

**MARYLAND PUBLIC SCHOOLS STATE CHEERLEADING COMMITTEE  
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 OR majority of groups perform straight ride tosses.
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)
9.0-10.0	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 PUBLIC SCHOOLS STATE CHEERLEADING COMMITTEE  
DEGREE OF DIFFICULTY RUBRIC- JUMPS**



**DEFINITION:**

**Connected:** no choreography/approach between jump skills (meaning a whip approach)

**Variety:** at least 2 different jumps performed at any time during the sequence.

**\*\*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>
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 2 advanced jumps
7	75% of team members perform 3 advanced, non-connected jumps
8	75% of team members perform 3 advanced, connected jumps with no variety
9	75% of team members perform 3 advanced, connected jumps with variety
10	75% of team members perform 3 advanced, connected jumps with variety <b>PLUS</b> one additional jump; or 4 connected, advanced jumps with variety

\*Variety: For example, to receive a 10, 75% of the team could perform ANY of the following:

- ~ triple toe, ¼ turn approach pike
- ~ hurdler, triple toe (all whip approach)
- ~ pike, hurdler, toe, approach toe

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 PUBLIC SCHOOLS STATE CHEERLEADING COMMITTEE  
DEGREE OF DIFFICULTY RUBRIC- TUMBLING**

**DEFINITION:**

**Synchronized:** Athletes must perform the exact same skill/combination of skills from beginning to end

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

<b>SCORE</b>	<b>REQUIRED ELEMENTS: All of the following conditions must be met to score in the range:</b>
4.0-5.0	Tumbling does not meet the requirement for the 5-6 range.
5.0-6.0	75% of team members perform <b>Cartwheels or round-offs</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 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.
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 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.
9.0-10.0	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.

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

\*\* Please see clarifications document for more examples.

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 PUBLIC SCHOOLS STATE CHEERLEADING COMMITTEE  
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>
9.0-10.0	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> <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 PUBLIC SCHOOLS STATE CHEERLEADING COMMITTEE**  
**DEGREE OF DIFFICULTY RUBRIC- PYRAMIDS**

**DEFINITION:**

**Transitions** are counted **after** the first connecting structure and **before** the last 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 expected number of groups requirement.

SCORE	REQUIRED ELEMENTS: All of the following conditions must be met to score in the range:
1.0-3.0	Less than the expected number of groups performs connected skills
3.0-4.0	The expected number of groups performs connected stunts shoulder height or below
4.0-5.0	The expected number of groups performs connected extended stunts
5.0-6.0	The expected number of groups 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	The expected number of groups 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	The expected number of groups 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	The expected number of groups 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	The expected number of groups 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

Number of Team Members	Expected Number of Groups
25	5
20-24	4
15-19	3
11-14	2
10&Under	2