

CHEERLEADING TRY-OUTS – EXPLANATION OF SCORE SHEET



SIDELINE & CHEER - 20 POINTS		
Proper Use of Props (5)	Motion Technique & Execution (10)	Crowd Leading (5)
<i>Incorporation of crowd leading tools (sign, megaphone, etc.</i>	<i>Sharp, tight and proper placement of motions.</i>	<i>Ability to lead crowd with energy & enthusiasm. Loud, sharp/chopped words and inflection, call-backs, etc.</i>
5.0 - Excellent	10.0 - Excellent	5.0 - Excellent
4.0 - Good	8.0 - Good	4.0 - Good
3.0 - Average	6.0 - Average	3.0 - Average
2.0 - Fair	4.0 - Fair	2.0 - Fair
≤ 1.0 - Below	≤ 2.0 - Below	≤ 1.0 - Below

JUMPS - 5 POINTS	
Difficulty (2)	Execution (3)
<i>Athlete's ability to perform a double toe touch</i>	<i>Tight, straight arms, height, straight legs, pointed toes, chest up, straight back, head up, lands with feet together</i>
2.0 - Two toe touches connected	3.0 - Excellent
1.0 - Two toe touches <u>not</u> connected	2.0 - Average
0.0 - Did not perform two toe touches	≤ 1.0 - Below
<i>Each athlete will perform a <u>double toe touch</u> as their jump that is scored.</i>	

TUMBLING - 20 POINTS	
STANDING TUMBLING - 10 POINTS	
Difficulty (5)	Execution (5)
<i>Athlete's ability to perform a standing tumbling skill:</i>	<i>Proper technique, form, landing</i>
5.0 – Standing full or Standing hand full/hand, hand full	5.0 - Excellent
4.0 – Standing tuck OR Cartwheel tuck	4.0 - Good
3.0 – Standing back handspring tuck	3.0 - Average
2.0 – Standing toe touch back handspring	2.0 - Fair
1.0 – Standing back handspring	≤ 1.0 - Below
RUNNING TUMBLING - 10 POINTS	
Difficulty (5)	Execution (5)
<i>Athlete's ability to perform a running tumbling skill:</i>	<i>Proper technique, form, landing</i>
5.0 – Round off, handspring, full twist	5.0 - Excellent
4.0 – Round off, handspring, whip, handspring, tuck or round off, handspring, layout	4.0 - Good
3.0 – Round off, tuck OR round off, handspring tuck	3.0 - Average
2.0 – Round off, back handspring	2.0 - Fair
1.0 – Round off	≤ 1.0 - Below
<i>Athletes will choose 1 of the Standing and 1 of the Running Tumbling skills listed in the above difficulty chart to perform without a spot. If Athlete cannot perform 1 of the identified skills listed, they will score a 0 for this category.</i>	

DANCE - 20 POINTS		
Choreography (5)	Motion Technique & Execution (10)	Overall Impression (5)
Knowledge of choreography and correct motions. 5.0 - Excellent 4.0 - Good 3.0 - Average 2.0 - Fair ≤ 1.0 - Below	Sharp, tight and proper placement of motions. Loud, sharp/chopped words and inflection. 10.0 - Excellent 8.0 - Good 6.0 - Average 4.0 - Fair ≤ 2.0 - Below	Overall energy and execution. Overall engagement with audience, eye contact, facials, sportsmanship. 5.0 - Excellent 4.0 - Good 3.0 - Average 2.0 - Fair ≤ 1.0 - Below

PARTNER STUNT - 25 POINTS	
Difficulty (10)	Execution (15)
Athlete's ability to perform a running tumbling skill: 2.0 - Prep 4.0 - Extension 6.0 - Lib 8.0 - Body Position 10.0 - Extended stunt with 2 or more connected skills (must be a combination of inversion, release or twist)	Proper technique, form, synchronization. 15.0 - Excellent 12.0 - Great 10.0 - Good 8.0 - Average 5.0 - Fair ≤ 3.0 - Below
Athletes will be judged on their stunting skills over the identified 3 tryout dates.	

TEACHER RECOMMENDATION (5 POINTS)
Athletes are responsible for requesting and sending a recent teacher (2025-2026 school year) of their choice the Teacher Recommendation Form to be completed no later than Monday, 4/20 at 3:00 PM EST. The teacher's recommendation and evaluation of prospective athletes will take the following skills into consideration: • Ability to get along with others • Positive attitude to you and/or classmates • Cooperation • Attendance and punctuality • Dependability • Accountability for actions Any expressed teacher concerns will be taken into consideration for team placement. Teacher Recommendation responses will remain confidential.

Sportsmanship & Cheer Cat Character (5 POINTS)
• Performs with high energy, confidence, spirit, smiles and captures attention • Hair pulled back and out of face • Wearing proper cheer gear, no jewelry • Sport length nails with no/nude nail polish • Accepts both compliments AND critiques from coaches AND teammates with a positive attitude • Demonstrates unconditional commitment to the sport and the team • Respects coaches and teammates • Attended all try-out dates with energy and willingness to improve