

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.....5 Aerial.....7 Backhandspring Tuck...10 Standing Tuck.....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.....6 Backhandspring Series...6 Aerial.....7 Back Tuck.....8 Backhandspring Tuck...12 Layout.....15 Full*.....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

Forward Roll.....1	Cartwheel Tuck.....11
Cartwheel/RO.....1	RO Handspring Layout.....12
Handspring.....3	Handspring Tuck.....13
RO Handspring.....5	Standing Tuck.....16
Cartwheel Handspring.....5	Toe Touch Tuck.....18
RO Handspring Series.....5	RO Handspring Full*.....20
Toe Touch Handspring.....5	Pike Tuck.....20
Aerial.....6	Triple Toe Touch Tuck.....20
RO Tuck.....7	Cartwheel Full*.....23
RO Handspring Tuck.....9	Handspring Handspring Full*.....25
RO Handspring Series Tuck.....10	Standing Full*.....25

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

Total

Eversole Run Cheerleading

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	() On Beat () Keeps Time	() Off Beat () Loses Time	15
Energy And Showmanship	() Natural Look () Enthusiastic () Fun To Watch () Good Eye Contact () Invites Crowd To Cheer	() Overdone Facials () Lacks Enthusiasm () Uninterested () No Eye Contact () Hesitant To Initiate Crowd	15
Motion Technique	() Correct Placement () Straight Wrists	() Incorrect Placement () Bent Wrists	15
Jumps And Tumbling Tuck.....15 Backhandspring.....10 Jump.....5	() Pointed Toes () Straight Legs () Stuck Landing () Feet Together () Legs Above Horizontal () Good Arm Placement () Strong Technique	() Toes Not Pointed () Bent Legs () Wobbly Landing () Feet Apart () Legs Below Horizontal () Improper Arm Placement () Weak Technique	15
Sharpness Of Motions	() Punched Motions () Motions Stick And Hold	() Incorrect Placement () Motions Bounce	15
Knowledge Of Dance	() Fluid Motions () Recalls Dance Easily	() Stops And Starts () Forgets Motions/Parts	15

Total

90

ATTITUDE

Scored By Coaches _____ Number _____

Attitude	() Engaged In Practice () Motivated To Improve	() Polite () Commitment To Team	10
Enthusiasm	() Encouraging To Others () Obvious Joy In Participation	() Good Expression () Fun To Watch	10
Overall Impression	() Strong Technique () Confidence	() Good Eye Contact () Enthusiastic	10
Coachability	() Listens To Critiques () Applies Feedback To Improve	() Shows Resilience () Leadership Qualities	10
Responsibility	() Reports On Time () Returns Paperwork On Time () Proper Attire / No Jewelry	() Final Forms Completed () Communicates Effectively () Cleans Up At End Of Day	10

Total

Eversole Run Cheerleading

50