

BRANDON MIDDLE SCHOOL

CHEER TRYOUT INFO 2020-2021

Cheer/Chant Routine:

Gameday chant involving motions & prop usage. Performed in groups of 3.

Tumbling:

Athlete will perform 1 standing pass & 1 running pass.

Stunts:

Athletes must perform 1 Required Stunt. (Prep, Extension, or Lib)

Athletes also have the opportunity to perform an **Optional Stunt** to earn additional points.

Dance:

Athletes will perform a 4 - 8 count dance. Performed in groups of 3.

Jumps:

Athletes must perform a toe touch & one jump of choice.

JUMP SCORING

Toe Touch & Jump of Choice will be scored by the following:

- Height
- Technique
- Flexibility
- Execution

TUMBLING DIFFICULTY SCORING RANGE

Standing Tumbling:

- (Forward/Backward Rolls, Front/Back Walkovers) **1 pts**
- (Backhandspring, Backhandspring Series) **2 pts**
- (Standing Tuck, BHS Series to Tuck) **3 pts**
- (Toe Touch Tuck, BHS Series to Layout) **4 pts**
- (Standing Full, BHS Series to Full) **5 pts**

Running Tumbling:

- (Cartwheel, Round-Off, Front/Back Walkovers) **1 pts**
- (Backhandspring, Backhandspring Series) **2 pts**
- (Round-Off Tuck, Round-Off BHS Tuck) **3 pts**
- (Round-Off/Specialty to BHS Layout) **4 pts**
- (Round-Off/Specialty to BHS Full) **5 pts**

OPTIONAL STUNT EXAMPLES

0 to 4 points:

Prep, Extension, Prep Lib, Half-Up Skills, Extended One Leg Stunts

5 to 7 points:

Full Ups, Switch Up, Low to High Tic Tocs, Invert to Extended Stunt

8 to 10 points:

1 & 1/2 Up Stunts, Switch Up Full Ups, Double Up, High to High Tic Toc