

SDHSAA CHEER RUBRIC UPDATED 6/2023

	Jumps	Standing Tumbling	Running Tumbling	Stunting	Tosses	Pyramids
1 Point	Single Jump	Forward & Backwards Rolls	Cartwheel	Prep Level Double Leg Stunts Basic Load-ins, Transitions & Dismounts (Straight Cradle)	Straight Toss Basket	Prep Level Double or Single Leg Structure with... -one structure
2 Points	2 connected jumps	Cartwheels, Round-Offs, Back Walkovers Front Walkover	Roundoff	Prep Level Sing Leg Stunts Extended Double Leg Stunts Basic Load-ins, Transitions & Dismounts (Straight Cradle)	One Skill, Non-Twisting Basket	Extended Double Leg Structure with... -a top person in an extended position - one structure
3 Points	3 connected jumps (same jump)	Back Handspring & Back Handspring Series (3.5 for Aerial)	BH Series/ Front-Hand Series Side Aerial	Extended Liberty & Single Base Prep-Level Stunts MUST CONTAIN an advanced entry or Transition OR an advanced Dismount (Full Downs, Half Up to Extension, Tumbling into Stunts, etc.)	Full Twist Basket	Extended Single Leg Structures with... - a top person in an extended position - one release transitions or -one inversion - one structure
4 Points	3 connected jumps (With one repeating)	Back Tuck Jump with Back Handspring	BH Tuck Front Tucks Tuck Series- any running series that includes a tuck Front Aerial	<u>Advanced</u> Extended Single Leg Stunts or Single Base Extended Level Stunts (Stretch, Scale, Scorpion, Arabesque, Bow & Arrow, etc) MUST CONTAIN an Advanced entry or transition AND an Advanced Dismount (1/2 up to extension, Full Downs, Tumbling with rebound in, etc)	Two Skills, Non-Twisting Basket	Extended Single Leg Structures with... - a top person in an extended position -two advanced entries or release transitions - two inversions -two structure changes
5 Points	3 different connected jumps	Back-Hand Tuck Sequence Jump with Tuck	BH Layout BH Full Front Layout	<u>Connected</u> Advanced Extended Single Leg Stunts or Single Base Extended Level MUST CONTAIN an Elite entry or Transition AND an Elite Dismount (Full-ups, Switch-ups, Fold-Overs, Kick-Fulls, etc)	One Skill + Full Twist Basket	Extended Single Leg Structures with... - a variety of top people in extended positions - three advanced entries or release transitions - three or more inversions -three or more structure changes
NOTES:		*NOTE: Teams doing a majority of a skill, but with some advanced skills will receive an additional .5	*NOTE: Teams doing a majority of a skill, but with some advanced skills will receive an additional .5	Teams doing the above skills with a majority ratio of their team members will receive the given points. Teams with any additional higher skills added will receive an additional .5	Teams doing the above skills with a majority ratio of their team members will receive the given points. Teams with any additional higher skills added will receive an additional .5	Added: Teams doing the above structure with a majority ratio of their team members will receive the given points. Teams with any additional higher skills added will receive an additional .5