



COACHES SHOWCHEER RUBRIC

2026-2027 QUICK REFERENCE | FRONT - JUMPS & TUMBLING

HOW TO USE: Match the skills performed to the examples below, confirm the participation threshold, then use the 1-5 scoring range. Examples are illustrative; other varieties and combinations may qualify.

JUMPS

JUMP SKILL EXAMPLES	
NOVICE LEVEL	ADVANCED LEVEL
T Jump X Jump Tuck Jump	Toe Touch Pike Hurdler Niner

* These are examples. There are other varieties and tumble options.

Jump scoring requirement: All teams must use 50% of the team or more for the jump skill to count.

1	2	3	4	5
1 novice skill performed	1 novice and 1 advanced skill performed, not connected	2 advanced skills performed, not connected	2 advanced skills connected plus 1 additional advanced skill, not connected	3 advanced skills, all connected

TUMBLING

STANDING TUMBLING		
NOVICE LEVEL SKILLS	INTERMEDIATE LEVEL SKILLS	ADVANCED LEVEL SKILLS
• Forward Roll • Backward Roll • Handstand • Front or Back Walkover • Walkover Variations	• Standing Back Handsprings / Handspring Series • Combination of Novice Skills with BHS	• Standing Tuck • Standing BHS to Tuck / Layout • Standing Full • Combination of Novice / Intermediate Skills with Advanced Skill

RUNNING TUMBLING		
NOVICE LEVEL SKILLS	INTERMEDIATE LEVEL SKILLS	ADVANCED LEVEL SKILLS
• Cartwheel • Round Off • Round Off BWO / BWO Series • FWO BWO Series	• Running RO BHS / BHS Series • Combination of Novice Level Skills with BHS	• Running RO BHS Tucks / Layouts / Fulls • Combination of Novice / Intermediate Level Skills with Tuck / Layout / Full

* These are examples. There are other varieties and tumble options.

Tumbling scoring requirement: All teams must complete a minimum of 2 standing passes, one by a minimum of 50% of the team, and 2 running passes, one by a minimum of 50% of the team.

1	2	3	4	5
2 or more novice-level skills performed	1 novice and 1 intermediate skill performed	2 intermediate skills performed	1 intermediate and 1 advanced skill performed	2 advanced skills performed



COACHES SHOWCHEER RUBRIC

2026-2027 QUICK REFERENCE | BACK - STUNTS & JUDGING

STUNTS

NOVICE LEVEL SKILLS

INVERSION	RELEASE	TWISTING	OTHER SKILLS	DISMOUNT
Inversion to Prep Level, 2 Feet	- Nugget Stunts - Thigh Stands - Lib at Waist Level or Below - Tic-Tocs at Waist Level or Below - Switch-Up to Waist Level or Below	1/4 or 1/2 Twist Up to 1 Foot at Waist Level 1/4, 1/2 or Full Up to 2 Feet at Prep Level or Below	- Barrel Roll - Shoulder Stand with 2 Feet - Prep-Level Show-and-Go - Straddle Sit at Prep Level or Below - Flat Back at Prep Level or Below - Shoulder Sit - Chair	- Step Down - Straight Cradle

INTERMEDIATE LEVEL SKILLS

INVERSION	RELEASE	TWISTING	OTHER SKILLS	DISMOUNT
Inversion to Prep Level, 1 Foot, or Extended, 2 Feet	- Tic-Tocs - Switch-Ups - Ball-Ups at Prep Level	1/4 or 1/2 Twist to 1 Foot at Prep Level 1/4 or 1/2 Up to 2 Feet at Full Extension - Full Twist to 2 Feet at Prep Level	- Combination of Skills at Prep Level - Suspended Forward Roll	- Pop-Off 1/4 or 1/2 Cradle

ADVANCED LEVEL SKILLS

INVERSION	RELEASE	TWISTING	OTHER SKILLS	DISMOUNT
Inversion to Full Extension, 1 Leg	- Tic-Tocs - Switch-Ups - Ball-Ups at Full Extension Level	1/2 or Full Twist to 1 Foot at Full Extension	- Combination of Skills at Full Extension - Suspended Forward Roll with Twist	Cradle with Full Twist

* These are examples. There are other varieties and stunt options.

Stunt scoring requirement: All teams must complete a minimum of 4 stunts by 50% + 1 of their team to receive credit.

1	2	3	4	5
4 or more novice-level stunts performed	2 novice and 2 intermediate stunts performed	4 or more intermediate-level stunts performed	2 intermediate and 2 advanced stunts performed	4 or more advanced-level stunts performed

JUDGING STANDARDS & SELECTION

QUALIFICATIONS	SELECTING NEW JUDGES	REQUIRED TRAINING
- NFHS knowledgeable - CAA Article 19 knowledgeable - Experience judging school cheer - Experienced athlete or coach in school cheer	- Known judges in the Arizona cheer community - Seek recommendations from other known judges or event producers - Ensure they meet the same qualifications listed - No affiliations with other CAA schools that may compete in the Cheer and Dance Competition - Consider the depth of judge credentials	- NFHS testing on rules - CAA testing on Article 19 - Training on CAA procedures and protocols - Test scoring and comment validity

Coach reminder: This quick reference summarizes the supplied CAA rubric. Always verify current NFHS rules, CAA Article 19, procedures, and event-specific instructions before competition.

