



2021-2022

School Scoring Rubric

(CYM/Elementary/Middle/High School)



The following grids outline the point ranges for specific skill sets performed by the team. Ranges will be determined by skills performed and number of athletes completing each skill (majority (50%+1), Most (75%), & less than a majority). Skills performed by less than most* of the team will move the score into a lower range. Judges will consider difficulty, variety, **and the number of bases performing the skill** when deciding on a specific score. Execution / Technique for each skill category will be rewarded separately on the score sheet.

Jumps	Cheer/Motions	Dance
0-1	2-4	2-4
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	5-7	5-7
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		
Three Jump Combination	Average Execution, Average Energy / Entertainment Level	Average Execution, Average Energy / Entertainment Level
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
<ul style="list-style-type: none"> • 2 leg stunts at prep level • Single leg stunts at prep level with a bracer • ¼ transition to prep level 	
1-2	1-2
<ul style="list-style-type: none"> • Release Style: Release move from below prep level to below prep level • Horizontal release move caught below prep level • Inversions: Inverted skills below prep level • Ground inversions transitioned to below prep level • Below prep level inversions out of stunts (yo-yo, back walkover, etc.) • Twisting: 1/2 up to prep • 1/4 up to extended • Others: Straddle lift at prep level • Flat back stunt • Prep • Extension • 2 leg stunts at extended level • Single leg stunts at prep level • CoED Style: Assisted walk in chair • Assisted toss chair • Assisted walk in hands • Assisted toss hands • Assisted coed skills at prep level 	<ul style="list-style-type: none"> • Pyramids with no transitional elements • Pyramids involving extended two leg stunts and/or one leg stunts at prep level • Pyramids involving an extended one leg stunt
2-3	2-3
<ul style="list-style-type: none"> • Release Style Release move from below prep level to prep level (Quick toss, switch up, ball up) • Prep level tick tock • Switch up to extended one leg • Horizontal release move caught at prep level • Inversions: Suspended Roll include twisting variations • Inverted dismounts (Waterfall/Cartwheel style) • Ground inversion transitioned to prep level • Prep level inverted stunts • Released inversions to below prep level • Twisting: Full up variations (cross leg, bases moving, multiple connections) • Full up to prep level and below variations • Twisting transitions to side / prone / cradle • Rewind transition to load • 1/2 up to extended • Others: Single leg extended variations • Single base extension • Straight or ¼ cradle from extended single leg / Full down from 2-legged stunt • CoED Style: Assisted coed skills at extended level • Toss Hands 	<ul style="list-style-type: none"> • Pyramids involving minimal transitional elements and any of the following Examples: • • Braced non-released transitions • Inverted stunts to prep level and below • Intermediate full up variations • • Released transition to any level - (2) • Released transition to prep or below - (1) • Switch up landing extended - braced or unbraced

3-4

- **Release Style** Quick toss to extended two leg •Release moves caught at extended (low to high tick tock lib position, prep release ball to extended) •Quick toss to single leg extended •1/2 switch up to extended one leg •Horizontal release move caught at extended
- **Inversions:** Prep level and below inverted stunts transitions to extended •Released inversions to prep level •Ground inversions to extended
- **Twisting:** Full up to extended target / liberty •Full up to body positions •Low to high full around
- **Others:** Extended single base liberty •Extended single base body position •1/2 Twisting to extended single base •Full down from 1 leg
- **CoED Style:** Walk in hands press extension •Toss hands press extension •Walk in extension •Assisted full up variations to extended level

3-4

- Pyramids involving multiple transitional elements, one of which is a release or inverted element and multiple extended structures including extended one leg stunts

Examples:

- Inverted stunts to extended - (2) •Advanced full up variations
- Released transition landing extended -(1) •Braced inverted stunts released to prep level and below
- Flipping transition landing below prep level - (1 or 2) •Rolling transition to prep and below

4-5

- **Release Style** Low to high tick tock variations (to body position) •1/2 around release moves to extended •High to High Tick Tocks •Horizontal release move caught at extended level body position •Full up switch ups•Full up quick toss to extended
- **Inversions:** Twisting ground inversion to extended (1/2 up or more) •Released inversions to extended •Ground inversion **release** to extended •Shoulder inversion **release** to extended body position•Hand to hand inversion release to prep or extension
- **Twisting:** High to high full around •Hands 1 1/2 around to extended •1 1/2 up to extended •Hands full around to extended
- **Others:** Switch up to extended one leg single base •2 skill cradle
- **CoED Style:** Walk in to extended single leg/single arm variation •Toss hands press to extended single leg/single arm •Toss extension •Toss extended platform to single leg variation •Toss to immediate extended liberty•Toss to immediate extended body position•Low to low/high tick tocks •Released Inversion to prep level

4-5

- Pyramids involving extended one leg stunts with multiple transitional sequences, at least one of which is a braced flip transition or advanced spinning transition

Examples:

- Inverted stunts involving spinning to extended - (2) •Inverted stunts to extended - (1) •Elite full up variations •Single base advanced full up variations
- Released transition involving spinning or inversion that land extended - (2) •Unbraced releases landing extended
 - Flipping transition landing extended - (2) •1/2 twisting flipping transition landing at prep level - (1 or 2) •Rolling transition to extended position - (1) • Flipping transition landing extended - (1) • Full twisting flipping transition to prep level - (1 or 2)

**For pyramids: •Number in () is the number of bracers utilized during the transition •When considering difficulty, utilizing less bracers should receive more credit

Tumbling	
0-1	<ul style="list-style-type: none"> • Forward or Backward Rolls • Front or Back Walkover • Cartwheel • Round off
1-2	<ul style="list-style-type: none"> • Standing Back Handspring • Connected Skills to running/standing Back Handspring • Roundoff back handspring • Front Handspring variations
2-3	<ul style="list-style-type: none"> • Series Handsprings • Aerial Cartwheel • Round off back handspring Tuck • Punch Front
3-4	<ul style="list-style-type: none"> • Standing Handspring(s) to Tuck • Standing Tuck • Aerial Walkover • Round off back handspring Tuck
4-5	<ul style="list-style-type: none"> • Standing Handspring(s) to Layout/Full • Standing Full • Round off Back handspring Layout/Full • Round off-Arabian

*For tumbling only: Most/Majority can be achieved through calculating cumulative skills/passes performed by the team collectively. Points within a range will be awarded with consideration of the number of athletes utilized in performing qualifying skills/passes.

Example quantity chart:

# of athletes	Majority	Most
10	6	8
11-12	7	9
13-14	8	11
15-16	9	12
17-18	10	14
19-20	11	15
21-22	12	17
23-24	13	18
25-26	14	20

Note: Teams registered as Coed must perform at least one CoED element utilizing majority +1 of the available males on the performance mat in order to receive credit on the scoresheet