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**NON  
MUSIC**

**CHEER-  
MUSIC**

**ALL  
MUSIC**

**GameTime**

# SCHOOL - ELEM/INT/JH/MS/JV/VARSITY RUBRIC

STUNTS			Stunt Group Quantity Chart		
1	Below	Skills performed do not meet low-range requirements	# Athletes	Majority	Most
1.1 - 2*	Low	3 different level appropriate skill by most of team	5-11	1	1
2.1 - 3*	Med	3 different level appropriate skill by most of team, 1 of which is elite	12-15	1	2
3.1 - 4*	High	3 different level appropriate skill by most of team, 2 of which are elite	16-19	2	3
* Team will score higher in range by exceeding required # of lvl appropriate skills/executing higher skills			20-23	3	4
PYRAMIDS			24-27	4	5
1	Below	Skills performed do not meet low-range requirements	28-31	4	6
1.1 - 2*	Low	2 different level appropriate skills, 1 structure performed by most of team	32-38	5	7
2.1 - 3*	Med	3 different level appropriate skills, 1 structure performed by most of team	OVERALL - NON-MUSIC (NM)		
3.1 - 4*	High	4 different level appropriate skills, 2 structures performed by most of team	Points	Category	
*Team will score higher in range by including braced inversions, flips, and skills listed as elite on the stunt score sheet.			4.0 - 5	VOICE PROJECTION Maintains/Everyone Yells	
TOSSES			4.0 - 5	PERFORMANCE Energy, Spirit, Showmanship	
Disregard for Elementary, Intermediate, Junior High, Middle School			9.0 - 10	CHEER Sharp, Crowd Involve, Chatter, Voice	
0	Below	No Toss Performed	9.0 - 10	ROUTINE COMPOSITION Spacing, Formations, Transitions, Creativity	
1.0-1.9*	Low	1 toss in routine by majority of team	OVERALL - CHEER MUSIC (CM)		
2.0-2.9*	Med	2 tosses in routine by majority of team	Points	Category	
3-4*	High	1 toss by most of team with trick plus 1 additional toss	4.0 - 5	DANCE Synch, Perfection of Moves, Levels	
* Team will score highest of two scores by including trick baskets with higher difficulty			4.0 - 5	PERFORMANCE Energy, Spirit, Showmanship	
QUANTITY/COED			9.0 - 10	CHEER Sharp, Crowd Involve, Chatter, Voice	
1-3		Greater than required number of stunt groups in building categories (AG)	9.0 - 10	ROUTINE COMPOSITION Spacing, Formations, Transitions, Creativity	
1-3		Most of Coed Stunts (possible 1 in stunts/1 in pyramids/1 in tosses)	OVERALL - ALL MUSIC (AM)		
			Points	Category	
			4.0 - 5	DANCE Synch, Perfection of Moves, Levels	
			4.0 - 5	PERFORMANCE Energy, Spirit, Showmanship	
			9.0 - 10	CHEER Sharp, Crowd Involve, Chatter, Voice	
			9.0 - 10	ROUTINE COMPOSITION Spacing, Formations, Transitions, Creativity	
JUMPS			OVERALL - ALL MUSIC (AM)		
1	Below	Skills performed do not meet low requirement. Majority performs basic jump	Points	Category	
2-3*	Low	Most of team performs 1 advanced jump	4.0 - 5	DANCE Synch, Perfection of Moves, Levels	
3-4*	Med	Most of team performs 2 connected advanced jumps, must be synchronized	4.0 - 5	PERFORMANCE Energy, Spirit, Showmanship	
4-5*	High	Most of team performs 2 connected advanced jumps, plus 1 additional advanced jump. Must be synchronized	9.0 - 10	CREATIVE USE OF MUSIC Synch Sound Effects	
* Team will score higher in range by including variety			9.0 - 10	ROUTINE COMPOSITION Spacing, Formations, Transitions, Creativity	
BASIC : Spread Eagle, Tuck Jump ADVANCED Pike, Right/Left Hurdlers (front or side), Toe Touch			Tumbling/Jump Quantity Chart		
TUMBLING			# Athletes	Majority	Most
1	Below	Any basic tumbling (inc rolls, cartwheels, walkovers, round offs) at any level	5-7	2	3
2-3*	Low	1 INTERMEDIATE pass by majority of team	8-9	4	5
3-4*	Med	2 ADVANCED passes by majority of team; 1 pass must be synchronized.	10-11	5	6
4-5*	High	2 ADVANCED standing skills or 2 ELITE running passes by majority of team; 1 pass must be synchronized.	12-14	6	7
			15-16	7	9
			17-19	8	10
*Team will score higher in range if the synchronized pass is standing; tumblers may be recycled. INT: Passes that end in BHS ADV - Passes that end in tuck ELITE Passes that end in layout/full			20-22	10	12
			23-25	11	13
			26-27	13	15
			28-30	14	16
			31-38	15	18



# STUNTS/TOSSES ELEMENTARY

LEVEL	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STYLE
APPROPRIATE	- None	-None	- Quarter turn to gut level stunt	- Straight cradle from prep - Sponge down - Step Down	- Shoulder sit - Elevator - Waist level stunts - Straddle Sit
ELITE LEVEL APPROPRIATE	- Ground level inversions	- Switch up to waist level single leg stunt - Tick tock at the waist level	- 1/2 turn to gut level single leg stunt - 1/2 turn to prep - 1/2 turn transitions	- None	- Show & go - Single leg stunt at gut level

**TOSSES NON - TWISTING**

NONE

**TOSSES TWISTING**

NONE

## INTERMEDIATE

LEVEL	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STYLE
APPROPRIATE	- None	- None	- Half up to shoulder level stunts - Half up to extension	- Straight cradle from shoulder level single leg stunt - Straight cradle from extension	- Straight up extension - Shoulder stands - Double based shoulder level stunt
ELITE LEVEL APPROPRIATE	- Inversions to waist level	- Shoulder level tick tock - Switch up to shoulder level single leg stunt	- Full up to shoulder level stunts - 3/4 up to extension	- Full down from shoulder level stunts - Corkscrew from shoulder level stunts	- Single leg stunts at shoulder level - Shoulder level single man stunts - Prep level to Prone

**TOSSES NON - TWISTING**

None

**TOSSES TWISTING**

None

## JUNIOR HIGH, JUNIOR VARSITY, VARSITY

LEVEL	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STYLE
APPROPRIATE	- Inversions to waist level	- Ball up Prep	- Full up to shoulder level stunts - 3/4 up to extension	- Full down from extension - Corkscrew - Coed pop down - Straight cradle from extended single leg stunt	- Shoulder level single man stunts - Double based extended stunt - Any other stunt allowed by AACCA that are not listed as elite
ELITE LEVEL APPROPRIATE	- Inversions to shoulder/extended level stunts	- Switch up to extended single leg stunt - Low to high - High to high - Half up switch up	- Half up to extended single leg stunt - Full up to extended stunt - Full up to extended single leg stunt	- Inverted dismounts (example: pancake) - Full down from extended single leg stunt	- Extended single man stunts - Extended level to Prone - Extended single leg stunt

**TOSSES NON - TWISTING (Junior High NO Baskets)**

Pike Split - Ball Arch - Switch Kick - Toe Touch - Pike

**TOSSES TWISTING (Junior High NO Baskets)**

Kick Full - Full Twist

# PYRAMIDS ELEMENTARY

INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STYLE
- BRACED STUNT SKILLS	- BRACED STUNT SKILLS - BRACED SWITCH UP TO GUT LEVEL - BRACED GUT LEVEL TIC TOC	- BRACED STUNT SKILLS - BRACED 1/2 TWIST TO/FROM PREP - BRACED 1/4 TWIST TO/FROM GUT LEVEL SINGLE LEG	- STUNT SKILLS - CRADLE FROM PREP LEVEL	- BRACED STUNT SKILLS - BRACED COMBINATION OF TWO OR MORE LEVEL - APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY

## INTERMEDIATE

INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STYLE
- BRACED STUNT SKILLS - BRACED INVERSIONS THAT LAND IN SPONGE OR CRADLE	- BRACED STUNT SKILLS - BRACED SWITCH UP TO SHOULDER LEVEL - BRACED PREP LEVEL TO PREP SINGLE LEG TIC TOC	- BRACED STUNT SKILLS - BRACED 1/2 TWISTING TRANSITION TO/FROM PREP SINGLE LEG - Braced 1/2 TWISTING TRANSITION TO EXTENDED 2 LEG	- STUNT SKILLS - STRAIGHT CRADLE FROM EXTENDED SINGLE LEG POSITION - 1/4 CRADLE FROM EXTENDED SINGLE LEG POSITION	- BRACED STUNT SKILLS - BRACED COMBINATION OF TWO OR MORE LEVEL - APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY

## JUNIOR HIGH, JUNIOR VARSITY, VARSITY

INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STYLE
- BRACED STUNT SKILLS - RELEASED BRACED INVERSIONS - BRACED FLIPPING SKILLS - BRACED ROLL SKILLS - BRACED FLIPPING SKILLS WITH 1/2 TURN	- BRACED STUNT SKILLS - BRACED RELEASE TO EXTENDED STUNT - BRACED RELEASES THAT INVOLVE CHANGING BASES	- BRACED STUNT SKILLS - BRACED FULL UP TO EXTENDED STUNT - BRACED 1 1/4 TO EXTENDED STUNT	- STUNT SKILLS	- BRACED STUNT SKILLS - BRACED COMBINATION OF TWO OR MORE LEVEL - APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY - EXT ONE LEG STUNTS WITH MULTIPLE TRANSITIONAL SEQUENCES