



# IHSA COMPETITIVE CHEERLEADING Rubric

Degree of difficulty ranges are based on a *majority* of the team performing skills within each level. Placement within a specific range is determined by the difficulty of the skills performed, the percentage of athletes performing the skills, and additional skills performed above the level of difficulty achieved by the team. Not performing a majority of any skill in a given category will result in a difficulty score of 3.5-4.5.

## JUMPS

<b>Level 1:</b> 4.5-5.5	<b>Level 2:</b> 5.5-6.5	<b>Level 3:</b> 6.5-7.5	<b>Level 4:</b> 7.5-8.5
-One full team synchronized advanced jump*.	-Two different advanced jumps* including: •One full team synchronized advanced jump.	-Three different advanced jumps* including: •One full team synchronized advanced jump. •One combination jump.	-Four advanced jumps* including: •Three different advanced jumps. •One full team synchronized advanced jump. •One combination jump.

\*Advanced jumps include: toe touch, hurdler, herkie, pike, double nine, around the world.

## TUMBLING

<b>Level 1:</b> 4.5-5.5	<b>Level 2:</b> 5.5-6.5	<b>Level 3:</b> 6.5-7.5	<b>Level 4:</b> 7.5-8.5
-Basic roll (forward or backward) -Handstand -Cartwheel -Roundoff -Front/back walkover	-Front handspring -Aerial cartwheel -Running/standing back handspring -Jump to back handspring	-Front aerial walkover -Punch front -Running/standing back tuck -Running/standing pike -Advanced single jump to back tuck	-Advanced combination jump to back tuck -Layout -Arabian -Full -Specialty passes with two or more no-handed skills

## PYRAMIDS/TOSSES

<b>Level 1:</b> 4.5-5.5	<b>Level 2:</b> 5.5-6.5	<b>Level 3:</b> 6.5-7.5	<b>Level 4:</b> 7.5-8.5
-Pyramid must include: •One extended single leg position. •One release transition. <b>and/or</b> -One skill toss	-Pyramid must include: •One extended single leg position. •One release that ends in an extended position. <b>and/or</b> -Two skill toss	-Pyramid must include: •Two extended single leg structures. •Two release transitions - one that ends in an extended single leg position. <b>and/or</b> -Two skill toss including a twist	-Pyramid must include: •Three extended single leg structures. •A variety of top people in extended positions. •Two release transitions – one inversion AND one that ends in an extended single leg position. <b>and/or</b> -Three skill toss including a twist

\*Note: See Instruction and Definition document.



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## PARTNER STUNTS

<b>Level 1:</b> 4.5-5.5	<b>Level 2:</b> 5.5-6.5	<b>Level 3:</b> 6.5-7.5	<b>Level 4:</b> 7.5-8.5
<ul style="list-style-type: none"> <li>-Intermediate level partner stunts</li> <li>-Prep level skills</li> <li>-Extensions</li> <li>-¼ or ½ up to prep level</li> <li>-¼ or ½ up to extension</li> <li>-Single leg extended skills</li> <li>-Full up to prep level</li> <li>-Non-twisting dismounts</li> </ul>	<ul style="list-style-type: none"> <li>-Extended single leg variations with a full twisting dismount</li> <li>-Switch up, quick toss, ¼ up, or ½ up to extended level with one advanced body position* with a full twisting dismount</li> <li>-Low to low full around</li> <li>-Unassisted single base prep level skills</li> <li>-Assisted single base extended skill</li> </ul>	<ul style="list-style-type: none"> <li>Must demonstrate at least <b>one (1)</b> skill listed below with <b>two (2)</b> different advanced body positions AND a full twisting dismount from an extended advanced body position* or a single based extended stunt.</li> <li>-Switch up to advanced body position</li> <li>-Switch up with ¼ turn to liberty or other advanced body positions</li> <li>-Full up to extension</li> <li>-Low to high tick-tock beginning in a liberty</li> <li>-Low to high full arounds</li> <li>-Unassisted single base extended skills</li> </ul>	<ul style="list-style-type: none"> <li>Must demonstrate at least <b>two (2)</b> different skills listed below with <b>three (3)</b> different advanced body positions* AND a full twisting dismount from an extended advanced body position or a single based extended stunt.</li> <li>-Switch up with at least a ½ twisting rotation to an extended advanced body position</li> <li>-1 ½ up to extension</li> <li>-Full up to an extended single leg skill</li> <li>-Low to high tick-tock advanced to advanced body positions</li> <li>-Low to high full around to an extended single leg skill</li> <li>-High to high full arounds</li> <li>-Double up to an extension</li> <li>-Unassisted toss hands continuing to an extended skill</li> </ul>

\*Extended advanced body positions include: heel stretch, over stretch, bow and arrow, scale, arabesque, scorpion, needle, etc.

\*Not a comprehensive list of skills.

## MOTIONS/DANCE

*Technique* = A team's effectiveness in demonstrating proper form, synchronization, precision, and uniformity. Errors that distract from the performance will also be factored.

<b>Level 1:</b> 6.0-7.0	<b>Level 2:</b> 7.0-8.0	<b>Level 3:</b> 8.0-9.0	<b>Level 4:</b> 9.0-10.0
Below average level of technique, little to no visual effects*, slow pace	Average level of technique, basic visual effects*, average pace	Above average level of technique, multiple visual effects*, fast pace	Exceptional level of technique, multiple visual effects*, fast pace

\* Visual effects include: level changes, ripples, transitional movements, foot and floor work.