

CHRISTIAN CHEERLEADERS OF AMERICA SCHOOL RUBRIC

Stunt Group Quantity Chart			STUNTS			Additional Difficulty Considerations for Stunts, Pyramids, & Tosses		
# Athletes	Majority	Most	1	Below	Skills performed do not meet minimum range requirements		*Number of bases used in stunt groups. *Credit for inversion stunts is only given when weight of the top person is held in the upper portion of the body and skill is inverted at the dip. *Landing position can increase difficulty of skill in range. *Variety of skills, pace between and connection of skills. *Coed style/single based skill difficulty is affected by assisted/unassisted	
5-7	1	1	1.1-2.0	Minimum	3 different level appropriate skills by majority of team			
8-11	1	1	2.1-3.0	Low	3 different level appropriate skills by most of team			
12-15	1	2	3.1-4.0	Medium	3 different level appropriate skills by most of team, 1 of which is elite			
16-19	2	3	4.1-5.0	High	3 different level appropriate skills by most of team, 2 of which are elite			
20-23	3	4	PYRAMIDS			Additional Difficulty Considerations for Jumps		
24-27	4	5	1	Below	Skills performed do not meet minimum range requirements			
28-31	4	6	1.1-2.0	Minimum	2 different level appropriate skills, 1 structure by most of team			
32-35	5	7	2.1-3.0	Low	3 different level appropriate skills, 1 structure by most of team			
36-38	5	7	3.1-4.0	Medium	3 different level appropriate skills, 2 structures by most of team			
OVERALL - ALL MUSIC (AM)			4.1-5.0	High	4 different level appropriate skills, 2 structures by most of team		Additional Difficulty Considerations for Tumbling	
Points	Category		TOSES				*Synchronized Standing Tumbling	*Variety of Passes
7.0-10.0	Performance <i>Energy, Genuine Spirit, Showmanship</i>		<i>Disregard for Elementary, Intermediate, Junior High/Middle School</i>				*Variety of Passes	
7.0-10.0	Dance <i>Perfection of Moves, Level Changes, Transitions, Foot work, Synch</i>		0	Below	No Toss Performed		*Tumblers may be recycled	
7.0-10.0	Creative Use of Music <i>Flow, Synch with sound effects, Music enhances routine</i>		1.0-2.0	Minimum	1 toss in routine by majority of team			
7.0-10.0	Routine Composition <i>Choreo, Visual Appeal, Formations & Transitions</i>		2.1-3.0	Low	1 toss in routine by most of team			
Jumps/Tumbling Quantity Chart			3.1-4.0	Medium	2 tosses in routine by most of team			
# Athletes	Majority	Most	4.1-5.0	High	2 tosses in routine by most of team with trick			
5-7	2	3	JUMPS					
8-9	4	5	1	Below	Skills performed do not meet minimum requirement. Majority performs basic jump			
10-11	5	6	2.0-3.0	Low	Most of team performs 1 advanced jump			
12-14	6	7	3.1-4.0	Medium	Most of team performs 2 connected advanced jumps, synchronized			
15-16	7	9	4.1-5.0	High	Most of team performs 2 connected advanced jumps, plus 1 additional advanced jump. Synchronized.			
17-19	8	10	<i>BASIC: Spread Eagle, Tuck Jump Advanced: Pike, Right/Left Hurdlers (front or side), Toe Touch</i>					
20-22	10	12	TUMBLING					
23-25	11	13	1	Below	Any basic tumbling (inc rolls, cartwheels, walkovers, round offs) at any level			
26-27	13	15	2.0-3.0	Low	1 level appropriate pass by majority of team			
28-30	14	16	3.1-4.0	Medium	2 level appropriate passes by majority of team, 1 pass must be synchronized			
31-38	15	18	4.1-5.0	High	2 level appropriate passes by most. 1 pass must be synchronized			
			<i>INT: Passes that end in BHS. ADV: Passes that end in tuck. ELITE: Passes that end in layout or full</i>					



LEVEL APPROPRIATE EXAMPLES TUMBLING

TUMBLING

PRIMARY

STANDING TUMBLING SKILLS

Forward roll - Straddle roll - Handstand
 Handstand forward roll - Front walkover
 Cartwheel - Backward roll - Back extension roll
 Push up to backbend - Standing backbend
 Backbend kickover - Back walkover

RUNNING TUMBLING SKILLS

Cartwheel - Round off - Front walkover
 Cartwheel front walkover - Front walkover to cartwheel/ round off

PLUS

STANDING TUMBLING SKILLS

Single handspring - Back walkover/Back handspring
 Single handspring stepout

RUNNING TUMBLING SKILLS

Cartwheel handspring
 Roundoff back handspring
 Front walkover - Round off back handspring

PREMIER

STANDING TUMBLING SKILLS (includes but not limited to)

Series handspring
 Jump handspring
 Jump handspring series
 Back handspring step out - Back handspring series

RUNNING TUMBLING SKILLS (includes but not limited to)

Cartwheel handspring series
 Round off back handspring series
 Round off backhandspring series to tuck
 Punch front - Punch front series to tuck
 Round off back tuck

PLATINUM

STANDING TUMBLING SKILLS

Standing tuck - Standing full
 Standing Back handspring tuck
 Jump to tuck
 Jump Back handspring tuck, whip, layout
 Back handspring series tuck, whip, layout, full
 Back handspring series full or whip through to full

RUNNING TUMBLING SKILLS

Cartwheel step - in tuck
 Cartwheel or Round off to layout or full
 Round off back handspring layout or full
 Front walkover/ punch front step out through to layout or full
 Whip through to full

LEVEL APPROPRIATE EXAMPLES STUNT/TOSSES

STUNTS/TOSSES
PRIMARY

INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STYLE	NON TWISTING TOSSES	TWISTING TOSSES
*None	*None	*Quarter turn to gut level	*Sponge *Step Down	*Shoulder Sit *Straddle Sit *Elevator *Waist Level *Single leg gutt level		
*Ground level inversion	*Switch up to waist level single leg *Tic Toc waist level	*Half turn to gut level single leg *Half turn to prep *Half turn transitions	*Straight Cradle from prep	*Show and Go *Single leg prep level		

LEVEL APPROPRIATE

ELITE LEVEL APPROPRIATE

PLUS

INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STYLE	NON TWISTING	TWISTING
*Ground level inversions	*Switch up to waist level single leg *Tic Toc waist level	*Half turn to gut level single leg *Half turn to prep *Half turn transition	*Straight cradle from prep *Straight cradle from shoulder level single leg	*Show and Go *Single leg prep level *Straight leg extension *Shoulder Stand	*Straight Ride	
*Inversion to prep level	*Shoulder level tic toc *Switch up shoulder level single leg *Release to prep level	*Half up extensions *Half twisting transition to prep level one leg or body position	*Straight cradle from extension	*two leg extension stunts *Half twist to prone *Single leg body positions		

LEVEL APPROPRIATE

ELITE LEVEL APPROPRIATE

PREMIER

INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STYLE	NON TWISTING	TWISTING
* Inversion to prep level	* Shoulder level tic toc *Switch up shoulder level single leg.	* Half up extension * Half twisting transition to prep level one leg or body position	*Straight cradle from extension *Full cradle prep level *Coed pop down	*Half twist to prone *2 leg extension *Single leg body position	*Toe Touch, Ball Arch, Pretty Girl Arch, Kick Arch	*Full
*Suspended roll *Inversion to extension	* Tic toc prep level to body position * Ball up prep * Switch up prep level	*3/4 up to exit *Full up shoulder level * Quarter twisting to extension	* Full down extension *Straight cradle extension *Corkscrew prep level	*Prep level to prone *Double based extension *Shoulder level single man Coed toss stunt		

LEVEL APPROPRIATE

ELITE LEVEL APPROPRIATE

PLATINUM

INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STYLE	NON TWISTING	TWISTING
*Suspended Roll *Inversion to extension	*Tic Toc prep level to body position *Ball up prep *Switch up prep level lib	*3/4 up to extension *Full up to prep *1/4 twisting extension on one leg	*Full down extension *Straight cradle from one leg *Corkscrew prep level	*Extension on single leg *Prep level to prone *Double base extension *Prep level singleman *Coed toss stunt	*Ball X, Toe Touch, Ball Arch, Pretty Girl Arch, Kick Arch	*Pike full *Kick Full
*Twisting suspension roll *Inversion to extension	*Switch up to extension to single leg *High to high *Half up to Switch up	*Half up to extension on single leg *Full up to extension *Full up to extension in body position	*Full down from extended single leg *Inverted dismount (pancake, corkscrew ext.)	*Coed Extension *Extended single man *Extended level to prone		

LEVEL APPROPRIATE

ELITE LEVEL APPROPRIATE

LEVEL APPROPRIATE EXAMPLES STUNT/TOSSES

PYRAMIDS PRIMARY

INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STYLE
*BRACED INVERSIONS *PRIMARY AND PLUS LEVEL APPROPRIATE	*BRACED RELEASES *PRIMARY AND PLUS LEVEL APPROPRIATE	*BRACED TWISTING SKILLS PRIMARY AND PLUS LEVEL APPROPRIATE	*PRIMARY LEVEL APPROPRIATE AND ELITE	*BRACED STUNT SKILLS *PRIMARY AND PLUS LEVEL APPROPRIATE

PLUS

INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STYLE
*BRACED INVERSIONS *PLUS AND PREMIER LEVEL APPROPRIATE	*BRACED RELEASES *PLUS AND PREMIER LEVEL APPROPRIATE	*BRACED TWISTING SKILLS *PLUS AND PREMIER LEVEL APPROPRIATE	*PLUS LEVEL APPROPRIATE AND ELITE	*BRACED STUNT SKILLS *PLUS AND PREMIER LEVEL APPROPRIATE

PREMIER

INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STYLE
* BRACED INVERSIONS *PREMIER AND PLATINUM LEVEL APPROPRIATE	*BRACED RELEASES *PREMIER AND PLATINUM LEVEL APPROPRIATE	* BRACED TWISTING *SKILLS PREMIER AND PLATINUM LEVEL APPROPRIATE	*PREMIER LEVEL APPROPRIATE AND ELITE	*BRACED STUNT SKILLS *PREMIER AND PLATINUM LEVEL APPROPRIATE

PLATINUM

INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STYLE
*BRACED INVERSIONS *PLATINUM LEVEL APPROPRIATE AND ELITE	*BRACED RELEASES *PLATINUM LEVEL APPROPRIATE AND ELITE	*BRACED TWISTING *SKILLS PLATINUM LEVEL APPROPRIATE AND ELITE	*PLATINUM LEVEL APPROPRIATE AND ELITE	*BRACED PLATINUM LEVEL APPROPRIATE AND ELITE