



## 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:
5.0-6.0	Less than majority of the expected number of groups performs any skill tosses <b>OR majority of groups perform straight ride tosses.</b>
6.0-7.0	Majority of the expected number of groups performs one-skill non-twist tosses in sequence
7.0-8.0	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	4
20-24	4	3
15-19	3	2
11-14	2	2
10&Under	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.

**Connected** will be defined as no approach between jumps (meaning a whip approach)

**\*\*Please note:**

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

<b>SCORE</b>	<b>REQUIRED ELEMENTS:</b>
<b>2.5</b>	Less than 75% of the team members perform jumps
<b>5</b>	75% of team members perform any combination of basic jumps
<b>6</b>	75% of team members perform 2 advanced jumps
<b>7</b>	75% of team members perform 3 advanced, non-connected jumps
<b>8</b>	75% of team members perform 3 advanced, connected jumps with no variety
<b>9</b>	75% of team members perform 3 advanced, connected jumps with variety
<b>10</b>	75% of team members perform 3 advanced, connected jumps with variety PLUS one additional jump; or 4 connected, advanced jumps

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
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



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



- \*\*Please note:**
1. Jumps connected to tumbling will count on the tumbling rubric and could help increase your score within your range.
  2. Rubric ranges can be met through running or standing tumbling. ^
  3. Tumbling is NOT counted cumulatively throughout the routine. #

<b>SCORE</b>	<b>REQUIRED ELEMENTS: All of the following conditions must be met to score in the range:</b>
1.0-2.0	Less than 50% of the team performs tumbling
2.0-3.0	50% of the team performs forward rolls, cartwheels, or round-offs
3.0-4.0	75% of the team performs forward rolls, cartwheels, or round-offs
4.0-5.0	50% of the team performs walk-overs
5.0-6.0	75% of the team performs walk-overs
6.0-7.0	50% of the team performs handsprings or handspring series
7.0-8.0	75% of the team performs handsprings or handspring series
8.0-9.0	75% of the team performs handsprings or handspring series AND 50% of the team performs tucks, layouts, or fulls
9.0-10	75% of the team performs handsprings or handspring series AND 75% of the team performs 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)
- Jumps connected to tumbling

^ For example: A team of 20 opens their routine with 10 standing tucks and 6 standing back handsprings. They are already in the 9-10 range. Later, they do running passes containing a variety of tucks, layouts, and fulls. The running pass will help move them up in the range.

#For example: A team of 20 that performs 3 back handsprings in the beginning of the routine, 3 back handsprings in the middle of the routine, and 5 back handsprings at the end of the routine will NOT be counted as having 11 back handsprings.

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	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



## 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.

<b>SCORE</b>	<b>REQUIRED ELEMENTS: All of the following conditions must be met to score in the range:</b>
1.0-3.0	Majority of the expected groups performs stunts below prep level
3.0-4.0	Majority of expected groups perform 2-leg stunts at prep level
4.0-5.0	Majority of the expected groups performs full extensions or single-leg shoulder height stunts
5.0-6.0	Majority of the expected groups perform single leg extended stunts with one body position
6.0-7.0	Majority of the expected groups performs: <ul style="list-style-type: none"> <li>• Extended single-leg stunts with two advanced body positions within the same stunt section</li> <li>• With a specialty mount OR dismount from a one or two legged stunt</li> </ul>
7.0-8.0	Majority of expected groups performs: <ul style="list-style-type: none"> <li>• Extended single-leg stunts with three advanced body positions within the same stunt section</li> <li>• EITHER a specialty mount OR specialty dismount from an advanced extended single leg stunt sequence</li> </ul>
8.0-9.0	Majority of the expected groups performs: <ul style="list-style-type: none"> <li>• Extended single-leg stunts with three advanced body positions within the same stunt section</li> <li>• BOTH a specialty mount AND specialty dismount from an advanced extended single-leg stunt sequence</li> </ul>
9.0-10	Majority of the expected groups performs: <ul style="list-style-type: none"> <li>• Extended single-leg stunts with three advanced body positions within the same stunt section</li> <li>• BOTH a specialty mount AND specialty dismount from an advanced extended single-leg stunt sequence</li> <li>• A release move to an extended position</li> </ul>

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	4
20-24	4	3
15-19	3	2
11-14	2	2
10&Under	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.

<b>SCORE</b>	<b>REQUIRED ELEMENTS: All of the following conditions must be met to score in the range:</b>
1.0-3.0	Less than 75% of the team performs connected skills
3.0-4.0	75% of the team performs connected stunts shoulder height or below
4.0-5.0	75% of the team performs connected extended stunts
5.0-6.0	75% of the team performs at least one connected extended single-leg stunt: <ul style="list-style-type: none"> <li>• The sequence includes one transition</li> </ul>
6.0-7.0	75% of the team performs at least two connected extended single-leg stunt: <ul style="list-style-type: none"> <li>• The sequence includes two transitions</li> </ul>
7.0-8.0	75% of the team performs at least two connected extended single-leg stunts: <ul style="list-style-type: none"> <li>• The sequence includes two transitions including level-changes and release moves</li> </ul>
8.0-9.0	75% of the team performs at least three connected extended single-leg stunts: <ul style="list-style-type: none"> <li>• The sequence includes at least three transitions including level-changes, release moves, and at least one inverted release</li> </ul>
9.0-10.0	75% of the team performs at least three <b>different</b> , connected extended single-leg stunts: <ul style="list-style-type: none"> <li>• The sequence includes at least three transitions including level-changes, release moves, and at least one inverted release</li> <li>• EITHER a specialty mount OR dismount</li> <li>• Variety of formations OR flyers</li> </ul>

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