



**2021-22 SCORE SHEET EXPLANATIONS**  
**OASSA MS/JUNIOR HIGH CHEER AND DANCE COMPETITION**

<b>CHEER SKILLS</b>		
Motion Placement	10	Focuses on form and placement, motions not extended behind the body, no broken wrists.
Strength of Motions/ Sharpness	10	Focuses on sharp motions, squeezing through the shoulders and core, punching motions not placing them.
Variety/ Difficulty of Motions	10	See Rubric
Synchronization/ Timing	10	Focuses on how well the team moves as a group as well as the accuracy of timing throughout.

<b>DANCE SKILLS</b>		
Execution of Dance	10	Focuses on sharp and precise movements, strong control of tempo and rhythm, visual appeal, energy maintained.
Synchronization/ Timing	10	Focuses on how well the team moves as a group as well as the accuracy of timing throughout.
Variety/ Creativity/ Difficulty (Levels, Footwork, Groundwork)	10	Focuses on use of levels, incorporation of footwork and groundwork, visual elements.

<b>STANDING TUMBLING</b>		
Difficulty	10	See Rubric
Execution/ Form	10	Focuses on strong execution and form: straight legs, locked out elbows, squeezed legs, height of tumbling, whipping skills over vs. setting up, clean landings
Synchronization/ Timing	5	Focuses on precise synchronization and timing for groups and skills.
Variety	5	Focuses on the routine showing a variety of skills throughout vs. recycling the same skill over and over.

<b>RUNNING TUMBLING</b>		
Difficulty	10	See Rubric
Execution/ Form	10	Focuses on strong execution and form: straight legs, locked out elbows, squeezed legs, height of tumbling, whipping skills over vs. setting up, clean landings
Synchronization/ Timing	5	Focuses on precise synchronization and timing for groups and skills.
Variety	5	Focuses on the routine showing a variety of skills throughout vs. recycling the same skill over and over.

<b>JUMPS</b>		
Difficulty	10	See Rubric
Execution/ Form	10	Focuses on strong execution and form: pointed toes, legs straight, chest up, height of jumps, sharp preps and clean landings.
Synchronization/ Timing	5	Focuses on precise synchronization and timing for jumps including preps and landings.
Variety	5	Focuses on the routine showing a variety of skills throughout vs. recycling the same skill over and over.

<b>STUNTS</b>		
Execution	10	Focuses on execution: strong top person technique (locked legs, correct motion placement, tight core, correct positions), strong base technique (locked arms, use of legs, tight core, back not arched), great control over skills, bases not taking steps, height on pop-downs and cradles, cleanly performed skills.
Difficulty	10	See Rubric
Synchronization/ Timing	5	Focuses on precise synchronization and timing for groups and skills.
Variety	5	Focuses on the routine showing a variety of skills throughout vs. recycling the same skill over and over.
Creative Transitions/ Load-Ins	5	Focuses on creative transitional stunt sequences with visual appeal and cleanly performed load-ins.

<b>PYRAMIDS/ TOSSES</b>		
Execution	10	Focuses on execution: strong top person technique (locked legs, correct motion placement, tight core, correct positions), strong base technique (locked arms, use of legs, tight core, back not arched), great control over skills, bases not taking steps, height on pop-downs/cradles/ baskets, cleanly performed skills.
Difficulty	10	See Rubric
Synchronization/ Timing	5	Focuses on precise synchronization and timing for groups and skills.
Variety	5	Focuses on the routine showing a variety of skills throughout vs. recycling the same skill over and over.
Creative Transitions/ Load-Ins	5	Focuses on creative transitional stunt sequences with visual appeal and cleanly performed load-ins.

**\*\*NOTE-** Execution scores for tumbling categories are based on all tumbling throughout th