

## **OVERALL SCORE REFERENCE SHEET:** **Cheerleading Score Reference Sheet: 2021-2022**

### **3 jump combination: 10 points maximum (at least 2 different jumps)**

Below level and poor tech. -1pts  
Level with poor tech. -2pts  
Level with good tech. - 3pts  
Above level with good tech. - 4pts  
Above level with excellent tech.-5pts

### **Standing Tumbling: 10 points maximum**

Back handspring-2pts  
2 backhand springs- 3pts  
Cartwheel back tuck- 6pts  
Standing Tuck- 7 pts.  
Toe Touch Back tuck- 8pts.  
Standing full- 10pts.

(\*please note- jumps that are below level or not done correctly will not be counted towards at toe touch back tuck- points will be given for a standing tuck)

### **Running Tumbling: 10 points maximum**

Round off back handspring- 3pts  
Round off 2 back handspring- 4pts  
Round off Tuck- 6pts.  
Round off back handspring back tuck- 7pts.  
Round off back handspring layout- 8 pts  
Round off back handspring full- 10 pts

***If the athlete does not complete the skill or puts hands down or fall in anyway- 1 point must be deducted from the points given. .5 will be deducted for skills not performed clean with good technique. Everyone will be given 2 attempts.***

### **4 member stunting: 20 points**

Full extension one foot-3pts  
Liberty one foot- 5pts  
Stretch one foot- 6pts-  
Scorpion one foot- 7pts  
Single leg stunt one foot back to stunt one foot-10pts  
Switch up to one foot stunt one foot- 12pts.  
Low to high switch up to stunt- 13pts  
Full up to a stunt one foot-14pts.  
Full up to a stunt turn to another one foot- 15 points  
Round off up to stunt (two feet)- one foot- 16points  
One in a half up to a stunt one foot- 17pts  
Straight up to a stunt- dip full around to another stunt- 18 points  
Straight up to the stunt- dip high to high spin- one foot 19 points  
Back handspring up to two feet- 20points

**3 member Single Base Stunting: 20 points (this will be in addition to your standard stunt)**

Single base extension one foot- 8pts

Single base liberty or stretch one foot- 9pts

Single base bow or scorpion one foot- 10pts

Single base extension dip to one foot stunt one foot- 12pts

Single base full up to stunt one foot- 15pts

Single base switch up to stunt one foot- 16pts

Single base full up to extension dip to single leg stunt one foot- 18pts

Single base full up pull through to immediate body position- 20pts

**Motions- 10 points**

Motions will be judged on overall sharpness- placement- as well as voice and smile during the sideline. The coach will give a total score after observing the cheerleader perform the sideline. Each Cheerleader should display the IT factor in this area most.

**Fight Song- 5points**

Dance will be judged on overall sharpness- placement- rhythm and timing during dance. The coach will give a total score after observing the cheerleader perform the sideline.

**Overall Athletic Ability/Fitness-10 points**

This will be given out based on endurance throughout the tryout process and overall fitness and strength observed during tryouts by the coaching staff.

**Showmanship/Performance Quality/Teamwork- 5 points**

This will be given out based on the facial expressions, poise, as well character throughout the tryout process.

**Total Possible – 100 points**

***Note: This score sheet mirrors the competition team score sheet during competition season. It was converted to an individual cheerleader score sheet to build the strongest overall cheer team.***