



IOWA CHEERLEADING STATE CHAMPIONSHIPS CHEER & DANCE - MOTIONS & DANCE SCORE SHEET

SCHOOL: _____ CLASS: _____ Total Athletes: _____

MOTIONS

DIFFICULTY						
1	2	3	4	5	NOTES	SCORE
Limited use of motions; primarily simple elements with little variety. Performed at a controlled pace with minimal changes in speed, direction, or levels. Low coordination and overall team demand.	Use of motions shows some variation in types/ pathways. Performed at a moderate pace with occasional changes in speed, direction, or levels. Some coordination and timing required, not consistent across the team.	Clear variety of motions and transitions throughout. Includes changes in speed, direction, and levels that require coordination and timing from a majority of the team.	Strong variety and sequencing of motions with frequent changes in speed, direction, and levels. Requires consistent coordination, timing, and control from a majority of the team.	Highly intricate and layered motion sequences with continuous changes in speed, direction, and levels. Requires advanced coordination, precise timing, and full team involvement throughout.		

EXECUTION						
1.0-1.9	2.0-2.9	3.0-3.9	4.0-4.4	4.5-5.0	NOTES	SCORE
Poor level of technique: Frequent errors in motion placement, timing, and control. Motions lack precision, sharpness, and consistency. Minimal synchronization across the team.	Below Average Technique: Multiple errors in placement, timing, and control. Some correct positions are achieved, but consistency and precision are lacking. Synchro is inconsistent.	Average Technique: Generally correct placement and timing with some errors. Motions show developing precision and control. Synchronization is present but inconsistent at times.	Above Average Technique: Clean placement with strong timing and control. Motions are mostly precise, sharp, and consistent. Synchro is strong across the majority of the team.	High level of technique: Precise placement, exact timing, and complete control throughout. Motions are sharp, fully extended, and consistent. Full team synchronization with no visible errors.		

MOTIONS TOTAL x 2 =	
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DANCE

DIFFICULTY						
1	2	3	4	5	NOTES	SCORE
Limited: simple visual elements with minimal variety. Performed at a slower tempo with little use of levels, direction, or musicality. Low overall team demand.	Minimal: includes a basic variety of visual elements. Shows occasional changes in levels, direction, and tempo. Musicality is present but not sustained.	Average: includes a variety of visual elements. Demonstrates changes in levels, direction, tempo, and musicality that require coordination from a majority of the team.	Strong: wide range of visual elements with frequent changes in levels, direction, tempo/musicality. Requires consistent coordination and timing from a majority of the team.	Excellent: highly visual and intricate sequences. Utilizes multiple changes in levels, direction, tempo, musicality throughout. Requires advanced coordination and full team involvement.		

EXECUTION						
1.0-1.9	2.0-2.9	3.0-3.9	4.0-4.4	4.5-5.0	NOTES	SCORE
Poor Level of Technique: Frequent errors in timing, control, and overall performance. Movements lack sharpness, strength, and clarity. Limited musicality. Energy and performance quality are minimal. Little uniformity.	Below Average Technique: Multiple errors in timing and control. Some correct execution, but movements lack consistent sharpness, strength, and clarity. Musicality is inconsistent. Energy and performance quality are uneven. Uniformity is inconsistent.	Average Technique: Generally correct timing and control with some errors. Movements show developing sharpness, strength, and clarity. Musicality is present but not consistent throughout. Energy & performance quality are evident but not sustained. Uniformity is improving.	Above average technique: Strong timing and control throughout most of the section. Movements are sharp, clear, and controlled. Musicality is consistent. Energy and performance quality are strong across the majority of the team. Uniformity is strong.	High Level of Technique: Excellent timing, control, and overall performance. Movements are sharp, strong, and precise w/ clear intent. Musicality enhances performance throughout. Energy and performance quality are consistently high. Complete uniformity across the full team.		

DANCE TOTAL x 1.5 =	
TOTAL SCORE	