

# 2026-27 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 al the final scoring and legality decisions



## STUNTS AND TUMBLING DIFFICULTY SCORES

| STUNT DIFFICULTY                                                                                                                                                                                                                                                                                                                              | PYRAMID DIFFICULTY                                                                                                                                                                                                                                                                                             | TUMBLING DIFFICULTY                                                                                                                                                                                                                      | JUMP DIFFICULTY                                                                                                                                    |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>1.0-2.0</b>                                                                                                                                                                                                                                                                                                                                | <b>1.0-2.0</b>                                                                                                                                                                                                                                                                                                 | <b>1.0-2.0</b>                                                                                                                                                                                                                           | <b>2.5</b>                                                                                                                                         |
| 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                                                                                                               |
| <b>2.0-3.0</b>                                                                                                                                                                                                                                                                                                                                | <b>2.0-3.0</b>                                                                                                                                                                                                                                                                                                 | <b>2.0-3.0</b>                                                                                                                                                                                                                           | <b>3.0</b>                                                                                                                                         |
| <ul style="list-style-type: none"> <li>One Leg Variation Below Prep <b>OR</b></li> <li>Prep <b>OR</b></li> <li>One Leg Variation at Prep Level</li> </ul>                                                                                                                                                                                     | <ul style="list-style-type: none"> <li>One Leg Stunts at Prep Level <b>OR</b></li> <li>Extended Two Leg Stunts <b>OR</b></li> <li>Extended One Leg Stunts</li> </ul>                                                                                                                                           | <ul style="list-style-type: none"> <li>Round off BHS <b>OR</b></li> <li>Standing BHS <b>OR</b></li> <li>Jump/Single BHS Combination</li> </ul>                                                                                           | Single Advanced Jump by MOST Synchronized                                                                                                          |
| <b>3.0-4.0</b>                                                                                                                                                                                                                                                                                                                                | <b>3.0-4.0</b>                                                                                                                                                                                                                                                                                                 | <b>3.0-4.0</b>                                                                                                                                                                                                                           | <b>4.0</b>                                                                                                                                         |
| <ul style="list-style-type: none"> <li>Extensions <b>OR</b></li> <li>Extended One Leg Stunts <b>OR</b></li> <li>Extended One Leg Stunts <b>AND</b> Twisting Skill</li> <li>Single Twist Transition <b>OR</b> Dismount <b>TO OR FROM</b> Two Leg Stunt</li> </ul>                                                                              | <ul style="list-style-type: none"> <li>Multiple (2 or More) One Leg Stunts</li> <li>Multiple (2 or More) One Leg Stunts <b>AND</b> at least One Transitional Elements</li> <li>Multiple (2 or More) One Leg Stunts <b>AND</b> Multiple Transitional Elements <b>ONE</b> of which is a release move.</li> </ul> | <ul style="list-style-type: none"> <li>Round off Tuck <b>OR</b></li> <li>Round off BHS Tuck <b>OR</b></li> <li>Round off BHS Series <b>OR</b></li> <li>Combination to BHS <b>OR</b></li> <li>Jump/Consecutive BHS Combination</li> </ul> | Double Advanced Jump Combinations by MOST Synchronized                                                                                             |
| <b>4.0-5.0</b>                                                                                                                                                                                                                                                                                                                                | <b>4.0-5.0</b>                                                                                                                                                                                                                                                                                                 | <b>4.0-5.0</b>                                                                                                                                                                                                                           | <b>5.0</b>                                                                                                                                         |
| <ul style="list-style-type: none"> <li>Multiple (2 or More) Level Appropriate Skills <b>OR</b></li> <li>Multiple (2 or More) Level Appropriate Skills <b>AND</b> Single Twisting Transition <b>OR</b> Dismount <b>FROM</b> One Leg Stunts <b>OR</b> Extended Stunt Sequence Performed by Single Base. Unassisted <b>COED STYLE</b></li> </ul> | <ul style="list-style-type: none"> <li>Extended One Leg Stunt with Multiple (2 or More) Transitional Sequences <b>PLUS</b> One of the following:<br/>Braced Flip Transition <b>OR</b> Arm Braced Tick Tock <b>AND</b> Multiple (2 or More) Extended Structures</li> </ul>                                      | <ul style="list-style-type: none"> <li>Running Layouts <b>OR</b></li> <li>Standing Tucks/Layouts/Fulls <b>OR</b></li> <li>Jump Tuck/Full Combination</li> </ul>                                                                          | Triple Advanced Jump combinations or Double Advanced Jump combinations and a Single Advanced Jump by MOST synchronized<br><br>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. | <p>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).</p> <p><i>See actual 2026-27 NFHS Spirit Rules Book for Toss Restrictions</i></p> | Tumbling will be cumulatively considered to determine a scoring range; however once in range, athlete participation and synchronization will impact your score | <ul style="list-style-type: none"> <li>Herkie/Hurdler (Left/Right)(Front/Side) Herkie/Hurdler in different directions are considered the <b>SAME</b> Jump</li> <li>Toe Touch</li> <li>Pike</li> </ul> |

## MINIMUM QUANTITY CHARTS

| # of Athletes | Stunts | Pyramid |
|---------------|--------|---------|
| 5-10          | 1      | 2       |
| 11-14         | 2      | 2       |
| 15-19         | 3      | 3       |
| 20-25         | 4      | 4       |
| 26-30         | 5      | 5       |

| # of Athletes | Tumbling /Jumps | # of Athletes | Tumbling /Jumps | # of Athletes | Tumbling /Jumps |
|---------------|-----------------|---------------|-----------------|---------------|-----------------|
| 7             | 5               | 16            | 12              | 25            | 19              |
| 8             | 6               | 17            | 13              | 26            | 20              |
| 9             | 7               | 18            | 14              | 27            | 20              |
| 10            | 8               | 19            | 14              | 28            | 21              |
| 11            | 8               | 20            | 15              | 29            | 22              |
| 12            | 9               | 21            | 16              | 30            | 23              |
| 13            | 10              | 22            | 17              | 31            | 23              |
| 14            | 11              | 23            | 17              | 32            | 24              |
| 15            | 11              | 24            | 18              | 33            | 25              |

## ADDITIONAL INFORMATION

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)

## DANCE/MOTIONS

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.

## 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                   | ½ Twist switch up                                                                    | Extended single base variations that include a release   | Toss immediate liberty                         |
| Prep level 1 ½ 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 ½ up to extended                 | Hand to Hand Inversion release to prep                             | Low to high tick tock to body position                                               |                                                          | Toss immediate extended body position          |
| 1 ½ up to prep body position       | Alternate entries to hand in hand stunt (Diamidov) release to prep | ½ 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)                                                  |                                                          | ½ 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)                              |                                                          |                                                |
|                                    |                                                                    | ½ twisting (or greater) Horizontal release to extended                               |                                                          |                                                |

## PYRAMID LEVEL APPROPRIATE SKILLS

| NON-RELEASED TRANSITIONS<br>(Top remains connected to base/spotter) | RELEASED TRANSITIONS<br>(Top released from base/spotter)                            | FLIPPING/ROLLING TRANSITION<br>(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

