

Cheer Scoring Rubric (Standing & Running Tumbling)

STANDING TUMBLING

Point Range	Skills Description
	forward rolls/backward rolls back extension rolls handstand forward rolls Cartwheels (including 1 arm) Round offs Front & Back Walkover Switch Leg Walkover Valdez *any combination of listed skills will increase difficulty*
0-4.0 Range	
4.2-5.0 Range	Back Handspring (and back handspring step out) Back Walkover Back Handspring Jump to Back Handspring (single)
	2 or more jumps to Back Handspring Back Handspring Series Jump to back handspring series Side Aerial
5.2-6.0 Range	
	Back Handspring to Tuck Back Handspring to Series to a Tuck Onodi Jump to back handspring tuck (or series to tuck)
6.2-7.0 Range	
	Standing Tuck Jump to tuck Tuck- Back Handspring- Tuck Cartwheel Tuck
7.2-8.0 Range	
	2 jumps to tuck Back Handspring Series- Tuck-Tuck Back Handspring- whip- Tuck
8.2-9.0 Range	
	3 (+) connected jumps to tuck *no variety needed* Back Handsprings series to layout Back Handsprings- Whip- layout (in combination) Back Handsprings series to full (with or without a jump) Back Handspring- whip- full (with or without a jump) Standing full
9.2-10.0 Range	Jump to Standing full

Jump to tumble can be used in both standing tumbling as well as receive credit for jump difficulty

RUNNING TUMBLING *entry of power hurdle, 1 step, 2 step, or running before first skill*

Point Range	Skills Description
0-4.0 Range	Cartwheels 1 arm cartwheels round offs Front walkovers Back Walkovers in a pass "combination"
4.2-5.0 Range	Round Off Back Handspring (and/or back handspring step out) Cartwheel Back Handspring Front Handsprings (single) Variety to round off back handsprings (Front walkover) Boulder/Flysprin
5.2-6.0 Range	Round Off Back Handspring Series Front Handspring (series) Side Aerial Cartwheel Side Aerial Punch Front (no additional tumbling out of skill)
6.2-7.0 Range	Round off Back Handspring to Tuck Round off Series to Tuck Round off X out (with or without BHS) Round off Tuck FWO or boulder to additional skill set (bhs or tuck)
7.2-8.0 Range	Variety into Round off Back Handspring Tuck Cartwheel Tuck Punch Front (Stop) to additional skill set (bhs or tuck)
8.2-9.0 Range	ROUND OFF - BHS SERIES - LAYOUT PF STEP OUT - RO - TO - TUCK AERIAL - BACK TUCK/LAYOUT/LAYOUT STEP OUT FWO - AERIAL - TUCK ROUND OFF - TO - WHIP/TUCK - TO - TUCK FRONT AERIAL - RO - TO - WHIP - TO - TUCK FWO - ROUND OFF - TO - WHIP/TUCK - TO - TUCK PF STEP OUT - RO - TO - WHIP/TUCK T TO - TUCK FRONT HANDSPRING - PF STEP OUT - RO - TO - TUCK FRONT HANDSPRING - PF STEP OUT - RO - TO - WHIP/TUCK - TO - TUCK Round off Back Handspring Series- Tuck-Tuck Round off Back Handspring- whip- Tuck Round off Back Handsprings series to layout
9.2-10.0 Range	Round off back handspring single Full Round off Back Handsprings series to full Round off Back Handspring- whip- full (with or without a jump) Arabian through to Full Round off back handspring full full Cartwheel Full Arabian through to above skills

***Disclaimer: The CTA Scoring Rubric above is not inclusive, but is intended to give a great deal of guidance.**



Jump Scoring Rubric

Guidelines for Difficulty Scores

JUMPS

Point Range	Skills Description
0 - 1.8 Points	2 intermediate or advanced jumps with NO combinations OR connections
2 - 3.8 Points	2 intermediate or 2 advanced jumps with NO combinations OR connections
4 - 5.8 Points	2 connected advanced jumps
6 - 7.8 Points	3 connected advanced jumps WITHOUT variety
8 - 10 Points	3 connected advanced jumps AND 2 connected advanced jumps <i>(ALL JUMPS MUST BE DIFFERENT IN EACH COMBO)</i>

*Intermediate Jumps (Herkie, Side Hurdler)

*Advanced Jumps (Front Hurdler, Pike, Double Nine, Toe Touch)

*Variety means at least two different jumps, more variety may be awarded a higher score

***Skills executed by less than the majority will be dropped down to the next point level and will be awarded points at the higher end of that point range**

*Disclaimer: The CTA Scoring Rubric above is not inclusive, but is intended to give a great deal of guidance.