



2015-16 Cheerleading Rubric & Scoring Instructions

The **KEY** to this rubric and scoring system is to perform within the means of the squad's skill level, execute all skills solidly, and score high in the execution categories. Professional training and proper spotting techniques should be mandatory for all squads. Changes to the Rubric will occur during the season only if there is an eminent safety danger. Updates to the Glossary and Scoring Instructions will occur throughout the season to promote clarity, understanding and transparency.

Definitions

- **Bobble (.25 deduction):** Stunts and Pyramids that almost drop, but are saved (this included excessive movement by the bases). Knee or hand of base touches ground during cradle or dismount.
- **Degree of Difficulty:** Should refer to the entire score sheet. In addition, the criteria listed below, performed well, should also be considered in the overall degree of difficulty score: full squad skills, repetition of skills, 3 vs. 2 stunt groups, 4 vs. 3 stunt groups, 5 vs. 4 stunt groups performing elite entries and twist dismounts, synchronized tumbling skills or tosses, jump tumbling combination, # of tops performing releases/inversions, pace of pyramid transitions, number of athletes performing skill (e.g., males doing motions), doing skills later in a routine & multiple times. Individual skills are not as difficult (e.g., rippling tosses, single running series, or one inverted top person at a time) as multiple skills. Example: It is difficult to keep words up while tumbling or stunting, if a team does so, they should be rewarded; Reward teams that are performing max stunt groups, displaying full team skills, displaying endurance, and multiple **occurrences** of skills. Note: Doing the bare minimum gets you into the rubric range, but it will not necessarily score the highest in that range.
- **Drop (1.5 deduction):** An individual stunt, pyramid, or toss that falls to the performance surface. Top person, or multiple bases land on the performance surface.
- **Entry:** The beginning or mounting phase of a stunt, where one foot/hand(s) starts on the performing surface or in a loading position.
- **Fall (1.0 deduction):** An individual stunt/pyramid that comes down to a cradle or dismounts early. It may then be put up again; however, it is clear to the judges that the stunt was not executed as intended. Also includes base dropping to floor during cradle or dismount.
- **Inversion:** See "Inverted"; it is the act of being inverted.
- **Inverted:** when the athlete's shoulders are below her/his waist.
- **Majority: (51%)** based on the number of athletes successfully performing a skill; considering that the skills are equal. The minimum number of athletes necessary for a team to be awarded credit on the Difficulty Rubric for performing skills in a given range. If a team does not perform the required number of skills to reach majority - the judges are going to use their discretion to determine the rubric range that the team should get. To clarify, it can be beneficial to a team to put in skills that "individual" groups can do even though these are not "team" skills to reach majority. In these cases, the judge will use their discretion to determine the score that the team should get.
- **One Man Assisted Stunt:** The athletes must demonstrate the ability to get to hands with assistance (by a secondary base or spotter that comes in contact with the flyer or main base to assist the intended coed skill in hitting).



2015-16 Cheerleading Rubric & Scoring Instructions

- **One Man Un-Assisted Stunt:** The athletes must demonstrate the ability to get to hands without assistance - no secondary base or spotter may come in contact with the flyer or main base until the intended coed skill has hit. Secondary base or spotter cannot be under feet or participate in stabilizing stunt.
- **Out of Rubric Range:** Rubric ranges are based on a majority of the team performing the skills listed. Placement within a specific rubric range is determined by the difficulty of the skills performed as listed below by a majority of the team and overall execution & technique of those skills. Below average or sub-standard technical execution may result in a team being dropped out of a rubric range. A team may drop out of a rubric range if they lack of a majority of a team executing a skill or if they possess poor execution (can't tell what the skill was supposed to be).
- **Quick Toss:** A release that begins with the top person in weight-bearing contact with the performance surface and ends in a partner stunt or pyramid.
- **Pyramid Collapse (4.0 deduction):** Connected stunt groups in a pyramid, that falls to the performance surface. Top person, or multiple bases from stunt groups land on the performance surface.
- **Released Pyramid Transition:** A top person changes from one stunt to another (including loading positions) during a temporary loss of physical contact with his/her base(s).
- **Structure:** A place in a pyramid when flyers connect (hand-hand or hand-foot) and pause to show a defined position. This is also known as a picture.
- **Switch Up/Giddy Up:** A top person starts with one foot on the ground, is tossed and lands in a liberty on the other foot.
- **Tumbling Drop (1.5 deduction):** Individuals' torso/head/neck come in weight bearing contact with the performance surface. Individual does not complete the skill.
- **Tumbling Fall (1.0 deduction):** Individuals' elbows and/or knees come in weight bearing contact with the performance surface. Individual does not complete the skill.
- **Tumbling Touchdown (.25 deduction):** Individuals' hand(s) down in tumbling after completion of the skill.

RUBRIC CATEGORIES

Crowd Interaction:

- **Showmanship:** Confidence, Crowd Appeal, Consistency, Energy, Facial Expression/Smiles, Enthusiasm, Timing, Recovery
- **Voice Projection/Leading:** Volume, Energy, Stamina, Articulation, Inflection, Enunciation, Speech, Pace.

Jumps

- Jumps should be performed as a team.
- Combo: connected jumps without a pause in between. Ex: double toe touch or a toe touch, pike, hurdler, all connected.
- Variety: involves different jumps



2015-16 Cheerleading Rubric & Scoring Instructions

- o Basic Jumps – Tuck, Eagle, Double Hook, Herkie
- o Intermediate Jumps – Right Hurdler, Left Side Hurdle, Front Hurdlers
- o Advanced Jumps – pike, toe touch.
- o Elite Jumps – around the world, double nine.
- o Example: right herkie, toe touch, left herkie all connected would complete the 3 jump triple combo requirement with variety.

Motions/Dance

- Dance should be performed with strong technique, perfection and synchronization, crowd appeal/entertainment value and creativity. Good to strong musicality. Musicality is defined by matching the dance to the spirit/mood of the music. The dances that tell a story and/or have a flow and purpose opposed to the dances that are a series of pointless movements.
- Motions should be performed sharply. Judges will be looking for visual effects, pace, sharp synchronization, transitions, level changes, creative combinations of movement, footwork and placement.

Pyramids/Tosses: To maximize the score within rubric category, majority of the pyramid structures should include transitional entry into skills, which could include inversions. Creative choreography to incorporate additional skills including transitions and dismounts, number of skills being performed simultaneously will score higher within the range. (Lists below are for examples only and are not an all-inclusive listing):

▪ **Entries/Transitions:**

- o **Basic** – Single leg transition at or below prep level, connect at prep level, ground level inversions
- o **Intermediate** – Multiple transitions at or below prep level, multiple connections at prep level, inversions to extended prep/extension
- o **Advanced** – Multiple transition sequences to and from extended level, or through 2 ½ high, release moves (Ball Up, Split, Tick Tock), ½ up to single leg extended, Inversion to extended 1-leg stunt, Leg switches at extended, Downward inversions from below/at Prep Level.
- o **Elite** – Multiple transition sequences through 2 ½ high, Multiple release moves, top persons performing skills, 360° or greater rotation (measured by the rotation of the hips of the top person, a true 360° will score higher in range) in transitions to/from 1-leg extended variations. Inverted release from sponge or prep level to extended position.

▪ **Dismounts:**

- o **Basic** – Straight cradles from two legged stunts, pop downs
- o **Intermediate** – Single Twists from 2 Legs Up to 1/2 twist from Prep Level Single Leg, Downward inversion from below prep level
- o **Advanced** – Single Twists from 1 Leg Extended, 1 1/4 Fulls (450°) from 1 Leg Extended, Downward inversion from prep level
- o **Elite** – Double Skills to Cradle, Inverted Release from Sponge or Prep Level to Extended Position



2015-16 Cheerleading Rubric & Scoring Instructions

▪ Tosses

- **Basic** – Straight rides, Blow Outs, Pose
- **Intermediate** – Non-Twisting Double Skill Tosses, Kick Arch, Pike Arch, Tuck, X
- **Advanced** - Double Skill with Single Twist, Toe Touch Full, Kick Full, Ball Open Full, Full Toe Touch, Full Kick Hitch

Stunts – To maximize the score within rubric category, majority of the stunt groups should perform transitional entry into skill, which could include inversions. Creative choreography to incorporate additional skills including transitions and dismounts will score higher within the range. (Lists below are for examples only and are not an all-inclusive listing):

▪ Entries/Transitions

- **Basic** – Straight up to stunt, prep level stunts, Ground Level Inversions
- **Intermediate** – Full Up (360°) to Prep Level, 1/2 Up/Down from Exten, Inversion to Prep/Extension
- **Advanced** – Full-Up (360°) Up to Extension (measured by the rotation of the hips of the top person, a true 360° will score higher in range), 1/2 Up to 1 Leg Extended, Rewinds Down from Extended True full up to extended single leg, switch up, ball ups (For legal ball ups in partner stunts, a “quick toss” must be utilized. Please refer to NFHS 2-7-4), 1 ½ up (540°) , Downward inversions from Prep Level or below, invert to extended position 1-leg or un-braced tick tock (un-braced tick tock must go from the performing surface or loading position to the extended position, power press/absorb to the prep position and tick tock to the extended position in one continuous motion in order to count as an entry. If the motion is not constant, this will not be considered an entry.).
- **Elite:** Double-Up (720°) to Extended, Full-Up to 1 Leg Extended Inverted Release from Sponge or Prep Level to an Extended Position, Inverted Release from Sponge or Prep Level to an Extended Position

▪ Body positions: skills demonstrating similar flexibility from flyers.

- **Basic** - Liberty, Torch, Arabesque
- **Intermediate** – Heel Stretch, Scale
- **Advanced** – Scorpion, Bow & Arrow, Over Stretch
- **Elite** – Free Stretch, Chin-Chin, Needle

▪ Dismounts:

- **Basic** – Straight cradles from two legged stunts, pop downs
- **Intermediate** – Single Twists from 2 Legs Up to 1/2 twist from Prep Level Single Leg , Downward inversion from below prep level
- **Advanced** – Single Twists from 1 Leg Extended, 1 1/4 Fulls (450°) from 1 Leg Extended, Downward inversion from prep level
- **Elite** – Double Skills to Cradle, Inverted Release from Sponge or Prep Level to an Extended Position



2015-16 Cheerleading Rubric & Scoring Instructions

▪ **Partner Stunt Recommendations:**

- The judges need to see what the “Squad” can do as a whole. If squads “re-use/repeat” stunts elsewhere in the routine, judges will not be able to distinguish what the squad is capable of doing as a group. Therefore, it is recommended that teams stunt in sections of the routine as a squad and not randomly throughout the routine.

Transitions/Formations:

- Routine should be performed with variety, levels, seamless, creative, visual transitions, use of the mat, fluid movements, spacing, not crossing center, no bumping/tripping into one another, no gaps in formations, utilization of skills with in transitions and formation changes.

Tumbling:

- **Standing Tumbling:** A tumbling skill (series of skills) performed from a standing position without any previous forward momentum. Any number of steps backward prior to execution of tumbling skill(s) is defined as "standing tumbling."
- **Running Tumbling:** Tumbling that is performed with a running start and/or involves a step or a hurdle (etc,) used to gain momentum as an entry to another skill. Any type of forward momentum/movement prior to execution of the tumbling skill(s) is defined as "running tumbling."
- **Entry into tumbling:**
 - Judges will watch the entry into the skill.
 - Cartwheel: This will be called standing because that is what initiates the skill.
 - Round-off: This will be called "running" because of the momentum it generates.
 - A step hurdle into the cartwheel will be judged as "running".
- **Specialty Pass (must end in a tuck or higher):**
 - Running tumbling with entries, including front walk-over/handspring, aerial, or punch front, ending in a tuck or higher.
 - Running tumbling involving skills, including back handspring step outs, whips, or arabians ending in a tuck or higher.

Recommendations:

- The judges need to see what the “Squad” can do as a majority. If squads “re-use/repeat” the same tumbler, judges will not be able to distinguish what the squad is capable of doing as a majority. Therefore, it is recommended that teams tumble in section(s) of the routine as a squad during the routine.
- Recycled tumbling will remain at the bottom of appropriate range regardless of additional skills that are thrown.
- Individual series skills are not considered as difficult as synchronized tumbling skills.
- Note: Doing the bare minimum (majority) gets you into the rubric range, but it will not necessarily score the highest in that range.



2015-16 Cheerleading Rubric & Scoring Instructions

ATHLETE PARTICIPATION

The grid shown below will determine the point range awarded for the performance of skills in routine. **This is based on the number of athletes successfully performing a skill that are needed to reach majority (51%);** considering that the skills are equal. The quantity below is the minimum number of athletes necessary for a team to be awarded credit on the **Difficulty Rubric** for performing skills shown below.

Athlete Count	JUMPS, MOTIONS, DANCE, TUMBLING Participation needed to reach Majority	TOSSES, STUNT GROUP (2 bases & 1 Spotter) needed to reach Majority	SINGLE BASE STUNT GROUP (1 Spotter) needed to reach Majority
1			
2			
3			
4			
5	3	1	1
6	4	1	2
7	4	1	2
8	5	2	2
9	5	2	2
10	6	2	2
11	6	2	2
12	7	2	3
13	7	2	3
14	8	2	3
15	8	2	3
16	9	3	3
17	9	3	3
18	10	3	4
19	10	3	4
20	11	3	4
21	11	3	4
22	12	3	4
23	12	3	4
24	13	4	5
25	13	4	5
26	14	4	5
27	14	4	5
28	15	4	5
29	15	4	5
30	16	4	6
31	16	4	6
32	17	5	6

NOTES:

Recycled Tumblers (used to reach Majority) will receive the lowest point value in the range.

Majority (51%) gets team within a range on the rubric

Well Over Majority (75%) will receive the next highest point value

Full Team Participation in a skill category scores higher in the difficulty section of the score sheet.