

AAU Cheerleading Judges Course

Mail Completed test to: AAU Cheerleading
 Cayla Myers
 21500 E. 1100th Ave
 Dieterich, IL 62424

The fee for the test is \$45.00 and the certification is good for 2 years. Make checks payable to AAU Cheerleading. Include your check with your answers that need graded.

In addition to taking the test, you must watch a routine and place the routine on a scoresheet. You will also need to have a non-athlete membership for AAU.

Memberships can be obtained online at www.aausports.org. Non-athlete memberships are \$16.00. AAU Membership #: _____

Please let us know what contact information you would like listed online.

When your test is received, graded, and you pass, you will be listed on the "Certified Cheer Judges" list found on the AAU website at www.aacheerleading.org. This will be the resource event organizers use to locate certified judges.

The following contact information I would like listed online:

Name: _____

Address: _____

Phone(s): _____

Email: _____

I certify that the above information is correct.

Signature

AAU Cheerleading Judging Qualification Exam

True or False

1. A back handspring is a legal skill for level 3.
2. Back Walkovers & Front Walkovers are legal for level 1.
3. Standing back tucks are legal for level 3.
4. Series back hand springs are legal for level 2.
5. Toe Touch handspring & handspring toe touch are legal for level 2.
6. Single leg extended stunts are allowed in level 2.
7. Full up to extension is allowed in Level 3.
8. Log rolls are legal in Level 1.
9. Tumbling while holding or in contact with any prop is not allowed.
10. If the knee of a base touches the ground during cradle or dismount it is considered a fall and will receive 5 pt. deduction.
11. A routine that lasts 2 minutes and 35 seconds would receive no deduction.
12. Toe Touch back handspring back tuck is allowed in level 4 because the flip skill is not connected immediately after the jump skill.
13. Consecutive flip-flip combinations are allowed in level 4 standing tumbling.
14. In cheer solo & cheer duo division, there is a 15 point deduction if there are not 3 different jumps performed in the routine.
15. Crowd leader division- Routines should not exceed 1 minute 45 seconds.

Fill In The Blank.

16. In Cheer Solo, the deduction for not having a minimum of 3 different jumps is _____.
17. Most of the team in level 2 performs two different level appropriate standing tumbling passes and one was synchronized from the initiation of the pass. The difficulty score awarded should be the range of _____.
18. _____ of the team is 75%.
19. Jump variety means at least ___ different jumps.
20. Lib & _____ are not considered body positions.
21. Majority = _____
22. Pike Jump, Toe Touch, & _____ are all advanced jumps.
23. Hand(s)/head down in tumbling or jumps would be ___ deduction.
24. Age for competition is determined by _____.

Short Answer:

25 As a judge, what does a winning routine have to offer?

Please visit the following website and judge the Cheerleading routine using the attached scoresheets: <http://www.youtube.com/watch?v=nsaYikJWMp8>