

Event:
Team:
Division:

Team Number:
Day:
Panel:

# Athletes	
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JUMPS & TUMBLING – PREP

JUMP EXECUTION/DIFFICULTY		Degree of difficulty (variety, combinations, type of jump, flexibility & strength required for jump type); % of team participation; synchronization; height of jump(s)	
No skills performed	0		
Jump skills executed with poor to below average technique, perfection, flexibility and synchronization	0 - 4		
Jump skills executed with average to above average technique, perfection, flexibility and synchronization	4 - 8		
Jump skills executed with excellent technique, perfection, flexibility and synchronization	8 - 10		
		J /10	
TUMBLING DIFFICULTY		Degree of difficulty; percent of team participation; variety and combination of skills; synchronization of skills	
No skills performed	0		
Non-difficult skills/passes	0 - 2		
Average to above average difficulty in skills/passes	2 - 4		
Very difficult skills/passes	4 - 5		
		TD /5	
TUMBLING EXECUTION		Demonstrated ability of technique and synchronization (execution, body positioning, control, speed, height, landings, timing/synchronization, uniformity of technique)	
No skills performed	0		
Below average technique and synchronization	0 - 4		
Average to above average technique and synchronization	4 - 8		
Excellent technique and synchronization	8 - 10		
		TE /10	

Total / 25	
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OVERALL – PREP

DANCE AND MOTION EXECUTION		
No dance or motion sequence performed.	0	
Below average uniformity of technique and synchronization. Below average in precision of movement/perfection. Minimal energy/confidence displayed by athletes.	0 - 6	
Average to above average uniformity of technique and synchronization. Some precision of movement/perfection. Some energy/confidence displayed by athletes.	6 - 12	
Excellent uniformity of technique and synchronization. Excellent precision of movement/perfection. High energy/confidence displayed by athletes.	12 - 15	
		DE /15
FORMATIONS / TRANSITIONS		
Below average in spacing and seamless patterns of movement. Below average degree of difficulty with timing problems throughout routine along with poor to below average use of floor and minimal visual elements.	0 - 4	
Average to above average spacing and seamless patterns of movement. Average to above average degree of difficulty, few timing problems with average to above average use of floor and visual elements.	4 - 8	
Excellent spacing, seamless patterns of movement and degree of difficulty. Formation changes are cleanly executed with little to no timing problems. Formation changes throughout routine that add to visuals and excitement of routine. Great use of total floor.	8 - 10	
		F/T /10
OVERALL ROUTINE IMPRESSION AND SHOWMANSHIP		
Below average effectiveness in performing a comprehensive and positive memorable experience.	0 - 4	
Average to above average effectiveness in performing a comprehensive and positive memorable experience.	4 - 8	
Excellent effectiveness in performing a comprehensive and positive memorable experience.	8 - 10	
		I&S /10

Total / 35	
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