



Cheerleading Rubric

This rubric is meant as a guide for coaches to choreograph and plan routines. The skills listed below are examples only and not meant to be all-inclusive. Placement within a specific rubric range is determined by the difficulty of the skills performed as listed below and overall execution of those skills. Below average or sub-standard technical execution may result in a team being dropped out of a rubric range.

Skill Area	Basic 1 – 2 Points Possible	Intermediate 2 – 4 Points Possible	Advanced 4 – 5 Points Possible
Crowd Leading Crowd Effective Material Use of Motions to Lead Crowd	<ul style="list-style-type: none"> Minimal to no use of crowd effective cheer Little to no response from crowd Few basic motions with no leg work Basic Motion Examples: High V, Low V, T 	<ul style="list-style-type: none"> Moderate use of crowd effective cheer Some response from crowd Multiple basic motions & few intermediate motions with little leg work Intermediate motion examples: Punch, Diagonals 	<ul style="list-style-type: none"> Superior use of crowd effective cheer Large response from crowd Multiple intermediate motions & few advanced motions with leg work Advanced motion examples: K
Incorporations Proper Use of Skills Use of Props	<ul style="list-style-type: none"> No incorporation of jumps, tumbling or stunts Minimal to no use of poms, signs, & megaphones 	<ul style="list-style-type: none"> Incorporation of 1-2 skills (i.e. jumps, tumbling and/or stunts) Moderate use of poms, signs, & megaphones 	<ul style="list-style-type: none"> Incorporation of all three skills (i.e. jumps, tumbling, and stunts) Maximum use of poms, signs, & megaphones
Partner Stunts	<ul style="list-style-type: none"> Minimal use of team members in stunts (less than 1/2) No single leg stunts present Majority of partner stunts at knee level or lower 	<ul style="list-style-type: none"> Moderate use of team members in stunts (at least 1/2) 1 single leg stunt present Majority of partner stunts at knee and thigh stand level 	<ul style="list-style-type: none"> Maximum use of team members in stunts (more than 3/4) Multiple single leg skills present Majority of partner stunts at thigh stand or elevator level
Pyramids	<ul style="list-style-type: none"> 1 pyramid with no single leg skills and no skills above a thigh stand 	<ul style="list-style-type: none"> 1 pyramid with a single leg skill and majority of skills at a thigh stand or higher 	<ul style="list-style-type: none"> 1 complex pyramid with multiple body positions or transitions at a thigh stand or higher
Group Tumbling	<ul style="list-style-type: none"> Less than 1/2 of team performs skill Skill examples: forward or log rolls 	<ul style="list-style-type: none"> 1/2 of team performs skill basic level skill and some perform intermediate skills Skill examples: back rolls, cartwheels 	<ul style="list-style-type: none"> More than 1/2 of team performs intermediate level skill and some perform advanced level skills Skills examples: round-offs or higher
Jumps	<ul style="list-style-type: none"> Less than 1/2 of team performs skill Jump examples: T-jump, tuck jump 	<ul style="list-style-type: none"> 1/2 of team performs skill basic level skill and some perform intermediate skills Jump examples: Eagle Spread, Herkie 	<ul style="list-style-type: none"> More than 1/2 of team performs intermediate level skill and some perform advanced level skills Jump examples: Toe Touch, Hurdler, Pike
Dance	<ul style="list-style-type: none"> 2- 8 counts with no formation changes 	<ul style="list-style-type: none"> 3-8 counts with 1 formation change 	<ul style="list-style-type: none"> 4-8 counts with multiple formation changes