

MEAC Cheerleaders Scoring Rubric

Jumps

Pts.	Difficulty	Technique
4-5	Tucks, Spread Eagles, Basic Jumps	Lowest level jumps, Weak motion/position, Poor flexibility
5-6	One or two jumps in routine not in combination	Sub-standard level jumps, Below average motion/position, Little flexibility
6-7	Two or more jumps not in a combination	Standard level jumps, Average motion/position, Some flexibility
7-8	Two or more jumps within a combination	Level jumps, Above average motion/position, Some flexibility
8-9	Two different jumps within a combination	Above level jumps, Good motion/position, Strong flexibility
9-10	Three or more jumps within a combination	Hyper-extended jumps, Excellent motion/position, Excellent flexibility

Standing Tumbling

Pts.	Difficulty	Technique
4-5	Forward or backwards rolls, Front/back walkovers, Cartwheels	Little to no body control, Weak motion/position, Poor technique in demonstrating set/height/skill
5-6	Single back handsprings	Little body control, Below average motion/position, Little technique in demonstrating set/height skill
6-7	Series back handsprings and/or jump(s) connected to back handspring(s)	Some control, Average motion/position, Some technique in demonstrating set/height/skill
7-8	Standing tuck and or any skill through to a tuck	Controlled in tumbling, above average motion/position, Average in demonstrating set/height/skill
8-9	Any skills through to a layout and/or jump(s) connected to a tuck and/ or back handspring tuck	Strong Control, Good motion/position, Strong in demonstrating set/height/skill
9-10	Any skills through to a single full twist	Solid control, Excellent motion/position, Excellent in demonstrating set/height/skill

Running Tumbling

Pts.	Difficulty	Technique
5-6	Round off and/ or cartwheels	Little or no body control, Weak motion/position, Poor technique in demonstrating set/height/skill
6-7	Round off back handsprings	Little body control, Below average motion/position, Little technique in demonstrating set/height/skill
7-8	Any running tumbling through to a tuck	Some control, Average motion/position, Some technique in demonstrating set/skill/height
8-9	Any running tumbling through to a layout (x outs, whip backs, step outs)	Controlled in tumbling, Above average motion/position, Average in demonstrating set/skill/height
9-10	Any running tumbling through to a full twist	Strong control, Good motion/position, Strong in demonstrating set/skill/height

Partner Stunts

Pts.	Difficulty	Technique	Load/Dismount
4-5	Any stunts below prep level	Little to no control, Weak motion/position Poor flexibility	Pop off to floor, Step off to floor, Step into stunt
5-6	2 Legged Stunts at prep level (coed chair)	Little control of stunt , Below average motion/position Little flexibility	Straight ride cradle, Straight up into stunt
6-7	2 legged extended stunts and/or one legged at prep level	Some control of stunt , Average motion/position, Some flexibility	One twist from two legged, Straight ride from one legged, Unique entrance landing below prep level
7-8	Extended combination of both one legged and two legged stunts	Controlled stunt, Above average motion/position, Average flexibility	Two twist from two legged, One twist from one legged, Unique entrance landing at prep level
8-9	One legged extended stunt variations with 2 body positions	Strong control, Good motion position, Strong flexibility	Two twist from one legged by majority of stunts, Inversions/Unique entrance landing at prep level
9-10	One legged extended stunt variations with 3 or more body positions	Solid control, Excellent motion/position Excellent flexibility	Two twist from one legged by all stunt groups, Inversions/Unique entrance landing at prep level or above

Note: Coed teams performing the skills listed above using 1 male base will receive an additional 1 point added to their partner stunt score. The 50% participation rule still applies.

Pyramids

Pts.	Difficulty	Technique
4-5	Any pyramids below prep level	Little to no control, Weak motion/position, Poor timing
5-6	Any pyramids at prep level	Little control of stunt, Below average motion/position, Little to no timing of skills
6-7	Basic extended pyramids	Some control of stunt, Average motion/position, Majority of pyramid performed with poor timing
7-8	Extended pyramids involving one 2 ½ high transition (non inverted)	Controlled stunt, Above average motion/position, Some of pyramid performed with poor timing
8-9	Pyramids involving one 2 ½ high transition including braced flips and non braced flips	Strong control, Good motion/ position, Majority of the pyramid performed with good timing
9-10	Pyramids with multiple 2 ½ high transitions including braced flips and non braced flips	Solid Control, Excellent motion/position, All of pyramid performed with good timing

Tosses

Pts.	Difficulty	Technique
4-5	Straight ride tosses not performed by majority	Little to no control with poor height
5-6	Straight ride tosses	Little control of tosses, Below average height
6-7	Non-twisting and non- straight ride tosses. Single twisting tosses. (Not including tuck baskets)	Some control of tosses, Average height
7-8	Two skill tosses that include one twist	Controlled tosses, Above average height
8-9	Double twisting tosses w/o any flipping skill (kick doubles)	Strong control in tosses, Good height
9-10	Specialty double twisting or flipping tosses. (AACCA rules apply)	Solid control in tosses, Excellent height

Motions/Dance

Pts.	Difficulty	Technique/Execution
4-5	Basic Simple in movement	No technique
5-6	Below average in movement, Little to no transitions	Below average technique
6-7	Little to no level changes, Little to no transitions, Little body movement	Average technique
7-8	Some level changes, Minimal transitions, Minimal body and foot movement	Above average technique
8-9	Various level changes, Good transitions, Good body and foot movement	Strong technique
9-10	Strong level changes, Numerous transitions, Strong body and foot movement	Excellent technique

Formations/Transitions

Pts.	Formations/Transitions
4-5	Off in spacing, Poor execution, Poor transitions, No flow
5-6	Little to no spacing, Below average execution, Very little transitions, Very little flow
6-7	Majority with poor spacing, Average execution, Below average transitions, Below average flow
7-8	Some with poor spacing, Above average execution, Average transitions, Average flow
8-9	Majority with good spacing, Strong execution, Above average transitions, Above average flow
9-10	All with good spacing, Solid execution, Excellent transitions, Excellent Flow

Note: You must have 50% of your team performing each specific skill in order to be scored in your scoring block. Otherwise you will be scored on the skill that the majority of your team is performing.

Example: For a 20 member team to get credit for standing back tucks you must have at least 10. If you have 5 back tucks and 15 back handsprings, your score will reflect the back handsprings because that is what the majority of your team performed.

Example: For a 20 member team to get credit for elevator double downs you must have at least 3 four person stunt groups or two 5 person stunt groups performing the skill. If you have one double and the rest singles then you would get credit for the singles if that is what the majority of your team performed.

Skills that will increase your score within the scoring block

of participation, Minimal use of bases, Various transitions, Walking and or turning skills, Use of level incorporation, Synchronization, Multiple pyramid and stunt sections, Use of specialty tumbling passes, Use of unique skills, Synchronization of tumbling, Speed and pace of dance, Synchronization and timing during dance, Speed and pace of transitions, Synchronization and timing