PRO SYSTEM SCORE ALL-STAR CHEER

2024
LEVEL 1
SYSTEM

Elite / International / Prep Divisions

Judge 1:	Judge 2:	Judge 3:	Judge 4:	Judge 5:
Stunt Difficulty	Stunt Execution	Standing Tumbling Difficulty	Standing Tumbling Execution	Jump Execution
Pyramid Difficulty	Pyramid Execution	Running Tumbling Difficulty	Running Tumbling Execution	Dance
Routine Design	Routine Design	Routine Design	Routine Design	Routine Design
Athlete Performance	Dance	Athlete Performance	Dance	Athlete Performance

This packet will give a complete breakdown of the categories each judge will be scoring.

LEVEL 1 Judge 1: Stunt Difficulty / Pyramid Difficulty / Routine Design / Athlete Performance

The difficulty categories require **½ plus 1** of the athletes to perform a level appropriate skill to receive the "**START VALUE**" of a **7.0**.
Pro Score is a **COMPARATIVE** scoring system. The exact score value may change based on the team's competitor(s) in that division at that specific event.
Once the **START VALUE** has been established, the judge will use the H.O.W.'s **(Higher Of Worth)** to determine the score.

STUNT DIFFICULTY:

	TWISTING	RELEASE "STYLE"	
	All prep level single leg stunts must be connected to an athlete on the performance floor		
Any non listed skills	A lift from performance surface to performace surface with no more than a 1/2 twist Any transition to below prep level with up to a 1/4 twist	Any dismount from below prep level Below prep level single leg tic-tock to below prep level single leg with up to a 1/4 twist	BRONZE
	Any transition passing through extension to below prep level with no more than a 1/4 twist A transition from a NON-upright position to prep level with NO twist Any transition to prep level with NO twist Up to 1/2 twist wrap around	Below prep level single leg tic-tock to prep level body position with up to a 1/4 twist Prep level single leg tic-tock to prep level single leg with NO twist	SILVER
	Up to 1/4 twist transition to prep level Any transition to a prep level single leg with up to a 1/4 twist	Prep level single leg tic-tock to prep level body position with NO twist Prep level body position tic-tock to prep level body position with NO twist	GOLD
	Any transition to prep level body position with up to a 1/4 twist	Prep level body position tic-tock to prep level body position with up to a 1/4 twist	PLATINUM

Higher Of Worth

HOW difficult are ALL stunts in the routine?
HOW many athletes are utilized for stunts throughout?
(full team, front spots, single based)
HOW do the stunts load in?
HOW do the stunts dismount?
HOW is the pace from skill to skill performed?
HOW creative are the skills designed for the section?
HOW does the utilization of stunts compare to the other teams in the division?

PYRAMID DIFFICULTY:

	TWISTING TRANSITIONS	RELEASED "STYLE" TRANSITIONS	
Any structure	Up to 1/4 twist to below prep level	Any release style to below prep level	SILVER
Non listed skills	Up to 1/4 twist to prep level	Any release style to prep level	GOLD
	Up to 1/4 twist to an extension	Any release style to prep level body	PLATINUM

Higher Of Worth

HOW difficult are ALL pyramid sections in the routine?
HOW many athletes are utilized throughout?
(full team, front spots, single based)
HOW well does the pyramid develop in the routine?
HOW difficult are the transitional skills?
(cradles, blind catches, extended level catches, variety)
HOW is the pace from skill to skill performed?
HOW creative are the skills designed for the section?
HOW well are the structures developed?
HOW many different transitions are utilized throughout?
HOW does the pyramid compare to the other teams in the division?

ROUTINE DESIGN:

All teams will have a **START VALUE** of **7.0**.
The Higher Of Worth items below will help the judge determine your exact score.

HOW is the composition and flow of the routine?
HOW are the various athlete talents utilized throughout the routine?
HOW does the utilization of visual elements compare to the other teams in the division?
HOW clear and clean are the transitions from skill section to skill section throughout the routine?
HOW clear and precise are the formations created throughout the routine?
HOW does the utilization and choreography connect with the music?

ATHLETE PERFORMANCE:

All teams will have a **START VALUE** of **7.0**.
The Higher Of Worth items below will help the judge determine your exact score.

HOW is the energy of the athletes portrayed throughout the routine?
HOW many athletes demonstrate an athletic impression of showmanship?
HOW does the entertainment value of the routine compare to the other teams in the division?
HOW is the artistry and creative expression of the athletes compare to the other teams in the division?

PRO SCORE SYSTEM ALL-STAR CHEER

LEVEL 1 Judge 2: Stunt Execution / Pyramid Execution / Routine Design / Dance

The execution categories require ½ plus 1 of the athletes to perform a level appropriate skill to receive the "START VALUE" of a 7.0.
Pro Score is a COMPARATIVE scoring system. The exact score value may change based on the team's competitor(s) in that division at that specific event.
Once the START VALUE has been established, the judge will use the following Isolation of Skill Factors to determine the score.

Isolation of Skill Factors for STUNT EXECUTION:

Basing: Body control
Basing: Stability
Basing: Technique
Basing: Proper placement

Flyers: Body position flexibility
Flyers: Arm motion placement
Flyers: Body control
Flyers: Uniformity

Dismount: Control and stability
Dismount: Proper positioning

Transitions: Control and stability
Transitions: Entry uniformity

Section: Pace from skill to skill
Section: General flow

Isolation of Skill Factors for PYRAMID EXECUTION:

Basing: Body control
Basing: Stability
Basing: Technique
Basing: Proper placement

Flyers: Arm motion placement
Flyers: Body control
Flyers: Uniformity

Structures: Control and stability
Structures: Proper placement

Transitions: Control and stability
Transitions: Uniformity

Section: Pace from skill to skill
Section: General flow

ROUTINE DESIGN:

All teams will have a START VALUE of 7.0.
The Higher Of Worth items below will help the judge determine your exact score.

Higher Of Worth

HOW is the composition and flow of the routine?
HOW are the various athlete talents utilized throughout the routine?
HOW does the utilization of visual elements compare to the other teams in the division?
HOW clear and clean are the transitions from skill section to skill section throughout the routine?
HOW clear and precise are the formations created throughout the routine?
HOW does the utilization and choreography connect with the music?

DANCE:

All teams will have a START VALUE of 7.0.
The Difficulty, Execution and H.O.W.'s will combine to give one score for the dance.

Perform 2 skills	SILVER
Perform 3 skills	GOLD
Perform 4 skills	PLATINUM

DANCE SKILLS include:
1. Execution   2. Body Movement
3. Staging   4. Level Work

Higher Of Worth

HOW difficult is the dance section?
HOW many athletes are utilized in the dance?
HOW many 8 counts is the dance section?
HOW visual is the dance section?
HOW does the dance compare to the other teams in the division?

Isolation of Skill Factors:

Level Work: Clear demonstration
Level Work: Uniformity

Skill: Group synchronization
Skill: Variety of pace

Movement: Body lines
Movement: Arm placement
Movement: Uniformity

Staging: Seamless patterns
Staging: Appropriate spacing

PRO SCORE SYSTEM ALL-STAR CHEER

LEVEL 1 Judge 3: Standing Tumbling Difficulty / Running Tumbling Difficulty / Routine Design / Athlete Performance

The difficulty categories require **½ plus 1** of the athletes to perform a level appropriate skill to receive the "**START VALUE**" of a **7.0**.

Pro Score is a **COMPARATIVE** scoring system. The exact score value may change based on the team's competitor(s) in that division at that specific event.

Once the **START VALUE** has been established, the judge will use the H.O.W.'s **(Higher Of Worth)** to determine the score.

STANDING TUMBLING DIFFICULTY:

RUNNING TUMBLING DIFFICULTY:

Any non listed level appropriate skills can be considered silver, gold, or platinum

STANDING TUMBLING DIFFICULTY

Forward / backward roll
Handstand OR handstand variation
Backbend OR backbend variation

Back extension roll
Back walkover OR back walkover variation
Cartwheel OR cartwheel variation
Front walkover OR front walkover variation

2 different connected skills ending in a back walkover or back walkover variation
2 consecutive back walkovers
Valdez

3 consecutive back walkovers
3 or more connected skills ending in a back walkover or back walkover variation

RUNNING TUMBLING DIFFICULTY

Cartwheel OR cartwheel variation
Front walkover OR front walkover variation

Round off
2 connected skills ending in a back walkover or back walkover variation

3 connected skills ending in a back walkover or back walkover variation

4 connected skills ending in a back walkover or back walkover variation

Higher Of Worth

HOW difficult are ALL standing tumbling skills in the routine?
HOW many athletes are utilized throughout?
(full team, groups, individual)
HOW many elite skills are incorporated?
HOW is each standing tumbling pass initiated?
(no step, minimal steps)
HOW is the pace of the connected tumbling skills?
HOW creative are the skills designed for the section?
HOW does the utilization of standing tumbling skills compare to the other teams in the division?

Higher Of Worth

HOW difficult are ALL running tumbling skills in the routine?
HOW many athletes are utilized throughout?
(full team, groups, individual)
HOW many elite skills are incorporated?
HOW is each running tumbling pass initiated?
(power hurdle, minimal steps)
HOW is the pace of the connected tumbling skills?
HOW creative are the skills designed for the section?
HOW does the utilization of running tumbling skills compare to the other teams in the division?

ROUTINE DESIGN:

All teams will have a **START VALUE** of **7.0**.
The Higher Of Worth items below will help the judge determine your exact score.

HOW is the composition and flow of the routine?
HOW are the various athlete talents utilized throughout the routine?
HOW does the utilization of visual elements compare to the other teams in the division?
HOW clear and clean are the transitions from skill section to skill section throughout the routine?
HOW clear and precise are the formations created throughout the routine?
HOW does the utilization and choreography connect with the music?

ATHLETE PERFORMANCE:

All teams will have a **START VALUE** of **7.0**.
The Higher Of Worth items below will help the judge determine your exact score.

HOW is the energy of the athletes portrayed throughout the routine?
HOW many athletes demonstrate an athletic impression of showmanship?
HOW does the entertainment value of the routine compare to the other teams in the division?
HOW is the artistry and creative expression of the athletes compare to the other teams in the division?

PRO SCORE SYSTEM ALL-STAR CHEER

LEVEL 1 Judge 4: Standing Tumbling Execution / Running Tumbling Execution / Routine Design / Dance

The execution categories require **½ plus 1** of the athletes to perform a level appropriate skill to receive the "**START VALUE**" of a **7.0**.
Pro Score is a **COMPARATIVE** scoring system. The exact score value may change based on the team's competitor(s) in that division at that specific event.
Once the **START VALUE** has been established, the judge will use the following **Isolation of Skill Factors** to determine the score.

Isolation of Skill Factors for STANDING TUMBLING EXECUTION:

Entry: Swing / hurdle control
Entry: Arm placement
Entry: Leg placement
Entry: Uniformity

Skill: Body placement
Skill: Uniformity

Landings: Body placement
Landings: Stability
Landings: Skill completion

Timing: Group synchronization
Timing: Group entry
Timing: Group landing
(group = 2 or more athletes)

Isolation of Skill Factors for RUNNING TUMBLING EXECUTION:

Entry: Swing / hurdle control
Entry: Arm placement
Entry: Leg placement
Entry: Uniformity

Skill: Body placement
Skill: Uniformity

Landings: Body placement
Landings: Stability
Landings: Skill completion

Timing: Group synchronization
Timing: Group entry
Timing: Group landing
(group = 2 or more athletes)

ROUTINE DESIGN:

All teams will have a **START VALUE** of **7.0**.
The Higher Of Worth items below will help the judge determine your exact score.

Higher Of Worth

HOW is the composition and flow of the routine?
HOW are the various athlete talents utilized throughout the routine?
HOW does the utilization of visual elements compare to the other teams in the division?
HOW clear and clean are the transitions from skill section to skill section throughout the routine?
HOW clear and precise are the formations created throughout the routine?
HOW does the utilization and choreography connect with the music?

DANCE:

All teams will have a **START VALUE** of **7.0**.
The Difficulty, Execution and H.O.W.'s will combine to give one score for the dance.

Perform 2 skills	SILVER
Perform 3 skills	GOLD
Perform 4 skills	PLATINUM

DANCE SKILLS include:
1. Execution   2. Body Movement
3. Staging   4. Level Work

Higher Of Worth

HOW difficult is the dance section?
HOW many athletes are utilized in the dance?
HOW many 8 counts is the dance section?
HOW visual is the dance section?
HOW does the dance compare to the other teams in the division?

Isolation of Skill Factors:

Level Work: Clear demonstration
Level Work: Uniformity

Skill: Group synchronization
Skill: Variety of pace

Movement: Body lines
Movement: Arm placement
Movement: Uniformity

Staging: Seamless patterns
Staging: Appropriate spacing

PRO SCORE SYSTEM
ALL-STAR CHEER

LEVEL 1 Judge 5: Jump Execution / Athlete Performance / Routine Design / Dance

ALL categories require **½ plus 1** of the athletes to perform a level appropriate skill to receive the "**START VALUE**" of a **7.0**.
Pro Score is a **COMPARATIVE** scoring system. The exact score value may change based on the team's competitor(s) in that division at that specific event.
Once the **START VALUE** has been established, the judge will use the following **Isolation of Skill Factors and Higher of Worth** to determine the score.

JUMPS:

All teams will have a **START VALUE** of **7.0**.
There is no difficulty value for jumps, the judge will determine the jump score by the Isolation of Skill Factors listed below.

Isolation of Skill Factors for JUMP EXECUTION:

Landings: Legs / feet placement
Landings: Stability / control
Timing: Group synchronization
Timing: Group entry
Timing: Group landing

Section: Pace from jump to jump
Section: General flow

Entry: Swing / prep control
Entry: Approach uniformity
Skill: Arm placement
Skill: Leg placement
Skill: Body control

ATHLETE PERFORMANCE:

All teams will have a **START VALUE** of **7.0**.
The Higher Of Worth items below will help the judge determine your exact score.

HOW is the energy of the athletes portrayed throughout the routine?
HOW many athletes demonstrate an athletic impression of showmanship?
HOW does the entertainment value of the routine compare to the other teams in the division?
HOW is the artistry and creative expression of the athletes compare to the other teams in the division?

ROUTINE DESIGN:

All teams will have a **START VALUE** of **7.0**.
The Higher Of Worth items below will help the judge determine your exact score.

Higher Of Worth

HOW is the composition and flow of the routine?
HOW are the various athlete talents utilized throughout the routine?
HOW does the utilization of visual elements compare to the other teams in the division?
HOW clear and clean are the transitions from skill section to skill section throughout the routine?
HOW clear and precise are the formations created throughout the routine?
HOW does the utilization and choreography connect with the music?

DANCE:

All teams will have a **START VALUE** of **7.0**.
The Difficulty, Execution and H.O.W.'s will combine to give one score for the dance.

Perform 2 skills	SILVER
Perform 3 skills	GOLD
Perform 4 skills	PLATINUM

DANCE SKILLS include:
1. Execution   2. Body Movement
3. Staging   4. Level Work

Higher Of Worth

HOW difficult is the dance section?
HOW many athletes are utilized in the dance?
HOW many 8 counts is the dance section?
HOW visual is the dance section?
HOW does the dance compare to the other teams in the division?

Isolation of Skill Factors:

Level Work: Clear demonstration
Level Work: Uniformity

Skill: Group synchronization
Skill: Variety of pace

Movement: Body lines
Movement: Arm placement
Movement: Uniformity

Staging: Seamless patterns
Staging: Appropriate spacing

PRO SCORE SYSTEM ALL-STAR CHEER