



MARYLAND PUBLIC SCHOOLS CHEERLEADING COMMITTEE 7/2017 DEGREE OF DIFFICULTY RUBRIC CLARIFICATIONS

- I. Overall Notes/Reminders
 - a. Always follow NFHS rules when interpreting the rubrics.
 - b. This document only reflects degree of difficulty scores in these categories NOT technique/execution scores.
 - c. Read the top notes section on each rubric as well as the “Ways to Increase Score within Range” notes at the bottom.
 - d. Remember, judges can only award credit for what they can see, and they see it in an instant. Consider this when you are thinking about formations and timing (especially in baskets and tumbling). So, flaunt it if you got it!

- II. Baskets
 - a. The ranges start at 5.0, which will be the lowest score given in this category for degree of difficulty. UNLESS there are NO tosses completed during the routine, in which case a 0 (zero) will be awarded.
 - b. Straight ride tosses will be awarded in the 5.0-6.0 range regardless of how many groups perform them.
 - c. An “arch” and any variation in arm movements are NOT considered skills.
 - d. All other ranges remain the same as last year.

- III. Jumps
 - a. This rubric is NOT based on ranges, so skills will be awarded a flat score, therefore, there is no way to increase scores beyond what is listed.
 - b. The judges and rubric committee assume that a vast majority of teams will receive a 10.0 in degree of difficulty.
 - c. The lowest score awarded will be a 2.5 for degree of difficulty. Unless there are NO jumps completed during the routine, in which case a 0 (zero) will be awarded.
 - d. VARIETY = at least 2 different jumps throughout the sequence
 - i. For example, 100% of a team performs a pike, double toe – re-approach pike = 10.0
 - ii. For example, 100% of a team performs a right side-hurdler, a toe touch, a left side-hurdler, and another toe touch all using a whip approach = 10.0
 - e. To be awarded a 10.0 - the 4th jump does not have to be connected to the previous three and could even come at a different time in the routine. OR it could be consecutive jumps, which still needs to meet the requirement of VARIETY (see above).
 - f. Any jumps connected to tumbling will be awarded in the jump category and will also be given consideration in the tumbling category as well.
 - i. For example, 75% of a team performs a triple toe – ¼ turn approach pike back handsprings.



- ii. This would be awarded a 10.0 for jump difficulty and MAY also increase the score within the appropriate tumbling range.

IV. Tumbling

- a. Please remember – perfection before progression and safety first.
 - i. The judges want to remind coaches that good technique can make more of an impact than higher level skills.
 - ii. Even a team forward roll could potentially earn a 10.0 in execution if performed perfectly.
 - iii. Falls and bobbles are still deducted on the Safety/Deductions Sheet
- b. The rubric committee has upped the game in tumbling, so please review as all the rubric ranges have changed to allow for more differentiation.
- c. Aerials are not explicitly stated on the rubric; therefore, they will be considered as a way to increase scores within a range. However, aerial cartwheels are more difficult than cartwheels with hand support, so in the lower categories, aerials could be considered as part of the requirement for cartwheels. Additionally, aerial walk-overs are more difficult than walk-overs with hand support, so they could be considered as part of the requirement for the walk-over categories.
 - i. For example, a team of 20 performs 12 round-offs and 3 aerial cartwheels. They meet the requirement for the 3-4 range.
 - ii. For example, a team of 20 performs 10 walk-overs, 2 aerial walk-overs, and 3 back handsprings. They meet the requirement for the 5-6 range. In this example, the aerials and the back handsprings can count toward the 75% requirement because they are harder skills than what is expected. As in other rubric ranges for tumbling, if a harder skill than what is required is performed, it will be assumed that the athlete can also perform a skill with lesser difficulty.
- d. For the 8-9 and 9-10 range, two separate passes would have to be completed to get into the appropriate range.
 - i. For example, to score in the 9-10 range a team of 20 will need at least 15 athletes to perform a handspring series AND at a later time, at least 15 athletes to perform a pass with a tuck, lay-out, or full. These passes can be standing or running.
 - ii. Although the rubric requires two separate passes, if athletes perform a higher level pass, the judges assume they can perform a lower pass.
 - iii. For example – a team of 20 performs 10 jump-tucks with 6 handspring tucks and then later performs running passes with 15 ending with a tuck/layout/full. Because one pass has 75% performing handsprings or higher and the 2nd different pass has 75% performing advanced passes, this meets the requirements.
- e. Any jumps connected to tumbling will be awarded in the jump category and also given consideration in the tumbling category as well.



- i. For example, 75% of a team performs a triple toe – ¼ turn approach pike back handsprings.
- ii. This would be awarded a 10.0 for jump difficulty and MAY also increase the score within the appropriate tumbling range.

V. Stunts

- a. All bullets in any given range must be met to get into that range.
 - i. For example, in the 9-10 range, a switch-up to extended single-leg cannot count for BOTH the specialty mount requirement and the release to extended position requirement.
- b. If only the skills listed are performed, remember, this gets you INTO the range.
- c. The advanced body positions do not have to be consecutive.
 - i. For example, a team could perform a scale, arabesque, then reload and hit a heel stretch. This would hit the requirement for 3 advanced body positions in the same sequence.
- d. Specialty mounts and dismounts do not necessarily have to be at the very beginning or very end of a sequence, but they must be attached to the same stunt sequence.
- e. The release to extended position can start at any level and end on either two or one leg(s) (while following NFHS rules).
- f. Please remember – perfection before progression and safety first.
 - i. The judges want to remind coaches that good technique can make more of an impact than higher level skills.
 - ii. Even a team set of extended libs could potentially earn a 10.0 in execution if performed perfectly.
 - iii. Falls and bobbles are still deducted on the Safety/Deductions Sheet

VI. Pyramids

- a. Each point in the rubric must be met in order to get into the range.
 - i. For example, in the 9-10 range, one braced flip cannot meet the requirements for the inverted release and a release move.
 - ii. However, if a team performs a front braced flip and then a back braced flip, the first could count as the inverted release and the second could be counted as the second release move.
- b. A picture/structure must be completed before the transitions will begin to be counted.
 - i. Anything performed before the first picture/structure will be counted as a specialty mount.
 - ii. Stunts connected to squishes/load-in positions will not count as a picture.
 - iii. The first picture/structure does not have to be an extended single-leg structure.



- c. A switch-up (or similar skill) will be considered a release move as long as it is connected to a bracer at the time of the release making it a pyramid transition and not just a specialty mount for a singular group.
- d. Extended single leg structures are not limited to paper dolls, but anytime the flyer of an extended single leg stunt is connected to another flyer at any NFHS allowed level.
 - i. For example – 75% of the team is involved in a pyramid that completes extended single leg paper dolls, transitions to hit two outside preps connected to an extended single leg liberty, the extended liberty then transitions to hit an arabesque where the prep level flyer is holding the ankle. This would meet the structure requirement for the 9-10 range because there are 3 different extended single leg structures.
- e. **Variety of formations** OR flyers (see ii. below) for the 9-10 range: Formations indicates how your pyramid is constructed, not level changes/transitions/etc. Therefore, the rubric requires that the pyramid not stay in a straight line the entire time (on a team of 20 – 5 groups in a row with no movement).
 - i. Examples (not inclusive) of formations – straight line parallel to judges, straight line perpendicular to judges, two separate pyramids going at the same time, wolf wall type formations, ¼ turns of groups in front or in back of another group, a star/box formation... the possibilities are as endless as your imagination.
 - ii. You could also meet this requirement by using a **variety of “main flyers”**. Instead the same one or two groups performing all the transitions or more advanced body positions, consider if others flyers have the skills to be involved in this way.
 - iii. For example: Flyer A hits an outside prep and connects to Flyer B who is in an extended single leg in the middle and also connected to Flyer C who is in an outside prep on her other side. The pyramid transitions so Flyer B is now in a prep in the middle and Flyers A and B hit outside extended arabesques. Perhaps there is a Flyer D waiting in the back and Flyer B (in the middle) dismounts so Flyer D can mount and complete a legal braced flip in the center. This would meet the requirements for the Variety of Flyers.