

Rubric for Cheer Try-outs 2025
HOMER JUNIOR HIGH 6th-8th
CHEERLEADING Try-outs 2025

When and Where: (Try-outs are closed to the public.)

- Monday, Aug. 11th, 2025 - 4:00 pm to 6:00 pm at Schilling School gymnasium
 - Enter through the main entrance office
- Tuesday, Aug. 12th, 2025 - 10:00 am to 12:00 pm at Schilling School gymnasium
 - Enter through the main entrance office

6th through 8th grade athletes will be trying out for the Varsity sideline and competitive cheerleading team at this time.

Please dress appropriately: black shorts, black t-shirt or tank top, cheerleading/gym shoes, hair up in a high ponytail with a bow (females). No jewelry is allowed.

Requirements:

- Cheer
- Standing tumbling (not mandatory)
- Running tumbling (not mandatory)
- Toe touch jump and Combo jump
- Stunting

Monday's try-out will begin with learning a cheer that will be judged the following day. In addition, at Monday's try-outs, standing tumbling, running tumbling and stunting will be judged.

At Tuesday's try-outs, the cheer, jumps and stunting will be judged.

Teams will be announced on Wednesday, August 13th via email by 5 pm. All judges' decisions are final.

Participants will be scored on many different categories to make a final score out of 50 points. We will use this score, what positions they are (base, flyer, back spot, tumbler) along with their performance/attitude during the try-out to determine if your athlete will be placed on the Varsity team.

The following is what we will be judging throughout the tryout process:

- Standing Tumbling (0-10 points)
- Running Tumbling (0-10 points)

- Toe Touch Jump (0-10 points)
- Combo Jump (0-10 points)
- Cheer (0-5 points)
- Stunting (0-5 points)

Tumbling, jumps, stunting and the cheer will be scored based on the execution and difficulty of skill. It is better to throw something that you know will hit and be clean than a skill that might be more difficult but sloppy/shakey. In addition, we will be noting stunting position(s) and will be building a team that has a balance of positions to ensure every athlete is utilized while stunting in the competitive routine.

The following will show the point breakdown for tumbling. Points will be taken off for poor technique.

Standing Tumbling:

1 point	Cartwheel attempt
2 points	Cartwheel
3 points	Back walkover or Front walkover
4 points	Back handspring
5 points	Jump to back handspring
6 points	Cartwheel tuck
7 points	Standing tuck
8 points	Jump to tuck
9 points	Cartwheel to Full
10 points	Standing Full

Running Tumbling:

1 point	Roundoff attempt
2 points	Roundoff
3 points	Round off back handspring
4 points	Round off multiple back handsprings
5 points	Round off tuck
6 points	Round off back handspring tuckn
7 points	Round off back handspring layout
8 points	Specialty pass to layout
9 points	Round off back handspring full
10 points	Specialty pass to full

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