



# IOWA CHEERLEADING STATE CHAMPIONSHIPS

## GAME TIME SPIRIT – MOTIONS & JUMPS SCORE SHEET

**SCHOOL:** \_\_\_\_\_ **CLASS** \_\_\_\_\_ **Total Athletes** \_\_\_\_\_

**MOTION DIFFICULTY (5 POINTS X 2)**

DIFFICULTY	2.5-3.0	3.0-3.5	3.5-4.0	4.0-4.5	4.5-5.0	NOTES & NUMBER OF SKILLS	SCORE
	Full team, slow pace	Majority of the team, slow pace	Majority of the team, moderate pace	Majority of the team, fast pace	Intricate motions performed by full team at fast pace		
<b>MOTION DIFFICULTY TOTAL SCORE x 2 =</b>							

**MOTION TECHNIQUE (5 POINTS X 2)**

DIFFICULTY	2.5-3.0	3.0-3.5	3.5-4.0	4.0-4.5	4.5-5.0	NOTES & NUMBER OF SKILLS	SCORE
	Poor technique	Below average technique	Average technique	Above average technique	High level of technique		
<b>MOTION TECHNIQUE TOTAL SCORE x 2 =</b>							

**JUMP DIFFICULTY (5 POINTS X 1)**

DIFFICULTY	2.5-3.0	3.0-3.5	3.5-4.0	4.0-4.5	4.5-5.0	NOTES & NUMBER OF SKILLS	SCORE
	Some of the team performs one basic jump	Majority of the team performs one basic jump and one additional jump	Majority of the team performs one advanced jump and one additional jump	Majority of team performs 2 advanced jumps	Full team performs 2 connected advanced jumps		
<b>JUMP DIFFICULTY TOTAL SCORE x 1 =</b>							

**JUMP TECHNIQUE (5 POINTS X 1)**

DIFFICULTY	2.5-3.0	3.0-3.5	3.5-4.0	4.0-4.5	4.5-5.0	NOTES & NUMBER OF SKILLS	SCORE
	Poor technique	Below average technique	Average technique	Above average technique	High level of technique		
<b>JUMP TECHNIQUE TOTAL SCORE x 1 =</b>							

\*Combination and variety of skills, difficulty of movements.  
 \* Motion execution – sharpness, wrist and arm placement; uniformity; timing.  
 \*Advanced Jumps – pike, side hurdler, front hurdler, toe touch, double nine, around the world.  
 Basic Jumps – spread eagle, tuck.  
 Jump execution – form (pointed toes, arm levels/placement; leg and body position); approach, landing (feet together), hyperextension/height; uniformity, timing.