

NATIONAL STOMP AND SHAKE CHEERLEADING FEDERATION

NON STUNT AND TUMBLE

CATEGORIES AND ELEMENTS

Transitions & Sync (15)	Cleanliness
	Creativity
	Overall Sync
Jumps (10)	Technique
	Difficulty
Cheer (30)	Stomps
	Shakes
	Claps
	Motions
	Voice
	Difficulty

Dance (20)	Shakes
	Transitions
	Difficulty
Overall Performance (15)	Execution
	Showmanship
	Energy
	Impact

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	Impact
Running Tumbling (10)	Technique
	Difficulty
Standing Tumbling (10)	Technique
	Difficulty

Stunting (10)	Technique
	Difficulty
Pyramid (1)	Yes
	No
Tosses (1)	Yes
	No

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SCORING DEFINITIONS
CATEGORIES AND ELEMENTS

Overall Ratings		
1	Poor	Skill in very early stages of development
2	Below Average	Widespread issues many athletes to entire team
3	Average	Multiple issues across few to many athletes
4	Above Average	Minor Adjustments that can be fixed in a warm-up
5	Excellent	Perfectly Executed

Impact Ratings		
1	Poor	Not quite sure what was seen
2	Below Average	Still uncertain but they had a time doing it!
3	Average	Solid Routine minimal wow factors
4	Above Average	Solid routine but want to give a little more credit just not sure where
5	Excellent	Everything was top tier. Golden Star

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SCORING DEFINITIONS

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Stomp Shakes and Claps Breakout		
1	Variety/No Variation Skill not defined	Skills performed lack definition.
2		No variation/variation and lack of definition of skills executed
3	No variation of Skill Defined	No variations of well-defined skills executed
4	Variety of skill Defined	Few well-defined variations of skills executed
5		Widespread well defined variations of skills executed

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Jumps Difficulty		
1	Less than Majority <2	Less than majority (easily identifiable) of team performs 1 jump in unison.
2	Less than Majority ≥2	Less than majority (easily identifiable) of team performs 2 or more connected jumps in unison.
3	Majority 1 jump once	Majority (easily identifiable) of team performs single jump in unison once in routine
4	Majority <2 more than 1x in routine	Majority (easily identifiable) of team performs single jump in unison more than once in routine no connection needed
5	Majority ≥2	Majority (easily identifiable) of team performs 2 or more connected jumps in unison

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Standing Tumbling	
1	Roll (Any Direction)
2	BWO/FWO
3	BHS
4	Tuck
5	Jump+Tuck any skill higher than tuck from standing position *up to 2 steps into standing full twisting skill

Running Tumbling	
1	CW/RO
2	CW/RO into BWO
3	Any running combo pass including BHS
4	Any running combo pass including Tuck
5	Any running pass including layout or higher

Stunting Difficulty	
1	Below Prep Structure
2	Prep Level Structure
3	Above Prep Level Structure
4	Above Prep Level Single leg (one body position) Inversion to Prep Level Single Leg
5	Above Prep Level Single leg (multiple body position) Inversion to Above Prep Level Single Leg