

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					
24-27	4	5	1	Below	Skills performed do not meet minimum range requirements	Additional Difficulty Considerations for Jumps		
28-31	4	6	1.1-2.0	Minimum	2 different level appropriate skills, 1 structure by most of team	*Variety of Skills performed *Connection/Combos *Synchronized Standing Tumbling *Variety of Passes		
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 - NON-MUSIC (NM)			3.1-4.0	Medium	3 different level appropriate skills, 2 structures by most of team			
Points	Category		4.1-5.0	High	4 different level appropriate skills, 2 structures by most of team			
4.0-5.0	Performance		TOSSES					
<i>Energy, Genuine Spirit, Showmanship</i>			Disregard for Elementary, Intermediate, Junior High/Middle School					
4.0-5.0	Voice		0	Below	No Toss Performed	OVERALL - ALL MUSIC (AM)		
<i>Pace of Cheer is practical. Flow of cheer is easy to follow</i>			1.0-2.0	Minimum	1 toss in routine by majority of team	Points	Category	
4.0-5.0	Cheer Motions		2.1-3.0	Low	1 toss in routine by most of team	4.0-5.0	Performance	
<i>Precision, sharpness, placement & synch of motions</i>			3.1-4.0	Medium	2 tosses in routine by most of team	Dance		
4.0-5.0	Crowd Leading		4.1-5.0	High	2 tosses in routine by most of team with trick	<i>Perfection of Moves, Level Changes, Transitions, Foot work</i>		
<i>Crowd Effective material, engaging</i>			JUMPS			4.0-5.0	Creative Use of Music	
8.0-10.0	Routine Composition		1	Below	Skills performed do not meet minimum requirement. Majority performs basic jump	<i>Flow, Synch with sound effects, Music enhances routine</i>		
<i>Choreo, Visual Appeal, Flow, Formations, Transitions</i>			2.0-3.0	Low	Most of team performs 1 advanced jump	4.0-5.0	Building Creativity	
OVERALL - CHEER MUSIC (CM)			3.1-4.0	Medium	Most of team performs 2 connected advanced jumps, synchronized	<i>Creative Load-ins, Dismounts, and Transitions, Originality</i>		
Points	Category		4.1-5.0	High	Most of team performs 2 connected advanced jumps, plus 1 additional advanced jump. Synchronized.	8.0-10.0	Routine Composition	
4.0-5.0	Dance		<i>BASIC: Spread Eagle, Tuck Jump Advanced: Pike, Right/Left Hurdlers (front or side), Toe Touch</i>			<i>Choreo, Visual Appeal, Formations & Transitions</i>		
<i>Synch, Perfection of Moves, Levels</i>			TUMBLING			Jumps/Tumbling Quantity Chart		
4.0-5.0	Voice		1	Below	Any basic tumbling (inc rolls, cartwheels, walkovers, round offs) at any level	# Athletes	Majority	Most
<i>Pace of Cheer is practical. Flow of cheer is easy to follow</i>			2.0-3.0	Low	1 Intermediate pass by majority of team	5-7	2	3
4.0-5.0	Cheer Motions		3.1-4.0	Medium	2 Advanced passes by majority of team, 1 pass must be synchronized	8-9	4	5
<i>Precision, sharpness, placement & synch of motions</i>			4.1-5.0	High	2 Advanced standing skills or 2 Elite running passes by majority of team, 1 pass must be synchronized	10-11	5	6
4.0-5.0	Crowd Leading		<i>INT: Passes that end in BHS. ADV: Passes that end in tuck. ELITE: Passes that end in layout or full</i>			12-14	6	7
<i>Crowd Effective material, engaging</i>			Tumblers may be recycled.			15-16	7	9
6.0-10.0	Performance/Routine Composition		<i>INT: Passes that end in BHS. ADV: Passes that end in tuck. ELITE: Passes that end in layout or full</i>			17-19	8	10
<i>Energy, Spirit, Showmanship, Choreo, Visual Appeal, Flow, Formations & Transitions</i>			Tumblers may be recycled.			20-22	10	12
						23-25	11	13
						26-27	13	15
						28-30	14	16
						31-38	15	18

LEVEL APPROPRIATE EXAMPLES STUNTS/TOSSES 26-27

STUNTS/TOSSES

ELEMENTARY

	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STYLE
LEVEL				-Straight cradle from prep	-Shoulder sit -Straddle sit
APPROPRIATE	- None	-None	-1/4 turn to gut level stunt	-Sponge down -Step down	-Elevator -Waist level stunts
ELITE		-Switch up to waist level single leg	-1/2 turn to gut level single leg		-Show & go
LEVEL	-Ground level inversion	-Tick tock at waist level	-1/2 turn to prep	-None	-Single leg at gut level
APPROPRIATE			-1/2 turn transitions		

TOSSES NON-TWISTING

TOSSES TWISTING

NONE

NONE

INTERMEDIATE / JUNIOR HIGH

	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STYLE
LEVEL		-Switch up to waist level single leg	-1/4 turn to below prep level stunt	-Straight cradle from prep	-Straight up extension
APPROPRIATE	-Ground level inversions	-Tick tock at waist level	-Half up to shoulder level stunt	-Straight cradle from single leg prep	-Shoulder stands
ELITE		-Shoulder level tick tock	-Half up to extension	-Straight cradle from extension	-Double based prep level stunt
LEVEL	-Inversions to waist level	-Switch up to shoulder level single leg stunt	-Full up to shoulder level stunt	-Full down from prep level	-Single leg at prep level
APPROPRIATE			-3/4 up to extension	-Corkscrew from prep level	-Prep level single man stunts -Prep level to prone

TOSSES NON-TWISTING

TOSSES TWISTING

NONE

NONE

JUNIOR VARSITY, VARSITY

	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STYLE
LEVEL	-Inversions to waist level	-Ball up prep	-Half up to shoulder level stunt	-Full down from extension	-Shoulder stands -Prep level single man
APPROPRIATE	-Inversions to prep level	-Helicopter	-Full up to shoulder level stunt	-Corkscrew -Coed pop down	-Double based extended stunt
ELITE	-Ground inversions released to prep level (Ex: Roundoff, BHS entries)	-Release moves to prep (switch up, quick toss)	-3/4 up to extension	-Straight cradle from extended single leg stunt	-Any other stunt allowed by USA not listed as elite
LEVEL	-Inversions to extended level	-Switch up to extended single leg	-Half up to extended single leg stunt	-Inverted dismounts (example: pancake)	-Suspended roll with full twist
APPROPRIATE	-Ground inversions released to extended level (Ex: Roundoff, BHS entries)	-1/2 twisting release moves to stunt	-Full up to extended stunt	-Full down from extended single leg	-Extended level to prone
	-Hand in Hand inversion released to s	- Low to high - High to high - Quick toss to extension - Full twisting release moves	-Extended full around single leg (lib-to-lib)	-Kick full dismount	-Extended single based stunts
		-Half up switch up	-Full up to extended single leg stunt		-Extended single leg stunt

TOSSES NON-TWISTING

TOSSES TWISTING

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

Full Twist - Kick Full

This is not an all inclusive list. Additional skills performed in various styles may fall between listed skills.

SCHOOL Scoring System STUNTS 26-27

LEVEL APPROPRIATE EXAMPLES PYRAMIDS 26-27

PYRAMIDS

ELEMENTARY

	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STYLE
LEVEL	-Braced ground level inversion	-Braced switch up to Gut level	-Braced 1/2 twist to/from prep	-Straight cradle from prep	-Shoulder sit -Straddle sit
APPROPRIATE	-Braced inversions to waist level	-Braced gut level tic toc	-Braced 1/4 twist to/from gut level single leg	-Sponge down	-Elevator
	-Braced stunt skills	-Braced stunt skills	-Braced stunt skills	-Step down	-Waist level stunts

INTERMEDIATE / JUNIOR HIGH

	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STYLE
LEVEL	-Braced ground level inversion	-Braced switch up to prep	-Braced 1/2 twisting transition to ext	-Straight cradle from ext single leg	
APPROPRIATE	-Braced inversions to waist level	-Braced prep to prep single leg tic toc	-Other Braced stunt skills	-1/4 cradle from ext single leg	-Braced combination of two or more stunt skills performed simultaneously
	-Braced inversions that land in sponge or cradle	-Braced stunt skills	-Braced 1/2 twisting transition to/from prep single leg	-Braced stunt skills	

JUNIOR VARSITY, VARSITY

	INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STYLE
LEVEL	-Braced released inversions	-Braced release to ext stunt	-Braced twisting transitions		-Braced combination of two or more level appropriate skills performed simultaneously
APPROPRIATE	-Braced flipping skills	-Braced tic toc style	-Braced full up to single leg	-See Stunt Skills	-Braced toss full up to stunt
	-Braced roll skills	-Braced 1/2 twisting release to stunt	-Braced full up to extended stunt		-Braced extended one leg stunts with multiple transitional sequences
	-Braced flipping skills with 1/2 turn	-Braced releases that involve changing bases -Braced stunt skills	-Braced 1 1/4 to extended stunt		

This is not an all inclusive list. Additional skills performed in various styles may fall between listed skills.

SCHOOL Scoring System PYRAMIDS 26-27



CHRISTIAN CHEERLEADERS OF AMERICA

CHEER MUSIC SCORE SHEET

CATEGORY	POINTS
OVERALL - 30 POINTS	
Dance <i>Synch, Perfection of Moves, Levels</i>	5
Voice <i>Pace of Cheer is practical. Flow of cheer is easy to follow</i>	5
Cheer Motions <i>Precision, sharpness, placement & synch of motions</i>	5
Crowd Leading <i>Crowd Effective material, engaging</i>	5
Performance / Routine Composition <i>Energy, Spirit, Showmanship, Choreo, Visual Appeal, Flow, Formations & Transitions</i>	10
BUILDING - 45 POINTS	
Partner Stunts <i>Difficulty - Level of Skill, Number of Stunts Performed, Number of Bases Used, Transitions, Variety</i>	5
Partner Stunts <i>Execution - Proper Technique, Synchronization, Spacing</i>	10
Pyramids <i>Difficulty - Level of Skill, Number of Skills and Structures Performed, Number of Bases Used, Transitions, Variety, Creativity</i>	5
Pyramids <i>Execution - Proper Technique, Synchronization, Spacing</i>	10
Tosses <i>Difficulty - Level of Skill, Number of Tosses Performed, Variety, Creativity</i>	5
Tosses <i>Execution - Proper Technique, Synchronization, Spacing</i>	10
TUMBLING & JUMPS - 25 POINTS	
Tumbling <i>Difficulty - Level of Skill, Number of Skills Performed</i>	5
Tumbling <i>Execution - Proper Technique, Synchronization, Spacing</i>	5
Jumps <i>Difficulty - Types of Jump(s), Connections/Combos, Variety</i>	5
Jumps <i>Execution - Proper Technique, Synchronization, Spacing</i>	5
Category Impression <i>Overall Choreography of Jumps/Tumbling, Visual Appeal, Flow, Formations, Transitions</i>	5
TOTAL POSSIBLE POINTS	100



CHRISTIAN CHEERLEADERS OF AMERICA

NON-MUSIC SCORE SHEET

CATEGORY	POINTS
OVERALL - 30 POINTS	
Performance <i>Energy, Spirit, Showmanship</i>	5
Voice <i>Pace of Cheer is practical. Flow of cheer is easy to follow</i>	5
Cheer Motions <i>Precision, sharpness, placement & synch of motions</i>	5
Crowd Leading <i>Crowd Effective material, engaging</i>	5
Routine Composition <i>Choreo, Visual Appeal, Flow, Formations & Transitions</i>	10
BUILDING - 45 POINTS	
Partner Stunts <i>Difficulty - Level of Skill, Number of Stunts Performed, Number of Bases Used, Transitions, Variety</i>	5
Partner Stunts <i>Execution - Proper Technique, Synchronization, Spacing</i>	10
Pyramids <i>Difficulty - Level of Skill, Number of Skills and Structures Performed, Number of Bases Used, Transitions, Variety, Creativity</i>	5
Pyramids <i>Execution - Proper Technique, Synchronization, Spacing</i>	10
Tosses <i>Difficulty - Level of Skill, Number of Tosses Performed, Variety, Creativity</i>	5
Tosses <i>Execution - Proper Technique, Synchronization, Spacing</i>	10
TUMBLING & JUMPS - 25 POINTS	
Tumbling <i>Difficulty - Level of Skill, Number of Skills Performed</i>	5
Tumbling <i>Execution - Proper Technique, Synchronization, Spacing</i>	5
Jumps <i>Difficulty - Types of Jump(s), Connections/Combos, Variety</i>	5
Jumps <i>Execution - Proper Technique, Synchronization, Spacing</i>	5
Category Impression <i>Overall Choreography of Jumps/Tumbling, Visual Appeal, Flow, Formations, Transitions</i>	5
TOTAL POSSIBLE POINTS	100



CHRISTIAN CHEERLEADERS OF AMERICA

ALL MUSIC SCORE SHEET

CATEGORY	POINTS
OVERALL - 30 POINTS	
Performance <i>Energy, Spirit, Showmanship</i>	5
Creative Use of Music <i>Flow, Synch with sound effects, Music enhances routine</i>	5
Dance <i>Perfection of Moves, Level Changes, Transitions, Foot work</i>	5
Building Creativity <i>Creative Load-ins, Dismounts, Transitions, Originality</i>	5
Routine Composition <i>Choreo, Visual Appeal, Formations, Transitions</i>	10
BUILDING - 45 POINTS	
Partner Stunts <i>Difficulty - Level of Skill, Number of Stunts Performed, Number of Bases Used, Transitions, Variety</i>	5
Partner Stunts <i>Execution - Proper Technique, Synchronization, Spacing</i>	10
Pyramids <i>Difficulty - Level of Skill, Number of Skills and Structures Performed, Number of Bases Used, Transitions, Variety, Creativity</i>	5
Pyramids <i>Execution - Proper Technique, Synchronization, Spacing</i>	10
Tosses <i>Difficulty - Level of Skill, Number of Tosses Performed, Variety, Creativity</i>	5
Tosses <i>Execution - Proper Technique, Synchronization, Spacing</i>	10
TUMBLING & JUMPS - 25 POINTS	
Tumbling <i>Difficulty - Level of Skill, Number of Skills Performed</i>	5
Tumbling <i>Execution - Proper Technique, Synchronization, Spacing</i>	5
Jumps <i>Difficulty - Types of Jump(s), Connections/Combos, Variety</i>	5
Jumps <i>Execution - Proper Technique, Synchronization, Spacing</i>	5
Category Impression <i>Overall Choreography of Jumps/Tumbling, Visual Appeal, Flow, Formations, Transitions</i>	5
TOTAL POSSIBLE POINTS	100