

Name: _____

2022-2023
Glenbrook South Cheerleading Tryout Rubric

	1	2	3	4	5
Toe Touch	Legs inverted star jump flexed toes; feet apart when landing	Legs inverted; "Star jump"; pointed toe; feet apart when landing	Almost parallel legs with pointed toes	Parallel Legs with pointed toes; legs together when landing	Hyperextended; toes pointed; legs together when landing
Secondary Jump	Low jump with flexed toes; feet apart when landing	Low jump with pointed toes; feet apart when landing	A little hyperextended with flexed toes hurdler; Somewhat parallel pike with flexed feet	Extended hurdler; Somewhat parallel pike; pointed toes; legs together when landing	Hyperextended hurdler; parallel pike; pointed toes; legs together when landing
Standing Tumbling	Back walkover	Back handspring	Multiple back handsprings	Back tuck	Full
Running Tumbling	Roundoff	Roundoff back handspring	Roundoff multiple back handsprings	Roundoff back handspring, back tuck/layout	Roundoff back handspring, full
Execution of Material	Soft motions; incorrect arm placement; bent wrists	Some soft motions; incorrect arm placement; bent wrists	Somewhat sharp; some soft motions; correct arm placement	Mostly sharp; straight arms; correct arm placement	Sharp, correct arm placement, strong motions; sharp claps
Showmanship	Regular voice; no facials; no eye contact with judges; low energy	Regular voice; some eye contact; some smiles throughout routine	Loud voice; eye contact with judges; smiles throughout routine	Loud voice; facials; eye contact with judges throughout routine	Loud voice; facials, eye contact, spirit & energy throughout routine
Knowledge of Material & Timing	Does not perform routine on count; Loses place often during routine	Performs portions of the routine on count	Somewhat performs the routine mostly on count	Mostly performs the routine on count	Performs routine on count

Total Score: _____ /35 total

Notes: