

Cheerleading Score Sheet for the 2019 – 2020 school year

Skill	Possible Points
Running Tumbling (see rubric)	10
Toe Touch <small>For all jumps: correct form, pointed toes, coordination, height, precision, body position, controlled arms, solid landing</small>	5
Pike or Hurdler	5
Jump Combo (optional jump combo)	5
Standing Tumbling (see rubric)	10
Cheer <small>(rhythm, voice, crowd appeal, eye contact, sharpness, timing, motions, incorporations)</small>	20
Dance <small>(rhythm, motions, incorp, crowd appeal, overall effect)</small>	20
Overall Presentation <small>(appearance, spirit, coordination, personality/ crowd appeal)</small>	5
Teacher/ Coach Evaluation	20
TOTAL SCORE	100

Tumbling Rubrics

RO= Round Off

BHS= Back hand spring (legs are straight and together, arms straight, solid landing)

Running Tumbling

(with 2 step or power hurdle/ power hurdle scores higher)

Anything other than RO BHS	0-1
RO BHS	2-4
RO Multiple BHS	4-6
RO BHS Back Tuck	6-8
RO BHS Layout	8-10

Standing Tumbling

Anything other than BHS or Tuck	0-1
BHS	2-4
Double BHS	4-6
BHS Tuck	6-8
Back Tuck	8-10