



IOWA CHEERLEADING STATE CHAMPIONSHIPS CHEER & DANCE-JUMPS SCORE SHEET

SCHOOL: _____ **CLASS** _____ **Total Athletes** _____

JUMPS

DIFFICULTY	2.5-3	3-3.5	3.5-4	4-4.5	4.5-5	NOTES	SCORE
	Majority of team performs basic jump combinations, less than majority performs 1 advanced jump	Majority of team performs 1 advanced jump, plus 1 additional jump	Majority of team performs 2 advanced jumps, plus 1 additional jump	Majority of team performs 2-3 connected advanced jumps, plus 1 additional jump	Full team performs 3 connected advanced jumps, plus 1 additional advanced jump		
JUMP DIFFICULTY SCORE							

EXECUTION	2.5-3	3-3.5	3.5-4	4-4.5	4.5-5	NOTES	SCORE
	Poor level of technique	Below average technique	Average technique	Above average technique	High level of technique		
JUMP EXECUTION SCORE							

TOTAL JUMP SCORE x 1.5 =	
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Advanced Jumps: Pike, side hurdler, front hurdler, toe touch, double nine, around the world.
Basic Jumps: Spread eagle, tuck.
Connected Jumps: Jumps connected with continuous movement using a whip approach.
Jump Execution: Form (pointed toes, arm levels/placement, leg, and body position), approach, landing (feet together), hyper extension/height, uniformity, timing.
Jump-Tumbling Combination: The degree of difficulty of these skills will be scored in the tumbling section. The technique of the jump will be scored in jump technique. The technique of the tumbling skill will be scored in the tumbling technique. Jumps connected to tumbling will not count for jump difficulty.