

## 2025 - 2026 Youth Rubric - Official 1

Standing Tumbling - Difficulty			
0.0 - 5.0			
<ul style="list-style-type: none"> <li>- Forward Rolls</li> <li>- Handstand Forward Rolls</li> <li>- Cartwheels</li> <li>- Walkovers (WO)</li> <li>- Aerials</li> </ul>	<ul style="list-style-type: none"> <li>- Back Handspring (BHS)</li> <li>- Front Handspring</li> <li>- Back WO into BHS</li> <li>- Back Handspring Series</li> </ul>	<ul style="list-style-type: none"> <li>- Jump into Back Handspring</li> <li>- Jump into BHS Series</li> <li>- Standing Back Tucks</li> <li>- BHS to Back Tucks</li> </ul>	<ul style="list-style-type: none"> <li>- Jump into BHS to Back Tuck</li> <li>- Jump into Back Tuck</li> <li>- BHS Series to Whips, Layouts or Fulls</li> <li>- Standing Fulls</li> </ul>

Running Tumbling - Difficulty			
0.0 - 5.0			
<ul style="list-style-type: none"> <li>- Running Cartwheels (2 or more steps)</li> <li>- Roundoffs (RO)</li> <li>- Walkovers (WO) into Cartwheel or Roundoffs</li> <li>- Aerials</li> </ul>	<ul style="list-style-type: none"> <li>- Cartwheels into BHS</li> <li>- Roundoffs into BHS</li> <li>- Roundoffs into BHS Series</li> <li>- Front WO's into Roundoff BHS Series</li> </ul>	<ul style="list-style-type: none"> <li>- Roundoffs into Back Tucks</li> <li>- Front WO into Roundoff to Back Tuck</li> <li>- Punch Fronts (PF)</li> <li>- RO into BHS to Back Tuck</li> <li>- Roundoff into Layout</li> <li>- Roundoff into X-Out</li> </ul>	<ul style="list-style-type: none"> <li>- RO into BHS Series into Layout</li> <li>- PF into BHS Series/Back Tucks</li> <li>- Roundoff into Fulls</li> <li>- Roundoff into BHS to Full</li> <li>- Punch Front to Step Out to Full</li> <li>- RO into Whip to BHS to Full</li> <li>- Other Specialty Passes</li> </ul>

**Tumbling is a sliding scale based on progression, number of participants and synchronization**

**Specialty Pass** is running tumbling across the performance surface that contains multiple back handsprings, step out, whip, Arabian, front walkover, front handspring, aerial or punch front skills and ends in a back tuck or higher

**Running Tumbling** requires at least 2 steps or power hurdle into skill.

**NOTE: Rising 1 and 2, Tiny, Shooting 2 and K-5 Div. 1 and 2 cannot do running tumbling and will receive a zero on their scoresheet.**

Tumbling Execution				
0.0 - 1.9	2.0 - 3.9	4.0 - 5.9	6.0 - 7.9	8.0 - 10.0
<b>Most demonstrate below average</b>	<b>Less than majority demonstrate average</b>	<b>Majority demonstrates average</b>	<b>Most demonstrate average</b>	<b>Most demonstrate above average</b>
<ul style="list-style-type: none"> <li>- Approach (body position into a skill or pass)</li> <li>- Landings (controlled, legs and feet together, finished skill or pass)</li> <li>- Body Control (head, chest, arms, leg placement, toes pointed, proper form for the skill)</li> <li>- Synchronization (timing of group skills or passes)</li> <li>- Speed (control, consistent throughout skill or pass, flow from skill to skill)</li> </ul>				
<b>Many minor</b> execution and/or <b>many major</b> execution mistakes	<b>Few minor</b> execution and/or a <b>few major</b> execution mistakes	<b>Few minor</b> execution and/or a <b>couple major</b> execution mistakes	<b>1-2 minor</b> mistakes and/or a <b>1 major</b> execution mistakes	<b>1-2 minor</b> execution mistakes and <b>no major</b> mistakes

Jump Execution				
0.0 - 1.9	2.0 - 3.9	4.0 - 5.9	6.0 - 7.9	8.0 - 10.0
Most demonstrate below average	Less than majority demonstrate average	Majority demonstrates average	Most demonstrate average	Most demonstrate above average
<ul style="list-style-type: none"><li>– Proper body position- Controlled (lifted chest, correct legs/arm placement for jump)</li><li>– Height / Flexibility Level for both legs</li><li>– Pointed Toes</li></ul>		<ul style="list-style-type: none"><li>– Landing with Feet Together</li><li>– Synchronization / Timing of jump as a group</li><li>– Proper Approach (tight motions, timing, accuracy, synchronization)</li><li>– No missed jumps</li></ul>		
Three different jumps are required by MOST of the team				

# of Athletes	Majority / Most Quantity Table (Majority = ½ + 1 and Most = 75%)																
	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
<b>Majority</b>	3	3	4	4	5	5	6	6	7	7	8	8	9	9	10	10	11
<b>Most</b>	3	4	5	6	6	7	8	9	9	10	11	12	12	13	14	14	15

Transitions and Flow		
0.0 - 1.9	2.0 - 3.9	4.0 - 5.0
<ul style="list-style-type: none"> <li>- Major transition issues (bumping, excessive travel)</li> <li>- Minimal incorporation of skills</li> <li>- Choppy, lacks cohesion, excessive downtime</li> <li>- Slow pace of routine</li> </ul>	<ul style="list-style-type: none"> <li>- Some transitional issues (bumping, excessive travel)</li> <li>- Average incorporation of skills</li> <li>- Average coordination among all elements of the routine</li> <li>- Average pace of routine</li> </ul>	<ul style="list-style-type: none"> <li>- Clean transitions</li> <li>- Excellent incorporation of skills</li> <li>- Uncluttered changes between segments</li> <li>- Strong coordination among all elements of the routine</li> <li>- Fast pace of routine</li> </ul>

## 2025 - 2026 Youth Rubric - Official 2

Partner Stunt Difficulty				
0.0 - 0.9	1.0 - 1.9	2.0 - 2.9	3.0 - 3.9	4.0 - 5.0
Non-Release Skills				
- Below Prep Level	- Prep Level	- 1 Legged Prep - 2 Legged Extension	- 1 Legged Extension - Single Base Prep Level	- Single Base Extension - Single Base Lib/Body Position
Release Skills				
- To Floor, Nugget or Thigh Level	- To Waist or Prep Level	- To Prep Level with $\frac{1}{4}$ , $\frac{1}{2}$ , $\frac{3}{4}$ or Full Twist Skill - To 1 Leg Prep	- To 1 Leg Prep with $\frac{1}{4}$ , $\frac{1}{2}$ , $\frac{3}{4}$ or Full Twist Skill - To 2 Legged Extended - To Single Base Prep - To Single Base 1 Leg Prep Level	- To 1 Leg Extended - To 1 Leg Extension with $\frac{1}{4}$ , $\frac{1}{2}$ , $\frac{3}{4}$ , Full Twist - To Single Base Extension - To Single Base Lib/Body Position
Twisting Skills				
- $\frac{1}{4}$ , $\frac{1}{2}$ , $\frac{3}{4}$ or Full Up to Below Prep Level	- $\frac{1}{4}$ , $\frac{1}{2}$ , $\frac{3}{4}$ to Prep Level - Rewind to Load - $\frac{1}{4}$ , $\frac{1}{2}$ , $\frac{3}{4}$ Up to 1 Leg Prep	- $\frac{1}{4}$ , $\frac{1}{2}$ , $\frac{3}{4}$ Up to Extension - Full Up to Prep - Full Up to 1 Leg Prep	- Single Base $\frac{1}{2}$ or Full Up to Prep - $\frac{1}{4}$ , $\frac{1}{2}$ , $\frac{3}{4}$ Up to Lib/Body Position	- Full Up to Extension - Full Up to Lib/Body Position - 1 $\frac{1}{2}$ or Double Up to Extended
Inversions				
- <b>Non-Release</b> from Below Prep to Below Prep	- Non-Release from Below Prep to Prep - <b>Non-Release</b> from Prep Level to Below Prep Level - <b>Release</b> from Below Prep to Below Prep	- <b>Release</b> from Prep to Below Prep - <b>Non-Release</b> from Prep to Prep Level - <b>Release</b> from Below Prep to Prep Level	- <b>Non-Release</b> from Prep to Extension - <b>Non-Release</b> from Prep to Extended 1 Leg - <b>Release</b> from Prep to Below Prep w/ $\frac{1}{2}$ turn - <b>Release</b> from Prep to Prep	- <b>Non-Release</b> from Below Prep to Ext. - <b>Non-Release</b> from Below Prep to 1 Legged Extension - <b>Release</b> from Prep to Extension - <b>Release</b> from Below Prep to Extension

Dance Execution - Cheer Motions			Dance Execution - Floorwork/Levels			Dance Execution - Footwork/Pacing		
0.0 - 1.9			2.0 - 3.9			4.0 - 5.0		
Most demonstrate below average	Majority demonstrate average	Most demonstrate above average	Most demonstrate below average	Majority demonstrate average	Most demonstrate above average	Most demonstrate below average	Majority demonstrate average	Most demonstrate above average
- Complexity and Execution of Movements - Synchronization in Overall Choreography - Uniform Placement/Angles of Limbs/Body - Sharp Precision - Full Extension of Motions - Variety in Motions - Confidence and ability to connect with audience - Projection, expression, energy, entertainment value			- Spacing - Consistent and even positioning throughout - Transitions -Seamless, quick and creative - Formation Changes - Varied formations - Use of floor space - mat utilization, visual appeal and showcase skills - Use of body on the floor - height variations, level group work			- Incorporation and Movement of Footwork Are athletes using one foot, both feet or remaining stationary throughout the Performance - In Step with Music, Overall Timing and Knowledge of Choreography - Pace of Dance - Basic Rhythm and Musicality - Cleanliness		
Teams must perform four consecutive 8-counts of full-team dance, or they will receive a zero in Dance Execution Floorwork/Levels.								
Any skills from other rubric sections performed during the 4 dance counts will result in a zero in dance. All team athletes must dance.								
Athletes holding for an 8-count does not count as dance.								

Formations and Spacing		
0.0 - 1.9	2.0 - 3.9	4.0 - 5.0
- Unclear formations - Little variety - Spacing off throughout the routine	- Formations demonstrate alignment, symmetry and good use of floor - Some variety - Minor problems in spacing	- Clear, visually effective formations - Lots of variety - Minimal or no spacing errors

# 2025 - 2026 Youth Rubric - Official 3

Pyramid Difficulty				
0.0 - 0.9	1.0 - 1.9	2.0 - 2.9	3.0 - 3.9	4.0 - 5.0
Non-Release Skills				
- Below Prep Level	- Prep Level	- 1 Legged Prep - 2 Legged Extension	- 1 Legged Extension - Single Base Prep Level	- Single Base Extension - Single Base Lib/Body Position
Release Skills				
- To Floor, Nugget or Thigh Level - Quick Toss Thigh or Waist - To Waist or Prep Level	- Quick Toss to Prep or 1-legged - To Prep Level with $\frac{1}{4}$ , $\frac{1}{2}$ , $\frac{3}{4}$ or Full Twist Skill - To 1 Leg Prep - $\frac{1}{4}$ , $\frac{1}{2}$ , $\frac{3}{4}$ Twist Quick Toss to 1-Leg Prep	- Quick Toss To Extension - To 2 Legged Extended - To 1 Leg Prep with $\frac{1}{4}$ , $\frac{1}{2}$ , $\frac{3}{4}$ or Full Twist Skill - To Single Base Prep - To Single Base 1 Leg Prep Level	- Quick Toss To Lib/body - To 1 Leg Extended - Low to High - High to High - $\frac{1}{4}$ , $\frac{1}{2}$ Twist Quick to Lib/Body Position	- To Extended Single Base - Full Twist Quick Toss - To Single Base Lib/Body Position - To Full Twist 1-Leg Extension
Inversions				
- <b>Non-Release</b> from Below Prep to Below Prep - <b>Non-Release</b> from Below Prep to Prep - <b>Non-Release</b> from Prep to Below Prep	- <b>Release</b> from Below Prep to Below Prep - <b>Release</b> from Prep to Below Prep - <b>Non-Release</b> from Prep to Prep Level	- <b>Release</b> from Below Prep to Prep Level - <b>Non-Release</b> from Prep to Extension - <b>Non-Release</b> from Prep to Extended 1 Leg	- <b>Release</b> from Prep to Below Prep w/ $\frac{1}{2}$ turn - <b>Release</b> from Prep to Prep - <b>Non-Release</b> from Below Prep to Ext.	- <b>Non-Release</b> from Below Prep to 1 Legged Extension - <b>Release</b> from Prep to Extension - <b>Release</b> from Below Prep to Extension
Braced Rolls and Braced Flip Skills				
- <b>Braced Roll:</b> Below Prep to Below Prep - <b>Braced Roll:</b> Prep to Below Prep	- <b>Braced Roll:</b> Below Prep to Prep - <b>Flip:</b> Below Prep to Below Prep - <b>Flip:</b> Prep To Below Prep	- <b>Braced Roll:</b> Prep To Prep - <b>Flip:</b> Prep to Prep - <b>Side Sumi</b> to Below Prep - <b>Braced Roll:</b> Prep or Below to Extended - <b>Twisting Flip:</b> Prep or Below to Below	- <b>Twisting Flip:</b> Extended to Below Prep - <b>Flip:</b> Extended to Prep - <b>Flip:</b> Below Prep To Prep - <b>Twisting Flip:</b> Extended to Prep	- <b>Twisting Flip:</b> Prep or Below to Prep - <b>Flip:</b> Extended to Ext. - <b>Flip:</b> Below Prep to Extended - <b>Twisting Flip:</b> Prep or Below to Extended

Motions: Cheer Execution			Motions: Jump Execution			Motions: Stunt/Pyramid Execution		
0.0 - 1.9			2.0 - 3.9			4.0 - 5.0		
Most demonstrate below average	Majority demonstrate average	Most demonstrate above average	Most demonstrate below average	Majority demonstrate average	Most demonstrate above average	Most demonstrate below average	Majority demonstrate average	Most demonstrate above average
- Pace, Tight and Sharp Precision - Synchronization / Timing - Arm Placement / Angles - Sharp Precision - Wrist Placement / Fists / Thumbs - Variety in Motions - Uniform in Placement			- Approach - Speed, Tightness, Extension - Proper Arm Placement / Angles - Proper Leg Placement - Flexibility - Wrist Placement / Fists / Thumbs - Landing - Synchronization / Timing			- Posture, Body Position, Spatial Awareness - Synchronization / Timing - Locked Arms - Movement of Bases - Flexibility - Wrist Placement / Fists / Thumbs - Dismount		

Showmanship / Performance Appeal		
0.0 - 1.9	2.0 - 3.9	4.0 - 5.0
Most demonstrate below average	Majority demonstrate average	Most demonstrate above average
<div> <div>           - Showmanship            - Eye Contact / Confidence            - Genuine Facial Expressions            - Presentation of Cheer (Pitchy, Clarity, Enunciation, Volume)            - Ability to capture the crowd, not just on performing the skills         </div> <div>           - Energy/Excitement            - Enthusiasm / Spirit            - Athleticism / Stamina            - Innovative, Visual and Creative Choreography            - Thoughtfully planned to create a unified routine         </div> </div>		

## 2025 - 2026 Youth Rubric - Official 2 and Official 3 - Partner Stunts and Pyramid Execution

Partner Stunt and Pyramid Execution				
0.0 - 1.9	2.0 - 3.9	4.0 - 5.9	6.0 - 7.9	8.0 - 10.0
<b>Most</b> demonstrate <b>below average</b>	<b>Less than majority</b> demonstrate <b>average</b>	<b>Majority</b> demonstrates <b>average</b>	<b>Most</b> demonstrate <b>average</b>	<b>Most</b> demonstrate <b>above average</b>
<ul style="list-style-type: none"> <li>- Synchronization, Timing, Pace, Control, and Flow of all groups, Any missed stunts</li> <li>- Technique of Bases (arms, legs, back and body position, spacing with each other)</li> <li>- Technique of tops (body control, flexibility, motion placement, unlocked legs, proper form)</li> <li>- Stability of stunts (shaky, movement of the bases, bobbles, drops, falls)</li> <li>- Distance between connections with build of pyramid structures</li> <li>- Height / Movement of dismounts, releases and braced rolls and/or flips</li> </ul>				
<b>Many minor</b> execution and/or <b>many major</b> execution mistakes	<b>Few minor</b> execution and/or a <b>few major</b> execution mistakes	<b>Few minor</b> execution and/or a <b>couple major</b> execution mistakes	<b>1-2 minor</b> mistakes and/or a <b>1 major</b> execution mistakes	<b>1-2 minor</b> execution mistakes and <b>no major</b> mistakes

# on the Floor	Single Base Partner Stunt Group Numbers - Breakdown					
	1 - 5	6 - 8	9 - 11	12 - 14	15 - 17	18 - 20
<b>Majority</b>	<b>1</b>	<b>2</b>	<b>2</b>	<b>3</b>	<b>3</b>	<b>4</b>
<b>Most</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>3</b>	<b>4</b>	<b>5</b>

Partner Stunt and Pyramid Group Numbers - Breakdown			
2 - 7	8 - 11	12 - 15	16 - 20
<b>1</b>	<b>1</b>	<b>2</b>	<b>3</b>
<b>1</b>	<b>2</b>	<b>3</b>	<b>4 or 5</b>

- The provided stunt and pyramid list is not all-inclusive.
- Teams are not required to show skills from more than one category (ie. Non-Release, Release, Twisting, Inversions, Braced Rolls or Flips) in stunts and/or pyramids.
- Inversion skills are only counted if the weight of the top person is held in the upper portion of the top and is still inverted at the dip with the top person's legs higher than their upper body.
- Body Position: A position pulled in a 1-leg stunt showing flexibility (e.g., stretch, bow & arrow, arabesque, scale, scorpion).

### Partner Stunts Requirements:

- **Rising, Shooting, Tiny, Mini and Mixed K-5:** Majority of team **must show two different stunts** to score in range. Doing the same or fewer stunts will score lower.
- **All other Divisions** need to complete **3 different stunts** by majority of team to score in a range. Repeating or doing fewer skills will lower score.

### Pyramid Requirements:

- **All teams** must show **three different pyramid skills** with most of the team. Doing the same or fewer scores lower.
- If less than the required number of skills hit, the score will be lowered.
- Pyramids will only count when the top person connects with another top person during the performance.

### Scoring Considerations:

- If less than the required number of skills are hit, the score will be lowered.
- When scoring stunt difficulty, judges consider entries/dismounts, skill execution, number of bases, and team participation. Greater participation scores higher.
- When scoring pyramids, judges consider entries, dismounts and stunt transitions, number of skills and bracers, execution and pace, when top becomes braced, and team participation.
- Modified skills (such as using front spots or faux ups), or less than majority participation will decrease the skill's value.
- For twisting difficulty, judges consider number performed, base movement, base-to-top connections, the top's start and finish positions, and overall skill completion.