



IOWA CHEERLEADING STATE CHAMPIONSHIPS

GAME TIME SPIRIT – MOTIONS & JUMPS SCORE SHEET

SCHOOL: _____ CLASS _____ Total Athletes _____

MOTION DIFFICULTY (5 POINTS X 2)

| DIFFICULTY | 2.5-3 | 3-3.5 | 3.5-4 | 4-4.5 | 4.5-5 | NOTES & NUMBER OF SKILLS | SCORE |
|--|----------------------|---------------------------------|-------------------------------------|---------------------------------|---|--------------------------|-------|
| | Full team, slow pace | Majority of the team, slow pace | Majority of the team, moderate pace | Majority of the team, fast pace | Intricate motions performed by full team at fast pace | | |
| MOTION DIFFICULTY TOTAL SCORE x 2 = | | | | | | | |

MOTION TECHNIQUE (5 POINTS X 2)

| DIFFICULTY | 2.5-3 | 3-3.5 | 3.5-4 | 4-4.5 | 4.5-5 | NOTES & NUMBER OF SKILLS | SCORE |
|---|----------------|-------------------------|-------------------|-------------------------|-------------------------|--------------------------|-------|
| | Poor technique | Below average technique | Average technique | Above average technique | High level of technique | | |
| MOTION TECHNIQUE TOTAL SCORE x 2 = | | | | | | | |

JUMP DIFFICULTY (5 POINTS X 1)

| DIFFICULTY | 2.5-3 | 3-3.5 | 3.5-4 | 4-4.5 | 4.5-5 | NOTES & NUMBER OF SKILLS | SCORE |
|--|--|--|---|--|---|--------------------------|-------|
| | Some 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 team performs 2 advanced jumps | Full team performs 2 connected advanced jumps | | |
| JUMP DIFFICULTY TOTAL SCORE x 1 = | | | | | | | |

JUMP TECHNIQUE (5 POINTS X 1)

| DIFFICULTY | 2.5-3 | 3-3.5 | 3.5-4 | 4-4.5 | 4.5-5 | NOTES & NUMBER OF SKILLS | SCORE |
|---|----------------|-------------------------|-------------------|-------------------------|-------------------------|--------------------------|-------|
| | Poor technique | Below average technique | Average technique | Above average technique | High level of technique | | |
| JUMP TECHNIQUE TOTAL SCORE x 1 = | | | | | | | |

*Combination and variety of skills, difficulty of movements.

* Motion execution – sharpness, wrist and arm placement; uniformity; timing.

*Advanced Jumps – pike, side hurdler, front hurdler, toe touch, double nine, around the world.

Basic Jumps – spread eagle, tuck.

Jump execution – form (pointed toes, arm levels/placement; leg and body position); approach, landing (feet together), hyperextension/height; uniformity, timing.