

MSSAA Cheerleading Skill Levels

5 POINT CATEGORIES	BASIC 0 POINTS	BEGINNER 1-2 POINTS	INTERMEDIATE 2-3 POINTS	ADVANCED 3-4 POINTS	ELITE 4-5 POINTS
Co-ed Stunts Assisted = 2 people holding stunt Unassisted = 1 person holding stunt	- No co-ed stunts performed	- Assisted co-ed stunts including, chairs, toss hands, walk-in hands, etc.	- Unassisted toss hands, walk-in, etc. - Assisted two-leg extended stunts	- Unassisted two-leg extended stunts - Assisted one-leg extended stunts	- Unassisted single-leg extended stunts, awesomes/cupies, etc
10 POINT CATEGORIES	BASIC 1-2 POINTS	BEGINNER 2-4 POINTS	INTERMEDIATE 4-6 POINTS	ADVANCED 6-8 POINTS	ELITE 8-10 POINTS
Stunts/ Tosses	- All stunts performed at the prep level or below - No tosses performed	- Only two-leg stunts performed - Only straight ride tosses performed	- One & two-leg stunts - Tosses with one body position (toe touch, pike arch, ball-out, etc.)	- One-leg stunts with above average flexibility - Tosses with multiple body positions (no twisting) - Single twisting tosses with no skill before or after the twist	- One-leg stunts with superior flexibility - Multiple load-ins & transitions - Double twisting tosses - Tosses involving a skill before or after twisting (kick single/double baskets, twist-toe touch, etc.)
	DISMOUNTS				
	Basic cradles with no twisting; Pop downs		Basic cradles from one-leg stunts Single twists from two-leg stunts	Single twists from one-leg stunts Double twists from two-leg stunts	Double twists from one-leg stunts at the extended level
Pyramids	- Combinations of all two-leg stunts - No one-leg stunts	- Combinations of one & two-leg stunts - No transitions	- Combinations of one & two-leg stunts - Minimal transitions	- Combinations of one & two-leg stunts - Multiple transitions & structures	- Combinations of one & two-leg stunts - Multiple transitions & structures - Release moves
	DISMOUNTS				
	Basic cradles with no twisting; Pop downs			Single and/or double twists	
Gymnastics	- Forward rolls, cartwheels, round-offs only - No back handsprings	- Majority of team with forward rolls, cartwheels & round-offs - Minimal back handsprings - No tucks	- Majority of team with back handsprings - Minimal tucks and/or layouts	- Majority of team with tucks and/or layouts - Minimal standing tucks - Minimal specialty passes, fulls, etc.	- Majority of team with standing tucks - Multiple specialty passes, layouts, fulls, etc.
Jumps	- Tuck jumps, spread eagles etc.	- Toe touches, hurdlers, etc. performed with poor technique - No combination jumps	- Toe touches, hurdlers, pikes, etc. performed with average technique - Combination jumps with poor synchronization	- Toe touches, hurdlers, pikes, etc. performed w/ above average technique - Above average combination jumps	- Toe touches, hurdlers, pikes, etc. performed w/ superior technique - Multiple jump combinations with superior technique
Motions/ Dance	- No formation or level changes - No movement or visual effect	- Limited formation & level changes - Limited movement & visual effect - Overall poor technique	- Average formation & level changes - Average movement & visual effect - Overall average technique	- Advanced formation & level changes - Advanced movement & visual effect performed with average technique - Fast paced choreography, floor work	- Advanced formations & level changes - Advanced movement & visual effect - Fast paced, creative advanced footwork, floor work