

## OSAA/OCCA Building Rubric

### STUNT DIFFICULTY

0.6 - 1		
Inversions	Stunts	Transitions
Non-released inversion FROM below <u>prep</u> level group stunt	2-foot <u>prep</u> level and below group stunt	Up to 1/4 twist TO 2-foot <u>prep</u> level stunt
<b>Non-released inversion TO below prep level</b>	1-foot <u>prep</u> level and below group stunt (lib/torch, arabesque)	Up to 1/2 twist (non-released) FROM <u>prep</u> level stunt
Dismounts and Tosses	Partner Stunts	
Straight cradle from group stunt	Shoulder sits or other comparable partner stunt	
Up to 1/2 twist dismount from below <u>prep</u> level stunt	<b>Shoulder stands</b>	
1.1 - 2		
Inversions	Stunts	Transitions
Non-released inversion TO 2-foot <u>prep</u> level stunt	2-foot <u>extended</u> group stunt	Up to 1/2 twist TO 2-foot <u>prep</u> level stunt
<b>Released inversion to any below prep level group stunt</b>	1-foot <u>prep</u> level FRONT variations (stretch, bow, etc.)	Full twist FROM 2-foot <u>prep</u> level stunt
	1-foot <u>prep</u> level BACK variations (scorpion, scale, etc.)	Up to 1/2 twist (non-released) FROM 1-foot <u>prep</u> level stunt
Dismounts and Tosses	Partner Stunts	
Full twist dismount from 2-foot <u>prep</u> level stunt	Chair sits or other comparable partner stunt	
Single skill toss	<b>Straight cradle from any partner stunt</b>	
	<b>Assisted variation from ground to hands / prep level</b>	
2.1 - 3		
Inversions	Stunts	Transitions
Non-released inversion TO 2-foot <u>extended</u> stunt	1-foot <u>extended</u> group stunt (lib/torch, arabesque)	Tic / switch up TO 1-foot <u>prep</u> level stunt
Released inversion TO below <u>prep</u> level stunt		Up to 1/2 twist TO 2-foot <u>extended</u> level stunt
Fold over non-released inversion FROM up to <u>extended</u> level stunt		Full twist TO 2-foot <u>prep</u> level stunt
Dismounts & Tosses	Partner Stunts	
Full twist dismount from 2-foot <u>extended</u> stunt	Hands/ <u>prep</u> level and other comparable partner stunt	Up to 1/2 twist TO 1-foot <u>prep</u> level stunt
Up to 1/2 twist dismount from 1-foot <u>extended</u> stunt	<b>Assisted from hands / prep level to 2-foot extended stunt</b>	Full twist (non-released) FROM 2-foot <u>extended</u> stunt
Single twist toss	<b>Unassited variation from ground to hands / prep level</b>	Up to 1/2 twist (non-released) FROM 1-foot <u>extended</u> stunt
Multi-skill toss with no twist	<b>Unassited from hands to 2-foot extended stunt</b>	Full twist (non-released) FROM 1-foot <u>prep</u> level stunt
	<b>Full twist dismount from stunt at hands / prep level</b>	

## OSAA/OCCA Building Rubric

### STUNT DIFFICULTY

3.1 - 4		
Inversions	Stunts	Transitions
Non-released inversion TO 1-foot <u>extended</u> stunt	1-foot <u>extended</u> group stunt FRONT variation (stretch, bow, etc.)	Tic / switch up TO <u>extended</u> 1-foot stunt
<b>Released</b> inversion TO 1-foot <u>prep</u> level stunt	1-foot <u>extended</u> group stunt BACK variation (scorpion, scale, etc.)	Tic / switch up with up to 1/2 twist TO <u>extended</u> 1-foot stunt
Released inversion TO 2-foot <u>extended</u> level stunt	<b>1-foot <u>extended</u> group stunt with 2 bases under the food and one spotter</b>	High to low tic toc TO <u>prep</u> 1-foot stunt
Dismounts and Tosses	Partner Stunts	Full twist TO 2-foot <u>extended</u> stunt
Full twist dismount from 1-foot <u>extended</u> level group stunt	<b>Assisted from hands / <u>prep</u> level to 1-foot <u>extended</u> stunt from hands / <u>prep</u> level</b>	Up to 1/2 twist TO 1-foot <u>extended</u> stunt
Single skill toss with twist	<b>Assisted variation from ground to 2-foot <u>extended</u> stunt</b>	Full around FROM any <u>prep</u> level stunt TO 2-foot <u>extended</u> stunt
	<b>Full twist from extended 2-foot partner stunt</b>	Full twist (non-released) FROM 1-foot <u>extended</u> stunt
4.1 - 5		
Inversions	Stunts	Transitions
Released inversion TO 1-foot <u>extended</u> level stunt		Low to high tic toc TO <u>extended</u> 1-foot stunt
		High to high tic toc on extended 1-foot
Dismounts and Tosses	Partner Stunts	Tic / switch up with more than 1/2 twist TO <u>extended</u> 1-foot stunt
Full twist with additional skill dismount from 1-foot stunt	<b>Unassisted variation from ground to 2-foot <u>extended</u> stunt</b>	Full twist TO 1-foot <u>extended</u> stunt
Full twist dismount from 1-foot <u>extended</u> partner stunt	<b>Unassisted from hands / <u>prep</u> level to 1-foot <u>extended</u> stunt</b>	1 1/2 twist TO 2-foot <u>prep</u> level stunt
Multi-skill toss with twist	<b>Assisted or unassisted from ground to 1-foot <u>extended</u> stunt</b>	Full around FROM any <u>prep</u> level stunt TO 1-foot <u>extended</u> stunt
	<b>Assisted or unassisted 1-foot advanced stunt (stretch, scale, arabesque, etc.)</b>	Full around FROM any <u>extended</u> stunt TO any <u>extended</u> stunt
	<b>Assisted or unassisted 1-arm extended stunt (cupie, lib, etc.)</b>	
	<b>Full twist from extended 1-foot partner stunt</b>	

\* At least four skills (**high school**) or three skills (**rec**) from the majority of the stunt groups must be performed in order to score in that difficulty range. Skills may not be repeated to get into that range. The variety and creativity of load-ins, transitions, stunts and dismounts will move the score through that range.

\* Stunt MAJORITY is 51% of the maximum number of stunts that can be performed based on a traditional group of four people. Teams of eight or nine have a stunt majority of one group.

\* MAJORITY of the team (51%) will get a team into range, MOST of the team (75%) will get a team further through the range and ALL of the team (100%) will drive a team through the range.

\* If you do not meet the requirements to score in a range, you will score 0.50 in difficulty and be accurately rewarded for the execution of the skills performed.

## OSAA/OCCA Building Rubric

### PYRAMID DIFFICULTY

<b>0.6 - 1</b>
At least 1 STRUCTURE and 1 TRANSITION, transition must be a twist, release or inversion (one of these skills).
<b>1.1 - 2</b>
At least 1 STRUCTURE and 2 TRANSITIONS, transitions must be a twist, release or inversion (two out of three of these skills), all structures need to include a 2-foot <u>extended</u> stunt.
<b>2.1 - 3</b>
At least 2 STRUCTURES and 2 TRANSITIONS, transitions must be a twist, release or inversion (two out of three of these skills), at least one structure needs to include a 1-foot <u>extended</u> stunt.
<b>3.1 - 4</b>
At least 2 STRUCTURES and 3 TRANSITIONS, transitions must be a twist, release or inversion (all three of these skills), all structures need to include either a 1-foot <u>extended</u> stunt or connected <u>extended</u> stunts.
<b>4.1 - 5</b>
At least 3 STRUCTURES and 4 TRANSITIONS, transitions must be a twist, release or inversion (all three of these skills), all structures need to include a 1-foot extended stunt and one structure needs to include a majority of the stunts to be 1-foot extended stunts.

\* Exact skills may not be repeated to get into that range. Transitions also include load ins and dismounts. The pace/speed of skills performed can affect difficulty. ***Twist transitions must be at least 1/2 twist.***

\* Skills with comparable difficulty can be used to score in a certain range (i.e., an extended 2-foot partner stunt can be used in place of an extended 1-foot group stunt)

\* Stunt MAJORITY is 51% of the maximum number of stunts that can be performed based on a traditional group of four people. Teams of eight or nine have a stunt majority of one group.

\* MAJORITY of the team (51%) will get a team into range, MOST of the team (75%) will get a team further through the range and ALL of the team (100%) will drive a team through the range.

### STUNT AND PYRAMID EXECUTION

<b>1 - 3</b>
Poor technique, placement, flexibility and synchronization.
<b>4 - 7</b>
Standard technique, placement, flexibility and synchronization.
<b>8 - 10</b>
Nearly perfect to perfect technique, placement, flexibility and synchronization.

## OSAA/OCCA Building Rubric

### CHEER SKILLS

<b>1</b>
Little to no incorporation of <i>stunts in cheer</i> . <i>Little to know effectiveness of stunts</i> and/or basic visual effects.
<b>2 - 3</b>
Some incorporation of cheer <i>stunts</i> . Average effectiveness of <i>stunts</i> and/or intermediate visual effects.
<b>4 - 5</b>
Strong incorporation of cheer <i>stunts</i> . Effective use of <i>stunts</i> and/or advanced visual effects.

### BUILDING CREATIVITY

<b>1</b>
Little to no <i>variety /</i> creative elements in stunts including load-ins, transitions and dismounts.
<b>2 - 3</b>
Some <i>variety /</i> creative elements in stunts including load-ins, transitions and dismounts.
<b>4 - 5</b>
Strong <i>variety /</i> creative elements in stunts including load-ins, transitions and dismounts.

# OSAA/OCCA Cheerleading Score Sheet



## BUILDING SKILLS



Team: \_\_\_\_\_ Division: \_\_\_\_\_ Judge # \_\_\_\_\_

<p><b>STUNT DIFFICULTY</b> 0...1...2...3...4...5 Total (15) <input type="text"/></p> <p><b>STUNT EXECUTION</b> 0...1...2...3...4...5...6...7...8...9...10</p>	<b>COMMENTS</b>
<p><b>PYRAMID DIFFICULTY</b> 0...1...2...3...4...5 Total (15) <input type="text"/></p> <p><b>PYRAMID EXECUTION</b> 0...1...2...3...4...5...6...7...8...9...10</p>	
<p><b>CHEER SKILLS</b> 0...1...2...3...4...5 Total (5) <input type="text"/></p>	
<p><b>BUILDING CREATIVITY</b> 0...1...2...3...4...5 Total (5) <input type="text"/></p>	

Total (40)

## OSAA/OCCA Tumbling and Jumps Rubric

### TUMBLING DIFFICULTY

<b>0.6 - 1</b>
Skills such as forward rolls, backward rolls, cartwheels, <i>roundoffs + skill (i.e., jump, rebound turn forward roll) handstand forward roll, back extension roll</i>
<b>1.1 - 2</b>
Skills such as front walkovers, back walkovers, <i>roundoff back walkover</i>
<b>2.1 - 3</b>
Skills such as BHS, <i>Roundoff BHS</i> , Series BHS, <i>Series Roundoff BHS</i> , <i>front tumbling through Roundoff BHS or Series BHS</i>
<b>3.1 - 4</b>
Skills such as <i>Ariel</i> , <i>Roundoff Tuck</i> , Series BHS to tuck, <i>Roundoff BHS Tuck</i> , <i>front tumbling through Roundoff BHS Tuck</i> , Standing Tucks
<b>4.1 - 5</b>
Skills such as <i>Roundoff Layout</i> , series BHS to layout / layout variations, <i>specialty skills through to roundoff BHS layout / layout variations</i> , <i>Roundoff Full</i> , <i>Series BHS to Full</i> , <i>Roundoff PHS Full</i> , <i>specialty skills through to Roundoff BHS Full</i> , Standing Full

\* Jump to tumble skill is **NOT** required **but can** be used to set the standing tumbling range. Other standing tumbling skills without a jump can be used to set a range. **Synchronization of tumbling will be rewarded**.

\* The point ranges are for specific skill sets performed by the MAJORITY of the team. Recycling of skills can be done in order for teams to hit majority.

\* MAJORITY of the team (51%) will get a team into range, MOST of the team (75%) will get a team further through the range, and ALL of the team (100%) will drive a team through the range.

### TUMBLING QUANTITY

<b>0 - 5</b>
<i>This category will be judged using the tumbling difficulty spreadsheet. This category is not a range, it is a set point value. In order to score in this category, 50% of the team must perform a synchronized skill - exact same skill performed at the exact same time. You cannot recycle skills to score in this category. The skills used in this category can be used for tumbling difficulty score. If 50% of your team does NOT perform a synchronized skill, you will receive a 0 for this division.</i>
<b>EXAMPLE SITUATIONS</b>
<i>Team of 12 - 6 athletes perform a synchronized BHS - This team scores a 3.</i>
<i>Team of 12 - 5 athletes perform a BHS 5 athletes perform a BHS Tuck - This team scores a 0.</i>
<i>Team of 12 - 12 athletes perform a synchronized BHS - This team scores a 3.</i>

### TUMBLING EXECUTION

<b>1 - 3</b>
Poor technique, precision, low power, slow and strength. Majority of the team struggles with technique and execution.
<b>4 - 7</b>
Standard technique, precision, power, speed, and strength. Several team members struggle with technique and execution.
<b>8 - 10</b>
Nearly perfect to perfect technique & precision with advanced power, speed and strength. Few to no team members struggle with technique and execution.

## OSAA/OCCA Tumbling and Jumps Rubric

### JUMP DIFFICULTY

<b>1</b>
Beginner jumps such as straight jumps, tucks, stars, etc.
<b>2</b>
Single intermediate / advanced jumps with no combinations or connections
<b>3</b>
Two connected intermediate / advanced jumps with variety
<b>4</b>
Three connected intermediate / advanced jumps with variety OR two connected intermediate / advanced jumps with variety and one additional jump
<b>5</b>
Four connected intermediate / advanced jumps with variety OR three connected intermediate / advanced jumps with variety and one additional jump

\* Intermediate jumps include side hurdler, herkie, toe touch. Advanced jumps include front hurdler, pike, double nine (difficulty and variation scores higher). Variety means at least two different jumps. In order to be considered connected, a whip (continuous) approach must be used.

\* The point ranges are for specific skill sets performed by a MAJORITY of the team. If a team fails to do one component in a difficulty range, their score will drop to the next lowest difficulty range.

\* MAJORITY for jumps is 75%. Jumps cannot be recycled to get into a specific difficulty range.

### JUMP EXECUTION

<b>1-3</b>
Jumps have poor height & chest position, below level flexibility, poor landing position & motion placement. Majority of the team displays technique and / or timing issues.
<b>4-7</b>
Jumps have standard height & chest position, level flexibility, standard landing position & motion placement. Some of the team displays technique and / or timing issues.
<b>8-10</b>
Jumps have strong height & chest position, hyper extended flexibility, strong landing position & motion placement. Few to no team members display technique and / or timing issues.

### CHEER SKILLS

<b>1</b>
<i>Little to no incorporation of tumbling, jumps, and / or kicks in cheer. Little to no effectiveness of tumbling, jumps and / or kicks</i>
<b>2 - 3</b>
<i>Some incorporation of tumbling, jumps and / or kicks in cheer. Average effectiveness of tumbling, jumps and / or kicks</i>
<b>4 - 5</b>
<i>Strong incorporation of tumbling, jumps and / or kicks in cheer. Effective use of tumbling, jumps and / or kicks</i>

# OSAA/OCCA Cheerleading Score Sheet



## TUMBLING/JUMPS



Team: \_\_\_\_\_ Division: \_\_\_\_\_ Judge # \_\_\_\_\_

<b>TUMBLING DIFFICULTY</b> 0...1...2...3...4...5  <b>TUMBLING EXECUTION</b> 0...1...2...3...4...5...6...7...8...9...10	Total (15) <input type="text"/>
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<b>TUMBLE QUANTITY</b> 0...1...2...3...4...5	Total (5) <input type="text"/>
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<b>JUMP DIFFICULTY</b> 0...1...2...3...4...5  <b>JUMP EXECUTION</b> 0...1...2...3...4...5...6...7...8...9...10	Total (15) <input type="text"/>
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<b>CHEER SKILLS</b> 0...1...2...3...4...5	Total (5) <input type="text"/>
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Total (40)

<b>COMMENTS</b>
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## OSAA/OCCA Overall Rubric

### FORMATIONS/TRANSITIONS

<b>1</b>
<i>Multiple spacing issues. Basic transitions. Choppy flow across setions.</i>
<b>2 - 3</b>
<i>Some spacing issues. Standard trsitions. Some issues with the flow of the routine.</i>
<b>4 - 5</b>
<i>Little to no spacing issues. Advanced trnsitions. Flow has few to no issues.</i>

### ROUTINE MOTIONS

<b>1</b>
<i>Basic motions with little variety. Poor technique and/or placement issues.</i>
<b>2 - 3</b>
<i>Advanced motions with some variety. Standard technique and/or placement issues.</i>
<b>4 - 5</b>
<i>Advanced motions with much variety. Few to no technique and/or placement issues.</i>

\* Motions are being judged throughout the routine. This could include, but is not limited to, stunts, jumps, motion sections, and/or cheer.

### CROWDLEADING

<b>1</b>
<i>Little to no attempt to lead the crowd. Ineffective use of props. <b>Poor execution of props. Ineffective pace / flow.</b></i>
<b>2 - 3</b>
<i><b>Some attempts to lead the crowd. Some effective use of props. Standard execution of props. Standard pace / flow.</b></i>
<b>4 - 5</b>
<i>Strong crowd leading. Effective use of props. <b>Stong execution of props. Advanced pace / flow.</b></i>

\*Props can include, but are not limited to, signs, poms, flags, megaphones, etc. All types of props are not necessary to score high in this category.

### VOICE

<b>1</b>
<i><b>Low vocal level with unclear, hard to understand words.</b></i>
<b>2 - 3</b>
<i><b>Standard vocal level with some clear, understandable words.</b></i>
<b>4 - 5</b>
<i><b>Strong vocal level with clear, understandable words.</b></i>

## OSAA/OCCA Overall Rubric

### DANCE

**1**

Basic skills with little use of total body, floor work, and level changes. Performed at a slow pace. Poor technique, placement and synchronization.

**2 - 3**

Intermediate skills with some use of total body, floor work, level changes and formation changes. Performed at a moderate pace. Standard technique, placement and synchronization.

**4 - 5**

Advanced skills using total body, floor work, level changes and formation changes with some creative and visual elements. Performed at a fast pace. Nearly perfect to perfect technique, placement and synchronization.

### SHOWMANSHIP

**1**

Little to no facial projection, eye contact, energy, **connection to the crowd**, confidence and/or recoveries.

**2 - 3**

Some facial projection, eye contact, energy, **connection to the crowd**, confidence and/or recoveries.

**4 - 5**

Strong facial projection, eye contact, energy, **connection to the crowd**, confidence and/or recoveries.

### ROUTINE COMPOSITION

**1**

*Little visual appeal, flow from section to section, pace.*

**2 - 3**

*Some visual appeal, flow from section to section, pace.*

**4 - 5**

*Strong visual appeal, flow from section to section, pace.*

# OSAA/OCCA Cheerleading Score Sheet



## OVERALL ROUTINE



Team: \_\_\_\_\_ Division: \_\_\_\_\_ Judge # \_\_\_\_\_

<b>FORMATIONS/TRANSITIONS</b> <b>MUSIC</b> 0....1....2....3....4....5 <input type="checkbox"/>	<b>COMMENTS</b>
<b>FORMATIONS/TRANSITIONS</b> <b>CHEER</b> 0....1....2....3....4....5 <input type="checkbox"/>	
<b>ROUTINE MOTIONS</b> 0....1....2....3....4....5 <input type="checkbox"/>	
<b>CROWDLEADING</b> 0....1....2....3....4....5 <input type="checkbox"/>	
<b>DANCE</b> 0....1....2....3....4....5 <input type="checkbox"/>	
<b>SHOWMANSHIP</b> 0....1....2....3....4....5 <input type="checkbox"/>	
<b>ROUTINE COMPOSITION</b> 0....1....2....3....4....5 <input type="checkbox"/>	
<b>Total (40)</b> <input type="checkbox"/>	