

SDHSAA CHEER RUBRIC UPDATED 6/2023 (No changes for 2024)

	Jumps	Standing Tumbling	Running Tumbling	Stunting	Tosses	Pyramids
<b>1 Point</b>	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
<b>2 Points</b>	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
<b>3 Points</b>	3 connected jumps (same jump)	Back Handspring & Back Handspring Series  (3.5 for Aerial)	BH Series/ Front-Hand Series  Side Aerial	Extended <b>Liberty</b> & Single Base Prep-Level Stunts  <b>MUST CONTAIN an advanced entry or Transition OR an advanced Dismount (Full Downs, Half Up to Extension, Tumbling into Stunts, etc.)</b>	Full Twist Basket	Extended Single Leg Structures with... - a top person in an extended position - one release transitions or -one inversion - one structure
<b>4 Points</b>	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)  <b>MUST CONTAIN an Advanced entry or transition AND an Advanced Dismount (1/2 up to extension, Full Downs, Tumbling with rebound in, etc)</b>	Two Skills, Non-Twisting Basket	Extended Single Leg Structures with... - a top person in an extended position <b>-two advanced entries or</b> - release transitions - two inversions -two structure changes
<b>5 Points</b>	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  <b>MUST CONTAIN an Elite entry or Transition AND an Elite Dismount (Full-ups, Switch-ups, Fold-Overs, Kick-Fulls, etc)</b>	One Skill + Full Twist Basket	Extended Single Leg Structures with... - a variety of top people in extended positions <b>-three advanced entries or</b> - release transitions - three or more inversions -three or more structure changes
<b>NOTES:</b>		*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