

OAC 2025 Cheerleading State Championships

Athlete Percentages

This document is derived from OHSCCA Best in the State

ATHLETES	75% OF TEAM
5	4
6	4
7	5
8	6
9	6
10	7
11	8
12	9
13	9
14	10
15	11
16	12
17	12
18	13
19	14
20	15
21	15
22	16
23	16
24	17
25	18
26	19
27	20
28	21
29	21
30	22



OAC 2025 Cheerleading State Championships

Building Rubric: Stunts

The following rubric is derived from OHSCCA Best in the State



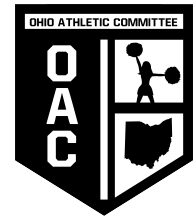
	1 - 5 Points	5 - 7 Points	7 - 9 Points	9 - 10 Points
INVERSION	<ul style="list-style-type: none"> • Ground Inversion to below prep • Below level Inversion to below prep • Prep level Inversion to below prep 	<ul style="list-style-type: none"> • Ground Inversion to prep • Prep level Inversion to prep • Hand to hand Inversion to prep • Suspended forward roll variations and Inversion dismount 	<ul style="list-style-type: none"> • Ground Inversion to extended • Prep level Inversion to extended • Hand to hand Inversion to extended • Prep level Inversion extended body position 	<ul style="list-style-type: none"> • Full twisting Inversion to extended • Ground Inversion to extended body position • Hand to hand Inversion to extended body position
RELEASE	<ul style="list-style-type: none"> • Release to prep level and below (quick toss, ball up) • Extended Release to prep level • Switch up to prep level • Prep level tick tock 	<ul style="list-style-type: none"> • Release to extended (quick toss, ball up) • Switch up to extended single leg • Low to High • High to High 	<ul style="list-style-type: none"> • 1/2 twisting Release to extended • Horizontal Release to extended • Full twisting switch up to extended • 1/2 twist single leg Low to High • 1/2 twist single leg High to Low 	<ul style="list-style-type: none"> • Full twisting Release to extension • Full twisting Release to extended body position • Full twist Low to High single leg • Full twist High to High single leg
TWISTING	<ul style="list-style-type: none"> • 1/4 or 1/2 to prep level • 1/4 or 1/2 to extended • 1/4 or 1/2 to side, prone, or cradle 	<ul style="list-style-type: none"> • Full up to prep level • Full up variations (cross leg, bases move, etc) • Full twist to cradle, side, or prone 	<ul style="list-style-type: none"> • Full up to extended • Hands full around to extended • 1/2 up to extended • High to High full around to extended 	<ul style="list-style-type: none"> • 1 1/2 to double up to extended • High to High full around to single leg • High to high full around to body position • High to high 1 1/2 around
OTHER	<ul style="list-style-type: none"> • Prep level and below stunt • Full twisting cradle from prep • Prep level single leg • Extended stunt • Shoulder stand 	<ul style="list-style-type: none"> • Extended single base stunt • Full twisting cradle from extended • Single leg extension 	<ul style="list-style-type: none"> • Single leg full twisting cradle • Single base extended one leg variation 	<ul style="list-style-type: none"> • Kick full twisting cradle • Full twisting cradle from single base • 1 1/4 full twisting cradle • Single ase twisting variations (full ups. etc)



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Building Rubric: Pyramid

The following rubric is derived from OHSCCA Best in the State



DIFFICULTY DRIVERS	
EXAMPLES	<ul style="list-style-type: none"> • Maximizing the number of groups performing each level appropriate transition • Utilizing level appropriate stunts into structures/within sequences • Combination of skills (level and non-level appropriate) • Pace and Connection of skills performed

	DEVELOPING	BASIC	ADVANCED	ELITE
NON-RELEASE	<ul style="list-style-type: none"> • Braced non-release transitions • Inverted stunts to prep level or below 	<ul style="list-style-type: none"> • Intermediate full up variations to extended • Inverted stunts to extended (2 bracers) 	<ul style="list-style-type: none"> • Advanced full up variations • Inverted stunts to extended (1 bracer) • Single base full up variations • Inverted stunts involving spinning (2 bracers) 	<ul style="list-style-type: none"> • Elite full up variations • Inverted stunts involving spinning (1 bracer) • Super Elite full up variations • Single base elite full up variations
RELEASE	<ul style="list-style-type: none"> • Released transitions to any level (2 bracers) • Released transitions to prep (1 bracer) • Switch up landing extended 	<ul style="list-style-type: none"> • Released transitions landing extended (1 bracer) • Braced inverted stunts released to prep level or below 	<ul style="list-style-type: none"> • Released transitions involving spinning (2 bracers) • Inversion that lands extended (2 bracers) • Unbraced released to extended 	<ul style="list-style-type: none"> • Released transitions to extended involving spinning or inversion (1 bracer) • Unbraced spinning or inversion release to extended
BRACED ROLL/FLIP	<ul style="list-style-type: none"> • Flipping transition landing below prep level • Rolling transition to prep and below 	<ul style="list-style-type: none"> • Flipping transition landing a prep (2 bracers) • Twisting flip to below prep • Flipping transition to prep • Rolling transition to extended 	<ul style="list-style-type: none"> • Flipping transition to extended • 1/2 twisting flip transition to prep • Flipping transition to extended • Full twist flip to prep • Flipping transition to extended with minimal bases 	<ul style="list-style-type: none"> • Released transitions to extended involving spinning/inversions (1 bracer) • Unbraced spinning/inversion release landing extended
BUILDING QUANTITY CHART	NUMBER OF ATHLETES	MAJORITY		
	5-11 12-15 16-19 20-23 24-36	1 1 2 3 4		





OAC 2025 Cheerleading State Championships Tumbling Rubric

The following rubric is derived from OHSCCA Best in the State

STANDING TUMBLING

Based on percentage of athletes' performing and competing skills.

***JUNIOR HIGH & BUILDING TEAMS WILL BE EVALUATED AT 50% OF THEIR ATHLETES FOR ALL TUMBLING.**

TEAM SKILL PERFORMED TOGETHER AT 75% OR MORE	75% and Above 2.5 POINTS	75% and Above 3 POINTS	75% and Above 3.5 - 4 POINTS	75% and Above 4.5 POINTS
CUMULATIVE INDIVIDUAL/DUO SKILLS AT 75% OR MORE TO REACH MAX POINTS	MAX POINTS 0.15	MAX POINTS 0.25	MAX POINTS 0.35 - 0.45	MAX POINTS 0.5
EXAMPLE OF SKILLS (skills are listed from least to greatest value)	<ul style="list-style-type: none"> • Basic Forward Roll • Cartwheel • Front/Back Walkover 	<ul style="list-style-type: none"> • Standing Handspring • Aerial • Connecting Handsprings 	<ul style="list-style-type: none"> • Cartwheel Tuck • Handspring Tuck • Standing Tuck • Handspring Layout 	<ul style="list-style-type: none"> • Standing whip pass to tuck or layout • At least ONE (or more) handspring combination to full • Cartwheel Full • Standing Full

The higher number of athletes you have tumbling together at any given time in the routine is scored at the higher end of the rubric. OHSCCA supports the safety and well-being of the student athletes by rewarding team skills over one individual athlete or duo throwing excessive passes as a solo or pair.

*All Tumbling Values in the CUMULATIVE portion of the bracket will be added to the overall difficulty score based on full team skills.

*The tumbling rubric is not inclusive of all skills performed, but is to provide guidance for coaches, choreographers, and judges.

*Max score starts at the baseline.





OAC 2025 Cheerleading State Championships Tumbling Rubric

The following rubric is derived from OHSCCA Best in the State

RUNNING TUMBLING

Based on percentage of athletes performing and competing skills.

TEAM SKILL PERFORMED AT THE SAME TIME OF THE ROUTINE AT 75% OR MORE	75% and Above 2.5 POINTS	75% and Above 3.0 POINTS	75% and Above 3.5 POINTS	75% and Above 4.0 POINTS	75% and Above 4.5 POINTS
CUMULATIVE INDIVIDUAL/DUO SKILLS AT 75% OR MORE TO REACH MAX POINTS	MAX POINTS 0.15	MAX POINTS 0.25	MAX POINTS 0.35	MAX POINTS 0.45	MAX POINTS 0.5
EXAMPLE OF SKILLS (skills are listed from least to greatest value)	<ul style="list-style-type: none"> • Roundoff • Front Handspring 	<ul style="list-style-type: none"> • Roundoff Handspring • Running Handspring Series 	<ul style="list-style-type: none"> • Roundoff Tuck • Front Walkover through to Series with Tuck • Running Handspring Series with Tuck 	<ul style="list-style-type: none"> • Layout • Layout Step Out • Specialty pass with no handed skills ending in a Tuck or Layout • X out 	<ul style="list-style-type: none"> • Arabian, Full • Specialty pass with two or more no handed skills ending in a full twisting skill

*The higher number of athletes you have tumbling together at any given time in the routine is scored at the higher end of the rubric. OHSCCA supports the safety and well-being of the student athletes by rewarding team skills over one individual athlete or duo throwing excessive passes as a solo or pair.

*All Tumbling Values in the CUMULATIVE portion of the bracket will be added to the overall difficulty score based on full team skills.

*The tumbling rubric is not inclusive of all skills performed, but is to provide guidance for coaches, choreographers, and judges.

*Max score starts at the baseline.

EXAMPLES OF BASELINE:

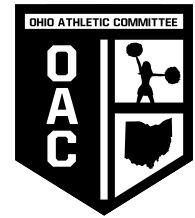
- 75% of full team round off back tucks can receive a 3.5 baseline.
- 75% of team (NOT repeat athletes) throwing peeled off layouts in a defined sequence of tumbling (ONE SECTION) can receive a 4 for baseline.



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Jump Rubric

The following rubric is derived from OHSCCA Best in the State



Based on percentage of athletes performing and competing skills.

	JUMP Max Points: 1-2 NON-TUMBLE: Full Team = 100% BUILDING: Full Team = 50%	JUMP Max Points: 2-3 NON-TUMBLE: Full Team = 100% BUILDING: Full Team = 50%	JUMP Max Points: 3-4 NON-TUMBLE: Full Team = 100% BUILDING: Full Team = 50%	JUMP Max Points: 4-5 NON-TUMBLE: Full Team = 100% BUILDING: Full Team = 50%
JUMPS <i>(High School and Junior High)</i>	<p>One Jump:</p> <p>Must be a full team synchronized jump.</p> <p>1 - 1.5 RANGE</p>	<p>Two Jumps:</p> <p>One jump must be full team AND The other jump must be with full or partial team (50% or more).</p> <p>2 - 2.5 RANGE</p>	<p>Three Jumps:</p> <p>Two jumps must be full team AND The other jump must be with full or partial team (50% or more).</p> <p>3 - 3.5 RANGE</p>	<p>Four Jumps:</p> <p>Three jumps must be full team AND The other jump must be with full or partial team (50% or more).</p> <p>4 - 4.5 RANGE</p>
JUMP(S) CONNECTED TO TUMBLING	<p>Added Handspring or multiple handsprings 1.5 - 1.7 RANGE</p> <p>Added Tuck, handspring tuck 1.7 - 1.9 RANGE</p> <p>Added handspring full, standing full Scores a 2</p>	<p>Added Handspring or multiple handsprings 2.5 - 2.7 RANGE</p> <p>Added Tuck, handspring tuck 2.7 - 2.9 RANGE</p> <p>Added handspring full, standing full Scores a 3</p>	<p>Added Handspring or multiple handsprings 3.5 - 3.7 RANGE</p> <p>Added Tuck, handspring tuck 3.7 - 4 RANGE</p> <p>Added handspring full, standing full Scores a 4</p>	<p>Added Handspring or multiple handsprings 4.5 - 4.7 RANGE</p> <p>Added Tuck, handspring tuck 4.7 - 5 RANGE</p> <p>Added handspring full, standing full Scores a 5</p>

A variety of the jumps thrown must be included to increase point potential.

Teams are encouraged to consider difficulty of the jump(s) selected and/or the **connection/combination** of jumps or connection of jumps with tumbling skills to increase point potential.

IT IS TO THE JUDGES'S DISCRETION TO GIVE A SCORE IN THE RANGE BASED ON THE NUMBER OF ATHLETES PERFORMING A SKILL AND THE LEVEL OF THE SKILL PERFORMED WITHIN THE RUBRIC RANGES FOR ADDING TUMBLING TO JUMPS.





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Jump Rubric: Non-Tumble/Non-Building

The following rubric is derived from OHSCCA Best in the State

Number of Jumps will set the range for your difficulty. Connections = Higher Difficulty

	JUMP Max Points: 6-7	JUMP Max Points: 7-8	JUMP Max Points: 8-9	JUMP Max Points: 9-10
JUMPS <i>Non-Tumble/ Non-Building</i>	FOUR Jumps: <i>Three jumps must be full team AND an additional jump combination or more.</i>	FIVE Jumps: <i>Four jumps must be full team AND an additional jump combination or more.</i>	SIX Jumps: <i>Five jumps must be full team AND an additional jump combination or more.</i>	SEVEN Jumps: <i>Six jumps must be full team AND an additional jump combination or more.</i>

A variety of the jumps thrown must be included to increase point potential.

Teams are encouraged to consider difficulty of the jump(s) selected and/or the connection/combination of jumps.

Each jump of a connected/combination jump will be counted individually; for example, a triple toe touch will count as 3 jumps.

