

Event:
Team:
Division:

Team Number:
Day:
Panel:



INDIVIDUAL / DUO

| JUMP EXECUTION/DIFFICULTY | | Degree of difficulty includes variety, combinations and type of jump. Execution includes flexibility, height, timing and synchronization (in duos) | |
|---|--------|---|---------|
| No skills performed | 0 | | |
| Jump skills executed with poor to below average technique, perfection, flexibility and synchronization | 0 - 2 | | |
| Jump skills executed with average to above average technique, perfection, flexibility and synchronization | 2 - 4 | | |
| Jump skills executed with excellent technique, perfection, flexibility and synchronization | 4 - 5 | | J /5 |
| STANDING TUMBLING DIFFICULTY | | Degree of difficulty, variety and combination of skills | |
| No skills performed | 0 | | |
| Non-difficult skills/passes | 0 - 2 | | |
| Average to above average difficulty in skills/passes | 2 - 4 | | |
| Very difficult skills/passes | 4 - 5 | | TD /5 |
| STANDING TUMBLING EXECUTION | | Technique including execution, body positioning, control, speed, height and landings. In Duos this also includes uniformity of technique and timing/synchronization | |
| No skills performed | 0 | | |
| Below average technique and synchronization | 0 - 4 | | |
| Average to above average technique and synchronization | 4 - 8 | | |
| Excellent technique and synchronization | 8 - 10 | | TE /10 |
| RUNNING TUMBLING DIFFICULTY | | Degree of difficulty, variety and combination of skills | |
| No skills performed | 0 | | |
| Non-difficult skills/passes | 0 - 2 | | |
| Average to above average difficulty in skills/passes | 2 - 4 | | |
| Very difficult skills/passes | 4 - 5 | | RTD /5 |
| RUNNING TUMBLING EXECUTION | | Technique including execution, body positioning, control, speed, height and landings. In Duos this also includes uniformity of technique and timing/synchronization | |
| No skills performed | 0 | | |
| Below average technique and synchronization | 0 - 4 | | |
| Average to above average technique and synchronization | 4 - 8 | | |
| Excellent technique and synchronization | 8 - 10 | | RTE /10 |
| DANCE & MOTIONS | | Incorporations of level/formation changes, visual effects with seamless transitions, footwork, floorwork, energy and pace | |
| No dance or motions performed | 0 | | |
| Low difficulty | 0 - 2 | | |
| Average to above average difficulty | 2 - 4 | | |
| Very difficult dance and/or motions | 4 - 5 | | DM /5 |
| ROUTINE IMPRESSION & SHOWMANSHIP | | Effectiveness in performing a comprehensive and positive memorable experience | |
| Below average effectiveness | 0 - 4 | | |
| Average to above average effectiveness | 4 - 8 | | |
| Excellent effectiveness | 8 - 10 | | I&S /10 |

| | |
|-------------------|--|
| Total / 50 | |
|-------------------|--|