

MYFCC Competition Rules & Requirements

2/19/2024

These guidelines are to be used to promote uniformity, predictability, and competitive equity in the regulations of MYFCC cheer competition, "Super Cheer."

A) **GENERAL**

- a) Good sportsmanship must be displayed by all participants, parents, fans, coaches, judges and administration at all times.
- b) The MYFCC Executive Board is responsible for determining the cost to each organization for Super Cheer.
- c) Rosters for Super Cheer must be turned in at the September MYFCC League meeting.
- d) An organization wishing to opt out of any round at Super Cheer must notify the MYFCC Director and the hosting team's director by October 15th.
- e) Order of performance will be based on random drawings at the September MYFCC League meeting.
- f) Skill/score sheets for Round 1 and Round 2 are due the Monday before the scheduled competition to the MYFCC Cheer Director and the MYFCC Cheer Director will email them to the assigned judges. Bring 3 back-up copies of all skill/score sheets to coaches meeting on the day of the competition. Skill/score sheets will not be changed unless there is an emergency situation or a judge's correction.
- g) Admission costs for the general public the day of the event will be \$5.00 per person. Ages five and under are free.
- h) Each organization will be responsible for providing a number of volunteers (designated by the host organization) that will work on a rotation throughout the competition if needed. Two Board of Directors from each organization should be present.

- i) Teams will warm up in performance order and will have 5 minutes, per squad, per organization for formation spotting prior to the start of competition. Hosting organization has right to adjust this time based on the number of competing squads. Any change must be communicated at walk-through. If a team is not present during their scheduled warm-up time, they will lose mat time prior to the competition. Music should be tested at this time.
- j) Each organization should have (2) back-up copies of music, if being used for Round 2.
- k) No movement or interruptions of any kind during a performance will be tolerated.
 - 1) Cheerleaders will remain in the bleachers until the end of the competition.
 - 2) Coaches, team moms, directors will be required to sit with their squads during the competition.
 - 3) Non-Participants must remain in the spectator sections of the bleachers.
 - 4) Coaches will be with their teams during practice, on-deck, and holding positions.
 - 5) Maximum of four (4) coaches will be allowed on the floor in the “coaches box” during their squads performance.
- l) Any child with a disability (as defined by Michigan Law) can participate with their squad and not be judged. Any skill or stunt including that participant must be added to the score sheet and noted as “not scored” and will not be scored (points should not be added to total). Please indicate on judges skill/score sheet which child and squad and deliver to Director of Cheer from MYFCC on the day of competition. This information will be kept confidential. This does not include injuries. If an individual normally participates on the squad and has been injured, but physician cleared, she has the option of excluding herself from Super Cheer. MYFCC Cheer Director should be made aware of any changes to an organizations Super Cheer roster. No hard cast are allowed on participants in competition.
- m) Judges and score keepers will be secured by the hosting organization and approved by the MYFCC board. Minimum

of 3 panel judges, 2 safety judges, not to exceed 5 judges in total.

- n) All judges including the safety judge shall receive compensation consistent with the state regulations regarding MHSAA sanctioned events.
- o) A 1st, 2nd, 3rd place medal will be awarded to each participant on a 1st, 2nd, 3rd place finishing team for both rounds.
- p) The total amount of points for each round at each team level will be added together for overall winners for each team level (Jr. Freshmen, Freshmen, JV, Varsity). Trophies for 1st, 2nd and 3rd at each level will be provided.
- q) Sportsmanship/Spirit Award—This is to be awarded to the team that exhibits the best Sportsmanship and Spirit during the season and at Super Cheer. It is to be regarded as the highest award given to help emphasize our mission of creating an environment that fosters these qualities of an athlete. The Cheer Director from each organization will have one vote and shall not vote for their organization. Directors will vote during lunch break on the competition day. Award will be announced at the end of the Super Cheer competition. A trophy will be awarded and rotated annually. In the event of a tie a second vote will take place with the only the organizations involved in the tie being eligible.
- r) All participants will receive a medal at Super Cheer. If a 1st, 2nd, 3rd, placement medal is not awarded each participant will receive a “Participation” medal.

B. APPEARANCE

- a) No nail polish, earrings, bobby pins, snap clips or jewelry. Light make- up can be worn by Varsity only.
- b) No glitter in hair, on face, uniform or body is allowed. Glitter on bows is acceptable.
- c) Teams will wear a cheer uniform for each round of competition.
- d) Routines must be appropriate for family viewing. Any vulgar or suggestive movements, words or music will result in a deduction.
- e) All hair pieces shall be safe and secure.

C. FACILITIES AND PERSONNEL

- a) All routines will be performed on a matted surface. The performance area shall be padded with a mat of uniform thickness which shall cover a recommended minimum area of 42' x 42'. The matted area can be a wrestling mat or a cheer mat. The surface should be of one piece. If this is not possible, each padded section shall be fastened together securely to create a smooth uniform surface.
- b) Prior to and during competition, teams shall be provided an area free of obstacles and with enough ceiling clearance in order to warm-up stunting.
- c) Each organization will be provided an area appropriate in size to accommodate their teams and free from general public viewing for changing, resting and meeting prior to during the event.
- d) Coaches will be provided with a raised area behind the judges ("judges box") and in front of the spectators indicating the center of the mat for their teams as they perform.
- e) The center of the mat will be indicated for participants.
- f) A standard entrance and exit on the mat for all teams will allow consistency and equity in judging each team, as well as, eliminate confusion and wasting time at the competition.

The announcer will request the team to "approach" the mat. This means to position behind the mat without delay.

The announcer will request the team to "take" the mat. This means to get on the mat and take starting position. NO kicks, jumps, tumbling or gymnastics are allowed onto the mat.

The announcer will say "You may begin". The team can begin their performance. Until then, you are to remain still and in position.

- g) Upon completion of your routine, the team may exit off the side of the mat only; any exit off the front of the mat will result in a penalty.
- h) Spiriting on and off the mat is allowed but NO kicks, jumps, tumbling or gymnastics is allowed.

- i) Once finished, cheerleaders must return to the bleachers and cheer on the rest of the teams.
- j) There will be trained medical personnel available before, during and after all rounds of the competition.
- k) The Cheer Directors of each organization will be the only person to receive all score sheets at the end of the competition after awards have been given. Coaches will not get score sheets directly from MYFCC.
- l) All scores are final.
- m) Awards ceremony will occur after all competition is completed and results are tallied

D. HOSTING CITY RESPONSIBILITIES

- a) Hosting Team will conduct a director's walk-thru at the competition location prior to competition day to provide directors with information about the facility, warm-up information and any other relevant information for the competition.
- b) Hosting venues must meet fire code regulations for appropriate numbers estimated regarding participants and spectators.
- c) Host city will provide parking, entrance accessibility and seating for physically challenged and elderly individuals as needed.
- d) Every coach, director, team parent, or anyone assisting cheerleaders during competition must have a name tag.
- e) Hosting city will provide DJ services. Participating cities may video tape their city only. Announcer will follow the procedure for team to enter and exit competition floor as laid out.
- f) Host city may provide the services of a photographer/videographer at each participants own expense.
- g) Host cities have the discretion to offer vendor services on the day of the competition.

- h) Host city will provide food concessions for spectators. Spectators are not allowed to bring in any outside concessions into the competition building. Participants lunch will be provided by own organization.
- i) T-Shirts and Sweatshirts may be available for pre-order. Host city will be responsible for the design and also the delivery of apparel prior to the start of the competition. Additional sales the day of competition, is at the hosts discretion.

E. JUDGES, SCORERS, TIME KEEPERS:

- a) MHSAA judges shall officiate from tables placed in front of the competition mat along with a chair for each judge.
- b) MHSAA Safety judges shall be provided by the host of the event. An appropriate score sheet/penalty sheet and routine description shall be provided for each judge, for each team in every round.
- c) A score table shall be provided with enough chairs available for the scoring personnel contracted to review and tally score sheets submitted by each cheer judge and safety judge.
- d) The score table shall be placed so that it is conveniently available for coaches at all times yet is out of the way of spectators and competitor traffic and in the same room/gym where the competition is being held. Live total scores will be able to view at the score table.
- e) Coaches are allowed to check at the score table to determine violations penalized but are not allowed to remove score sheets from the score table area. Coaches may approach the score table area to review score sheets any time after the routine scores are verified, but no later than 10 minutes after all scores are recorded for the previous round. Organization Directors accompanied by a head coach may approach the judges in between rounds for clarification for discrepancies.
- f) **Scorer Responsibilities**
 - Score table personnel must consist of 3 people. A random drawing will take place to select which three organizations will be required to supply a volunteer.

- The first person receives the score sheets from the runner and verifies the score sheets; for score boxes that have been missed, and score sheets with no identification and then calculates the math scores.
- The second person enters the scores in the excel spread sheets.
- The third person verifies the data entry of the 2nd person and checks the math.
- The score sheets are then placed in a folder or envelope for each team. At no time shall score sheets leave the competition area during the competition.

g) Copies of the score sheets, penalty sheets and other turned in paper- work will be returned to each Cheer Director at the end of the competition.

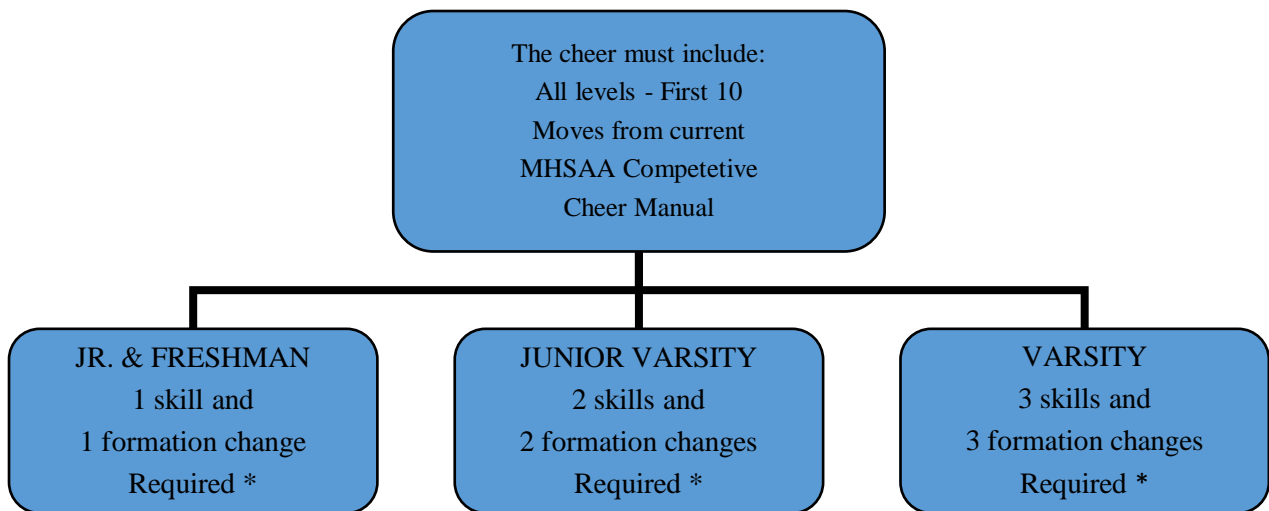
Round 1: Cheer Only

Minimum Time: 0:45 (forty-five seconds)

Maximum Time: 1:30 (one minute, thirty seconds)

COMPETITION GUIDELINES

The cheer categories will be the same for all three levels. All teams will be scored on a 10 point scale.



***Any additional skill or formation change will be allowed but not be scored under those specific categories.**

PLEASE NOTE ONLY THE FOLLOWING SKILLS ARE ALLOWED FOR SKILLS SECTION

LEVEL I: Spirit Tuck, Spread Eagle*, Fan Kick, T-Kick (side kick)

* Spread Eagle jump may be executed with arms in a V-motion or clap overhead.

LEVEL II: Splits*, Double Hook

*Splits must use at least one hand to break the impact of the split, refer to page 24-27 for proper execution of splits

LEVEL III: Front Hurdler Jump, Pike, Double nine, Herkie Jump, Toe Touch Jump, Switch Splits*, Heel Stretch, Side Hurdler, Universal

* Switch splits must use at least one hand to break the impact of the split, refer to page 26 for proper execution of splits.

Please note the following:

- 10-count motion drill must be performed in staggered lines facing the judges.
- First skill in routine is the judged skill and qualifying skills must be performed in unison
- Cannot perform the same skill more than once during the skill portion
- Splits must be performed parallel to the judges
- Each skill must be completed before moving to the next skill
- Coaches must list each skill in order of performance along with the difficulty points on Round 1 description form.
- Round 1 description form must be turned in with other score/skill sheets.
- Teams may not spirit on and off the floor using gymnastics skills and/or jumps
- The timing of the squad's performance starts with the first movement or sound after the starting judge has announced "you may begin" and ends when the last cheerleader leaves the mat
- Skills can be performed individually after skill portion has been completed.

Upon your team's completion of their routine, cheerleaders must return to the stands to watch competition.

**MYFCC Super Cheer
Safety Judges Penalty Sheet Round 1**

Organization: _____ Team: Jr. Fresh Fresh JV Varsity
 Judge #: _____ Time: _____

1st Skill: _____	3rd Skill: _____
2nd Skill: _____	4th Skill: _____

Time infraction – Number of seconds over or under the limit _____	
1. Under :45.....	5 pts _____
2. 1 to 5 seconds over time limit.....	5 pts _____
3. 6 seconds or more over time limit.....	10 pts _____

4. Mat violation/exit off mat.....	_____	x 2 pts	_____
5. Hair devices that fall off, eye glasses, shoes, etc.....	_____	x 2 pts	_____
6. Illegal team entrance.....		2 pts	_____
7. Coaching area violation.....		2 pts	_____

8. Illegal uniform, hair or hair devices, uncovered braces/support, gum, jewelry, safety pin, glitter, face painting, unsafe fingernail	_____	x 4 pts	_____
9. Required skills not performed as submitted or in order submitted		4 pts	_____
10. Scoresheet submitted without skills.....		4 pts	_____

11. Team member unsafe contact.....	_____	x 8 pts	_____
12. One team member performs a different skill	_____	x 8 pts	_____
_____ 1 st skill _____ 2 nd skill _____ 3 rd skill			
13. Required number of formations not performed.....		8 pts	_____
14. Collapsed skill.....	_____	x 8 pts	_____
15. Unsportsmanlike conduct.....		8 pts	_____
16. Precision Drill performed differently than described.....		8 pts	_____
17. Required skill not in unison.....		8 pts	_____

18. Skills not attempted by all team members.....	_____	x 12 pts	_____
_____ 1 st skill _____ 2 nd skill _____ 3 rd skill			
19. Illegal skills performed.....		x 12 pts	_____
20. Music/props used.....		x 12 pts	_____

TOTAL _____

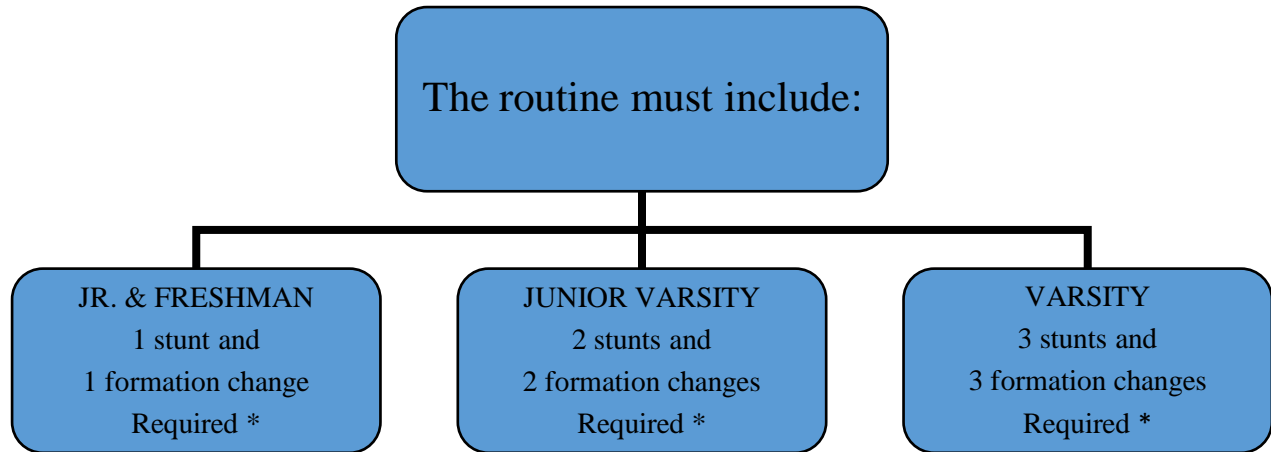
Round 2: Stunting & Tumbling

Minimum Time: 1:30 (one minute, thirty seconds)

Maximum Time: 2:30 (two minutes, thirty seconds)

COMPETITION GUIDELINES

The cheer categories will be the same for all three levels.



* Any additional skill or formation change will be allowed but not be scored under those specific categories.

- Each team is responsible for calculating their degree of difficulty score for all stunts and tumbling.
- Coaches must list each stunt and tumbling in routine, in order of performance along with difficulty points on Round 2 description form. Round 2 description form must be turned in with other score sheets.
- All difficulty points for the routine will then be added, the total of difficulty points will then be divided by the number of competitors in Round 2. *This is your degree of difficulty score.*
- Teams may spirit on and off the floor
- The timing of the squad's performance starts with the first movement or sound after the starting judge has announced you may begin and ends when the last cheerleader leaves the mat.
- Vocals must be included.

Upon your team's completion of their routine, cheerleaders must return to the stands to watch the competition.

MYFCC Super Cheer Safety Judges Penalty Sheet Round 2

Organization: _____ Team: Jr. Fresh Fresh JV Varsity

Judge #: _____ Time: _____

Time infraction – Number of seconds over or under the limit _____		
1. Under 1:30.....	5 pts	_____
2. 1 to 5 seconds over time limit.....	5 pts	_____
3. 6 seconds or more over time limit.....	10 pts	_____

4. Mat violation/exit off mat.....	_____	x 2 pts	_____
5. Hair devices that fall off, eyeglasses, shoes, etc.....	_____	x 2 pts	_____
6. Illegal team entrance.....	_____	2 pts	_____
7. Coaching area violation.....	_____	2 pts	_____

8. Illegal uniform, hair or hair devices, uncovered braces/support, gum, jewelry, safety pin, glitter, face painting, unsafe fingernail.....	_____	x 4 pts	_____
9. Required skills not performed in order submitted	_____	4 pts	_____
10. Scoresheet submitted without skill.....	_____	4 pts	_____
11. Stunts performed not on submitted stunt form.....	_____	x 4 pts	_____

12. Team member unsafe contact.....	_____	x 8 pts	_____
13. Required number of formations not performed.....	_____	8 pts	_____
14. Required number of stunts not performed.....	_____	8 pts	_____
15. Collapsed skill.....	_____	8 pts	_____
16. Unsportsmanlike conduct.....	_____	8 pts	_____
17. Incorrect spotting technique or no spotter.....	_____	x 8 pts	_____
18. A fall by a flyer that receives no assistance.....	_____	x 8 pts	_____

19. Illegal stunts/tumbling performed.....	_____	x 12 pts	_____
20. Props used.....	_____	x 12 pts	_____

TOTAL _____

SAFETY JUDGES RECORD VIOLATION AND PENALTIES

The following paragraphs describe the violations and penalties that safety judges will be responsible to view during MYFCC Round 2, then record on the Safety Judge's Penalty Sheet. Each paragraph is placed in the order in which it appears on the Safety Judge's Penalty Sheet.

5 - 10 POINT VIOLATIONS

TIME INFRACTIONS (1, 2 & 3)

A routine that is not completed with the last team member off the mat within the time limit allotted each round will receive the following penalty per time infraction: Under the minimum time limit -- five points will be deducted from the score of that round. 1 second to 5 seconds over the time limit -- five points will be deducted from the score of that round. If the time infraction is 6 seconds or more beyond the maximum time limit, the team will receive a 10-point deduction from that round.

2-POINT VIOLATIONS

MAT VIOLATION/EXIT OFF MAT (4)

Stepping off the mat or any body part that touches the floor off the competition mat during a performance, will be given a two-point deduction from the total points earned in the round each time the infraction occurs. If more than one person steps off the mat at the same time, it is a 2-point deduction. If competitors step off the mat different times during the routine, it is a 2-point deduction each time someone steps off or touches the floor off the mat. Stepping off the front of the mat when exiting is also a mat violation per competitor.

DETACHED HAIR CONTROL DEVICES, EYEGLASSES, SHOE, ETC (5)

Legal hair devices worn during competition must remain secure. Safety judge will assess a 2-point penalty when any object falls to or hits the mat in an area where it is stepped on or causes a safety hazard during a routine.

ILLEGAL TEAM ENTRANCE (6)

While entering onto the competition mat, vocal and arm movements only are allowed. A team that enters the competition mat performing kicks, jumps, or tumbling will receive a 2-point penalty.

COACHING AREA VIOLATION (7)

A coaching area will be designated by the host organization for coaches during their team's performances. No more than four coaches per team are permitted to be in the coaching area during performance. No one other than coaches are allowed in this area. A 2-point penalty will be assessed for too many coaches and non-coaches in the coaches' area.

4-POINT VIOLATIONS

ILLEGAL UNIFORM, HAIR OR HAIR DEVICE; UNCOVERED BRACE/SUPPORT; GUM, JEWELRY, SAFETY PIN, GLITTER, UNSAFE FINGERNAILS (8)

4-points will be deducted from the total points earned in the round each time the infraction occurs. Examples of miscellaneous violations include: gum chewing, glitter, hair violation, wearing jewelry. If more than one competitor is wearing jewelry, it is a 4-point deduction. However, if one competitor has glitter on her body and another has a hair violation, 8- points will be deducted in the round of competition.

REQUIRED STUNTS NOT PERFORMED IN ORDER SUBMITTED (9)

Round 2 stunts/tumbling must be performed in the order submitted on the Round 2 Description form. A 4-point penalty will be assessed for not performing the stunts/tumbling in the order submitted.

ROUND 2 SCORESHEET SUBMITTED WITHOUT STUNTS (10)

Round 2 stunts/tumbling must be listed on the Round 2 Description Sheet and submitted in writing to the judges in advance of performance. A 4-point penalty will be assessed for not listing stunts on the description form.

STUNTS/TUMBLING PERFORMED NOT SUBMITTED ON STUNT DESCRIPTION FORM (11)

Round 2 stunts/tumbling must be listed on the Round 2 Description Sheet. A 4-point penalty will be assessed for performing stunts/tumbling not listed on description form.

8-POINT VIOLATIONS

TEAM MEMBER UNSAFE CONTACT (12)

Safety judges will be responsible to recognize and take the appropriate 8- point deduction when team members make inappropriate, unsafe contact with each other when executing skills.

REQUIRED NUMBER OF FORMATIONS NOT PERFORMED (13)

Safety judges are responsible to count the number floor formations each team performs in round 2. If the minimum number of formations is not performed, an 8-point penalty deduction is taken by the safety judges.

REQUIRED NUMBER OF STUNTS NOT PERFORMED (14)

Safety judges are responsible to count the number of stunts each team executes in round 2. If the minimum number of stunts is not performed, an 8-point penalty deduction is taken by the safety judges.

COLLAPSED SKILL (15)

When a team member attempts to perform a skill/stunt and it appears very unsafe or falls unsafely, or the Safety Judge feels that the safety of the competitor was compromised, an 8-point penalty will be assessed. It is not required to give this penalty when panel judges penalize 2.0 for a collapsed skill or fall.

UNSPORTSMANLIKE CONDUCT (16)

The first unsportsmanlike conduct offense by an individual will be penalized and the coach will be notified. The penalty will be an 8-point deduction. The second offense by the same coach/athlete will disqualify the coach/athlete from the contest.

INCORRECT SPOTTING TECHNIQUES OR NO SPOTTER (17)

Illegal stunts are indicated in detail in the middle school section of the MHSAA handbook. This shall be the guide for judges and coaches as to what stunts/skills are or are not legal. Spotting techniques are described in this Manual and must be adhered to. Eight points will be deducted from the total points earned in the round each time the infraction occurs.

A FALL BY A FLYER THAT RECEIVES NO ASSISTANCE (18)

It is paramount that spotters understand their responsibility to protect the flyer when the stunt is falling apart and the flyer could sustain a neck, head or back injury. If a stunt is falling apart, the spotter/s must attempt to touch, hold, or break the fall. If there is no attempt to assist the flyer by anyone an 8-point penalty will be assessed each time the infraction occurs.

12-POINT VIOLATIONS

ILLEGAL STUNTS/TUMBLING PERFORMED (19)

Illegal skills are indicated in detail in the middle school section of the MHSAA handbook. The penalty will be 12-points for an illegal stunt or tumbling in Round 2.

PROPS USED (20)

If props are used in Round 2, it is a 12-point penalty.

MYFCC Super Cheer Round Two (Stunting & Tumbling)

Organization Name: _____ Team: Jr Fresh Fresh JV Varsity

Judge # _____

Required No. of Stunts: (Jr. Freshman – 1 stunt, Freshman – 1 stunt, JV – 2 stunts, Varsity – 3 stunts)
Tumbling and gymnastics skills, stunts, flairs, jumps, transitions

Degree of Difficulty

Total Degree of difficulty from Round 2 Degree of Difficulty Sheet

Variety of Skills

Each Skill is valued at 1 point. Max of 15 points
As listed on page 34 of the MHSAA manual

Floor Mobility

Visual Patterns, ease of transition, accuracy of formations, spacing

- Jr. Freshman – 2 Formations (1 formation change)
- Freshman - 2 Formations (1 formation change)
- Jr. Varsity - 3 Formations (2 formation change)
- Varsity - 4 Formations (3 formation change)

Formation 1:

Formation 2:

Formation 3:

Formation 4:

Voice

Inflection, diction, clarity of words, squad volume

Precision

Timing of all motions, skills and stunts with entire team, team coordination and precision

Creativity

Complexity, style and variety of material and effective utilization of entire team

Execution

Cleanliness of tumbling, skills and stunts

Overall Impression

The overall “wow” factor of the performance

Comments: _____

TOTAL

MYFCC
Stunting Exceptions 2024

Jr. Freshman

- Knee level stunt
- Hand lock Sit/Genie Sit (requires a back spot, no front spot)
- Flair in stunt (requires a back spot, no front spot)

Freshman

- Waist level stunts
- Flair in stunt (requires a back spot, no front spot)
- Straight Cradle

JV

- Follow Middle School Rules but only stunt to shoulder level

Varsity

- Follow Middle School Rules for stunts and tumbling in our Round 2 as stated in MHSAA handbook

MYFCC Cheerleading Difficulty Factoring Chart

	Level of Difficulty																			
	20	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1
	Points needed in routine																			
30	630	600	570	540	510	480	450	420	390	360	330	300	270	240	210	180	150	120	90	60
29	609	580	551	522	493	464	435	406	377	348	319	290	261	232	203	174	145	116	87	58
28	588	560	532	504	476	448	420	392	364	336	308	280	252	224	196	168	140	112	84	56
27	567	540	513	486	459	432	405	378	351	324	297	270	243	216	189	162	135	108	81	54
26	546	520	494	468	442	416	390	364	338	312	286	260	234	208	182	156	130	104	78	52
25	525	500	475	450	425	400	375	350	325	300	275	250	225	200	175	150	125	100	75	50
24	504	480	456	432	408	384	360	336	312	288	264	240	216	192	168	144	120	96	72	48
23	483	460	437	414	391	368	345	322	299	276	253	230	207	184	161	138	115	92	69	46
22	462	440	418	396	374	352	330	308	286	264	242	220	198	176	154	132	110	88	66	44
21	441	420	399	378	357	336	315	294	273	252	231	210	189	168	147	126	105	84	63	42
20	420	400	380	360	340	320	300	280	260	240	220	200	180	160	140	120	100	80	60	40
19	399	380	361	342	323	304	285	266	247	228	209	190	171	152	133	114	95	76	57	38
18	378	360	342	324	306	288	270	252	234	216	198	180	162	144	126	108	90	72	54	36
17	357	340	323	306	289	272	255	238	221	204	187	170	153	136	119	102	85	68	51	34
16	336	320	304	288	272	256	240	224	208	192	176	160	144	128	112	96	80	64	48	32
15	315	300	285	270	255	240	225	210	195	180	165	150	135	120	105	90	75	60	45	30
14	294	280	266	252	238	224	210	196	182	168	154	140	126	112	98	84	70	56	42	28
13	273	260	247	234	221	208	195	182	169	156	143	130	117	104	91	78	65	52	39	26
12	252	240	228	216	204	192	180	168	156	144	132	120	108	96	84	72	60	48	36	24
11	231	220	209	198	187	176	165	154	143	132	121	110	99	88	77	66	55	44	33	22
10	210	200	190	180	170	160	150	140	130	120	110	100	90	80	70	60	50	40	30	20
9	189	180	171	162	153	144	135	126	117	108	99	90	81	72	63	54	45	36	27	18
8	168	160	152	144	136	128	120	112	104	96	88	80	72	64	56	48	40	32	24	16
7	147	140	133	126	119	112	105	98	91	84	77	70	63	56	49	42	35	28	21	14
6	126	120	114	108	102	96	90	84	78	72	66	60	54	48	42	36	30	24	18	12
5	105	100	95	90	85	80	75	70	65	60	55	50	45	40	35	30	25	20	15	10
4	84	80	76	72	68	64	60	56	52	48	44	40	36	32	28	24	20	16	12	8
3	63	60	57	54	51	48	45	42	39	36	33	30	27	24	21	18	15	12	9	6
2	42	40	38	36	34	32	30	28	26	24	22	20	18	16	14	12	10	8	6	4
1	21	20	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2