



Wisconsin Association of Cheer & Pom Coaches, Inc.

**Traditional
Cheer & Dance**

Judge: _____
 Team: _____
 Division: _____
 Performance: _____ Comp Year: _____

CHEER

CROWD ENGAGEMENT	<i>strong/consistent voice * good pace/flow * strong/consistent energy * genuine spirit</i>	5
PROPER USE OF CROWD LEADING MATERIAL SIGNS, POMS, MEGAPHONES, & FLAGS	<i>items easy to read * items effectively engage crowd * props enhance crowd engagement * creative</i>	5
CHEER MOTIONS	<i>precise placement * precise technique (strong arms/straight wrists) * precise synchronization * motions enhance crowd engagement</i>	5
PROPER USE OF STUNTS	<i>stunts enhance crowd engagement * crowd engagement maintained during stunts</i>	5
EXECUTION	<i>precise sharp movements/skills * precise synchronization * precise spacing * clean/clear transitions * showmanship * confidence * natural, excited faces and smiles * energy maintained *</i>	10

DANCE

DIFFICULTY	<i>great pace * use of levels * formation changes * intricate movements * incorporation of footwork a minimum of ONE 8-ct of continuous dance by majority of team is required</i>	5
EXECUTION	<i>sharp/precise movements * perfect motion technique * precise synchronization strong control of tempo/rhythm * visual appeal * showmanship * confidence * natural, excited faces & smiles * energy maintained * creative</i>	5

ROUTINE FORMATIONS/TRANSITIONS

<i>routine formations: clear/easily seen * good spacing * variety * appropriate use of floor routine transitions: clean movement * creative * good pace * minimal downtime * strong coordination between visual elements</i>	5
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TOTAL 45



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Traditional Tumbling & Jumps

Judge: _____

Team: _____

Division: _____

Performance: _____ Comp Year: _____

TUMBLING

STANDING & RUNNING DIFFICULTY		
	<i>based on TUMBLING Difficulty Rubric</i>	10
STANDING EXECUTION		
	<i>clear body lines/form * strong technique (solid block, high set, squeezed legs) clean entry and landing * perfect synchronization</i>	5
RUNNING EXECUTION		
	<i>clear body lines/form * strong technique (solid block, high set, squeezed legs) clean entry and landing * perfect synchronization</i>	5

JUMPS

DIFFICULTY		
	<i>based on JUMP Difficulty Rubric</i>	5
EXECUTION		
	<i>* toes pointed * arms uniform & perfect placement * legs straight * back flat & straight * chest up * legs rotated * prep perfected * great height * powerful * legs hyper-extended</i>	5

OVERALL JUMP & TUMBLING IMPACT

<i>jump impact: perfect synchronization tumbling impact: perfect synchronization, clean timed skills * variety of skills showmanship: confident, natural, excited faces and smiles * energy maintained</i>		5

TOTAL 35



Judge: _____

Team: _____

Division: _____

Performance: _____ Comp Year: _____

TUMBLING DIFFICULTY													
0.3	0.5	0.8	1.0	1.3	1.5	2.0	2.5	3.0	3.5	3.8	4.0	4.5	5.0
Rolls	Cartwheels	Roundoffs	Series including cartwheels, Roundoffs	Walkover	Series including walkovers	Side Aerials	Series including side aerials	Jump handsprings	Standing Tucks	Roundoff Tucks	Roundoff Back Handspring Tucks/Flips	Layouts (stretched out)	Standing Fulls
Handstands	Combination including handstands					Handsprings	Front flips	Standing/Running Series including handsprings	Standing series including Tucks/Flips	Jump Tucks	Series not already listed including Tucks/Flips	Series including Layouts	Series including twists (full or Arabian)
											Whipback		
Series including directional changes (airborne to airborne) or including flip/aerial to airborne skill will increase score 1/2 point. Score will not exceed 5.0													

# skills each level													
enter # athletes	TEAM SIZE		Judges Notes:										
	DIFFICULTY	Total Difficulty Score = Skill Points divided by # of athletes											

JUMP DIFFICULTY

JUMP DEFINITIONS

EXPERT	3+ Connected different novice jumps. Each jump must be different.
ADVANCED	3+ Connected novice jumps
INTERMEDIATE	2 Connected repeated novice jumps (ex: toe toe) or 2 connected different jumps where at least one is a novice jump
NOVICE	Connected Beginner Jumps, Toe Touch, Front/Side Hurdler, Pike, Double 9, Herkie
BEGINNER	Star, Tuck, Double Hook

few ≤ 50% | majority > 50% | most ≥ 75% | full = 100%

5.0	Full Team Expert
4.5-4.9	Most Team Expert/Full Team Advanced
4.0-4.4	Majority Team Expert/Most Team Advanced
3.5-3.9	Few Team Expert/Majority Team Advanced/Full Team Intermediate
3.0-3.4	Few Team Advanced/Most Team Intermediate
2.5-2.9	Majority Team Intermediate/Full Team Novice
2.0-2.4	Few Team Intermediate/Most Team Novice
1.5-1.9	Majority Team Novice/Full Team Beginner
1.0-1.4	Few Team Novice/Most Team Beginner
0.5-0.9	Majority Team Beginner
0.1-0.4	Few Team Beginner
0.0	No Jumps



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**Traditional
STUNTS & PYRAMIDS**

Judge: _____

Team: _____

Division: _____

Performance: _____ Comp Year: _____

GROUP STUNTS		
DIFFICULTY	<i>based on GROUP STUNTS Difficulty Rubric</i>	10
EXECUTION based on what is performed	<i>strong top person technique - locked leg * strong top person technique- motions/body positions * strong base technique - locked arms * strong base technique -use of legs * tight core * perfect control * correct dismount & tosses technique * perfect synchronization/timing * perfect spacing * cleanly performed higher skills in difficulty level</i>	10
PYRAMIDS		
DIFFICULTY	<i>based on PYRAMID Difficulty Rubric</i>	10
EXECUTION based on what is performed	<i>strong top person technique - locked leg * strong top person technique- motions/body positions * strong base technique - locked arms * strong base technique -use of legs * tight core * perfect control * perfect transitions *perfect synchronization/timing * perfect spacing * cleanly performed higher skills in difficulty level</i>	10
OVERALL STUNT & PYRAMID IMPACT		
<i>Variety: number of skill categories performed personnel: minimum number of bases/bracers used * maximum number of athletes involved throughout routine's stunts formations: clear/easily seen * variety * appropriate use of floor transitions: creative stunt sequences* minimal downtime * showmanship: engaging * energy maintained</i>		5
TOTAL		45