



OFFICIAL
SCORE ★ SHEET
 HIGH SCHOOL
 TUMBLING SKILLS

Organization	Division
Team Name	Judge

	DIFFICULTY	TECHNIQUE	TOTAL SCORE	TOTAL MAX SCORE
TUMBLING	0.0 – 5.0	0.0 – 5.0		10
JUMPS	0.0 – 5.0	0.0 – 5.0		10
TRANSITIONS/FORMATIONS <small>Spacing, Seamless Movement and Patterns, Execution of Formations</small>	1.0 – 10.0			10
OVERALL IMPRESSION	1.0 – 5.0			5
TOTAL	25	10		35

CRITIQUE



OFFICIAL
SCORE ★ SHEET
 HIGH SCHOOL
 BUILDING SKILLS

Organization	Division
Team Name	Judge

	DIFFICULTY	TECHNIQUE	TOTAL SCORE	TOTAL MAX SCORE
STUNTS	0.0 – 5.0	0.0 – 5.0		10
PYRAMIDS	0.0 – 5.0	0.0 – 5.0		10
TOSSES	0.0 – 5.0	0.0 – 5.0		10
OVERALL IMPRESSION	1.0 – 5.0			5
TOTAL	20	15		35

CRITIQUE



OFFICIAL
SCORE ★ SHEET
 HIGH SCHOOL
 OVERALL ROUTINE

Organization	Division
Team Name	Judge

	DIFFICULTY	TOTAL SCORE	TOTAL MAX SCORE
CHEER/MOTIONS	4.0 - 10.0		10
DANCE	4.0 - 10.0		10
PERFORMANCE <small>Pace of cheer is practical and easy to understand, Genuine Showmanship, Energy Level</small>	1.0 - 5.0		5
OVERALL IMPRESSION	1.0 - 5.0		5
TOTAL	30		30

CRITIQUE

2018-2019



CYM/Elementary/Middle/High School



SCORING RUBRIC

The following grids outline the point ranges for specific skill sets performed by a **MAJORITY** (50% + 1) of the team. Judges will consider difficulty and variety when deciding on a specific score. Skills performed by less than a majority of the team will move the score into a lower range. Execution / Technique for each skill category will be rewarded separately on the score sheet.

Jumps	Cheer/Motions	Dance
0-1	4-6	4-6
Single Jump	Little To No Projection, Clarity, Motions, Transitions, Level Changes.	Little To No Transitions, Level Changes, Energy
1-2		
Two Jump Combination	Below Average Level of Execution	Below Average Level of Execution
2-3	6-8	6-8
Jump(s) Performed in Immediate Combination with a Basic Tumbling Skill	Minimal Projection, Clarity, Motions, Transitions, Level Changes	Minimal Transitions, Level Changes. Includes a Variety of Footwork and Floor Work
3-4	Average Execution, Average Energy / Entertainment Level	Average Execution, Average Energy / Entertainment Level
Three Jump Combination		
4-5	8-10	8-10
Jump(s) performed in immediate combination with an intermediate to advanced tumbling skill	Multiple Projection, Clarity, Motions, Transitions, Level Changes	Multiple Transitions and Level Changes. Includes a Variety of Movement, Footwork and Floor Work
	Above Average Level of Execution, High Energy / Entertainment Level	Above Average Level of Execution, High Energy / Entertainment Level

These lists are not exhaustive. Please refer to the NFHS rules document to determine if a skill that is not listed is legal.

Partners Stunts**Pyramids****0-1****0-1**

- * 2 leg stunts below prep level
- * 2 leg stunts at prep level
- * Single leg stunts below prep level
- * Single leg stunts at prep level with a bracer
- * 1/4 up/down to/from prep level or below
- * Non-released switch up to below prep level
- * Non-released switch up to prep level with a bracer
- * Non-released tic-tock below prep level
- * Non-released tic-tock to/at/from prep level with a bracer
- * Inversions on the ground
- * Straight cradle from a prep

- * Stunt skill braced at the beginning or completion of the skill
- * Braced arm/arm extension connected to prep
- * Braced arm/arm single leg at prep level connected to prep level or below
- * Braced non-released tic-tock to/at prep level
- * Braced 1/4 up/down to/from extended level
- * Cradle from single leg at prep level

1-2**1-2**

- * 2 feet at extended level
- * Single leg stunts at prep level
- * 1/2 up/down to/from extended level 2 leg stunt
- * 1/2 up/down to/from 1 leg stunt at prep level
- * Non-released switch up to prep level
- * Non-released tic-tock to/at prep level
- * Non-released Invert up from the floor into a stunt
- * Leap Frog
- * Barrel Roll
- * Straight or 1/4 cradle from extension or single leg at prep level

- * Stunt skill braced at the beginning or completion of the skill
- * Braced arm/arm extended single leg connected to prep
- * Braced prep level paper dolls
- * Braced non-released switch up to extended level
- * Braced non-released tic-tock to extended level
- * Braced 1/2 up/down to/from extended single leg
- * Braced straight ride release to cradle
- * Cradle from extended single leg

2-3**2-3**

- * Extended single leg stunts
- * 1/2 up/down to/from extended level single leg stunts
- * Full up/down to/from prep level or below
- * Released non-twisting switch up to prep level or below
- * Non-released switch up or tic to extended level
- * Quick toss from ground level to prep level or below
- * Suspended rolls
- * Suspended full twisting forward roll
- * Non-released invert up to extended single leg
- * Downward invert below prep level
- * Static inversions at prep level or below
- * Straight or 1/4 cradle from extended single leg
- * Full down from 2 feet

- * Stunt skill braced at the beginning or completion of the skill
- * Braced arm/arm extension connected to extension
- * Braced hand/foot extended single leg connected to prep
- * Braced non-inverted releases (Flyer is braced by 2 people at prep level)
- * Braced full up to extended single leg
- * Braced tic-tock to/at extended level (Flyer is braced by 2 people at prep level)
- * Braced roll

3-4**3-4**

- * Full up/down to/from extension or platform
- * 1 1/2 up/down to/from prep level
- * Released non-twisting switch up to extended level
- * Released twisting switch up to prep level
- * Released tic-tock from prep level to prep level
- * Released twisting tic-tock from prep level to prep level
- * Quick Toss non-twisting release from ground level to extended level
- * Quick Toss twisting release from ground level to prep level or below
- * Released inversion from ground level to upright below prep level
- * Released inversion from prep level to upright at prep level or below
- * Non-released full twisting invert up to platform or extension
- * Downward inversion from prep level
- * Full down from 1 leg
- * 2 skill cradle

- * Stunt skill braced at the beginning or completion of the skill
- * Braced arm/arm extension connected to an extended single leg
- * Braced 1 1/2 to extended level
- * Braced non-twisting inverted releases (Flyer braced to 2 people at prep by arm/arm)
- * Braced upright releases from prep level to extended level (Flyer is braced by 1 person at prep level)

4-5**4-5**

- * Full up/Full Twisting Invert to extended single leg
- * 1 1/2 up to extended level
- * Released twisting switch up to extended level
- * Quick Toss twisting release from ground level to extended level
- * Upright non-twisting release from 2 feet at prep level to 2 feet at ext level
- * Upright twisting release from 2 feet at prep level to 2 feet at ext level
- * Upright non-twisting release from 1 foot at prep level to 2 feet at ext level
- * Upright twisting release from 1 foot at prep level to 2 feet at ext level
- * Upright non-twisting release from 2 legs at prep level to 1 leg at ext level
- * Upright twisting release from 2 legs at prep level to 1 leg at ext level
- * Upright non-twisting release from 1 leg at prep level to 1 leg at ext level
- * Upright twisting release from 1 leg at prep level to 1 leg at e level
- * Released 1/4 twisting invert from prep level to upright at prep level

- * Stunt skill braced at the beginning or completion of the skill
- * Braced arm/arm extended single leg connected to an extended single leg
- * Braced inverted half twisting releases (Flyer braced to 2 people at prep by arm/arm)

Tosses	Tumbling
0-1	0-1
	<ul style="list-style-type: none"> * Forward or Backward Rolls * Front or Back Walkover * Cartwheel from a lunge * Cartwheel * Round off * Front walkover-Cartwheel-Back Walkover
1-2	1-2
Basic Straight Cradles	<ul style="list-style-type: none"> * Back Handspring * Back Walkover-Back Handspring * Back Handspring step out-Back Walkover-Back Handspring * Round off-Back handspring(s) * Front handspring step out-Round off-Back handspring(s) * Round off-Back Handspring step out-Round off-Back Handspring(s) * Front Handspring-Bounder
2-3	2-3
Non Twisting Tosses Ex: Toe Touch, Switch Kick, Tuck Arch	<ul style="list-style-type: none"> * Jump-Handspring(s) * Series Handsprings * Aerial Cartwheel * Round off-(handspring)-tuck * Punch Front * Aerial Cartwheel-chasse-Round off-(handspring)-tuck * Front handspring step out-Round off-Back Handspring step out-Round off-(handspring)-tuck * Punch Front-step step-Round off-(handspring)-tuck
3-4	3-4
Single Twisting Tosses	<ul style="list-style-type: none"> * Onodi * Handspring-Tuck/Layout * Handspring-Whip-Handspring-Tuck/Layout * Standing Tuck * Jump-Handspring-Tuck/Layout * Jump-Handspring-whip-Handspring-Tuck/Layout * Aerial Walkover * Round off-(handspring)-layout * Front handspring-Punch Front/layout * Round off-handspring-whip-handspring-Tuck/Layout * Punch Front step out-Round off-(handspring)-layout
4-5	4-5
Double Skill Tosses Including A Twist Ex: Kick Fulls	<ul style="list-style-type: none"> * Handspring-Full * Standing Full * Jump-Tuck * Jump-Handspring-Full * Jump-Full * Round off-(handspring)-full * Front handspring-Front Full * Round off-Arabian * Barani