

OAC 2026 Cheerleading State Championships

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 <i>Full Team = 100%</i>	JUMP Max Points: 2-3 <i>Full Team = 100%</i>	JUMP Max Points: 3-4 <i>Full Team = 100%</i>	JUMP Max Points: 4-5 <i>Full Team = 100%</i>
JUMPS <i>(High School and Junior High)</i>	One Jump: Must be a full team synchronized jump. 1 - 1.5 RANGE	Two Jumps: One jump must be full team AND The other jump must be with full or partial team (50% or more). 2 - 2.5 RANGE	Three Jumps: Two jumps must be full team AND The other jump must be with full or partial team (50% or more). 3 - 3.5 RANGE	Four Jumps: Three jumps must be full team AND The other jump must be with full or partial team (50% or more). 4 - 4.5 RANGE
JUMP(S) CONNECTED TO TUMBLING	Added Handspring or multiple Handsprings 1.5 - 1.7 RANGE Added Tuck, Handspring Tuck 1.7 - 1.9 RANGE Added Handspring Full, Standing Full 1.9 - 2.0 RANGE	Added Handspring or multiple Handsprings 2.5 - 2.7 RANGE Added Tuck, Handspring Tuck 2.7 - 2.9 RANGE Added Handspring Full, Standing Full 2.9 - 3.0 RANGE	Added Handspring or multiple Handsprings 3.5 - 3.7 RANGE Added Tuck, Handspring Tuck 3.7 - 3.9 RANGE Added Handspring Full, Standing Full 3.9 - 4.0 RANGE	Added Handspring or multiple Handsprings 4.5 - 4.7 RANGE Added Tuck, Handspring Tuck 4.7 - 4.9 RANGE Added Handspring Full, Standing Full 4.9 - 5.0 RANGE

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

JUMPS <i>Non-Tumble/ Non-Building</i>	JUMP Max Points: 6 - 7	JUMP Max Points: 7 - 8	JUMP Max Points: 8 - 9	JUMP Max Points: 9 - 10
	<i>FOUR Jumps:</i> <i>TWO jumps must be full team AND Additional 2 Jumps Partial Team</i>	<i>FIVE Jumps:</i> <i>THREE jumps must be full team AND Additional 2 Jumps Partial Team</i>	<i>SIX Jumps:</i> <i>FOUR jumps must be full team AND Additional 2 Jumps Partial Team</i>	<i>SEVEN Jumps:</i> <i>FIVE jumps must be full team AND Additional 2 Jumps Partial Team</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.

PARTIAL TEAM CAN BE ANY NUMBER OF ATHLETES THAT IS NOT EQUAL TO FULL TEAM.

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





OAC 2026 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 WILL BE EVALUATED AT 50% OF THEIR ATHLETES FOR ALL TUMBLING.**
***Building Teams will be evaluated at 25% 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"> • 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**.

*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. If a base skill is not performed at 75% the team will be scored in the lower column.





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Tumbling Rubric

The following rubric is derived from OHSCCA Best in the State

RUNNING TUMBLING

TEAM SKILL PERFORMED AT THE SAME TIME OF THE ROUTINE AT 75% OR MORE FULLY SYNCHRONIZED OR SEMI SYNCHRONIZED	75% and Above 1.5 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
BONUS Additional Highlighted Skills that are not full team	MAX POINTS 0.15 High Bonus - 0.15 Low Bonus - 0.05	MAX POINTS 0.25 High Bonus - 0.25 Low Bonus - 0.15	MAX POINTS 0.35 High Bonus - 0.35 Low Bonus - 0.25	MAX POINTS 0.45 High Bonus - 0.45 Low Bonus - 0.35	MAX POINTS 0.5 High Bonus - 0.5 Low Bonus - 0.45
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 including whip 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

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

*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.

*All the highest 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. If a base score is not performed at 75% the team will be scored in the lower column.



COACHES CHEAT SHEET FOR RUNNING TUMBLING:

Example: 75% of full team perform Roundoff Tucks can receive a 3.5 baseline.

High Bonus = Multiple Athletes / **Low Bonus** = Individual/Duo Athletes



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Building Rubric: Stunts

The following rubric is derived from OHSCCA Best in the State

	DEVELOPING - UP TO 7	BASIC - UP TO 8	ADVANCED - UP TO 9	ELITE - UP TO 10
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 base twisting variations (Full ups, etc.)

DIFFICULTY DRIVERS

Once a Stunt Difficulty is determined, each stunt will be evaluated based on the following criteria:

Degree of Difficulty and MAX Participation





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Building Rubric: Pyramid

The following rubric is derived from OHSCCA Best in the State

DIFFICULTY DRIVERS

- 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 - UP TO 7	BASIC - UP TO 8	ADVANCED - UP TO 9	ELITE - UP TO 10
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 at 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		

