IHSA COMPETITIVE CHEERLEADING
Execution Rubric

JUMPS

Technique = A team's effectiveness in demonstrating proper form (body, leg, and arm positions; approach; height; flexibility; landing), uniformity and synchronization.

Below Level: 2-3	Average Level: 3-4	Above Level: 4-5
-Less than the majority of jump preps are the same -Less than majority of the team have uniform arm and leg positions while in the air -Less than the majority of the team lands jumps with feet together -Less than the majority of the team has level or above level jumps -Less than the majority of jumps are synched	-Majority of jump preps are uniform -Majority of the team have uniform arm and leg positions while in the air -Majority of the team lands jumps with feet together -Majority of jumps are at level -Majority of jumps are synched	-Most jump preps are uniform -Most of the team have uniform arm and leg positions while in the air -Most of the team lands jumps with feet together -Most jumps are at or above level -All jumps are synched

TUMBLING

Technique = A team's effectiveness in demonstrating proper form (body, leg and arm positions; control; entry; landing), speed, uniformity and synchronization.

Below Level: 2-3	Average Level: 3-4	Above Level: 4-5
-Less than the majority of athletes start and end with feet together -Less than majority of athletes have proper form and body lines during skills -Less than the majority of athletes do not have movement after landing pass (hops, steps etc.) -Less than the majority of the team has a consistent speed/increase in speed during skills -Less than the majority of athletes' connections are smooth and controlled	-Majority of athletes start and end with feet together -Majority of athletes have proper form and body lines during skills -Majority of athletes do not have movement after landing pass (hops, steps etc.) -Majority of the team has a consistent speed/increase in speed during skills -Majority of athletes' connections are smooth and controlled	-Most athletes start and end with feet together -Most athletes have proper form and body lines during skills -Most athletes do not have movement after landing pass (hops, steps etc.) -Most of the team has a consistent speed/increase in speed during skills -Most connections are smooth and controlled

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Execution Rubric

PYRAMIDS or TOSSES

Pyramids Technique = A team's effectiveness in demonstrating proper form (body alignment, flexibility, control), timing, synchronization and power of structures, transitions, releases, and dismounts. Bobbles, balance checks, early cradles and errors that distract from the performance will be factored.

Tosses Technique = A team's effectiveness in demonstrating proper form (body alignment, control, height, precision, catch) and synchronization.

Below Level: 2-3	**Average Level:** 3-4	**Above Level:** 4-5
-Less than the majority of skills and releases in pyramid are executed to the top -Less than the majority of bases have little to no movement under skills -Less than the majority of pyramid skills are executed the same when different groups do the same skill -Less than the majority of top persons have uniform body control	-Majority of skills and releases in pyramid are executed to the top -Majority of bases have little to no movement under skills -Majority of pyramid skills are executed the same when different groups do the same skill -Majority of top persons have uniform body control	-Most skills and releases in pyramid are executed to the top -Most bases have little to no movement under skills -Most pyramid skills are executed the same when different groups do the same skill -Most top persons have uniform body control
-Less than the majority of bases have little to no movement during toss prep -Less than the majority of bases move in a path that indicates correct execution of the toss -Less than the majority of tosses are executed the same when different groups do the same skill -Less than the majority of top persons have uniform body control	-Majority of bases have little to no movement during toss prep -Majority of bases move in a path that indicates correct execution of the toss -Majority of tosses are executed the same when different groups do the same skill -Majority of top persons have uniform body control	-Most of the bases have little to no movement during toss prep - Most of bases move in a path that indicates correct execution of the toss - Most of tosses are executed the same when different groups do the same skill - Most of top persons have uniform body control

Partner Stunts

Technique = A team's effectiveness in demonstrating proper form (body alignment, flexibility, control), timing, uniformity, precision, power, and synchronization of stunts and dismounts. Bobbles, balance checks, early cradles and errors that distract from the performance will also be factored.

Below Level: 2-3	**Average Level:** 3-4	**Above Level:** 4-5
-Less than the majority of bases have little to no movement under stunts -Less than the majority of the skills are executed the same when different groups do the same skill -Less than the majority of top persons have uniform body control -Less than the majority of top persons have uniform flexibility	-Majority of bases have little to no movement under stunts -Majority of the skills are executed the same when different groups do the same skill -Majority of top persons have uniform body control -Majority of top persons have uniform flexibility	-Most bases have little to no movement under stunts -Most of the skills are executed the same when different groups do the same skill -Most top persons have uniform body control -Most top persons have uniform flexibility