



### 2016 VHSL CHEER RUBRIC (Revised 07/09/16)

<b><u>POINT RANGE</u></b>	<b><u>STUNTS</u></b> <i>Starting value will be determined by the skills performed by the MAJORITY of the maximum number of stunt groups.</i> <b><i>Skills including, but not limited to:</i></b>	<b><u>PYRAMIDS</u></b> <b><i>Skills including, but not limited to:</i></b>
<b><u>(9 – 10 POINTS)</u></b>	1.5 and Double-Full-up to immediate body position (no platform) Low – to – high tick tock with full twist High – to – high full around Inversions off ground to extended position with full twist Single base versions of skills in 8-9 range <b>Tosses:</b> Full twist to toe touch toss.	One pyramid comprised of multiple stunts in the 9-10 range. (value determined by number of bracers) Multiple pyramids comprised of stunts in the 8-9 range. Braced flips that start and end at extended level. Braced flips caught in extended position on one foot, or by single base.
<b><u>(8 – 9 POINTS)</u></b>	1.5 and double up to extended/platform position Full up pull through Hands full around to extended level Low – to – high tick tock with body position variations OR ½ turn Inversions off ground to extended position Single base versions of skills in 6-8 range <b>Tosses:</b> Multiple skills with twist (kick-kick full /hitch kick full).	One pyramid comprised of multiple stunts in the 8-9 range. (value determined by number of bracers) Multiple pyramids comprised of stunts in the 6-8 range. Braced flips caught in extended position on two feet. High – to – high tick tocks containing at least one non-liberty position, with only one bracer.
<b><u>(6 – 8 POINTS)</u></b>	Full up to platform/target 1.5 and double up to load position OR Full up to prep Low – to – high liberty – to liberty tick tock Inversions off the ground to upright position at shoulder level Single base versions of skills in 4.5 - 6 range <b>Tosses:</b> Multiple skill toss (kick full, pike – X out, pike split, kick-kick, ½ twist to skill).	One pyramid comprised of multiple stunts in the 6-8 range. (value determined by number of bracers) Multiple pyramids comprised of stunts in the 4.5 – 6 range. Braced flips caught at prep level. High – to – high tick tocks braced on both sides. Shoulder level inversions released and caught in extended position.
<b><u>(4.5 – 6 POINTS)</u></b>	Full up to load position OR Modified (cross-foot) full up to extended position Switch up to extended single leg (body position determines score within range) Inversions static at shoulder level Single base versions of skills in 3 – 4.5 range <b>Tosses:</b> Full twisting, single skill (toe touch, pike, kick).	One pyramid comprised of multiple stunts in the 4.5 – 6 range. Multiple pyramids comprised of stunts in the 3 – 4.5 range. Braced ¾ flips caught at extended level. Non flipping release moves caught at extended position with one bracer.
<b><u>(3 – 4.5 POINTS)</u></b>	½ up to extended position Inversion off ground to loading position Extended single leg stunts (body position determines score within range) Single base version of skills in 1 – 3 range <b>Tosses:</b> Non-twisting, “bent leg” toss skills (ball-out, pretty lady).	One pyramid comprised of multiple stunts in the 3 – 4.5 range. Multiple pyramids comprised of stunts in the 1-3 range. Non flipping release skills caught at extended position with two bracers, OR at prep level with one bracer. Braced flips caught in loading position.
<b><u>(0 – 3 POINTS)</u></b>	Extensions on two feet, or Single leg variations at prep level Preps or Single leg variations below prep level <b>Tosses:</b> Straight ride toss	One pyramid comprised of stunts in the 1-3 range. Non flipping, non-release skills. Braced ¾ flips caught in cradle.
<b>NOTES:</b> <i>Judges may use creativity in transitions and dismounts to influence scores within point ranges. Front spots (stunt groups of more than 4), or less than full participation from maximum number of possible stunt groups will decrease value of skill.</i>		

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<b><u>POINT RANGE</u></b>	<b><u>STANDING TUMBLING</u></b>	<b><u>RUNNING TUMBLING</u></b>	<b><u>POINT RANGE</u></b>	<b><u>JUMPS</u></b>
	<i>Starting value will be determined by skill performed by <b>MAJORITY OF THE SQUAD</b>. Skills including, but not limited to:</i>	<i>Starting value will be determined by skill performed by <b>MAJORITY OF THE SQUAD</b>. Skills including, but not limited to:</i>		<i>Starting value will be determined by skill performed by <b>MAJORITY OF THE SQUAD</b>. Skills including, but not limited to:</i>
<b><u>(4-5 POINTS)</u></b>	Standing twist Standing series skills that end with a layout/twist Multiple jumps to tumbling connection of skill in the 3-4 range	Running series that includes layouts/twists	<b><u>(4-5 POINTS)</u></b>	Minimum of three connected jumps: toe touch/side hurdler/front hurdler/pike
<b><u>(3-4 POINTS)</u></b>	Standing tuck Standing series skills that end with a tuck Multiple jumps to tumbling connection of skill in the 2-3 range	Running series that includes tucks	<b><u>(3-4 POINTS)</u></b>	Minimum of two connected jumps: toe touch/side hurdler/front hurdler/pike
<b><u>(2-3 POINTS)</u></b>	Standing handspring(s) Single jump to tumbling connection of skill in 0-2 range	Running series that includes back handspring(s)	<b><u>(2-3 POINTS)</u></b>	Single jump: toe touch/side hurdler/front hurdler/pike – OR – Minimum of three connected jumps: spread eagle/herkie/double hook
<b><u>(0-2 POINTS)</u></b>	Back/front walkover Forward/backward roll Cartwheel Team performing less than majority	Running series that includes round off, back/front walkovers, cartwheel Teams performing less than majority	<b><u>(1-2 POINTS)</u></b>	Minimum of two connected jumps: spread eagle/herkie/double hook – OR – Minimum of three connected jumps: straight/tuck/spread eagle/herkie
			<b><u>(0 -1 POINTS)</u></b>	Minimum of two connected jumps: straight, tuck/spread eagle/herkie – OR – Single jump: straight/tuck/spread eagle
<b><u>NOTES</u></b>				<b><u>Connection</u></b> is defined as continuous body movement between jumps with no more than 2 counts separating each jump.
	<i>Less than majority – half or less than half</i>			
	<i>Majority - half plus one</i>			