NYSPHSAA
Officials/Coaches Training
Music Score Sheet
**Overview of Music Portion of Score Sheet**

**Goal**
- Emphasis on execution and difficulty...promote safety
- Assign point totals appropriately to what is in a routine

**Overview of Points & Explanation of Music Portion Points**
- Building skills have a total of 40 points of the 70 points on this sheet
- Jumps and tumbling have 10 points each with 5 for execution and 5 for difficulty of the skills performed
- Dance also has 10 points
- All judges will give a 5pt overall score that will be added together, divided by 4 which will give the average and this will be the score for the 5pt Overall Category
**Music Section Breakdown**

**Partner Stunts - 20 Points Total**

- **Execution – 10 points**
  - Appearance of the skills being performed
  - Lines the stunts make (bases through to the top)
    - No arch in back and shoulders driving up
    - Good stance by the bases (not to wide or out of line)
    - Top lifting up through shoulders so trunk/hips are in control
    - Flexibility in skills requiring this
  - Top with feet in close to shoulder width on skills
  - Top keeps weight out of feet (in arms through trunk of body)
  - Inverts are tall and not at less than 45 degrees to the ground
- **Resistance in dismounts/transitions**
  - Bases slowing down tops in transitions or bump downs (not just dropping)
  - Top lifting up during transitions
  - Cradles caught high and absorb with legs

- You want to see skills that look good, have great lines and are strong. Looking for skills that are solid (don’t bobble/move) and make you feel comfortable that they are in a safe position
- **Synchronization of loading skills, motions in skills and dismounts/transitions**
Music Section Breakdown

Partner Stunts - 20 Points Total

- Difficulty – 10 points
  - This is determined by the Stunt Progression Sheet
    - Video examples of some skills on the progression sheet can be found on the NYSPHSAA site
  - Think of skills in a teaching progression from easier to harder
  - Number of skills and variety executed throughout a routine is taken into consideration
  - Number of bases used in a skill
    - Maximizing number of stunt groups in comparison to number on the team
    - 2 vs 3 bases and use of front spots or having 3 extra standing behind skills
  - Type of technique used for spinning
    - Modified vs Regular grips
    - Once you start into 1.5 or double it is about least amount of movement
  - Transitions into and out of skills: inversions, spinning, release moves, etc
  - Synchronization of loading skills, motions in skills and dismounts/transitions can increase the overall difficulty perception (same as it would in tumbling)
  - Note: Skills that are NOT executed will NOT count towards a teams difficulty score. Ex: 5 attempts only 3 execute. So indirectly execution can come into play
**Music Section Breakdown**

**Partner Stunts - 20 Points Total**
- **Scoring Difficulty**
  - 3 Hardest Skills performed –
    - Number of groups performing the skill
    - Extra bases used to perform a skill
  - It is assumed Tosses have 3 bases and a back spot
  - If a skill was performed with less than stunt majority the skill will drop a level
  - If 50% or more of the groups performing a skill use extra bases to perform the skill it will drop a level

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<thead>
<tr>
<th>Majority – 2 Base, 1 Spotter*</th>
<th>Majority – 1 Base, 1 Spotter</th>
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* Skills performed at majority with extra bases or below majority drop 1 skill level

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Music Section Breakdown

Partner Stunts - 20 Points Total

- Scoring Difficulty
  - Suggested range obtained by the combination of the 3 hardest skills after accounting for Number of groups and number of bases for each of the skills
  - Sliding the score based on:
    - The progression of those 3 skills within the level
    - More stunt groups performing skills
    - Other skills performed within the music section of the routine
    - Variety of skills performed
    - Technique/grips in spinning skills
    - Synchronization of skills, etc.

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**Key**

- 5 Super Elite
- 4 Elite
- 3 Advanced
- 2 Intermediate
- 1 Basic
- 0 No Skill Performed

**Majority – 2 Base, 1 Spotter**

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**Majority – 1 Base, 1 Spotter**

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**Music Section Breakdown**

**Pyramids - 20 Points Total**

- **Execution – 10 points**
  - Everything listed in Partner Stunts applies to pyramid execution since pyramids are nothing more than stunts that connect
  - Will be looking for the connections and they need to be spaced correctly
    - Stunts don’t lean over to brace to reach
    - Connecting arms not bent up because they are too close, etc
- **Difficulty – 10 points**
  - Same here as for partner stunts in what officials will look for and you would use the Pyramid Progression Sheet
  - Also looking to use connections for pyramid visuals
    - Braced Release Pyramid Visuals
    - Braced Roll Pyramid Visuals
    - Braced Flip Pyramid Visuals
  - Maximizing pyramid visuals with single base skills, using all on the team, etc
**Music Section Breakdown**

**Pyramids - 20 Points Total**

- **Scoring Difficulty**
  - **3 Hardest Skills performed** –
    - Extra bases used to perform a skill
    - If 50% or more of the groups performing a skill use extra bases to perform the skill it will drop a level
  - Suggested range obtained by the combination of the 3 hardest skills after accounting for number of bases for each of the skills
  - Sliding the score based on:
    - Progression of those 3 skills within the level
    - Number of participants involved
    - Number of stunt groups performing skills
    - Variety of skills performed in Pyramid
    - Technique/grips in spinning skills
    - Synchronization of skills (when applicable)
    - Braced Release Pyramid Visuals
    - Braced Roll Pyramid Visuals
    - Braced Flip Pyramid Visuals

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<tr>
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**Key**

- 5 | Super Elite
- 4 | Elite
- 3 | Advanced
- 2 | Intermediate
- 1 | Basic
- 0 | No Skill Performed
- 1/2 | Basic or Intermediate
- 3/4 | Advanced or Elite
**Music Section Breakdown**

**Jumps – 10 Points Total**
- **Execution – 5 points**
  - Proper Technique/Form
    - Good demonstration/control of skill(s)
    - Placement of chest/arms/legs
    - Start and end with fee together
  - Height & Synchronization
    - Level of Jumps by the team
    - Timing of Jumps performed
    - The synch of the approach and landing
- **Difficulty is outlined by the skills outline**
  - Jumps Progression Sheet
  - Variety/Type of Jumps
  - Synch can increase difficulty perception
  - Total number of athletes in a jump sequence
  - Basic Jumps- Tuck, X Jump, Herkie
  - Advanced Jumps-Toe Touch, Pike, Hurdler, Double 9
  **All are weighted equally**
Music Section Breakdown

Standing/Running Tumbling – 10 Points Total

- **Execution – 5 points**
  - Arms, Legs and Entry & Landings are important
  - Timing of skills (includes standing from a skill and setting into a skill)
  - Examples to watch out for
    - Feet apart BHS or Tucks (in air and/or landing)
    - Full twist with bent/crossed legs
    - Arms bent during BHS (push off the ground)
    - Slow off the ground
    - Crooked in tumbling pass

- **Difficulty – 5 points**
  - Tumbling Progression Sheet
  - Number of participants performing skills
  - This is set by skills guideline sheet
  - Total number of skills is important
  - Synchronizing easier skills makes them harder
**Music Section Breakdown**

**Dance – 10 Points Total**
- Technique – Good demonstration of team’s cheer dance ability...rhythm, energy, etc
- Sharpness – Regardless of the speed of the movement they must be sharp/crisp...hitting on exact beat or ½ count
- Placement – Needs to be controlled and put into same angles as others on team. Don’t let arms “fly” around because of speed of dance
- Timing – with the music and the others on the team
- Spacing – Looking for formation change(s) and also use the floor (spread out at times if possible)
- Use of levels – Floor work, lunges, etc. Similar logic to stunts...you want levels to make it visually appealing
- Overall Choreography –
  - Compliments the music
  - Number of 8 counts (all else being equal) can effect score
- Visual Appeal – Quick and clean formation changes and ripples
Overall – 5 Points Total

- This 5pts is an overall rating of the visual appeal and execution of the entire routine together
- Flow of the routine from piece to piece
- Transitions within the different skills and also from one piece to another
  - Does the one set of skills lead right into another set
  - Does the team stop and walk to another formation and set of bases before starting back into the performance
- Execution of skills is very important. Skills that look unsafe of fall take away from the overall entertainment value of the routine
- Variety of visuals, levels and skills throughout the routine parts
- Fast and clean transitions
- “WOW” factor
  - Great pace and energy throughout
  - Crowd wants to get into the performance
  - Cool and creative visuals with the skills/formation changes/cheer, etc.