

BTHS Cheer Tryout Rubric

Athlete # _____ Judge # _____

Cheer- 30%	5	4	3	2	1	Comments
	Loud Strong Voice Powerful arm motions Correct placement Strong knowledge	Strong voice Tight arm motions Some/few misplaced motions Adequate knowledge	Moderate voice Loose Arms Moderate amount of misplace motions	Weak voice Loose arms Broken wrists Little knowledge of cheer	No knowledge of cheer Did not complete Loose arms/broken wrists	

Standing Tumbling Difficulty- 2.5%	5	4	3	2	1	Comments
	Standing Full Single Jump to Tuck Standing handspring(s) to layout/full	Back Tuck Standing handspring(s) to tuck	Multiple back handsprings Jump to back handspring	Standing Back Handspring	Cartwheel Back/Front walkover	
Standing Tumbling Technique- 2.5%	5	4	3	2	1	Comments
	Tumble on toes Feet together on ground, strong prep Legs straight/together in air Stick and stand clean	Feet together on ground Legs together in air Land without stumble Good technique in prep	Feet apart on ground Legs together in air Land with small stumble or step Good technique in prep	Feet apart on ground Bent arms in prep Stumble on landing Bent legs Not a clean prep Lacks confidence	feet apart on ground and in air bent arms in block no set in airborne skills, no height fall to knees or hands bent legs	
Running Tumbling Difficulty- 2.5%	5	4	3	2	1	Comments
	Series to Full	Running Series to Tuck/layout	Running Series with multiple back handsprings	One running back handspring	Round-off	
Running Tumbling Technique- 2.5%	5	4	3	2	1	Comments
	Tumble on toes Feet together on ground, strong prep Legs straight/together in air Stick and stand clean	Feet together on ground Legs together in air Land without stumble Good technique in prep	Feet apart on ground Legs together in air Land with small stumble or step Good technique in prep	Feet apart on ground Bent arms in prep Stumble on landing Bent legs Not a clean prep Lacks confidence	feet apart on ground and in air bent arms in block no set in airborne skills, no height fall to knees or hands bent legs	

Jumps- 10%	5	4	3	2	1	Comments
	Strong tight arms in prep straight legs Excellent height Completely pointed toes Body bent from waist Head and chest up Tight landing with feet together Excellent flexibility	Tight arms in prep Straight legs Moderate height Toes flexed or not completely pointed Head and chest up Tight landing with feet together Good Flexibility	Bent arms in prep Slightly bent legs Toes flexed Head and/or chest down in jump Little height Landing with feet apart Moderate flexibility	Sloppy arms Legs slightly bent and not fully extended Flexed Feet Little Height Poor flexibility	Did not perform all jumps Did not fully complete jump Fall to the ground	

Dance- 10%	5	4	3	2	1	Comments
	Strong tight arm motions Timed with music Performs dance without errors Excellent Facial expression and confidence	Performed content with one or two errors Mostly timed with music Motions and arms are placed correctly but could be tighter Some facials	Performed content with three or more errors Timing off Loose arms Some facials	Loose arms Timing off Unsure of choreography (looks to peer for help) Little facial expression	did not perform unsure of choreography no facial expression	

Overall Presence/Attitude- 5%	5	4	3	2	1	Comments
Observations during the tryout process	Energy and spirit always Follows directions and very respectful Great at making corrections Great at working with others Always hard working	Energy and spirit most times Usually follows directions and shows respect to coaches Makes some corrections Works great with most members Most times hard working	Shows positivity and energy only when performing Talks occasionally when directions are given Usually is respectful Takes feedback well but does not correct it Average work ethic	Does not show energy Often disrespectful or does not listen to directions Does not take feedback well Often does not work or finds excuses	Lacks energy, or is negative (crying, eye rolling, etc.) Disrespectful most times Does not take correction/argumentative Most times not working and making excuses	

Stunt 35% _____

Total Points: _____

Overall Comments: _____