

Eagle Mountain Saginaw ISD High School Cheer Tryout Rubric 2023

Running Tumbling <i>*Must Be Able to Execute Independently</i>	1 Point: BHS 2 Points: Series BHS or FHS to BHS 3 Points: Ro Tuck/RO BHS Tuck 4 Points: Series to Tuck 5 Points: FHS To RO BHS Tuck				
	6 Points: Whips 7points: RO BHS Layout 8 Points: Front Flip Through to BHS Tuck 9 Points: RO BHS Full 10 Points: Advanced Pass (Must Include Full)				
BHS= Back Handspring FHS= Front Handspring RO= Round Off					
Standing Tumbling <i>*Must Be Able to Execute Independently</i>	2-3 Points: Bhs		4-5 Points: Toe Touch Bhs		6-7points: Bhs Series (3+)
	10-11 Points: Tuck		12-13 Points: Toe Touch Tuck		14 Points: Triple Toe Tuck
	SUPERIOR	EXCELLENT	AVERAGE	NEEDS IMPROVEMENT	UNSATISFACTORY
Toe touch	10 -Strong tight arms in approach -Straight legs -Excellent height -Completely pointed toes -Hyper-extended -lands with feet together	8-9 -Arms tight -Straight legs -Above level in height -Toes flexed or not fully pointed -lands with feet together	6-7 -Arms bent in approach -Slightly bent legs -Flexed toes -At level -Lands with feet close together	4-5 -Sloppy arms in approach -Legs slightly bent and not fully extended -Flexed toes -Below level -Lands with feet apart	1-3 -Did not jump -Did not fully complete the approach -Flexed toes -Improper technique and/or execution.
Optional Jump	10 -Strong tight arms in approach -Straight legs -Excellent height -Completely pointed toes -Hyper-extended -Lands with feet together -Advanced level jump (pike/hurdler)	8-9 -Arms tight -Straight legs -Above level in height -Toes flexed or not fully pointed -Lands with feet together -Advanced level jump (pike/hurdler)	6-7 -Arms bent in approach -Slightly bent legs -Flexed toes -At level -Lands with feet close together -Advanced level jump (pike/hurdler)	4-5 -Sloppy arms in approach -Legs slightly bent and not fully extended -Flexed toes -Below level -Lands with feet apart -Intermediate level jump -Improper advanced jump	1-3 -Did not jump -Did not fully complete the approach -Flexed toes -Improper technique and/or execution. -Novice level jump (tuck, spread eagle, herkie)
Connected Jumps (2 or more)	5 -Strong tight arms in approach -Straight legs -Hyper-extended -Completely pointed toes -Jumps are seamlessly connected with proper approach -Lands with feet together -Advanced level jumps (toe touch/pike/hurdler)	4 -Arms tight -Straight legs -Above level in height -Toes flexed or not fully pointed -Lands with feet together -Advanced level jumps (toe touch/pike/hurdler) -Jumps are connected with proper approach	3 -Arms bent in approach -Slightly bent legs -Flexed toes -At level -Lands with feet close together -Advanced level jumps (toe touch/pike/hurdler) -Jumps are somewhat connected with improper approach	2 -Sloppy arms in approach -Legs slightly bent and not fully extended -Flexed toes -Below level -Lands with feet apart -Intermediate level jump -Improper advanced jump -Jumps are not connected	1 -Did not jump -Did not fully complete the approach -Flexed toes -Improper technique and/or execution. -Novice level jump (tuck, spread eagle, herky) -Jumps are not connected

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	SUPERIOR	EXCELLENT	AVERAGE	NEEDS IMPROVEMENT	UNSATISFACTORY
Cheer Motion Technique	10 -Powerful arm motions -Correct placement of arms	8-9 -Tight arm motions -Few misplaced arm motions	6-7 -Average arm motions -Moderate amount of misplaced arm motions	4-5 -Weak arm placements -Several misplaced arm motions -Poor motion technique -Broken wrists	1-3 -Loose arms -Poor motion technique -Consistent improper arm placements
Cheer Memory	10 --Demonstrates strong knowledge of the cheer	8-9 --Demonstrates good knowledge of the cheer	6-7 -Demonstrates knowledge of the cheer	4-5 -Demonstrates minimal knowledge of the cheer	1-3 -Unsure of cheer choreography or words (looks to peers for assistance)
Cheerability (Showmanship, Enthusiasm, Voice Projection, Crowd Appeal)	10 -Excellent smile, enthusiasm -High level of confidence -Strong energy -Loud strong voice -Strong crowd appeal	8-9 -Good smile, enthusiasm -Energy is good but not inconsistent throughout -Some confidence issues -Strong voice -Good crowd appeal	6-7 -Smile inconsistent -Average energy -Lacks confidence -Average cheer voice -Average crowd appeal	4-5 -Smile inconsistent -Low energy -Weak cheer voice -Poor level of showmanship -Poor crowd appeal	1-3 -Does not smile -Lacks energy -Lack of showmanship -No cheer voice -Lack of crowd appeal
Dance Rhythm and Synchronization	5 -Executes motions on count -Rhythm is seamless -Timed with music	4 -Mostly timed with music -Few synchronization issues	3 -Some Timing issues (ahead or behind music) -Average rhythm	2 -Several timing issues -Lacks rhythm -Several synchronization issues	1 -Motions off-count -Timing issues -Lack of rhythm
Dance Technique/Execution	5 -Strong, tight arm motions -Proper motion placement -Precise execution of motions	4 -Good motion technique -Motions and arms are placed correctly -Motions could be sharper	3 -Average motion technique -Average motion placement -Average execution -Motions need to be sharper	2 -Poor motion placement -Poor motion technique -Loose arms	1 -Lack of motion -Improper placement -Lacks technique
Dance Memory	5 -No memory errors	4 -Minimal memory errors	3 -Few memory errors	2 -Several memory errors	1 -Does not know choreography -Errors distract from performance
Dance Performance	5 -Excellent facial expressions -High level of confidence -Strong energy	4 -Good facial expression -Energy is good but not inconsistent throughout -Some confidence issues	3 -Some facial expression -Average energy -Lacks confidence	2 - Little facial expression -Unsure of choreography (looks to peers for assistance) -Low energy	1 -Lacks energy -No facial expression -Zero energy

Total Possible: 100 points