IHSA COMPETITIVE CHEERLEADING
Score Sheet Rubric

Degree of difficulty ranges are based on ***required minimums*** performing skills within each level. Placement within a specific range is determined by the difficulty of the skills performed, the percentage of athletes performing the skills, and additional skills performed above the level of difficulty achieved by the team. Not performing ***required minimums*** of any skill in a given category will result in a difficulty score of 5.0 - 6.0; with the exception of STUNTS for teams of 7 or less participants***.
Performing NO SKILLS in a given category will be scored a 0.

DIFFICULTY RUBRIC

JUMPS

Additional jumps, beyond those credited to degree of difficulty, will be rewarded in the skill utilization category.

LEVEL 1: 6-7	**LEVEL 2:** 7-8	**LEVEL 3:** 8-9	**LEVEL 4:** 9-10
-Two different advanced* jumps	-Two different advanced* jumps including ● One full team synchronized advanced* jump	-Three different advanced* jumps including ● One full team synchronized advanced* jump ● One combination jump	-Three different advanced* jumps including ● One full team synchronized advanced* combination jump

*Advanced jumps include: herkie, side hurdler, front hurdler, toe touch, pike, double nine, around the world

TUMBLING - Standing or Running

The degree of difficulty will be based on the number of individual athletes completing tumbling skills in the same section. Additional tumbling skills, beyond those credited to degree of difficulty, will be rewarded in the skill utilization category.

LEVEL 1: 6-7	**LEVEL 2:** 7-8	**LEVEL 3:** 8-9	**LEVEL 4:** 9-10
-basic roll (forward or backward) -handstand -cartwheel -roundoff -front/back walkover	-handspring (front or back) -aerial cartwheel -advanced jump to back handspring	-front aerial walkover -punch front -tuck -pike -advanced single jump to back tuck	-advanced combination jump to back tuck -specialty passes with two or more no handed skills -layout -full

MOTIONS and DANCE

Technique = A team's effectiveness in demonstrating proper form, synchronization, precision, and uniformity. Errors that distract from the performance will also be included.

LEVEL 1: 6-7	**LEVEL 2:** 7-8	**LEVEL 3:** 8-9	**LEVEL 4:** 9-10
-below average level of technique -little to no visual effects* -slow pace	-below average level of technique -basic visual effects* -average pace	-average level of technique -multiple visual effects* -fast pace	-above average level of technique -multiple visual effects* -variety of motions and dance -full team incorporated -fast pace

*Visual effects include: Level changes, ripples, transitions, movement, foot and floor work, etc…

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PARTNER STUNTS

Additional partner stunt skills, beyond those credited to degree of difficulty, will be rewarded in the Skill Utilization category.

LEVEL 1: 6-7	**LEVEL 2:** 7-8	**LEVEL 3:** 8-9	**LEVEL 4:** 9-10
Must demonstrate a LEVEL 1 skill: -shoulder sits, straddle lifts, thigh stands, t-lifts -chair -horizontal stunt -below prep level inversions -prep, prep variations -show-and-go -extension -assisted single base prep level skill -switch up, quick toss, ¼ up to prep -low to low tick-tock -low to low ½ around -full twisting dismount from prep -extended liberty	Must demonstrate a LEVEL 2 skill: -low to low full around -ground inversion non-release to prep -full twisting dismount from extension -full up to prep -switch up, quick toss, ¼ up to extension -unassisted single base prep level skill -extended advanced body position -high to low tick-tock -prep level inversion release to prep -prep level inversion non-release to extended single leg skill -toss ball up to extension	Must demonstrate a LEVEL 3 skill with **two (2)** different extended advanced body positions* -full twisting dismount from advanced body position -assisted single base extension -switch up to extended single leg skill -ground inversion release to prep -full up to extension -ground inversion non-release to extended advanced body position -low to high tick-tock beginning in a liberty -low to high full around -prep level inversion release to extension -hand in hand inversion release to prep -toss ball up to extended advanced body position	Must demonstrate **two (2)** different LEVEL 4 skills with **three (3)** different extended advanced body positions* -high to high tick-tock -full up to extended single leg skill -toss ball full up to extension -switch up with at least a ½ turn to an extended advanced body position -ground level inversion release to extension -low to high full around to extended single leg skill -low to high tick-tock advanced to advanced body position -unassisted single base extension -high to high full around -1 ½ up to extension -prep level inversion release to extended single leg skill -cradle/horizontal position release to extension -prep level inversion release ½ turn to extension -hand in hand inversion release to extension

*Extended Advanced Body Positions include: Arabesque, Heel Stretch, Over Stretch, Bow and Arrow, Scale, Scorpion, Needle, etc…

*****The skill progressions listed are general in nature and do not attempt to list every skill or skill variation.***

*****Teams with 7 or less athletes on the floor who do not meet the skill minimum, the max score for stunt difficulty is 6.0, 7.0, 8.0, 9.0 respectively.**

PYRAMIDS or TOSSES

If both Pyramids and Tosses are performed, the degree of difficulty will be based on the skill (either pyramid or toss) that has the highest difficulty. Additional skills will be rewarded in the Skill Utilization category.

LEVEL 1: 6-7	**LEVEL 2:** 7-8	**LEVEL 3:** 8-9	**LEVEL 4:** 9-10
-pyramid must include: ● Extended single leg structure ● Release transition ***and/or*** -straight ride/one skill toss	-pyramid must include: ● Extended single leg structure ● Release transition that ends in an extended skill ***and/or*** -two skill toss	-pyramid must include: ● Two extended single leg structures ● Two different release transitions: ○ **one inverted release** ○ one release that ends in an extended single leg skill ***and/or*** -two skill toss including a twist	-pyramid must include: ● Three extended single leg structures ● A variety of top people in extended single leg positions ● A variety of top people performing a release transition ● Two different release transitions: ○ one inverted release **that ends in an extended skill** ○ one release that ends in an extended single leg skill ***and/or*** -three skill toss including a twist

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ADDITIONAL ROUTINE COMPONENTS

PROJECTION and SHOWMANSHIP

A team's ability to demonstrate natural expressions to make the routine appear effortless within their ability level. Ability to capture the crowd and demonstrate genuine enthusiasm, energy, and confidence. Use of appropriate volume relative to the number of athletes, inflection, enunciation, pace, smiles, spirit, facial expressions, and poise.

LEVEL 1: 6-7	**LEVEL 2:** 7-8	**LEVEL 3:** 8-9	**LEVEL 4:** 9-10
-words are hard to hear or understand in the cheer -team lacks a natural energy and fun expression for the majority of the routine -the team lacks energy and enthusiasm during their skills, transitions and other routine elements	-words are somewhat clear and loud for less than majority of the cheer -team has a natural energy and fun expression for less than the majority of the routine -the team has energy and enthusiasm through less than the majority of their skills, transitions and other routine elements	-words are clear and loud for majority of the cheer -team has a natural energy and fun expression for the majority of the routine -the team has energy and enthusiasm for the majority of the skills, transitions and other routine elements	-words are clear and loud for most of the cheer -team has a natural energy and fun expression for most of the routine -the team has energy and enthusiasm for most of the skills, transitions and other routine elements

SKILL UTILIZATION

A team's effective use of additional skills throughout the routine, beyond those credited to degree of difficulty. Maximizing the use of athletes.

LEVEL 1: 6-7	**LEVEL 2:** 7-8	**LEVEL 3:** 8-9	**LEVEL 4:** 9-10
-athletes not utilized effectively throughout most of the routine -additional skills performed distract from routine -the team only demonstrates skills that get them into a skill-based rubric range	-many times throughout the routine, athletes are not utilized effectively -additional skills performed distract from routine -the team demonstrates more that the required skills defined in 1 skills based rubric category	-three of four times throughout the routine athletes are not utilized effectively -the team demonstrates more that the required skills defined in 2 skill based rubric categories	-one or two times throughout the routine athletes are not utilized effectively -the team demonstrates more than the required skills defined in 3 skill based rubric categories -additional skills enhance the overall routine

ROUTINE COMPOSITION

A team's ability to demonstrate precise spacing and seamless patterns of movement throughout the routine, as well as incorporation of visual, innovative and intricate ideas to enhance the overall appeal.

LEVEL 1: 6-7	**LEVEL 2:** 7-8	**LEVEL 3:** 8-9	**LEVEL 4:** 9-10
-transitions have a slow pace, with down time between the majority of the routine elements -most transitions utilize ineffective pathways, where athletes do not move easily across the mat -spacing issues on most of the formations -little to no creative elements -visual/creative elements distract from overall appeal	-the routine is set at a moderate pace with down time between several routine elements -some transitions utilize effective pathways where athletes easily move across the mat -spacing issues on several formations -several creative elements performed during the routine -visual/creative elements minimally enhance the overall appeal	-the routine is set at a fast pace with little down time between a few routine elements -most transitions utilize effective pathways where athletes easily move across the mat -spacing issues on a few formations -creative elements performed during the majority of the routine -visual/creative elements moderately enhance the overall appeal	-routine maintains a fast pace with little to no down time between routine elements -most transitions utilize effective pathways where athletes easily move across the mat -precise spacing throughout routine -creative elements performed throughout the entire routine -maximized visual/creative elements to enhance the overall appeal

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