



2016-17 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

- **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 drop, but are saved (this included excessive movement by the bases). Knee or hand of base touches ground during cradle or dismount.
- **Bouncer:** A bouncer 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 entire score sheet. In addition, the criteria listed below, performed well, should also be considered in the overall degree of difficulty score: full squad skills, repetition of skills, 3 vs. 2 stunt groups, 4 vs. 3 stunt groups, 5 vs. 4 stunt groups performing elite entries and twist dismounts, synchronized tumbling skills or tosses, jump tumbling combination, # 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, displaying endurance, and multiple **occurrences** of skills. Note: Doing the bare minimum gets you into the rubric range, but it will not necessarily score the highest in that range.
- **Dismount:** Ending a stunt by releasing a top person to the performing surface or releasing to a cradle.
- **Drop (1.5 deduction):** An individual stunt, pyramid, or toss that falls to the performance surface. Top person, or multiple bases land on the performance surface.
- **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 comes down to a cradle or dismounts early. It may then be put up again; however, it is clear to the judges that the stunt was not executed as intended. Also includes base dropping to floor during cradle or dismount.
- **Inversion:** See "Inverted"; it is the act of being inverted.
- **Inverted:** when the athlete's shoulders are below her/his waist.
- **Load-In:** the manner in which the athlete enters into the stunt or pyramid.
- **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.



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- **Musicality** - defined by matching the dance to the spirit/mood of the music. The dance tells a story and has a flow and purpose as opposed to a dance that has a series of pointless movements.
- **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 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).
- **Static:** A flyer that pauses in a position.
- **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.
- **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. Can involve some athletes or entire team.
- **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.
- **Tumbling Touchdown (.25 deduction):** Individuals' hand(s) down in tumbling after completion of an airborne skill.



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RUBRIC CATEGORIES

Crowd Interaction:

- **Showmanship:** Confidence, Crowd Appeal, Eye Contact, Smile, and Crowd Appeal; choreographed for a dynamic performance throughout the routine.
- **Voice Projection/Leading:** Required MINIMUM of 15 seconds is required in routine. Team will not receive points if cumulative total throughout the routine is less than 15 seconds. Consistent levels of articulation, inflection, enunciation, distinct words, volume, energy, stamina, pace. No proportionate score will be given.

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: two or more different jumps**
 - o Basic Jumps – Tuck, Eagle, Double Hook, Herkie
 - o Intermediate Jumps – Toe Touch, Right Hurdler, Left Side Hurdler, Front Hurdler
 - o Advanced Jumps – Pike, Double Nine, Around the World
 - o Example: right hurdler, toe touch, left hurdler all connected would complete the 3 jump triple combo requirement with variety.
- Teams are still encouraged to perform tumbling after jumps - they will receive tumbling points for those skills performed by majority.

Motions/Dance:

- Required Minimum of (3) 8-counts of Dance performed by majority of the team. 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, floorwork, body movement, and execution throughout the routine. Good to strong musicality. No proportionate score will be given.
- Motions should be performed sharply. Judges will be looking for visual effects, pace, sharp synchronization, transitions, level changes, creative combinations of movement, footwork and placement.

Pyramids: To maximize the score within rubric category, majority of the pyramid structures should include transitional entry into skills, which could include inversions. Creative choreography to incorporate additional skills including transitions and dismounts, number of skills being performed simultaneously will score higher within the range. **Multiple Top People Performing the Skills within the Pyramid/Inside and Outside Top People.**

Stunts – To maximize the score within rubric category, majority of the stunt groups should perform transitional entry into skill, which could include inversions. Creative choreography to incorporate additional skills including transitions and dismounts will score higher within the range. **Single leg structures cannot be counted as cumulative if a cradle dismount is performed during the sequence.**



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▪ **Body positions for Single Leg:** skills demonstrating similar flexibility from flyers. **Listed below are examples:**

- **Basic** - Liberty, Arabesque
- **Intermediate** – Heel Stretch, Scale
- **Advanced/Elite**– Scorpion, Bow & Arrow, Free Stretch, Chin-Chin, Needle

Tosses – not required – points will be awarded in the stunt category with a maximum of 8 points being awarded if no additional stunts are performed.

Recommendations:

- The judges need to see what the “Squad” can do as a whole. If squads “re-use/repeat” stunts elsewhere in the routine, judges will not be able to distinguish what the squad is capable of doing as a group. Therefore, it is recommended that teams stunt in sections of the routine as a squad and not randomly throughout the routine.

Transitions/Formations:

▪ Routine should be performed with variety, levels, seamless, creative, visual transitions, use of the mat, fluid movements, spacing, not crossing center, no bumping/tripping into one another, no gaps in formations, utilization of skills with in transitions and formation changes.

Tumbling:

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."
- **Specialty Pass (must end in a tuck or higher):**
 - Running tumbling with entries, including front walk-over/handspring, aerial, or punch front, ending in a tuck or higher.
 - Running tumbling involving skills, including back handspring step outs, whips, or arabians ending in a tuck or higher

Recommendations:

- The judges need to see what the “Squad” can do as a majority. Routine should be choreographed clearly for judges to award proper scores. Therefore, it is recommended that teams tumble in section(s) of the routine as a squad during the routine.
- **Recycled tumbling does not count toward majority.**
- Individual series skills are not considered as difficult as synchronized tumbling skills.
- Note: Doing the bare minimum (majority) gets you into the rubric range, but it will not necessarily score the highest in that range.



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ATHLETE PARTICIPATION

The grid shown below will determine the point range awarded for the performance of skills in routine. **This is based on the number of athletes successfully performing a skill that are needed to reach majority (51%);** considering that the skills are equal. The quantity below is the minimum number of athletes necessary for a team to be awarded credit on the **Difficulty Rubric** for performing skills shown below.

Athlete Count	JUMPS, MOTIONS, DANCE, TUMBLING Participation needed to reach Majority	TOSSES, STUNT GROUP (2 bases & 1 Spotter) needed to reach Majority	SINGLE BASE STUNT GROUP (1 Spotter) needed to reach Majority
1			
2			
3			
4			
5	3	1	1
6	4	1	2
7	4	1	2
8	5	2	2
9	5	2	2
10	6	2	2
11	6	2	2
12	7	2	3
13	7	2	3
14	8	2	3
15	8	2	3
16	9	3	3
17	9	3	3
18	10	3	4
19	10	3	4
20	11	3	4
21	11	3	4
22	12	3	4
23	12	3	4
24	13	4	5
25	13	4	5
26	14	4	5
27	14	4	5
28	15	4	5
29	15	4	5
30	16	4	6
31	16	4	6
32	17	5	6

NOTES:

Recycled Tumbling does not count toward majority.

Majority (51%) gets team within a range on the rubric

Well Over Majority (75%) will receive the next highest point value

Full Team Participation in a skill category scores higher in the difficulty section of the score sheet.