

STUNT RUBRIC							
AVERAGE of Top 3 Skills							
This chart outlines point ranges by low, average, and high for skills performed by the MAJORITY (50% + 1) of the team. (See the “Stunt Ratio Table” for a breakdown of 50% + 1 for stunting).							
Mixed Gender teams MUST perform a minimum of one mixed gender skill to obtain maximum points, however, gender of base and top do not matter.							
LOW 0–4							
	INVERSIONS	RELEASE	NON-RELEASED TWISTING	DISMOUNTS	OTHER SKILLS	DOUBLE BASE PARTNER SKILLS	MIXED GENDER SKILLS
STANDARD	Ground Level to Ground Level	Knee or Thigh Level Switches		Bump Down	Show n' Go		
		Knee or Thigh Level Tick Tocks			Thigh Stand		
					Flat Back		
ELITE	Prep to Ground Level	Gut Level Switches	1/4 Turn to Prep	Cradle	Prep		Assisted Toss Chair
	Thigh Stand Level Handstand to Load	Gut Level Tick Tocks (RD)	1/2 Up to Prep (RD)	1/4 Cradle (RD)	Extended Straddle Sit		
	Shoulder Level Release or Below to Load (RD)	Shoulder Level/Horizontal Release to Load (RD)			Extended Flat Back		
AVERAGE 5–7							
	INVERSIONS	RELEASE	NON-RELEASED TWISTING	DISMOUNTS	OTHER SKILLS	DOUBLE BASE PARTNER SKILLS	MIXED GENDER SKILLS
STANDARD	Front/Back Handspring to Load	Leap Frog	360 to Load	Full Down from Prep	Prep Level Single Leg	Straight Up Prep	Toss Toe Touch
	Shoulder Level Handstand to Load	Switch Up Prep Level Lib		Cradle from Extended One Leg	Extension		Toss Shoulder Sit
	Suspended Front Flip	Barrel Roll		1/4 Cradle from Extended One Leg	Cupie		Unassisted Toss Chair
		Straight Ride Basket		360 from Prep to Load			Assisted Walk Up Hands
				Prep to Prone			Pop Off From Extended
ELITE	Ground Level Front Flip to Load	Quick Toss to Prep	1/2 Up to Extended Two Feet	360 from Extended to Load	Extended Lib	1/2 Up Prep	Toss Shoulder Stand
	Baja Flip	Single Skill Basket	360 to prep (RD)	Full Down from Extended Two Feet			Pinwheel
	Suspended 1/2 Front Flip	Prep Level Lib to Lib		Extended to Flat Back Walkover Out			Unassisted Walk Up Hands
	Shoulder Level Handstand to Prep (RD)	Ball Up or S/U to Prep Immediate BP (RD)		Extended to Prone Walkover Out			Assisted Toss Hands
	Shoulder Level Release or Below to Prep (RD)	Helicopter (RD)		Cartwheel Out from Prep Level (RD)			Cradle From Prep Level
		Prep Level Lib to BP (RD)		Kick Full from Prep (RD)			Unassisted Toss Hands (RD)
		Shoulder Level/Cradle Horizontal Release to Prep (RD)					
HIGH 8–10							
	INVERSIONS	RELEASE	NON-RELEASED TWISTING	DISMOUNTS	OTHER SKILLS	DOUBLE BASE PARTNER SKILLS	MIXED GENDER SKILLS
STANDARD	Ground Level 1/2 Front Flip to Prep	Switch Up to Lib	360 to Extended Two Feet	Full Down from Lib	Extended Single Leg Immediate BP	Straight Up Extended Two Feet	Unassisted Press Extension
	Shoulder Level Handstand to Prep Level	Quick Toss to Extended	One and Half to Prep	Waterfall from Body Position	Shoulder Stand	Press Extension	Assisted Walk Up Extension
	W/O, R/O, HS, BHS to Prep	1/2 Around Prep to Extended Two Feet	Prep to Prep Full Around	Pancake		360 to Prep Level	Assisted Toss to Extended
	Released W/O, R/O, HS, BHS, to Prep	Switch Up to Immediate BP	High to Low full rounds to prep				Ball Up to Prep Level
		Released Prep to Prep Full Around					Cradle From Extended
		Low/High Tick Variations					Tarzan Transition
		360 Basket					Texas Twister Transition
			Full twisting tick tock at prep level lib to body position				
	Shoulder Level Handstand to Extended	Low to High Switch Lib to BP	Low to High Full Around	Cartwheel Out from Extended		Straight Up Single Leg	Unassisted Walk Up Extension
	W/O, R/O, HS, BHS, to Extended	1/2 Up Ball Up to Immediate BP	1.5 to Extended Two Feet	Full Down from BP		Press Lib	Hands Press Lib
ELITE	1/2 W/O, R/O, HS to Extended (RD)	1/2 Around to Lib from Prep Level	360 to Lib	1 1/4 from Extended Body Position (RD)		Straight Up to Immediate BP (RD)	Full Down From Prep Level
	Released W/O, R/O, HS, BHS to Extended (RD)	1/2 Up Switch Up to Lib	1 1/4 Low to High Full Around	360 to Prone (RD)		Switch Up to Lib (RD)	Full Down From Extended (RD)
	Shoulder Level Release or Below to Extended (RD)	Hitch/Kick, Kick/Kick Full Basket	360 to Extended Immediate BP (RD)	Kick Full from Extended Body Position (RD)		Switch Up to Immediate BP (RD)	Unassisted Toss to Extended (RD)
	Shoulder Level or Below to Extended BP (RD)	1/2 Up Switch Up to Immediate BP (RD)	Double Up to Prep (RD)			360 to Extended (RD)	Toss 360 to Prep Level or Above (RD)
		1/2 Around Prep to Immediate BP (RD)	High to Low switch Lib spinning variations (RD)			360 to Immediate BP (RD)	Ball Up to Extended (RD)
		Prep to Ext Released Full Around to Immediate BP (RD)	1.5 Low to High Full Around to Immediate BP (RD)				Toss To 1 Arm (RD)
		Shoulder Level/Horizontal Release to Extended (RD)	Twisting Prep to ext Full twisting tictoc to immediate BP (RD)				Inverted Hand & Hand Pop Thru to Prep Level or Above (RD)
		High to High Tick (RD)	1.5 Immediate to BP (RD)				Unassisted Walk In Released Full Around (RD)
		Full Up Switch Up (RD)	Double Up to Extended (RD)				
			High to High Full Around (RD)				
*UPDATED - February 2021							

STUNT DISCLAIMER: PLEASE READ!

Skills listed use common terms among cheer professionals and are not necessarily NFHS terms. It is important for coaches to know the NFHS definitions and rules for stunts performed by their athletes.

MIXED GENDER STUNT DISCLAIMER: PLEASE READ!

If a mixed gender team does not perform at least one coed skill, the third skill counted in the average will be a zero.

STUNT EXECUTION: <ul style="list-style-type: none">• Perfection of Skill• Proper Technique• Synchronization & Spacing	RANGE DRIVERS OVERALL IMPRESSION: <ul style="list-style-type: none">• Compounding Elements• Dynamic Pace/Speed	STUNT CREATIVITY OVERALL IMPRESSION: <ul style="list-style-type: none">• Creative Transitions, Entrances/Exits	BODY POSITIONS: <ul style="list-style-type: none">• Stretch• Arabesque• Scale• Scorpion• Needle• Bow & Arrow• Hitch — In Pyramid Only• Libs Not Counted as BPs
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PYRAMID RUBRIC				
AVERAGE of Top 3 Skills				
This chart outlines point ranges by low, average, and high for skills performed by the MAJORITY (50% plus 1) of the team. (See the “Stunt Ratio Table” for a breakdown of 50% plus 1 for stunting).				
Mixed Gender teams MUST perform a minimum of one mixed gender skill to obtain maximum points, however, gender of base and top do not matter.				
LOW 0—4				
INVERSION STYLE	RELEASE STYLE	TWISTING STYLE	DISMOUNT STYLE	OTHER STYLE
Braced Inversions Ground to Load/Load to Load	Braced Stunt Skills - See Stunt Rubric	Low Twisting Stunt Skills w/2 Bracers	Low Level Stunt Dismounts	
Low Braced Inversions w/2 Bracers	Braced Switch Up to Prep Level	Low Twisting Stunt Skills w/1 Bracer (RD)		
Low Braced Inversions w/1 Bracer (RD)	Braced Prep Level or Below Released Stunt Skills w/2 Bracers			
	Braced Prep Level or Below Released Stunt Skills w/1 Bracer (RD)			
	Braced Prep Level Tick Tock (RD)			
AVERAGE 5—7				
INVERSION STYLE	RELEASE STYLE	TWISTING STYLE	DISMOUNT STYLE	OTHER STYLE
Released F/B Flip Variations w/2 Bracers Load to Load or Cradle	Braced Release From One Group to Another Landing Prep Level or Below	Average Twisting Stunt Skills w/2 Bracers	Average Level Stunt Dismounts	Pull Up Extended Partner Stunt Skills (RD)
Average Braced Inversions w/2 Bracers	Braced Switch Up To Extended Single Leg	Average Twisting Stunt Skills w/1 Bracer (RD)		
Braced From Ground Level to Extended Single Leg	Braced Low to High Single Leg	Average Unbraced Twisting Stunt Skills that Land Connected (RD)		
Released Braced Inversion w/1 Bracer - Baja Flip Variations	Braced Release on One Side (RD)			
Front and Back Flipping Skill Variations	Braced Foot to Hand Release to Cradle (RD)			
Average Braced Inversions w/1 Bracer (RD)				
Released Two Sided Braced Inversion to Prep (RD)				
HIGH 8—10				
INVERSION STYLE	RELEASE STYLE	TWISTING STYLE	DISMOUNT STYLE	OTHER STYLE
High Braced Inversions Landing Extended w/2 Bracers	Unbraced Release Transition Landing to Extended	High Twisting Stunt Skills w/2 Bracers	High Level Stunt Dismounts	Extended Partner Stunt Skills to BP
Released Twisting Inversion w/1 Bracer - Arabian	Braced Release From One Group to Another Passing Thru Landing	High Twisting Stunt Skills w/1 Bracer (RD)		Inverted, Released or Twisting Skills Landing Ext with Minimal Bases (RD)
High Braced Inversions Landing Extended w/1 Bracer (RD)	Extended	High Unbraced Twisting Stunt Skills that Land Connected (RD)		
High Unbraced Inversions Landing Extended (RD)	Braced Released to Extended BP w/1 Bracer (RD)			
Released Braced F/B Flips Ground/Load/Prep to Extended (RD)	Braced Flip w/1 Bracer (RD)			
	Braced Side Sumi (RD)			
	Braced Two Hand Released Full Twist (RD)			
	Braced Foot to Hand Released Full Twist (RD)			
	High Unbraced Inversions Landing Extended (RD)			
				*UPDATED - February 2021

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Skills listed use common terms among cheer professionals and are not necessarily NFHS terms. It is important for coaches to know the NFHS definitions and rules for stunts performed by their athletes.

MIXED GENDER STUNT DISCLAIMER: PLEASE READ!
If a mixed gender team does not perform at least one coed skill, the third skill counted in the average will be a zero.

PYRAMID EXECUTION: <ul style="list-style-type: none">• Perfection of Skill• Proper Technique• Synchronization & Spacing	RANGE DRIVERS OVERALL IMPRESSION: <ul style="list-style-type: none">• Compounding Elements• Dynamic Pace/Speed	PYRAMID OVERALL IMPRESSION: <ul style="list-style-type: none">• Creative Transitions, Entrances/Exits
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JUMPS & TUMBLING RUBRIC

Score will reflect a difficulty score & an execution score that has been averaged to arrive at the final score.
*This chart outlines point ranges by low, average, and high for jump and/or tumbling skills performed by **40% plus 1** of the team.*

LOW 0—1

	JUMPS	TUMBLING
NON TUMBLING	One Single Jump	Rolls, Cartwheels
	Single Jump: (Including, But Not Limited To: Star, Pike, Toe Touch & Hurdler Variations)	
TUMBLING	One Single Jump	

AVERAGE 2—3

	JUMPS	TUMBLING
NON TUMBLING	Two Non-Connected Single Jumps	Roundoffs, Walkovers
	One Combination (RD)	Connected Average Tumbling
TUMBLING	Two Non-Connected Single Jumps	
	One Combination (RD)	

HIGH 4—5

	JUMPS	TUMBLING
NON TUMBLING	One Combination + One Single Jump	Handspring and Handspring Variations
	One Combination + One Single Jump That Includes Hip Rotation (RD)	Tuck & Tuck Variations (Including, But Not Limited To: Punch Front, Tucks, Layouts & Fulls) (RD)
TUMBLING	One Combination + One Single Jump	
	One Combination + One Single Jump That Includes Hip Rotation (RD)	
	One Jump Connected to High Difficulty Tumbling Skill (RD)	

**UPDATED - February 2021*

TUMBLING EXECUTION:

- Form
- Body Control
- Landings — Controlled, legs & feet together, chest placement
- Paces Speed
- Sync
- Mistakes/Errors/Omissions

HIP ROTATION CLARIFICATION:

- Hip rotation is defined as front to side, or side to front

JUMP COMBINATION CLARIFICATION:

- Combination is defined as two or more jumps combined with no prep in between.

JUMP EXECUTION:

- Synchronization
- Landings — Legs & feet together, chest placement
- Jump height
- Straight legs & pointed toes
- Arm placement
- Uniform style throughout

TRADITIONAL DANCE RUBRIC

Score will reflect a difficulty score & an execution score that has been averaged to arrive at the final score.

*This chart outlines point ranges by low, average, and high for jump skills performed by **50% plus 1** of the team.*

In each category, the criteria designates entry into the point range.

Gender of athlete will not be accounted for in the 50% plus 1 majority.

LOW 0—1

Teams demonstrate a FEW of the following skills:

Low energy throughout with no entertainment value

Visual elements incorporate a low level of creative dimension, pace, and speed

Footwork shows a low level of clarity and intricacy

No level changes are present

No formation changes

Demonstrates a low level of “TEAM” showmanship throughout

AVERAGE 2—3

Teams demonstrate MOST of the following skills:

Average energy throughout with little driving entertainment value

Visual elements incorporate an average level of creative dimension, pace, and speed

Footwork shows an average level of clarity and intricacy

Level changes are somewhat distinct, clear and visual

Basic formation changes

**Formation changes do not need to utilize the whole team*

Demonstrates an average level of “TEAM” showmanship throughout

HIGH 4—5

Teams demonstrate MANY of the following skills:

Strong energy throughout with a driving entertainment value

Visual elements incorporate a high level of creative dimension, pace, and speed

Footwork shows a high level of clarity and intricacy

Level changes are distinct, clear and visual

Creative and intricate formation changes

**Formation changes do not need to utilize the whole team*

Demonstrates a high level of “TEAM” showmanship throughout **(RD)**

**UPDATED - February 2021*

DANCE EXECUTION:

- Synchronization & Spacing
- Clear Motion Definition/Sharpness
- Placement
- Timing
- Mistakes, Omissions & Errors

TRADITIONAL CHEER RUBRIC

LOW	0—1	0—1	0—1	0—1	0—1	0—1
	CROWD EFFECTIVE MATERIAL	ABILITY & ENERGY TO LEAD CROWD	MOTION TECHNIQUE	USE OF PROPS	SKILL INCORPORATION	SKILL EXECUTION
	Difficult to follow and/or understand	Low Energy	Poor placement, bent wrists and/or elbows	Props are used ineffectively	No skills were used to lead crowd	Skills performed demonstrate major errors and/or omissions
	Ineffective pace	Voices are not load & clear	Lacks synchronization	Cheerleaders, whether using props or not, are vocally & physically disengaged in performance	Motions only	Skills demonstrated throughout lacked safety and/or cleanliness
	Lacks creativity with skill incorporation	Volume inconsistencies throughout cheer	No motion style or consistency throughout	Minimal variety of props while crowdleading demonstrates lack of confidence	Low skill difficulty is incorporated	Minimal use of technique, synchronization & spacing
	Stylistic elements do not display school spirit	Athletes do not create energy through flow & movement	Reduced sharpness		MIXED GENDER TEAMS - No coed skills used	
	Cheer lacks dynamics	Crowdleading feels disingenuous		Props are obtained & discarded with difficulty		
	Lack of crowd coverage with minimal crowd response			Prop usage lacks sharpness and is distracting to performance		
AVG	2—3	2—3	1—2	1—2	2—3	2—3
	CROWD EFFECTIVE MATERIAL	ABILITY & ENERGY TO LEAD CROWD	MOTION TECHNIQUE	USE OF PROPS	SKILL INCORPORATION	SKILL EXECUTION
	Moderate ability to follow and/or understand	Average Energy	Minor placement, wrists, elbow issues	Props are used somewhat effectively	Skills used somewhat lead crowd	Skills performed demonstrate flaws and/or errors
	Moderate pace to lead & excite the crowd	Voices have average enthusiasm & volume	Average synchronization	Most cheerleaders, whether using props or not, are vocally	Average skill difficulty is incorporated	(bobbles/drops)
	Standard creativity with use of skill incorporation	Some volume inconsistencies throughout cheer	Inconsistent motion style throughout	& physically engaged in performance	Example of skills below:	Somewhat clean skills demonstrated throughout
	Stylistic elements moderately display school spirit	Athletes maintain average energy through flow & movement	Average sharpness	Average variety of props while demonstrating mediocre confidence in crowdleading	Crowdleading thigh stands & shoulder sits	Average use of technique, synchronization & spacing
	Cheer has average dynamics throughout	Average ability to lead crowd in a somewhat authentic manner		Props are obtained & discarded in a relatively clean manner	Preps and extensions	
	Average crowd coverage elicits crowd response			Prop usage displays average level of sharpness	1/2 up to prep	
					1/2 up to extended (RD)	
					MIXED GENDER TEAMS - Must perform at least 1 average coed skill (refer to stunt rubric)	
HIGH	4—5	4—5	2—3	2—3	4—5	4—5
	CROWD EFFECTIVE MATERIAL	ABILITY & ENERGY TO LEAD CROWD	MOTION TECHNIQUE	USE OF PROPS	SKILL INCORPORATION	SKILL EXECUTION
	Easy to follow and understand	High Energy!	Excellent placement & motion technique	Props are used effectively	Skills used appropriately lead crowd	Skills performed have minimal errors
	Dynamic pace leads & excites the crowd	Voices command the crowds attention	Excellent synchronization	All cheerleaders, whether using props or not, are vocally	High level skill difficulty is incorporated	Clean, safe and solid skills demonstrated throughout
	Creativity within incorporations creates excitement	Volume remains consistent throughout cheer	Consistent motion style throughout	& physically engaged in performance	Examples of skills below:	Strong use of technique, synchronization & spacing (RD)
	Stylistic elements showcase school spirit (RD)	Athletes create energy through strong flow & movement	Exceptionally sharp & clean (RD)	High variety of props while demonstrating confidence in crowdleading	Crowdleading shoulder stands	
	Cheer creates dynamic environment throughout (RD)	Engages crowd in an authentic & genuine manner (RD)			Extended single leg stunts	
	Maximum crowd coverage elicits crowd response (RD)			Props are obtained & discarded with ease (RD)	Full up to prep	
				Prop usage is sharp, clean & dynamic throughout performance (RD)	Full up extended, full rounds at any level, ticks & switches (RD)	
					Handsprings and Tucks (RD)	
					MIXED GENDER TEAMS - Must perform at least 1 high range coed skill (refer to stunt rubric)	

TRADITIONAL OVERALL IMPRESSION RUBRIC		
LOW	0-1	0-1
	CHEER OVERALL IMPRESSION	MUSIC OVERALL IMPRESSION
	Presentation lacked excitement throughout	Presentation lacked excitement throughout
	Did not demonstrate clean and/or solid foundation	Did not demonstrate clean and/or solid foundation
	Lacks creative choreography & use of props	Lacks creative choreography
	Lacks energy	
AVERAGE	2-3	2-3
	CHEER OVERALL IMPRESSION	MUSIC OVERALL IMPRESSION
	Presentation had mediocre excitement throughout	Presentation had mediocre excitement throughout
	Demonstrates some clean foundational elements	Demonstrates some clean foundational elements
	Average creative choreography with average use of props	Average creative choreography
	Average energy	
HIGH	4	4
	CHEER OVERALL IMPRESSION	MUSIC OVERALL IMPRESSION
	Presentation creates excitement throughout	Presentation creates excitement throughout
	Demonstrates clean, solid foundational elements	Demonstrates clean, solid foundational elements
	Demonstrates seamless flow through transitions	Demonstrates seamless flow through transitions
	Positive image of genuine school spirit	Exceptional creative choreography (RD)
	Creative dynamic choreography with multiple uses of props (RD)	
	High energy throughout! (RD)	
		*UPDATED - February 2021

**UPDATED - February 2021*