



**2019-2020**

(Revised for 2021-2022 session only)

## **Hawai'i State Cheerleading Scoring System**

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### **PURPOSE**

This packet was created for the cheerleading coaches of Hawai'i in order to promote safe, fun, and well executed competition routines. It should be used as a guide to help create a routine that showcases cheerleaders' talents while maximizing the scoring system.

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## 2019 Hawai'i State Cheerleading Scoring System

**TEAM SKILL SHEET** (See attached team skill sheet hyperlink in Appendix)

Teams are required to have their Team Skill Sheet completed by the start of their warm-up time. **2 points will be deducted for teams that do not comply with this request.**

**JUDGE'S SCORE SHEET** (See attached score sheets in Appendix)

<b>Required Skill Elements:</b> Motions, Jumps, Stunts, Pyramids, Standing Tumbling, Running Tumbling, Baskets, Dance	8 categories	10 points maximum
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<b>Choreography/Execution:</b> Timing/Synchronization, Spacing/Formations, Transitions/Flow of Routine, Expression/Showmanship, Crowd Leadership, Creativity, Voice/Projection	7 categories	5 points maximum
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<b>Overall Performance:</b>	1 category	10 points maximum
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<b>MAXIMUM POINTS Per Score Sheet:</b>	125 points
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<b>MAXIMUM POINTS Total from all Judges:</b>	375 points
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**Teams will place according to total points earned.** In the case of a tie, the total points from the "Required Skill Elements" section on the score sheet will determine the winner. In the event of a second tie, the total points from the "Overall Performance" section on the score sheet will determine the winner. In the event of a third tie, the judges will rank the teams to determine the winner.

\*\*\*Intermediate teams will NOT be scored on BASKETS. Maximum points: 115 points per score sheet, Maximum points: 345 points total per competition.

## **MAJORITY**

*MAJORITY is defined as 50% + 1 of the total members of the performing team. For Example: For a team of 12, majority is 7 or for a team of 11, majority is 6.*

In order to get the highest range, the MAJORITY of the team must demonstrate the proper technique of the skill.

*\*Front Bases are not included in the majority for baskets, pyramids, and stunts*

<b>MAJORITY CHART</b>			
<b>Medium Division</b>		<b>Large Division</b>	
<b>Team Size</b>	<b>Majority</b>	<b>Team Size</b>	<b>Majority</b>
1	1	12	7
2	2	13	7
3	2	14	8
4	3	15	8
5	3	16	9
6	4	17	9
7	4	18	10
8	5	19	10
9	5	20	11
10	6		
11	6		

Teams will be judged on the highest skill level in each category in which the MAJORITY of the team executes.

A team may only be given up to 4 points per Required Skill Element in TOTAL if the MAJORITY of the team DOES NOT execute a skill. A ZERO will be given to teams that omit any of the required skill elements.

## **DIVISION SIZE**

As determined for the State Competition Division.

**Medium:** 11 or fewer competitors

**Large:** 12-20 competitors

## **JUDGES**

**Performance Judges:** Score the execution of Required Skill Elements, Routine Execution, and Routine Choreography during each team's performance. **A performance judge may also adjust the difficulty +.5 or -.5 from**

**the determined difficulty range set/determined by the Range Judge.** Each judge will also include an Overall Performance Score derived from the mode of all judged elements. A judging panel will consist of three (3) performance judges. In the event of two (2) performance judging panels, each panel will be assigned different divisions to judge (Intermediate/JV panel, Varsity panel). Performance judges will not be permitted to view a team's performance prior to the competition.

**Range Judge:** Determines the range score for all Required Skill Elements by evaluating the team's highest skill executed by majority as defined by rubric. Each team will have the responsibility of completing their own Skills Sheet prior to competition. The Range Judge makes the final decision on all skill levels. The Range Judge will also watch performances prior to competition for the execution of all planned skills. *If a team does not execute during the performance as planned due to a number of unforeseen circumstances, the Range Judge has the responsibility to adjust the range score with Performance Judges.* In addition, the Range Judge oversees the consistency of scores among the performance judge panel(s).

**Safety Judges:** Ensures all routines comply with The National Federation of State High School Associations' ("NFHS") Spirit Rules Book, or "safety rules". There must be a total of three (3) Safety Judges per competition, one (1) of which will be the Head Safety Judge. Safety Judges will deduct points for any and all violations of safety rules during the competition. The Head Safety will assist in warm-ups and complete the safety deduction sheet during the competition.

**All decisions by members of the Hawai'i State Cheerleading Judges Association are final.**

### **COMPETITION PROCEDURES AND CONDUCT**

To ensure a positive experience for all attendees the following procedures have been put into place to keep competitions running smoothly without incident:

- During warm-ups, feedback on skill sheets, routines, and predetermined ranges will be discussed and shared **only** with the Head Coach of each squad.
- Once competition performances have commenced, participants, coaches and spectators are prohibited from making physical or verbal contact with the Judges.
- **Judges' rulings are final.**
- Any unruly, aggressive or belligerent behavior by participants, coaches and/or spectators towards any other attendees, event staff, or Judge may result in team deduction, potential team disqualification, and/or removal from the event.
  - "Any student-athlete or coach disqualified before, during, or after a state tournament game/match/event for unsportsmanlike conduct, flagrant verbal misconduct, or flagrant physical misconduct shall be disqualified from his/her next scheduled state tournament game/match/event for that sport. The student-athlete or coach has the right to appeal any such disqualification to an appeals committee for the particular sport. Should a student-athlete or coach be disqualified from the final state tournament game/match/event for that sport, said disqualification shall NOT carry over to the following school year's state tournament for that sport. Instead, the student-athlete or coach's league shall determine any appropriate penalty or sanction." (HHSAA State Cheerleading Packet)

### **ROUTINE LOGISTICS**

- Squads shall perform one routine that incorporates all required skill elements.
- Squads must provide a non-squad member/athlete to assist in the operation of the performance audio.
- If a team's routine is interrupted due to failure of the competition equipment, facilities or other factors not attributable to the team, the team affected will be allowed to restart from the beginning after directed by the Competition Coordinator.
- If a team's routine is interrupted due to the failure of operator or team equipment (phone, iPod, iPad etc.) performance time will not restart, and teams may receive time penalties should time requirements be exceeded.

## TIMING

- Each team will have **two minutes and thirty seconds (2:30)** of performance time. Squads must not exceed a **maximum of one minute and thirty seconds (1:30)** of music and must perform a **minimum of thirty-five (0:35)** seconds for Cheer/Chant.
- Squads will have time to enter the performance area for the purpose of placing signs, megaphones and/or poms. (i.e. “props”)
- Timing for performances will begin (1) upon the first note of music/ the first vocal command or (2) 10 seconds after the team is announced to “take the floor”, **whichever comes first.**
- All squad participants must start their routine in the performance area with at least one foot on the ground.
- Teams must exit the performance area immediately following the end of their routine. No organized exits or other activities are allowed after the official ending of the routine.

## PERFORMANCE AREA

- All competition routines will take place within a matted 42ft. x 42ft area (7 mats). Mat panels will be placed with seams running toward the audience.
- Competition host schools must have safe mats and Velcro strips prior to the competition date.
- Participants, coaches, and/or spectators are expected to maintain a boundary of 3 feet from the edge of the performance area (mat panels). Squads will not be allowed to begin their performance until performance boundaries are followed.

## RULES GOVERNING COMPETITIONS

The National Federation of State High School Associations (NFHS) Spirit Rules Book shall govern the tournament, with Hawai'i State Cheerleading Judges Association (HSCJA) modifications.

## SAFETY RULES

- All squads will be required to comply with the current NFHS Spirit Rules Book published by the National Federation of State High School Association.
- Any squad found in violation of the NFHS Spirit Rules Book or tournament's requirements will be assigned a penalty for each infraction.

## DEDUCTION TABLE

- Performance Judges have the authority to make deductions from a team's performance in accordance with the HSCJA deduction sheet regarding **execution** only. **A performance judge may also adjust the difficulty range +.5 or -.5 from the determined difficulty range set/determined by the Range Judge.** Performance Judges will also be required to score using experience and sound judgement.

- Safety Judge may also make deductions before, during and immediately following a team's performance regarding **safety violations and/or missed and dropped skills** (as defined below) only.

<b>Violation/Trick</b>	<b>Safety Judges</b>	<b>Performance Judges</b>	<b>Range Judges</b>
Fallen stunt/pyramid	2 point deduction	Routine Execution and/or Routine Choreography Difficulty +.5 or -.5 of the determine range by the Range Judge	Range score may change depending on majority
Dropped stunt/pyramid	2 point deduction	Routine Execution and/or Routine Choreography Difficulty +.5 or -.5 of the determine range by the Range Judge	Range score as needed
Missed Stunt	None	Difficulty +.5 or -.5 of the determine range by the Range Judge	Range score as needed
Unintentional Cradle to stomach	5 point deduction	Routine Execution Difficulty +.5 or -.5 of the determine range by the Range Judge	Range score as needed
Fallen Tumbling (knees before feet)	2 points deduction	Routine Execution Difficulty +.5 or -.5 of the determine range by the Range Judge	Range score as needed
Dropped Tumbling	2 points deduction	Dictated by deduction sheet Difficulty +.5 or -.5 of the determine range by the Range Judge	Range score as needed
Missed Tumbling	None	None Difficulty +.5 or -.5 of the determine range by the Range Judge	Range score as needed

\*The Deduction Chart is subject to change according to the updated NFHS Spirit Rules Book.

## **DEDUCTIONS DEFINITIONS**

### **Stunts/Pyramids**

**Definition:** A **drop** stunt/pyramid is one in which the top person lands on the performing surface from an airborne position.

- A deduction specifically for the drop will be taken by the Head Safety Judge and recorded on the team's safety score sheet.
- Early cradles will not be considered a drop, but as a timing issue and will be taken into consideration by the performance judges.
- Shaky stunts will not be considered a drop, but an execution issue and points will be deducted by the performance judges.
- If a stunt or pyramid drops or falls, the Range Judge has the authority to lower the range score during the performance.

**Definition:** A **missed** stunt/pyramid is any stunt that DOES NOT go up as planned as per Skills Sheet.

- A stunt or pyramid that is planned and not executed is considered a **missed** stunt.
- A stunt that was planned and stated on the skills sheet needed for a specific Range score, and is missed, may lower the Range score if majority is not met by the squad.

### **Cradles**

- Any missed cradle that unintentionally lands on its stomach will be considered a safety violation and will receive a deduction of 5 points, documented on the team's safety score sheet as an unintentional stomach cradle.
- Any cradles that rotate more than 1 ¼ rotation will receive a deduction of 5 points by the Head Safety Judge documented on the team's safety score sheet.

### **Tumbling**

- A deduction of 2 points will apply per dropped tumbling trick by the Head Safety Judge and recorded on the team safety score sheet.

**Definition:** A **missed** tumbling skill is any standing or running tumbling that is NOT demonstrated at all.

- Example: A tumbler that planned to do a running pass but marks it (does not demonstrate the skill at all) will be considered a missed tumbling skill.
- If a team does not meet the majority during performance, Range judge will lower the range during performance.

## **PROPS**

\*Reference NEW RULE in NFHS Safety Book Rule 2-1-7c

Each squad will be given time to enter the performance area for the purpose of placing signs, megaphones, and/or poms (i.e. "props".) Prior to the start of the routine, all props (e.g. poms, flags, signs, etc.) used in a routine must **start completely on** the competition surface at the beginning of the routine and picked up after the conclusion of the performance. Props that start partially off the competition surface will result in a 2-point boundary violation for EACH occurrence. As the routine progresses and the props are used they may be **gently tossed off** the competition surface.

If the props are in the way of the skills being performed, then a competitor may move the sign with their hands to a safe location with no safety violation. However, a deduction may be applied if moving the prop interferes with the safety of anyone on the competition surface and is stepped upon or over.

## **REQUIRED SKILL ELEMENTS RUBRICS**

All squads must participate in a "warm-up" with the Range Judge to confirm Ranged skills on skills sheets. Use the following rubrics to determine your team's Range Scores prior to competition. These Range Scores represent the highest score a team can earn for each skill. Regardless of Ranged Score during warm-ups, if skill is not executed during performance by majority, then the Range Score will drop.



**JUMPS RUBRIC**

**Definitions**

- Consecutive: Without stopping (no movement) or extra bounce between jumps.
- Transition spins between jumps are not considered consecutive.

<b>JUMPS</b>			
<b>1.5</b>	<b>2.5</b>	<b>3.5</b>	<b>4.5</b>
<b>SINGLE</b>	Two Different Consecutive  OR  Consecutive Triple Without variety	Consecutive Triple with variety  OR  Consecutive Quad without variety	Consecutive Quad with variety
Variety= Three different jumps  Variety of Jumps= Toe touch, hurdlers, pike, double 9, around the world  No Majority, range score is 1.5 with a 0 execution score			

## STUNTS RUBRIC

### Definition/Notes

- Transition(s) must occur between each stunt in the sequence(s).
- Transitions are defined as any level changing movement from one stunt to another.
  - Release Transitions are defined as transitions where base(s) maintain direct contact with the top person. A top person changes from one stunt to another (including loading positions) during a temporary loss of physical contact with all personnel on the performing surface
  - Non-Release Transitions are defined as transitions where base(s) maintain direct contact with the top person. A top person is moved from one stunt to another while maintaining physical contact with the original base(s), new base(s), new base(s) or a post.
- **Squads may only receive a Range 4.5 if the stunt sequence maintains integrity of clear stunt/transition combinations in continuous motions. (No more than 1 tap, no bounces, no pauses that slow or interrupt the sequence during performance.)**
- Sequence= Can NOT do more than one POWER PRESS or TAP.
- To reach the desired range all skills must be performed.
- If any requirements are not performed the range will drop to the corresponding range.
- Once both of the Top person's feet touch the floor the sequence is considered over.

<b>STUNTS</b>				
	1.5	2.5	3.5	4.5
<b>Group</b>	Prep level Or below With sequences of two stunts	Straight up extended double leg With sequence of two extended stunts	Straight up extended single leg OR Quick toss to extended double leg With sequence of two different single leg extended stunts	Full-up extended level OR Quick toss to extended single leg with sequences of two or more different single leg extended stunts
	OR	OR	OR	OR
<b>Single Base</b>	N/A	Single base at prep level	Single base to extend level double leg stunt	Single base to extend level single leg stunt with sequence of two or more single leg extended stunts
	AND	AND	AND	AND
<b>Dismount</b>	Cradle from prep level or bump down	Straight cradle from extended stunt	Single twist cradle from one leg extended stunt *single base straight cradle	Single twist cradle from one leg extended stunt

Stunt Group Majority Medium Division			
Number of Competitors	Competitor Majority	Single Base	Two Base
1	N/A	N/A	N/A
2	2	1	N/A
3	2	1	1
4	3	1	1
5	3	1	1
6	4	2 Groups	1
7	4	2 Groups	1
8	5	2 Groups.	1
9	5	2 Groups	1
10	6	2 Groups	2 Groups
11	6	2 Groups	2 Groups

Stunt Group Majority Large Division			
Number of Competitors	Competitor Majority	Single Base	Two Base
12	7	3 Groups	2 Groups
13	7	3 Groups	2 Groups
14	8	3 Groups	2 Groups
15	8	3 Groups	3 Groups
16	9	3 Groups	3 Groups
17	9	3 Groups	3 Groups
18	10	4 Groups	3 Groups
19	10	4 Groups	3 Groups
20	11	4 Groups	4 Groups

### **PYRAMID RUBRIC**

**Pyramid will only be affirmed when the top person connects with another top person during performance.** If no connection is visible, the squad has not completed the “pyramid” skills, and may not earn their range score. To reach the desired range, all skills must be performed. If any requirements are not performed the range will drop to the corresponding range.

\*Refer to group majority table

Once both of the Top person's feet touch the floor the sequence is considered over.

**DISMOUNTS:** All pyramids must remain connected for the dip or pop of the dismount.

\*Front Bases are not included in the majority for baskets, pyramids, and stunts

<b>PYRAMID</b>				
	<b>1.5</b>	<b>2.5</b>	<b>3.5</b>	<b>4.5</b>
Group	Prep level or below with sequence of two stunts	Straight up extended double leg with sequence of two extended stunts	Straight up extended single leg OR quick toss to extended double leg with sequence of two different single leg extended stunts	Full-up extended level OR quick toss to extended single leg with sequence of two or more different single leg extended stunts AND *8 or more members braced flip required. 7 or below members braced roll required
	OR	OR	OR	OR
Single Base	N/A	Single base at prep level	Single base to extend level double leg stunt	Single base to extend level single leg stunt with sequence of two or more single leg extended stunts
	AND	AND	AND	AND
Dismount	Any cradle from prep level or bump down	Straight cradle from extended stunt *single base straight cradle at prep level	Single twist cradle from one leg extended stunt *single base straight cradle	Single twist cradle from one leg extended stunt

Pyramid Majority Medium Division					
Number of Competitors	Competitor Majority	Single Base		Two Base	
		Brace	Top	Brace	Top
1	1	N/A		N/A	
2	2	N/A		N/A	
3	2	N/A		N/A	
4	3	1 Group	1 Group	N/A	
5	3	1 Group	1 Group	1 Group	1 Group
6	4	1 Group	1 Group	1 Group	1 Group
7	4	1 Group	1 Group	1 Group	1 Group
8	5	1 Group	1 Group	1 Group	1 Group
9	5	1 Group	1 Group	1 Group	1 Group
10	6	1 Group	1 Group	1 Group	1 Group
11	6	1 Group	1 Group	1 Group	1 Group

Pyramid Majority Large Division					
Number of Competitors	Competitor Majority	Single Base		Two Base	
		Brace	Top	Brace	Top
12	7	1 Group	2 Groups	1 Group	2 Groups
13	7	1 Group	2 Groups	1 Group	2 Groups
14	8	1 Group	2 Groups	1 Group	2 Groups
15	8	1 Group	2 Groups	1 Group	2 Groups
16	9	1 Group	2 Groups	1 Group	2 Groups
17	9	1 Group	2 Groups	1 Group	2 Groups
18	10	1 Group	2 Groups	2 Groups	2 Groups
19	10	1 Group	2 Groups	2 Groups	2 Groups
20	11	1 Group	2 Groups	2 Groups	2 Groups

## **STANDING TUMBLING RUBRIC**

**Stepping:** No more than two steps into a standing tumbling trick. “**Stepping**” into standing tumbling changes skill from “standing tumbling” to “running tumbling”.

Range judge will have the authority to change Range Score mid competition if the majority of the team, while competing, steps into standing tumbling.

<b>STANDING TUMBLING</b>			
<b>1.5</b>	<b>2.5</b>	<b>3.5</b>	<b>4.5</b>
Forward/ backward roll aerials, walkover, cartwheel, or handstand forward roll	Back Handspring(s)	Back tuck  OR  Variations (ex. back handspring back tuck)	Pike  OR  Higher difficulty

## **RUNNING TUMBLING RUBRIC**

Running Tumbling must have steps that lead into a trick.

Range Score will be determined according to the lowest range that majority of the squad are able to perform.

<b>RUNNING TUMBLING</b>			
<b>1.5</b>	<b>2.5</b>	<b>3.5</b>	<b>4.5</b>
Aerials, walkover, cartwheel, or round off	Roundoff back handspring (s)	Roundoff back tuck  OR  Roundoff back handspring(s) back tuck	Roundoff back handspring layout  OR  Higher difficulty
Stepping into standing tumbling changes skills from standing tumbling to running tumbling.			

**Basket Toss Rubric**

Teams will need to make a majority with their basket toss by having enough groups to satisfy the majority (refer to group majority table). If teams need to have two or more groups, they do not need to perform both baskets at the same point in routine. Range/Safety judges may ask to see all groups at the same time in warm-ups to ensure that no athlete is in the same basket toss.

<b>BASKET TOSS</b>			
<b>1.5</b>	<b>2.5</b>	<b>3.5</b>	<b>4.5</b>
Single trick WITH a straight ride  OR  A single twist	Two trick combination (ex: pike X-out, kick-kick, etc.)  WITH  A straight ride	One trick combination  WITH  Single twist (before or after trick)	Two trick combination  WITH  Single twist (before or after a trick)
** Straight Ride is a 1 point range			

**VIOLATIONS:**

- Teams may not rotate more than 1 ¼ twist. (5 point deduction)
- Intermediate teams are not allowed to include baskets in routines.

<b>Basket Majority Medium Division</b>	
<b>Number of Competitors</b>	<b>Baskets-3</b>
1	N/A
2	N/A
3	N/A
4	1
5	1
6	1
7	1

8	1
9	2 Groups
10	2 Groups
11	2 Groups

<b>Basket Majority Large Division</b>	
<b>Number of Competitors</b>	<b>Baskets-3</b>
12	2 Groups
13	3 Groups
14	3 Groups
15	3 Groups
16	3 Groups
17	3 Groups
18	3 Groups
19	4 Groups
20	4 Groups

**Motions and Dance**

Use this rubric to determine both motion and dance skills.

Variety/Dance Techniques: The different types of dance movement demonstrated, including but not limited to: hip hop, jazz, ballet, pom, high kicks, modern, etc.

Creativity: The use of visual and dance techniques (i.e., level changes, ripples, footwork, formation changes, floorwork) to demonstrate dance/motion difficulty.

Elements: The difficulty of motions, arm level changes, transition movement, speed, and footwork.

Majority of the team needs to perform a minimum of two 8-counts for motions and dance.

Squads will be responsible for selecting two 8 counts of their dance to be ranged and counted by Range Judge. Coaches may count along with the Range Judge to ensure a correct evaluation and Range score.

<b>DANCE/MOTIONS</b>				
	<b>1.5</b>	<b>2.5</b>	<b>3.5</b>	<b>4.5</b>



Variety	Dance technique(s) with precision and form demonstrating different types such as: hip hop, jazz, ballet, pom, high kicks, modern.			
Creativity	Minimal	Moderate	Complex	Maximum
Elements	11-15	16-20	21-25	26-32
*Performance judges will judge the execution of both dance and motions throughout the entire routine.				

**ROUTINE EXECUTION (5 points each)**

**TIMING/SYNCHRONIZATION:** The overall timing and synchronization throughout the routine.

**SPACING/FORMATIONS:** The use of floor space including, but not limited to the following: variety of formations, accuracy of spacing between each person and row, as well as maintaining center.

**TRANSITIONS:** The way the routine is choreographed to move from one element to another.

**EXPRESSION/SHOWMANSHIP:** Using genuine, natural smiles and facials while maintaining good eye contact with the judges and crowd. Teams are expected to show spirit, pride and confidence while having fun with the performance. Judges may take points for overselling, sticking tongues out, excessive winking, excessive puckering of lips, licking of the lips and silent cheerleaders.

**ROUTINE CHOREOGRAPHY (5 points each)**

**TRANSITIONS/FLOW OF ROUTINE:** Is the way each section of the routine is blended together to create a seamless performance.

**CROWD LEADERSHIP:** Showing spirit, pride and confidence in leading the crowd to interact and respond to a sideline or cheer with the use of signs, megaphones, poms, etc. performance will be judged upon how the crowd is lead not how loud the crowd cheers along.

**CREATIVITY:** Different and new ideas with a variety of skills. Good use of team skills that make the routine visual and appealing as well as unique and original.

**VOICE/PROJECTION:** Enunciated words, loud volume, comfortable tonality, devoid of sing song pattern, is consistent throughout routine. Having a variety of pitch without going too high or too low that emphasizes key words such as school mascot, school name, school colors, the end of a cheer, etc.

**OVERALL PERFORMANCE (10 points each)**

**OVERALL PERFORMANCE:** Overall performance score will be on a scale of 1-10, given by individual judge based upon mode of scores earned by team and given by Judge.

**APPENDIX**

**TEAM SKILLS SHEET**

Please list all skills in order of your performance (Stunt, Dance, Jumps, etc.)

**Due at the beginning of team's warm-up time**

Team Name: \_\_\_\_\_ # of cheerleaders competing: \_\_\_\_\_ Majority: \_\_\_\_\_

<b>Skill</b>	<b>Description of Skill</b>	<b>Range</b>

## TEAM SKILLS SHEET (SAMPLE)

Please list all skills in order of your performance (Stunt, Dance, Jumps, etc.)

**Due at the beginning of team's warm-up time**

Team Name: \_\_\_Hawai'i High School\_\_\_\_\_ # of cheerleaders competing: \_\_\_8\_\_\_ Majority: \_\_\_5\_\_\_

Skill	Description of Skill	Range
Standing Tumbling	5 – Pike 3 – Standing Back Handspring Pike 2 – Standing Full	<b>4.5</b>
Jumps	5 – Consecutive Quad with variety Double Toe, Double 9, Double Front Hurdler 3 – Double Toe, Double 9, Toe Touch	<b>4.5</b>
Motions	26 count of combo motions with ripples, footwork, and formation change	<b>4.5</b>
Stunts	Full-up extended level. Single twist cradle from one leg extended Tick Tock Up Heel stretch, power press, scorpion, power press, bow and arrow, arabesque Full down	<b>4.5</b>
Running Tumbling	5 – Roundoff back handspring layout 3 – Round-off Back Tuck	<b>4.5</b>
Basket Toss	Hitch Kick Full	<b>4.5</b>
Pyramid	Full up Extension Retake up to Stretch Full down Reload to Braced Roll	<b>4.5</b>
Dance	Includes arm level changes, combination motions, speed, footwork, level change, floor work, formation change with 32 counts within 2-8 count	<b>4.5</b>

## 2019-2020 VARSITY CHEERLEADING SCORE SHEET

TEAM NAME:					DATE:	
DIVISION:					JUDGE #:	
CHEERLEADING FUNDAMENTALS	MAXIMUM POINTS	RANGE D	EXECUTION	Comments	STRONG AREAS	NEEDS IMPROVEMENT
<b>MOTIONS</b>	5/5				sharp motions good precision good variety	sharper motions watch angles / wrists needs variety
<b>JUMPS</b>	5/5				good height good variety good synchronization	needs more height needs variety synchronization off
<b>STUNTS</b>	5/5				solid / clean stunts good variety good synchronization	stunts shaky / falls needs variety synchronization off
<b>PYRAMIDS</b>	5/5				solid / clean creative ideas good synchronization	shaky / falls needs variety synchronization off
<b>STANDING TUMBLING</b>	5/5				good form / clean good incorporation good synchronization	form / bent / open legs watch landings synchronization off
<b>RUNNING TUMBLING</b>	5/5				good form / clean good incorporation good synchronization	form / bent / open legs watch landings synchronization off
<b>DANCE</b>	5/5				good visuals entertaining / fun good synchronization	needs variety needs more energy synchronization off
<b>BASKETS</b>	5/5				good form / clean good height good synchronization	poor form / pt. toes more height synchronization off
CHOREOGRAPHY/ EXECUTION	MAXIMUM POINTS	POINTS EARNED	COMMENTS			
TIMING/ SYNCHRONIZATION	5					
SPACING/ FORMATIONS	5					
TRANSITIONS/ FLOW OF ROUTINE	5					

EXPRESSION/ SHOWMANSHIP	5		
CROWD LEADERSHIP	5		
CREATIVITY	5		
VOICE/PROJECTION	5		
<b>OVERALL PERFORMANCE</b>	<b>MAXIMUM POINTS</b>	<b>POINTS EARNED</b>	<b>COMMENTS</b>
OVERALL	10		
<b>TOTAL POINTS</b>	<b>MAXIMUM POINTS</b>	<b>POINTS EARNED</b>	<b>COMMENTS</b>
<b>TOTAL POINT VALUE</b>	125		