Central East Tryout Rubric 2025

Knowledge of Material	Execution of Material	Showmanship	Toe Touch	Secondary Jump	Tumbling
5 Knows the material On count Picks up material quickly	10 Sharp! Has correct arm placement	5 Loud Crowd leading facials Captures judges attention	5 Hyper-extended	5 Hyper-extended hurdler Parallel pike	5 Full twisting layout or standing tuck
4 Mostly knows the material On count	8 Mostly sharp	4 Loud Facials Has decent eye contact with judges	4 Parallel legs with pointed toes Snaps legs down in landing	4 A little hyper-extended with pointed toes Extended hurdler Somewhat parallel pike	4 Running layout Cartwheel tuck
3 Somewhat knows the material Mostly on count	6 Somewhat sharp Soft arms at times Decent arm placement	3 Loud Smiles most of the time	3 Almost parallel legs with pointed toes	3 A little hyper-extended with flexed toes Hurdler somewhat parallel pike with flexed feet	3 Running tuck
2 Knows portions of the material On count for known material	4 Soft motions	2 Regular voice Smiles sometimes	2 Legs inverted Star jump Pointed toes Feet apart when landing	2 Low jump with pointed toes Feet apart when landing	2 Running BHS Standing BHS
1 Does not know that material Loses place during routine	3 No knowledge of cheer technique Bent wrists and elbows	1 No facial expressions No eye contact with judges	1 Legs inverted Star jump Flexed toes	1 Low jump with flexed toes	1 Back walkover Front walkover

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Central East Stunting Rubric 2025

Range	Skills
12 – 15	Hand to hand to one foot BHS up to one foot High to high full up
10 – 12	Full up to the top Tick around switch up Hand to hand to two feet extended BHS up to two feet extended
8 – 10	Stitch up to two feet Low to high tick tock BHS up to prep Hand to hand to prep
5 – 7	Extended liberty/heel stretch/arabesque Switch up to prep level Tick tock at prep level Quick up to Cupie
3 – 5	Straight up Prep level stunts Shoulder stand
0 – 3	Shoulder sit Below prep level stunts

Varsity Sideline Cheer Requirement: extended one legged stunt (examples: liberty, Arabesque, scale, scorpion, or heel stretch)

JV Sideline Cheer Requirement: extended Cupie or full