



## IESA CHEER

### Routine Division Rubric PROPOSAL

*The skills listed in this rubric are used as examples and are not a checklist; the examples listed are not all-inclusive.  
 Rubric ranges are based on a majority of the team performing the skills.  
 If less than a majority of the team performs a skill, the score range will be a 2-3.*

<b>Difficulty Range (maximum 7) →</b>	<b>Score 3-4</b>	<b>Score 4-5</b>	<b>Score 5-6</b>	<b>Score 6-7</b>
<b>Motions/Dance</b> <small>*Visual effects include: level changes, ripples, transitional movements, foot and floor work</small>	Basic motions, little to no visual effects, slow pace	Intermediate motions, basic visual effects, average pace	Advanced motions, multiple visual effects, average pace	Multiple advanced motions, multiple visual effects, fast pace
<b>Tumbling</b>	Basic rolls, handstands, cartwheels, or round-off	Standing and/or running front/back walkovers or front handsprings	Standing and/or running back handsprings, aerial, or running no-handed skills (Whip, Tuck, Pike)	Standing tucks, standing and/or running fulls, layouts, or specialty passes incorporating 2 or more no-handed skills
<b>Jumps</b>	Basic jumps - Tuck, Spread Eagle, and Double Hook	At least 2 different types of advanced jumps - Front/Side Hurdler, Toe Touch, Pike, Double Nine	At least 3 different types of advanced jumps - must perform at least one combo jump	At least 3 different types of advanced jumps - must perform at least one combo jump and at least 1 synchronized full team jump
<b>Partner Stunts</b>	Basic-level partner stunts (i.e. thigh stand, shoulder sit/stand, prep, single leg prep skills)	Intermediate-level partner stunts (i.e. double base extension, ½ up, ¼ up or quick toss to prep, prep with a full twist cradle), or assisted prep level single base skills	Extended single leg liberty, ½ up, ¼ up or quick toss to an extended level, full up to prep, or double base extended stunt with a twist cradle	Extended single leg variations with a twist cradle, full up to extended level, ½ up, ¼ up, quick toss or switch up to single leg, or assisted single base extended skills
<b>Pyramids</b>	Extended two-leg pyramid	Extended single-leg pyramid with at least one transition (change from one stunt to another stunt)	Extended single-leg pyramid with multiple (2 or more) transitions - one transition is a release transition that ends in an extended position	Pyramid with multiple extended structures and multiple release transitions - one release transition must end in a single leg extended position