

## 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](http://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](http://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>**

**Building**

Stunts (15.0)			
Execution Drivers		Execution (3.5 - 5.0)	Difficulty (2.0 - 5.0)
TP			
BS			
ETD			
Sync			
OM			
Stunt Quantity (3.5 - 5.0)			

Pyramids (10.0)			
Execution Drivers		Execution (3.5 - 5.0)	Difficulty (2.0-5.0)
TP			
BS			
ETD			
Sync			
OM			

Tosses (10.0)			
Execution Drivers		Execution (3.5-5.0)	Difficulty (2.0 - 5.0)
TP			
BS			
H			
C/C			
OM			

**Overall**

Routine Composition (8.0 - 10.0)

Dance (8.0 - 10.0)

Performance (8.0 - 10.0)

Skill Utilization (2.0 - 5.0)

**Jumps & Tumbling**

Standing Tumbling (10.0)			
Execution Drivers		Execution (3.5 - 5.0)	Difficulty (2.0 - 5.0)
Approach			
BC			
Speed			
Sync			
Landing			

Running Tumbling (10.0)			
Execution Drivers		Execution (3.5 - 5.0)	Difficulty (2.0 - 5.0)
Approach			
BC			
Speed			
Sync			
Landing			

Jumps (10.0)			
Execution Drivers		Execution (3.5 - 5.0)	Difficulty (2.0 - 5.0)
Approach			
AP			
LP			
Sync			
Landing			

Stunts	10.0	Building	35.0
Pyramids	10.0		
Tosses	10.0		
Stunt/ Coed Quantity	5.0		

Standing Tumbling	10.0	Jump/ Tumble	30.0
Running Tumbling	10.0		
Jumps	10.0		

Routine Composition	10.0	Overall	35.0
Dance	10.0		
Performance	10.0		
Skill Utilization	5.0		

Raw Score	100.0
Safety/ Deductions	1.0
Final Score	99.0