



# GENERAL RUBRIC LEVEL 1A

STUNT DIFFICULTY		
3.0-3.5	BELOW	Skills performed do not meet the LOW requirement
3.5-4.0	LOW	3 Different Level appropriate skills performed by majority of the team
4.0-4.5	MID	3 Different Level appropriate skills performed by most of the team
4.5-5.0	HIGH	3 Different Level appropriate skills performed by most of the team

STUNT/PYRAMID CREATIVITY	
2.0-2.3	Less than 50% of the stunt skills incorporate visual, unique or innovative ideas.
4.5-5.0	50% of the stunt skills incorporate visual, unique or innovative ideas.

Inversion Style	Release Style	Twisting	Dismount Style	Other Stunts
- Inversion at ground level	<ul style="list-style-type: none"> <li>- Switch up to lib below waist level</li> <li>- Switch up to body position below waist level</li> <li>- Switch up to lib below prep level</li> <li>- Switch up to body position below prep level</li> <li>- Switch up to body position below prep level</li> <li>- Tic toc below prep level (lib/body position to body position)</li> <li>- Tic toc below waist level (lib to lib) ** Tiny and Mini ONLY</li> </ul>	<ul style="list-style-type: none"> <li>- ¼ twisting transition to below prep level</li> <li>- ¼ down to ground level</li> <li>- ¼ twisting transition to below prep level</li> <li>1 leg stunt</li> </ul>	<ul style="list-style-type: none"> <li>- Step down</li> <li>- pop off</li> <li>- retake</li> </ul>	<ul style="list-style-type: none"> <li>- Baby Lib</li> <li>- Nugget stunt</li> <li>-Thigh stand</li> <li>Thigh stand Lib</li> <li>- 4s position based stunts</li> <li>-T-Lift</li> <li>- Straddle sit</li> <li>- Below prep level 2 leg stunt</li> <li>- Below prep level 1 leg stunt</li> <li>- Combination of 2 or more level appropriate skills</li> <li>- 1 leg stunt below prep level</li> </ul>

STUNT QUANTITY (Based on group of 4)	
4.6	Less than majority performs a level appropriate skill
4.8	Majority of the team performs a level appropriate skill
5.0	Most of the team performs a level appropriate skill

STUNT QUANTITY CHART		
# of Athletes	Majority	Most
5-11	1	1
12-15	1	2
16-19	2	3
20-23	3	4
24-27	4	5
28-30	4	6
31-36	5	7

PYRAMID DIFFICULTY		
3.0-3.5	BELOW	Skills performed do not meet the LOW RANGE requirement
3.5-4.0	LOW	1 Level appropriate skill, 2 structures performed by MOST of the team
4.0-4.5	MID	2 Level appropriate skills, 2 structures performed by MOST of the team
4.5-5.0	HIGH	3 Level appropriate skills, 2 structures performed by MOST of the team

Inversion Style	Release Style	Twisting	Dismount Style	Other Stunts
- Braced stunt skills	<ul style="list-style-type: none"> <li>- Switch up to below prep level</li> <li>- Braced Stunt Skills</li> </ul>	<ul style="list-style-type: none"> <li>- ¼ twisting transition to prep level</li> <li>- Braced Stunt Skills</li> </ul>	<ul style="list-style-type: none"> <li>- Step down</li> <li>- Retake</li> <li>- Pop Off</li> </ul>	<ul style="list-style-type: none"> <li>- Straddle sit</li> <li>- Braced prep level stunts</li> <li>-Braced combo of 2 or more level appropriate skills</li> <li>- Braced Stunt Skills</li> </ul>

JUMP DIFFICULTY	
4.0	Skills do not meet the 4.5 requirement
4.5	MOST of the team performs 1 jump. Must be synchronised, but does not need to be advanced.
5.0	MOST of the team performs 2 jumps. Must be synchronised, but do not need to be advanced.

All approaches within the jumps must be from a whip approach to be considered connected. Teams must perform the required skill set or they will be given a lower score.

TECHNIQUE – STUNT, PYRAMID, JUMPS, TUMBLE	
3.0-4.0	Less than 50% of the athletes execute excellent precision and form.
4.0-4.5	50% of the athletes execute excellent precision and form.
4.5-5.0	75% of the athletes execute excellent precision and form

MAJORITY / MOST QUANTITY TABLE		
# of Athletes	Majority	Most
5	3	4
6	4	5
7	4	5
8	5	6
9	5	7
10	6	8
11	6	8
12	7	9
13	7	9
14	8	10
15	8	11
16	9	12
17	9	12
18	10	13
19	10	14
20	11	15
21	11	16
22	12	17
23	12	17
24	13	18
25	13	19
26	14	20
27	14	20
28	15	21
29	15	22
30	16	23
31	16	23
32	17	24
33	17	25
34	18	26
35	18	26
36	19	27

**MOST = 75% (of the team)**

**MAJORITY = 51% (of the team)**

DANCE	
9.0-10.0	A team's ability to demonstrate a high level of energy and entertainment value which incorporates multiple visual elements including a variety of levels, formation changes, partner work, footwork and floor work. This includes technique, perfection, synchronization, pace and intricacy of dance moves performed.

PERFORMANCE	
9.0-10.0	A team's ability to demonstrate high levels of energy and excitement while maintaining consistent uniformity, genuine enthusiasm and showmanship. This will include appropriate athletic impression throughout the routine

ROUTINE COMPOSITION	
9.0-10.0	A team's ability to demonstrate precise spacing and seamless patterns of movement performed throughout the routine. This includes innovative, visual, and intricate ideas; as well as any additional skills performed to enhance the overall appeal.

**\*This document includes examples of level appropriate skills. Coaches are responsible for ensuring that any skills performed in their routine are compliant with the USASF Safety Rules\***