



Cheer Duo Scoring Guidelines 2019

Difficulty

Standing Tumble Difficulty

Low	1 - 3	Each athlete performs at least one level appropriate standing tumble skill
Medium	4 - 6	Each athlete performs at least two level appropriate standing tumble skills, one of which is synchronised
High	7 - 10	Each athlete performs at least two level appropriate standing tumble skills, 1 of which is an Elite Pass and 1 of which is synchronised

Running Tumble Difficulty

Low	1 - 3	Each athlete performs at least one level appropriate running tumble skill
Medium	4 - 6	Each athlete performs at least two level appropriate running tumble skills, one of which is synchronised
High	7 - 10	Each athlete performs at least two level appropriate running tumble skills, 1 of which is an Elite Pass and 1 of which is synchronised





Jump Difficulty

Low	3	No connected advanced jumps or 2 connected advanced jumps with no variety
Medium	6	Two synchronised connected advanced jumps (must include variety)
High	10	Three synchronised connected advanced jumps (must include variety), or 2 synchronised connected advanced jumps + one synchronised advanced jump (must include variety)

BASIC JUMPS: Spread Eagle, Tuck Jump

ADVANCED JUMPS: Pike, Right/Left Hurdlers, Toe Touch

Dance Difficulty

Low	1 - 3	Minimal footwork, level & formation changes. Slow pace
Medium	4 - 6	Moderate footwork, level & formation changes. Average pace
High	7 - 10	Advanced body movement, footwork, level & formation changes create fullest visual effect. Seamless transitions





Execution

Execution scores for all categories are scored from 1 - 10

Low	1 - 3	Below average technique, form and execution
Medium	4 - 6	Average technique, form and execution
High	7 - 10	Above average technique, form and execution

Showmanship

Creativity/Visual Effect/Transitions

Low	1 - 3	Below average choreography, visual appeal, transitions, creativity
Medium	4 - 6	Average choreography, visual appeal, transitions, creativity
High	7 - 10	Excellent choreography, visual appeal, transitions, creativity

Choreography that creates visual appeal, and unique, intricate and innovative arrangement of skills. Pace, number of transitions, seamless flow and connection of skills, visual elements

*Showmanship continued on next page





Performance and Synchronisation

Low	1 - 3	Below average expression and energy, low level of excitement and synchronisation
Medium	4 - 6	Average expression and energy, average level of excitement and synchronisation
High	7 - 10	Excellent expression and energy, high level of excitement and synchronisation

Excitement level of routine, use of expression, and energy and timing with each other

Deductions

Touchdown	1 point	Hand(s) down on floor
Fall	2 points	Knee(s) or body on floor
Legality	3 points	Out of level skill
Boundary violation	1 point	Both feet out of bounds

Age Grid

All Duo Cheer Specialty items are required to follow the NZCU age grid, no exceptions apply.

