BUILDING RUBRIC

STUNT DIFFICULTY	STUNT EXECUTION
0.6 - 1	**1 - 3**
2 different in range or above level skills AND 1 dismount from in range or above OR 3 different in range or above level skills	Stunts have poor technique, placement, flexibility and synchronization.
1.1 - 2	**4 - 7**
2 different in range or above level skills AND 1 dismount is required from in range or above	Stunts have standard technique, placement, flexibility and synchronization.
2.1 - 3	**8 - 10**
2 different in range or above level skills AND 1 dismount is required from in range or above	Stunts have nearly perfect to perfect technique, placement, flexibility and synchronization.
3.1 - 4	***Your majority stunt group(s) must do the stunt at the same time, or rippled, to get credit.**
2 different in range or above level skills AND1 dismount is required from in range or above	***If 2 different in rang or above skills and the in range dismount or above is not performed by your majority stunt groups, it will result in a difficulty score of 0.5.**
4.1 - 5	
2 different in range level skills AND 1 dismount is required in range	***Flyer must maintain stunt position for 2 counts.**

PYRAMID DIFFICULTY	PYRAMID EXECUTION
0.6 - 1	**1 - 3**
At least 1 STRUCTURE and 1 TRANSITION, transition must be a twist, release, or inversion (one of these skills).	Stunts have poor technique, placement, flexibility and synchronization.
1.1 - 2	**4 - 7**
At least 1 STRUCTURE and 2 TRANSITIONS, transitions must be a twist, release, or inversion (two out of three of these skills), Structure needs to include a 2-foot <u>extended</u> stunt.	Stunts have standard technique, placement, flexibility and synchronization.
2.1 - 3	**8 - 10**
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.	Stunts have nearly perfect to perfect technique, placement, flexibility and synchronization.
3.1 - 4	
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.	***Exact transitions may not be repeated to get into a range. Transitions also include load-ins and dismounts. The pace/speed of pyramid performed can effect difficulty. Twist transitions must be at least 1/2 twist. Two skill transitions only count for one skill, but can be a driver. *Skills with comparable difficulty can be used to score in a certain range.**
4.1 - 5	
At least 3 STRUCTURES and 4 TRANSITIONS, transitions must be a twist, release, or inversion (all three of these-skills), fourth transition must also be a twist, release, or inversion. All 3 structures need to include a 1-foot extended stunt and one of those structures needs to include all of your required stunt groups in a 1-foot extended structure.	***Pyramid structures must hit for 2 counts to qualify. A structure is the static "picture" in your pyramid.**

BUILDING CREATIVITY

1
No variety or creative elements in building skills. This includes load-ins, transitions, and dismounts.
2 - 3
Some building skills have variety or creative elements. This includes load-ins, transitions, and dismounts.
4 - 5
Most building skills have variety or creative elements. This includes load-ins, transitions, and dismounts.

Athletes on the Mat	Stunt Groups Required	
4 - 9	1	*This is the minimum number of stunt groups needed to score in a range. However, the more stunt groups you have doing the exact same skills will drive your team through the range.*
10 - 15	2	
16 - 23	3	
24 - 30	4	

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TUMBLING & JUMPS RUBRIC

TUMBLING DIFFICULTY	TUMBLING EXECUTION
0.6 - 1	**1 - 3**
Skills such as forward rolls, backward rolls, cartwheels, roundoffs, roundoffs + skill (i.e. jump, rebound, turn forward roll), handstand forward roll, back extension roll.	Many of the tumbling skills have poor technique, precision, power, speed and strength.
1.1 - 2	**4 - 7**
Skills such as front walkovers, back walkovers, roundoff back walkover.	Many of the tumbling skills have standard technique, precision, power, speed, and strength.
2.1 - 3	**8 - 10**
Skills such as aeriels, BHS, roundoff BHS, series BHS, series roundoff BHS, front tumbling through roundoff BHS or series BHS.	Many of the tumbling skills have nearly perfect to perfect technique & precision with advanced power, speed and strength.
3.1 - 4	*Jump to tumble skill is NOT required but can be used to set the standing tumbling range. Other standing tumbling skills without a jump can be used to set a range. Synchronization of tumbling will be rewarded.*
Skills such as, roundoff tuck, series BHS to tuck, roundoff BHS tuck, front tumbling through roundoff BHS tuck, standing tucks.	*The point ranges are for specific skill sets performed by HALF of the team. Recycling of skills can be done in order for teams to hit the half requirement.*
4.1 - 5	*MAJORITY of the team (50%) 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.*
Skills such as roundoff layout, series BHS to layout/layout variations, specialty skills through to round off BHS layout/layout variations, roundoff full, series BHS to full, round off BHS full, specialty skills through to rounoff BHS full, standing full.	

TUMBLING QUANTITY
1
Rolls - Cartwheels - Roundoffs - Roundoffs + Skill
2
Front or Back Walkovers
3
Aerials, Back Handsprings
4
Tucks
5
Layouts - Fulls
This category is not a range, it is a set point value. In order to score in this category, 50% of the team must perform a synchronized skill- exact same skill performed at the exact same time OR a rippled exact same skill. The skills used in this category can also be used for the tumbling difficulty score. If 50% of your team does NOT perform a synchronized or rippled skill, you will receive a 0 for this category.

JUMP DIFFICULTY	JUMP EXECUTION
1	**1 - 3**
Synchronized single jump *Any jump; basic or advanced*	Many of the jumps have poor height & chest position, below level flexibility, poor landing position, motion placement, and major timing issues.
2	**4 - 7**
Two synchronized single advanced jumps with no variety.	Many of the jumps have standard height & chest position, level flexibility, standard landing position, motion placement and some timing issues.
3	**8 - 10**
Two synchronized single advanced jumps with variety.	Many of the jumps have strong height & chest position, hyper extended flexibility, strong landing position & motion placement, little to no timing issues.
4	*Majority of your jumpers is 75% of your team participating. If you do not jump with 75% of your athletes it will result in a 0.5 for difficulty.*
Synchronized advanced triple jump combo with no variety **OR** Synchronized advanced double jump combo with no variety +1 additional synchronized advanced jump	*Variety means at least two different jumps. In order to be considered connected, a whip (continuous) approach must be used (no pause).*
5	*Advanced jumps are; toe touches, hurdlers, pikes and double nines*
Synchronized advanced triple jump combo with variety **OR** Synchronized advanced double jump combo with variety +1 additional synchronized advanced jump.	

OVERALL RUBRIC

FORMATIONS & TRANSITIONS	VOICE
1	**1**
Minimial transitions and formations. Multiple distracting transitions with athletes crossing the mat and/or running from place to place. Many formations have spacing issues.	Low vocal level with unclear, hard to understand words. Some team members contributing.
2 - 3	**2 - 3**
Basic transitions and formations. Some transitions and formations are distracting and/or have spacing issues.	Standard vocal level with some clear, understandable words. Inconsistent voice throughout. Most team members contributing.
4 - 5	**4 - 5**
Multiple transitions and formations that are seamless. Clean and purposeful transitions. Little to no issues.	Strong vocal level with clear, understandable words that are consistent through the whole performance. All team members contributing.

ROUTINE MOTIONS	DANCE
1	**1**
Motions with little variety. Poor technique and/or placement issues.	Little use of total body, floor work, and level changes. Performed at a slow pace. Poor technique, placement and synchronization.
2 - 3	**2 - 3**
Motions with some variety. Standard technique and/or placement issues.	Some use of total body, floor work, level changes and formation changes. Performed at a moderate pace. Standard technique, placement, and synchronization.
4 - 5	**4 - 5**
Motions with much variety. Few to no technique and/or placement issues.	Strong use of total body, floor work, level changes and formation changes with some creative and visual elements. Performed at a fast pace. Nearly perfect to perfect technique, placement, and synchronization.

Motions are being judged throughout the entire routine. This could include, but is not limited to, stunts, jumps, motion sections, and/or cheer.

CROWD LEADING	ROUTINE COMPOSITION
1	**1**
Little to no attempt to lead the crowd. Ineffective use of props and skills.	Lacking quality and structure of the routine; lacks flow from section to section, pace, technique and performance have many issues.
2 - 3	**2-3**
Some attempts to lead the crowd. Some effective use of props and skills.	Average overall quality and structure of the routine; inconsistent flow from section to section, pace, technique and performance is basic.
4 - 5	**4-5**
Strong crowd leading. Effective use of props and skills.	Strong overall quality and structure of the routine; including flow from section to section, pace, technique and performance.

Props can include, but are not limited to, signs, poms, flags, megaphones, etc. Skills are considered stunts, jumps and tumbling.

SHOWMANSHIP
1
Little to no facial projection, eye contact, energy, connection to the crowd, confidence, and/or recoveries.
2 - 3
Some facial projection, eye contact, energy, connection to the crowd, confidence and/or recoveries.
4 - 5
Strong facial projection, eye contact, energy,connection to the crowd, confidence and/or recoveries.

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