



VHSL Competition Cheer Judging Rubric

- *The ranges described below have been established to provide consistent and representative scoring results for fundamental aspects of a competition routines.*
- The bottom five categories of the routine score sheet (projection, choreography, transitions, degree of difficulty, overall impression) are considered to be subjective and scoring ranges have not been established
- All cheerleading fundamental categories require an 80% to full squad participation to be considered for highest point range.
- **Use of this rubric is required at all VHSL competitions**

CHEER FUNDAMENTAL: MOTIONS (Maximum 15 points possible)

1–5 points	Basic-Intermediate motions with little variation or level changes performed at a slow pace with a low level of technique.
6–10 points	Intermediate-Advanced motions with average variety performed with good technique and at least 50% of squad members performing motions at one time.
11–15 points	Advanced-Elite motions with high variety and level changes performed at high level of execution and at least 80% of squad members performing motions at one time.

CHEER FUNDAMENTAL: JUMPS (Maximum 15 points possible)

1–5 points	Basic-Intermediate jumps (e.g., tuck, spread eagle, herkie, double hook) performed by majority of the squad at a low level of execution; or very few Intermediate-Advanced jumps executed.
6-10 points	Intermediate-Advanced jumps (e.g., toe touch, side hurdler, front hurdler, pike) performed by at least 50% of squad members at an average level of execution; or very few Advanced-Elite jumps executed.
11-15 points	Advanced-Elite jumps (e.g., jumps listed above along with combination jumps) performed by at least 80% of squad members. High variety (minimum of three advanced jumps) performed at a high level of execution.

CHEER FUNDAMENTAL: TUMBLING (Maximum 15 points possible)

1–5 points	Basic-Intermediate tumbling skills (e.g., handstands, forward rolls, cartwheels, round-offs) performed by at least 80% of squad members.
6-10 points	Intermediate-Advanced tumbling skills (e.g., back handsprings, round-off back handsprings/tucks or standing back tucks) performed by some (less than 80%) of the squad; or basic tumbling skills performed by the full squad.
11-15 points	Advanced-Elite tumbling skills (e.g., standing back tucks, standing back handspring, back tuck, or round-off back handspring back tuck) performed by at least 80% of the squad and with a variety of strong specialty passes (layouts, whips, fulls) performed at a high level of execution.

CHEER FUNDAMENTAL: STUNTS (Maximum of 15 points possible)

1-5 points	Basic-Intermediate partner stunts/pyramid skills (e.g., thighstands, non-extended stunts, chairs (coed)) performed by at least 80% of the squad; or very few Intermediate-Advanced stunts performed. Stunts/pyramid skills (cradles, body position, stability, synchronization) performed at a low level of execution.
6-10 points	Intermediate-Advanced partner stunts/pyramid skills (e.g., double leg extended stunts, full downs, basic basket tosses, low level pyramids) performed by at least 80% of the squad; or very few Advanced/Elite stunts executed. Stunts/pyramid skills (cradles, body position, stability, synchronization) performed at an average level of execution.
11-15 points	Advanced-elite partner stunts/pyramid skills (e.g., single leg extended stunts, liberty variations, full downs, double full downs, specialty basket tosses, high level transitional stunts/pyramids) performed by at least 80% of squad members. Stunts/pyramid skills (cradles, body position, stability, synchronization) performed at a high level of execution.

CHEER FUNDAMENTAL: DANCE (maximum 15 points possible)

- 1-5 points** **Basic-Intermediate** level of dance motions executed at a slow pace with low to average level of technique; lack of movement during transitions; minimal variety of moves, motions and level changes.
- 6-10 points** **Intermediate-Advanced** level of dance movements performed by at least 80% of squad members executed at an average pace with average to good level of technique; moderate amount of foot and body movement during transitions; moderate variety of moves; motions and level changes.
- 11-15 points** **Advanced-Elite** level of dance movements performed by at least 80% of squad members at a fast pace with a exceptional technique. Dance should include difficult foot and body movement during transitions and a high variety of moves, motions and level changes.