

2025-2026 AMERICHEER FAMILY OF BRANDS SCORING RUBRIC – ALL HIGH SCHOOL VARSITY TRADITIONAL & ALL MUSIC DIVISIONS



Applicable to Varsity (Co-ed, All Girl)

Note: Other factors that may determine difficulty scores are pace, combination of skills, number of bases, additional skills executed but not by MOST=75%. These would be considered score drivers/score boosters
AmeriCheer Reserves the right to make all the final scoring and legality decisions

STUNTS AND TUMBLING DIFFICULTY SCORES

STUNT DIFFICULTY	PYRAMID DIFFICULTY	TUMBLING DIFFICULTY	JUMP DIFFICULTY
1.0-2.0	1.0-2.0	1.0-2.0	2.5
Does not meet the below skill or participant requirements	Does not meet the below skill or participant requirements	Does not meet the below skill or participant requirements	Does not meet the below requirements
2.0-3.0	2.0-3.0	2.0-3.0	3.0
- One Leg Variation Below Prep OR - Prep OR - One Leg Variation at Prep Level	- One Leg Stunts at Prep Level OR - Extended Two Leg Stunts OR - Extended One Leg Stunts	- Round off BHS OR - Standing BHS OR - Jump/Single BHS Combination	Single Advanced Jump by MOST Synchronized
3.0-4.0	3.0-4.0	3.0-4.0	4.0
- Extensions OR - Extended One Leg Stunts OR - Extended One Leg Stunts AND Twisting Skill - Single Twist Transition OR Dismount TO OR FROM Two Leg Stunt	- Multiple (2 or More) One Leg Stunts - Multiple (2 or More) One Leg Stunts AND at least One Transitional Elements - Multiple (2 or More) One Leg Stunts AND Multiple Transitional Elements ONE of which is a release move.	- Round off Tuck OR - Round off BHS Tuck OR - Round off BHS Series OR - Combination to BHS OR - Jump/Consecutive BHS Combination	Double Advanced Jump Combinations by MOST Synchronized
4.0-5.0	4.0-5.0	4.0-5.0	5.0
- Multiple (2 or More) Level Appropriate Skills OR - Multiple (2 or More) Level Appropriate Skills AND Single Twisting Transition OR Dismount FROM One Leg Stunts OR Extended Stunt Sequence Performed by Single Base. Unassisted COED STYLE	- Extended One Leg Stunt with Multiple (2 or More) Transitional Sequences PLUS One of the following: Braced Flip Transition OR Arm Braced Tick Tock AND Multiple (2 or More) Extended Structures	- Running Layouts OR - Standing Tucks/Layouts/Fulls OR - Jump Tuck/Full Combination	Triple Advanced Jump combinations or Double Advanced Jump combinations and a Single Advanced Jump by MOST synchronized MUST include VARIETY

STUNT INFORMATION	TOSS INFORMATION	TUMBLING INFORMATION	ADVANCED JUMP INFORMATION
*The number of stunt groups/athletes is the minimum number that should be executed. Utilizing ALL stunt groups/athletes could positively impact your difficulty scores.	Tosses are NOT required but may be rewarded in the Pyramids category and will be considered a Pyramid at the discretion of the Pyramid judge(s). <i>See actual 2025-2026 NFHS Spirit Rules Book for Toss Restrictions</i>	Tumbling will be cumulatively considered to determine a scoring range; however once in range, athlete participation and synchronization will impact your score	- Herkie/Hurdler (Left/Right)(Front/Side) - Herkie/Hurdler in different directions are considered the SAME Jump - Toe Touch - Pike

MINIMUM QUANTITY CHARTS			ADDITIONAL INFORMATION			DANCE/MOTIONS
# of Athletes	Stunts	Pyramid	# of Athletes	Tumbling	Jumps	Difficulty factors include the following: Difficulty of skills performed, athlete participation, pace, variety and quantity in this order See level appropriate skills that meet and exceed the range requirement to boost the score Group Stunt – Traditional group of 4 athletes Toss – A traditional group of 4 athletes PLUS a front spot Coed Style – A group of 3 athletes (assisted or unassisted) Includes overall execution and precision of movement, quality of footwork, use of floor space and levels, pace and flow between skills, creative and seamless transitions, visual variety and formations, effective use of ripples, group synchronization, and incorporation of dynamic elements that enhance crowd appeal and visual impact. Choreography should complement the music, highlight team strengths, and maintain consistent energy and engagement from start to finish.
5-10	1	2	5-7	5	5	
11-14	2	2	8-10	7	7	
15-19	3	3	11-13	9	9	
20-25	4	4	14-17	12	12	
26-30	5	5	18-21	15	15	
			22-25	19	19	
			26-30	22	22	

STUNT LEVEL APPROPRIATE SKILLS				
TWISTING	INVERSIONS	RELEASE	OTHER	COED
Full up to extended	Inverted dismounts (pancake)	Prep Level tick tock	Full twisting dismount from single leg	Toss Extension
Prep level full around to extended	Twisting ground inversion to extended (1/2 twisting or more)	Switch Up to Extended one leg	Kick full dismount from single leg	Assisted Full up variations to Extended level
Full up to body position	Released inversion to extended	Release moves to extended (Low to high tick tock, Ball up, Quick toss)	Switch up to single base	Toss Platform to single leg variation
High to High full around to 2 feet	Ground/Prep level inversion released to extended	1/2 Twist switch up	Extended single base variations that include a release	Toss immediate liberty
Prep level 1 1/2 around to extended	Ground/Prep level inversion released to body position	Horizontal Release to extended	Inverted released and twisting to prep or extended level	Low to low/high tick tocks
1 1/2 up to extended	Hand to Hand Inversion release to prep	Low to high tick tock to body position		Toss immediate extended body position
1 1/2 up to prep body position	Alternate entries to hand in hand stunt (Diamidov) release to prep	1/2 twisting release moves to extended (low to high tick tock, Ball up, Quick toss)		Toss one arm extended
High to High full around to 1 foot	Hand to Hand inversion release to extended	Full twisting switch up		High to High tick tocks
Double Up to extended		High to high tick tock (lib to lib)		1/2 twist or greater release moves (full around)
		Horizontal Release to body position		Toss full up to extended
		Full twisting switch up to body position		Released inversion to prep/extended
		Full twisting release moves to extended (low to high tick tock, Ball up, Quick toss)		
		High to High Tick tock (body position to body position)		
		1/2 twisting (or greater) Horizontal release to extended		

PYRAMID LEVEL APPROPRIATE SKILLS		
NON-RELEASED TRANSITIONS (Top remains connected to base/spotter)	RELEASED TRANSITIONS (Top released from base/spotter)	FLIPPING/ROLLING TRANSITION (Hip over head rotation)
Inverted stunts involving spinning to extended	Released transition involving spinning to prep	Flipping transition landing below prep
Full up variation to one leg	Released transition spinning or inversion that lands extended	Flipping transition landing at prep level with 2 bracers
1.5 full up variation to extended	Unbraced release landing in extended	Twisting flipping transition landing below prep level
Single base full up to single leg	Released transition involving spinning/inversion that lands extended with 2 bracers	Flipping transition landing at prep level with one bracer
Inverted stunts involving spinning unbraced	Released transition to extended involving spinning/inversion with 1 bracers	Flipping transition landing extended with 2 bracers
Double up variation	Unbraced spinning/inversion release landing extended	Twisting flipping transition landing at prep level
Single braced high to high full around variation		Flipping transition starting at prep or above, landing extended with 2 bracers
Single braced single leg high to high full around variation		Twisting flipping transition landing extended
		Flipping transition starting at prep level or above landing extended with 1 bracer

*This list of skills is NOT all inclusive. Please remember that other factors for difficulty include pace, combination of skills, number of bases, variety etc.

* Following this is only a guideline and does not guarantee a specific difficulty score

**AmeriCheer Family of Brands Reserves the right to make all the FINAL rules and Scoring Decisions

