

# IDAHO CHEER JUDGING RUBRIC

# ALL GIRL or COED

	BASIC	FAIR/GOOD	SUPERIOR
<b>JUMPS</b>	<ul style="list-style-type: none"> <li>▪ Poor technique</li> <li>▪ Below average difficulty</li> <li>▪ Limited variety</li> <li>▪ Below average height</li> <li>▪ Little to no flexibility</li> <li>▪ No combinations</li> </ul>	<ul style="list-style-type: none"> <li>▪ Average technique</li> <li>▪ Average difficulty</li> <li>▪ Variety of single jumps</li> <li>▪ Average height</li> <li>▪ Average flexibility</li> <li>▪ Limited combinations</li> </ul>	<ul style="list-style-type: none"> <li>▪ Above average technique</li> <li>▪ High level of difficulty</li> <li>▪ Multiple variety</li> <li>▪ Excellent height</li> <li>▪ Excellent flexibility</li> <li>▪ Multiple combinations</li> <li>▪ Excellent synchronization of whole team</li> </ul>
<b>TUMBLING</b>	<ul style="list-style-type: none"> <li>▪ Below average technique</li> <li>▪ Below average difficulty</li> <li>▪ Limited variety</li> <li>▪ A few members tumble</li> </ul>	<ul style="list-style-type: none"> <li>▪ Average technique</li> <li>▪ Average variety</li> <li>▪ Average difficulty (<i>stand and/or running springs, walkovers, aerials</i>)</li> <li>▪ Average combinations</li> <li>▪ Some members tumble</li> </ul>	<ul style="list-style-type: none"> <li>▪ Advanced technique</li> <li>▪ Multiple varieties</li> <li>▪ High level of difficulty (<i>jump &amp; tumble combs, standing and/or running spring tuck/layout/full</i>)</li> <li>▪ Advanced combinations</li> <li>▪ Most members tumble</li> </ul>
<b>CHEER</b>	<ul style="list-style-type: none"> <li>▪ Limited ability to lead a crowd</li> <li>▪ No level of difficulty</li> <li>▪ No variety</li> <li>▪ Sloppy movement</li> <li>▪ Limited formations</li> <li>▪ Poor spacing</li> <li>▪ Poor use of voice</li> <li>▪ Poor use of incorps</li> <li>▪ Limited creativity/originality</li> </ul>	<ul style="list-style-type: none"> <li>▪ Average crowdleading</li> <li>▪ Average level of difficulty</li> <li>▪ Average variety</li> <li>▪ Average movement</li> <li>▪ Few formations</li> <li>▪ Average spacing</li> <li>▪ Average use of voice</li> <li>▪ Average incorps</li> <li>▪ Average creativity/originality</li> </ul>	<ul style="list-style-type: none"> <li>▪ Superior crowdleading</li> <li>▪ High level of difficulty</li> <li>▪ Multiple variety (<i>to include a variety footwork, floor work, motions/movement</i>)</li> <li>▪ Above average movement</li> <li>▪ Multiple formations/level changes/transitions</li> <li>▪ Excellent spacing</li> <li>▪ Superior use of voice/volume</li> <li>▪ Excellent incorporation of props</li> <li>▪ Excellent creativity/originality</li> </ul>
<b>DANCE</b>	<ul style="list-style-type: none"> <li>▪ Limited use of floor</li> <li>▪ No level of difficulty</li> <li>▪ Little to no variety</li> <li>▪ No level changes</li> <li>▪ Sloppy movement</li> <li>▪ Poor synchronization</li> <li>▪ Limited formations</li> </ul>	<ul style="list-style-type: none"> <li>▪ Average use of floor</li> <li>▪ Average level of difficulty</li> <li>▪ Average variety</li> <li>▪ Few level changes</li> <li>▪ Average movement</li> <li>▪ Average synchronization</li> <li>▪ Average formations</li> </ul>	<ul style="list-style-type: none"> <li>▪ Excellent use of floor</li> <li>▪ High level of difficulty</li> <li>▪ Multiple variety</li> <li>▪ Multiple level changes</li> <li>▪ Excellent movement</li> <li>▪ Excellent synchronization</li> <li>▪ Superior formations</li> <li>▪ Extremely clean, sharp and precise</li> <li>▪ Excellent creativity/originality</li> </ul>
<b>OVERALL EXECUTION</b>	<ul style="list-style-type: none"> <li>▪ Limited creativity</li> <li>▪ Little to no fluidity</li> <li>▪ Limited energy</li> <li>▪ Sloppy transitions</li> <li>▪ Little to no showmanship</li> <li>▪ Skills were not appropriate for teams ability</li> <li>▪ Little to no uniformity &amp; unity</li> </ul>	<ul style="list-style-type: none"> <li>▪ Average creativity</li> <li>▪ Average fluidity</li> <li>▪ Average energy</li> <li>▪ Average transitions</li> <li>▪ Average showmanship</li> <li>▪ Most skills were appropriate for teams ability</li> <li>▪ Average uniformity &amp; unity</li> </ul>	<ul style="list-style-type: none"> <li>▪ Excellent creativity</li> <li>▪ Superior fluidity</li> <li>▪ Exceptional energy</li> <li>▪ Great transitions</li> <li>▪ Lots of showmanship</li> <li>▪ Nearly all skills were appropriate for teams ability</li> <li>▪ Exceptional uniformity &amp; unity</li> <li>▪ Superior incorporation of all skills</li> <li>▪ Superior incorporation of all team members</li> </ul>

## IDAHO CHEER STUNT RUBRIC

## ALL GIRL or COED

	BASIC	FAIR/GOOD	SUPERIOR
<b>GENERAL</b>	<ul style="list-style-type: none"> <li>▪ Poor technique</li> <li>▪ Limited variety</li> <li>▪ Limited difficulty</li> <li>▪ Many beginner stunts</li> <li>▪ Low variety of dismounts</li> <li>▪ No sequences/transitions</li> <li>▪ Many dropped stunts</li> </ul>	<ul style="list-style-type: none"> <li>▪ Average technique</li> <li>▪ Average variety</li> <li>▪ Average difficulty</li> <li>▪ Most intermediate stunts</li> <li>▪ Some variety of dismounts</li> <li>▪ A few sequences/transitions</li> <li>▪ Few dropped stunts OR Many unstable stunts</li> </ul>	<ul style="list-style-type: none"> <li>▪ Above average technique</li> <li>▪ Multiple Variety/Advanced</li> <li>▪ High level of difficulty</li> <li>▪ Great variety and advanced skills in dismounts</li> <li>▪ Many sequences/transitions</li> <li>▪ Release Stunts</li> <li>▪ Braced Rolls/Flip Stunts</li> <li>▪ Advanced inversions/Spinning</li> <li>▪ Elite body positions of top person</li> <li>▪ High Stability in all stunts</li> </ul>
<b>RELEASE STUNTS*</b>	<ul style="list-style-type: none"> <li>▪ Prep level and below variations</li> </ul>	<ul style="list-style-type: none"> <li>▪ Quick toss to two leg stunts</li> <li>▪ Low to high tick tock variations to extended liberty stunts</li> <li>▪ Release moves caught at prep level or below</li> <li>▪ Single skill basket tosses</li> </ul>	<ul style="list-style-type: none"> <li>▪ Quick toss to single leg extended stunts</li> <li>▪ Release moves from prep level to extended stunts</li> <li>▪ Low to high tick tock variations with extended elite body positions</li> <li>▪ Spinning quick tosses to stunts</li> <li>▪ Elite Basket tosses (more than 1 skill)</li> </ul>
<b>INVERSION STUNTS*</b>	<ul style="list-style-type: none"> <li>▪ Prep level and below variations</li> </ul>	<ul style="list-style-type: none"> <li>▪ Suspended rolls</li> <li>▪ Inversion transitions to prep level and below</li> </ul>	<ul style="list-style-type: none"> <li>▪ Spinning suspended rolls</li> <li>▪ Inversions that transition to extended stunts</li> <li>▪ Released inverted stunts to prep level</li> </ul>
<b>PYRAMIDS*</b>	<ul style="list-style-type: none"> <li>▪ Prep level and below variations (braced non-released transitions, inverted stunts at prep level and below, rolling or flipping transition landing at or below prep level)</li> </ul>	<ul style="list-style-type: none"> <li>▪ Inverted stunts to extended with bracers</li> <li>▪ Some full up variations</li> <li>▪ Release transition landing extended</li> <li>▪ Braced inverted stunts landing at prep level</li> <li>▪ Braced Flipping/rolling transition landing at prep level</li> </ul>	<ul style="list-style-type: none"> <li>▪ Release transition involving spinning or inversion with bracers that transition to extended positions</li> <li>▪ Advanced full up variations</li> <li>▪ Flipping/rolling transitions landing at prep and transition to extended positions with bracers</li> </ul>
<b>COED SKILLS*</b>	<ul style="list-style-type: none"> <li>▪ Multi-base stunts</li> <li>▪ Assisted co-ed skills at prep level</li> <li>▪ Assisted walk in toss to chairs or toss to hands at prep level</li> </ul>	<ul style="list-style-type: none"> <li>▪ Some partner stunts</li> <li>▪ Walk in or toss to hands then press to extension</li> <li>▪ Assisted full up variations to prep then extended levels</li> </ul>	<ul style="list-style-type: none"> <li>▪ Incorporation of many partner stunts throughout</li> <li>▪ Toss hands press to single leg stunts</li> <li>▪ Walk in to extended single leg stunts</li> <li>▪ Toss extensions</li> <li>▪ Toss variations to single leg stunts</li> <li>▪ Full up entry to partner stunts</li> <li>▪ Elite body positions of top person</li> </ul>

**\*Note: All High School Teams in the state of Idaho must follow all stunting rules as outlined in the current NFHS Spirit Rules Book at all times and under all conditions of participation.**