

2024 - 2025 North Paulding Cheerleading Tryout Rubric

Football Sidelines and Competition

3 Judges

Possible 300 points – Sidelines

Possible 340 points – Competition

100 possible points – Teacher Recommendation for a total of 400 / 440

Stunting/Group/ Optional – Football/ Competition Only				
1-2 points	3-6 points	7-12 points	13-16	17-20 points
Entry: straight up Position: double leg extension Dismount: cradle *half/prep will result is 0 stunting points	Entry: straight up position: limb extension Dismount: cradle- 3-4 points Full Down- 5-6 points	Entry: straight up position: heel stretch +2 additional flex extension. Dismount: Cradle- 7-8 points full down- 9-12 points	Entry: Inversion OR Switch Up to the top with heel stretch +2 additional flex extension Dismount: full down	Entry: Inversion OR Switch up AND low to high or high to high with heel stretch +2 additional flex extension Dismount: full down or kick full * Kick full basket

***must have perfect execution to receive maximum points in the category**

Tumbling/Standing				
1-4 points	5-9 points	10-14 points	15-17 points	18-20 points
Handspring(s) 1-2 (Single) 3-4 (multiple)	2 back handsprings to tuck 5-6 points Cartwheel tuck 7-9 points	Standing tuck	2 back Handspring to full Must still show Standing tuck	Standing Full Must still show Standing tuck
Tumbling/Running				
1-4 points	5-9 points	10-14 points	15-17 points	18-20 points
Handspring (s) 1-2 (single) 3-4 (multiple)	back handspring to tuck	back Handspring to layout	back handspring to full	Specialty pass to Full

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Football Sidelines and Competition

Jump of Choice				
1 Point	2 Points	3 Points	4 Points	5 Points
Poor technique, dropped chest, legs bent, poor vertical, feet apart on landing.	Below average technique, toes flexed, dropped chest, below average vertical, feet apart on landing.	Average technique, toes flexed/pointed, average vertical, feet closed on landing.	Above average technique, toes partially pointed, above average vertical, feet together on landing	Excellent technique, toes pointed, high vertical, feet together on landing.
Toe Touch				
1 Point	2 Points	3 Points	4 points	5 Points
Poor technique, dropped chest, legs bent, poor vertical, feet apart on landing	Below average technique, toes flexed, dropped chest, below average vertical, feet apart on landing	Average technique, toes pointed, average vertical, feet closed on landing.	Above average technique, toes partially pointed, above average vertical, feet together on landing	Excellent technique, toes pointed, high vertical, feet together on landing
Jump Sequence				
1 Point	2 Points	3 Points	4 Points	5 Points
Jump Sequence of 2: Toe Touch plus jump of choice	Jump Sequence of 2: 2 Toe touches plus a jump of Choice (Advanced)	Jump Sequence of 3: 1 toe touch required plus 2 optional jumps	Jump Sequence of 3: Toe Touch required plus 2 optional jumps. Note: One additional jump must be a Pike or Hurdler	Jump Sequence of 3: Toe Touch, Pike and Hurdler all connected
Cheer				
1-3 Points	4-7 Points	8-12 Points	13-15 Points	
Poor to below average technique including; motions, timing, voice projection, facials	Average technique including; few broken wrist, timing, voice projection, facials	Above average technique including; motions, timing, voice projections, facials	Excellent technique, including motions, timing, voice projection, facials, knowledge of cheer with no missed motions	
Dance				
1-4 Points	5-10 Points	11-15 Points	16-20 Points	
Poor to below average rhythm, movement, counts and facials	Average rhythm, movement, counts and facials	Above average rhythm, movement, counts and facials	Excellent rhythm, movement, counts, expression, facials and knowledge of routine with no missed motions	

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Football Sidelines and Competition

Spirit			
1-2 Points	3-5 Points	6-8 Points	9-10 Points
Poor Facials and or energy, High (Minnie Mouse) or no voice projection, poor confidence	Average Facials and or energy, average voice projection, little confidence	Above average facials and energy, above average voice projection, somewhat confident	Excellent facials and energy, excellent voice projection, very confident

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Football sidelines and Competition

Judge's Signature: _____ # _____

Category	Possible Points	Points
Cheer/Chant	15	_____
<ul style="list-style-type: none"> - Check motions, spirit, voice, stiffness, facials - Points deducted for broken wrists, not saying words, lack of facials 		
Dance Technique	20	_____
Jumps		
-Toe Touch	(5)	_____
-Jump of Choice	(5)	_____
-Jump Sequence	(5)	_____
	15	
Spirit		
-Voice, Facials, confidence, entrance		10

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Stunting –	20	_____
Position: ___ Flyer ___ Base ___ Back Spot		
-Body Positions: _____		
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Tumbling- Competition score only	40	_____
-Running	(20) _____	
-Standing	(20) _____	
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Total	120	_____

Comments: _____

Squad Choice: Football Sidelines and Competition

Cheerleading Tryouts Final Score

JUDGE #1 - Sidelines _____ 100 points possible

JUDGE #2 - Sidelines _____ 100 points possible

JUDGE #3 - Sidelines _____ 100 points possible

**Teacher recommendations _____ 100 points possible

Total Judges Score/Teacher Recs. _____ (Out of 400) – Sidelines

_____ (tumbling total – possible 40 points)

_____ (Out of 440)- Competition

FINAL SCORE – **Sidelines** _____

FINAL SCORE – **Competition** _____

2024 - 2025 North Paulding Cheerleading Tryout Rubric

Varsity Basketball Sidelines

3 Judges

Possible 300 points – Sidelines

100 possible points – Teacher Recommendation for a total of 400

Jump of Choice				
1 Point	2 Points	3 Points	4 Points	5 Points
Poor technique, dropped chest, legs bent, poor vertical, feet apart on landing.	Below average technique, toes flexed, dropped chest, below average vertical, feet apart on landing.	Average technique, toes flexed/pointed, average vertical, feet closed on landing.	Above average technique, toes partially pointed, above average vertical, feet together on landing	Excellent technique, toes pointed, high vertical, feet together on landing.
Toe Touch				
1 Point	2 Points	3 Points	4 points	5 Points
Poor technique, dropped chest, legs bent, poor vertical, feet apart on landing	Below average technique, toes flexed, dropped chest, below average vertical, feet apart on landing	Average technique, toes pointed, average vertical, feet closed on landing.	Above average technique, toes partially pointed, above average vertical, feet together on landing	Excellent technique, toes pointed, high vertical, feet together on landing
Cheer				
1-5 Points	6-12 Points	13-18 Points	19-25 Points	
Poor to below average technique including; motions, timing, voice projection, facials	Average technique including; few broken wrist, timing, voice projection, facials	Above average technique including; motions, timing, voice projections, facials	Excellent technique, including motions, timing, voice projection, facials, knowledge of cheer with no missed motions	

Chant			
1-5 Points	6-12 Points	13-18 Points	19-25 Points
Poor to below average technique including; motions, timing, voice projection, facials	Average technique including; few broken wrist, timing, voice projection, facials	Above average technique including; motions, timing, voice projections, facials	Excellent technique, including motions, timing, voice projection, facials, knowledge of cheer with no missed motions

2024 - 2025 North Paulding Cheerleading Tryout Rubric

Varsity Basketball Sidelines

Dance			
1-5 Points	6-12 Points	13-18 Points	19-25 Points
Poor to below average rhythm, movement, counts and facials	Average rhythm, movement, counts and facials	Above average rhythm, movement, counts and facials	Excellent rhythm, movement, counts, expression, facials and knowledge of routine with no missed motions
Spirit			
1-5 Points	6-8 Points	9-12 Points	13-15 Points
Poor Facials and or energy, High (Minnie Mouse) or no voice projection, poor confidence	Average Facials and or energy, average voice projection, little confidence	Above average facials and energy, above average voice projection, somewhat confident	Excellent facials and energy, excellent voice projection, very confident

2024 - 2025 North Paulding Cheerleading Tryouts

Varsity Basketball Sidelines

Judge's Signature: _____ # _____

Category	Possible Points	Points
Cheer	25	_____
<ul style="list-style-type: none">- Check motions, spirit, voice, stiffness, facials- Points deducted for broken wrists, not saying words, lack of facials		
Chant	25	_____
<ul style="list-style-type: none">- Check motions, spirit, voice, stiffness, facials- Points deducted for broken wrists, not saying words, lack of facials		
Dance Technique	25	_____
Jumps		
-Toe Touch	(5)	_____
-Jump of Choice	(5) 10	_____
Spirit		
-Voice, Facials, confidence, entrance	15	_____
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Total	100	_____

Comments: _____

Squad Choice: Varsity Basketball Sidelines

Cheerleading Tryouts Final Score

JUDGE #1 - Basketball Sidelines _____ 100 points possible

JUDGE #2 - Basketball Sidelines _____ 100 points possible

JUDGE #3 - Basketball Sidelines _____ 100 points possible

**Teacher recommendations _____ 100 points possible

Total Judges Score/Teacher Recs. _____ (Out of 400) – Basketball Sidelines