

Event:  
Team:  
Division:

Team Number:  
Day:  
Panel:



# INDIVIDUAL / DUO

JUMP EXECUTION/DIFFICULTY		Degree of difficulty includes variety, combinations and type of jump. Execution includes flexibility, height, timing and synchronization (in duos)	
No skills performed	0		J /5
Jump skills executed with poor to below average technique, perfection, flexibility and synchronization	0 - 2		
Jump skills executed with average to above average technique, perfection, flexibility and synchronization	2 - 4		
Jump skills executed with excellent technique, perfection, flexibility and synchronization	4 - 5		
STANDING TUMBLING DIFFICULTY		Degree of difficulty, variety and combination of skills	
No skills performed	0		TD /5
Non-difficult skills/passes	0 - 2		
Average to above average difficulty in skills/passes	2 - 4		
Very difficult skills/passes	4 - 5		
STANDING TUMBLING EXECUTION		Technique including execution, body positioning, control, speed, height and landings. In Duos this also includes uniformity of technique and timing/synchronization	
No skills performed	0		TE /10
Below average technique and synchronization	0 - 4		
Average to above average technique and synchronization	4 - 8		
Excellent technique and synchronization	8 - 10		
RUNNING TUMBLING DIFFICULTY		Degree of difficulty, variety and combination of skills	
No skills performed	0		RTD /5
Non-difficult skills/passes	0 - 2		
Average to above average difficulty in skills/passes	2 - 4		
Very difficult skills/passes	4 - 5		
RUNNING TUMBLING EXECUTION		Technique including execution, body positioning, control, speed, height and landings. In Duos this also includes uniformity of technique and timing/synchronization	
No skills performed	0		RTE /10
Below average technique and synchronization	0 - 4		
Average to above average technique and synchronization	4 - 8		
Excellent technique and synchronization	8 - 10		
DANCE & MOTIONS		Incorporations of level/formation changes, visual effects with seamless transitions, footwork, floorwork, energy and pace	
No dance or motions performed	0		DM /5
Low difficulty	0 - 2		
Average to above average difficulty	2 - 4		
Very difficult dance and/or motions	4 - 5		
ROUTINE IMPRESSION & SHOWMANSHIP		Effectiveness in performing a comprehensive and positive memorable experience	
Below average effectiveness	0 - 4		I&S /10
Average to above average effectiveness	4 - 8		
Excellent effectiveness	8 - 10		

Total / 50	
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