



## School Cheer Difficulty Rubric – NOVICE

JUMPS	STANDING TUMBLING	RUNNING TUMBLING	STUNTS	PYRAMIDS
<b>3.5 - 4.0</b>	<b>3.5 - 4.0</b>	<b>3.5 - 4.0</b>	<b>7.0 - 8.0</b>	<b>7.0 - 8.0</b>
Synchronized single jump by 75% of athletes	Forward and backward roll		Double leg at prep level	1 basic pyramid
Any jump connected or not connected by less than 50% of athletes	Cartwheel			
<b>4.0 - 4.5</b>	<b>4.0 - 4.5</b>	<b>4.0 - 4.5</b>	<b>8.0 - 9.0</b>	<b>8.0 - 9.0</b>
Synchronized connected double jump without variety by 75% of athletes	Front and back walkover	Round-off	Single leg liberty at prep level	1 complex pyramid
Synchronized connected double jump with variety by 50% of athletes			Straight up extended double leg	Complex pyramid must include a variety of level appropriate transitions and multiple structures
Synchronized connected triple jump with or without variety by 50% of athletes			Half twist up to prep level double leg	
			Straight cradle	
<b>4.5 - 5.0</b>	<b>4.5 - 5.0</b>	<b>4.5 - 5.0</b>	<b>9.0 - 10.0</b>	<b>9.0 - 10.0</b>
Synchronized connected double jump with variety by 75% of athletes	Standing single backhandspring	Round-off single backhandspring	Single leg at prep level with body position variation(s)	1 complex and 1 basic pyramid
Synchronized connected triple jump with or without variety by 75% of athletes		Round-off multiple backhandsprings	Single leg at prep level with level appropriate entry and/or transition(s)	Complex pyramid must include a variety of level appropriate transitions and multiple structures
Synchronized connected double jump without variety by 75% of athletes plus one additional jump by more than half of the team		Combination passes into round-off backhandspring(s)	Half twist up to extended double leg	
			Quarter turn cradle	
			Straight ride basket tosses	



# School Cheer Difficulty Rubric – INTERMEDIATE

JUMPS	STANDING TUMBLING	RUNNING TUMBLING	STUNTS	PYRAMIDS
<b>3.5 - 4.0</b>	<b>3.5 - 4.0</b>	<b>3.5 - 4.0</b>	<b>7.0 - 8.0</b>	<b>7.0 - 8.0</b>
Synchronized single jump by 75% of athletes	Cartwheel	Round-off	Single leg liberty at prep level	1 basic pyramid
Any jump connected or not connected by less than 50% of athletes	Front and back walkover	Round-off single back handspring	Straight up extended double leg	
			Straight cradle	
<b>4.0 - 4.5</b>	<b>4.0 - 4.5</b>	<b>4.0 - 4.5</b>	<b>8.0 - 9.0</b>	<b>8.0 - 9.0</b>
Synchronized connected double jump without variety by 75% of athletes	Standing single back handspring	Round-off multiple back handsprings	Single leg liberty at extended level	1 complex pyramid
Synchronized connected double jump with variety by 50% of athletes		Combination passes into round-off back handspring(s)	Single leg at prep level with body position variation(s)	Complex pyramid must include a variety of level appropriate transitions and multiple structures
Synchronized connected triple jump with or without variety by 50% of athletes			Half twist up to extended double leg	
			Straight ride basket tosses	
<b>4.5 - 5.0</b>	<b>4.5 - 5.0</b>	<b>4.5 - 5.0</b>	<b>9.0 - 10.0</b>	<b>9.0 - 10.0</b>
Synchronized connected double jump with variety by 75% of athletes	Standing multiple back handsprings	Cartwheel back tuck	Extended single leg with body position variation(s)	1 complex and 1 basic pyramid
Synchronized connected triple jump with or without variety by 75% of athletes	Jump and back handspring combination	Round-off back tuck	Release move up to prep level	Complex pyramid must include a variety of level appropriate transitions and multiple structures
Synchronized connected double jump without variety by 75% of athletes plus one additional jump by more than half of the team		Round-off back handspring back tuck	Half twist up to extended single leg	
		Combination passes into round-off back tuck or round-off back handspring back tuck	Full twist up to double leg at prep level or extended double leg	
			Full twist cradle from any double leg stunt or from prep level single leg stunt	
			Toe touch or similar trick or full twisting basket toss	



# School Cheer Difficulty Rubric – ADVANCED

JUMPS	STANDING TUMBLING	RUNNING TUMBLING	STUNTS	PYRAMIDS
<b>3.5 - 4.0</b>	<b>3.5 - 4.0</b>	<b>3.5 - 4.0</b>	<b>7.0 - 8.0</b>	<b>7.0 - 8.0</b>
Synchronized single jump by 75% of athletes	Standing single back handspring	Round-off single back handspring	Single leg liberty at prep or extended level	1 basic pyramid
Any jump connected or not connected by less than 50% of athletes		Round-off multiple back handsprings	Half twist up to extended double leg	
		Combination passes into round-off back handspring(s)	Straight ride basket tosses	
<b>4.0 - 4.5</b>	<b>4.0 - 4.5</b>	<b>4.0 - 4.5</b>	<b>8.0 - 9.0</b>	<b>8.0 - 9.0</b>
Synchronized connected double jump without variety by 75% of athletes	Standing multiple back handsprings	Cartwheel back tuck	Extended single leg with body position variation(s)	1 complex pyramid
Synchronized connected double jump with variety by 50% of athletes	Jump and back handspring combination	Round-off back tuck	Release move up to prep level	Complex pyramid must include a variety of level appropriate transitions and multiple structures
Synchronized connected triple jump with or without variety by 50% of athletes		Round-off back handspring back tuck	Half twist up to extended single leg	
		Combination passes into round-off back tuck or round-off back handspring back tuck	Full twist up to double leg at prep level or extended double leg	
			Full twist cradle from any double leg stunt or from prep level single leg stunt	
<b>4.5 - 5.0</b>	<b>4.5 - 5.0</b>	<b>4.5 - 5.0</b>	<b>9.0 - 10.0</b>	<b>9.0 - 10.0</b>
Synchronized connected double jump with variety by 75% of athletes	Standing back tuck	Cartwheel full	Extended single leg with level appropriate entry and/or transitions, including twisting and release moves	1 complex and 1 basic pyramid
Synchronized connected triple jump with or without variety by 75% of athletes	Standing full	Round-off layout or full	Full twist cradle from any single leg extended stunt	Complex pyramid must include a variety of level appropriate transitions and multiple structures
Synchronized connected double jump without variety by 75% of athletes plus one additional jump by more than half of the team	Jump and standing back tuck combination	Round-off back handspring layout or full	Kick full twist or other two-trick variation basket toss	
	Standing back handspring back tuck	Combination passes ending in layout or full		
	Standing back handspring(s) layout or full			



# School Cheer Execution Rubric - ALL LEVELS

TUMBLING AND JUMPS	STUNTS AND PYRAMIDS
<b>3.5 - 4.0</b>	<b>7.0 - 8.0</b>
Limited level of execution performed by most or all members or moderate level of execution performed by some members and limited level of execution performed by some members	Limited level of execution performed by most or all members or moderate level of execution performed by some members and limited level of execution performed by some members
Limited level of timing of synchronized skills	Limited level of timing of synchronized skills
Techniques to be considered include straight legs, pointed toes, clean landings, height, arm and chest placement, legs/feet together	Techniques to be considered include body control, flexibility, stability, use of legs (bases), locked legs and pointed toes (flyers)
<b>4.0 - 4.5</b>	<b>8.0 - 9.0</b>
Moderate level of execution performed by most or all members or high level of execution performed by some members and limited level of execution performed by some members	Moderate level of execution performed by most or all members or high level of execution performed by some members and limited level of execution performed by some members
Moderate level of timing of synchronized skills	Moderate level of timing of synchronized skills
Techniques to be considered include straight legs, pointed toes, clean landings, height, arm and chest placement, legs/feet together	Techniques to be considered include body control, flexibility, stability, use of legs (bases), locked legs and pointed toes (flyers)
<b>4.5 - 5.0</b>	<b>9.0 - 10.0</b>
High level of execution performed by most or all members	High level of execution performed by most or all members
High level of timing of synchronized skills	High level of timing of synchronized skills
Techniques to be considered include straight legs, pointed toes, clean landings, height, arm and chest placement, legs/feet together	Techniques to be considered include body control, flexibility, stability, use of legs (bases), locked legs and pointed toes (flyers)



# School Cheer Routine Rubric - ALL LEVELS

MUSIC SECTION		CHEER SECTION		ROUTINE COMPOSITION	
INCORPORATION OF SKILLS	DANCE SECTION	INCORPORATION OF SKILLS	CROWD LEADING	ROUTINE EXECUTION	OVERALL IMPRESSION
<b>3.5 - 4.0</b>	<b>3.5 - 4.0</b>	<b>3.5 - 4.0</b>	<b>3.5 - 4.0</b>	<b>3.5 - 4.0</b>	<b>3.5 - 4.0</b>
Limited variety and creativity of skills	Limited variety in footwork, floorwork, partner work, and level changes	Skills used not effective to lead crowd and enhance crowd involvement	Limited level of ability to lead crowd	Formations, spacing, and transitions have a limited level of execution	Entire routine has a limited level of overall appeal and flow throughout or some parts of routine have a moderate level of appeal and flow while some parts of routine have a limited level
Skills performed obstruct from the overall routine	Limited execution of motions, spacing, formations, transitions, and visual elements	Material is not crowd effective, somewhat easy to follow and participate	Limited level of energy, confidence, volume of voice, and eye contact	Sharpness and synchronization have a limited level of execution	Routine and choreography do not enhance the skills performed
	Slow paced while still maintaining precision or medium paced with a moderate amount of precision	No props are used, including signs, flags, banners, poms, and megaphones	Props used are not effective and do not enhance crowd involvement	Routine execution does not enhance overall routine and skills performed	Routine and choreography does not represent appropriate image
	Limited energy and showmanship	Choreography and skills have a limited level of execution			
<b>4.0 - 4.5</b>	<b>4.0 - 4.5</b>	<b>4.0 - 4.5</b>	<b>4.0 - 4.5</b>	<b>4.0 - 4.5</b>	<b>4.0 - 4.5</b>
Moderate level of variety and creativity of skills	Moderate level of variety in footwork, floorwork, partner work, and level changes	Skills used moderately effective to lead crowd and enhance crowd involvement	Moderate level of ability to lead crowd	Formations, spacing, and transitions have a moderate level of execution	Entire routine has a moderate level of overall appeal and flow throughout or some parts of routine have a high level of appeal and flow while some parts of routine have a moderate level
Skills performed moderately enhance the routine or some skills enhance the overall routine and some skills obstruct from the overall routine	Moderate level of execution of motions, spacing, formations, transitions, and visual elements	Material is moderately crowd effective, somewhat easy to follow and participate	Moderate level of energy, confidence, volume of voice, and eye contact	Sharpness and synchronization have a moderate level of execution	Routine and choreography moderately enhance the skills performed
	Medium paced while still maintaining precision or fast paced with a moderate amount of precision	Some props are used, including signs, flags, banners, poms, and megaphones	Props used are moderately effective and somewhat enhance crowd involvement	Routine execution somewhat enhances overall routine and skills performed	Routine and choreography somewhat represents appropriate image
	Moderate level of energy and showmanship	Choreography and skills have a moderate level of execution			
<b>4.5 - 5.0</b>	<b>4.5 - 5.0</b>	<b>4.5 - 5.0</b>	<b>4.5 - 5.0</b>	<b>4.5 - 5.0</b>	<b>4.5 - 5.0</b>
High level of variety and creativity of skills	High level of variety in footwork, floorwork, partner work, and level changes	Skills used highly effective to lead crowd and enhance crowd involvement	High level of ability to lead crowd	Formations, spacing, and transitions are executed precisely	Entire routine has a high level of overall appeal and flow throughout
Skills performed highly enhance the overall routine	High level of execution of motions, spacing, formations, transitions, and visual elements	Material is crowd effective, easy to follow and participate	High level of energy, confidence, volume of voice, and eye contact	Sharpness and synchronization executed precisely	Routine and choreography highly enhance the skills performed
	Fast paced while still maintaining precision	Multiple props are used, including signs, flags, banners, poms, and megaphones	Props used are highly effective and enhance crowd involvement	Routine execution highly enhances overall routine and skills performed	Routine and choreography represent appropriate image
	High level of energy and showmanship	Choreography and skills have a high level of execution			



# School Cheer Minimum Quantities

# OF COMPETITORS	JUMPS	TUMBLING	STUNTS
	75% OR MORE	50% + 1	50% + 1
6	5	4	1
7	5	5	1
8	6	5	2
9	7	6	2
10	8	6	2
11	8	7	2
12	9	7	2
13	10	8	2
14	11	8	2
15	11	9	2
16	12	9	3
17	13	10	3
18	14	10	3
19	14	11	3
20	15	11	3
21	16	12	3
22	17	12	3
23	17	13	3
24	18	13	4
25	19	14	4
26	20	14	4
27	20	15	4
28	21	15	4
29	22	16	4
30	23	16	4
31	23	17	4
32	24	17	5
33	25	18	5
34	26	18	5
35	26	19	5
36	27	19	5

This chart shows the minimum quantities needed to get into a specific grid section. Jump skills must be performed synchronized. Tumbling and Stunt skills are cumulative throughout the entire routine. Stunts are based off of groups of 4 athletes.