STANDING TUMBLING – DIFFICULTY

0 - 5.0

- Forward Rolls - Handstand Forward Rolls - Cartwheels - Walkovers - Aerials	- Back Handsprings - Front Handsprings - Back Walkover into Back Handsprings - Back Handspring Series	- Jump(s) into Back Handsprings - Jump(s) into Back Handspring Series - Standing Back Tucks - Back Handsprings to Back Tucks	- Jump(s) into Back Handsprings to Back Tucks - Jump(s) into Back Tucks - Back Handspring Series to Whips, Layouts or Fulls - Standing Fulls

Sliding scale based on progression, number of participants, and synchronization

RUNNING TUMBLING – DIFFICULTY

0 - 5.0

- Running Cartwheels (2 or more steps) - Roundoffs - Walkovers into Cartwheels or Roundoffs - Aerials	- Cartwheels into Back Handsprings - Roundoffs into Back Handsprings - Roundoffs into Back Handspring Series - Front Walkovers into Roundoff Back Handspring Series	- Roundoffs into Back Tucks - Front Walkovers into Roundoff to Back Tucks - Punch Fronts - Roundoffs into Back Handspring to Back Tucks - Roundoffs into Layouts - Roundoffs into X-Outs	- Roundoffs into Back Handspring Series into Layouts - Punch Fronts into Back Handspring Series or Back Tucks - Roundoffs into Fulls - Roundoffs into Back Handspring to Fulls - Punch Fronts to Step Out into Fulls - Roundoffs into Whip to Back Handspring to Fulls - Other Specialty Passes

Sliding scale based on progression, number of participants, and synchronization
Specialty Pass = Running tumbling across the performance surface that contains multiple back handsprings, step out, whip, Arabian, front walkover, front handspring, aerial or punch front skills and ends in a back tuck or higher
NOTE: Rising Div. 1, Rising Div. 2 and Shooting Div.2 are not allowed to do running tumbling and will receive a zero on their scoresheet.

TUMBLING – EXECUTION			JUMPS - DIFFICULTY			
0 - 1.9	2.0 - 3.9	4.0 - 5.0	2	3	4	5
Most demonstrate **below average**:	**Majority** demonstrate **average**:	**Most** demonstrate **above average**:	**Basic**	**Intermediate**	**Advanced**	**Elite**
- Approach (body position into a skill or pass) - Landings (control, legs and feet together, finished skill or pass) - Body Control (head, chest, arms, leg placement, toes pointed) - Synchronization (timing of group skills or passes) - Speed (control, consistent throughout skill or pass, flow from skill to skill)			Pencil Tuck Spread Eagle	Front Hurdler Side Hurdler Toe Touch Double Nine Pike	Front Hurdler Side Hurdler Toe Touch Double Nine Pike	Front Hurdler Side Hurdler Toe Touch Double Nine Pike
Many minor execution mistakes and/or many major execution mistakes	Few minor execution mistakes and/or a couple major execution mistakes	1-2 minor and no major execution mistakes	**No connected jumps**	**No connected jumps**	**May connect 2 jumps**	**May connect 3 jumps**

JUMPS – EXECUTION				
0 - 1.9	**2.0 - 3.9**	**4.0 - 5.9**	**6.0 - 7.9**	**8.0 - 10**
Most demonstrate **below average**:	**Less than majority** demonstrate **average**:	**Majority** demonstrate **average**:	**Most** demonstrate **average**:	**Most** demonstrate **above average**:
- Proper Body Position (chest, legs and arms placement) - Height / Flexibility Level - Pointed Toes - Landing Feet Together - Synchronization / Timing - Proper Approach (timing, accuracy, synchronization)				
Three **different** jumps required by most of the team Most = 75% of team				

Majority / Most Quantity Table (Maj = ½ + 1 and Most = 75%)															
# of Athletes	**5**	**6**	**7**	**8**	**9**	**10**	**11**	**12**	**13**	**14**	**15**	**16**	**17**	**18**	**19**	**20**
Majority	3	4	4	5	5	6	6	7	7	8	8	9	9	10	10	11
Most	4	5	6	6	7	8	9	9	10	11	12	12	13	14	14	15

TRANSITIONS AND FLOW		
1.0 - 1.9	**2.0 - 3.9**	**4.0 - 5.0**
- Major issues during transitions (bumping, excessive travel) - Minimal incorporation of skills during transitions - Choppy, lacks cohesion, excessive down time - Slow pace of routine	- Some issues during transitions (bumping, excessive travel) - Average incorporation of skills during transitions - Average coordination among all elements of the routine - Average pace of routine	- Clean transitions - Excellent incorporation of skills during transitions - Uncluttered changes between segments - Strong coordination among all elements of the routine - Fast pace of routine

MOTIONS: CHEER EXECUTION			MOTIONS: JUMP EXECUTION			MOTIONS: STUNTS / PYRAMID EXECUTION		
0 - 1.9	2.0 – 3.9	4.0 – 5.0	0 - 1.9	2.0 – 3.9	4.0 – 5.0	0 - 1.9	2.0 – 3.9	4.0 – 5.0
Most demonstrate **below average**:	**Most** demonstrate **average**:	**Majority** demonstrate **above average**:	**Most** demonstrate **below average**:	**Most** demonstrate **average**:	**Majority** demonstrate **above average**:	**Most** demonstrate **below average**:	**Most** demonstrate **average**:	**Majority** demonstrate **above average**:
- Pace / Sharp Precision - Synchronization / Timing - Arm Placement / Angles - Variety in Motions - Wrist Placement / Fists - Uniform in Placement			- Pace / Sharp Precision - Synchronization / Timing - Arm Placement / Angles - Variety in Motions - Wrist Placement / Fists - Uniform in Placement			- Pace / Sharp Precision - Synchronization / Timing - Arm Placement / Angles - Variety in Motions - Wrist Placement / Fists - Uniform in Placement		

DANCE EXECUTION CHEER MOTIONS			DANCE EXECUTION FLOORWORK / LEVELS			DANCE EXECUTION FOOTWORK / PACING		
0 - 1.9	2.0 – 3.9	4.0 – 5.0	0 - 1.9	2.0 – 3.9	4.0 – 5.0	0 - 1.9	2.0 – 3.9	4.0 – 5.0
Most demonstrate **below average**:	**Most** demonstrate **average**:	**Majority** demonstrate **above average**:	**Most** demonstrate **below average**:	**Most** demonstrate **average**:	**Majority** demonstrate **above average**:	**Most** demonstrate **below average**:	**Most** demonstrate **average**:	**Majority** demonstrate **above average**:
- Complexity and Execution of Movements - Synchronization in Overall Choreography - Uniform Placement/Angles of Limbs/Body - Sharp Precision - Full Extension of Motions - Variety in Motions - Confidence and ability to connect with audience - Projection, expression, energy, entertainment value			- Spacing - Consistent and even positioning throughout - Transitions - Seamless, quick and creative - Formation Changes - Varied formation changes - Use of floor - Level/group work, visual appeal, use of space			- Incorporation and Movement of Footwork - Both feet, one foot or stationary feet are used throughout performance - In Step with Music, Overall Timing and Knowledge of Choreography - Pace of Dance - Basic Rhythm and Musicality - Cleanliness		

Four consecutive 8-counts of full team dance required – IF teams do not do this, they will receive a zero in Dance Execution Floorwork / Levels. Anything done during the four consecutive 8-counts that could be scored somewhere else on the rubric will result in a zero in dance. Teams must dance (simply holding for an 8-count is not considered dance).

FORMATIONS AND SPACING		
1.0 - 1.9	2.0 - 3.9	4.0 - 5.0
- Unclear formations - Little variety - Spacing off throughout routine	- Formations demonstrate alignment, symmetry and good use of floor - Some variety - Minor problems in spacing	- Clear, visually effective formations - Lots of variety - Minimal or no spacing errors

PARTNER STUNT and PYRAMID – DIFFICULTY				
0 – 1.4 **Basic**	**1.5 – 2.4** **Novice**	**2.5 – 3.4** **Intermediate**	**3.5 – 4.4** **Advanced**	**4.5 – 5** **Elite**
Non-Release Skills				
- Floor Skill (no base) - Nugget / Knee Stand - Back stand - Kneeling Thigh Stand - T-Lift - Thigh Stand - L Stand - Thigh to Body Position - Thigh Prep Hitch - Waist Level Mini Prep	- Shoulder Sit - Flat Back - Straddle Sit at Prep Level - Prep - Prep Level Hitch - Shoulder Stand - Straddle Sit Extended	- 1 Leg Prep - 1 Leg Prep Body Position - Prep Power Press to Extension - Extension	- Straight Up to Post / Lib - Straight Up pull Body Position - Straight Up to Body Position - Lib Power Press - Body Position Power Press	- Single Base – Prep Level - Single Base – 1 Leg Prep - Single Base Extension - Single Base Lib - Single Base Body Position
Release Skills				
- Below Prep level release to below Prep level stunt (Floor / Nugget) - Switch Up at Floor / Nugget - Tick Tock at Floor / Nugget	- Below Prep level release to below Prep level stunt (Thigh / Waist) - Switch Up at Thigh / Waist - Tick Tock at Thigh / Waist - High to Low Prep / Waist	- 1 Leg Prep Tick Tock - Switch Up to 1 Leg Prep	- ½ Twisting Switch Up to 1 Leg Prep	- Full Twisting Switch Up to 1 Leg Prep - Switch Up to Body Position - Low to High Lib / Body Position - High to High
Twisting Skills				
- ½ Up to Thigh Stand - ½ Up to Waist - ½ Roll Log Roll	- ¼ Up to Prep - Full Roll Log Roll - ½ Up to Prep - Rewind to Load - ½ Up to 1 Leg Prep	- ¼ Up to Extension - ½ Up to Extension - Full Up to Prep - Full Up to 1 Leg Prep	- ½ Up to Lib - ½ Up to Body Position	- Full Up to Extension - Full Up to Lib/Body Position
Inversion /Braced Rolls and Flip Skills				
- Non-Release from Waist (or below) to Below Waist - Non-Release from Below Waist to Waist	- Non-Release from Below Prep to Prep Level - Release from Below Prep to Below Prep Level	- Non-Release from Prep Level to Below Prep Level - Release from Prep to Below Prep - Non-Release from Prep-to-Prep Level - Release from Below Prep to Prep Level	- Non-Release from Prep to Extension - Non-Release from Prep to Extended 1-legged Release from Prep to Below Prep with ½ turn - Release from Prep-to-Prep Level	- Non-Release from Below Prep to Extended - Non-Release from Below Prep to 1-Legged Extension - Release from Prep to Extended - Release from Below Prep to Extended

The above list is not all-inclusive.

Teams do not need to demonstrate skills in multiple categories (Non-Release, Release, Twisting and Inversion/Braced Rolls/Flips).

Modified skills (such as using front spots or faux ups) will decrease the skill's value.

Twisting – When scoring difficulty, judges will take into account the following: minimum movements of bases, limited number and type of connections between bases and top, top person's beginning and ending position, and completion of the skill.

Body Position = A position where a top person pulls in a 1 leg stunt showing flexibility (stretch, bow & arrow, arabesque, scale, scorpion, etc.).

PARTNER STUNTS:

Rising / Shooting: Teams need to complete **2 different** stunt skills by **majority** of groups to score in a particular range. Performing the same skills OR less than 2 skills will lower the range.

Shining / Super: Teams need to complete **3 different** stunt skills by **majority** of groups to score in a particular range. Performing the same skills or less than 3 skills will lower the range.

When scoring stunt difficulty within a range, judges will take into account the following factors: entries and dismounts, how each skill is completed, the number of bases used, and amount of team participation (most participation will score higher).

PYRAMIDS:

Teams need to complete **3-different** pyramid skills using most of the team to score in a particular range. Performing the same skills OR less than 3 skills will lower the range.

Pyramid will only be counted when the top person connects with another top person during the skill.

When scoring pyramid difficulty within a range, judges will take into account the following factors: number of bracers, variety and number of transitions, pace of skills, amount of team participation (full participation will score higher), and when the top becomes braced (from the ground up vs. during the skill vs. at the completion of the skill).

Teams do not need to demonstrate skills in multiple categories (Non-Release, Release, Twisting and Inversion/Braced Rolls/Flips).

When scoring difficulty within a range, judges will take into account the following factors: entries and dismounts, how each skill is completed, the number of bases used, and amount of team participation (most participation will score higher).

Modified skills (such as using front spots or faux ups), or less than majority participation will decrease the skill's value.

Twisting – When scoring difficulty, judges will take into account the following: minimum movements of bases, limited number and type of connections between bases and top, top person's beginning and ending position, and completion of the skill.

Body Position = A position where a top person pulls in a 1 leg stunt showing flexibility (stretch, bow & arrow, arabesque, scale, scorpion, etc.).

PARTNER STUNT & PYRAMID – EXECUTION				
0 - 1.9	**2.0 - 3.9**	**4.0 - 5.9**	**6.0 - 7.9**	**8.0 - 10**
Most demonstrate **below average**:	**Less than majority** demonstrate **average**:	**Majority** demonstrate **average**:	**Most** demonstrate **average**:	**Most** demonstrate **above average**:
- Synchronization / Timing, Pace, Control, and Flow - Technique of Bases (arms, legs, backs) - Technique of Tops (body control, flexibility, motion placement, legs) - Stability of Stunts - Distance Between Connections - Height / Movement of Releases and Braced Rolls / Flips				
Many major AND minor execution mistakes	Many minor execution mistakes OR Many major execution mistakes	A few minor mistakes AND 1 major mistake OR A few major execution mistakes	1-2 minor execution mistakes OR 1 major execution mistake	1-2 minor AND no major execution mistakes

SHOWMANSHIP / PERFORMANCE APPEAL		
1.0 - 1.9	**2.0 - 3.9**	**4.0 - 5.0**
Most demonstrate **below average**:	**Majority** demonstrate **average**:	**Most** demonstrate **above average**:
- Showmanship - Genuine Facial Expressions - Energy / Excitement - Enthusiasm / Spirit - Presentation of Cheer Words (pitch, clarity, enunciation, volume) - Eye Contact / Confidence ---- Innovative, Visual, and Creative Choreography - Thoughtfully planned to create a unified routine - Ability to capture the crowd, not just on performing the skills - Athleticism / Stamina		

Partner Stunt / Pyramid Group Breakdown				
# On Floor	**2-7**	**8-11**	**12-15**	**16-20**
Majority	1	1	2	3
Most	1	2	3	4 or 5