



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 skills 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 ****



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DEGREE OF DIFFICULTY RUBRIC- JUMPS

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

Variety: at least 2 different jumps within the requirements

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 sync 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
4-5	Tumbling does not meet the requirement for 5-6 range
5-6	75% of team members perform cartwheels or round-offs or front walkovers or back walkovers which are synchronized from the initiation of the pass. No other choreography should be performed during this time.
6-7	50% of team performs back handsprings (standing OR running) which are synchronized from the initiation of the pass. No other choreography should be performed during this time.
7-8	75% of team members perform back handsprings (standing OR running) which are synchronized from the initiation of the pass. No other choreography should be performed during this time.
8-9	50% of team performs back tucks (standing OR running) which are synchronized from the initiation of the pass. No other choreography should be performed during this time
9-10	75% of team members perform back tucks (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****



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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
*2.0	Teams who perform skills in the 2-3 to 5-6 ranges with LESS THAN THE EXPECTED number of groups
2-3	Expected number of groups perform stunts below prep level
3-4	Expected number of groups perform 2-leg stunts at prep level
4-5	Expected number of groups perform full extensions or single-leg shoulder height stunts
5-6	Expected number of groups perform single leg extended stunts with one (1) body position
*6.0	Teams who perform skills in the 6-7 to 9-10 ranges with LESS THAN THE EXPECTED number of groups
6-7	Expected number of groups performs the following within the same sequence: <ul style="list-style-type: none"> Extended single-leg stunts with one (1) advanced body positions At least one (1) specialty mount/transition/dismount
7-8	Expected number of groups performs the following within the same sequence: <ul style="list-style-type: none"> Extended single-leg stunts with two (2) advanced body positions At least one (2) specialty mount/transition/dismount
8-9	Expected number of groups performs the following within the same sequence: <ul style="list-style-type: none"> Extended single-leg stunts with two (2) advanced body positions Two (2) DIFFERENT specialty mounts/transitions/dismounts One of the 2 required transitions must include a release to extended position.
9-10	Expected number of groups performs the following within the same sequence: <ul style="list-style-type: none"> Extended single-leg stunts with two (2) advanced body positions Three (3) DIFFERENT specialty mounts/transitions/dismounts One of the 3 required transitions must include a full twisting release to extended advanced body position.

Number of Team Members	Expected Number of Groups
25	5
20-24	4
15-19	3
10-14	2
4-9	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
3-4	Less than the expected number of groups perform any structures
4-5	Expected number of groups perform structures at shoulder height or below
5-6	Expected number of groups perform structures at extended level
6-7	Expected number of groups perform the following in the same sequence: <ul style="list-style-type: none"> ● One (1) extended single-leg structure ● One (1) specialty mount/transition/dismount
7-8	Expected number of groups perform the following in the same sequence: <ul style="list-style-type: none"> ● Two (2) extended single-leg structures ● Two (2) specialty mounts/transitions/dismounts
8-9	Expected number of groups perform the following in the same sequence: <ul style="list-style-type: none"> ● Three (3) extended single-leg structures ● Three (3) DIFFERENT specialty mounts/transitions/dismounts
9-10	Expected number of groups perform the following in the same sequence: <ul style="list-style-type: none"> ● Three (3) DIFFERENT extended single-leg structures ● Four (4) DIFFERENT specialty mounts/transitions/dismounts ● One of the required 4 mounts/transitions/dismounts must include an inverted release

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