



Section 5

Officials' Scoring Instructions & Rubrics



Cheer Introduction

The key to this rubric and scoring system is to perform within the means of the squad's skill level, execute all skills soundly, and score high in the execution categories.

Definitions

Term	Description
Majority	51% or more of the team members execute a required skill. Half of the team plus one . <ul style="list-style-type: none"> 15 members would need 8 members completing the skill to fall in the majority range.
Less than majority	50% or fewer of the team members execute the required skill. Half the team or less. <ul style="list-style-type: none"> A team of 15 members have 7 members complete a skill, then they would fall in the less than majority range. A team of 16 members have 8 members complete a skill, then they would fall in the less than majority range.

Total Team Minus

The Total Team members performing the skill is used to determine the DOD in jumps, standing and running tumbling.

The following table identifies the number of team members who are not required to perform the skill.

If the rubric reads...	Then...
Total Team# - 0	All team members must perform the skill.
Total Team# - 2	1 and/or 2 team members are not required to perform the skill.
Total Team# - 4	3 and/or 4 team members are not required to perform the skill.
Total Team# - 6	5 and/or 6 team members are not required to perform the skill.
Total Team# - 8	7 and/or 8 team members are not required to perform the skill.

Check Boxes

Check boxes on the score sheet define the areas for improvement for a team's execution scores. This provides coaches with information to assist them on working to improve their execution scores week-to-week.

- Make sure that the boxes you check match your score.



Panel A - Jumps/Cheer/Dance/ORC

Jumps should be performed as a team.

- Squads may complete jumps connected to tumbling. However, the jumps will be scored in jumps and the tumbling portion will be scored in standing tumbling.

Definitions

Term	Description
Combo	Connected jumps without a pause in between. All approaches within the jumps must use a whip approach to be connected. <ul style="list-style-type: none"> A double toe touch. A toe touch, pike, hurdler that are all connected.
Variety	Involves different jumps <ul style="list-style-type: none"> A right herkie, toe touch, left herkie all connected would complete the 3-jump triple combo requirement.

Level of Jumps DOD

Jump Level	Description	DOD
Basic	tuck jumps, spread eagles, banana jumps	1-2
Advanced	herkie, hurdler, pike, double nine, toe touch	2-6

Cheer

Cheer Requirements

- A minimum of **3** eight counts of cheer with an incorporation(s).
- The entire team must participate in cheer to be eligible to receive **maximum** points.
- Athletes must say the words in the cheer.
- Cheer words should be distinct and have a high volume.

Cheer Incorporations

One of the following must be incorporated into the cheer to be eligible to receive **maximum** points.

- Jumps, tumbling, stunts, tosses, pyramids, or any combination.

All squad members can perform different skills such as the combination of jumps, tumbling, stunts, tosses, or pyramids to meet this requirement.

Dance

- To be eligible to receive the **maximum** points, **all athletes** must **be involved in** the entire **four (4) eight** counts.
- Dance should have level changes, transitions, footwork, and floor choreography to max out.
- Lifts and rolls are permitted **as part** of the choreography.

Overall Routine Composition

Overall routine will be evaluated on the following criteria:

- Showmanship, energy level, excitement, crowd appeal, uniformity, genuine enthusiasm, and athletic sportsmanship.
- Falls, drops, and bobbles throughout the routine.
- A team's ability to demonstrate precise spacing and seamless patterns of movement performed throughout the routine. This includes innovative, visual, and intricate ideas; as well as any additional skills performed to enhance the overall appeal. (*Source: Varsity All Star Scoring guide*)



Panel A – Jumps/Cheer/Dance/ORC Rubric

Jumps						
DOD	1	2	3	4	5	6
				<u>Total Team # - 4</u>	<u>Total Team # - 2</u>	<u>Total Team # - 0</u>
				Triple combo of 3 different advanced jumps. Must be connected.		
		<u>Total Team # - 4</u> Double combo advanced jumps with variety or triple combo advanced jumps with no variety.	<u>Total Team # - 2</u>	<u>Total Team # - 0</u>		
	<u>Total Team # - 2</u> Single or non-connected basic jumps.	<u>Total Team # - 0</u>				
EXE	1-2	3-4	5-6	7-8		
	Below average technique, height, synchronization, uniformed arm placement , poor form, and timing missed jumps. Majority dropped chest, bent legs, flexed toes, and bad landings	Below average-to-average technique, height, synchronization, uniformed arm placement , and form, very little timing off. Very few missed jumps. Minimal dropped chest, flexed toes, and bad landings	Average to above average technique, height, synchronization, uniformed arm placement , and form, good timing. No missed jumps, minimal dropped chest, flexed toes, or bad landings	Above average to excellent technique, height, synchronization, uniformed arm placement , and form, perfect timing. No missed jumps or dropped chest, all toes pointed, perfect landings		
Cheer						
DOD	1-2	3	4	5		
	Less than majority squad incorporations. Basic transitions, lacking complexity. Slung motions, words not said by entire team. Little creativity and lacking visual.	Half squad to full squad incorporations. Intermediate transitions. Majority sharp intermediate/advanced motions, words said by most of the team. Moderate creativity and somewhat visual.	Majority to full squad incorporations. Advanced transitions. Sharp advanced motions, words said by entire team. Creative and visual.	Full squad incorporations. Multiple advanced transitions. Very sharp/precise advanced motions, words said by entire team. Highly creative and very visual.		
EXE	Poor technique, poor timing, sloppy transitions and formations, no volume	Average technique, good timing, transitions, and formations need very little clean up, low volume	Above average technique, very good timing, clean transitions and formations, good volume	Excellent technique, perfect timing, very clean transitions and formations, excellent volume		
Dance						
DOD	1-2	3-4	5-6	7		
	Basic motions and transitions. Very few level changes. Lacks energy, little creativity, lacks originality, and lacking visually.	Intermediate motions and transitions. Few level changes. Average energy, Moderate creativity, with some originality and somewhat visual.	Advanced motions, with advanced transitions and several level changes. Very good energy, creative, original, and visual.	Multiple advanced motions with advanced transitions and several level changes. Excellent energy, highly creative and original, very visual.		
EXE	Poor technique, poor timing, sloppy transitions, and formations, poor rhythm	Average technique, good timing, not very clean on transitions and formations, average rhythm	Above average technique, very good timing, clean transitions, and formations, good rhythm	Excellent technique, perfect timing, very clean transitions, and formations, excellent rhythm		
Overall Routine Composition						
	1-2	3 - 4	5 - 6	7		
	Below average overall impression, cleanliness of routine and pacing throughout. 5+ falls or dropped skills . Below average routine layout, choreography with skills and use of the floor space. Little to no creative or smooth formations, transitions, no moments of innovative, visual, and intricate choreography. Below average level of energy, excitement, enthusiasm, and showmanship.	Average overall impression and cleanliness of routine, pacing throughout. 3-4 falls or dropped skills . Average routine layout, choreography with skills and use of floor space. Limited creative or smooth formations, transitions, moments of innovative, visual, and intricate choreography. Average level of energy and excitement, enthusiasm, and showmanship.	Above average overall impression and cleanliness of routine. Good pacing throughout. 1-2 falls or dropped skills . Solid routine layout and good use of choreography with skills and of floor space. Some creative or smooth formations and transitions. Some innovative, visual, and intricate choreography. Mid to high level of energy and excitement. Genuine enthusiasm and showmanship.	Very clean routine and excellent overall impression. Excellent pacing throughout. No falls or dropped skills . Solid routine layout and excellent use of choreography with skills and use of floor space. Creative or smooth formations and transitions. Innovative, visual, and intricate choreography. Highest level of energy and excitement. Genuine enthusiasm and showmanship.		



2025 Panel A – Jumps/Cheer/Dance/ORC Score Sheet

SCHOOL				NUMBER ON SQUAD	CLASS/ REGION	PANEL
						A
JUMPS						
Areas of EXE Improvement						SCORE
<input type="checkbox"/> Landings	<input type="checkbox"/> Height	<input type="checkbox"/> Form	<input type="checkbox"/> Synchronized/Timing	DOD	6	
<input type="checkbox"/> Pointed Toes	<input type="checkbox"/> Dropped Chest	<input type="checkbox"/> Arm Placement	<input type="checkbox"/> Legs Not Horizontal			
<input type="checkbox"/> Straight Legs	<input type="checkbox"/> Formation	<input type="checkbox"/> Missed Jumps		EXE	8	
						Decimal of .5 permitted
CHEER/CHANT						
Areas of EXE Improvement						
<input type="checkbox"/> Creative & Visual	<input type="checkbox"/> Add Motions	<input type="checkbox"/> Formations	<input type="checkbox"/> Synchronized/Timing	DOD/ EXE	5	
<input type="checkbox"/> Transitions	<input type="checkbox"/> Projection	<input type="checkbox"/> Energy	<input type="checkbox"/> Involve Total Team			
<input type="checkbox"/> Sharpness	<input type="checkbox"/> Volume	<input type="checkbox"/> Say Words	<input type="checkbox"/> Needs More Counts	Decimal of .5 permitted		
<input type="checkbox"/> Slow Pace	<input type="checkbox"/> Fast Pace	<input type="checkbox"/> No Incorporations	<input type="checkbox"/> Partial Incorporations			
DANCE						
Areas of EXE Improvement						
<input type="checkbox"/> Creative & Visual	<input type="checkbox"/> Rhythm	<input type="checkbox"/> Motions	<input type="checkbox"/> Synchronized/Timing	DOD/ EXE	7	
<input type="checkbox"/> Formations	<input type="checkbox"/> Choreography	<input type="checkbox"/> Pace	<input type="checkbox"/> Formation Changes			
<input type="checkbox"/> Energy	<input type="checkbox"/> Transitions	<input type="checkbox"/> Level Changes	<input type="checkbox"/> Needs More Counts	Decimal of .5 permitted		
<input type="checkbox"/> Showmanship	<input type="checkbox"/> Intricacy	<input type="checkbox"/> Involve Total Team	<input type="checkbox"/> Knowledge of routine			
OVERALL ROUTINE COMPOSITION						
Areas of EXE Improvement						
<input type="checkbox"/> Creative & Visual	<input type="checkbox"/> Clean up	<input type="checkbox"/> Falls	<input type="checkbox"/> Energy/Enthusiasm	EXE	7	
<input type="checkbox"/> Showmanship	<input type="checkbox"/> Variations	<input type="checkbox"/> Slow Flow/Pace	<input type="checkbox"/> Synchronized/Timing			
<input type="checkbox"/> Transitions	<input type="checkbox"/> Formations	<input type="checkbox"/> Fast Flow/Pace	<input type="checkbox"/> Structure/layout of routine	Decimal of .5 permitted		
<input type="checkbox"/> Innovative	<input type="checkbox"/> Dropped Skills	<input type="checkbox"/> Use of floor	<input type="checkbox"/> Intricate Choreography			
<input type="checkbox"/> Tumbling Technique/Performance			<input type="checkbox"/> Stunting Technique/Performance			
SUBTOTAL SCORE						
LEGIBLY SIGN YOUR FULL NAME						
OFFICIAL 1 SIGNATURE		OFFICIAL 2 SIGNATURE				

Panel B - Tumbling

The officials need to see what the squad can do as a team.

- Teams should tumble in sections of the routine as a squad and not randomly throughout the routine.
- If squads reuse/repeat the same tumbler, officials will not be able to distinguish what the squad can do as a group.
- An official will assume that if an athlete performs a higher-level skill, then that athlete can also perform the lower-level skill and give credit for that skill.
- Split the floor with your partner and use the floor safety to verify your numbers.

Examples

- If an athlete performs a round off back handspring full, then an official must assume that the athlete can also perform a round off back handspring tuck or layout.
- If an athlete performs a standing tuck, an official must assume that the athlete can also perform a standing back handspring.

Definitions

Term	Description
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. (<i>Source: usasf.net</i>)
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. (<i>Source: usasf.net</i>)
Entry	Officials will watch the entry into the skill. <ul style="list-style-type: none"> • Cartwheel: Defined as standing tumbling because that is what initiates the skill. • Round-off: Defined as running tumbling because of the momentum it generates. • A step hurdle into a cartwheel will be judged as running.
Full thru to Full	A team member performing a full through to full tumbling pass will count as <u>2</u> fulls. <ul style="list-style-type: none"> • Two (2) will be the maximum credit given per athlete.
Specialty Pass	Running tumbling across the mat that contains skills from the following during the pass. <ol style="list-style-type: none"> 1. Contains possibly: back handspring, step outs, whips, Arabians, front walk-over/handspring, aerial, or punch front 2. Ends: A tuck or higher.

Execution – Fall

When a team member executes a back-handspring with the hands touching the floor the judge cannot assume that the team member intended to execute a tuck. Placing one's hands on the floor during the execution of a tuck is not a fall to the floor. It is an execution error. Based on how the skill is executed, it may be scored as a back-handspring. When tumbling, a fall is considered a fall to the floor when the tumbler lands on their legs, knees, back, head, rear, elbows, and so on, that was not considered a part of the original landing.

**Credit Examples**

Scoring will lack accuracy if elements are scattered out in several segments of the routine. These examples apply to both running and standing tumbling. The tumbling DOD for a routine is not cumulative

Team	Example	The officials give credit for...
A	A team executes 3 standing fulls on the 2nd eight count of the routine, then during the 10th eight count into the routine the team executes 15 standing tucks and 1 standing full.	3 standing fulls, not 4, plus 15 standing tucks.
B	A team executes 2 standing fulls on the 3rd eight count of the routine. Later in the routine, the team executes 1 standing full and 15 standing tucks.	2 standing fulls, not 3, plus 15 standing tucks.
C	A team executes one standing full in the first eight count of the routine. 15 eight counts later, the team executes 3 back handsprings-to-fulls and 12 standing tucks.	3 back handsprings-to-fulls, plus 12 standing tucks. Not 4 fulls.
D	A team executes 2 running fulls-through-to-fulls (total of 4 fulls) in the 2nd eight count of the routine. 12 eight counts later, the team executes 2 round-off handspring fulls and 14 round-off handspring layouts.	4 full plus 14 layouts.
E	A team executes 1 round-off full in the 1st eight count of the routine. 7 eight counts later, the team executes 3 round-off fulls and 13 round-off tucks.	3 fulls plus 13 round-off tucks.



Panel B – Standing/Running Tumbling Rubric

Standing Tumbling						
DOD	1	2	3	4	5	6
	Forward rolls, back extension rolls, standing cartwheels.			<u>Total Team # - 6</u> Tucks or handspring tucks or handsprings to layouts including 1 standing series to full/ standing full.	<u>Total Team # - 4</u> including 2 standing series to full/ standing full(s).	<u>Total Team # - 2</u> including 3 or more standing series to full/ standing full(s).
				<u>Total Team # - 4</u> Tucks and/or handspring tucks or handsprings to layouts.	<u>Total Team # - 2</u>	
		<u>Less than majority</u> Handsprings, Tucks or handspring tucks or higher skill.	<u>Majority</u>	<u>Total Team # - 0</u> Handsprings		
EXE	1-2	3-4	5-6	7-8		
	Poor form, technique, timing, synchronization, and precision. Majority bent legs/body	Below average-to-average form, technique, timing, synchronization, and precision. Multiple bent legs/body	Average to above average form, technique, timing, synchronization, and precision. Minimal bent legs/body	Above average to excellent form, technique, timing, synchronization, and precision. No bent legs/body		
	3 or more falls or missed tumbling; majority athletes taking a step on landings; multiple/majority or more hands-down	1-2 falls or missed tumbling; half of athletes taking a step on landings; multiple-to-few hands-down	0-1 falls or missed tumbling; 2-4 athletes taking a step on landings; a few to minimal hands-down	0 falls or missed tumbling; 0-1 athlete taking a step on landing; minimal to no hands-down		
Running Tumbling						
DOD	1	2	3	4	5	6
	Running cartwheels and round-offs.			<u>Total Team # - 6</u> Round off tucks or handspring tucks or layouts or specialty passes including 1 full.	<u>Total Team # - 4</u> including 2-3 fulls.	<u>Total Team # - 2</u> including 4 or more fulls.
		<u>Total Team # - 6</u>	<u>Total Team # -4</u> Round off tucks and/ or handspring tucks.	<u>Total Team # - 2</u>	<u>Total Team # - 0</u>	
		<u>Total Team # - 8</u>	<u>Total Team # - 6</u>	<u>Total Team # - 4</u>	<u>Total Team # - 2</u>	
		<u>Less than majority</u> Round off handsprings, limited tucks.	<u>Majority</u>			
EXE	1-2	3-4	5-6	7-8		
	Poor form, technique, timing, synchronization, and precision. Majority bent legs/body	Below average-to-average form, technique, timing, synchronization, and precision. Multiple bent legs/body	Average to above average form, technique, timing, synchronization, and precision. Minimal bent legs/body	Above average to excellent form, technique, timing, synchronization, and precision. No bent legs/body		
	3 or more falls or missed tumbling; majority athletes taking a step on landings; multiple/majority or more hands-down	1-2 falls or missed tumbling; half of athletes taking a step on landings; multiple-to-few hands-down	0-1 falls or missed tumbling; 2-4 athletes taking a step on landings; a few to minimal hands-down	0 falls or missed tumbling; 0-1 athlete taking a step on landing; minimal to no hands-down		



2025 Panel B – Standing/Running Tumbling Score Sheet

SCHOOL				NUMBER ON SQUAD	CLASS/ REGION	PANEL
						B
STANDING TUMBLING						
Areas of EXE Improvement						SCORE
<input type="checkbox"/> Technique	<input type="checkbox"/> Landings	<input type="checkbox"/> Form/Stability	<input type="checkbox"/> Synchronized/Timing	DOD	6	
<input type="checkbox"/> Choreography	<input type="checkbox"/> Precision	<input type="checkbox"/> Straighten Legs	<input type="checkbox"/> Hands Down			
<input type="checkbox"/> Legs Apart	<input type="checkbox"/> Formation/Spacing	<input type="checkbox"/> Missed Tumbling	<input type="checkbox"/> Multiple Steps	EXE	8	
<input type="checkbox"/> Height	<input type="checkbox"/> Falls			Decimal of .5 permitted		
RUNNING TUMBLING						
Areas of EXE Improvement						
<input type="checkbox"/> Technique	<input type="checkbox"/> Landings	<input type="checkbox"/> Form/Stability	<input type="checkbox"/> Synchronized/Timing	DOD	6	
<input type="checkbox"/> Choreography	<input type="checkbox"/> Precision	<input type="checkbox"/> Straighten Legs	<input type="checkbox"/> Hands Down			
<input type="checkbox"/>	<input type="checkbox"/> Formation/Spacing	<input type="checkbox"/> Missed Tumbling	<input type="checkbox"/> Multiple Steps	EXE	8	
<input type="checkbox"/> Height	<input type="checkbox"/> Legs Apart	<input type="checkbox"/> Falls	<input type="checkbox"/> Use of Floor	Decimal of .5 permitted		
SUBTOTAL SCORE						
LEGIBLY SIGN YOUR FULL NAME						
OFFICIAL 3 SIGNATURE			OFFICIAL 4 SIGNATURE			

Panel C – Partner Stunt/Pyramids

The officials need to see what the squad can do as a team. If squads re-use/repeat stunts elsewhere in the routine, officials will not be able to distinguish what the squad can do as a group. Therefore, it is imperative that teams' stunt in sections of the routine as a squad and not randomly throughout the routine.

Definitions

Term	Description
Fall	A body part, other than the sole of the shoe, coming into contact with the performance surface during the execution of a stunt/skill. Falling to the floor with a body part landing on the floor such as hands, knees, legs, back, head, rear, elbow, and so on. <ul style="list-style-type: none"> A stunt group falling to the floor will count as 1 fall.
Drop	A stunt/skill being attempted that comes down early. It may then be put up again; however, it is clear to the officials that the stunt was not executed as intended.
Missed Stunt	A skill is attempted but does not hit the appropriate position or height as the other stunts. <ul style="list-style-type: none"> Failure to hit a heel stretch and instead remaining in a platform or liberty.
Bobble	When a flyer hits a stunt/skill and wobbles, shakes, swings their arms; but the stunt remains in the air.
True Full up	Bases remain stationery and flyer rotates 360.
Stunt Movement	When a stunt is moved due to an unintended and un-choreographed shift or adjustment by the bases(s).
Structure	A place in a pyramid where flyers connect (hand-hand or hand-foot) and pause to show a defined position. This is also known as a picture.
Extended Stunt/Position	The supporting hand(s) of the base(s) is/are above the head. (<i>Source: NFHS</i>)

DOD – Intended Height

A judge will give credit for those stunts that go to the intended height of the stunts. Stunts that does not go to the intended height will be factored into the scoring of the Degree of Difficulty. This is in Primary and Secondary Stunts as well as Pyramids.

- A team attempts to execute four liberty heel stretches. One does not make it up and the second one dismounts to the floor prior to hitting the highest point. Hence, two of the four of the stunts did not make it to the intended height. Thus, the team is only given credit for the two stunts that reach the intended height/hit.

Partner Stunts/Tosses

All groups must **demonstrate stability** at the extended point of the executed stunt. This **cannot** be a show & go style execution.

All stunts must have the required spotters and bases.

Level	Description																					
Primary Stunts	<p>A squad’s best and most creative stunts. More than one person working together as a team to execute the skill.</p> <ul style="list-style-type: none">All required elements should be executed during one section of the routine to receive full credit.																					
Secondary Stunts	<p>Basic two-legged stunts, to one-legged extended stunts, and high-flying basket tosses.</p> <ul style="list-style-type: none">Examples – Coed style extensions, extended single leg stunts.																					
Tosses	<p>Tosses can be used in place of the Secondary Stunt.</p> <table><tr><th colspan="3">Tosses</th></tr><tr><th>Basic</th><th>Intermediate</th><th>Advanced</th></tr><tr><td>Straight rides</td><td>Single full</td><td>Kick single or 1 ¼</td></tr><tr><td>Blow outs</td><td>X-outs</td><td>Hitch-kick single or 1 ¼</td></tr><tr><td>Pose</td><td>Toe touch</td><td>Star single or 1 ¼</td></tr><tr><td></td><td>Pike</td><td>Toe touch full down</td></tr><tr><td></td><td>Ball up star</td><td>Full up toe-touch</td></tr></table>	Tosses			Basic	Intermediate	Advanced	Straight rides	Single full	Kick single or 1 ¼	Blow outs	X-outs	Hitch-kick single or 1 ¼	Pose	Toe touch	Star single or 1 ¼		Pike	Toe touch full down		Ball up star	Full up toe-touch
Tosses																						
Basic	Intermediate	Advanced																				
Straight rides	Single full	Kick single or 1 ¼																				
Blow outs	X-outs	Hitch-kick single or 1 ¼																				
Pose	Toe touch	Star single or 1 ¼																				
	Pike	Toe touch full down																				
	Ball up star	Full up toe-touch																				
Dismounts	<p>The ending movement from a stunt or pyramid to a cradle or the performing surface. Movements are only considered dismounts if released to a cradle or released and assisted to the performing surface. Movement from a cradle to the ground is not considered a dismount. (Source: USAF)</p> <ul style="list-style-type: none">Specific dismounts are not necessary in secondary stunts or pyramids.																					
Load-in	<p>A stunting position in which the top person has at least one foot in the base(s) hands. The base(s) hands are at waist level. (USASF: 2025-26 Cheer Glossary) The manner by which you get the flyer to the top. Load-in Position: the two-foot entry position for an elevator; a hang drill.</p> <ul style="list-style-type: none">Only at the beginning of the routine, a flyer must have one foot on the floor ready to begin the stunt and in preparation of the signal to begin. Routines cannot begin in a stunt per GHSA rules.																					

Secondary and coed stunts must be held for at least **four (4) counts** once it reaches the intended height.

Stunt Skills

If a squad performs the **same** skill multiple times it will still only count as one skill.

- A full up from load and a full up from straddle position will count as **one** advanced skill. The full up is the repeated skill.
- Coed entries: walk-ins or tosses.
- All groups must perform the same skill(s) to receive credit.
- Any release skill to the extended position that is not fully released is considered an intermediate skill.

The table below represents a **limited list** of stunt skills a squad may perform. The officials are responsible for determining the level of difficulty for any stunt skills not listed.

Stunt Skills		
Basic	Intermediate	Advanced
Straight -up stunt to prep level (single or double leg)	Faux full-up to extended position (all bases turning, ruby slipper grip)	True full-up (cross-leg/traditional grip) to extended position
Half up to prep stunt	True full-up (cross-leg/traditional grip) to prep level	1 ¼ full up to extended position
Prep level stunts	Half-up to extended position (two leg or 1 leg)	Released inversion from waist level or prep level to extended stunt
Double leg extension	1 1/4 full up to prep level	Prep level hand in hand to extended stunt
Inversion from <ul style="list-style-type: none"> • waist or prep level to prep level stunt or below • ground to prep level stunt 	Straight up single leg extended position	Back handspring, roundoff, front handspring, cartwheel, etc. up to extended stunt
	Prep level hand in hand to prep level stunt	
	Non released to extended level <ul style="list-style-type: none"> • Example: low-to-high with back spot grabbing the ankle 	Release to extended position <ul style="list-style-type: none"> • switch up • quick toss • ball-up • full switch-up • low-to-high tick tock • high-to-high tick tock
	Inversion (no release) from <ul style="list-style-type: none"> • waist or prep level to extended stunt • ground to extended stunt 	
	Release to prep level <ul style="list-style-type: none"> • switch up • quick toss • ball-up • full switch-up • low-to-high tick-tock (waist to prep) • high-to-high tick-tock (prep to prep) 	
	Back handspring, roundoff, front handspring, cartwheel, etc. up to prep level stunt	

A combination skill receives credit for only one skill. A combination skill is two (2) or more skills performed at the same time.

Example: If a team performs a full switch up and later performs a switch up, the officials will count the full-up in the combination skill, allowing the team to have completed two different skills.

Body Positions/Flexibility Skills

Body Positions	Non-Body Positions
Stretch (Side/Front)	Liberty
Bow & Arrow	Torch
Scale	Dangle/Platform
Scorpion	
Chin Chin/Cry Baby	
Needle	
Cobra/ Paper Clip	
Arabesque	
Free Stretch (hands out)	

A front and side stretch counts as **only** one body position. They will **no** longer be considered two different positions.

Dismounts

Dismounts		
Basic	Intermediate	Advanced
Straight cradles from any skill/level	1 - 1 ¼ rotation (twist) from prep level single leg position	1 - 1 ¼ rotation (twist) from extended single leg position
Pop downs	360 down (corkscrew) from extended (two-legged, dangle, platform) position to a squish or floor	360 down (corkscrew) from extended (single leg, liberty or body position to a squish or floor
Squish	360 down (corkscrew) from prep level to a squish or floor	Power press prep level kick/toe/pike full
Prone from prep level	Full down from prep or extended position	
❖ Half turn cradle from prep	Forward suspended roll	
	Prone from extended level	
	❖ Fold over	
	❖ Half turn cradle from extended	
	❖ Downward inversion from below prep level to performing surface	

❖ Is a transition that receives credit for a dismount.



Maxing Out in Primary Partner Stunt

- A team with 16 members will be expected to stunt 4 primary stunts executing the max DOD requirements to receive an 8.
- A team of 16 members stunt 3 primary stunt groups, if the squad maxes DOD requirement, the highest DOD the squad will receive is a 7. The groups must complete all the skills outlined in the rubric to receive the highest score in DOD.
- If a team has a total of 15 members, they are expected to stunt 3 primary stunt groups. 3 stunt groups executing the max DOD requirement would receive a 7. However, if a team has a total of 15 members and stunt 4 main groups with the required skills, they can receive a maximum of 8 for DOD points.

Maxing out in Secondary Partner Stunt/Tosses

- To max out DOD in secondary stunt/tosses, a team of 16 will be expected to do 5 secondary extended single leg stunts or throw 4 advanced tosses to receive a 5.
- If a team has a total of 15 members, they are expected to stunt 4 secondary extended single leg stunts or throw 3 advanced tosses to receive a maximum score of 4 for DOD.
- A team of 15 could max out DOD of 5 if they perform 5 single leg extended stunts. However, a team of 15 members would be unable to legally complete 4 tosses.



Coed

A coed squad consists of both males and females, or individuals of the opposite sex. In a coed stunt, a male serves as the primary base (group of 3). Coed group of 3 includes male as primary base of support with a spotter and flyer.

Unassisted/Assisted

For the Coed Secondary Stunts, Unassisted and Assisted will be defined as the following:

Level	Description
Assisted	Any contact made to the stunt by any other member of the team. If another member touches the stunt prior to clearly hitting the intended position, then it is assisted.
Unassisted	Stunt completed by only one person and without the help of any other team member. A stunt must hit at the intended position without any assistance or contact to receive full credit.

Stability

All coed stunts must **demonstrate stability** at the extended point of the executed stunt before receiving assistance. If assistance is provided before stability is shown, full credit will not be given.

Scoring Coed

Coed stunt groups are their own section on the scoresheet. Coed stunts can score up to an extra 5-points on the scoresheet provided the team executes the required skills with the required number of coed stunt groups based upon the number or males on the team.

Use these steps when judging Coed.

Step	Action
1	Determine the number of males on the team. <ul style="list-style-type: none"> Reference <i>Coed Stunt Groups</i> chart to determine how many males must stunt.
2	Identify the skills performed by the required males on the team.
3	Locate the lowest level skill performed by the males on the squad on the rubric, this identifies the highest possible Coed DOD.

Coed Stunt Groups

Males serve as the primary base in a Coed stunt group. The chart identifies the required number of Coed stunts to execute to receive credit.

Number of Males on a Team	Number of Coed Stunts to Execute
1-2	1
3-4	2
5-6	3
7-8	4
9-10	5

Coed stunts can occur at any part of the routine, either with the squad secondary stunts or separately. Coed stunts will receive their own DOD.

EXE is cumulative for all secondary stunts including Coed stunts.

Coed DOD

For a coed team to receive DOD points, they must show their required number of coed stunts at any point of the routine. Squads can choreograph the stunt exactly the way it is listed or if they have skilled male athletes, they can choose to skip the prep portion if they show the harder skill, **fully unassisted**.

DOD Examples

All examples are assuming the other required criteria is met with the number of stunt groups and number of required males completing the stunt.

DOD	A Coed team performs...
5	<ul style="list-style-type: none"> Walk in or toss to a single leg extended stunt with no assistance or performs it exactly the way it is stated in the rubric. Unassisted extensions to the top, not stopping at prep first, then transition to an unassisted extended one-arm cupie. A toss to a one-arm cupie or directly to an extended single-leg stunt with no assistance.
4	<ul style="list-style-type: none"> A toss to an unassisted extension, then is assisted to a single-leg stunt.
3	<ul style="list-style-type: none"> Unassisted to prep, then transition to an assisted extended one-arm cupie or single leg. Walk in or toss to prep with no assistance, then assisted to a single leg. Toss to an unassisted extended double leg.
2	<ul style="list-style-type: none"> An unassisted toss to hands, then assisted to an extension. An assisted toss to hands, then assisted to an extension.
1	<ul style="list-style-type: none"> An assisted toss to hands. Under the 1 DOD, everything can be assisted. To receive higher than a 1 they must extend the stunt.

Coed - Scoring Zero

A squad could score a zero in the following scenarios.

- A team does not execute the number of required male stunts.
- The number of required stunts from male athletes on a team do not fulfill the **minimum** requirements of the rubric of assisted or unassisted to hands/prep level.
- A team with 1 male athlete is unable to perform the day of competition, his stunt group does not fulfill the requirement of the rubric, or the stunt does not hit.
- The male athletes drop all required stunts that day.

Stunting Execution

When stunting, a fall is considered to the floor by a stunt team member, including bases, flyers, and spotters. When a flyer or stunt group falls, a team member must fall to the floor landing on a part of the body such as the hands, legs, knees, back, head, rear, elbow, hand, and so on. *See Fall definition.*

- If a person lands on their feet, it is not considered a fall. It would be considered an early dismount and/or an execution error. This should be factored into the execution score.
- The secondary stunt must show stability at the top before coming down, not show-and-go style. The stunt cannot just pass thru the top.

Basket Tosses

Will be scored in the Secondary Stunt skill area on the scoresheet. They are not required. A basket toss can be considered a high-level stunt when it is executed appropriately and safely. A team may score the top score for DOD or EXE without the execution of any basket tosses.



Pyramids

Two or more connected stunt groups built no more than two body lengths high. A squad of 16 will likely have a more intricate pyramid than a squad of 12.

Skills

If a squad performs the **same** skill multiple times it will still only count as one skill. The full up is the repeated skill.

- A full up from load and a full up from straddle position will count as **one** advanced skill. The full up is the repeated skill.

Pyramid Skills		
Basic	Intermediate	Advanced
Straight-up stunt to prep level or extension	Faux full-up to extended position (all bases turning, ruby slipper grip)	True full-up (cross-leg/traditional grip) to extended position
Prep level stunts	True full-up (cross-leg/traditional grip) to prep level	1 ¼ full up to extended position
Half-up to prep	Half-up to extended position (two leg or 1 leg)	Released inversion from waist level or prep level to extended stunt
Show and go	1 1/4 full up to prep level	Prep level hand in hand to extended stunt
Single leg show-and-go	Straight up single leg extended position	1½ around back to squish
Straddle sit	Prep level hand in hand to prep level stunt	Front flip
Half around back to squish	Non released to extended level <ul style="list-style-type: none"> • Example: low-to-high with back spot grabbing the ankle 	Back flip
		Side-sumi
Flat back into stunt	Inversion (no release) from <ul style="list-style-type: none"> • waist or prep level to extended stunt • ground to extended stunt 	Back handspring, front handspring, cartwheel, etc. up to extended stunt
		Release to extended position <ul style="list-style-type: none"> • switch up • quick toss • ball-up • full switch-up • low-to-high tick tock • high-to-high tick tock
Inversion from <ul style="list-style-type: none"> • waist or prep level to prep level stunt or below • ground to prep level stunt 	Release to prep level <ul style="list-style-type: none"> • switch up • quick toss • ball-up • full switch-up • low-to-high tick-tock (waist to prep) • high-to-high tick-tock (prep to prep) 	
	One or two-handed suspended roll	
	Helicopter	
	Full around to back squish	
	Up and over (leapfrog)	
	1 ¼ full up to prep level	
	Release to smoosh or cradle <ul style="list-style-type: none"> • Example: straddle-to-smoosh, kick, kick-kick to cradle 	
	Power press and similar skills	
	Prep level hand in hand to prep level	
	Back handspring, front handspring, cartwheel, etc. up to prep level stunt	

A suspended roll (intermediate skill) is when the hand is in contact with someone with both feet on the performing surface.

**Pyramid Execution**

When a pyramid is attempted, and part of the pyramid is executed appropriately, then the team is given credit for any portion of pyramid that hits. Provided the pyramid reached the intended height, a fall in one stunt group of a pyramid would not prevent the team from scoring a Degree of Difficulty (DOD) score. Spacing issues, falls/missed elements on one side, and timing issues would be an example of elements that would be scored in the execution of the pyramid. Either side falling may result in a fall deduction if the fall goes to the floor.



Panel C – Partner Stunts Rubric

Primary Partner Stunts								
DOD	1	2	3	4	5	6	7	8
		<u>2 Total Groups</u> Less than majority squad basic dismounts Must include 1 basic skill to prep level or higher plus 2 body positions	<u>3 Total Groups</u> Squad intermediate dismounts	<u>4 Total Groups</u> Must include 1 basic skill plus 2 body positions	<u>2 Total Groups</u> Majority squad advanced dismounts	<u>3 Total Groups</u> Must include 3 advanced skills to the extended position plus 3 body positions executed at extended position	<u>3 Total Groups</u> Squad advanced dismounts	<u>4 Total Groups</u>
	<u>1/2 Total Groups</u> Must include 1 basic skill with limited or no body positions	<u>3/4 Total Groups</u>		<u>2 Total Groups</u> Squad intermediate dismounts Must include 2 advanced skills to the extended position plus 2 body positions executed at extended position	<u>3 Total Groups</u> Majority advanced dismounts	<u>4 Total Groups</u> Squad advanced dismounts		
			<u>2 Total Groups</u> Majority intermediate dismount Must include 2 intermediate skills plus 2 body positions	<u>3 Total Groups</u>	<u>4 Total Groups</u> Majority advanced dismounts			
EXE	1-2		3-5		6-8		9-10	
	Poor technique and timing, poor synchronization, poor dismounts, lacks flexibility of body positions, poor precision		Below average-to-average technique, good timing and synchronization, not very clean dismounts, average flexibility of body positions, average/fair precision		Average to above average technique, timing, and synchronization; very good precision, very clean dismounts, above average flexibility of body positions		Above average to excellent technique, timing, synchronization, and precision; perfect flexibility of body positions, majority perfectly clean dismounts	
	3 or more dropped stunts; 7+ bobbles, falls, or missed stunts. Lots of stunt movement		1-2 dropped stunts; 5-6 bobbles, multiple falls, or missed stunts. Some stunt movement		0-1 dropped stunt; 3-4 bobbles, minimal falls, or missed stunts. Minimal stunt movement		0 dropped stunts; 1-2 bobbles; no falls or missed stunts. Minimal to no stunt movement	
Secondary Stunts/ Tosses								
DOD	1	2	3	4	5			
	<u>1 Total Group</u> extended single leg	<u>2 Total Groups</u> extended single leg	<u>3 Total Groups</u> extended single leg	<u>4 Total Groups</u> extended single leg	<u>5 Total Groups</u> extended single leg			
	<u>1-2 Total Groups</u> double leg extended	<u>3 Total Groups</u> double leg extended	<u>4 Total Groups</u> double leg extended	<u>5 Total Groups</u> double leg extended				
	<u>1-2 Total Groups</u> prep-level	<u>3-4 Total Groups</u> prep-level	<u>5 Total Groups</u> prep-level					
		<u>1 Total Group</u> advanced tosses	<u>2 Total Groups</u> advanced tosses	<u>3 Total Groups</u> advanced tosses	<u>4 Total Groups</u> advanced tosses			
	<u>1 Total Group</u> intermediate tosses	<u>2 Total Groups</u> intermediate tosses	<u>3 Total Groups</u> intermediate tosses	<u>4 Total Groups</u> intermediate tosses				
	<u>1-2 Total Groups</u> basic tosses	<u>3 Total Groups</u> basic tosses	<u>4 Total Groups</u> basic tosses					
DOD COED Secondary Stunts								
The team must execute the required number of coed stunt groups to receive the points in the category below.								
	1	2	3	4	5			
	Assisted or unassisted to hands/prep level.	Assisted or unassisted to hands/prep level. Then assisted or unassisted extension .	Fully unassisted to hands/prep level. Then assisted or unassisted extended single leg/one-arm skill. OR Fully unassisted completed to extended double-leg position.	Fully unassisted completed to the extended position. Then assisted to extended single leg/one-arm skill.	Fully unassisted completed to the extended position. then unassisted extended single leg/one-arm skill. Can walk-in or toss directly to extended single leg/one-arm skill.			
EXE	1	2-3	4-5	6				
	Poor technique and timing, poor synchronization, poor dismounts, lacks flexibility of body positions, poor precision	Below average-to-average technique, good timing and synchronization, not very clean dismounts, average flexibility of body positions, average/fair precision	Average to above average technique, timing, and synchronization; very good precision, very clean dismounts, above average flexibility of body positions	Above average to excellent technique, timing, synchronization, and precision; perfect flexibility of body positions, majority perfectly clean dismounts				
	3 or more dropped stunts; 7+ bobbles, falls, or missed stunts. Lots of stunt movement	1-2 dropped stunts; 5-6 bobbles, multiple falls, or missed stunts. Some stunt movement	0-1 dropped stunt; 3-4 bobbles, minimal falls, or missed stunts. Minimal stunt movement	0 dropped stunts; 1-2 bobbles; no falls or missed stunts. Minimal to no stunt movement				



Panel C – Pyramids Rubric

Pyramids								
DOD	1	2	3	4	5	6	7	8
	Basic pyramid that includes		Intermediate pyramid that includes		Advanced Pyramid that includes		Highly advanced pyramid that includes	
	1 structure with	2 or more structures with	1 or more structures with	2 or more structures with	2 or more structures with	3 or more structures with	3 or more structures with	4 or more structures with
	1 basic skills to the prep level position or above, lacking complexity Synchronized flyers not required	2 or more basic skills to the prep level position or above, lacking complexity Synchronized flyers not required OR 1 intermediate skill to the prep level position or above Synchronized flyers not required	2 or more intermediate skills to the prep level position or above Synchronized flyers not required OR 1 advanced skill performed with 1 flyer being executed to the extended position	3 or more intermediate skills performed to the prep level position performed by 2 or more synchronized flyers OR 2 advanced skills performed with 1 flyer 1 of the 2 skills being executed to the extended position	2 advanced skills performed with 2 flyers 1 of the 2 skills being executed to the extended position by 2 or more synchronized flyers OR 3 advanced skills performed with 1 flyer 2 of the 3 skills being executed to the extended position	2 advanced skills with 2 of the 2 skills being executed to the extended position all performed by 2 or more synchronized flyers	3 advanced with 2 of the 3 skills being executed to the extended position all performed by 2 or more synchronized flyers	4 advanced skills with 3 of the 4 skills being executed to the extended position all performed by 2 or more synchronized flyers
EXE	1-2		3-5		6-8		9-10	
	Poor technique and timing, poor synchronization, poor dismounts, lacks flexibility of body positions, poor precision Poor transitions		Below average-to-average technique, good timing and synchronization, not very clean dismounts, average flexibility of body positions, average/fair precision Not very clean transitions		Average to above average technique, timing, and synchronization; very good precision, very clean dismounts, above average flexibility of body positions Very clean transitions		Above average to excellent technique, timing, synchronization, and precision; perfect flexibility of body positions, majority perfectly clean dismounts Perfectly clean transitions	
	3 or more dropped stunts; 7+ bobbles, falls, or missed stunts. Lots of stunt movement.		1-2 dropped stunts; 5-6 bobbles, multiple falls, or missed stunts. Some stunt movement.		0-1 dropped stunt; 3-4 bobbles, minimal falls, or missed stunts. Minimal stunt movement.		0 dropped stunts; 1-2 bobbles; no falls or missed stunts. Minimal to no stunt movement.	



SCHOOL				NUMBER ON SQUAD	CLASS/ REGION	PANEL
						C
PRIMARY PARTNER STUNTS						
Areas of EXE Improvement						SCORE
<input type="checkbox"/> Missed Stunts	<input type="checkbox"/> Bobbles	<input type="checkbox"/> Flyer Form	<input type="checkbox"/> Formations	DOD	8	
<input type="checkbox"/> Dropped Stunts	<input type="checkbox"/> Precision	<input type="checkbox"/> Flexibility	<input type="checkbox"/> Synchronized/Timing			
<input type="checkbox"/> Cleanup Dismounts	<input type="checkbox"/> Stability	<input type="checkbox"/> Falls	<input type="checkbox"/> Missed Body Position	EXE	10	
<input type="checkbox"/> Missed Dismounts	<input type="checkbox"/> Stunt Movement	<input type="checkbox"/> Stunt Technique				
						Decimal of .5 permitted
SECONDARY STUNTS/ TOSSES/COED						
Areas of EXE Improvement						
<input type="checkbox"/> Missed Stunts	<input type="checkbox"/> Bobbles	<input type="checkbox"/> Flyer Form	<input type="checkbox"/> Formations	SQUAD DOD	5	
<input type="checkbox"/> Dropped Stunts	<input type="checkbox"/> Precision	<input type="checkbox"/> Flexibility	<input type="checkbox"/> Synchronized/Timing			
<input type="checkbox"/> Cleanup Dismounts	<input type="checkbox"/> Stability	<input type="checkbox"/> Falls	<input type="checkbox"/> Stunt Technique	EXE	6	
<input type="checkbox"/> Toss Technique	<input type="checkbox"/> Toss Height	<input type="checkbox"/> Stunt Movement				
				Decimal of .5 permitted		
<input type="checkbox"/> Did not meet coed requirements	<input type="checkbox"/> Coed Technique	<input type="checkbox"/> Required hold count not met		COED DOD	5	
PYRAMIDS						
Areas of EXE Improvement						
<input type="checkbox"/> Flyer Form	<input type="checkbox"/> Flow	<input type="checkbox"/> Cleanup Releases	<input type="checkbox"/> Synchronized/Timing	DOD	8	
<input type="checkbox"/> Precision	<input type="checkbox"/> Missed Elements	<input type="checkbox"/> Slow Flow/Pace	<input type="checkbox"/> Improve Transitions			
<input type="checkbox"/> Drops	<input type="checkbox"/> Bobbles	<input type="checkbox"/> Fast Flow/Pace	<input type="checkbox"/> Connections	EXE	10	
<input type="checkbox"/> Stability	<input type="checkbox"/> Falls	<input type="checkbox"/> Stunt Movement	<input type="checkbox"/> Stunt Technique			
				Decimal of .5 permitted		
SUBTOTAL SCORE						
LEGIBLY SIGN YOUR FULL NAME						
OFFICIAL 5 SIGNATURE			OFFICIAL 6 SIGNATURE			