Proposed IHSA

Competitive Cheerleading
Scoresheet Rubric

* Placement within a specific rubric range is determined by the difficulty of the skills performed as listed below, and overall execution of those skills. Below average or sub-standard technical execution may result in a team being dropped out of a rubric range.
* Rubric ranges are based on a majority of the team performing the skills listed.

MOTIONS RUBRIC

- 6.0-7.0 points: Below average placement, sharpness, and visual effects (level changes, ripples, variety etc.) throughout the entire routine
- 7.0-8.0 points: Average placement, sharpness, visual effects (level changes, ripples, variety etc.) throughout the entire routine
- 8.0-9.0 points: Above average placement, sharpness, visual effects (level changes, ripples, variety etc.) throughout the entire routine
- 9.0-10 points: “8.0-9.0” motions performed with exceptional execution and technique

*Includes “traditional” cheer motions throughout the entire routine

DANCE RUBRIC

- 6.0-7.0 points: Little to no level changes*, below average level of execution, slow pace
- 7.0-8.0 points: Minimal level changes*, average level of execution, average pace
- 8.0-9.0 points: Multiple level changes*, above average level of execution, fast pace
- 9.0-10.0 points: “8.0-9.0” dance performed with exceptional execution and technique

*Includes variety of movement/formations, footwork, and floor work

JUMPS RUBRIC

- 6.0-7.0 points: Basic Jumps (tuck, spread eagle, double hook) or poor execution/technique* of advanced jumps
- 7.0-8.0 points: Advanced jumps (front/side hurdler, toe touch, pike, double nine) performed with below level height/technique*, minimal variety (poor execution of combo jumps may be scored in this range)
- 8.0-9.0 points: Advanced jumps performed with level/below level height, average technique* and variety (must perform at least one combo jump in order to qualify for 8-9 range)
- 9.0-10.0 points: Advanced jumps performed with level/above level height, above average technique* and variety (must perform at least one combo jump in order to qualify for 9-10 range)

*Technique includes: approach, landing, toe point, and motion execution in the jump
RUNNING TUMBLING RUBRIC

- 6.0-7.0 points: Basic running round-off
- 7.0-8.0 points: Running round-off back handsprings
- 8.0-9.0 points: Running tuck skills, layouts, fulls, specialty passes, etc.
- 9.0-10.0 points: “8.0-9.0” tumbling skills performed with exceptional execution and technique

STANDING TUMBLING RUBRIC

- 6.0-7.0 points: Basic rolls, handstands, cartwheels, round off, front/back walkover
- 7.0-8.0 points: Standing back handsprings
- 8.0-9.0 points: Standing tuck skills
- 9.0-10.0 points: “8.0-9.0” tumbling skills performed with exceptional execution and technique

PARTNER STUNTS

- 6.0-7.0 points: Beginner level partner stunts shoulder height and below, Shoulder sits/stands, thigh stands, Single leg prep skills, Extension preps, Straight ride tosses and/or dismounts
- 7.0-8.0 points: Intermediate level partner stunts, Double based extensions w/ a full down, Extended liberty variations with a straight cradle, Double downs from prep positions
- 8.0-9.0 points: Advanced partner stunts, Extended liberty variations with a full down Double downs from double based extensions
- 9.0-10.0 points: “8.0-9.0” stunts skills performed with exceptional execution and technique

PYRAMID/TOSSES

- 6.0-7.0 points: Beginner level pyramids/tosses including: A pyramid type structure built with a combination of shoulder sits/stands, thigh stands, single leg prep skills, extension preps, and double based extensions Straight ride tosses
- 7.0-8.0 points: Intermediate level pyramids/tosses including: Pyramids involving at least one single leg stunt with at least one transitional sequence 1 skill basket tosses
- 8.0-9.0 points: Advanced pyramids/tosses including: Pyramids involving at least one single leg stunt with multiple transitional sequences, at least one of which is a release skill 2 or more skill basket tosses
- 9.0-10.0 points: “8.0-9.0” pyramid/toss skills performed with exceptional execution and technique