



# Competitive Cheerleading Scoresheet Rubric

\* Placement within a specific rubric range is determined by the difficulty of the skills performed as listed below and overall execution of those skills. Below average or sub-standard technical execution may result in a team being dropped out of a rubric range.

\* Rubric ranges are based on a **majority of the team** performing the skills listed

## MOTIONS/DANCE RUBRIC

- 6.0-7.0 points: Little to no visual effects\*, below average level of execution, slow pace
  - 7.0-8.0 points: Basic visual effects\*, average level of execution, average pace
  - 8.0-9.0 points: Multiple visual effects\*, above average level of execution, fast pace
  - 9.0-10 points: Multiple visual effects\*, exceptional level of execution, fast pace
- \* **Visual effects - Technique includes: level changes, ripples, transitional movements, formations, footwork and floor work**

## JUMPS RUBRIC

- 6.0-7.0 points: Basic jumps (tuck, spread eagle, double hook) or poor execution/technique\* of advanced jumps
  - 7.0-8.0 points: Advanced jumps (front/side hurdler, toe touch, pike, double nine) performed with below level height/technique\*, minimal variety (two different types of jumps). Poor execution of combo jumps may be scored in this range
  - 8.0-9.0 points: Advanced jumps performed with level height, average technique\* and variety (three or more different types of jumps). Must perform at least one combo jump in order to qualify for 8-9 range. **Must display at least one synchronized full team jump**
  - 9.0-10 points: Four advanced jumps performed with above level, above average technique\* and variety (**must perform at least one combo jump in order to qualify for 9-10 range**) **Must display at least one synchronized full team jump**
- \* **Technique includes: approach, landing, toe point, and motion execution in the jump**

## TUMBLING RUBRIC

- 6.0-7.0 points: Basic rolls, handstands, cartwheels, round-off, front/back walkover
- 7.0-8.0 points: Running and/or standing back handsprings
- 8.0-9.0 points: Running and/or standing tuck skills
- 9.0-10 points: Running and/or standing layouts, fulls, speciality passes incorporating two no-handed skills

## PARTNER STUNT RUBRIC

- 6.0-7.0 POINTS: Beginner level partner stunts, shoulder sits/stands, thigh stands, extension preps, single leg prep skills, double base extensions
  - 7.0-8.0 POINTS: Intermediate level partner stunts, double base extended stunts with full twist dismount, extended single leg variation with a straight cradle, assisted prep level single base skills
  - 8.0-9.0 POINTS: Advanced partner stunts, extended single leg variations\* with a full twist dismount, assisted single base extended skills, unassisted prep level single base skills
  - 9.0-10.0 POINTS: Extended single leg advanced body position variations\* (not including torch or liberty) with a full twist dismount AND elite entry to extended skills with a full twist dismount, AND/OR unassisted single base extended skills
- \***Variations are defined by two or more body positions displayed**

## PYRAMIDS/TOSSES RUBRIC

- 6.0-7.0 points: Basic straight ride tosses, extended two leg pyramid
- 7.0-8.0 points: Single-skill tosses, extended single leg pyramid with at least one transition
- 8.0-9.0 points: Two-skill tosses, extended single leg pyramid with multiple (two or more) transitions - one of which is a release. Release moves that end in an extended position
- 9.0-10 points: Three (or more) skill tosses with at least one twisting skill, extended single leg pyramid with multiple (two or more) release transitions, flip inversion within a pyramid