



# MARYLAND PUBLIC SCHOOLS STATE CHEERLEADING COMMITTEE

## DEGREE OF DIFFICULTY RUBRIC- BASKET TOSSES

**Sequence:** elements performed at the same time (in a section) in the routine. This can include elements performed in a ripple.

**NOTE:** Any additional tosses performed will be considered for execution score and Overall Impression score.

**NOTE:** THESE ARE NOT RANGES

SCORE	REQUIRED ELEMENTS: All of the following conditions must be met to score in the range:
0	No tosses performed
7.5	Less than the expected number of groups performs any tosses
8.0	Expected number of groups perform straight ride tosses
8.5	Expected number of groups performs one-skill tosses in sequence (including single twists)
9.0	Expected number of groups performs two-skill, non-twisting tosses in sequence
9.5	Expected number of groups performs tosses containing one skill and one full twist in sequence (Example: kick single)
10	Expected number of groups perform tosses containing two skill and one twist in sequence (Example: hitch-kick single or kick-kick single)

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

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



# MARYLAND PUBLIC SCHOOLS STATE CHEERLEADING COMMITTEE

## DEGREE OF DIFFICULTY RUBRIC- JUMPS

**Sequence:** elements 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.

**Connected:** no approach between jumps (meaning a whip approach)

**Variety:** at least 2 different jumps within the sequence

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

**NOTE:** THESE ARE NOT RANGES

SCORE	REQUIRED ELEMENTS:
0	No jumps performed
2.5	Less than 75% of the team members perform jumps
5	75% of team members perform any combination of basic jumps
6	75% of team members perform 1 advanced jump
7	75% of team members perform 2 advanced, non-connected jumps
8	75% of team members perform 2 advanced, connected jumps with no variety
9	75% of team members perform 2 advanced, connected jumps with variety
10	75% of team members perform 2 advanced, connected jumps with variety PLUS one additional jump; or 3 connected, advanced jumps

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
14	10
12 or 13	9
11	8
10	7
8 or 9	6
7	5
6	4
4 or 5	3



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## DEGREE OF DIFFICULTY RUBRIC- TUMBLING

**Synchronized:** athletes must perform **the exact same** skill/combination of skills from beginning to end of the pass regardless of whether the passes are rippled or not.

**EX:** 75% of athletes perform simultaneous back walkover back handsprings; 25% take a knee in the back = 7-8 range

**NOTE:** Tumbling is NOT counted cumulatively throughout the routine.

**NOTE:** If other choreography/skills are performed during the required synch pass, teams will automatically be awarded the .5 of the range below. (see clarification document for more info)

SCORE	REQUIRED ELEMENTS: All of the following conditions must be met to score in the range:
0	No tumbling performed
4.0-5.0	Tumbling does not meet the requirement for 5-6 range
5.0-6.0	75% of team members perform <b>cartwheels or round-offs or front walkovers or back walkovers</b> which are synchronized from the initiation of the pass. No other choreography should be performed during this time.
6.0-7.0	50% of team performs <b>back handsprings</b> (standing OR running) which are synchronized from the initiation of the pass. No other choreography should be performed during this time.
7.0-8.0	75% of team members perform <b>back handsprings</b> (standing OR running) which are synchronized from the initiation of the pass. No other choreography should be performed during this time.
8.0-9.0	50% of team performs <b>back tucks</b> (standing OR running) which are synchronized from the initiation of the pass. No other choreography should be performed during this time
9.0-10	75% of team members perform <b>back tucks</b> (standing OR running) which are synchronized from the initiation of the pass. No other choreography should be performed during this time.

Quantity		
# 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
14	7	10
12 or 13	6	9
11	5	8
10	5	7
8 or 9	4	6
7	3	5
6	3	4
4 or 5	2	3

Ways to increase your score within range:

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

**\*\*See Clarifications Document for more examples\*\***



# MARYLAND PUBLIC SCHOOLS STATE CHEERLEADING COMMITTEE

## DEGREE OF DIFFICULTY RUBRIC- STUNTS

### DEFINITION:

**Sequence:** elements performed at the same time (in a section) in the routine. This can include elements performed in a ripple.

**Specialty mount/transition/dismount:** does not include basic tap ups, bump downs, basic cradles, tap to squish, or other fundamental mounts/dismounts

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

SCORE	REQUIRED ELEMENTS: All of the following conditions must be met to score in the range:
0	No stunts performed
1.0-2.5	Expected number of groups performs stunts below prep level
2.5-3.5	Expected number of groups perform 2-leg stunts at prep level
3.5-4.5	Expected number of groups performs full extensions or single-leg shoulder height stunts
4.5-5.5	Expected number of groups perform single leg extended stunts with one (1) body position
5.5-6.5	Expected number of groups performs the following <b>within the same sequence:</b> <ul style="list-style-type: none"> <li>● Extended single-leg stunts with two (2) advanced body positions</li> <li>● At least one (1) specialty mount/transition/dismount</li> </ul>
6.5-7.5	Expected number of groups performs the following <b>within the same sequence:</b> <ul style="list-style-type: none"> <li>● Extended single-leg stunts with three (3) advanced body positions</li> <li>● At least one (1) specialty mount/transition/dismount</li> </ul>
7.5-8.5	Expected number of groups performs the following <b>within the same sequence:</b> <ul style="list-style-type: none"> <li>● Extended single-leg stunts with three (3) advanced body positions</li> <li>● Two (2) DIFFERENT specialty mounts/transitions/dismounts</li> </ul>
8.5-10	Expected number of groups performs the following <b>within the same sequence:</b> <ul style="list-style-type: none"> <li>● Extended single-leg stunts with three (3) advanced body positions</li> <li>● Three (3) DIFFERENT specialty mounts/transitions/dismounts</li> <li>● One of the 3 required transitions must include a release to extended position that originates from a stunt and not from the performance surface</li> </ul>

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

Ways to increase your score within range:

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



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## DEGREE OF DIFFICULTY RUBRIC- PYRAMIDS

**Pyramid:** Two or more connecting stunts (flyers touching flyers)

**Structures:** Stationary connected stunts

**Specialty mount/transition/dismount:** does not include basic tap ups, bump downs, basic cradles, tap to squish, or other fundamental mounts/dismounts

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

SCORE	REQUIRED ELEMENTS: All of the following conditions must be met to score in the range:
0	No pyramid performed
2.5-3.5	Less than the expected number of groups perform any structures
3.5-4.5	Expected number of groups performs structures at shoulder height or below
4.5-5.5	Expected number of groups perform structures at extended level
5.5-6.5	Expected number of groups perform the following in the same sequence: <ul style="list-style-type: none"> <li>● One (1) extended single-leg structure</li> <li>● One (1) specialty mount/transition/dismount</li> </ul>
6.5-7.5	Expected number of groups perform the following in the same sequence: <ul style="list-style-type: none"> <li>● Two (2) extended single-leg structures</li> <li>● Two (2) specialty mounts/transitions/dismounts</li> </ul>
7.5-8.5	Expected number of groups perform the following in the same sequence: <ul style="list-style-type: none"> <li>● Three (3) extended single-leg structures</li> <li>● Three (3) DIFFERENT specialty mounts/transitions/dismounts</li> </ul>
8.5-10	Expected number of groups perform the following in the same sequence: <ul style="list-style-type: none"> <li>● Three (3) DIFFERENT extended single-leg structures</li> <li>● Four (4) DIFFERENT specialty mounts/transitions/dismounts</li> <li>● One of the required 4 mounts/transitions/dismounts must include an inverted release</li> </ul>

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

Ways to increase your score within range:

- Difficulty of skills performed
- Adding skills beyond the minimum requirements
- Formation changes
- Variety of flyers involved in transitional skills