

JUMPS

# NBIAA Provincial Cheerleading Championship 2015

Team

of Athletes

□ Round 1 □ Round 2

# **SHOWMANSHIP & VOICE PROJECTION**

#

NI	F	Α	AA	Ex		
					Spirit & enthusiasm are maintained at an exceptional level	
					Athletes are confident and perform with high energy	
					Cheer voices have exceptional clarity and appropriate volume for number of athletes	
					Cheer is consistent and delivered successfully with appropriate intonation and emphasis	/5
+0.25	+0.50	+0.75	+1.00	+1.25		

# **OVERALL PERFECTION** of **ROUTINE ELEMENTS**

NI	F	Α	AA	Ex	
					Stunt sections executed with except
					errors. Overall solid delivery. No bobl synchronized timing, identical form /
					Jumps are successfully executed with
					are synchronized, toes pointed, legs str
					landings are together, body position is All tumbling skills (rolls up to fulls) exe
					body positions are proper for selected
					for group tumbling, strong technique, co
					Dance is performed in unison, no notice pace and flow are consistent, transition
					time / down time, choreography is succ
+0.25	+0.50	+0.75	+1.00	+1.25	

# **PERFECTION** of **ROUTINE**

NI- 1	The <u>majority / all</u> of routine requirements / elements are delivered poorly / not at all with little to no skill. Routine appears to have many flaws that detract strongly from a successful performance.	
F- 2	Large sections of routine requirements / elements are delivered poorly with few successfully delivered sections. There are more flawed sections than successfully delivered elements.	
A- 3	Sections of the routine were delivered successfully while some sections require practice / perfecting or had minor errors leaving an average impression where potential for improvement is evident.	
AA-4	Majority of the routine was executed with above average technique with only minor errors that do not detract from the delivery of the routine and its components.	
Ex- 5	Overall solid delivery of all routine elements. No noticeable errors. Routine appears flawless.	/5



### **TOTAL SCORE**

**SCORING LEGEND:** 

NI – Needs Improvement F – Fair A – Average AA – Above Average Ex – Exceptional

DIFFICULTY	Executio	N					
1	NI	F	Α	AA	Ex		
2						Jump height and power	
3						Flexibility and leg height	/DD
4						Timing and synchronization	
5						Technique, pointed toes, chest & arm placements, and landings	/EX
	+0.25	+0.50	+0.75	+1.00	+1.25		

## **CHOREOGRAPHY & CREATIVITY**

NI	F	Α	AA	Ex	
					Music selection enhances routine, flowing from one section to the next seamlessly. Subtleties in music are enhanced by choreo.
					Innovative ideas and creative building skills, every moment is fun and exciting to watch.
					Technical elements are seamlessly incorporated in to the routine, preparations are almost invisible, virtually no downtime.
					Style of routine is consistent and maintained throughout having a seamless flow. Movements are difficult but appear effortless
+0.25	+0.50	+0.75	+1.00	+1.25	+

# **MOTION TECHNIQUE**

NI	F	Α	AA	Ex		
					Strong placement, sharp, motions 'SNAP'	
					Precision. good synchronization, good use of visual effects	
+0.50	+1.00	+1.50	+2.00	+2.50		

# **FORMATIONS & SPACING**

NI	F	Α	AA	Ex		
					Smooth and effective transitions, good flow, good pace	
					All formations are equally balanced, spaced and centered	
+0.50	+1.00	+1.50	+2.00	+2.50		