



Competition Cheerleading

Officials' Scoring Instructions & Rubrics

TABLE OF CONTENTS

Cheer Introduction, Definitions, Total Team Minus, ORC.....	Page 1
Panel A – Jumps/Cheer/Dance Definitions, etc.	Page 2
Panel A – Jumps/Cheer/Dance Rubric.....	Page 3
Panel A – Jumps/Cheer/Dance Score Sheet	Page 4
Panel B – Tumbling Definitions, etc.	Page 5
Panel B – Tumbling Rubric.....	Page 6
Panel B – Tumbling Score Sheet	Page 7
Panel C – Partner Stunts/Pyramids Definitions, etc.	Page 8
Stunt Skills	Page 10
Pyramids	Page 12
Panel C – Partner Stunts / Pyramid Rubric	Page 13
Panel C – Partner Stunts / Pyramid Score Sheet.....	Page 15
Mats & Mat Placement.....	Page 16

Cheer Introduction

The key to this rubric and scoring system is to perform within the means of the squad's skill level, execute all skills soundly and score high in the execution categories.

Definitions

Term	Description
Majority	51% or more of the team members execute a required skill. Half of the team plus one.
Less than majority	50% or fewer of the team members execute a required skill. Half the team or less. <ul style="list-style-type: none"> • A team of 15 members have 7 members complete a skill, then they would fall in the less than majority range.

Total Team Minus

The Total Team members performing the skill is used to determine the DOD in jumps, standing and running tumbling.

The following table identifies the number of team members who are not required to perform the skill.

If the rubric	Then...
Total Team# - 0	All team members must perform the skill.
Total Team# - 2	1 and/or 2 team members are not required to perform the skill.
Total Team# - 4	3 and/or 4 team members are not required to perform the skill.
Total Team# - 6	5 and/or 6 team members are not required to perform the skill.
Total Team# - 8	7 and/or 8 team members are not required to perform the skill.

Overall Routine Composition (ORC)

Overall routine will be evaluated on the following criteria:

- Showmanship, energy level, excitement, crowd appeal, uniformity, genuine enthusiasm, and the athletic sportsmanship.
- A team's ability to demonstrate precise spacing and seamless patterns of movement performed throughout the routine. This includes innovative, visual, and intricate ideas; as well as any additional skills performed to enhance the overall appeal. (Source: Varsity All Star Scoring Guide)

Explanation of ORC Score

The ORC will be an average of the 6 panel judges' ORC score.

Panel A – Jumps/Cheer/Dance

Jumps should be performed as a team.

- Squads may complete jumps connected to tumbling. However, the jumps will be scored in jumps and the tumbling portion will be scored in standing tumbling.

Definitions

Term	Description
Combo	Connected jumps without a pause in between. All approaches within the jumps must use a whip approach to be connected. <ul style="list-style-type: none"> • A double toe-touch.
Variety	Involves different jumps <ul style="list-style-type: none"> • A right herkie, toe touch, left herkie all connected would complete the 3-jump triple combo requirement.

Level of Jumps DOD

Jump Level	Description	DOD
Basic	tuck jumps, spread eagles, banana jumps	1-2
Advanced	herkie, hurdler, pike, double nine, toe touch	2-6

Cheer

Cheer Requirements

- A minimum of 3 eight counts of cheer with incorporations.
- The entire team must participate in cheer to be eligible to receive maximum points.
- Athletes must say the words in the cheer.
- Cheer words should be distinct and have a high volume.

Cheer Incorporations

One or more of the following must be incorporated into the cheer to be eligible to receive maximum points.

- Jumps, tumbling, stunts, tosses, pyramids, or any combination

Dance

- A minimum of 4 eight counts of dance.
- The entire team must participate in dance to be eligible to receive maximum points.
- Dance should have level changes, transitions, footwork, and floor choreography to max out.

Panel A – Jumps/Cheer/Dance Rubric

JUMPS							
DOD	1	2	3	4	5	6	
				Total Team # - 4	Total Team # - 2	Total Team # - 0	
	Triple combo of 3 different advanced jumps. Must be connected.						
		Total Team # - 4	Total Team # - 2	Total Team # - 0			
	Double combo advanced jumps with variety or triple combo advanced jumps with no variety.						
	Total Team # - 2	Total Team # - 0					
	Single or non-connected basic jumps						
EXE	1-2	3-4		5-6		7-8	
	Below average technique; poor form, and timing, missed jumps. Majority dropping chest, bent legs, flexed toes, and bad landings	Average technique and form, very little timing off. Very few missed jumps. Some dropped chest, flexed toes, and bad landings		Above average technique and form, good timing. No missed jumps No dropped chest, flexed toes, or bad landings		Excellent technique and form, perfect timing. No missed jumps. No dropped chest, all toes pointed, perfect landings	
CHEER							
DOD	1-2		3	4	5		
	Less than majority squad incorporations. Basic transitions, lacking complexity. Slung motions, words not said by entire team. Little creativity and lacking visual.		Half squad to full squad incorporations. Intermediate transitions. Majority sharp intermediate/advanced motions, words said by most of the team. Moderate creativity and somewhat visual.	Majority to full squad incorporations. Advanced transitions. Sharp advanced motions, words said by entire team. Creative and visual.	Full squad incorporations. Multiple advanced transitions. Very sharp/precise advanced motions, words said by entire team. Highly creative and very visual.		
EXE	Poor technique, poor timing, sloppy transitions and formations, no volume		Average technique, good timing, transitions, and formations need very little clean up, low volume	Above average technique, very good timing, clean transitions and formations, good volume	Excellent technique, perfect timing, very clean transitions and formations, excellent volume		
DANCE							
DOD	1-2		3-4		5-6		7
	Basic motions and transitions. Very few level changes. Lacks energy, little creativity, lacks originality, and lacking visually.		Intermediate motions and transitions. Few level changes. Average energy, Moderate creativity, with some originality and somewhat visual.		Advanced motions, with advanced transitions and several level changes. Very good energy, creative, original, and visual.		Multiple advanced motions with advanced transitions and several level changes. Excellent energy, highly creative and original, very visual.
EXE	Poor technique, poor timing, sloppy transitions, and formations, poor rhythm		Average technique, good timing, not very clean on transitions and formations, average rhythm		Above average technique, very good timing, clean transitions, and formations, good rhythm		Excellent technique, perfect timing, very clean transitions, and formations, excellent rhythm
OVERALL ROUTINE COMPOSITION							
	1-3		4-6		7-8		9-10
	Below average overall impression, cleanliness of routine and pacing throughout. Below average routine layout, choreography with skills and use of the floor space. Little to no creative formations, transitions, no moments of innovative, visual, and intricate choreography. Below average level of energy, excitement, enthusiasm, and showmanship.		Average overall impression and cleanliness of routine, pacing throughout. Average routine layout, choreography with skills and use of floor space. Few creative formations, transitions, moments of innovative, visual, and intricate choreography. Average level of energy and excitement, enthusiasm, and showmanship.		Clean routine and good overall impression. Good pacing throughout. Solid routine layout and good use of choreography with skills and of floor space. Some creative formations and transitions. Some innovative, visual, and intricate choreography. Mid to high level of energy and excitement. Genuine enthusiasm and showmanship.		Very clean routine and excellent overall impression. Excellent pacing throughout. Solid routine layout and excellent use of choreography with skills and use of floor space. Creative formations and transitions. Innovative, visual, and intricate choreography. Highest level of energy and excitement. Genuine enthusiasm and showmanship.



PANEL A – JUMPS/CHEER/DANCE SCORE SHEET

SCHOOL	NUMBER ON SQUAD	CLASS/REGION	PANEL	
			A	
JUMPS			SCORE	
• Good Technique	• Good Height	• Pointed Toes	• Good Timing	DOD 6
• Landings Together	• Good Form	• Feet Together	• Straight Legs	
• Improve Technique	• Work on Height	• Flexed Toes	• Timing Off	EXE 8
• Bad Landings	• Dropped Chest	• Missed Jumps	• Bent Legs	
CHEER/CHANT				
• Good Technique	• Sharp Motions	• Creative & Visual	• Good Timing	DOD/ EXE 5
• Good Formations	• Good Projection	• Good Expression	• Good Cheer/Chant	
• Improve Transitions	• Tighten Motions	• Add Incorporations	• Timing Off	
• Include/Say Words	• Increase Volume	• Must Involve Team	• Needs More Counts	
DANCE				
• Creative & Visual	• Good Level Changes	• Good Formations	• Good Timing	DOD/ EXE 7
• Good Technique	• Good Energy	• Good Motions	• Advanced Motions	
• Improve Transitions	• Add Level Changes	• Formations Off	• Timing Off	
• Rhythm Off	• Lacks Energy	• Tighten Motions	• Lacks Originality	
SUBTOTAL SCORE				
OVERALL ROUTINE COMPOSITION				
• Innovative	• Creative & Visual	• Good Spacing	• Good Flow/Pace	Write your Official's number next to the checkbox you select.
• Crowd Appeal	• Solid Routine	• Nice Variations	• Good Energy	
• Add Innovation	• Clean up	• Improve Formations	• Improve Flow/Pace	
• No Crowd Appeal	• Improve Layout	• Improve Transitions	• Improve Energy	
Official 1 – Overall Composition			10	
Official 2 – Overall Composition			10	
OFFICIAL 1 SIGNATURE		OFFICIAL 2 SIGNATURE		

Panel B – Tumbling

The officials need to see what the Squad can do as a team. It is recommended that teams tumble in sections of the routine as a squad and not randomly throughout the routine.

- If squads reuse/repeat the same tumbler, officials will not be able to distinguish what the squad can do as a group.
- An official will assume that if an athlete performs a higher-level skill, then that athlete can also perform the lower level skill and give credit for that skill.

Examples

- If an athlete performs a round off back handspring full, then an official must assume that the athlete can also perform a round off back handspring tuck or layout.
- If an athlete performs a standing tuck, an official must assume that the athlete can also perform a standing back handspring.

Definitions

Term	Description
Standing Tumbling	A tumbling skill (series of skills) performed from a standing position without any previous forward momentum. Any number of steps backward prior to execution of tumbling skill(s) is defined as standing tumbling. (Source: usasf.net)
Running Tumbling	Tumbling that is performed with a running start and/or involves a step or a hurdle (etc.) used to gain momentum as an entry to another skill. Any type of forward momentum/movement prior to execution of the tumbling skill(s) is defined as running tumbling. (Source: usasf.net)
Entry	Officials will watch the entry into the skill. <ul style="list-style-type: none"> • Cartwheel: Defined as standing tumbling because that is what initiates the skill. • Round-off: Defined as running tumbling because of the momentum it generates.
Full through to Full	A team member performing a full through to full tumbling pass will count as 2 fulls. <ul style="list-style-type: none"> • Two (2) will be the maximum credit given per athlete.
Specialty Pass	Running tumbling across the mat that contains skills from the following during the pass. <ol style="list-style-type: none"> 1. Contains possibly: back handspring, step outs, whips, Arabians, front walk-over/handspring, aerial, or punch front

Execution – Fall

When a team member executes a back-handspring with the hands touching the floor the judge cannot assume that the team member intended to execute a tuck. Placing one's hands on the floor during the execution of a tuck is not a fall to the floor. It is an execution error. Based on how the skill is executed, it may be scored as a back-handspring. When tumbling, a fall is considered a fall to the floor when the tumbler lands on their legs, knees, back, head, rear, elbows, and so on, that was not considered a part of the original landing.

Panel B – Standing/Running Tumbling Rubric

Standing Tumbling						
DOD	1	2	3	4	5	6
	Forward rolls, back extension rolls, standing cartwheels			Total Team # - 6	Total Team # - 4	Total Team # - 2
				Tucks or Handspring Tucks or Handsprings to layouts		
				Including 1 standing series to full/standing full	Including 2 standing series to full/standing full(s)	Including 3 or more standing series to full/standing full(s)
				Total Team # - 4	Total Team # - 2	
	Tucks and/or Handspring tucks or Handsprings to layouts					
	Less than majority	Majority	Total Team # - 0			
	Handsprings, Tucks or Handspring tucks or higher skill		Handsprings			
EXE	1-2	3-4		5-6		7-8
	Poor form, technique, and timing; many bent legs/bodies	Average form, technique, and timing; very few bent legs/bodies		Above average form, technique, and timing; minimum bent legs/bodies		Excellent form, technique, and timing; no bent legs/bodies
	5 or more hands-down/bust; many multiple steps w/many unsteady landings	3-4 hands-down/bust; many multiple steps w/some unsteady landings		1-2 hands-down/bust; multiple steps w/minimum unsteady landings		NO missed tumbling/bust; minimum steps w/solid landings

Running Tumbling						
DOD	1	2	3	4	5	6
	Running Cartwheels and Round-Offs			Total Team # - 6	Total Team # - 4	Total Team # - 2
				Round-Off Tucks or Handspring Tucks or Specialty Passes		
				Including 1 Full	Including 2-3 Fulls	Including 4 or more Fulls
		Total Team # - 6	Total Team # - 4	Total Team # - 2	Total Team # - 0	
	Round-Off Tucks and/or Handspring Tucks					
	Total Team # - 8	Total Team # - 6	Total Team # - 4	Total Team # - 2		
Layouts and Specialty Passes						
	Less than majority	Majority				
		Round-Off Handsprings; Limited Tucks				
EXE	1-2	3-4		5-6		7-8
	Poor form, technique, and timing; many bent legs/bodies	Average form, technique, and timing; very few bent legs/bodies		Above average form, technique, and timing; minimum bent legs/bodies		Excellent form, technique, and timing; NO bent legs/bodies
	5 or more hands-down/bust; many multiple steps w/numerous unsteady landings	3-4 hands-down/bust; many multiple steps w/unsteady landings		1-2 hands-down/bust; multiple steps w/minimum unsteady landings		NO missed tumbling/bust; minimum steps w/solid landings

OVERALL ROUTINE COMPOSITION				
	1-3	4-6	7-8	9-10
	<p>Below average overall impression, cleanliness of routine and pacing throughout.</p> <p>Below average routine layout, choreography with skills and use of the floor space. Little to no creative formations, transitions, no moments of innovative, visual, and intricate choreography.</p> <p>Below average level of energy, excitement, enthusiasm, and showmanship.</p>	<p>Average overall impression, cleanliness of routine and pacing throughout.</p> <p>Average routine layout, choreography with skills and use of the floor space.</p> <p>Few creative formations, transitions, no moments of innovative, visual, and intricate choreography.</p> <p>Average level of energy, excitement, enthusiasm, and showmanship.</p>	<p>Clean routine and good overall impression.</p> <p>Solid routine layout and good use of choreography with skills and use of floor space.</p> <p>Some creative formations and transitions.</p> <p>Some innovative, visual, and intricate choreography.</p> <p>Mid to high level of energy and excitement.</p> <p>Genuine enthusiasm and showmanship.</p>	<p>Very clean routine and excellent overall impression. Excellent pacing throughout.</p> <p>Solid routine layout and excellent use of choreography with skills and use of floor space.</p> <p>Creative formations and transitions.</p> <p>Innovative, visual, and intricate choreography.</p> <p>Highest level of energy and excitement.</p> <p>Genuine enthusiasm and showmanship.</p>



PANEL B – STANDING/RUNNING TUMBLING SCORE SHEET

SCHOOL				NUMBER ON SQUAD	CLASS/REGION	PANEL
						B
STANDING TUMBLING						SCORE
▪ Good Technique	▪ Stuck Landings	▪ Good Form	▪ Good Timing	DOD	6	
▪ Good Difficulty	▪ Legs Together	▪ Straight Legs	▪ Good Precision			
▪ Improve Technique	▪ Unsteady Landings	▪ Improve Form	▪ Timing Off	EXE	8	
▪ Add Difficulty	▪ Hands Down/Bust	▪ Missed Tumbling	▪ Multiple Steps			
RUNNING TUMBLING						
▪ Good Technique	▪ Stuck Landings	▪ Good Form	▪ Good Timing	DOD	6	
▪ Good Difficulty	▪ Legs Together	▪ Straight Legs	▪ Good Variety			
▪ Improve Technique	▪ Unsteady Landings	▪ Improve Form	▪ Timing Off	EXE	8	
▪ Add Difficulty	▪ Hands Down/Bust	▪ Missed Tumbling	▪ Multiple Steps			
SUBTOTAL SCORE						
OVERALL ROUTINE COMPOSITION						
▪ Innovative	▪ Creative & Visual	▪ Good Spacing	▪ Good Flow/Pace	Write your Official's number next to the checkbox you select.		
▪ Crowd Appeal	▪ Solid Routine	▪ Nice Variations	▪ Good Energy			
▪ Add Innovation	▪ Clean up	▪ Improve Formations	▪ Improve Flow/Pace			
▪ No Crowd Appeal	▪ Improve Layout	▪ Improve Transitions	▪ Improve Energy			
				Official 3 – Overall Composition	10	
				Official 4 – Overall Composition	10	
OFFICIAL 3 SIGNATURE				OFFICIAL 4 SIGNATURE		

Panel C – Partner Stunts/Pyramids

The officials need to see what the squad can do as a team. If squads re-use/repeat stunts elsewhere in the routine, officials will not be able to distinguish what the squad can do as a group. Therefore, it is imperative that teams stunt in sections of the routine as a squad and not randomly throughout the routine.

Definitions

Term	Description
Fall	A body part, other than the sole of the shoe, coming into contact with the performance surface during the execution of a stunt/skill. Falling to the floor with a body part landing on the floor such as hands, knees, legs, back, head, rear, elbow, and so on.
Drop	A stunt/skill being attempted that comes down early. It may then be put up again; however, it is clear to the officials that the stunt was not executed as intended.
Missed Stunt	A skill is attempted but does not hit the appropriate position or height as the other stunts.
Bobble	When a flyer hits a stunt/skill and wobbles, shakes, swings their arms; but the stunt remains in the air.
True Full up	Bases remain stationary and flyer rotates 360°.
Entry	The beginning or mounting phase of a stunt, where one foot/hand(s) starts on the performing surface or in a loading position.
Structure	A place in a pyramid when flyers connect (hand-hand or hand-foot) and pause to show a defined position. This is also known as a picture.
Extended Stunt/Position	The supporting hand(s) of the base(s) is/are above the head. (Source: NFHS)

DOD – Intended Height

A judge will give credit for those stunts that go to the intended height of the stunts. Stunts that do not go to the intended height will not be factored into the scoring of the Degree of Difficulty. This is in Primary and Secondary Stunts as well as Pyramids.

- A team attempts to execute four liberty heel stretches. One does not make it up and the second one dismounts to the floor prior to hitting the highest point. Hence, two of the four of the stunts did not make it to the intended height. Thus, the team is only given credit for the two stunts that reach the intended height/hit.

Partner Stunts / Tosses

All groups must demonstrate stability at the extended point of the executed stunt. This cannot be a show & go style execution. All stunts must have the required spotters and bases.

LEVEL	DESCRIPTION		
Primary Stunts	<p>A squad's best and most creative stunts. More than one person working together as a team to execute the skill.</p> <ul style="list-style-type: none"> All required elements should be executed during one section of the routine to receive full credit. 		
Secondary Stunts	<p>Basic two-legged stunts, to one-legged extended stunts, and high-flying basket tosses.</p> <ul style="list-style-type: none"> EXAMPLE – Extended single leg stunts 		
Tosses	Tosses can be used in place of the Secondary Stunt		
	TOSSES		
	BASIC	INTERMEDIATE	ADVANCED
	Straight Rides	Single Full	Kick Single or 1 ¼
	Blow Outs	X-Outs	Hitch-kick single or 1 ¼
	Pose	Toe Touch	Star Single or 1 ¼
		Pike	Toe Touch Full Down
		Ball Up Star	Full Up Toe Touch
Dismounts	<p>The ending movement from a stunt or pyramid to a cradle or the performing surface. Movements are only considered dismounts if released to a cradle or released and assisted to the performing surface. Movement from cradle to the ground is not considered a dismount. (Source: USASF)</p> <ul style="list-style-type: none"> Specific dismounts are not necessary in secondary stunts. 		
Load-In	<p>A stunting position in which the top person has at least one foot in the base(s) hands. The base(s) hands are at waist level. (USASF: 2016-17 Cheer Glossary). The manner by which you get the flyer to the top Load-In Position: the two-foot entry position for an elevator; a hang drill.</p> <ul style="list-style-type: none"> Only at the beginning of the routine, a flyer <u>must</u> have one foot on the floor ready to begin the stunt and in preparation of the signal to begin. Routines cannot begin in a stunt. 		

Stunt Skills

If a squad performs the same skill multiple times it will still only count as one skill.

- A full up from load and a full up from straddle position will count as one advanced skill. The full up is the repeated skill.

The table below represents a limited list of stunt skills a squad may perform. The Officials are responsible for determining the level of difficulty for any stunt skills not listed.

Stunt Skills		
Basic	Intermediate	Advanced
Straight-up stunt to prep level or extension	Faux full-up to extended position	True full-up to extended position
Prep level stunts	True full-up to prep level	Ball-up
Half-up to prep	Half-up to extended position	Switch-up to extended position
	Switch-up to prep level	Inversion to extended position
	Inversion from below prep level to prep level	Quick toss to the extended position
	Quick toss to prep level	Unbraced tick-tock (low-to-high)
	Invert from prep level to prep level	

- For legal ball ups in partner stunts, a quick toss must be utilized.
- If the tick tock is not released, this will not be considered an advanced skill.

Body Positions/Flexibility Skills

Body Position	Flexibility
Heel Stretch	Heel Stretch
Bow & Arrow, Cobra	Bow & Arrow, Cobra
Scale	Scale
Scorpion, Needle	Scorpion, Needle
Front Stretch	Front Stretch
No-hands/Chin Chin/Cry Baby	No-hands/Chin Chin/Cry Baby
Liberty	
Torch	
Arabesque	

Dismounts

Dismounts		
Basic	Intermediate	Advanced
Straight cradles from two leg or single leg stunts	1 - 1 ¼ rotation (twist) from prep level single leg position	1 - 1 ¼ rotation (twist) from extended single leg position
Pop downs	360 down (cork screw) from extended (two legged) position to a squish or floor	360 down (cork screw) from extended (single leg) position to a squish or floor
Squish	360 down (cork screw) from prep level to a squish or floor	Power press prep level kick/toe/pike full
Prone from prep level	Full down from prep or extended position	
	Forward suspended roll	
	Prone from extended level	
	Half turn cradle	
	Yoyo	

Front Spots

If a front spot is used anytime during the group primary and/or secondary stunting/tosses, only one point will be deducted from DOD and will be indicated on the score sheet. This applies if a front spot is used on one or more stunting groups.

One point will not be deducted for a front spot on a single opening basket, unless counted as your Secondary Stunt, or during a show-n-go that is not part of the group primary or secondary stunting/tosses.

Maxing Out in Primary Partner Stunt

- A team with 16 members will be expected to stunt 4 primary stunts executing the max DOD requirements to receive an 8.
- A team of 16 members stunt 3 primary stunt groups, if the squad maxes DOD requirement, the highest DOD the squad will receive is a 7. The groups must complete all the skills outlined in the rubric to receive the highest score in DOD.
- If a team has a total of 15 members, they are expected to stunt 3 primary stunt groups. 3 stunt groups executing the max DOD requirement would receive a 7. However, if a team has a total of 15 members and stunt 4 main groups with the required skills, they can receive a maximum of 8 for DOD points.

Maxing out in Secondary Partner Stunt/Tosses

- To max out DOD in secondary stunt/tosses, a team of 16 will be expected to do 5 secondary extended single leg stunts or throw 4 advanced tosses to receive a 4.
- If a team has a total of 15 members, they are expected to stunt 4 secondary extended single leg stunts or throw 3 advanced tosses to receive a maximum score of 3 for DOD.
- A team of 15 could max out DOD of 4 if they perform 5 single leg extended stunts. However, a team of 15 members would be unable to legally complete 4 tosses.

Stunting Execution

When stunting, a fall is considered to the floor by a stunt team member, including bases, flyers, and spotters. When a flyer or stunt group falls, a team member must fall to the floor landing on a part of the body such as the hands, legs, knees, back, head, rear, elbow, hand, and so on. See Fall definition.

If a person lands on their feet, it is not considered a fall. It would be considered an early dismount and/or an execution error. This should be factored into the execution score.

Basket Tosses

Will be scored in the Secondary Stunt skill area on the scoresheet. They are not required. A basket toss can be considered a high-level stunt when it is executed appropriately and safely. A team may score the top score for DOD or EXE without the execution of any basket tosses.

Pyramids

Two or more connected stunt groups built no more than two body lengths high. A squad of 16 will likely have a more intricate pyramid than a squad of 12.

Skills

If a squad performs the same skill multiple times it will still only count as one skill.

- A full up from load and a full up from straddle position will count as one advanced skill.

The full up is the repeated skill.

Pyramid Skills		
Basic	Intermediate	Advanced
Straight-up stunt to prep level or extension	Faux full-up to extended position	True full-up to extended position
Prep level stunts	True full-up to prep level	Ball-up
Half-up to prep	Half-up to extended position	Switch-up to extended position
	Switch-up to prep level	Inversion to extended position
	Inversion from below prep level to prep level	Quick toss to the extended position
	Quick toss to prep level	
	Invert from prep level to prep level	

Transitions

Transitions		
Basic	Intermediate	Advanced
Show and go	Half around back to squish	1½ around back to squish
Single leg show-and-go	Full around back to squish	Vault
Straddle sit	Flat back into stunt	Release transitions – loss of contact tricks in a pyramid such as a braced <ul style="list-style-type: none"> • High-to-high tick tock • Low-to-high tick tock • Ball up • Toe touch • Full around
Splits	Helicopter	
	Power press and other similarly difficult skills	
	Invert from prep level to prep level or load position	
	Up and over (leapfrog)	

Pyramid Execution

When a pyramid is attempted, and part of the pyramid is executed appropriately, then the team is given credit for any portion of pyramid that hits. Provided the pyramid reached the intended height, a fall in one stunt group of a pyramid would not prevent the team from scoring a Degree of Difficulty score. Spacing issues, falls/missed elements on one side, and timing issues would be an example of elements that would be scored in the execution of the pyramid. Either side falling may result in a fall deduction if the fall goes to the floor.

Panel C – Partner Stunts/Pyramids Rubric

PRIMARY PARTNER STUNTS

DOD	1	2	3	4	5	6	7	8
		2 Total Groups	3 Total Groups	4 Total Groups	2 Total Groups	3 Total Groups	3 Total Groups	4 Total Groups
		Less than majority squad basic dismounts.	Squad intermediate dismounts		Majority squad advanced dismounts		Squad advanced dismounts	
		Must include 1 basic skill to prep level or higher PLUS 2 body positions with 1 of them being flexibility skill.		Must include 1 basic skill PLUS 2 body positions with 1 of them being flexibility skill	Must include 2 advanced skills to the extended position PLUS 3 body positions with 3 of them being flexibility skills.			
	½ Total Groups	¾ Total Groups		2 Total Groups	3 Total Groups	4 Total Groups		
	Must include 1 basic skill with limited to no flexibility skills/body positions. Less than half of the squad stunting.	Must include 1 basic skill with flexibility skills/body positions. One half of the squad stunting. Less than majority squad basic dismounts.		Squad intermediate dismounts	Majority advanced dismounts	Squad advanced dismounts		
			Must include 1 advanced skill to the extended position PLUS 2 body positions with 2 of them being flexibility skills.					
			2 Total Groups	3 Total Groups	4 Total Groups			
			Majority intermediate dismount		Squad advanced dismounts			
			Must include 2 intermediate skills PLUS 2 body positions with 2 of them being flexibility skills.					
EXE	1-2	3-5		6-8		9-10		
	Poor technique and timing; poor dismounts; lacks flexibility; poor precision	Average technique; good timing; not very clean dismounts; flexibility – average/fair precision		Above average technique; very good timing; clean dismounts; flexibility – good precision		Excellent technique and timing; very clean dismounts; flexibility – very good precision		
	3 or more dropped stunts; multiple bobbles, falls or missed stunts	2 dropped stunts; multiple bobbles, falls or missed stunts		1 dropped stunt; limited bobbles, falls or missed stunts		NO dropped stunts; NO bobbles, falls or missed stunts		

SECONDARY STUNTS / TOSSES

DOD	1	2	3	4
	2 Total Groups	3 Total Groups	4 Total Groups	5 Total Groups
	Extended single leg secondary stunt	Extended single leg secondary stunt	Extended single leg secondary stunt	Extended single leg secondary stunt
	3 Total Groups	4 Total Groups	5 Total Groups	
	Extended secondary stunt	Extended secondary stunt	Extended secondary stunt	
	4 Total Groups	5 Total Groups		
	Prep-level secondary stunt	Prep-level secondary stunt		
	1 Total Groups	2 Total Groups	3 Total Groups	4 Total Groups
	Advanced tosses	Advanced tosses	Advanced tosses	Advanced tosses
	2 Total Groups	3 Total Groups	4 Total Groups	
	Intermediate tosses	Intermediate tosses	Intermediate tosses	
	3 Total Groups	4 Total Groups		
	Basic tosses	Basic tosses		
EXE	1	2	3	4
	Poor technique and timing; poor dismounts; lacks flexibility – poor precision	Average technique; good timing; not very clean dismounts; flexibility – average/fair precision	Above average technique; very good timing; clean dismounts; flexibility – good precision	Excellent technique and timing; very clean dismounts; flexibility – very good precision
	3 or more dropped stunts; multiple bobbles, falls or missed stunts	2 dropped stunts; multiple bobbles, falls or missed stunts	1 dropped stunt; limited bobbles, falls or missed stunts	NO dropped stunts; NO bobbles, falls or missed stunts

Panel C – Partner Stunts/Pyramids Rubric

Pyramids				
DOD	1-2	3-4	5-6	7-8
	<p>Basic pyramid that includes 1-2 connected structures with basic skills.</p> <p>Basic transition(s)/connected release skills, lacking complexity.</p>	<p>Intermediate pyramid that includes 1-2 connected structures with intermediate skills to the prep level position or above.</p> <p>Intermediate transition(s)/ release transition(s).</p>	<p>Advanced pyramid that includes 2 pyramid structures with 1-2 advanced skills to the extended position using 2 or more synchronized flyers, plus advanced transition(s)/ release transition(s).</p>	<p>Highly advanced pyramid that includes 2 or more structures with 2 or more advanced skills to the extended position using 2 or more synchronized flyers, plus 2 or more advanced transitions /release transitions.</p>
Determining factors between the two scores in each range of DOD				
	Creativity	Use of Flyers		Full Team Participation
	Pace of the skills performed	Combination of skills		Transition and flow of skills
EXE	1-2	3-5	6-8	9-10
	<p>Poor technique and timing, sloppy and slow transitions; lacks synchronization – poor precision</p> <p>Several bobbles, falls, or drops; missed elements</p>	<p>Average technique, good timing, not very clean transitions, needs improved synchronization – average/ fair precision</p> <p>Multiple bobbles, falls, or drops; missed elements</p>	<p>Above average technique, very good timing, clean transitions, good synchronization – good precision</p> <p>Few bobbles, falls, or drops; few missed elements</p>	<p>Excellent technique and timing, very clean dismounts, excellent synchronization – very good precision</p> <p>No bobbles, falls, or drops; no missed elements</p>
Overall Routine Composition				
	1-3	4-6	7-8	9-10
	<p>Below average overall impression, cleanliness of routine and pacing throughout.</p> <p>Below average routine layout, choreography with skills and use of the floor space.</p> <p>Little to no creative formations, transitions, no moments of innovative, visual, and intricate choreography.</p> <p>Below average level of energy, excitement, enthusiasm, and showmanship.</p>	<p>Average overall impression and cleanliness of routine, pacing throughout.</p> <p>Average routine layout, choreography with skills and use of floor space.</p> <p>Few creative formations, transitions, moments of innovative, visual, and intricate choreography.</p> <p>Average level of energy and excitement, enthusiasm, and showmanship.</p>	<p>Clean routine and good overall impression. Good pacing throughout.</p> <p>Solid routine layout and good use of choreography with skills and of floor space.</p> <p>Some creative formations and transitions. Some innovative, visual, and intricate choreography.</p> <p>Mid to high level of energy and excitement. Genuine enthusiasm and showmanship.</p>	<p>Very clean routine and excellent overall impression. Excellent pacing throughout.</p> <p>Solid routine layout and excellent use of choreography with skills and use of floor space.</p> <p>Creative formations and transitions. Innovative, visual, and intricate choreography.</p> <p>Highest level of energy and excitement. Genuine enthusiasm and showmanship.</p>

PANEL C – PARTNER STUNTS/PYRAMIDS SCORE SHEET

SCHOOL	NUMBER ON SQUAD	CLASS/REGION	PANEL
			C
PRIMARY PARTNER STUNTS			
<ul style="list-style-type: none"> <li style="width: 25%;">▪ Good Technique <li style="width: 25%;">▪ Clean Dismounts <li style="width: 25%;">▪ Good Flexibility <li style="width: 25%;">▪ Good Timing 	DOD	8	
<ul style="list-style-type: none"> <li style="width: 25%;">▪ Solid Stunts <li style="width: 25%;">▪ Good Precision <li style="width: 25%;">▪ Good Variety <li style="width: 25%;">▪ Creative & Visual 			
<ul style="list-style-type: none"> <li style="width: 25%;">▪ Improve Technique <li style="width: 25%;">▪ Add Dismounts <li style="width: 25%;">▪ Add Flexibility <li style="width: 25%;">▪ Timing Off 	EXE	10	
<ul style="list-style-type: none"> <li style="width: 25%;">▪ Missed Stunts <li style="width: 25%;">▪ Bobbles <li style="width: 25%;">▪ Dropped Stunts <li style="width: 25%;">▪ Front Spots 			
SECONDARY STUNTS/ TOSSES			
<ul style="list-style-type: none"> <li style="width: 25%;">▪ Good Technique <li style="width: 25%;">▪ Clean Dismounts <li style="width: 25%;">▪ Clean Tosses <li style="width: 25%;">▪ Good Timing 	DOD	4	
<ul style="list-style-type: none"> <li style="width: 25%;">▪ Solid Stunts <li style="width: 25%;">▪ Good Precision <li style="width: 25%;">▪ Good Variety <li style="width: 25%;">▪ Creative & Visual 			
<ul style="list-style-type: none"> <li style="width: 25%;">▪ Improve Technique <li style="width: 25%;">▪ Add Dismounts <li style="width: 25%;">▪ Improve Tosses <li style="width: 25%;">▪ Timing Off 	EXE	6	
<ul style="list-style-type: none"> <li style="width: 25%;">▪ Missed Stunts <li style="width: 25%;">▪ Bobbles <li style="width: 25%;">▪ Dropped Stunts <li style="width: 25%;">▪ Front Spots 			
PYRAMIDS			
<ul style="list-style-type: none"> <li style="width: 25%;">▪ Good Technique <li style="width: 25%;">▪ Good flow <li style="width: 25%;">▪ Clean Transitions <li style="width: 25%;">▪ Good Timing 	DOD	8	
<ul style="list-style-type: none"> <li style="width: 25%;">▪ Very Creative <li style="width: 25%;">▪ Good Complexity <li style="width: 25%;">▪ Good Releases <li style="width: 25%;">▪ Highly Advanced 			
<ul style="list-style-type: none"> <li style="width: 25%;">▪ Improve Technique <li style="width: 25%;">▪ Missed Elements <li style="width: 25%;">▪ Improve Transitions <li style="width: 25%;">▪ Timing Off 	EXE	10	
<ul style="list-style-type: none"> <li style="width: 25%;">▪ Add Creativity <li style="width: 25%;">▪ Improve pace <li style="width: 25%;">▪ Add Releases <li style="width: 25%;">▪ Not Connected 			
SUBTOTAL SCORE			
OVERALL ROUTINE COMPOSITION			
<ul style="list-style-type: none"> <li style="width: 25%;">▪ Innovative <li style="width: 25%;">▪ Creative & Visual <li style="width: 25%;">▪ Good Spacing <li style="width: 25%;">▪ Good Flow/Pace 	Write your Official's number next to the checkbox you select		
<ul style="list-style-type: none"> <li style="width: 25%;">▪ Crowd Appeal <li style="width: 25%;">▪ Solid Routine <li style="width: 25%;">▪ Nice Variations <li style="width: 25%;">▪ Good Energy 			
<ul style="list-style-type: none"> <li style="width: 25%;">▪ Add Innovation <li style="width: 25%;">▪ Clean up <li style="width: 25%;">▪ Improve Formations <li style="width: 25%;">▪ Improve Flow/Pace 			
<ul style="list-style-type: none"> <li style="width: 25%;">▪ No Crowd Appeal <li style="width: 25%;">▪ Improve Layout <li style="width: 25%;">▪ Improve Transitions <li style="width: 25%;">▪ Improve Energy 			
Official 5 – Overall Composition			10
Official 6 – Overall Composition			10
OFFICIAL 5		OFFICIAL 6	
SIGNATURE		SIGNATURE	

MATS

The Tournament Host is responsible for placing the mats according to the GISA directions. The Head Judge will check placement when they arrive and may ask that mats to be changed to meet requirements. Competition will not begin and may be halted until the mats are correctly placed.

- Mats should be 42' X 42'.
- Mats must be a minimum of 1 and 3/8 inches' thickness.
- Mats cannot be spring floors.
- The competition mat is the competition floor. White tape may be used to mark the center of the mat and around the outside of the mat. This would be a safety precaution for the cheerleader to help them to determine where they are on the mat when tumbling.
- The entire mat is considered the competition floor.
- Out-of-bounds will be considered stepping off, tumbling off, stunting off, dancing off, jumping off the mat, or performing off the mat.
- In the case of an injury or accident, mats must be appropriately cleaned of any bodily fluids before the competition can proceed.

Mat Placement

Mats must be placed according to the GISA rules and failure to do so can result in a penalty for the host school. Please follow the steps for placing the mats and see the drawing.

Step	Action
1	Lay the length of the mats parallel to the judges' table. <ul style="list-style-type: none"> • Mat placement: 7 mats wide, 7 mats long.
2	Locate the center by measuring front-to-back and side-to-side.
3	Mark the center with white tape forming an "X".
4	Measure three feet either side of it and this is where the first blue strips will be placed from the back to the front, perpendicular to the judges' table.
5	From there measure 6' on either side of that line and continue to do so. There will be six lines of blue tape from back to front.
6	White tape may then be placed around the border of the mat to define the ends/edges of the mat. <ul style="list-style-type: none"> • This does not define the boundary and is a safety precaution only.

Back of Mat (Team entry should occur at back of the mat if possible.)



Center Front of Mat – Judges' Table