



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

# IOWA CHEERLEADING STATE CHAMPIONSHIPS

## GAME TIME SPIRIT - MOTIONS & JUMPS 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, but not consistently 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
<b>Poor level of technique:</b> Frequent errors in motion placement, timing, and control. Motions lack precision, sharpness, and consistency. Minimal synchronization across the team.	<b>Below Average Technique:</b> Multiple errors in placement, timing, and control. Some correct positions are achieved, but consistency and precision are lacking. Synchro is inconsistent.	<b>Average Technique:</b> Generally correct placement and timing with some errors. Motions show developing precision and control. Synchro is present but inconsistent at times.	<b>Above Average Technique:</b> Clean placement with strong timing and control. Motions are mostly precise, sharp, & consistent. Synchro is strong across the majority of the team.	<b>High level of technique:</b> Precise placement, exact timing, and complete control throughout. Motions are sharp, fully extended, and consistent. Full team synchronization with no visible errors.		

<b>MOTIONS TOTAL X 2.0 =</b>	
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### JUMPS

DIFFICULTY							
0	1	2	3	4	5	Notes	SCORE
No jumps were performed by the majority of the team	Majority 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 the team performs 2 advanced jumps	Full team* performs 2 connected advanced jumps		
						*Mascots are NOT included in the majority or "full team" count	

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

<b>JUMPS TOTAL X 1.0 =</b>	
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<b>Basic Jumps:</b> Spread Eagle, Tuck <b>Advanced Jumps:</b> Pike, Side Hurdler, Front Hurdler, Toe Touch, Double Nine, Around the World
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<b>TOTAL SCORE</b>	
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