

2024-2025 Cheer Skill Rubric

This rubric provides a list of skills we would expect from an athlete at a given level. While it is possible for an athlete to not have EVERY single skill in each category, it will serve as a deciding factor should two athletes perform similarly. Athletes who have not mastered certain skills within the expected time frame after earning a spot on a team may be benched at the coaches' discretion until the skill has been mastered.

	Varsity	Junior Varsity	9th Grade
Attitude	Receptive demeanor, proactive, respectful to all, good decision-making, goal-oriented, team-oriented, accountable, and reflective. Discipline record is clean.	Receptive demeanor, proactive, respectful to all, good decision-making, goal-oriented, team-oriented, accountable, and reflective. Discipline record is clean.	Receptive demeanor, proactive, respectful to all, good decision-making, goal-oriented, team-oriented, accountable, and reflective. Discipline record is clean.
Motions	Consistently sharp, precise, and clean.	Mostly sharp, precise, and clean.	Mostly sharp, precise, and clean. Confidence may play a factor.
Rhythm	Consistently on beat, confidence is apparent, picks up new concepts quickly and well. Dance skills are refined and confident.	Mostly on beat, confidence may or may not waiver, picks up on new concepts, but may need more time to refine. Dance skills show clear potential.	Mostly on beat, confidence may or may not play a factor, may or may not need more time to refine when learning new concepts. Dance skills show potential.
Voice	Loud, clear, and obviously projected from the diaphragm. Words can be understood very clearly, and volume is consistent without waiver.	Clear and projected from the diaphragm. Words are mostly clear, and volume may waiver.	Clear and projected from the diaphragm. Words are mostly clear, and volume may waiver.
Jumps	Toe-touches are even and nearly parallel with the floor, if not hyperextended. Hurdlers are above parallel with the floor approaching or at a 45* angle. Legs are always straight, and toes are always pointed. Landings are clean, safe (no buckled ankles), and light without a rebound.	Toe-touches are nearly even and approaching parallel to the floor. Hurdlers are at least parallel to the floor. Legs are always straight, toes may or may not be pointed consistently. Landings are mostly clean and always safe (no buckled ankles). Landings may or may not be light and may or may not have a rebound.	Toe-touches and hurdlers are high enough off the floor to allow for improvement. Legs are always straight, toes may or may not be pointed consistently. Landings are mostly clean and always safe (no buckled ankles). Landings may or may not be light and may or may not have a rebound.
Tumbling	One clean standing walkover (front or back). Standing backhandspring and/or tuck preferred. Open and able to work on tumbling to achieve a standing backhandspring or tuck by the return from Fall Break.	Series of cartwheels and clean roundoff with a strong rebound. Open and able to work on tumbling to achieve the next skill by the end of the first season.	Clean cartwheel and/or roundoff. Open and able to work on tumbling to achieve the next skill by the end of the first season.
Performance	Confidence is apparent, facials are clear and engaging, overall performance is clean, engaging, and candidate clearly enjoys performing.	Confidence shows, facials are clear, overall performance is mostly clean and candidate seems to enjoy performing.	Confidence may waiver but is shown, facials may or may not be clear, performance is mostly clean, and candidate seems to be enjoying performing.