



Judge's Initials \_\_\_\_\_

# IOWA CHEERLEADING STATE CHAMPIONSHIPS CHEER & DANCE - TUMBLING SCORE SHEET

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

## STANDING TUMBLING

DIFFICULTY												NOTES & # of SKILLS	SCORE
0	0.5	1.0	1.5	2.0	2.5	3.0	3.5	4.0	4.5	5.0			
<b>Did not meet majority</b>	Forward Rolls, Backward Rolls	Cartwheel from Lunge Position	Round Off from Lunge Position	Front or Back Walkovers	Standing Back Handspring	Back Walkover to BHS, Backward Roll to BHS	Back handspring series or jump(s) connected to single BHS	BHS to Tuck, Standing Tuck, Back Walkover Tuck, Jump to BHS Series	BHS(s) to Layout, Jump BHS(s) to Tuck, Jump Tuck	Jump BHS to Layout, Standing Full, any standing sequence with a Full			

EXECUTION							NOTES	SCORE
0	1.0-1.9	2.0-2.9	3.0-3.9	4.0-4.4	4.5-5.0			
<b>No standing tumbling was performed.</b>	<b>Major errors:</b> Uncontrolled, poor form, under-rotated, stumble.	<b>Multiple errors:</b> Bent arms/legs, low set, form breaks, hop or step on landing.	<b>Minor errors:</b> Slight bend, low set, small adjustment on landing.	<b>Clean with slight errors:</b> soft knees, minor body position or landing flaws.	<b>Excellent:</b> Tight form, strong set, clean and controlled landing, no visible errors.			

<b>STANDING TUMBLING TOTAL SCORE x 0.25 =</b>	
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## RUNNING TUMBLING

DIFFICULTY												NOTES & # of SKILLS	SCORE
0	0.5	1.0	1.5	2.0	2.5	3.0	3.5	4.0	4.5	5.0			
<b>Did not meet majority</b>	Cartwheels	Round Offs	Front Walkovers	Combo pass including at least 2 of the following: Front Walkover, Cartwheel, Back Walkover	Round Off Back Handspring	Round Off BHS Series, Combos that Incl: a Front Walkover and end with a Round Off BHS or BHS Series	Round-off BHS Back Tucks, Round off Tucks, Aerials, Cartwheel Tuck, Front Aerial	Pikes, X-outs, Punch Fronts, and Combos that incl: a Front Walkover or Aerial & end in a Tuck	Layouts, Running Combos that incl: Punch Front or Whip & end in a Tuck or Layout	Fulls, or Running Combos that incl: Punch Front or Whip to Full, or Arabian through to Layouts & Fulls			

EXECUTION							NOTES	SCORE
0	1.0-1.9	2.0-2.9	3.0-3.9	4.0-4.4	4.5-5.0			
<b>No running tumbling was performed.</b>	<b>Major errors:</b> Uncontrolled, poor form, under-rotated, stumble.	<b>Multiple errors:</b> Bent arms/legs, low set, low height, form breaks, uncontrolled landing.	<b>Minor errors:</b> Slight bend, low set, low height, small adjustment on landing.	<b>Clean with slight errors:</b> soft knees, minor body position or landing flaws.	<b>Excellent:</b> tight form, strong height, clean and controlled landing, no visible errors.			

**\*\*Skills must be performed by the majority (more than half) of the team to be scored in that difficulty range\*\***  
Majority may be achieved by "recycling" tumblers.

**Tumbling Execution:** Strong set/good height, proper technique, clean landings, precision (no bobbles, missed or incomplete skills), clean body lines, pointed toes, body positioning, clean connections between tumbling elements, uniformity, timing.

<b>RUNNING TUMBLING TOTAL SCORE x 0.25 =</b>	
<b>TOTAL SCORE</b>	