

**MARYLAND HIGH SCHOOL CHEERLEADING ASSOCIATION
DEGREE OF DIFFICULTY RUBRIC- BASKET TOSSES**

DEFINITION:

Sequence refers to elements that are performed at the same time (in a section) in the routine. This can include elements performed in a ripple.

SCORE	REQUIRED ELEMENTS: All of the following conditions must be met to score in the range:
0.1-4.0	Less than majority of the expected number of groups performs any skill tosses
4.0-6.0	Majority of the expected number of groups performs one-skill non-twist tosses in sequence
6.0-8.0	Majority of expected number of groups performs two-skill tosses in sequence OR single twist tosses in sequence
8.0-9.0	Majority of expected number of groups performs tosses containing one trick and one full twist in sequence (Example: kick single)
9.0-10	Majority of expected number of groups perform tosses containing two tricks and one twist in sequence (Example: hitch-kick single or kick-kick single)

Ways to increase your score within range:

- Adding skills beyond the minimum requirements
- Specialty mounts
- Multiple toss sections

Number of Team Members	Expected Number of Groups	Majority of Expected
25	5	3
20-24	4	3
15-19	3	2
10-14	2	2
Under 10	1	1

** Only clearly defined skills will be given credit **

**MARYLAND HIGH SCHOOL CHEERLEADING ASSOCIATION
DEGREE OF DIFFICULTY RUBRIC- JUMPS**

DEFINITION:

Sequence refers to elements that are performed at the same time (in a section) in the routine. This can include elements performed in a ripple.

- There can be no more than four counts between jumps performed in a sequence. This includes counts used for choreography.

****Please note:** A tuck jump, double hook/table top, and a spread eagle/x-out are **NOT** considered advanced jumps.

SCORE	REQUIRED ELEMENTS: All of the following conditions must be met to score in the range:
0.1-4.0	75% of the team performs fewer than 3 advanced jumps *** If LESS THAN 75% of the team performs jumps, a 0.1 will be awarded ***
4.0-6.0	75% of the team performs at least 3 advanced jumps
6.0-7.0	75% of the team performs at least 3 advanced jumps in sequence <ul style="list-style-type: none"> • At least 2 jumps have no preps between the jumps
7.0-8.0	75% of the team performs at least 3 advanced jumps in sequence <ul style="list-style-type: none"> • At least 3 jumps have no preps between the jumps • Less than 50% of the team performs a handspring at the end of the sequence
8.0-9.0	75% of the team performs at least 3 advanced jumps in sequence <ul style="list-style-type: none"> • At least 3 jumps have no preps between the jumps • 50% of the team performs a handspring at the end of the sequence
9.0-10	75% of the team performs at least 3 advanced jumps in sequence <ul style="list-style-type: none"> • At least 3 jumps have no preps between the jumps • 50 % of the team performs a handspring at the end of the sequence with at least one tuck within that percentage[^] ** Teams with a greater number of tucks within the 50% will increase in this range**

Ways to increase your score within range:

- Using a variety of jumps
- Adding additional jumps beyond the minimum required
- Adding elements of standing tumbling to your jump sequence

[^] For example: a team of 20 performs 3 advanced jumps without preps in between, 8 athletes perform handsprings out of the last jump and 2 perform tucks. The combination of 8 handsprings plus 2 tucks equals 10 which is 50%. This would count in the 9-10 range.

Quantity for 75%		
# of Team Members	# to achieve 50%	# to achieve 75%
24 or 25	12	18
23	11	17
22	11	16
20 or 21	10	15
19	9	14
18	9	13
16 or 17	8	12
15	7	11
13 or 14	7	10
12	6	9
11	5	8
10	5	7
8 or 9	4	6
7	3	5
6	3	4
4 or 5	2	3

**MARYLAND HIGH SCHOOL CHEERLEADING ASSOCIATION
DEGREE OF DIFFICULTY RUBRIC- TUMBLING**

DEFINITION:

****Please note:** Tumbling that is included in the jump sequence **DOES NOT** count toward the tumbling section of the score sheet.

SCORE	REQUIRED ELEMENTS: All of the following conditions must be met to score in the range:
0.1-4.0	75% of the team performs at least forward rolls *** If LESS THAN 75% of the team performs tumbling, a 0.1 will be awarded ***
4.0-6.0	75% of the team performs round-offs, cartwheels, and/or walk-overs
6.0-8.0	75% of the team performs round-offs, cartwheels, and/or walk-overs 50% performs handsprings or handspring series
8.0-9.0	75% of the team performs round-offs, cartwheels, and/or walk-overs 50% of the team performs handsprings or handspring series • At least one of the series contains a tuck, layout or full
9.0-10	75% of the team performs handsprings or handspring series 50% of the team performs tumbling series with tucks, layouts, or fulls

Ways to increase your score within range:

- Adding skills beyond the minimum requirements
- Combo or specialty passes (Ex: front walkover through to back tuck)

Quantity for 75%		
# of Team Members	# to achieve 50%	# to achieve 75%
24 or 25	12	18
23	11	17
22	11	16
20 or 21	10	15
19	9	14
18	9	13
16 or 17	8	12
15	7	11
13 or 14	7	10
12	6	9
11	5	8
10	5	7
8 or 9	4	6
7	3	5
6	3	4
4 or 5	2	3

**MARYLAND HIGH SCHOOL CHEERLEADING ASSOCIATION
DEGREE OF DIFFICULTY RUBRIC- STUNTS**

DEFINITION:

Sequence refers to elements that are performed at the same time (in a section) in the routine. This can include elements performed in a ripple.

****Please note:** A straight leg (post) and lib position are **NOT** considered advanced body positions. Consider legalities when interpreting the rubric.

SCORE	REQUIRED ELEMENTS: All of the following conditions must be met to score in the range:
0.1-4.0	Majority of the expected groups performs stunts shoulder-height or below
4.0-6.0	Majority of the expected groups performs full extensions or single-leg shoulder height stunts
6.0-8.0	Majority of the expected groups performs: <ul style="list-style-type: none"> • Extended single-leg stunts with two advanced body positions within the same stunt section • With a specialty dismount from a one or two legged stunt
8.0-9.0	Majority of the expected groups performs: <ul style="list-style-type: none"> • Extended single-leg stunts with three advanced body positions within the same stunt section • EITHER a specialty mount OR specialty dismount from an advanced extended single-leg stunt sequence
9.0-10	Majority of the expected groups performs: <ul style="list-style-type: none"> • Extended single-leg stunts with three advanced body positions within the same stunt section • BOTH a specialty mount AND specialty dismount from an advanced extended single-leg stunt sequence

Ways to increase your score within range:

- Adding skills beyond the minimum requirements
- Additional specialty mounts and dismounts
- Transitions within sequences

Number of Team Members	Expected Number of Groups	Majority of Expected
25	5	3
20-24	4	3
15-19	3	2
10-14	2	2
Under 10	1	1

**MARYLAND HIGH SCHOOL CHEERLEADING ASSOCIATION
DEGREE OF DIFFICULTY RUBRIC- PYRAMIDS**

DEFINITION:

Transitions are counted after 75% of the team has completed the first connecting structure.

****Please note:** Please adhere to NFHS rules regarding bracers.

****Please note:** Non-connected stunts/baskets/tumbling/jumps ENHANCE your pyramid but WILL NOT be counted as part of the 75% requirement.

SCORE	REQUIRED ELEMENTS: All of the following conditions must be met to score in the range:
0.1-4.0	75% of the team performs connecting stunts shoulder height or below
4.0-6.0	75% of the team performs connected extended stunts <ul style="list-style-type: none"> • The sequence includes no transitions
6.0-8.0	75% of the team performs at least one connected extended single-leg stunt: <ul style="list-style-type: none"> • The sequence includes one transition
8.0-9.0	75% of the team performs more than one connected extended single-leg stunt: <ul style="list-style-type: none"> • The sequence includes three transitions including level-changes and release moves • With at least three structures
9.0-10	75% of the team performs connected single-leg stunts: <ul style="list-style-type: none"> • The sequence includes four or more transitions including level-changes, release moves, and at least one inverted release • With at least four extended single-leg structures

Ways to increase your score within range:

- Adding skills beyond the minimum requirements
- Specialty mounts and dismounts
- Non-sequential release moves
- Formation changes
- Variety of flyers involved in transitional skills

Quantity for 75%	
# of Team Members	# to achieve 75%
24 or 25	18
23	17
22	16
20 or 21	15
19	14
18	13
16 or 17	12
15	11
13 or 14	10
12	9
11	8
10	7
8 or 9	6
7	5
6	4
4 or 5	3