

PLEASE NOTE

PER COVID-19 OHA GUIDELINES

Building/stunting is not permitted at this time in any county in Oregon.

This rubric should only be used for reference/planning purposes
should stunting be permitted during the 2020-21 season.

OSAA/OCCA Building Rubric

STUNT DIFFICULTY

1.0-1.9		
Inversions	Stunts	Transitions
Non-released inversion FROM below <u>prep</u> level group stunt	2-foot <u>prep</u> level and below group stunt	Up to 1/4 twist TO 2-foot <u>prep</u> level stunt
Non-released inversion TO below <u>prep</u> level	1-foot <u>prep</u> level and below group stunt (lib/torch, arabesque)	Up to 1/2 twist (non-released) FROM <u>prep</u> level stunt
Dismounts and Tosses	Partner Stunts	
Straight cradle from group stunt	Shoulder sits or other comparable partner stunt	
Up to 1/2 twist dismount from below <u>prep</u> level stunt	Shoulder stands	
2.0-3.9		
Inversions	Stunts	Transitions
Non-released inversion TO 2-foot <u>prep</u> level stunt	2-foot <u>extended</u> group stunt	Up to 1/2 twist TO 2-foot <u>prep</u> level stunt
Released inversion to any below prep level group stunt	1-foot <u>prep</u> level FRONT variations (stretch, bow, etc.)	Full twist FROM 2-foot <u>prep</u> level stunt
	1-foot <u>prep</u> level BACK variations (scorpion, scale, etc.)	Up to 1/2 twist (non-released) FROM 1-foot <u>prep</u> level stunt
Dismounts and Tosses	Partner Stunts	
Full twist dismount from 2-foot <u>prep</u> level stunt	Chair sits or other comparable partner stunt	
Single skill toss	Straight cradle from any partner stunt	
	Assisted variation from ground to hands/ <u>prep</u> level	
4.0-5.9		
Inversions	Stunts	Transitions
Non-released inversion TO 2-foot <u>extended</u> stunt	1-foot <u>extended</u> group stunt (lib/torch, arabesque)	Tic/switch up TO 1-foot <u>prep</u> level stunt
Released inversion TO <u>prep</u> level stunt		Up to 1/2 twist TO 2-foot <u>extended</u> level stunt
Fold over non-released inversion FROM up to <u>extended</u> level stunt		Full twist TO 2-foot <u>prep</u> level stunt
Dismounts & Tosses	Partner Stunts	Full around FROM any <u>prep</u> level group stunt TO any <u>prep</u> level stunt
Full twist dismount from 2-foot <u>extended</u> stunt	Hands/ <u>prep</u> level and other comparable partner stunt	Up to 1/2 twist TO 1-foot <u>prep</u> level stunt
Up to 1/2 twist dismount from 1-foot <u>extended</u> stunt	Assisted from hands/ <u>prep</u> level to 2-foot <u>extended</u> stunt	Full twist (non-released) FROM 2-foot <u>extended</u> stunt
Single twist toss	Unassisted variation from ground to hands/ <u>prep</u> level	Up to 1/2 twist (non-released) FROM 1-foot <u>extended</u> stunt
Multi-skill toss with no twist	Unassisted from hands to 2-foot <u>extended</u> stunt	Full twist (non-released) FROM 1-foot <u>prep</u> level stunt
	Full twist dismount from stunt at hands/ <u>prep</u> level	

OSAA/OCCA Building Rubric

STUNT DIFFICULTY

6.0-7.9		
Inversions	Stunts	Transitions
Non-released inversion TO 1-foot <u>extended</u> stunt	1-foot <u>extended</u> group stunt FRONT variation (stretch, bow, etc.)	Tic/switch up TO <u>extended</u> 1-foot stunt
Released inversion TO 1-foot <u>prep</u> level stunt	1-foot <u>extended</u> group stunt BACK variation (scorpion, scale, etc.)	Tic/switch up with up to 1/2 twist TO <u>extended</u> 1-foot stunt
Released inversion to 2-foot <u>extended</u> level stunt		High to low tic toc TO <u>prep</u> 1-foot stunt
Dismounts and Tosses	Partner Stunts	Full twist TO 2-foot <u>extended</u> stunt
Full twist dismount from 1-foot <u>extended</u> level group stunt	Assisted from hands/ <u>prep</u> level to 1-foot <u>extended</u> stunt from hands/ <u>prep</u> level	Up to 1/2 twist TO 1-foot <u>extended</u> stunt
Single skill toss with twist	Assisted variation from ground to 2-foot <u>extended</u> stunt	Full around FROM any <u>prep</u> level stunt TO 2-foot <u>extended</u> stunt
	Full twist from an extended 2-foot partner stunt	Full twist (non-released) FROM 1-foot <u>extended</u> stunt
8.0-10.0		
Inversions	Stunts	Transitions
Released inversion TO 1-foot <u>extended</u> level stunt		Low to high tic toc TO <u>extended</u> 1-foot stunt
		High to high tic toc on extended 1-foot
Dismounts and Tosses	Partner Stunts	Tic/switch up with more than 1/2 twist TO <u>extended</u> 1-foot stunt
Full twist with additional skill dismount from 1-foot stunt	<u>Unassisted</u> variation from ground to 2-foot <u>extended</u> stunt	Full twist TO 1-foot <u>extended</u> stunt
Multi-skill toss with twist	<u>Unassisted</u> from hands/ <u>prep</u> level to 1-foot <u>extended</u> stunt	1 1/2 twist TO 2-foot <u>prep</u> level stunt
	<u>Assisted or unassisted</u> from ground to 1-foot <u>extended</u> stunt	Full around FROM any <u>prep</u> level stunt TO 1-foot <u>extended</u> stunt
	<u>Assisted or unassisted</u> 1-foot advanced stunt (stretch, scale, arabesque, etc)	Full around FROM any <u>extended</u> stunt TO any <u>extended</u> stunt
	<u>Assisted or unassisted</u> 1-arm extended stunt (cupie, lib etc)	
	Full twist from an extended 1-foot partner stunt	

* At least three skills from the majority of the stunt groups must be performed in order to score in that difficulty range. Skills may not be repeated to get into that range. The variety and creativity of load-ins, transitions, stunts, and dismounts will move the score through that range. The pace/speed of skills can affect difficulty. Additional stunts can also move through the range.

* Stunt MAJORITY is 51% of the maximum number of stunts that can be performed based on a traditional group of four people. Teams of eight or nine have a stunt majority of one group.

* MAJORITY of the team (51%) will get a team into range, MOST of the team (75%) will get a team further through the range and ALL of the team (100%) will drive a team through the range.

* If you do not meet the requirements to score in a range, you will score 0.50 in difficulty and be accurately rewarded for the execution of the skills performed.

OSAA/OCCA Building Rubric PYRAMID DIFFICULTY

1.0-1.9
At least 1 STRUCTURE and 1 TRANSITION, transition must be a twist, release, or inversion (one of these skills).
2.0-3.9
At least 1 STRUCTURE and 2 TRANSITIONS, transitions must be a twist, release, or inversion (two out of three of these skills), all structures need to include a 2-foot <u>extended</u> stunt.
4.0-5.9
At least 2 STRUCTURES and 2 TRANSITIONS, transitions must be a twist, release, or inversion (two out of three of these skills), at least one structure needs to include a 1-foot <u>extended</u> stunt.
6.0-7.9
At least 2 STRUCTURES and 3 TRANSITIONS, transitions must be a twist, release, or inversion (all three of these skills), all structures need to include either a 1-foot <u>extended</u> stunt or connected <u>extended</u> stunts.
8.0-10.0
At least 3 STRUCTURES and 4 TRANSITIONS, transitions must be a twist, release, or inversion (all three of these skills), all structures need to include a 1-foot extended stunt and one structure needs to include majority of the stunts to be 1-foot extended stunts.

* Exact skills may not be repeated to get into that range. Transitions also include load ins and dismounts. The pace/speed of skills performed can affect difficulty. Twist transitions must be at least 1/2 twist.

* Skills with comparable difficulty can be used to score in a certain range (i.e. an extended two foot partner stunt can be used in place of an extended 1-foot group stunt)

* Stunt MAJORITY is 51% of the maximum number of stunts that can be performed based on a traditional group of four people. Teams of eight or nine have a stunt majority of one group.

* MAJORITY of the team (51%) will get a team into range, MOST of the team (75%) will get a team further through the range and ALL of the team (100%) will drive a team through the range.

STUNT AND PYRAMID EXECUTION

1-7
Poor technique, placement, flexibility and synchronization.
8-11
Standard technique, placement, flexibility and synchronization.
12-15
Nearly perfect to perfect technique, placement, flexibility and synchronization.

OSAA/OCCA Building Rubric

CHEER SKILLS

1

Little to no incorporation of skills. Basic skills used and/or basic visual effects.

2-3

Some incorporation of cheer skills. Average effectiveness of skills and/or intermediate visual effects.

4-5

Strong incorporation of cheer skills. Effective use of skills and/or advanced visual effects.

BUILDING CREATIVITY

1

Little to no creative elements in stunts including load-ins, transitions, and dismounts.

2-3

Some creative elements in stunts including load-ins, transitions, and dismounts.

4-5

Strong creative elements in stunts including load-ins, transitions, and dismounts.

Overall Impression

1

Little to no routine composition, creativity, energy, and impression

2-3

Some routine composition, creativity, energy, and impression

4-5

Strong routine composition, creativity, energy and impression