



# 2017-18 Cheerleading Rubric & Scoring Guidelines

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

- **Arm & Leg Placement** – refer to body position and specifics on arm/leg placement in tumbling.
- **Back Handspring Series:** This is a combination of multiple back-handsprings performed one right after the other and can be preceded by a round off.
- **Bobble (.25 deduction):** Stunts and Pyramids that almost fall, but are saved (this included excessive movement by the bases). Knee or hand of base touches ground during cradle or dismount.
- **Body Position** – looking at basic body shapes common to tumbling. These shapes include, but are not necessarily limited to the following:
  - Straight – the total body is fully extended with the arms positioned directly overhead*
  - Piked – the hips are flexed (bent) with legs held straight. The back is slightly rounded. Hands may or may not grasp legs.*
  - Tucked – the hips and the knees are flexed (bent). The back is slightly rounded. Hands may or may not grasp legs.*
  - Arched – a slightly re-curved total body shape. The knees and hips are fully extended with the back in a position of slight hyperextension. The arms are positioned directly overhead.*
  - Hollowed – a slightly curved total body shape. The knees are fully extended with the hips and back in a slight flexion (bending forward). The arms are positioned directly overhead.*
- **Bounder:** A bounder is a front handspring; only you take off of two feet instead of one, bouncing into it versus stepping.
- **Cradle:** A dismount from a partner stunt, pyramid or toss in which the catch is completed below shoulder height by a base or bases.
- **Degree of Difficulty:** Should refer to the score sheets. In addition, the criteria listed below, should also be considered in the overall degree of difficulty score: full squad skills, # of bases used, # of stunt groups performing elite entries and twist dismounts, synchronized tumbling skills or tosses, # 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. Reward teams that are performing max stunt groups, displaying full team skills, and multiple **occurrences** of skills.
- **Dismount:** Ending a stunt by releasing a top person to the performing surface or releasing to a cradle.
- **Down Time:** (MINIMUM 5 seconds, MAXIMUM 15 seconds). Time between the cheer and music portions of the routine where a team can prepare for the next section of their routine without being judged. OOB deductions do not apply to this time period as teams can move props on and off the mat. No music can be played during down time. Down time begins when all stunts are brought safely down to the mat.
- **Drop (1.5 deduction):** An individual stunt, pyramid, or toss that falls to the performance surface. Top person, or multiple bases/spotter landing on the performance surface.



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- **Entry:** The beginning 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 clearly comes down to a cradle or dismounts early. Includes a base or spotter dropping to floor during cradle or dismount.
- **Flexibility** – enhanced range of motion essential to performing various skills.
- **Inversion:** See "Inverted"; it is the act of being inverted.
- **Inverted:** when the athlete's shoulders are below her/his waist.
- **Loading Position:** bases support a non-extended top person under the foot/feet in preparation for a stunt/toss.
- **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 cannot award scores in that rubric range. 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 a sliding scale 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).
- **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 style skill has hit. Secondary base or spotter cannot be under feet or participate in stabilizing stunt.
- **Out of Bounds (0.5 deduction):** will be assessed per occurrence for an athlete that makes contact with one or both feet outside the competition performance mat.
- **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 fall to the performance surface. Top person, or multiple bases from stunt groups land on the performance surface. When multiple deductions should be assessed during a pyramid, then the sum of those deductions will not be greater than 4.0.
- **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.



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- **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.

▪ **Transitions:** Transitions are the movement from one skill to the next with a release of the foot or level change. Can involve some athletes or entire team. Transitions may include inversions or twisting. For twisting transitions, the hips of the top person will be used to determine the amount of total rotation the top person performs in a skill set.

▪ **Tumbling Drop (1.5 deduction):** Individuals' torso/head/neck come in weight bearing contact with the performance surface. Individual does not complete the skill. [Situation A: punch front does not complete rotation and lands on bottom – deduction], [Situation B: Layout completes landing and then falls to bottom – no deduction, skill has been completed]. **NOTE:** points may be deducted in Situation B under Transitions.

▪ **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. In a case where multiple tumblers fall because they run into each other, each tumbling fall would be cited on deduction sheet.

▪ **Tumbling Touchdown (.25 deduction):** Individuals' hand(s) down in tumbling (weight-bearing) after completion of an airborne skill.

## RUBRIC CATEGORIES

### Cheer - Overall Performance:

▪ **Cheer:** Required MINIMUM of 30 seconds of crowd effective cheer is required in routine. Cheer must be consecutive and cannot include music or a back beat. Cheer can be at the beginning or middle of the routine. Consistent levels of inflection, enunciation, pace, engaging and/or leading the crowd, use of skills; optional use of props. No proportionate score will be given. Category scores how words are being said, not the amount of words being said.

▪ **Performance:** Confidence, Enthusiasm, Eye Contact, Smile, and Crowd Appeal; performing a consistent, comprehensive and positive memorable experience.

### 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: different jumps.

o Example: right hurdler, toe touch, left hurdler all connected would complete the 3 jump triple combo requirement with variety.

Teams can still perform tumbling after jumps - they will receive tumbling points and jump points for those skills performed by majority.

### Motions

▪ Cumulative motions throughout the routine (except dance) should be performed sharply. Judges will be looking for sharpness of motion technique, pace, perfection and synchronization, visual effects, creativity, variety of movements, level changes, contagious movement, floor work. Full team performing variety of motions within same skill range will be rewarded higher in the point range.



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## Dance

- Required Minimum of (3) 8-counts of Dance performed by majority of the team throughout the routine. If 8-count is used as transition into or out of dance then it does not count as dance. Should be performed with strong pace, sharpness, visual effects, level changes, ripples, variety, footwork, floor work, body movement, and execution throughout the dance.

## Transitions/Formations:

- Creative and innovative flow of routine which should be performed with proper knowledge of formations, visual appeal, spacing, use of floor, clear shapes, and straight lines.

## Pyramids:

To maximize the score within rubric category, teams must perform a minimum 3 DIFFERENT skills using at least 75% of the team. Skills can be performed from anywhere on the progression sheet, but all skills should not be from the same category (Variations, Transitions, Inversions, Dismounts). Score will be determined by where the skill is in progression. Judges will be awarding execution points based on the following indicators: execution/form, incorporation, flexibility, building, transitions, inversions, releases, dismounts, and synchronization. Routines are judged until all athletes are brought safely down to the mat. However, timing of routine will stop when the music stops.

## Stunts:

To maximize the score within rubric category, teams must perform a minimum 3 DIFFERENT skills using majority of the team. Skills can be performed from anywhere on the progression sheet, but all skills should not be from the same category (Variations, Transitions, Inversions, Dismounts). Tosses may only count as one of the skills. Score will be determined by where the skill is in progression. Judges will be awarding execution points based on the following indicators: execution/form, variety, incorporation, flexibility, building, transitions, inversions, releases, dismounts, height (tosses) and synchronization. Routines are judged until all athletes are brought safely down to the mat. However, timing of routine will stop when the music stops.

## Tumbling:

NEW for 2017-18!! The minimum number of athletes necessary for a team to be awarded a difficulty score for tumbling will be 30% of the team's total. So if at least 30% of the team performs tumbling skills, they can earn a score using the participation grid. Teams who only hit 30% up to 50% will not get additional sprinkles. Teams that perform Majority (51%) and Full Team will be awarded higher scores on the difficulty rubric. Individual series skills are not considered as difficult as synchronized tumbling skills.

### RECYCLED TUMBLING DOES NOT COUNT TOWARDS MAJORITY

- **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."