



IOWA CHEERLEADING STATE CHAMPIONSHIPS CHEER & DANCE - JUMPS SCORE SHEET

SCHOOL: _____ **CLASS:** _____ **Total Athletes:** _____

JUMPS

DIFFICULTY											
0	.5	1.0	1.5	2.0	2.5	3.0	3.5	4.0	4.5	5.0	SCORE
No jumps were performed by the majority of the team	Majority of team performs 2 basic jumps. Do not need to be connected	Majority of team performs 2 advanced jumps. Do not need to be connected	Majority of team performs 2 connected advanced jumps	Full team performs 2 connected advanced jumps	Majority of team performs 2 connected advanced jumps plus 1 additional advanced jump. Must include variety (at least two different jumps)	Full team performs 2 connected advanced jumps plus 1 add'l advanced jump. Must incl. at least two different jumps	Majority of team performs 3 connected advanced jumps. Must Incl. at least two different jumps	Majority of team performs 3 connected advanced jumps, plus 1 additional advanced jump. Must incl. at least two different jumps	Full team performs 3 connected advanced jumps. Must Incl. at least two different jumps	Full team performs 3 connected advanced jumps, plus 1 additional advanced jump. Must incl. at least two different jumps	

NOTES:

JUMP DIFFICULTY SCORE	
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EXECUTION						
0	1.0-1.9	2.0-2.9	3.0-3.9	4.0-4.4	4.5-5.0	SCORE
No jumps were performed.	Major Errors: Inconsistent timing, bent legs, poor arm/leg placement, low jump height, minimal team synchronization.	Multiple Errors: Some consistency in technique. Moderate height, inconsistent arm/leg placement, timing issues or incomplete extension	Minor Errors: Generally solid technique and timing, good height and form, mostly correct arm/leg placement, small inconsistencies across athletes.	Clean with Slight Errors: Solid technique and timing from most athletes, good height, correct form and placement, minor inconsistencies.	Excellent: Strong technique and timing from all athletes, consistent height and full extension, correct body position, complete synchronization, no visible errors.	

NOTES:

JUMP EXECUTION SCORE	
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TOTAL JUMP SCORE x 1.5 =	
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Majority: More than half of the number of athletes competing
Advanced Jumps: Pike, side hurdler, front hurdler, toe touch, double nine, around the world.
Basic Jumps: Spread eagle, tuck.
Connected Jumps: Jumps connected with continuous movement using a whip approach.
Jump Execution: Form (pointed toes, arm levels/placement, leg, and body position), approach, landing (feet together), hyper extension/height, uniformity, timing.
Jump-Tumbling Combination: The degree of difficulty of these skills will be scored in the tumbling section. The technique of the jump will be scored in jump execution. The technique of the tumbling skill will be scored in the tumbling execution. Jumps connected to tumbling will not count for jump difficulty.