



BUILDING RUBRIC (Cheer)

OASSA MS/JUNIOR HIGH CHEER AND DANCE COMPETITION

Stunts

0-1.8 Points	75%	Stunts consist of many basic skills
2-3.8 Points	75%	Stunts consist of many skills which meet expectations
4-5.8 Points	75%	Stunts consist of many skills which are above expectations
6 -7.8 Points	75%	Stunts consist of many skills which are advanced
8 - 10 Points	75%	Stunts consist of many skills which are elite

Pyramids

0-1.8 Points	75%	Pyramid consist of many basic skills
2-3.8 Points	75%	Pyramid consist of many skills which meet expectations
4-5.8 Points	75%	Pyramid consist of many skills which are above expectations
6 -7.8 Points	75%	Pyramid consist of many skills which are advanced
8 - 10 Points	75%	Pyramid consist of many skills which are elite

75% based on total number on team divided by 5 person Stunt Group

Body Positions: Liberty, Torch, Heel Stretch, Arabesque, Scale, Scorpion, Front Stretch, Bow & Arrow, Needle.

Stunts:					
	0-1.8	2-3.8	4-5.8	6-7.8	8-10
Release	<ul style="list-style-type: none"> • Release move from below prep level release to below prep level skill 	<ul style="list-style-type: none"> • Release move from below prep level to prep level (Quick toss, switch up, ball up) 	<ul style="list-style-type: none"> • Release moves caught at prep level or below • Prep level tick tock 	<ul style="list-style-type: none"> • Low to high tick tock variations (body position to body position) • 1/2 around release moves to extended • Switch up to extended one leg stunts • Quick toss to extended two leg stunt • Release moves caught at extended (low to high tick tock, prep release ball to extended) • 1/2 switch up to extended one leg 	<ul style="list-style-type: none"> • Full up switch ups • Full twisting release moves to extended • Full up quick toss to extended • High to High Tick Tocks (body position to body position) • 1/4 Twisting High to High Tick Tocks (body position to body position) • Quick toss to Extended 1 leg
Inversion	<ul style="list-style-type: none"> • Inverted skills below prep level • Ground inversions transitioned to below prep level 	<ul style="list-style-type: none"> • Suspended Roll • Below prep level inversions out of stunts (yo-yo, back walkover, etc.) • Prep level inverted stunts • Released inversions to below prep level 	<ul style="list-style-type: none"> • Prep level and below inverted stunts transitions to extended • Released inversions to prep level • Ground inversions transitioned to extended • Suspended Roll with twisting Inverted dismounts (Waterfall/Cartwheel style) • Ground inversion transitioned to prep level 	<ul style="list-style-type: none"> • Released inversions to extended level • Shoulder inversion release to extended • Ground inversions transitioned to extended • Suspended Roll with twisting Inverted dismounts (Waterfall/Cartwheel style) 	<ul style="list-style-type: none"> • Twisting ground inversion to extended (1/2 up or more) • Shoulder inversion release to extended body position • Ground inversion release to extended • Ground inversion release to extended body position • Hand to hand inversion release to extended stunt
Twisting	<ul style="list-style-type: none"> • 1/4 up to prep • 1/4 up to extended 	<ul style="list-style-type: none"> • Twisting transitions to side / prone / cradle • Rewind transition to load • 1/2 up to prep • 1/2 up to extended 	<ul style="list-style-type: none"> • Full up to prep level and below variations. • Twisting transitions to side / prone / cradle 	<ul style="list-style-type: none"> • Full up variations (cross leg, bases moving, multiple connections) • Full around 	<ul style="list-style-type: none"> • Full up to extended target / liberty • Full up to body positions. • 1 1/2 up to extended • Hands full around to extended • 1 leg extended full twisting dismount
Other	<ul style="list-style-type: none"> • Flat back stunt 	<ul style="list-style-type: none"> • Prep • barrell roll 	<ul style="list-style-type: none"> • Extension • Single base extension •prep level 1 leg variations 	<ul style="list-style-type: none"> • Full twisting dismount from two leg stunts/ 360 down (Corkscrew) • Extended single base liberty • Extended single base body position • 1/2 Twisting to extended single base • Single leg extended variations 	<ul style="list-style-type: none"> • Extended single base variations that include twisting / releases (low to high tick tock, full up, 1/2 switch up) • Switch up to extended one leg single base • Full twisting dismount from single leg stunts
Coed Style	<ul style="list-style-type: none"> • Assisted walk in chair • Assisted toss chair • Assisted walk in hands • Assisted toss hands • Assisted coed skills at prep level 	<ul style="list-style-type: none"> • Assisted coed skills at extended level 	<ul style="list-style-type: none"> • Walk in hands press extension • Toss hands press extension • Walk in extension • Assisted full up variations to extended level 	<ul style="list-style-type: none"> • Walk in to extended single leg variation • Toss hands press to extended single leg/single arm • Toss extension • Toss extended platform to single leg variation • Toss to immediate extended liberty 	<ul style="list-style-type: none"> • Toss to immediate extended body position • Low to low/high tick tocks • Toss one arm extended • Toss full up to extended • 1/2 Twist or greater release moves (Hands full arounds/ low to high) • High to High Tick Tocks • Released Inversion to prep level • Released inversion to extended

Pyramids:					
	0-1.8	2-3.8	4-5.8	6-7.8	8-10
Released Transition	<ul style="list-style-type: none"> Released transition to below prep level with 2 bracers Released transition to prep level or below with 1 bracer 	<ul style="list-style-type: none"> Released transition to any level with 2 bracers Released transition to prep or below with 1 bracer Switch up landing extended - braced or unbraced 	<ul style="list-style-type: none"> Released transition landing extended with 1 bracer Braced inverted stunts released to below prep level 	<ul style="list-style-type: none"> Released transition involving spinning or inversion that land extended with 2 bracers Unbraced releases landing extended 	<ul style="list-style-type: none"> Released transition to extended involving spinning / inversions with 1 or 2 bracer Unbraced spinning release landing extended
Braced Roll/Flip	<ul style="list-style-type: none"> Rolling transition to prep and below 	<ul style="list-style-type: none"> Flipping transition landing below prep level 	<ul style="list-style-type: none"> 1/2 twisting flipping transition landing below prep level Rolling transition to extended position - 2 bracers 	<ul style="list-style-type: none"> Flipping transition landing at prep level 1/2 twisting flipping transition landing at prep level Rolling transition to extended position - 1 bracer 	<ul style="list-style-type: none"> Flipping transition starting at prep or above, landing extended Flipping transition landing extended 1/2 twist flipping transition landing extended Flipping transition landing extended with minimal bases
Tosses	<ul style="list-style-type: none"> Straight Ride 	<ul style="list-style-type: none"> Pretty girl Ball Arch/ X 	<ul style="list-style-type: none"> Toe Touch Pike 	<ul style="list-style-type: none"> 360/ Full Twist Kick Single 	<ul style="list-style-type: none"> Hitch Kick Single Two trick including a twist.

*For Coed teams number of stunts required will be based on number of males on a team-1 male will not be considered co-ed for scoring purposes, 2 and above will be considered co-ed.

*When scoring difficulty, judges will take into account the number and type of connections between bases and top, top person's beginning and ending position, the number of bases used, the movement of skills and how each skill is completed.

Disclaimer: The OASSA Rubric above is not inclusive, but is intended to give a great deal of guidance.