

JUMPS AND TUMBLING

Judge _____ Number _____

Hurdler	<input type="checkbox"/> Pointed Toes <input type="checkbox"/> Straight Legs <input type="checkbox"/> Stuck Landing <input type="checkbox"/> Feet Together <input type="checkbox"/> Legs Above Horizontal <input type="checkbox"/> Good Arm Placement <input type="checkbox"/> Strong Technique	<input type="checkbox"/> Toes Not Pointed <input type="checkbox"/> Bent Legs <input type="checkbox"/> Wobbly Landing <input type="checkbox"/> Feet Apart <input type="checkbox"/> Legs Below Horizontal <input type="checkbox"/> Improper Arm Placement <input type="checkbox"/> Weak Technique	10
Pike	<input type="checkbox"/> Pointed Toes <input type="checkbox"/> Straight Legs <input type="checkbox"/> Stuck Landing <input type="checkbox"/> Feet Together <input type="checkbox"/> Legs Above Horizontal <input type="checkbox"/> Good Arm Placement <input type="checkbox"/> Strong Technique	<input type="checkbox"/> Toes Not Pointed <input type="checkbox"/> Bent Legs <input type="checkbox"/> Wobbly Landing <input type="checkbox"/> Feet Apart <input type="checkbox"/> Legs Below Horizontal <input type="checkbox"/> Improper Arm Placement <input type="checkbox"/> Weak Technique	10
Double Toe Touch	<input type="checkbox"/> Pointed Toes <input type="checkbox"/> Straight Legs <input type="checkbox"/> Stuck Landing <input type="checkbox"/> Feet Together <input type="checkbox"/> Legs Above Horizontal <input type="checkbox"/> Good Arm Placement <input type="checkbox"/> Strong Technique	<input type="checkbox"/> Toes Not Pointed <input type="checkbox"/> Bent Legs <input type="checkbox"/> Wobbly Landing <input type="checkbox"/> Feet Apart <input type="checkbox"/> Legs Below Horizontal <input type="checkbox"/> Improper Arm Placement <input type="checkbox"/> Weak Technique	15
Standing Tumbling Backhandspring.....max 5 Backhandspring Tuck...max 10 Standing Tuck.....max 15	<input type="checkbox"/> Pointed Toes <input type="checkbox"/> Straight Legs <input type="checkbox"/> Stuck Landing <input type="checkbox"/> Feet Together <input type="checkbox"/> Pops Off Floor	<input type="checkbox"/> Toes Not Pointed <input type="checkbox"/> Bent Legs <input type="checkbox"/> Wobbly Landing <input type="checkbox"/> Feet Apart	15
Running Tumbling Backhandspring.....max 6 Backhandspring Series...max 6 Back Tuck.....max 8 Backhandspring Tuck...max 12 Layout.....max 15 Full.....max 15	<input type="checkbox"/> Stuck Landing <input type="checkbox"/> Good Form <input type="checkbox"/> Other _____	<input type="checkbox"/> Wobbly Landing <input type="checkbox"/> Feet Apart <input type="checkbox"/> Form Needs Improvement	15
Optional _____	<input type="checkbox"/> Sticks Landing <input type="checkbox"/> Good Form <input type="checkbox"/> Other _____	<input type="checkbox"/> Wobbly Landing <input type="checkbox"/> Feet Apart <input type="checkbox"/> Form Needs Improvement	25

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|--------------------------------------|--|
| Handspring.....max 3 | RO Handspring Layout.....max 12 |
| RO Handspring.....max 5 | Handspring Tuck.....max 13 |
| Cartwheel Handspring.....max 5 | Standing Tuck.....max 16 |
| RO Handspring Series.....max 5 | Toe Touch Tuck.....max 18 |
| Toe Touch Handspring.....max 5 | RO Handspring Full*.....max 20 |
| RO Tuck.....max 7 | Pike Tuck.....max 20 |
| RO Handspring Tuck.....max 9 | Triple Toe Touch Tuck.....max 20 |
| RO Handspring Series Tuck.....max 10 | Handspring Handspring Full*.....max 25 |
| Cartwheel Tuck.....max 11 | Standing Full*.....max 25 |

*Falls must be performed on track or mat due to NFHS/AACCA safety rules

Total

90

CHANT

Judge _____ Number _____

Voice Projection	<input type="checkbox"/> Loud Voice <input type="checkbox"/> Good Expression	<input type="checkbox"/> Quiet Voice <input type="checkbox"/> No Expression <input type="checkbox"/> Too High/Too Low	15
Energy And Showmanship	<input type="checkbox"/> Natural Look <input type="checkbox"/> Enthusiastic <input type="checkbox"/> Fun To Watch <input type="checkbox"/> Good Eye Contact <input type="checkbox"/> Invites Crowd To Cheer	<input type="checkbox"/> Overdone Facials <input type="checkbox"/> Lacks Enthusiasm <input type="checkbox"/> Uninterested <input type="checkbox"/> No Eye Contact <input type="checkbox"/> Hesitant To Initiate Crowd	15
Motion Technique	<input type="checkbox"/> Correct Placement <input type="checkbox"/> Straight Wrists	<input type="checkbox"/> Incorrect Placement <input type="checkbox"/> Bent Wrists	15
“Pepping” / Calling Chant	<input type="checkbox"/> Natural Look <input type="checkbox"/> Enthusiastic <input type="checkbox"/> Fun To Watch <input type="checkbox"/> Good Eye Contact <input type="checkbox"/> Invites Crowd To Cheer	<input type="checkbox"/> Overdone Facials <input type="checkbox"/> Lacks Enthusiasm <input type="checkbox"/> Uninterested <input type="checkbox"/> No Eye Contact <input type="checkbox"/> Hesitant To Initiate Crowd	15
Sharpness Of Motions	<input type="checkbox"/> Punched Motions <input type="checkbox"/> Motions Stick And Hold	<input type="checkbox"/> Incorrect Placement <input type="checkbox"/> Motions Bounce	15
Knowledge Of Cheer	<input type="checkbox"/> Fluid Motions <input type="checkbox"/> Recalls Cheer Easily	<input type="checkbox"/> Stops And Starts <input type="checkbox"/> Forgets Motions/Parts	15

Total

90

BAND DANCE

Judge _____ Number _____

Timing	<input type="checkbox"/> On Beat <input type="checkbox"/> Keeps Time	<input type="checkbox"/> Off Beat <input type="checkbox"/> Loses Time	15
Energy And Showmanship	<input type="checkbox"/> Natural Look <input type="checkbox"/> Enthusiastic <input type="checkbox"/> Fun To Watch <input type="checkbox"/> Good Eye Contact <input type="checkbox"/> Invites Crowd To Cheer	<input type="checkbox"/> Overdone Facials <input type="checkbox"/> Lacks Enthusiasm <input type="checkbox"/> Uninterested <input type="checkbox"/> No Eye Contact <input type="checkbox"/> Hesitant To Initiate Crowd	15
Motion Technique	<input type="checkbox"/> Correct Placement <input type="checkbox"/> Straight Wrists	<input type="checkbox"/> Incorrect Placement <input type="checkbox"/> Bent Wrists	15
Jumps And Tumbling	<input type="checkbox"/> Pointed Toes <input type="checkbox"/> Straight Legs <input type="checkbox"/> Stuck Landing <input type="checkbox"/> Feet Together <input type="checkbox"/> Legs Above Horizontal <input type="checkbox"/> Good Arm Placement <input type="checkbox"/> Strong Technique	<input type="checkbox"/> Toes Not Pointed <input type="checkbox"/> Bent Legs <input type="checkbox"/> Wobbly Landing <input type="checkbox"/> Feet Apart <input type="checkbox"/> Legs Below Horizontal <input type="checkbox"/> Improper Arm Placement <input type="checkbox"/> Weak Technique	15
Sharpness Of Motions	<input type="checkbox"/> Punched Motions <input type="checkbox"/> Motions Stick And Hold	<input type="checkbox"/> Incorrect Placement <input type="checkbox"/> Motions Bounce	15
Knowledge Of Dance	<input type="checkbox"/> Fluid Motions <input type="checkbox"/> Recalls Dance Easily	<input type="checkbox"/> Stops And Starts <input type="checkbox"/> Forgets Motions/Parts	15

Total

90

DANCE

Judge _____ Number _____

Timing	<input type="checkbox"/> On Beat <input type="checkbox"/> Keeps Time	<input type="checkbox"/> Off Beat <input type="checkbox"/> Loses Time	15
Energy And Showmanship	<input type="checkbox"/> Natural Look <input type="checkbox"/> Enthusiastic <input type="checkbox"/> Fun To Watch <input type="checkbox"/> Good Eye Contact <input type="checkbox"/> Invites Crowd To Cheer	<input type="checkbox"/> Overdone Facials <input type="checkbox"/> Lacks Enthusiasm <input type="checkbox"/> Uninterested <input type="checkbox"/> No Eye Contact <input type="checkbox"/> Hesitant To Initiate Crowd	15
Motion Technique	<input type="checkbox"/> Correct Placement <input type="checkbox"/> Straight Wrists	<input type="checkbox"/> Incorrect Placement <input type="checkbox"/> Bent Wrists	15
Jumps And Tumbling Jump & Tuck.....max 15 Jump & Backhandspring.max 10 Jumps Only.....max 5	<input type="checkbox"/> Pointed Toes <input type="checkbox"/> Straight Legs <input type="checkbox"/> Stuck Landing <input type="checkbox"/> Feet Together <input type="checkbox"/> Legs Above Horizontal <input type="checkbox"/> Good Arm Placement <input type="checkbox"/> Strong Technique	<input type="checkbox"/> Toes Not Pointed <input type="checkbox"/> Bent Legs <input type="checkbox"/> Wobbly Landing <input type="checkbox"/> Feet Apart <input type="checkbox"/> Legs Below Horizontal <input type="checkbox"/> Improper Arm Placement <input type="checkbox"/> Weak Technique	15
Dance Technique	<input type="checkbox"/> Good Rhythm <input type="checkbox"/> Good Body Posture <input type="checkbox"/> Good Body Position <input type="checkbox"/> Ease Of Execution	<input type="checkbox"/> Uncomfortable <input type="checkbox"/> Incorrect Body Posture <input type="checkbox"/> Incorrect Body Position <input type="checkbox"/> Uneasy Execution	15
Precision Of Motions	<input type="checkbox"/> Punched Motions <input type="checkbox"/> Motions Stick And Hold	<input type="checkbox"/> Incorrect Placement <input type="checkbox"/> Motions Bounce	15

Total

90