

DIRECTIONS TO COACHES & JUDGES

The categories listed below are components that are looked at throughout the entire routine from start to finish.

Tumbling

Execution

- Were the gymnastic skills performed correctly and safely?

Synchronization

- Do the gymnastic skills start and finish at the same time?

Perfection

- Were the gymnastic skills performed with good form?

Incorporation

- Were the gymnastics skills incorporated in an interesting / effective way?
-

Jumps

Execution

- Were the jumps performed correctly and safely (Approach, Lift, Execution, Landing)?
- Did the coach choose jumps that his/her team can actually perform well?
- Were the toes pointed?
- Were feet together on the landing?

Variety

- Does the team perform a variety of jumps that successfully fulfill the difficulty requirements?

Height

- Are the jumps high enough to execute & land successfully? (ie: Feet NOT apart on the landing)?

Technique

- Is everyone using proper jump form?
- Are all arm motions the same / level?
- Are the jumps level height or higher?
- Do all team member execute the jump well?

Synchronization

- Do all team members start and finish their jumps at the same time.
- Are their beginnings, middles, and ends, all executed at the same time with the same form? Do they look like one unit jumping together?

Spacing

- Are the cheerleaders bumping and kicking each other?
-

Pyramid and Partner Stunts

Execution

- Were the stunts performed successfully?
- Did the coach choose stunts his/her team can perform safely and at their ability level?

Variety

- Did the team perform a variety of stunts to achieve the appropriate level of difficulty?

Technique

- How well are the stunts performed?
- Was proper body position and technique used? (ie: step, lock, tighten ie: waist level or higher heel stretches)?

Stability

- Are the stunts sturdy or do they shake or wobble?

Synchronization

- Are stunts building, hitting, and dismounting in unison? (ie: ripples/peel-offs are recognizable and identifiable)?
- Do stunts look the same?
- Arm placement and stunt technique is the same (ie: all grab scorpions the same way)?

Dance

Execution

- Does the whole team perform the dance well or do some outshine the others?
- Is the choice of dance suitable for the team?
- Does the selected material fulfill the requirements for difficulty?

Creativity

- Are moves creative and unique?

Movements

- Does dance style fit the music?
- Are ripples effective?
- Are the formation changes smooth and effortless?
- Are the level changes effective?
- Is the team performing a variety of motions (ie: do they just do majority high V's or do they vary their arm motions)?

Synchronization

- Do all perform same moves at the same time?
- Are ripples and level changes distinguishable and identifiable?

Motion Technique

Placement

- Are all the motions throughout routine – cheers, jumps, stunts, tumbling, dance and transitions- clean and placed properly?
- Is placement correct and consistent amongst the team during all routine elements?

Sharpness

- Are motions punched out/snap or delayed and dragged out?

Synchronization

- Do all team members perform all moves at the same time?

Transitions/ Formations/ Spacing/ Use of the Floor

Transitions

- Does the routine move quickly, smoothly, & clean?
- Do the transitions maintain momentum?
- Are the transitions effective or are people running from long distances to get to their spots unnecessarily?

Formations

- Does the team change formation effortlessly or do they bump in to each other?
- Are the formations VARIED (ie; does the team use a variety of formations, not just 2 or 3, ie: bowling pin to 3 lines- back to bowling pin then to 2 lines then back to bowling pin ...)?
- Does one formation flow to the next?

Spacing

- Are the formations symmetrical with enough room between participants to perform skills safely?

Use of the Floor

- Is the team using the floor space effectively?
- Is the team keeping the routine within the peripheral vision of the judges?
- Is the team keeping the routine back far enough from the judges so the get “the whole picture”?

Creativity & Choreography

- Is the material appropriate for the team?
 - Within their ability level?
 - Words, music, movements appropriate?
 - Is the routine presented in a creative / interesting way?
-

Showmanship / Spirit & Enthusiasm

Enthusiasm

- Do they appear to be having fun performing the skills demonstrated by their facial expressions?

Spirit

- Is the team generating energy and excitement by their presentation?

Naturalness

- Is the team expressing sincere, genuine enjoyment throughout the routine?

Voice & Projection

Volume

- Are they loud enough?

Clarity

- Can their words be understood?
- Do they sing the words instead of saying them clearly?

Naturalness

- Do voices sound genuine, sincere, and normal?

Tone

- Voice inflection – Are their words emphasized or monotone?

Appearance & Presentation

- Are their uniforms neat and tidy?
- Is their hair neatly pulled back and secured?
- Is their uniform appropriate to the activity?
- Does the team present a neat, clean, polished appearance
- Are their sleeves all pulled down?

Perfection Of Routine

- How successful were they in completing the routine?
- Were fundamentals executed properly without mistakes?
- Successful execution of **all** the components in the routine.
- Does the team stay together and look unison throughout the entire routine? (Cheers, jumps, stunts-dismounts)

Overall Appeal

- Does the team appear excited?
 - Do they appear energetic and confident?
 - Flashy, Exciting Routine
 - Fun to Watch
 - Well Choreographed Routine
-