

2019 SDHSAA CHEER RUBRIC

| | Jumps | Standing Tumbling | Running Tumbling | Stunting | Tosses | Pyramids |
|-----------------|--|---|---|--|---|---|
| 1 Point | Single Jump | Forward & Backwards Rolls | Cartwheel/Roundoff | 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 | Aerial & Roundoff | Prep Level Sing Leg Stunts Extended Double Leg Stunts- Basic Load-ins, Transitions & Dismounts (½ up to prep, Full Downs) | One Skill, Non-Twisting Basket | Extended Double Leg Structure with... -a top person in an extended position - one structure |
| 3 Points | 3 connected jumps (with at least one repeating) (3.5 if any connected to tumbling) | Back Handspring & Back Handspring Series (3.5 for Aerial) | BH Series/ Front-Hand Series | Extended Single Leg Stunt & Two-Man Prep-Level Stunts with Some Variety in Load-ins, Transitions & Dismounts (Liberty, Full-up to Prep, Full Downs, Tumbling into Stunts w/o rebound in, etc). | Full Twist Basket | Extended Single Leg Structures with... - a top person in an extended position - one release transitions - one inversion - one structure |
| 4 Points | 3 different connected jumps (4.5 if majority connected to back handspring) | Back Tuck | Roundoff- BH Tuck Roundoff- Front Tucks | Advanced Extended Single Leg Stunts & Two-Man Extended Level Stunts with Advanced Transitions/Dismounts- (Stretch, Scale, Scorpion, Arabesque, Bow & Arrow) (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 release transitions - two inversions -two structure changes |
| 5 Points | 3 different connected jumps connected to Back-hand Tucks or Standing Tucks (majority of squad) | Back-Hand Tuck Sequence | Roundoff- BH Layout Roundoff- BH Full | <u>Connected</u> Advanced Extended Single Leg Stunts & Two-Man Extended Level Single Leg Stunts with Elite Transitions/Dismounts (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 - two release transitions - three or more inversions -three or more structure changes - quick transitions |
| 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 | Teams maximizing the number of team members doing a skill or structure without front spots will receive an additional .5 for the skill(s) performed. |