate under the top person.
- **Modified Full** – spinning 360° twist by the top person in a vertical position with more than one point of contact between the base(s) and top person during the skill. The bases may or may not rotate with the top person.
- **Dismount** – a skill is not considered a dismount if it does not release to a cradle or the performing surface. An example of a skill that is not a dismount would be a skill landing on the stomach - this would be a transition, because prone is not a cradle position.
- **Inversion** – Shoulders of the top person are below the waist. Any time you see this position involved in a stunt (from or to the ground included), this should be considered an Inversion as opposed to a dismount, release, tumbling skill, etc. when it comes to the rules that must be followed (NFHS Spirit Rules Book). **Stunts will only receive inversion credit if the top person's shoulders are below the waist AND the base of support is on the top person's upper body.**

Q: Why did my single base skill not get credited as single base?

A: A skill is considered single base only if the skill is built single base from beginning to end. If a skill is built with two bases and one steps away once the skill hits, this is considered a multi-based skill. This applies to both stunts and pyramids.

Q: My inversions are not being credited on my scoresheet, what are we doing wrong?

A: There are two possible explanations for this issue.

1. Firstly, an inversion is credited when a top person's shoulders are below their waist AND the base of support (weight-bearing point of contact) is on the top person's upper body. If a top person is inverted with a foot/leg held at the same level or lower than the upper body contact, this is scored as an "other stunt" based on the level the foot/leg is held (below prep, prep, etc.).
2. The second explanation would be that in a release from an inversion to an upright stunt, the top person must remain inverted at the initiation of the transition (bottom of the dip) to credit the inversion release. It is common for bases to bring a top person out of inverted into a horizontal position on the dip, therefore releasing from a non-inverted stunt. If this is the case, the stunt skill is credited as a release based on where the stunt begins and/or ends (prep, extended, etc.).

Q: What does the "+" mean on the rubric?

A: Anytime a skill is listed with a "+" means that we will also credit any skills that are more difficult than the listed skill within that scoring range, up to the next defined skill. For example, in intermediate release skills, the first skill listed is "To extended+". In skilled release skills, note the skill "To extended single leg body position". The skill in between (To extended single leg) would be credited as "To extended+". Skills are noted this way to consolidate the rubric and save space.

Q: My team performed a ball X toss with a full twist, however, it was credited as a 2 trick including twist. Shouldn't it be a 3 trick including twist?

A: When a top person hits a ball position, they need to open up into either an X or arch to complete the toss, making either position a completion of the ball position. This means a ball X or ball arch is a toss with one trick. Adding a full twist would make the skill a toss with 2 tricks including twist.

Q: Can the top person place their hand on their foot or calf to be scored as a heel stretch?

A: The top person can hold place their hand on their foot or calf, but their leg must be above a 90-degree angle in relation to their standing leg.

Q: My team performed a handstand at prep level to prep level with release. Why did we not receive advanced stunt level credit?

A: The top person must be in a handstand position at the initiation (bottom of the dip) of the transition. The top person must also be completely released from all personnel on the performing surface during the transition.

Q: Where does a 'pancake' fall within the stunt rubric?

A: A pancake or foldover stunt is credited as 'to below prep without release' under inversions on the stunt rubric.

Q: Can you clarify some of the pyramid skills?

A: Here are some of most confused pyramid skills, clarified:

- **Braced Flip** – hip-over-head rotation ($\frac{3}{4}$ to $1\frac{1}{4}$ flipping rotation) free of contact from everyone on the performing surface. This skill is generally performed high off the floor, in line with the upper bodies of the bracers. May look like a rewind entrance with bracers. Requires at least 8 athletes.
- **Braced Roll** – hip-over-head rotation ($\frac{3}{4}$ to $1\frac{1}{4}$ flipping rotation) while connected to someone on the performing surface (generally connected via a hand or foot). This skill will be at a lower height than a braced flip.
- **Braced Inversion** – connected to another top person while shoulders are below the waist. Could go from a handstand to upright ($\frac{1}{4}$ to $\frac{1}{2}$ rotation) while connected or just a connected stop in an inverted position.

Q: Why was my pyramid credited as a stunt skill?

A: A pyramid skill is defined as 2 or more top persons having a hand-to-foot/leg or hand-to-hand/arm braced connection/contact. A transitional skill (release/twist/inversion) with a braced connection occurring immediately after will be scored as a pyramid. A connection does not need to be established prior to the transitional skill in order to be scored as a pyramid. If the skill hits (i.e. when bases catch feet after an inversion or release; top person is facing the front after a twist) AND there is a pause/stop/stall before the connection, the skill will be scored as a stunt.

Q: What is the purpose of the Variety driver on the Stunts & Pyramids Impact scoresheet and how is it being applied?

A: To encourage teams to use more of the scoresheet, at least 1 stunt group or pyramid should perform a skill from 5 of the categories to receive max points for this driver. Teams will receive 0.2 per category observed up to a max of 1.0 points. The execution judge will consult the rubric judge for Stunts & Pyramids to confirm skills observed across the categories. Note: if a team does at least 1 stunt sequence, the stunt itself is considered stunt skill (whether it be an inversion, release, twist, or other) and the 'dismount' is another category (what goes up, must come down) achieving 2 of the 5 categories already.

Q: What is meant by 'Clearly Performed Higher Skills in Difficulty Level' on the Stunts & Pyramids Execution Scores?

A: This driver looks at the higher difficulty skills in the team's routine only (those skills that determine their difficulty score). The purpose of looking at these skills separately is to emphasize that we consider execution as important as difficulty and will award points in this driver based on if these harder skills were executed well or not. The rest of the drivers in execution look at the stunts or pyramids throughout the entire routine.

Q: Why were my single base hands credited as shoulder stands?

A: For a stunt to be credited as hands, both feet of the top person in their entirety need to be supported by the base with their hands only. If the base rests the heel(s) of the top person on their shoulders, this will be credited as a shoulder stand.

Q: I have a team of 16 and during our stunt sequence we perform 2 extended bow & arrows at the same time as 2 extended heel stretches. They all full down to a cradle. We were credited for 2 Majority Team Intermediate (Extended single leg with a body position) and 1 Full Team Skilled (Full to 1 ¼ twist from extended single leg body position). Why was the dismount credited as Full Team but the extended single leg body position skills scored separately?

A: WACPC values difficulty as performed by the team. Full team credit is given when the full amount of possible stunt groups performs the same skill. By showing 2 different body positions, only a majority of the team shows a bow & arrow and a majority of the team shows a heel stretch. Even though the definition on the rubric is the same (extended single leg with a body position), they are 2 separate skills. The full team does perform a full twisting cradle from an extended single leg body position, and since this is the same skill, it is credited as full team.

Difficulty Rubric – Stunts

Q: If a team performs less than 4 stunts, how will this impact their difficulty score?

A: If less than 4 stunts are performed by Most+ of team, no base score is awarded. The team would be eligible for up to one bonus skill.

Q: If a team performs more than 4 stunts by 'Majority+' of the team but across multiple difficulty levels, how will this impact their difficulty score?

A: The base score drops to the next highest difficulty level demonstrated by Majority+ team. For example, if a team performs 1 Most Team-Advanced, 1 Most Team-Skilled, and 2 Majority Team-Intermediate, their base score will be based on 4 Most Team-Intermediate. Skills can be "assumed" down (in quantity and difficulty), but not up.

Q: For coed divisions, is the base score only coed?

A: Yes, the base score includes coed skills only (stunts, dismounts, inversions, twists, releases performed in a coed stunt-one male base, one spotter and one top person). Quad-based skills are only eligible for the bonus driver in stunts.

Q: For coed divisions, does the bonus skill need to be coed or quad? If quad, do the point values differ?

A: The bonus skill can be a coed or a quad-based skill and the bonus points are not differentiated.

Q: For coed division, are quantity charts adjusted for simultaneous coed and quad stunts?

A: No, the quantity charts remain the same for quads to be consistent with the all-girl division logic. For example, a team of 13 total athletes with 3 male athletes performs a coed stunt sequence with 3 groups of 3 (1 male base, 1 spotter, 1 top person) leaving 4 athletes. If the 4 athletes perform a quad-based skill at the same time as the coed stunts, the quad-based skill would be credited as performed by few-team (1 of 3 total possible quad stunts based on 13 athletes).

Difficulty Rubric – Pyramids

Q: What skills are included in the 'Braced EXPERT+ release/twisting/inversion stunt skills' pyramid under Expert Pyramids?

A: This would include any release, twist, or inversion stunt not defined on the rubric but included in a 'plus skill' performed within a pyramid. For example, using the stunt skill 'High to High release ending in single leg+', if this skill was performed in a pyramid and ended in a body position (considered a plus skill), then it would be credited as an Expert+ release pyramid.

Q: On the pyramid rubric, transitions are included as a bonus driver. What is defined as a transition?

A: In pyramids, transitions include Inversion, Release, Twisting, Roll, and Flip skills performed into, in between, and/or out of the static pyramid 'pictures'. The definition of pyramid transitions does not change across the divisions.

Q: On the pyramid rubric, the quantity bonus states '3+ Pyramids in Scoring Range.' Can these be 3 of the same pyramid skills (circle) or do they need to be different pyramid skills (circle)?

A: The three pyramids must be different skills (circles) on the rubric to qualify for the bonus driver.

Q: With the changes to the pyramid scoring grid, does the full pyramid score become challengeable or only the range?

A: Yes, the pyramid score can be challenged, including the base score and each driver.

Q: What is meant by the transition bonus on the pyramid rubric?

A: Transition skills include release, twist, inversion, roll, & flip skills. The number of these types of skills performed within pyramids will be considered when awarding a transition bonus.

Q: When looking at the bracer bonus charts on the pyramid rubric, what is meant by being braced at the start vs. being braced at the top?

A: Being braced at the start means the connection with the bracer is made before transitioning to the pyramid. Being braced at the top means the transition to the pyramid is performed free of the bracer(s) and then connects with the bracer(s) immediately as the pyramid hits (at the top).

TUMBLING & JUMPS

Tumbling

Q: How is the tumbling difficulty score calculated?

A: All skills are counted and assigned their appropriate values. The values are totaled, and then divided by the number of athletes on the floor. (ex: 10 back handsprings are performed $2.0 \text{ pts} \times 10 \text{ BHS} = 20 \text{ pts} / 5 \text{ athletes} = 4.0 \text{ pts}$ awarded for difficulty)

Q: Does my whole team have to tumble or can I just have my better tumblers perform multiple times?

A: All tumbling skills are counted regardless of which athlete performs the skill and if the type of skill has already been presented. While the strategy of having elite athletes repeat skills over and over may seem appealing, there is a risk to taking this approach.

- Coaches must consider the overall impact of the routine, and how disruptive random elite skills peppered throughout a routine will look.

- Relying on one or a few of a team's athletes to garner tumbling points will affect the Impact Score on the Tumbling & Jump scoresheet, specifically for synchronization.
- Repeating skills several times does not guarantee the execution score will max out.
- Common sense dictates that the more skills an athlete does, the poorer the execution will become over time due to fatigue.
- The more time that is dedicated to tumbling patterns and skills, the less time available for other categories of scored skills (cheer, dance, jumps, stunting, and pyramids). In the long run, taking this approach may lead to a sacrifice in points on other parts of the scoresheets.

Q: Is it possible to earn more than 10 points in tumbling difficulty?

A: No, the maximum number of points available to earn is capped at 10 points.

Q: Is my team required to do both standing and running tumbling?

A: In the 2020-21 updates to the scoresheet, the difficulty score for all tumbling is combined. However, the execution scores remain separated. A team that does running tumbling but not standing tumbling or vice-versa will earn a 0 in the execution score for the type of skills not performed.

Q: If I do a combination tumbling series that includes a back handspring and a tuck, how would it be scored? I see both are listed on the difficulty grid.

A: The tumbling pass would be placed in the rubric using the most difficult skill presented, or in other words, the higher score would be awarded.

Q: If I do a jump and a tumbling skill in immediate combination, do I get credit for both or is this just a tumbling pass?

A: In some instances, a direct connection between a jump and a tumbling skill increases the difficulty for that tumbling skill and will score higher on the tumbling rubric than that skill on its own. The jump itself can earn credit in the jump rubric. The execution of the jump that was performed in combination with the tumbling skill will be considered when scoring jump execution and the connected tumbling skill will be considered when scoring tumbling execution.

Q: Is tumbling into or out of a stunt scored as a tumbling skill?

A: Tumbling is an individual skill and needs to begin and end as an individual skill on the performing surface to be scored as a tumbling skill. Skills such as a handstand lifted to a stunt or being set out from a cradle into a walkover are considered inverted stunt skills and will be scored as stunts.

Q: Is a power hurdle roundoff considered running or standing tumbling?

A: All roundoffs are considered running tumbling. No matter the mode of entry into the skill (running, two-step or power hurdle), the function of a roundoff is the progression of a running tumbling skill.

Jumps

Q: My team performed a T-jump, why wasn't it credited?

A: A T-jump is considered a drill and therefore not scored as a jump.

Q: My team performed three jump skills in a row. Why wasn't this credited as 3 connected jumps?

A: To be considered connected jumps, the previous jump skill's landing is used as the prep for the subsequent jump skill. If there is a stop, stall, or re-prep between jumps, the jump skills will not be considered connected.

Q: My team did a full team toe touch and few team combination of a right side hurdler-pike-left side hurdler. Shouldn't my jump difficulty score be 4.7?

A: When applying the bonus, the harder jump skill drives the bonus. The harder jump skill would be the triple combination jump, therefore, the first % of team we look for is few team. According to the bonus chart, the difficulty score awarded should be 4.1 (base score for expert level + 0.0 for few team, few team+)

Q: I'm confused by the last item listed on the jump bonus chart, what is meant by a single jump skill occurrence?

A: A jump skill could be a combination jump or a single jump. If a team performs a triple toe touch combination, this is one jump skill. If a team performs a toe touch-pike-front hurdler combination, this is one jump skill. If a team performs a tuck jump, this is one jump skill. Each difficulty level requires 2 jump skills be performed in order to be eligible for the bonus (to be able to max out the difficulty level).

Q: My team performed a triple jump combination, half of my team does a right side herkie-toe touch-pike and half of my team does a left side herkie-toe touch-pike. Shouldn't my jump difficulty score be 5.0?

A: While your full team is performing a triple combination and there are 4 different jump skills performed, the requirement for a single novice jump is not met based on your example. Since there was only a single jump skill occurrence, there is no bonus awarded and the difficulty score awarded should be 4.1 (base score at expert level).

Q: My full team performs a combination jump of left side hurdler-toe touch-pike-right front hurdler. Shouldn't my jump difficulty score be 5.0?

A: While your full team is performing a quadruple combination and there are 4 different jump skills performed, the requirement for a single novice jump is not met based on your example. Since there was only a single jump skill occurrence, there is no bonus awarded and the difficulty score awarded should be 4.1 (base score at expert level).

DIVISIONS

Traditional Division

Q: I am trying to register my team as all-girl, do I choose traditional?

A: Yes, the traditional divisions have replaced the all-girl divisions. The reason for the change in division name is the ability for teams with one male athlete to choose between coed and traditional divisions.

Q: One of my competitors has a male athlete, doesn't this give them an unfair advantage?

A: Any stunt skills that would be considered traditionally coed (male-based single base skills) are bumped down a level in the "other stunts" category.

Coed Division

Q: For coed stunting, could you please clarify: How many males are needed in a stunt group to be considered a coed stunt?

A: A coed stunt (for WACPC rubric purposes) involves 1 male athlete and 1 female athlete. For stunts that require a spotter, that athlete may be male or female. These skills are single-based by the male. Skills with 2 bases (traditionally quad groups) would be scored under the other stunt categories based on the skill performed regardless of how many male or female athletes are involved and would not be considered a "coed" skill.

Q: If my team performs a pyramid where the middle goes up in a quad stunt and the secondary base walks away, will I get credit for a coed pyramid?

A: We treat pyramids as we do stunts. The pyramid would have to be built coed from the ground up in order to be considered a coed skill.

Non-Tumble Division

Q: One of my competitors has a male athlete, doesn't this give them an unfair advantage?

A: Any stunt skills that would be considered traditionally coed (male-based single base skills) are bumped down a level in the "other stunts" category.

Q: One of my competitors performed a walkover out of a cradle, shouldn't they be disqualified?

A: Tumbling is an individual skill and needs to begin and end as an individual skill on the performing surface to be considered a tumbling skill. Skills such as a handstand lifted to a stunt or being set out from a cradle into a walkover are considered inverted stunt skills and will be scored as stunts. These types of skills are allowed in Non-Tumble.

Gameday Division

Q: It's easier for my team to perform the fight song right away after the band chant, can I do that?

A: The Gameday division must be performed in the order given: Band Dance, Situational Sideline, Crowd-leading Cheer, and Fight Song. If performed in a different order, the team will be given a 10-point Blatant Disregard for Rules deduction.

Q: I see both Gameday scoresheets have an Overall Impression score, do we get scored twice for the same thing?

A: The Overall Impression score is for each scoresheet individually; the Crowd Leading scoresheet's overall impression is for the situational sideline and crowd-leading cheer and the Band Dance & Fight Song scoresheet's overall impression is for those sections only.

Q: I want to make sure my team does the correct chant for the situational sideline, won't a "Go Big Red" cheer work for both situations?

A: The Gameday Situation score looks at the proper use of material - this includes showing that the team understands the difference between offense and defense and can confidently call a cheer appropriate to the situation. Performing a generic "go" cheer will not be considered proper use of material.

Q: My team doesn't stunt during sidelines; do I change our normal game day material to fit the division?

A: Skills include stunts, tumbling, jumps and kicks. Incorporations should be chosen to enhance your team's normal game day performance.

Q: Do I have to incorporate formation changes, level changes and ripples into my Band Dance and Fight Song?

A: Not all forms of creative movement must be used but those that are incorporated should enhance the routine.

Q: My team uses multiple props; how do I make sure they are using them properly?

A: Using props should complement the routine. Signs should snap and have good pace while matching the cheer/chant; megaphones should be used for their intended purpose - to yell through in order to increase the volume of the voice, can be used as another form of a sign, can be used as an emphasis with a clap, etc.; flags should be used as another form of a sign and have good pace.

Q: Does my team have to use all the props listed to maximize the Utilization of Props score?

A: Teams should not expect to max out this driver unless they use 3 different types of props.

Q: When a judge tells me to "snap" a sign, what does that mean?

A: Signs should hit their spot sharply and strongly. There are different styles of "snapping"; WACPC does not adopt one style as the correct way to snap a sign. Execution drivers mention strong technique, uniformity of style, and crowd engagement. Signs should hit their spots clearly, each team member should move their signs in the same manner, and they should be moved in a way that a crowd can understand what to say and when.

Cheer Dance Division

Q: What if I don't have 10 different skills?

A: For each skill noted you will be awarded 1 point to a maximum score of 10 points.

Q: Can I put in more than 10 different skills?

A: Yes, you will still only be awarded a maximum of 10 points. Additional skills may add to your team's visualization of skills score depending on how you choreograph them into your routine.

Q: Can I do just 10 kicks, 10 jumps or 10 tumbling skills?

A: You may choreograph your routine in this way, but the overall creativity of the routine will suffer. This will also most likely negatively impact the visualization of skills score.

Q: Why wasn't my T-lift or partner toe touch counted as a skill?

A: Skills for the purpose of the Cheer Dance division are as follows: jumps, combination jumps, kicks, and tumbling. Stunts at certain levels are allowed but do not contribute to the Routine Skills scores. Stunts may add to your routine visualization by adding levels and could impact your showmanship scores.

Q: If I do a Right-Toe-Left jump combination will I get credit for 3 jumps?

A: Jump combinations are scored as one skill. If the combination of jumps was performed with a stop or pause between the jumps, they will be counted as separate jump skills.

Q: What if we do a combination of a jump and a tumbling skill, like a toe touch back handspring?

A: Each skill will be counted as a different skill, the only combinations that count as one skill are combination jumps.

Q: Has the tumbling allowed been changed?

A: There are currently no tumbling restrictions in the Cheer Dance division.

Q: Now that there are no tumbling restrictions, won't teams that have advanced tumbling have an advantage over other teams?

A: There is no score for difficulty of skills in the Cheer Dance division. The judges are looking for variety and execution of skills presented, and if those skills enhance the routine. Teams that choose to spend more time on tumbling may find scores such as visualization of skills and routine effectiveness are negatively impacted if they have not incorporated those skills well.

Q: If my team does a kick then catches the foot in a heel stretch, is that counted as 2 skills?

A: No, a kick is a motion that returns to the floor. Positions such as a heel stretch, arabesque, etc. are considered poses and do not impact the routine skills scoring.

Q: My team performed splits, why were they not credited as a skill?

A: Splits are considered a position or a pose, similar to a heel stretch or arabesque in a standing position. Splits do not impact the routine skills scoring.

Q: My team performs a firebird leap, why wasn't it credited as a skill?

A: The categories of skills that are credited in a Cheer Dance routine are jumps, tumbling, and kicks. Dance style leaps such as firebirds, switch leaps, etc. are not considered jumps. Performing a leap may enhance the routine but would not be scored as a skill on the routine skills scoresheet.

Q: My team performs an illusion, why wasn't it credited as a skill?

A: The categories of skills that are credited in a Cheer Dance routine are jumps, tumbling, and kicks. An illusion is a dance flexibility skill and does not meet the definition of a kick – from a standing position, lifting one foot forcefully from the performing surface and returning it to the performing surface without a pause/stall.

Q: I saw a team perform a C-Jump, isn't that a dance leap?

A: A C-Jump is a traditional cheer jump skill. This is credited as a skill on the routine skills scoresheet.

Q: What is meant by % of team regarding motion difficulty?

A: Percentage of team refers to how much of the team performs the motions/footwork. The more athletes presenting the motions, the higher the difficulty.

Q: I have 3 signs that read LET'S GO RED and the team yells it with the signs, does that count as 2 occurrences of using chants/props?

A: No, simultaneous chants and props are considered one occurrence.

Q: Can I use those same signs later in the routine?

A: You can but it will NOT be counted as a second occurrence. If the reverse side of the signs read L-H-S, using that side would be counted as another occurrence.

Q: Does it count as a chant if only 1 or 2 athletes yell “Go”?

A: No, chants must be performed by most of the team and should be choreographed.

Q: My team has a megaphone that is set at the front of the mat, why didn’t I get credit for using it?

A: For a team to get credit for using a megaphone, it should be used for its intended purpose, to yell through in order to increase the volume of that voice. Megaphones may also be used as another form of a sign.

Q: Do my 10 “pictures” under Variety/Difficulty have to be 10 different formations/pictures?

A: Yes, 10 different formations need to be clearly presented to receive the maximum 10 points.

Q: My team performs a triangle formation then transitions to a tighter triangle; shouldn’t I get credit for 2 different formations?

A: Different formations means different shapes. Being spread out and tightening the same formation or (being in close then widening out) would not count as presenting a different formation.