



PCA's Charitable Cheerleading Competition



SIN CITY CLASSIC 2020 Cheerleading Rules and Regulations

Yellow Highlight = significant change from Sin City Classic 2019

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Competitive Divisions

1. Group Stunt
 - a. Up to 5 competitive members allowed per Group Stunt entry
 - b. 1 min max time
 - c. **Group must certify that performance music is licensed**
 - d. An individual Group Stunt competitor may not compete in multiple Group Stunt entries
 - e. An individual Group Stunt competitor **may** cross over and also compete in Partner Stunt
 - f. Each competitor must be age 18 or over by the date of the competition

2. Partner Stunt
 - a. 3 competitive members: Top, Base, and Required Spotter. (Learn more about the Required Spotter in the “Required Spotter” section below)
 - b. 1 min max time
 - c. **Group must certify that performance music is licensed**
 - d. Required Spotter may only assist on dismounts and may not help support or help to save any stunt.
 - e. Every Partner Stunt competition entry will receive a 2 point deduction for each incident of the Required Spotter touching the stunt, other than in a dismount to cradle or dismount to the performing surface.
 - f. An individual Partner Stunt competitor, including the Required Spotter, may not compete in multiple Partner Stunt entries
 - g. An individual Partner Stunt competitor, including the Required Spotter, **may** cross over and compete in Group Stunt
 - h. Each competitor must be age 18 or over by the date of the competition

Noncompetitive “Exhibition”

1. No safety or crossover rules for Exhibition
 - a. PCA encourages teams to perform stunts and skills that they can execute consistently and safely with proper technique and adequate spotting.
 - b. An individual performer in one Exhibition can perform in another Exhibition and/or one or both competitive divisions.
2. Must be family friendly and free of adult themes and offensive language
3. No time limit for Exhibition routine
4. No min or max number of performers
5. Please respect the property (mats, flooring) in your choice of footwear, costuming, props, and accessories (e.g., excessive glitter, confetti are highly discouraged)
6. **Group must certify that performance music is licensed**

Music

1. PCA encourages everyone to follow copyright law and the USA Cheer Music guidelines (<https://www.usacheer.org/music>) to guarantee that you will be able to use your music at Competition and other performances at this event.
2. **In order to perform to the music of your choice at this event, an authorized representative from your group must certify that you have secured the appropriate license to use your music.**
3. If your group cannot or does not certify that you have secured the appropriate license to use your music, PCA will provide a generic 8count track for your use.
4. If your group cannot or does not certify that you have secured the appropriate license to use your music of choice, and if your group chooses not to use PCA’s generic 8count track, you may perform with no music, count (or cheer) your routine out loud, or withdraw your performance entry.
5. Music choice does not directly factor into the competition score.
 - a. Exception: One Safety Rule Violation deduction of 5 points will be made if the music uses explicit language or offensive themes.
 - b. Exception: There are deductions if the music goes over the 1min time limit.

Time Limits

1. Competition routine performance time may not exceed 1 minute. This applies to both Group Stunt and Partner Stunt.
2. Timing will begin with the first movement, voice, or note of music, whichever comes first. Timing will end with the last movement, last voice, or note of music, whichever comes last.
3. A Time limit violation will receive a 1 (1-5 sec), 4 (6-10 sec), or 8 (11+sec) point deduction, depending on length of music in excess of 1min time limit.

“The Required Spotter”

1. Definition and requirements:
 - a. Definition: The Required Spotter is a person whose primary responsibility is to prevent injuries by protecting the head, neck, back and shoulders area of a top person during the performance of a stunt.
 - b. Must position themselves to maximize top person’s safety.
 - c. Must be in direct contact with the performing surface while actively spotting.
 - d. Must be attentive to the stunt being performed.
 - e. Must not be involved in anything that could prevent them from spotting.
Example: A required spotter holding a sign is not allowed.
 - f. Cannot stand so that their torso is under a stunt.
2. Partner Stunt
 - a. Partner Stunt competitive groups must include a Required Spotter, a third person in your group. This person will receive a medal if your group places.
 - b. The Required Spotter can transition to the role of Base or Flyer within one Partner Stunt routine, as long as the remaining third person can adequately perform the Required Spotter duties.
 - c. Required Spotter may assist in all dismounts to cradle position or to the performing surface.
 - d. Required Spotter must assist on
 - i. Flipping mounts to cradle
 - ii. Released helicopter (max 180 degrees)
 - iii. Certain downward inversions (see “Inversions” Section for specifics)
 - iv. Dismount that exceeds 1.25 twists
 - v. Cradles from a 1arm stunt that involve a twist
 - e. Required Spotter may not assist in any balancing, saving, lifting, tossing or repositioning of the top person, even if continuous after a dismount from those dismounts mentioned immediately above.
 - f. In the event the Required Spotter touches or assists a stunt other than the dismounts described, a 2.0 deduction will be applied per occurrence.
3. Group Stunt
 - a. The Required Spotter in Group Stunts is a momentary role that exists for some skills and does not exist for other skills. (This implies that a group of 4 can compete in Group Stunt as long as they don’t perform any skills that require 4 stunters and an additional Required Spotter).

- b. The following Group Stunt skills need a Required Spotter.
 - i. One-arm stunts above prep level, other than cupies or liberties.
Example: A one-arm heel stretch, arabesque, high torch, scorpions, bow and arrow, etc.
 - ii. When the load/transition involves a release move with a twist greater than 360 degrees, a release move with an inverted position landing at prep level or above, or a free flip.
 - iii. During stunts in which the top person is in an inverted position above prep level.
 - iv. When the top person is released from above ground level to a one-arm stunt.
- c. Required Spotter may grab the wrist(s) of the base(s), other parts of the base(s) arms, the top person(s) legs/ankles, or does not have to touch the stunt at all.
- d. Required Spotter may not be considered both a base and the Required Spotter at the same time.
- e. Required Spotter **becomes a Base** if they place both hands under top person's foot, and they can no longer be considered the Required Spotter for that skill. If there is only one person under a top person's foot, regardless of hand placement, that person is considered a base. Example: In a two leg stunt, the base of one of the legs is not allowed to also be considered the required spotter (regardless of the grip). If the spotter's hand is under the top person's foot it must be their front hand. Their (the spotter's) back hand **MUST** be placed at the back of the ankle/leg of the top person or on the back side of the back wrist of the base.

General Safety Rules for all Competitors

1. Each violation of these Safety Rules will earn one Safety Rule Violation 5 point deduction and could disqualify the group from competition, at judges discretion
2. All competing groups must have an emergency response plan for injury/emergency
3. Competitors and spotters may not be under the influence of alcohol, narcotics, performance enhancing substances or over-the-counter medications that would hinder the ability to supervise or execute a routine safely, while participating in a practice or performance.
4. Appropriate cheerleading shoes must be worn while competing. Please approach the judges prior to the start of the competition if you have questions about footwear.
5. Jewelry of any kind (including but not limited to, ear, nose, tongue, belly button and facial rings, clear plastic jewelry, bracelets, necklaces and pins on uniforms) is not allowed. Jewelry must be removed and may not be taped over. Exception: medical ID tags/bracelets. Please approach the judges prior to the start of the competition if you have specific questions about jewelry.
6. Any height increasing apparatus used to propel an athlete (e.g., trampoline, springboard) is not allowed.
7. Props can enhance the crowd appeal of a performance. Props other than flags, banners, signs, pom poms, megaphones and pieces of cloth must receive prior approval from the judges. Props may not have sharp, unyielding, and/or pointed

edges. Athletes are not permitted to bear weight on any prop. Props with poles or similar support apparatus may not be used in conjunction with any kind of stunt or tumbling. All props must be safely discarded out of harm's way. Any uniform piece purposefully removed from the body and used for visual effect will be considered a prop once it is removed from the body.

8. Medical supports, braces and soft casts which are unaltered from the manufacturer's original design/production do not require any additional padding. Medical supports/braces and soft casts that have been altered from the manufacturer's original design/production must be padded with a closed-cell, slow-recovery foam padding no less than one-half inch thick if the participant is involved in stunts. A participant wearing a hard cast (example: fiberglass or plaster) or a walking boot must not be involved in stunts or tumbling.
9. Drops including but not limited to knee, seat, front, back and split drops from a jump, stunt, or inverted position are not allowed unless the majority of the weight is first borne on the hands or feet, which breaks the impact of the drop. Shushunovas are allowed. Clarification: Drops that include any weight bearing contact with the hands and feet are not in clear violation of this rule.
10. Athletes must have at least one foot, hand or body part (other than hair) on the performing surface when the routine begins. Exception: Athletes may have their feet in the hands of base(s) if the base(s) hands are resting on the performing surface.
11. The competitors who begin a routine must remain the same throughout the course of a routine. A performer is not permitted to be "replaced" by another performer during a routine.
12. An athlete must not have gum, candy, cough drops or other such edible or non-edible items (choking hazards) in her/his mouth during practice and/or performance.

Competition Skills Legalities

1. Stunts
 - a. Stunt Levels and Spotters
 - i. Single leg extended stunts are allowed.
 - ii. Single based split catches are not allowed, even with Spotter.
 - iii. Single based stunts with multiple top persons require a separate spotter for each top person who is above prep level.
 - iv. See "Required Spotter for Partner Stunt and Group Stunt skills that require a Required Spotter
 - b. Twisting Mounts and Transitions
 - i. Twisting mounts and transitions are allowed up to 2 ¼ twisting rotations by the top person in relation to the performing surface.
 - ii. A twist performed with an additional turn by the bases performed in the same skill set, would be illegal if the resulting cumulative rotation of the top person exceeds 2 ¼ rotations. Judges will use the hips of the top person to determine the amount of total rotation a top person performs in a skill set. Once a stunt is hit and the athletes show a definite and clear stop with a stationary top person, they may continue to walk the stunt in additional rotation.
 - c. Flipping mounts and transitions

- i. Free flipping (e.g. rewinds) and non-free flipping (e.g., braced or handspring up) mounts and transitions are allowed. Rewinds must originate from ground level only and are allowed up to 1 flipping and 1¼ twisting rotations.
 - 1. Exception 1: Rewinds to a cradle position are allowed 1¼ flips. All rewinds caught below shoulder level must use 2 catchers. (Example: a rewind that lands in a cradle position)
 - 2. Exception 2: Round off rewinds and standing single back handspring rewinds are allowed. No tumbling skills prior to the round-off or standing back handspring are permitted.
 - ii. Free flipping mounts that do not start on the performing surface are not allowed (i.e., toe pitch, leg pitch and similar types of tosses are not allowed in initiating free flipping skills).
 - iii. A free flipping stunt that originates in a stunt (instead of from the performing surface) but lands in a cradle or onto the performing surface is considered a “dismount” and follows the Dismounts legalities.
- d. Dismounts
- i. General notes on Dismounts:
 - 1. Movements are only considered “Dismounts” if released to a cradle (including prone landing in cradle position) or released and assisted to the performing surface.
 - 2. Dismounts must return to original base(s),
 - a. Exception: Single based stunts with multiple top persons do not need to return to original base(s).
 - b. Exception: Dismounts to the performing surface:
 - i. must be assisted by either an original base and/or spotter.
 - ii. are allowed up to 2-1/4 twists (all exceeding 1-1/4 twist must be assisted by 2 catchers or 1 catcher with a spotter)
 - iii. straight drops or small hop offs, with no additional skills, from waist level or below are the only dismounts allowed to the performing surface without assistance. An individual may not land on the performing surface from above waist level without assistance.
 - 3. A dismount with an additional skills but not a flip or a twist (e.g., a toe-touch cradle or toe-touch pop down) does not add point value in the Dismounts category, but might add to Overall Impression, at judge’s discretion.
 - 4. Tension drops/rolls of any kind are not allowed.
 - 5. When cradling single based stunts with multiple top persons, 2 catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of the dismount.
 - 6. Dismounts may not pass over, under or through other stunts, pyramids or individuals.

7. Dismounts may not intentionally travel.
 8. Top persons in dismounts may not come in contact with each other while released from the bases
- ii. Twisting Dismounts:
 1. Single based cradles that exceed $1\frac{1}{4}$ twisting rotations must have a spotter assisting the cradle with at least one hand-arm supporting the head and shoulder of the top person.
 2. Up to a $2\frac{1}{4}$ twist cradle is allowed from all stunts and pyramids up to 2 persons high and requires at least 2 catchers if >1.25 twists.
 3. Cradles from a 1 arm stunt that involve a twist must have a spotter assisting the cradle with at least one hand-arm supporting the head and shoulder of the top person.
 - iii. Flipping Dismounts:
 1. Free flipping dismounts to cradle:
 - a. Are allowed up to $1\frac{1}{4}$ flipping and $1/2$ twisting rotations (arabians)
 - b. Require at least 2 catchers, one of which is an original base.
 - c. May not intentionally travel.
 - d. Must originate from prep level or below.
 2. Free flipping dismounts to the performing surface:
 - a. Are only allowed in front flipping rotation: Clarification: Back flipping dismounts must go to cradle.
 - b. Are allowed up to 1 front flip and 0 twists.
 - c. Must return to an original base.
 - d. Must have a spotter.
 - e. May not intentionally travel.
 - f. Must originate from prep level or below.
- e. Release Moves
 - i. Release moves are allowed but must not exceed more than eighteen inches above extended arm level. Clarification: If the release move exceeds more than 18 inches above the bases' extended arm level, it will be considered a toss or dismount, and must follow the appropriate "Toss" or "Dismounts" rules.
 - ii. Release moves may begin in inverted position but may not end in inverted position.
 - iii. Release moves must return to original bases.
 1. Exception 1: Coed style tosses to a new base are allowed if the stunt is thrown by a single base and caught by at least one base and an additional spotter who are not involved in any other skill/choreography when the transition is initiated.
 2. Exception 2: Toss single based stunts with multiple top persons are allowed without returning to original base(s). The original base may become a Required Spotter in toss single based stunts with multiple top persons. Note: An individual may not land on

the performing surface without assistance from above waist level.

- iv. Helicopters are allowed up to a 180 degree rotation must be caught by at least 2 catchers, one of which is positioned at head and shoulder area of the top person.
- v. Release moves may not intentionally travel. See exceptions in (iii) above.
- vi. Release moves may not pass over, under or through other stunts, pyramids or individuals.
- vii. Top persons in separate release moves may not come in contact with each other. Exception: Single based stunts with multiple top persons.

f. Inversions

- i. Downward inversions from above prep level must be assisted by at least 2 catchers. Top person must maintain contact with a base. Exception: A controlled lowering of an extended inverted stunt (example: handstand) to shoulder level is allowed by a base with a Required Spotter.

g. Tosses

- i. Tosses are allowed up to a total of 4 tossing bases. One base must be behind the top person during the toss and may assist the top person into the toss.
 - 1. Exception 1: When tossing from one set of bases to another set of bases/catchers
 - 2. Exception 2: Arabians in which the 3rd person would need to start in front to be in a position to catch the cradle.
- ii. Tosses must be performed from ground level (i.e., bases may not be elevated, must be thrown from load-in level such as basket grip or shotgun) and must land in a cradle position. Top person must be caught in a cradle position by at least 3 bases one of which is positioned at the head and shoulder area of the top person.
- iii. Tosses may not be directed so that the bases must move to catch the top person.
- iv. The top person in a toss must have both feet in/on hands of bases when the toss is initiated.
- v. Flipping tosses are allowed up to 1 ¼ flipping rotation and 2 additional skills. A tuck, pike or lay out are not counted in the 2 additional skills. A pike open double full is legal because the “open” is not considered an additional skill. A tuck X-out double full is illegal because the X-out is considered an additional skill.
- vi. No stunt, pyramid, individual, or, prop may move over or under a toss, and a toss may not be thrown over, under, or through stunts, pyramids, individuals, or props.
- vii. Non-flipping tosses may not exceed 3 ½ twists.
- viii. Top persons tossed to another set of bases must be thrown by 3 or 4 bases and must be caught in a cradle position by at least 3 stationary catchers. Catchers may not be involved in any other choreography and must have visual contact with top person when the toss is initiated

and must maintain visual contact throughout the entire toss. The toss is allowed up to 0 flipping and 1 ½ twisting rotations or ¾ front flips with 0 twists. The bases involved in the toss must be stationary while tossing.

- ix. Top persons in separate tosses may not come in contact with each other and must become free of all contact from bases, bracers and/or other top persons. (Does not apply in Partner Stunt and Group Stunt)
- x. Only a single top person is allowed during a basket toss.
- h. Pyramids
 - i. Two and a half high pyramids are not allowed in the Group Stunt Division of this competition because of inadequate spotting dedicated to the top person in such stunts as performed with 5 competitors.
 - ii. One arm extended Paper Dolls are not allowed in Group Stunt because of inadequate spotting dedicated to the top people in these stunts as performed with 5 competitors.
 - iii. Other Pyramid Rules:
 - 1. Pyramids must follow Stunts and Spotter rules.
 - 2. Free-flying mounts or transitions originating from ground level are allowed up to 1 flipping and 1 twisting rotation, or 0 flipping and 2 ¼ twisting rotations. Free-flying mounts or transitions originating from above ground level stunts are permitted and are allowed up to 1 flipping and 0 twisting rotation, or up to 0 flipping and 2 twisting rotations.
Clarification: Free flying mounts or transitions may not significantly exceed the height of the intended skill and may not pass over, under or through other stunts, pyramids or individuals. Clarification: Free flying mounts or transitions may not land in an inverted position.
 - iv. Pyramid Inversions
 - 1. Inverted skills are allowed
 - 2. Downward inversions from above prep level must be assisted by at least 2 bases. Top person must maintain contact with a base or another top person.
 - v. Pyramid Release Moves w/ Braced Inversions
 - 1. Braced inversions (including braced flips) are allowed up to up to 1¼ flipping and 1 twisting rotation.
 - 2. Braced inversions (including braced flips) are allowed if direct physical contact is maintained with at least 1 top person at prep level or below and must be caught by at least 2 catchers.
 - a. The base/spotter must be stationary.
 - b. The base/spotter must maintain visual contact with the top person throughout the entire transition.
 - c. The base/spotter may not be involved with any other skill or choreography when the transition is initiated. (The dip to throw the top person is considered the initiation of the skill.)

3. All braced inversions (including braced flips) that land in an upright position at prep level or above require at least one base and 1 additional spotter.
 - a. The base/spotter must be stationary.
 - b. The base/spotter must maintain visual contact with the top person throughout the entire transition.
 - c. The base/spotter may not be involved with any other skill or choreography when the transition is initiated. (The dip to throw the top person is considered the initiation of the skill.

2. Tumbling

- a. Tumbling will not be specifically scored in Group Stunt and Partner Stunt, but may contribute to the Overall Impression sections
- b. Standing and running tumbling skills are allowed up to 1 flipping and 2 twisting rotations.
- c. Tumbling over, under, or through a stunt, individual, or prop, is not allowed. Clarification: An individual may jump over another individual.
- d. Weight-bearing tumbling while holding or in contact with any prop is not allowed (e.g., back tucks and aerials holding poms are permitted, back handsprings holding poms are not permitted).
- e. Dive rolls are allowed. Exception: Dive rolls that involve twisting are not allowed.
- f. All tumbling must originate from and land on the performing surface. Exception 1: A tumbler may rebound from his/her feet into a stunt transition Clarification: a front or backhandspring up entry to a stunt (from inverted) is not considered a tumbling element into a stunt, it is considered a non-free flipping mount and is allowed.
- g. If the rebound from the tumbling pass involves hip-over-head rotation, then the tumbler/top person must be caught and stopped in a non-inverted position before continuing into the hip-over-head transition or stunt. Exception 2: Round off rewinds and standing single back handspring rewinds are allowed. No tumbling skills prior to the round-off or standing back handspring are permitted.
- h. **Each violation will incur one 5 point Safety Rule deduction**

Scoring

1. **Difficulty Scores (Group: 70/Partner Stunt: 60 possible points total)**

- a. Teams will receive a difficulty score for the ONE skill with the highest difficulty in each category. All lesser skills will not receive a score. Attempted skills will not receive a score. Skills must hit to receive a score. Failure to complete a skill will result in a 0 for that category. Even a poorly executed skill will receive a score, as long as it hits and/or is saved.
- b. Additional transitional skills that are not captured in the skills sections below can be rewarded in the Overall Impression Score section. The technique during transitions can be rewarded in the Technique Score section.

- c. Mounts: For twisting and flipping mounts that are scored for hitting above prep (at the extended level), you will see there is no difficulty score difference based on whether they hit to two feet or to one foot. The one-legged stunt variations (E.g., lib, stretch, arabesque) are scored in the Body Positions sections in the Difficulty Score and the Technique Score sections.
- d. Scoring Scales
- i. Body Positions a.k.a. One-legged Stunt Variations (out of 10 points)
 1. (Body positions are cumulative and can be repeated. Each body position must be held for at least 2 count to receive credit)
 2. 0 points for zero body positions
 3. 4 points if the only body position during the routine is a lib
 4. 5 points for 1 additional body position
 5. 6 points for 2 additional body positions
 6. 7 points for 3 additional body positions
 7. 8 points for 4 additional body positions
 8. 9 points for 5 additional body positions
 9. 10 points for 6 additional body positions
 - ii. Twisting Mounts (out of 10 points)
 1. 1 point for $\frac{1}{4}$ twist up to prep level
 2. 2 points for $\frac{1}{4}$ twist up to extended level
 3. 3 points for $\frac{1}{2}$ twist up to prep level
 4. 4 points for $\frac{1}{2}$ twist up to extended level
 5. 5 points for $\frac{3}{4}$ or a full twist to prep level
 6. 6 points for $\frac{3}{4}$ or a full twist to extended level
 7. 7 points for 1 $\frac{1}{2}$ twists to prep level
 8. 8 points for 1 $\frac{1}{2}$ twists to extended level
 9. 9 points for 2 to 2 $\frac{1}{4}$ twists to prep level
 10. 10 points for 2 to 2 $\frac{1}{4}$ twists to extended level
 - iii. Twisting Dismounts (out of 10 points)
 1. 1 point for $\frac{1}{4}$ twist down from prep level
 2. 2 points for $\frac{1}{4}$ twist down from extended level
 3. 3 points for $\frac{1}{2}$ twist down from prep level
 4. 4 points for $\frac{1}{2}$ twist down from extended level
 5. 5 points for $\frac{3}{4}$ or a full twist down from prep level
 6. 6 points for $\frac{3}{4}$ or a full twist down from extended level
 7. 7 points for 1 $\frac{1}{2}$ twists down from prep level
 8. 8 points for 1 $\frac{1}{2}$ twists down from extended level
 9. 9 points for 2 or 2 $\frac{1}{4}$ twists down from prep level
 10. 10 points for 2 or 2 $\frac{1}{4}$ twists down from extended level
 - iv. Front or Back Flipping Mounts (out of 10 points)
 1. 1 point for non-free flipping (aka "braced") mounts (e.g. front or back handspring up) that do not twist and end below a prep
 2. 2 points for
 - a. non-free flipping mounts with 0 twist that end at prep
 - b. non-free flipping mounts with $\frac{1}{4}$ or $\frac{1}{2}$ twist that end below prep
 3. 3 points for

- a. non-free flipping, 0 twist, and end above prep
 - b. non-free flipping, $\frac{1}{4}$ or $\frac{1}{2}$ twist, and end at prep
 - 4. 4 points for non-free flipping, $\frac{1}{4}$ or $\frac{1}{2}$ twist, and end above prep
 - 5. 5 points for
 - a. non-free flip, 1 or 1.25 twist, ends below prep
 - b. free flip, ends below prep
 - 6. 6 points for
 - a. free flip ends at prep
 - b. non-free flip, 1 or 1.25 twist, ends at prep
 - 7. 7 points for
 - a. free flip, ends above prep
 - b. non-free flip, 1 or 1.25 twist, ends above prep
 - c. free flip, ends below prep, with either .25 or .5 twist OR add'l skill
 - 8. 8 points for
 - a. free flip, ends at prep, with either .25 or .5 twist OR add'l skill
 - b. free flip, ends below prep, 1 or 1.25 twist
 - 9. 9 points for
 - a. free flip, ends above prep, with either .25 or .5 twist OR add'l skill
 - b. free flip, ends at prep, with 1 or 1.25 twist
 - 10. 10 points for free flip, ends above prep, with 1 or 1.25 twist
- v. Flipping Dismount (out of 10 points) (An example of an additional skill within a flipping dismount is an X-out, split, or a pike-open)
 - 1. 1 point for front OR back, non-free flipping (aka "braced") dismounts with 0 twist and 0 add'l skill
 - 2. 2 points for front OR back, non-free flipping (aka "braced") dismounts with a twist and 0 add'l skill
 - 3. 3 points for front flipping, free flipping, 0 twist, 0 add'l skill
 - 4. 4 points for back flipping, free flipping, 0 twist, 0 add'l skill
 - 5. 5 points for front flipping, free flipping, 0 twist, +add'l skill (e.g., split)
 - 6. 6 points for back flipping, free flipping, 0 twist, +add'l skill (e.g. Xout)
 - 7. 7 points for front flipping, free flipping, with twist, 0 add'l skill (e.g. front half)
 - 8. 8 points for back flipping, free flipping, with twist, 0 add'l skill (e.g., arabian)
 - 9. 9 points for front flipping, free flipping, with twist, + add'l skill
 - 10. 10 points for back flipping, free flipping, with twist, + add'l skill
- vi. Release Moves (out of 10 points)
 - 1. Anywhere from 1-5 points (judge's discretion) for all release moves that involve no twisting OR end below extended level
 - 2. Anywhere from 6-9 points (judge's discretion) for all release moves that either involve a twist OR end at extended level

3. 10 points for a release move that ENDS in an extended position AND incorporates any twist (even $\frac{1}{4}$)
- vii. Basket Difficulty (Only Group stunts; out of 10 points)
(Note: Teams must execute at least one toss that is caught in a cradle, and teams will only be scored on their most difficult toss executed)
 1. 1 point for
 - a. Straight ride
 - b. One skill with no flip or twist (e.g., Toe touch)
 2. 2 points for two skills with no flip or twist
 3. 3 points for 1 twist with no flip and no other skills
 4. 4 points for
 - a. 2 twists with no flip and no additional skill
 - b. 1 twist with no flip and an additional skill
 5. 5 points for one flip with no twists
 6. 6 points for
 - a. 1 flip with no twists and one additional skill,
 - b. 3 twists with no flip and no additional skill
 - c. 2 twists with no flip one additional skill,
 7. 7 points for
 - a. 1 flip with no twists and 2 additional skills
 - b. 3 twists with no flip and one additional skill
 - c. 2 twists with no flip and 2 additional skills
 8. 8 points for one flip with one twist and no additional skill
 9. 9 to 10 points, at judge's discretion, for
 - a. one flip with one twist and one additional skill (example: X-out full)
 - b. one flip with 2 twists
2. Technique Scores (Groups: 40/ Partner: 30 possible points total)
 - a. Teams receive a technique score for each category based on EVERY skill they perform in that category, not just the most difficult skill
 - b. Teams will receive up to 10 points at judges' discretion in each of the following categories.
 - i. Body Positions
 - ii. Mounts / Dismounts / Release Moves / Transitions
 - iii. Motions and Jumps (there is no difficulty score for these)
 - iv. Basket Tosses (Group Stunt only)
 - c. Overall Impression Score (20 possible points total)
 - i. Judges will give a score between 1 and 10 points on each section for overall impression
 - ii. Overall impression score is at judge's discretion
 - iii. Overall impression score will be based on the following
 1. 10 points possible: Choreography: Entertainment value, Creativity, Choreography, Transitions
 2. 10 points possible: Athlete Showmanship: Expression, Energy, Appropriateness

3. PCA Fundraising Score (10 possible points total)
 - a. Each competitive group is expected to participate in fundraising prior to the competition, following the specific parameters set by PCA
 - i. Parameters for Sin City 2020 include (See Parameters Document):
 1. Each group (Group Stunt group and/or Partner Stunt Group) may use up to one approved Spirit Bucket and up to one approved electronic donation collection device (TBD: if enough devices for all groups are made available to PCA)
 2. Approved locations for donation collection: TBD
 3. Start time and end time of donation collection: TBD
 4. Acceptable donations of monetary value include:
 - a. Cash (US paper or coin currency)
 - b. Chips (rules regarding approved casino poker chips will be available on the day of the competition)
 - c. Valid check made out to Pride Cheerleading Association
 - d. Donations collected via your one approved electronic donation collection device (if applicable)
 - e. Approved vouchers with monetary value
 5. Understand that donations sent electronically without use of the approved device (e.g., to PCA's PayPal, Facebook, or Venmo with your stunt group name or other identifying information in the memo) may not be able to be adequately tracked at the time of the competition. More information on this will be available on the day of the competition.
 - b. Up to 10 points are possible in this section (this exists in both Partner Stunt and Group Stunt scoresheets)
 - i. **10 points** total to the Partner Stunt group that collects the **highest value** in total monetary donations of all Partner Stunt groups
 - ii. **10 points** total to the Group Stunt group that collects the **highest value** in total monetary donations of all Group Stunt groups
 - iii. **8 points** total to the Partner Stunt group that collects the **2nd-highest value** in total monetary donations of all Partner Stunt groups
 - iv. **8 points** total to the Group Stunt group that collects the **2nd-highest value** in total monetary donations of all Group Stunt groups
 - v. **6 points** total to the Partner Stunt group that collects the **3rd-highest value** in total monetary donations of all Partner Stunt groups
 - vi. **6 points** total to the Group Stunt group that collects the **3rd-highest value** in total monetary donations of all Group Stunt groups
 - vii. **4 points** total to each Partner Stunt group that collects a minimum of **\$50** and does not rank highest, 2nd-highest, or 3rd-highest in total monetary donations
 - viii. **4 points** total to each Group Stunt group that collects a minimum of **\$50** and does not rank highest, 2nd-highest, or 3rd-highest in total monetary donations

4. Deductions

- a. A bobble will receive a 1 point deduction per incident off the total score. (Definition bobble: Stunts or tosses that almost drop/fall but are saved. Including incomplete twisting cradles.)
- b. A fall/early cradle **OR** illegal use of Required Spotter (PS only) will receive a 2 point deduction per incident off the total score. (Definition fall/early cradle: Uncontrolled cradling, dismounting or bringing down a stunt early. Base falling to the floor during a cradle or dismount)
- c. A fall to the floor will receive a 3 point deduction per incident off the total score. (Definition: Falls from stunt or tosses to the ground (where the top person hits the ground))
- d. A safety rule violation or general rule violation will receive a 5 point deduction off the total score.
- e. A Time limit violation will receive a 1 (1-5 sec), 4 (6-10 sec), or 8 (11+sec) pt deduction, depending on length of music in excess of 1min.

5. Tabulation (Group/Partner)

- a. 70/60 points for Difficulty
- b. 40/30 points for Technique
- c. 20/20 points for Overall Impression
- d. 10/10 points for Fundraising Score
- e. TOTAL possible raw score of 140/120
- f. Deductions and Legalities are deducted from the raw score to produce the Grand Total Score.