

TECHNICAL ELEMENTS: Jumps & Tumbling

| Skill Area | Judging Technique | Max. Pts. | Points | Comments | |
|--|--|-----------|--------|---|--|
| Jump Technique & Execution Refers to proper body position, placement of legs (rotation, knee direction) and landings | 10 = Flawless – strong level of technique 8-9 = Most (almost all of team) – strong level of technique 6-7 = Numerous (many/half of team) or overall average to good level of technique 4-5 = Some (less than half/more than a few) or overall average to low level of technique 2-3 = Very Few (a very small number) or overall poor technique 1 = Entire team has improper technique & placement | 10 | | Point Toes Jumps need height Poor jump landing Legs bent in air Need to rotate legs | Good jump technique Good Height Good jump synchronization Good variety of jumps Nice BHS technique |
| Standing Tumbling Refers to proper technique, body position, execution (legs together, proper sitting, setting, etc) and landing of standing tumbling | 10 = Flawless – strong level of technique 8-9 = Most (almost all of team) – strong level of technique 6-7 = Numerous (many/half of team) or overall average to good level of technique 4-5 = Some (less than half/more than a few) or overall average to low level of technique 2-3 = Very Few (a very small number) or overall poor technique 1 = Entire team has improper technique & placement | 10 | | Sit in jumps Hunched over in jumps Jump timing off Tumbling: | Nice TUCK technique Good standing tumbling Good series tumbling Good variety of tumbling skills |
| Series/Running Tumbling Refers to proper technique, body position, execution and landing of running/series tumbling | 10 = Flawless – strong level of technique 8-9 = Most (almost all of team) – strong level of technique 6-7 = Numerous (many/half of team) or overall average to good level of technique 4-5 = Some (less than half/more than a few) or overall average to low level of technique 2-3 = Very Few (a very small number) or overall poor technique 1 = Entire team has improper technique & placement | 10 | | Bent legs Bent arms Frog legs in BHS Land on head BHS Land w/legs apart | |
| Synchronization & Timing Refers to the teams ability to perform jumps and tumbling in unison and with they rhythm of the cheers or the beat of the music | 10 = Flawless – entire team performs together as one, fits music perfectly 8-9 = Most of the time team performs in unison, fits well to music 6-7 = Timing off in places 4-5 = Overall average to low unity 2-3 = Not together – an overall low level of synchronization 1 = Poor level of synchronization and timing | 10 | | Tucks low Fulls bent at waist Over rotation Finish rotations | Need more variety of jumps |
| Choreography & Creativity & Incorporation of Jumps & Tumbling | 9-10 = Incorporated an above average amount of jumps, a good variety of jumps, incorporated an above average amount of tumbling skills (regardless of difficulty level), used tumbling creatively 6-7-8 = Incorporated an average number of jumps, average variety of jumps and tumbling regardless of difficulty level) 3-4-5 = Below average level of incorporation and creativity | 10 | | Need more jumps Good variety of tumbling Need more tumbling | |

ROUTINE EXECUTION

| Skill Area | Judging Technique | Max. Pts. | Points | Comments | |
|---|--|-----------|--------|---|--|
| Projection, Expression & Showmanship | 4-5 = High energy level, great smiles, eye contact, facials/entire squad 2-3 = ½ squad performs well in this area 1 = Routine lacks this element | 5 | | Energy Level Low Expressions fade | Strong voices Good expressions |
| Effective & Appropriate Use of Music | 4-5 = Exciting and appropriate music, matches routine, skills fit music 2-3 = Average to poor music choice, forced to fit music 1 = Components did not fit music | 5 | | Out of breath Doesn't fit music | Nice showmanship Energy level high |
| Transitions | 4-5 = Clean transitions, added to flow of routine, , new and innovative transitions 3-2-1 = Transitions lack creativity, flow of routine is average to poor | 5 | | Poor Flow (choppy) Transitions sloppy | Good music Routine fits music |
| Use of Floor & Formations | 4-5 = Formations varied, uses complete floor, good spacing 3-2-1 = Need more variety in formations, use more of floor, spacing off in formations | 5 | | Watch Spacing Use more of floor Formations lack variety | Clean transitions Good variety in formations Nice spacing Good use of Floor |

OVERALL APPEAL

| Skill Area | Judging Technique | Max. Pts. | Points | Comments |
|---|---|-----------|--------|----------|
| Overall Impression & Entertainment Value | Judges discretion – overall routine impression including energy level, crowd appeal, how entertaining and run to watch (Average routines will score in the 5-7 point range) | 10 | | |

TOTAL SCORE _____