

Event:  
Team:  
Division:

Team Number:  
Day:  
Panel:

# Athletes	
------------	--



# JUMPS & TUMBLING – PREP

<b>JUMP EXECUTION/DIFFICULTY</b>		<b>Degree of difficulty (variety, combinations, type of jump, flexibility &amp; strength required for jump type); % of team participation; synchronization; height of jump(s)</b>	
No skills performed	0		
Jump skills executed with poor to below average technique, perfection, flexibility and synchronization	0 - 4		
Jump skills executed with average to above average technique, perfection, flexibility and synchronization	4 - 8		
Jump skills executed with excellent technique, perfection, flexibility and synchronization	8 - 10		
			J /10
<b>TUMBLING DIFFICULTY</b>		<b>Degree of difficulty; percent of team participation; variety and combination of skills; synchronization of skills</b>	
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
<b>TUMBLING EXECUTION</b>		<b>Demonstrated ability of technique and synchronization (execution, body positioning, control, speed, height, landings, timing/synchronization, uniformity of technique)</b>	
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

<b>Total / 25</b>	
-------------------	--

Event:  
Team:  
Division:

Team Number:  
Day:  
Panel:

# Athletes	
------------	--



## OVERALL – PREP

DANCE AND MOTION EXECUTION		
No dance or motion sequence performed.	0	
<b>Below average</b> uniformity of technique and synchronization. <b>Below average</b> in precision of movement/perfection. <b>Minimal</b> energy/confidence displayed by athletes.	0 - 6	
<b>Average to above average</b> uniformity of technique and synchronization. <b>Some</b> precision of movement/perfection. <b>Some</b> energy/confidence displayed by athletes.	6 - 12	
<b>Excellent</b> uniformity of technique and synchronization. <b>Excellent</b> precision of movement/perfection. <b>High</b> energy/confidence displayed by athletes.	12 - 15	
DE /15		
FORMATIONS / TRANSITIONS		
<b>Below average</b> in spacing and seamless patterns of movement. <b>Below average</b> degree of difficulty with timing problems throughout routine along with <b>poor to below</b> average use of floor and <b>minimal</b> visual elements.	0 - 4	
<b>Average to above average</b> spacing and seamless patterns of movement. <b>Average to above average</b> degree of difficulty, <b>few</b> timing problems with <b>average to above average</b> use of floor and visual elements.	4 - 8	
<b>Excellent</b> spacing, seamless patterns of movement and degree of difficulty. Formation changes are <b>cleanly</b> executed with <b>little to no</b> timing problems. Formation changes throughout routine that add to visuals and <b>excitement</b> of routine. <b>Great</b> use of total floor.	8 - 10	
F/T /10		
OVERALL ROUTINE IMPRESSION AND SHOWMANSHIP		
<b>Below average</b> effectiveness in performing a comprehensive and positive memorable experience.	0 - 4	
<b>Average to above average</b> effectiveness in performing a comprehensive and positive memorable experience.	4 - 8	
<b>Excellent</b> effectiveness in performing a comprehensive and positive memorable experience.	8 - 10	
I&S /10		

<b>Total / 35</b>	
-------------------	--