

# SPiRiT Scoring Instructions and Rubric

1/22/2017

The KEY to this rubric and scoring system is to perform within the means of the squad's skill level, execute all skills solidly, and score high in the execution categories.

## DEFINITIONS

- **Fall:** A body part coming into contact with the performance surface during the execution of a stunt/skill.
- **Drop:** A stunt/skill being attempted that comes down early. It may then be put up again; however, it is clear to the judges that the stunt was not executed as intended.
- **Missed Stunt:** A skill is attempted but does not hit the appropriate position or height as the other stunts. Ex: Failure to hit a heel stretch and instead remaining in a platform or liberty.
- **Bobble:** When a flyer hits a stunt/skill and wobbles, shakes, swings her arms but the stunt still remains in the air.
- **Entry:** The beginning or mounting phase of a stunt, where one foot/hand(s) starts on the performing surface or in a loading position.
- **Structure:** A place in a pyramid when flyers connect (hand-hand or hand-foot) and pause to show a defined position. This is also known as a picture.
- **Unassisted/Assisted:** For the Coed Secondary Stunts, Unassisted and Assisted will be defined as the following.
  - **Assisted:** Any contact made to the stunt by any other member of the team. Basically, if another member touches the stunt, then it is assisted.
  - **Unassisted:** Stunt completed by only one person and without the help of any other team member.
- **Majority:** 51% or more of the team members execute a required skill. Half of the team plus one. Example: 15 members would need 8 members completing the skill to fall in the majority range.
- **Less than majority:** 50% or fewer of the team members execute a required skill. Half the team or less. Example: If a team of 15 members have 7 members complete a skill, then they would fall in the "less than majority" range.
- **Extended Stunt/Position:** The supporting hand(s) of the base(s) is/are above the head. (Source: NFHS)

## JUMPS

- Jumps should be performed as a team.
  - Squads can still complete jumps connected to tumbling. The jumps will be scored in jumps and the tumbling portion will be scored in standing tumbling.
- **Combo:** connected jumps without a pause in between. Ex: double toe touch or a toe touch, pike, hurdler, all connected.  
A right herkie, toe touch, left herkie all connected would complete the 3 jump triple combo requirement.
- **Variety:** involves different jumps:
  - Basic Jumps – tuck jumps, spread eagles, banana jumps. DOD 1 – 2.
  - Advanced Jumps – herkie, hurdler, pike, double nine, toe touch, double toe touch. DOD 3 – 6.

## **STANDING / RUNNING TUMBLING**

- **Standing Tumbling:** A tumbling skill (series of skills) performed from a standing position without any previous forward momentum. Any number of steps backward prior to execution of tumbling skill(s) is defined as "standing tumbling." (Source: usasf.net)
- **Running Tumbling:** Tumbling that is performed with a running start and/or involves a step or a hurdle (etc,) used to gain momentum as an entry to another skill. Any type of forward momentum/movement prior to execution of the tumbling skill(s) is defined as "running tumbling." (Source: usasf.net)
- **Entry into tumbling:**
  - Judges will watch the entry into the skill.
    - Cartwheel: This will be called standing because that is what initiates the skill.
    - Round-off: This will be called "running" because of the momentum it generates.
    - A step hurdle into the cartwheel will be judged as "running".
- **Specialty Pass:**
  - Running tumbling with entries, including front walk-over/handspring, aerial, or punch front, **ending** in a tuck or higher.
  - Running tumbling involving skills, including back handspring step outs, whips, or arabians **ending** in a tuck or higher.
- **Standing and Running Tumbling Requirements:**
  - The judges need to see what the "Squad" can do as a whole. If squads "re-use/repeat" the same tumbler, judges will not be able to distinguish what the squad is capable of doing as a group. Therefore, it is recommended that teams tumble in sections of the routine as a squad and not randomly throughout the routine.

**\*Note:** We must assume that if an athlete performs a higher level skill, then that athlete can also perform the lower level skill. Example: if an athlete performs a round off back handspring full, then we must assume that the athlete can also perform a round off back handspring tuck or layout. Also, if an athlete performs a standing tuck, we must assume that the athlete can also perform a standing back handspring and give credit for this skill.

## PARTNER STUNTS AND TOSSES

### ▪ Partner Stunt Requirements:

- The judges need to see what the “squad” can do as a whole. If squads “re-use/repeat” stunts elsewhere in the routine, judges will not be able to distinguish what the squad is capable of doing as a group. Therefore, it is imperative that teams stunt in sections of the routine as a squad and not randomly throughout the routine.

### ▪ Entries:

- Basic – Straight up to stunt, prep level stunts.
- Intermediate – Full up, half up to extension, switch up to prep level, inversion from ground to prep level, and invert from prep level to prep level.
- Advanced – Full up, switch up, ball ups\*, invert to extended position, un-braced tick tock\*\*, quick toss to extended position.

\*Note: For legal ball ups in partner stunts, a “quick toss” must be utilized. Please refer to NFHS 2-7-4.

\*\* Note: the un-braced tick tock must go from the performing surface or loading position to the extended position, power press/absorb to the prep position and tick tock to the extended position in one continuous motion in order to count as an entry. If the motion is not constant, this will not be considered an entry.

\*\*\*Note: if a squad performs the same entry multiple times it will still only count as one entry. Example: if a squad performs a true full up, comes down, and performs another true full up with no other entry, it will count as one advanced entry.

### ▪ Coed Entries: Walk-ins, Tosses, Cannonballs, J-ups, etc.

### ▪ Body positions: Liberty, Torch, Arabesque, Heel Stretch, Bow & Arrow, Scale, Scorpion, etc.

### ▪ Flexibility Skills: Heel Stretch, Bow & Arrow, Scale, Scorpion, and other skills demonstrating similar flexibility from the flyers.

### ▪ Tosses

- Basic – Straight rides, blow outs, pose.
- Intermediate – Single full, X outs, toe touch, pike, ball up star.
- Advanced - Kick single or 1 ¼, hitch-kick single or 1 ¼, star single or 1 ¼, toe touch full down, full up toe touch.

### ▪ Dismounts

- Basic – Straight cradles from two legged stunts, pop downs, squish, prone from prep level
- Intermediate – 1 - 1 ¼ rotation (twist) from prep level single leg position, full down from prep or extended position, 360 down (cork screw) from prep level to a squish or floor, 360 down (cork screw) from extended (two legged) position to a squish or floor, forward suspended roll, prone from extended level, half turn cradle, yoyo
- Advanced – 1 - 1 ¼ rotation (twist) from extended single leg position, 360 down (cork screw) from extended (single leg) position to a squish or floor, power press prep level kick/toe/pike full.

- **NOTE:**
  - If front spots are used on partner stunts/group stunts, one point will be deducted one time from DOD. This applies to using a front spot on one or more stunt groups. Using a front spot on a basket or during a show-n-go that is not part of group stunting would not deduct a point from DOD score.
  - All groups must demonstrate stability at the extended point of the executed stunt. This cannot be a show & go style execution.

## **PYRAMIDS:**

Keep in mind the total number of members on the floor. A squad of 22 will likely have a more intricate pyramid than a squad of 12. However, this will not limit your ability to max out with highest score available.

- **Entries:**
  - Basic – Straight up to stunt, etc. Little creativity, not visual.
  - Intermediate – Half up to any level, switch up to prep level, and inversion from ground to prep level. Moderate creativity, somewhat visual.
  - Advanced – Full up, switch up, ball up, invert to extended position. Very creative, very visual.

**\*Note:** if a squad performs the same entry multiple times it will still only count as one entry. Example: if a squad performs a true full up, comes down, and performs another true full up with no other entry, it will count as one advanced entry.
- **Transitions:**
  - Basic – Show and go, single leg show and go, straddle sit, splits. Little creativity, not visual.
  - Intermediate – Half around back to squish, full around back to squish, flat back into stunt, helicopter, power press, and other similarly difficult skills, invert from prep level to prep level or load position. Moderate creativity, somewhat visual.
  - Advanced – 1 ½ around back to squish, up and over, vault, and release transitions.
    - Release transitions – loss of contact tricks in a pyramid. Ex: Braced tick tock, ball up, toe touch, full around, forward flip, backward flip, etc., that are very creative and visual.

## **CHEER**

- **GIRLS STUNT** - Teams with no males; may stunt, tumble, build pyramids.
- **COED** - Teams with any males will be considered a CO-ED team. The males competing on the co-ed team must have a minimum of 15 days of practice with the squad prior to the competition. Practices may only be counted after the November practice start date.
- **Cheer Requirements:** The cheer/sideline must be an appropriate and effective cheer/sideline to use at a game. The cheer/sideline must be a crowd-participation cheer/sideline. If the team is going to use a mascot name they may only use their school's mascot. EXAMPLE: May not use "Beat those Cowboys." May use "Go Cowboys." Performance cheers will not be allowed. Performance cheers are cheers that have slander directed at other schools, baiting and/or gloating. Cheers need to be positive and promote crowd involvement. Cheerleaders are strongly encouraged to use signs, poms, megaphones, etc. There will be a 5 point deduction for each inappropriate performance cheer.

**CHEER - cont**

- **Signs** See NFHS rules book. If signs are discarded they may leave the competition surface with no penalty to team. Make sure signs are not thrown, as a “flying” sign can become a safety hazard, and will result in a 5 point deduction. Signs may be placed on the mat prior to the positioning of the squad on the mat. There will be no building of stunts during an entry onto the mat.
- **Props** No props will be allowed at anytime during the cheer competition except for signs, poms, flags and megaphones. Props are defined as boxes, balls, hoops, banners, batons, ribbons, canes, capes, hat, etc. If you remove any articles from your costume/body and incorporate it in the routine, it becomes a prop. There is a 5 point deduction for the use of props.
- **Non Stunt** The participants in this division may not do partner stunts, pyramids, or lifts of any kind. Running Tumbling is prohibited. Standing tumbling may be used for transitional purposes. Side rolls, front rolls / front walkovers and cartwheels are allowed as long as there is no forward momentum prior to initiating the skill. Poms are allowed with front/side rolls and one handed cartwheels only.

**DANCE**

- **Inappropriate Moves** Inappropriate dance movement is defined as any hip movement resulting in forward hip thrusts or touching one’s self in a sexual manner. A two-point penalty deduction will be taken for each incident. Please consider the audience when choreographing your routine.

The following table is to serve as a guide in helping you and the judges in determining what proportion of a squad is completing a team skill ie Jumps / Team Tumbling. These team skills only effect the DOD score. Injury exceptions can be made provided the individual is cleared to perform but not cleared for an individual skill.

**Tables/ Charts**  
**Jumps, Standing & Running Tumbling**

		<i># of team members</i>												
		22	21	20	19	18	17	16	15	14	13	12	11	10
<i># of members completing the skill</i>	<i>(-0)</i>	22	21	20	19	18	17	16	15	14	13	12	11	10
	<i>(-2)</i>	20	19	18	17	16	15	14	13	12	11	10	9	8
	<i>(-4)</i>	18	17	16	15	14	13	12	11	10	9	8	7	6
	<i>(-6)</i>	16	15	14	13	12	11	10	9	8	7	6	5	4

- Total Team # -0 states that all members of the team should complete the skill.
- Total Team # -2 states that total members minus two must complete the skill.

Example: A team of 16 members must have at least 14 members complete a skill; therefore, two members are not jumping, tumbling and/ or etc.

- Note that the numbers are even numbers: -2, -4, -6, -8. Therefore, please understand that Total Team # -2 will encompass -2 and -1 team members. -4 will encompass -4 and -3 team members. Total team -6 will encompass -6 and -5 team members.

Jumps 15pts						
DOD	1	2	3	4	5	6
	<u>Total Team # -4</u> Single jump or non connected jumps.	<u>Total Team # -6</u> Double combo with variety or triple combo with no variety.  <u>Total Team # -0</u> Single jump or non connected jumps.	<u>Total Team # -4</u> Double combo with variety or triple combo with no variety.	<u>Total Team # -6</u> Triple combo of 3 different advanced jumps. Must be connected.  <u>Total Team # -0</u> Double combo with variety or triple combo with no variety.	<u>Total Team # -4</u> Triple combo of 3 different advanced jumps. Must be connected.	<u>Total Team # -0</u> Triple combo of 3 different advanced jumps. Must be connected.
EXE	1-2	3-4	5-6	7-9		
	poor form, dropping chest, bent legs, poor timing	average technique, members w/ flexed toes & dropped chest	above average technique, good timing, few flexed toes, no missed jumps	excellent technique, perfect timing, toes pointed, arms in the same position, no missed jumps		
Standing Tumbling 10pts						
DOD	1-2		3-4		5	
	Forward rolls, back extension rolls, standing cartwheels.		Handsprings, Tucks or handspring tucks or higher skill.		Standing handspring to tuck or handsprings to layouts or standing fulls	
EXE	1-2	3	4	5		
	poor form and/ or technique, slow and poor timing	average technique and timing	above average technique and timing	excellent technique and timing, solid landings		
	5+ hands down/bust	3-4 hands down/bust	1-2 hands down/bust, multiple steps	no missed tumbling/bust, minimum steps		
Running Tumbling 10pts						
DOD	1-2		2-3		4-5	
	Running cartwheels and round-offs.		Round off handsprings		Round off tucks or handspring tucks or layouts or specialty pass ending in tuck or higher.	
EXE	1-2	3	4	5		
	poor form and/or technique, slow and poor timing.	average technique and timing	above average technique and timing	excellent technique and timing, solid landings		
	5+ hands down/bust	3-4 hands down/bust	1-2 hands down/bust, steps	no missed tumbling, minimum steps		
Overall Team Tumbling 5pts						
DOD	1-2		2-3		4-5	
	Running cartwheels and round-offs.		Round off handsprings		Round off tucks or handspring tucks or layouts or specialty pass ending in tuck or higher.	
EXE	1-2	3	4	5		
	poor form and/or technique, slow and poor timing.	average technique and timing	above average technique and timing	excellent technique and timing, solid landings		
	5+ hands down/bust	3-4 hands down/bust	1-2 hands down/bust, steps	no missed tumbling, minimum steps		

## Group Stunts / Partner Stunts / Tosses 20 pts

DOD	1	2	3	4	5	6	7	8
	<u>1/2 Total Groups</u>	<u>3/4 Total Groups</u>	<u>Max Groups</u>		<u>One Group</u>	<u>1/2 Total Groups</u>	<u>3/4 Total Groups</u>	<u>Max Groups</u>
	basic entry with limited or no flexibility/ body positions. Less than half the squad stunting. Basic Dismount	basic entry with limited or no flexibility/ body positions. Less than half the squad stunting. Basic Dismount	basic entry with limited or no flexibility/ body positions. Less than half the squad stunting. Basic Dismount		Advanced entries to the extended position plus 3 body positions with 2 of them being flexibility skills. Advanced dismounts.	Advanced entries to the extended position plus 3 body positions with 2 of them being flexibility skills. Advanced dismounts.	Advanced entries to the extended position plus 3 body positions with 2 of them being flexibility skills. Advanced Dismounts.	Advanced entries to the extended position plus 3 body positions with 2 of them being flexibility skills. Advanced Dismounts.
			<u>One Group</u>	<u>1/2 Total Groups</u>	<u>3/4 Total Groups</u>	<u>Max Groups</u>		
			basic entry to prep level or higher, plus 2 body positions with 1 of them being flexibility skill. Squad intermediate dismounts.	basic entry to prep level or higher, plus 2 body positions with 1 of them being flexibility skill. Squad intermediate dismounts	basic entry to prep level or higher, plus 2 body positions with 1 of them being flexibility skill. Squad intermediate dismounts.	basic entry to prep level or higher, plus 2 body positions with 1 of them being flexibility skill. Squad intermediate dismounts.		
	<u>COED</u>	<u>COED</u>	<u>COED</u>	<u>COED</u>	<u>COED</u>	<u>COED</u>	<u>COED</u>	<u>COED</u>
	Chair sits assisted or unassisted. Assisted shoulder stands or sits	Chair sits assisted or unassisted. Assisted Shoulder stands or sits	Walk to hands assisted or unassisted. Assisted Shoulder stands or sits	Unassisted entry to hands/prep level. Then assisted or unassisted extension.	Unassisted entry to hands/prep level. Then assisted or unassisted extension.	Unassisted entry to hands/prep level. Then assisted or unassisted extension.	Unassisted entry to hands/prep level. Then assisted or unassisted extended single leg skill.	Unassisted entry to the extended position. Then assisted or unassisted extended single leg/one-arm skill.
<b>EXE</b>	<b>1-3</b>	<b>4-6</b>		<b>7-9</b>		<b>10-12</b>		
	poor technique and timing, several bobbles and multiple dropped stunts, poor dismounts	average technique, good timing, not very clean dismounts		above average technique, very good timing, clean dismounts		excellent technique and timing, no missed stunts, very clean dismounts		
	3 or more dropped stunts	2 dropped stunts and/or multiple bobbles		1 dropped stunt and/or limited bobbles		0 dropped stunts and limited bobbles		

### Pyramids 15pts

DOD	1-2	3-4	5-6	7
	Basic pyramid that includes 1-2 connected structures with basic entries. Basic transitions/ connected release skills, lacking complexity. Little creativity and lacking visual.	Intermediate pyramid that includes 1-2 connected structures with moderately creative entries to the <u>prep level</u> position. Intermediate transitions/release transitions. Moderate creativity and somewhat visual.	Advanced pyramid that includes 2 pyramid structures with 1-2 advanced entries to the <u>extended</u> position (using 2 or more synchronized flyers), plus advanced transitions/release transitions. Creative and visual.	Highly advanced pyramid that includes 2 or more structures with 2 or more advanced entries to the <u>extended</u> position (using 2 or more synchronized flyers), plus 2 or more advanced transitions/release transitions. Highly creative and very visual. *Note: creativity will determine the difference between a DOD 6 and 7
EXE	1-2	3-4	5-6	7-8
	poor technique and timing, sloppy transitions	average technique, good timing, not very clean on transitions	above average technique, very good timing, clean transitions	excellent technique, perfect timing, very clean transitions
	several bobbles and missed elements, multiple drops, poor dismounts	multiple bobbles, falls, or drops, and/or missed elements, not very clean dismounts	few bobbles, falls, or drops, and/or few missed elements, clean dismounts	no bobbles, falls, or drops, and/or no missed elements, very clean dismounts

### Dance 10 pts

DOD	1-4	5-6	7-8	9-10
	Basic motions and transitions. Very few level changes. Little creativity and lacking visual.	Intermediate motions and transitions. Few level changes. Moderate creativity and somewhat visual.	Advanced motions, with Advanced transitions and several level changes. Creative and visual.	Multiple advanced motions with advanced transitions and several level changes. Highly creative/original and very visual.
EXE	poor technique, poor timing, sloppy transitions and formations	average technique, good timing, not very clean on transitions and formations	above average technique, very good timing, clean transitions and formations	excellent technique, perfect timing, very clean transitions and formations

### Cheer / Gant 20 pts

DOD	1-5	6-10	11-15	16-20
	Less than majority squad incorporations. Basic transitions, lacking complexity. Little creativity and lacking visual. Cheer must include motions and words.	Half squad incorporations. Intermediate transitions. Moderate creativity and somewhat visual. Cheer must include motions and words.	Majority squad incorporations. Advanced transitions. Creative and visual. Cheer must include motions and words.	Full squad incorporations. Multiple advanced transitions. Highly creative and very visual. Cheer must include motions and words.
EXE	poor technique, poor timing, sloppy transitions, and volume	average technique, good timing, not very clean on transitions, and volume	above average technique, very good timing, clean transitions, and volume	excellent technique, perfect timing, very clean transitions, excellent volume

### Cheer Showmanship 10pts

DOD	1-4	5-6	7-8	9-10
	Limited use of approved props.	Average creativity and somewhat visual. Use of approved props to lead crowd average.	Above average creativity and very visual. Good use of approved props to lead crowd.	Excellent creativity and very visual. Excellent use of approved props to lead crowd.
EXE	Poor technique and lack of showmanship	average technique limited crowd participation usage of props	Above average technique good crowd participation usage of props	Excellent technique great crowd participation usage of props