



Competitive Cheerleading Scoresheet Rubric

Skills performed by majority of team

MOTIONS RUBRIC

- 6.0-7.0 points: Basic motions, slower pace, little variety, minimal changes
- 7.1-8.0 points: Intermediate motions, moderate to average pace, some variety of standard motions
- 8.1-9.0 points: Advanced motions, quick pace, sequence variety, levels and changes
- 9.1-10.0 points: Elite motions, fast paced, advanced portions, creative visual enhancement

JUMPS RUBRIC

- 6.0-7.0 points: Beginner skills: tuck, spread eagle, double hook, 2 jumps
- 7.1-8.0 points: Intermediate skills: side hurdler, front hurdler and herkie, 2 or more sequences
- 8.1-9.0 points: Advanced skills: toe touch, pike, double nine, 2 or more sequences, combinations
- 9.1-10.0 points: Elite skills: 2 or more jump combinations at advanced level, variety, around the world

TUMBLING RUBRIC

- 6.0-7.0 points: Basic rolls, handstands, cartwheel, round-off handstand forward roll, back/front walkover
- 7.1-8.0 points: Standing back handspring, round-off back handsprings, aerial
- 8.1-9.0 points: Round-off back handspring series, standing back tuck, round off back tuck, round-off back handspring series including whip backs, tucks and twists
- 9.1-10.0 points: Sequence elite skills performed with a strong level of execution and perfection

STUNT/PYRAMID RUBRIC

- 6.0-7.0 points: Beginner level partner stunts and pyramids, shoulder height and below: shoulder sits and stands, thigh stands, extension preps, straight ride basket tosses
- 7.1-8.0 points: Intermediate partner stunts and pyramids: Double based extensions, single leg prep positions, double downs from prep position, basket toss with 1 specialty skill
- 8.1-9.0 points: Advance partner stunts and pyramids: extended single leg variations with twisting dismounts, double downs from extended stunt, basket tosses with 2 specialty skills
- 9.1-10.0 points: Elite skills performed by majority of team performed with a strong level of execution and perfection