AASCF CHEER SCORING SYSTEM DOCUMENTS

1. IASF Cheer Legality Rules: Outlines the rules for All Star Cheer Levels 1-7.
   - Found here: https://www.iasfworlds.net/cheer/
2. AASCF Novice Cheer Rules: Outlines the rules for AASCF Novice level divisions.
3. AASCF Division and Age Grid: Outlines the divisions on offer, including ages, team sizes and levels for each division.
4. AASCF Scoring Rubric: Outlines the requirements and how an All-Star cheer routine will be scored.
5. ACU CheerAbility Guidelines and Rubric: Outlines the rules and how a CheerAbility routine will be scored.
6. AASCF Cheer Group & Partner Stunt Scoring Breakdown and Rubric: Outlines scorecard breakdowns and the requirements on how All Star Group & Partner Stunts will be scored.
7. AASCF Cheer Deduction System: Outlines the definitions for routine infractions and rule violations for All Star cheer routines.
8. AASCF Competition Image Policy: Outlines the expectations and requirements regarding appropriateness of choreography and appearance.
9. AASCF University Cheer Rules Scoring: Outlines the requirements on how a University cheer routine will be scored.
10. ICU (International Cheer Union) Rules: Outlines the rules for University Elite and Premier, and FISU divisions.
    - Found here: https://cheerunion.org/wp-content/uploads/2025/09/ICU_2026_Rules_CH-PC.pdf
    - All other University divisions follow the IASF Cheer Legality Rules.
11. AASCF Skills List: Includes examples of level appropriate skills.
    - It is not a comprehensive list of all skills that can be performed in that level. Coaches are still responsible for ensuring that ANY skills performed in their routine are compliant with the IASF Cheer Legality Rules.
    - Includes examples of ELITE & Level appropriate skills.
    - Coed skills required to meet Coed Quantity can be found on Rubric.
12. IASF Scoring System: Used in IASF Worlds Bid Eligible Divisions.
    - IASF Scoring uses the IASF Cheer Legality Rules and the information found on the IASF website (https://www.iasfworlds.net/cheer/). It does NOT use the AASCF Cheer General Scoring Information, Skill List or Rubrics.

GENERAL INFORMATION
FOR THE AASCF SCORING RUBRIC AND SKILLS LIST

1. **NOVICE DIVISIONS**

   1.1 Novice Cheer is a modified version of Level 1 and is offered to all ages except Open & Adult.

   1.2 Novice division is for beginner All Star Cheer teams. The purpose of Novice Cheer is for the athletes to perfect the basic skills before attempting harder skills.

   1.3 Novice teams follow the AASCF Novice Rules & IASF Rules (Glossary definitions). Please also refer to the AASCF Skill List for examples of skills that can be performed by Novice Teams.

   1.4 The time limit for Novice Cheer routines is 2 minutes 30 seconds.

   1.5 Tosses have been removed from the score sheet and the Difficulty Score for Stunts, Stunt Quantity, Standing Tumbling, Running Tumbling & Pyramids is capped. The total score is out of 87.5 points.

   1.6 For Novice teams:

   – The difficulty score for Stunts is capped at 4.0 (due to NO elite skills being allowed in Novice).

   – The difficulty score for Standing Tumbling, Running Tumbling & Pyramids is capped at 4.7 (this is reflective of the skills allowed in Novice).

   – The Stunt Quantity score is capped at 4.4 (due to NO elite skills being allowed in Novice).

   1.7 A percentage of Novice team athletes are permitted to cross over into a Level 1 team (refer to AASCF Information Pack); however, they are not permitted to compete in any other cheer team Level 2 or above.

   1.8 Novice Cheer is not compulsory for new teams, it is an option.

   1.9 To maintain the spirit of the division, Novice teams will receive warnings for athlete falls or where a rule violation was the result of a performance error. In other instances, the team may receive a deduction.

2. **CUMULATIVE VS SYNCHRONISED/SAME SECTION**

   2.1 Unless synchronised or same section is stated on the Scoring Rubric, the skills needed to meet that requirement may be cumulative.

   2.2 Same section is defined as single portion of the routine where skills from a skill set (e.g., Standing Tumbling, Tosses, etc.) are performed. To qualify as 'same section' the skills must be continuously performed within that portion of the routine. A substantial break in skills being performed (such as a break for choreography) will separate the skill set into two sections.

   2.3 For Stunt/Coed Quantity, athletes cannot be recycled in the same section.

3. DIFFICULTY

3.1 To be credited as a Level or Elite Level Appropriate, it must be the first level the skill is able to be performed legally, unless there is a specific exception in the scoring system. One of these exceptions is in Level 1 all legal skills will be credited as Level or Elite Level Appropriate, even if able to be performed legally in Novice.

3.2 The total number of athletes will determine the number of skills required to meet the 'Majority' or 'Most' definitions. These definitions can be found on the Quantity Charts within the rubric.

3.3 Judges first determine which difficulty range a team should be placed in (Below, Low, Mid, High) as per the requirements on the Scoring Rubric. Then the difficulty drivers are factors that judges will consider when determining the score within the range. Drivers within the relevant category are in this document are on the Scoring Rubric.

3.4 Falls may impact the rewarding of skills. If a skill does not show control through to the landing/dismount or transition to another skill it may not be rewarded. This includes rewarding within stunt or COED quantity.

3.5 If no legal skill or skill that fits the definition of that category is performed with control, then a 0 (zero) will be given.

4. EXECUTION

4.1 Judges will look at team's precision and form of the entire skill(s), not just 1 or 2 athletes.

4.2 Execution drivers are listed under the relevant category in this document and on the Scoring Rubric.

4.3 Execution drivers are the criteria used by judges when determining the score to be given.

4.4 Stylistic differences will not factor into an execution score.

4.5 Obvious Mistakes in skills will impact the building execution scores including but not limited to:
- An omitted skill / missed skill
- Drop in body position by the top person
- Excessive movement by bases
- Balance check by top person
- Hand or hands of the top person come in contact with the performance surface during a cradle

5. LEVEL ONE AND LEVEL TWO MINI DIVISIONS

5.1 Tosses have been removed from the score sheet.

5.2 Total score is out of 90 points.

6. NON-TUMBLING DIVISIONS

6.1 Routine limit is 2:00 minutes.

6.2 Standing and Running Tumbling is removed from the Non-Tumble division score sheet.

6.3 Jumps will remain on the score sheet.

6.4 Some tumbling is still permitted in the routine as per IASF Non-Tumbling exceptions, but there is no dedicated tumbling scoring section. Any tumbling included in the routine will be subject to routine and rule infractions/deductions.

BUILDING INFORMATION

7. BUILDING DIFFICULTY

   7.1 When determining the score within the achieved difficulty range, judges will consider the following drivers:
   - Degree of difficulty - includes skill difficulty, minimal bases, variety of styles, body positions & technique utilised (E.g. Bases & flyers twisting together versus bases walking the skill around).
   - Percent of team participation - Maximising stunt groups based on the number of athletes.
   - Combination of skills - Level and/or non-level appropriate performed simultaneously.
   - Pace of skills performed.
   - Connection of skills performed.

   7.2 For Level 6 Stunts & Pyramid: All Level 5 & 6 skills will be considered Level Appropriate for determining difficulty due to the minimal skill differences in these levels. However, they have different Elite skill definitions (see Skill List).

   7.3 For Level 7 Stunts: All Level 6 & 7 skills as well as skills listed as Elite skills in Level 7 will be considered Level Appropriate for scoring purposes (at least 2 Level 7 skills are required for High range).

   7.4 Pyramid Difficulty: Only skills that meet IASF definition of a pyramid will be credited in the Pyramid Difficulty score.

8. CREDITING OF ELITE SKILLS

   8.1 Elite skills for each level are only those outlined in that level's elite section of the Skill List. Please note, in Levels 5, 6 & 7 some of the Elite skills can also be performed legally in the level(s) below. This has been done to allow a reasonable number of Elite skill options.

   8.2 Elite skills must be performed within the rules of that level.

   8.3 To receive credit as an elite skill, a genuine attempt to maintain the integrity of the skill must be demonstrated. This includes:
   - Release style Elite skills:
     - Flyers remain centred without noticeable weight shift.
       - In Level 1 tic-tocs where the weight of a flyer shifts from one base to the other, will not be credited as an Elite skill.
     - If allowed, release skills demonstrate a release from the base(s).
     - If the spotter/bases are required to maintain contact and there is a one-leg skill requirement, they must NOT be under the lifted foot. Exception, if the Elite skill also requires a twisting element they may begin under the lifted foot if the foot is in a lib position.
     - A switch-up style skill is defined similarly to a tic-toc, except the flyer begins with one foot on the performance surface.
   - Twisting is performed on the way up to the required skill; determined by the Flyer's hip rotation from the skill initiation.
   - Skills go straight to the required height or body position. For example, skills required to go to extension must not stop at prep-level (or below) and bump up, or skills required to go to a body position do not complete the skill in lib/platform/target position prior to pulling the body position.
   - In Elite skills which combine two elements, such as twisting inversions, the twist and inversion are performed simultaneously.
   - Inversions show an inverted position from the initiation of the skill.

9. BODY POSITIONS

   9.1 Lib and platform/target are not considered body positions.

   9.2 Body positions include, but not limited to: Stretch, bow and arrow, arabesque, scale, scorpion.

10.0   COED QUANTITY

  10.1   Level 3 to 7 Open COED teams must satisfy this requirement. (Note, Level 4.2 Coed will follow the stunt quantity requirement).

  10.2   The number of male athletes will determine the minimum number of Coed skills required to be performed in the routine (refer to Coed quantity chart on scoring rubric).

  10.3   Stunts may be rippled or synchronised in the same section.

  10.4   If any of the spotters touches the flyer or base at any point during skill, the skill will be considered assisted. Exception: assisting with a cradle or pop-down dismount.

  10.5   If one of the required groups performs a lower value skill, then this is the skill which will be credited. For example, if two Coed skills are required, one group does a toss extended double leg skill and the other does a toss hands press extension, the toss hands press extension will be credited as it is the lower value skill.

  10.6   Coed style is defined as:
  - Consisting of a Base, Top Person, and Spotter, who may be any combination of male or female athletes. Exception: Level 7 may not require a spotter depending on the skill preformed.
  - Entry must be a Toss or Walk-In. The same entry must be used by all groups.
    - Toss - Top person starts with both feet on performing surface. Base starts with hands on Top Persons' waist.
    - Walk-In - Top person and Base start facing each other with one-foot loaded in.
  - Base must be directly under the stunt.
  - Base and Spotter may not be chest to chest.

- TO RECEIVE COED CREDIT:
  - Only the skills listed on the Coed requirement of the Scoring Rubric will count for Coed Quantity.
  - Stunts must be held for 2 counts. These counts will start once the stunt hits the intended level.
    - Ex. Toss hands: counts begin when the stunt stops at prep level.
    - Ex. Toss hands press extension: counts begin when the stunt stops at extended level.
  - A PAUSE within the 'Toss Hands Press Extension' skill is defined as a 2 count hold prior to initiating the press to extension.
  - Coed stunts must have a controlled dismount/pop off to the performance surface to receive full Coed Quantity credit.
  - A 0 (Zero) will be given if no legal or controlled Coed style stunt is performed.

11. STUNT QUANTITY

  11.1   The following divisions must meet this requirement:
  - All Novice divisions (score is capped at 4.4 due to NO elite skills being allowed in Novice).
  - All Tiny, Mini, Youth, Junior, and Senior divisions.
  - All All-Girl divisions.
  - All Level 1, 2 and 4.2 divisions.

  11.2   Only the skills listed as Elite level appropriate on the AASCF Skill List will count for Stunt Quantity.

  11.3   Required to be performed by a traditional group of 3 to 5. E.g. 1 flyer, 1 or 2 bases and 1 or 2 spotter(s).

  11.4   The total number of athletes will determine the minimum number of skills required to be performed in the routine (refer to the Stunt Quantity Chart on the Scoring Rubric).

  11.5   Can be rippled or synchronised but must be in the same section.

12. STUNT AND PYRAMID EXECUTION DRIVERS
  12.1 Each driver may include, but is not limited to, the below examples:
    12.1.1 TOP PERSON
- Body control
- Uniform flexibility
- Motion placement
- Legs straight/locked and toes pointed

    12.1.2 BASES/SPOTTERS
- Stability of the stunt
- Solid stance
- Positioned shoulder width apart
- Feet stationary

    12.1.3 TRANSITIONS
- Entries
- Dismounts
- Speed/control/flow from skill to skill

    12.1.4 SYNCHRONIZATION
- Timing

    ~~12.1.5 OBVIOUS MISTAKES~~

13. TOSS EXECUTION DRIVERS
  13.1 Each driver may include, but is not limited to, the below examples:
    13.1.1 TOP PERSON
- Body control
- Consistent execution of skill/trick
- Legs straight/toes pointed
- Arm placement

    13.1.2 BASES/SPOTTERS
- Using arms/legs to throw together
- Solid stance
- Positioned shoulder width apart
- Timing

    13.1.3 HEIGHT
- Relative to the size of the athletes performing the toss

    13.1.4 CRADLE
- Arms up to catch high
- Legs used to absorb catch
- Group positioned no more than shoulder width apart
- Controlled

    ~~13.1.5 OBVIOUS MISTAKES~~

*Although not a separate driver, synchronisation of tosses is still considered within the execution score.

TUMBLING AND JUMPS INFORMATION

14. STANDING TUMBLING/RUNNING TUMBLING

14.1 Tumbling passes must land on both feet to be considered level appropriate and receive difficulty credit (i.e., jump 3/4 front flip to seat, back handsprings which lands in a prone position, etc. would not count).

14.2 Level 1 – 5 & 6 JNR - Standing tumbling: the same level appropriate synchronised pass cannot be used to fulfil the majority pass requirement.

14.3 Level 1 – 5 & 6 JNR - Standing tumbling: In an effort to reduce the number of Standing Tumbling passes performed the following criteria will be used when awarding higher scores within a range:
- Degree of difficulty of the passes
- Variety of passes
- Satisfies or exceeds the quantity requirement utilising grouped or synchronised passes

14.4 L2 - No lower level skills out of a RO that are ILLEGAL in L1 will count for level appropriate credit.

14.5 L3 - No lower level skills out of a BHS step out ½ turn that are ILLEGAL in L2 will count for level appropriate credit.

14.6 L4 - Punch front forward roll will not count for level appropriate credit.

14.7 L6 & L7 – Standing Tumbling skills ending in a layout that are LEGAL in L5 will not receive level appropriate credit (i.e., BHS-BHS-Layout).

14.8 In the IASF Glossary 'Jump Skill' it indicates that if a jump skill is included in a tumbling pass it will break up the pass.
- Safety judges will follow this interpretation so a jump skill will break up the pass.
- For scoring purposes panel judges will ignore this interpretation and a jump skill within a pass will not break up the pass (i.e., Toe Touch-BHS-Toe Touch-BHS is 1 pass in Level 3).
- T-Jumps are not considered a jump and will break up a pass into two separate passes for scoring (panel judge) purposes.

14.9 If a pass changes direction it may be considered two separate standing and running passes (i.e., Toe Touch-BHS-Toe Touch-BHS-forward hurdle Round off-Tuck would be considered a standing and then a running pass due to the change in direction).

14.10 In Novice and Level 1 some skills appear on the skill list in both standing and running tumbling. Judges may reward these skills in standing or running tumbling depending on which category would be a better fit in that particular instance. Judges will only reward the skill in one category. These skills will only be counted as standing if preformed from a stationary position (refer to IASF definition of standing tumbling).

14.11 Connected jump/tumble will be considered in both jump & standing tumbling difficulty.

15. <u>STANDING / RUNNING TUMBLING DIFFICULTY DRIVERS</u>
    15.1 When determining the score within the achieved difficulty range, judges will consider the following drivers:
        − Degree of difficulty
        − Percent of team participation
        − Synchronisation or grouping of passes
        − Variety of passes

16. <u>STANDING / RUNNING TUMBLING EXECUTION DRIVERS</u>
    16.1 Each driver may include, but is not limited to, the below examples:
    16.1.1 APPROACH
        - Arm placement into a pass/skill
        - Swing/prep
        - Chest placement
        - Flow from skill to skill in a pass
    16.1.2 SPEED
        - Consistent or increases through pass/skills
        - Connection of pass/skills
    16.1.3 SYNCHRONISATION
        - Timing
    16.1.4 BODY CONTROL
        - Head placement
        - Arm/shoulder placement in skills
        - Leg/hip placement in skills
        - Pointed toes
    16.1.5 LANDINGS
        - Finished pass/skill
        - Incomplete twisting skills
        - Controlled
        - Legs/feet together
        - Chest placement

17. JUMP DIFFICULTY DRIVERS

17.1 Variety - at least 2 different jumps. Performing the same jump with different legs doesn't constitute as variety (i.e., left/right hurdler).

17.2 All approaches within the jumps must use a whip approach to be considered connected.

17.3 A whip approach is defined as continuous movement through swing (arm swing), connecting 2 or more jumps. If a team performs additional bounces or pauses in between jumps, these will not be considered connected.

17.4 Jump skills must land on feet to be considered level appropriate and receive difficulty credit (i.e., jumps that land on knee(s) or seat, etc. would not count).

17.5 In Tiny & Mini divisions:

17.5.1 Tuck Jumps and Star Jumps will be credited as advanced jumps.

17.5.2 Jumps DO NOT need to be connected or include a variety.

18. JUMP EXECUTION DRIVERS

18.1 Each driver may include, but is not limited to, the below examples:

18.1.1 APPROACH
- Consistent entry
- Swing/prep

18.1.2 ARM PLACEMENT
- Arm position within jump(s)

18.1.3 LANDINGS
- Legs/feet together
- Chest placement

18.1.4 SYNCRONISATION
- Timing

18.1.5 LEG PLACEMENT
- Straight legs
- Pointed toes
- Hip placement/rotation
- Hyperextension
- Height