



# NBIAA Provincial Cheerleading Championship 2015

Team \_\_\_\_\_

# \_\_\_\_\_ of Athletes

Round 1  Round 2

## STUNTS

DIFFICULTY	EXECUTION					
	NI	F	A	AA	Ex	
1						
2						Mounts, dismounts, transitions, stability and control
3						Timing, synchronization and uniformity. /DD
4						Base, back spot, spotter; body positions, technique and form
5						Flyer; body positions, flexibility, proper placement and technique. /EX
	+0.25	+0.50	+0.75	+1.00	+1.25	

## CHOREOGRAPHY & CREATIVITY

NI	F	A	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 /5
+0.25	+0.50	+0.75	+1.00	+1.25	

## MOTION TECHNIQUE

NI	F	A	AA	Ex	
					Strong placement, sharp, motions 'SNAP'
					Precision. good synchronization, good use of visual effects /5
+0.50	+1.00	+1.50	+2.00	+2.50	

## FORMATIONS & SPACING

NI	F	A	AA	Ex	
					Smooth and effective transitions, good flow, good pace
					All formations are equally balanced, spaced and centered /5
+0.50	+1.00	+1.50	+2.00	+2.50	

### SCORING LEGEND:

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

## SHOWMANSHIP & VOICE PROJECTION

NI	F	A	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	A	AA	Ex	
					Stunt sections executed with exceptional technique, no noticeable errors. Overall solid delivery. No bobbles on stunts, clean cradles, synchronized timing, identical form / flexibility in body positions
					Jumps are successfully executed with proper technique, jump preps are synchronized, toes pointed, legs straight, arm motions are strong, landings are together, body position is correct for selected jump
					All tumbling skills (rolls up to fulls) executed with proper technique, body positions are proper for selected skills, timing / synchronization for group tumbling, strong technique, controlled landings
					Dance is performed in unison, no noticeable bobbles in choreography, pace and flow are consistent, transitions are seamless, no wasted time / down time, choreography is successfully delivered /5
+0.25	+0.50	+0.75	+1.00	+1.25	

## PERFECTION of ROUTINE

<b>NI- 1</b>		The <u>majority</u> / all 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.
<b>F- 2</b>		Large sections of routine requirements / elements are delivered poorly with few successfully delivered sections. There are more flawed sections than successfully delivered elements.
<b>A- 3</b>		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.
<b>AA-4</b>		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.
<b>Ex- 5</b>		Overall solid delivery of all routine elements. No noticeable errors. Routine appears flawless. /5

COMMENTS:

TOTAL SCORE