

STANDING TUMBLING – DIFFICULTY

0 - 5.0

- Forward Rolls - Handstand Forward Rolls - Cartwheels - Walkovers - Aerials	- Back Handsprings - Front Handsprings - Back Walkover into Back Handsprings - Back Handspring Series	- Jump(s) into Back Handsprings - Jump(s) into Back Handspring Series - Standing Back Tucks - Back Handsprings to Back Tucks	- Jump(s) into Back Handsprings to Back Tucks - Jump(s) into Back Tucks - Back Handspring Series to Whips, Layouts or Fulls - Standing Fulls
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Sliding scale based on progression, number of participants, and synchronization

RUNNING TUMBLING – DIFFICULTY

0 - 5.0

- Running Cartwheels (2 or more steps) - Roundoffs - Walkovers into Cartwheels or Roundoffs - Aerials	- Cartwheels into Back Handsprings - Roundoffs into Back Handsprings - Roundoffs into Back Handspring Series - Front Walkovers into Roundoff Back Handspring Series	- Roundoffs into Back Tucks - Front Walkovers into Roundoff to Back Tucks - Punch Fronts - Roundoffs into Back Handspring to Back Tucks - Roundoffs into Layouts - Roundoffs into X-Outs	- Roundoffs into Back Handspring Series into Layouts - Punch Fronts into Back Handspring Series or Back Tucks - Roundoffs into Fulls - Roundoffs into Back Handspring to Fulls - Punch Fronts to Step Out into Fulls - Roundoffs into Whip to Back Handspring to Fulls - Other Specialty Passes
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Sliding scale based on progression, number of participants, and synchronization

Specialty Pass = Running tumbling across the performance surface that contains multiple back handsprings, step out, whip, Arabian, front walkover, front handspring, aerial or punch front skills and ends in a back tuck or higher

NOTE: Rising Div. 1, Rising Div. 2 and Shooting Div.2 are not allowed to do running tumbling and will receive a zero on their scoresheet.

TUMBLING – EXECUTION

JUMPS - DIFFICULTY

TUMBLING – EXECUTION			JUMPS - DIFFICULTY			
0 - 1.9	2.0 - 3.9	4.0 - 5.0	2	3	4	5
Most demonstrate below average:	Majority demonstrate average:	Most demonstrate above average:	Basic	Intermediate	Advanced	Elite
- Approach (body position into a skill or pass) - Landings (control, legs and feet together, finished skill or pass) - Body Control (head, chest, arms, leg placement, toes pointed) - Synchronization (timing of group skills or passes) - Speed (control, consistent throughout skill or pass, flow from skill to skill)			Pencil Tuck Spread Eagle	Front Hurdler Side Hurdler Toe Touch Double Nine Pike	Front Hurdler Side Hurdler Toe Touch Double Nine Pike	Front Hurdler Side Hurdler Toe Touch Double Nine Pike
Many minor execution mistakes and/or many major execution mistakes	Few minor execution mistakes and/or a couple major execution mistakes	1-2 minor and no major execution mistakes	No connected jumps	No connected jumps	May connect 2 jumps	May connect 3 jumps

Majority / Most Quantity Table (Maj = ½ + 1 and Most = 75%)

# of Athletes	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Majority	3	4	4	5	5	6	6	7	7	8	8	9	9	10	10	11
Most	4	5	6	6	7	8	9	9	10	11	12	12	13	14	14	15

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JUMPS – EXECUTION				
0 - 1.9	2.0 - 3.9	4.0 - 5.9	6.0 - 7.9	8.0 - 10
Most demonstrate below average:	Less than majority demonstrate average:	Majority demonstrate average:	Most demonstrate average:	Most demonstrate above average:
<ul style="list-style-type: none"> - Proper Body Position (chest, legs and arms placement) - Height / Flexibility Level - Pointed Toes - Landing Feet Together - Synchronization / Timing - Proper Approach (timing, accuracy, synchronization) 				
<p>Three different jumps required by most of the team Most = 75% of team</p>				

TRANSITIONS AND FLOW		
1.0 - 1.9	2.0 - 3.9	4.0 - 5.0
<ul style="list-style-type: none"> - Major issues during transitions (bumping, excessive travel) - Minimal incorporation of skills during transitions - Choppy, lacks cohesion, excessive down time - Slow pace of routine 	<ul style="list-style-type: none"> - Some issues during transitions (bumping, excessive travel) - Average incorporation of skills during transitions - Average coordination among all elements of the routine - Average pace of routine 	<ul style="list-style-type: none"> - Clean transitions - Excellent incorporation of skills during transitions - Uncluttered changes between segments - Strong coordination among all elements of the routine - Fast pace of routine

MOTIONS: CHEER EXECUTION			MOTIONS: JUMP EXECUTION			MOTIONS: STUNTS / PYRAMID EXECUTION		
0 - 1.9	2.0 – 3.9	4.0 – 5.0	0 - 1.9	2.0 – 3.9	4.0 – 5.0	0 - 1.9	2.0 – 3.9	4.0 – 5.0
Most demonstrate below average:	Most demonstrate average:	Majority demonstrate above average:	Most demonstrate below average:	Most demonstrate average:	Majority demonstrate above average:	Most demonstrate below average:	Most demonstrate average:	Majority demonstrate above average:
<ul style="list-style-type: none"> - Pace / Sharp Precision - Synchronization / Timing - Arm Placement / Angles - Variety in Motions - Wrist Placement / Fists - Uniform in Placement 			<ul style="list-style-type: none"> - Pace / Sharp Precision - Synchronization / Timing - Arm Placement / Angles - Variety in Motions - Wrist Placement / Fists - Uniform in Placement 			<ul style="list-style-type: none"> - Pace / Sharp Precision - Synchronization / Timing - Arm Placement / Angles - Variety in Motions - Wrist Placement / Fists - Uniform in Placement 		

DANCE EXECUTION CHEER MOTIONS			DANCE EXECUTION FLOORWORK / LEVELS			DANCE EXECUTION FOOTWORK / PACING		
0 - 1.9	2.0 – 3.9	4.0 – 5.0	0 - 1.9	2.0 – 3.9	4.0 – 5.0	0 - 1.9	2.0 – 3.9	4.0 – 5.0
Most demonstrate below average:	Most demonstrate average:	Majority demonstrate above average:	Most demonstrate below average:	Most demonstrate average:	Majority demonstrate above average:	Most demonstrate below average:	Most demonstrate average:	Majority demonstrate above average:
<ul style="list-style-type: none"> - Complexity and Execution of Movements - Synchronization in Overall Choreography - Uniform Placement/Angles of Limbs/Body - Sharp Precision - Full Extension of Motions - Variety in Motions - Confidence and ability to connect with audience - Projection, expression, energy, entertainment value 			<ul style="list-style-type: none"> - Spacing - Consistent and even positioning throughout - Transitions - Seamless, quick and creative - Formation Changes - Varied formation changes - Use of floor - Level/group work, visual appeal, use of space 			<ul style="list-style-type: none"> - Incorporation and Movement of Footwork - Both feet, one foot or stationary feet are used throughout performance - In Step with Music, Overall Timing and Knowledge of Choreography - Pace of Dance - Basic Rhythm and Musicality - Cleanliness 		
Four consecutive 8-counts of full team dance required – IF teams do not do this, they will receive a zero in Dance Execution Floorwork / Levels.								

FORMATIONS AND SPACING		
1.0 - 1.9	2.0 - 3.9	4.0 - 5.0
<ul style="list-style-type: none"> - Unclear formations - Little variety - Spacing off throughout routine 	<ul style="list-style-type: none"> - Formations demonstrate alignment, symmetry and good use of floor - Some variety - Minor problems in spacing 	<ul style="list-style-type: none"> - Clear, visually effective formations - Lots of variety - Minimal or no spacing errors

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PARTNER STUNT – DIFFICULTY				
0 – .9 Basic	1 – 1.9 Novice	2 – 2.9 Intermediate	3 – 3.9 Advanced	4 – 5 Elite
Non-Release Skills				
- Thigh Stand - Thigh Prep Hitch - Shoulder Sit - Flat Back - Straddle Sit	- Prep - Prep Level Hitch - Shoulder Stand - 1 Leg Prep	- Extension - Retake Extension	- Straight Up to Post / Lib - Straight Up to Body Position	- Lib Power Press - Body Position Power Press
Release Skills				
N/A	- Below Prep level release to below Prep level stunt	- Switch Up to 1 Leg Prep	- Partial Twisting Transitions to Side/Prone/Cradle - 1 Leg Prep Tick Tock - Switch Up to Post / Lib	- Full Twisting Tick Tock to 1 leg Prep - Full Twisting Switch Up to 1 Leg Prep - Low to High Lib - Switch Up to Body Position - Low to High Body Position
Twisting Skills				
N/A	- ¼ Up to Prep - ½ Up to Prep - Rewind to Load - ½ Up to 1 Leg Prep	- ¼ Up to Extension - ½ Up to Extension - Full Up to Prep - Full Up to 1 Leg Prep	- ½ Up to Lib - ½ Up to Body Position	- Full Up to Extension - Full Up to Lib/Body Position
<p>The above list is not all-inclusive</p> <p>Teams should aim for a minimum of 3 different stunt skills by majority of groups to score in a particular range (see chart). IF they do NOT hit this, their score will be lowered.</p> <p>Teams do not need to demonstrate skills in multiple categories (Non-Release, Release, and Twisting)</p> <p>If less than the required number of skills are hit, the score will be lowered</p> <p>When scoring difficulty within a range, judges will take into account the following factors: entries and dismounts, how each skill is completed, the number of bases used, and amount of team participation (most participation will score higher).</p> <p>Modified skills (such as using front spots or faux ups), or less than majority participation will decrease the skill’s value.</p> <p>Twisting – When scoring difficulty, judges will take into account the following: minimum movements of bases, limited number and type of connections between bases and top, top person’s beginning and ending position, and completion of the skill.</p> <p>Body Position = A position where a top person pulls in a 1 leg stunt showing flexibility (stretch, bow & arrow, arabesque, scale, scorpion, etc.).</p>				

PARTNER STUNT – EXECUTION				
0 - 1.9	2.0 - 3.9	4.0 - 5.9	6.0 - 7.9	8.0 - 10
Most demonstrate below average:	Less than majority demonstrate average:	Majority demonstrate average:	Most demonstrate average:	Most demonstrate above average:
- Synchronization / Timing, Pace, Control and Flow - Technique of Bases (arms, legs, backs) - Technique of Tops (body control, flexibility, motion placement, legs) - Stability of Stunts				
Many major AND minor execution mistakes	Many minor execution mistakes OR Many major execution mistakes	A few minor mistakes AND 1 major mistake OR A few major execution mistakes	1-2 minor execution mistakes OR 1 major execution mistake	1-2 minor AND no major execution mistakes

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PYRAMID – DIFFICULTY				
0 – .9 Basic	1 – 1.9 Novice	2 – 2.9 Intermediate	3 – 3.9 Advanced	4 – 5 Elite
Non-Release Skills / Transitions				
- Thigh level or below connected stunts	- Straight up two feet or single leg variations at Prep level or below - Inverted stunts to Prep level and below	- Straight up Extended level two feet OR Single Leg variations - Full Up to Prep level and below	- ½ up to Lib or body position - Inverted stunts to Extended - 2 bracers	- Full Up to Extended Lib - Inverted stunts to Extended (1 bracer) - Full up to Extended Body Position - Inverted stunts involving twisting to Extended (2 bracers)
Released Transitions				
N/A	- From load to Prep with bracers below prep level - Released transitions at Prep or below (2 bracers)	- Released transition to Extended level two feet (2 bracers) - Released transitions at Prep or below (1 bracer)	- Released transition to Extended level one foot (2 bracers) - Released transitions landing in Extended two feet (1 bracer) - Braced inverted stunts released to Prep level and below	- Released transitions landing in Extended one foot (1 bracer) - Released transition involving twisting or inversion that lands Extended (2 bracers)
Braced Rolls / Flips				
N/A	- Back rolling transition to Prep and below - Flipping transition landing below Prep level	- Forward flip to cradle (1 bracer) - Back rolling transition to Extended (2 bracers)	- Side Sumi landing in prep - Flipping transition landing at Prep level	- Flipping transition starting below Prep level landing Extended - Flipping transition starting at Prep or above landing Extended

The above list is not all-inclusive

Teams should aim for a minimum of 3 different pyramid skills using most of the team to score in a particular range. IF they do NOT hit this, their score will be lowered.

Teams do not need to demonstrate skills in all three categories (Non-Released, Released, and Braced Rolls/Flips)

If less than the required number of skills are hit, the score will be lowered

Pyramid will only be counted when the top person connects with another top person during the performance

When scoring difficulty within a range, judges will take into account the following factors: variety and number of transitions, pace of skills, amount of team participation (full participation will score higher), and when the top becomes braced (from the ground up vs. during the skill vs. at the completion of the skill)

Modified skills (such as using front spots or faux ups) will decrease the skill's value

Body Position = A position where a top person pulls in a 1 leg stunt showing flexibility (stretch, bow & arrow, arabesque, scale, scorpion, etc.)

Partner Stunt / Pyramid Group Breakdown				
# On Floor	2-7	8-11	12-15	16-20
Majority	1	1	2	3
Most	1	2	3	4 or 5

2023 MYCCA Rubric - Official 3

PYRAMID – EXECUTION				
0 - 1.9	2.0 - 3.9	4.0 - 5.9	6.0 - 7.9	8.0 - 10
Most demonstrate below average:	Less than majority demonstrate average:	Majority demonstrate average:	Most demonstrate average:	Most demonstrate above average:
<ul style="list-style-type: none"> - Synchronization / Timing, Pace, Control, and Flow - Technique of Bases (arms, legs, backs) - Technique of Tops (body control, flexibility, motion placement, legs) - Stability of Stunts - Distance Between Connections - Height / Movement of Releases and Braced Rolls / Flips 				
Many major AND minor execution mistakes	Many minor execution mistakes OR Many major execution mistakes	A few minor mistakes AND 1 major mistake OR A few major execution mistakes	1-2 minor execution mistakes OR 1 major execution mistake	1-2 minor AND no major execution mistakes

SHOWMANSHIP / PERFORMANCE APPEAL		
1.0 - 1.9	2.0 - 3.9	4.0 - 5.0
Most demonstrate below average:	Majority demonstrate average:	Most demonstrate above average:
<ul style="list-style-type: none"> - Showmanship - Genuine Facial Expressions - Energy / Excitement - Enthusiasm / Spirit - Presentation of Cheer Words (pitch, clarity, enunciation, volume) - Eye Contact / Confidence ---- Innovative, Visual, and Creative Choreography - Thoughtfully planned to create a unified routine - Ability to capture the crowd, not just on performing the skills - Athleticism / Stamina 		