

A CheerABILITIES routine should be comprised of typical routine categories, i.e.. opening, standing tumbling, running tumbling, jumps, pyramid, stunt, dance, etc. It should contain important characteristics such as visual effects and purposeful movement while projecting a high level of energy. **Keep in mind, some athletes on a team may not be able to achieve perfect execution of skills because of their differing abilities. Focus on attempt of skills verses technique. Technique will only be as good as their ability allows.**

### BUILDING SKILLS (1.0 - 10.0)

**The following will be considered:**

- Original variety of stunts and pyramid based on the ability of top persons, bases and spotters.
- Visual elements created and correct body positions, if ability allows.
- Transitions in and out of building skills, to include the creativity, timing from skill to skill.
- Limited to no coaches standing in front of the skills counting and directing stunt groups.
- Confidence athletes display during building skills.
- Building Technique (Top Person, Base(s) and Spotter(s))

Judges will not penalize or comment on bent legs in body positions or bent arms by top persons during building skills.

### TUMBLING SKILLS (1.0 - 10.0)

**The following will be considered:**

- Attempt of a variety of skills and the connection of skills in running and standing tumbling.
- Attempt of a correct approach.
- Timing of the approach or first steps into a skill or skills during group pass(es).
- Connected skills, i.e., cartwheel - forward roll by majority of the team or in groups
- Tumbling Technique (Including a clean position after the pass)

Judges will not penalize for athletes attempting a cartwheel or round off which may include; running across the floor with arms up, dipping down/touching floor and standing back up. No penalty will be given for athletes that land in a flat position after a roll due to issues completing the skill.

### JUMPS (1.0 - 10.0)

**The following will be considered:**

- Timing of the choreographed approach prior to a jump or jumps. Ex: clap, prep/punch, dip approach, etc.
- The attempt of a variety of jumps and the transitions between jumps.

Judges will not penalize for toes that are not pointed, bent legs, low height or timing of landing.

### ROUTINE COMPOSITION / CREATIVITY (1.0 - 20.0)

**The following will be considered:**

- Pace and flow
- Innovative, visual, and creative ideas
- Additional skills used to enhance the overall appeal. Ex: motions while moving in transitions or a transition into a building skill or out of a building skill etc.
- Utilizing all athletes throughout routine and purposeful placement of those athletes to highlight their abilities

Judges will not penalize a team for lack of skills but will give credit to teams with innovative skill sets and skills that fit the overall capabilities of the team.

### FORMATIONS & TRANSITIONS (1.0 - 10.0)

**The following will be considered:**

- Spacing, timing, seamless patterns of movement, use of floor, and visual elements. \*Keep in mind, there may be a few athletes that do not move or simply take a few steps forward, backward, side-to-side or crouch down, turn in a circle and stand back up. In these cases credit and comment on spacing in formations.
- A variety of original movement without buddies leading or coaxing the athletes across the floor.

Judges will not penalize for buddies or assistants pushing wheelchairs or assisting sight impaired athletes to their spots

### MOTIONS (1.0 - 10.0)

**The following will be considered:**

- A variety of motions that create visuals through levels and creative formations.
- Memorization of the motions from most athletes in the group.
- Timing of motions as a group and attempt of placement.

Judges will not penalize for bent arms, imperfect placement, or 1-2 athletes lacking precise timing.

### DANCE (1.0 - 10.0)

**The following will be considered:**

- Variety of movements that enhance the musicality and levels throughout the section that create unique visuals.
- How well the team dances as a group rather than the execution of body placement.
- Endurance and the ability to maintain timing, project high energy level, pace/speed, and overall movement of the dance as a whole.
- Appropriate athletic moves.

Judges will not penalize for athletes standing in a single formation, 1-2 athletes lacking precise timing, or imperfect body placement.

### OVERALL IMPRESSION (1.0 - 20.0)

**The following will be considered:**

- Pace of movements that enhance the energy throughout the routine and how well it is executed.
- Visuals created because of good timing, use of skills and placement that also enhance musicality.
- Athletes projecting confidence with energetic expression through facials, connecting with the audience, displaying pure joy throughout the routine and not relying on constant reminders from the coaches at the front of the floor.
- Incorporation of all athletes throughout the routine

Judges will not penalize nor comment on lack of skills or abilities.

#### ***BUILDING JUDGE NOTE: (ELITE DIVISION)***

If an **Assistant** fulfills a required building role (required base, spotter, top person) the team will be given a **ZERO** in the **Building Category** on the score sheet (regardless of the number of groups).

#### ***TUMBLING JUDGE NOTE: (ELITE DIVISION)***

If an **Assistant** spots or assists tumbling the team will be given a **ZERO** in the **Tumbling Category** on the score sheet (regardless of the number of athletes).

**NOTE:** An **Assistant** may help an athlete up after a forward roll to get to their feet and it will **NOT** result in a **ZERO** in the **Tumbling Category**.

#### ***LEGALITY OFFICIAL NOTES: (THE RULES ARE FOR ALL DIVISIONS. POINTS DEDUCTED FOR ELITE AND NOVICE SINCE THEY RECEIVE A SCORE SHEET. PLEASE GIVE WARNINGS TO NOVICE, EXHIBITION AND UNIFIED TEAMS ACCORDINGLY)***

- CheerABILITIES rules can be found here: <https://usasf.net/rules>
- If a team breaks one of the CheerAbility **General Rules** it is a **.25** legality penalty.
- If an **Assistant** spots or assists tumbling it is a **.25** legality penalty, per occurrence.
- If an **Assistant** assists a skill to help put it back up, stabilize it, save the stunt, help the top person stay up, etc. they will be given a **1.0** legality penalty, per occurrence.

**NOTE:** If they are assisting as a result of a fall or almost fall the **Assistant** can help the athlete to ensure they **get down** safely - there is no deduction.