



IOWA CHEERLEADING STATE CHAMPIONSHIPS

CHEER & DANCE - MOTIONS & DANCE SCORE SHEET

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

MOTIONS

DIFFICULTY	2.5-3.0	3.0-3.5	3.5-4.0	4.0-4.5	4.5-5.0	NOTES & NUMBER OF SKILLS	SCORE
	Simple Motions performed by full team at a slow pace	Varied Motions performed by majority of the team at a slow pace	Motions performed by majority of the team at a moderate pace	Motions performed by majority of the team at a fast pace	Intricate motions performed by full team at a fast pace		

EXECUTION	2.5-3.0	3.0-3.5	3.5-4.0	4.0-4.5	4.5-5.0	NOTES	SCORE
	Poor level of technique	Below average technique	Average technique	Above average technique	High level of technique		

MOTIONS TOTAL SCORE x 1.5 =	
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DANCE

DIFFICULTY	2.5-3.0	3.0-3.5	3.5-4.0	4.0-4.5	4.5-5.0	NOTES & NUMBER OF SKILLS	SCORE
	Weak visual effects performed at a slow pace	Below average visual effects performed at a moderate to slow pace	Average visual effects performed at a moderate to fast pace	Above average visual effects performed at a moderate to fast pace	Strong visual effects performed at an energetic, fast pace		

EXECUTION	2.5-3.0	3.0-3.5	3.5-4.0	4.0-4.5	4.5-5.0	NOTES	SCORE
	Poor level of technique	Below average technique	Average technique	Above average technique	High level of technique		

DANCE TOTAL SCORE x 1.5 =	
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TOTAL SCORE	
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To move up in a range consider: difficulty of skills, % of team participation, variety, pace, combination of skills, numerous formation, and level changes (dance), and synchronized motions.

Motion Execution: Sharpness, wrist and arm placement, uniformity, seamless transitions, timing – using poms for over half of the cheer and/or dance could result in a lower score.

Dance Execution: Perfection of routine and technique, sharpness, spacing, rhythm, transitions, patterns of movement, uniformity, timing.

Dance Visual Effects: Transitions, formations, level changes, variety of movements, foot and floorwork, partner work, and creativity.