

**CHEER ESSENTIALS
2025 RUBRIC**

Judge 1:				
Partner Stunts: Degree of Difficulty (please refer to division chart for specific level restrictions)				
Novice: 1 - 2 points	Beginner: 2 - 4 points	Intermediate: 4 - 6 points	Advanced: 6 - 8 points	Elite: 8 - 10 points
2 leg stunts at thigh level	Prep level on 2 feet	Extensions on 2 feet	Extensions on 2 feet	Single leg extended stunts with multiple body positions demonstrating strength and flexibility
2 leg stunts at waist level	Waist level on 1 foot with multiple body positions demonstrating strength and flexibility	Prep level on 1 foot with multiple body positions demonstrating strength and flexibility	Prep level on 1 foot with multiple body positions demonstrating strength and flexibility	Inversion to extended level
1 leg stunts	Releases at waist	Inversions to waist level	Inversions to prep	Switch up to extension
1 leg stunts	Straight cradle from prep level	Half ups to prep	Half ups to 2 leg extension	Tick tocks
		Prep level releases	Prep level releases	180 switch up to extension
		2 leg straight cradle from prep level	Full ups to prep (bases do not move) with multiple body positions demonstrating strength and flexibility	Full up to extension
		1 leg straight cradle from prep	Straight cradle from 2 legs at extension	Twists from extended 1 leg stunts
		Single twist from 2 leg prep	Straight cradle from 1 leg at prep	
			Single twist from 2 legs at extension	
			Flips	
			Waterfalls	
Partner Stunts: Execution				
1 - 2 points	2 - 3 points	3 - 4 points	4 - 5 points	
Poor technique	Average technique	Above average technique	Excellent technique	
Poor timing and synchronization	Good timing and synchronization	Very good timing and synchronization	Excellent timing and synchronization	
Several bobbles or missed/dropped stunts	Multiple bobbles or missed/dropped stunts	Few bobbles or missed/dropped stunts	No bobbles or missed/dropped stunts	
Voice				
1 - 2 points	2 - 4 points	4 - 5 points		
Below average volume	Average volume	Above average volume		
Below average pitch and clarity	Average pitch and clarity/enunciation	Excellent pitch and clarity		

Judge 2:				
Pyramids: Degree of Difficulty (please refer to division chart for specific level restrictions)				
Novice: 1 - 2 points	Beginner: 2 - 4 points	Intermediate: 4 - 6 points	Advanced: 6 - 8 points	Elite: 8 - 10 points
2 Leg at thigh	Multiple transitions/entries	Multiple transitions/entries	Multiple transitions/entries	Multiple transitions/entries
1 leg at waist	Multiple body positions demonstrating strength and flexibility			
	Extended 2 leg stunts with bracer	Extended 2 leg stunts with bracer	Prep level Flips	Switch up to extended single leg showing flexibility
	1 leg stunts at prep level bracer	Extended 1 leg stunts with bracer	Extended 2 leg stunts with bracer	Full up to extended position
		Releases at prep level with bracer	Extended 1 leg stunts with bracer	Release transitions to/from horizontal position(s) to extended level
			Releases at extension with bracer	Braced flips to extended level
Pyramids: Execution				
1 - 2 points	2 - 3 points	3 - 4 points	4 - 5 points	
Poor technique	Average technique	Above average technique	Excellent technique	
Poor timing, synchronization and transitions	Good timing, synchronization and transitions	Very good timing, synchronization and transitions	Excellent timing, synchronization and transitions	
Several bobbles or missed/dropped elements	Multiple bobbles or missed/dropped stunts	Few bobbles or missed/dropped stunts	No bobbles or missed/dropped stunts	
Transitions and Flow of Routine				
1 - 2 points	2 - 4 points	4 - 5 points		
Major issues during transitions	Some issues during transitions	Clean transitions		
Minimal incorporation of skills during transition	Average incorporation of skills during transition	Uncluttered changes between formations		
Choppy, lacks cohesion, excessive downtime	Average coordination of routines elements	Strong coordination of routines elements		
		Excellent incorporation of skills during transitions		

Judge 3:				
Tumbling: Difficulty				
Novice: 1 - 3 points	Division C: 3 - 6 points	Division B: 6 - 8 points	Division A: 8 - 10 points	
Forward or backward Rolls	Forward or backward Rolls	Forward or backward Rolls	Forward or backward Rolls	
Round offs	Round offs	Round offs	Round offs	
1 handed Cartwheels	1 and 2 handed Cartwheels	1 and 2 handed Cartwheels	1 and 2 handed Cartwheels	
	Walkovers	Walkovers	Walkovers	
	Back extension roll	Back extension roll	Back extension roll	
		Backhandsprings	Backhandsprings	
			Tucks (standing or running)	
			Layouts, Fulls or Specialty	
Tumbling: Execution				
1 - 2 points	2 - 4 points	4 - 5 Points		
Below Average technique - less than majority demonstrated excellent precision, form and synchronization	Average technique - majority demonstrated excellent precision, form and synchronization	Above average technique - most demonstrated excellent precision, form and synchronization		
Jumps: Degree of Difficulty				
Novice: 1 - 4 points	4 - 7 points	7 - 10 points		
Single jump with no jump connection	Basic single jumps or sequence of 3 jumps consisting of basic jumps	Advanced jump sequence consisting of triple jump combo with 1 jump		
Jump sequence with double jump combo	Advanced triple jump sequence consisting of advanced jumps without a pause in between	Advanced jump sequence consisting of 4 connected jumps		
Jumps: Execution				
1 - 2 points	2 - 3 points	3 - 4 points	4 - 5 points	
Overall poor technique (height, flexibility, landing, body placement, etc.)	Average technique (height, flexibility, landing, body placement, etc.)	Above average technique (height, flexibility, landing, body placement, etc.)	Excellent technique (height, flexibility, landing, body placement, etc.)	
Poor timing/synchronization	Good timing/synchronization	Very good timing/synchronization	Excellent timing/synchronization	

Judge 4:				
Motions				
1 - 2 points	2 - 4 points	4 - 5 points		
Little to no formation changes, transitions & level changes	Minimal formation changes, transitions, & level changes	Multiple advance formation changes, transitions, and level changes		
Little to no variety of motions	Some variety of motion	Excellent variety of motion		
Lack of movement during transitions	Minimal movement during transitions	Difficult foot and body movement during transitions		
Below average use of floor (footwork, visual effect, etc.)	Average use of floor (footwork, floor work, visual effect, etc.)	Excellent use of of floor (footwork, floor work, visual effect, etc.)		
Dance				
1 - 2 points	2 - 4 points	4 - 5 points		
Below average energy, musicality, rhythm and pace	Average energy, musicality, rhythm and pace of music ('and" counts)	High energy, musicality, rhythm, and pace of music ("and" counts)		
Little to no formation changes, basic transitions, and level changes	Minimal formation changes, transitions, and level changes of average complexity	Multiple advance formations, transitions, and level changes		
Little to no variety of motions	Some variety of motions and use of floor (footwork, floorwork, visual effect, etc.)	Excellent variety of motion and use of floor (footwork, floor work, visual effect, etc.)		
Below average use of floor (footwork, floor work, visual effect, etc.)	Average choreography and/or creativity	Excellent choreography and/or creativity		
Basic choreography and/or creativity				
Motions and Dance: Execution				
1 - 2 points	2 - 4 points	4 - 5 points		
Below average tehniqye - many with bent wrists and/or poor placement	Average technique - some bent wrists and/or placement off	Excellent technique - proper placement, sharp precision		
Below average timing and synchronization	Average timing and synchronization	Excellent timing and synchronization		
Formations and Spacing				
1 - 2 points	2 - 4 points	4 - 5 points		
Unclear formations	Formations demonstrate some good use of floor, alignment, and symmetry	Clear, visually effective formations		
Little Variety of formation changes with limited use of floor	Minor problems in spacing	Minimal/no spacing errors		
Spacing off throughout routine	Some variety or formations with moderate use of floor	Large variety of formations with excellent use of floor		
Overall Impression				
1 - 2 points	2 - 4 points	4 - 5 points		
Below Average	Average	Above Average		
Overall Impression: A team's effectiveness in performing a comprehensive and positive memorable experience.				
Creativity/Choreography: A team's effectiveness to implement innovative, visual, unique and intricate ideas, incorporations and music.				
Showmanship: A team's effectiveness in demonstrating genuine enthusiasm and confidence, and ability to capture the crowd.				