

# JUMPS AND TUMBLING

Judge \_\_\_\_\_ Number \_\_\_\_\_

<b>Hurdler</b>	<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	<b>10</b>
<b>Pike</b>	<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	<b>10</b>
<b>Double Toe Touch</b>	<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	<b>15</b>
<b>Standing Tumbling</b> 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	<b>15</b>
<b>Running Tumbling</b> 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	<b>15</b>
<b>Optional</b> _____	<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	<b>25</b>

- |                                      |  |
|--------------------------------------|--|
| Handspring.....max 3                 | Handspring Tuck.....max 13             |
| RO Handspring.....max 5              | Standing Tuck.....max 16               |
| Cartwheel Handspring.....max 5       | Toe Touch Tuck.....max 18              |
| RO Handspring Series.....max 5       | RO Handspring Full*.....max 20         |
| Toe Touch Handspring.....max 5       | Pike Tuck.....max 20                   |
| RO Tuck.....max 7                    | Triple Toe Touch Tuck.....max 20       |
| RO Handspring Tuck.....max 9         | Cartwheel Full*.....max 23             |
| RO Handspring Series Tuck.....max 10 | Handspring Handspring Full*.....max 25 |
| Cartwheel Tuck.....max 11            | Standing Full*.....max 25              |
| RO Handspring Layout.....max 12      |  |

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

**Total**

# CHANT

Judge \_\_\_\_\_ Number \_\_\_\_\_

<b>Voice Projection</b>	<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	<b>15</b>
<b>Energy And Showmanship</b>	<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	<b>15</b>
<b>Motion Technique</b>	<input type="checkbox"/> Correct Placement <input type="checkbox"/> Straight Wrists	<input type="checkbox"/> Incorrect Placement <input type="checkbox"/> Bent Wrists	<b>15</b>
<b>“Pepping” / Calling Chant</b>	<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	<b>15</b>
<b>Sharpness Of Motions</b>	<input type="checkbox"/> Punched Motions <input type="checkbox"/> Motions Stick And Hold	<input type="checkbox"/> Incorrect Placement <input type="checkbox"/> Motions Bounce	<b>15</b>
<b>Knowledge Of Cheer</b>	<input type="checkbox"/> Fluid Motions <input type="checkbox"/> Recalls Cheer Easily	<input type="checkbox"/> Stops And Starts <input type="checkbox"/> Forgets Motions/Parts	<b>15</b>

**Total**

**90**

# BAND DANCE

Judge \_\_\_\_\_ Number \_\_\_\_\_

<b>Timing</b>	<input type="checkbox"/> On Beat <input type="checkbox"/> Keeps Time	<input type="checkbox"/> Off Beat <input type="checkbox"/> Loses Time	<b>15</b>
<b>Energy And Showmanship</b>	<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	<b>15</b>
<b>Motion Technique</b>	<input type="checkbox"/> Correct Placement <input type="checkbox"/> Straight Wrists	<input type="checkbox"/> Incorrect Placement <input type="checkbox"/> Bent Wrists	<b>15</b>
<b>Jumps And Tumbling</b> 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	<b>15</b>
<b>Sharpness Of Motions</b>	<input type="checkbox"/> Punched Motions <input type="checkbox"/> Motions Stick And Hold	<input type="checkbox"/> Incorrect Placement <input type="checkbox"/> Motions Bounce	<b>15</b>
<b>Knowledge Of Dance</b>	<input type="checkbox"/> Fluid Motions <input type="checkbox"/> Recalls Dance Easily	<input type="checkbox"/> Stops And Starts <input type="checkbox"/> Forgets Motions/Parts	<b>15</b>

**Total**

**90**

# ATTITUDE

Scored By Coaches \_\_\_\_\_ Number \_\_\_\_\_

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

**Total**

Eversole Run Cheerleading - 2023

**50**