

US Spirit Championships Score Sheets

Revised JAN.2010



ALL STAR LEVELS MAXIMUM POINTS POSSIBLE

LEVEL	1	2	3	4	5	6
Standing Tumbling Difficulty	5	6	7	8	10	10
Standing Tumbling Technique	10	10	10	10	10	10
Standing Tumbling Quantity	10	10	10	10	10	10
Running Tumbling Difficulty	5	6	7	8	10	10
Running Tumbling Technique	10	10	10	10	10	10
Running Tumbling Quantity	10	10	10	10	10	10
Jump Difficulty	10	10	10	10	10	10
Jump Technique	10	10	10	10	10	10
Overall Routine Impression / Perfection	10	10	10	10	10	10
TOTALS	80	82	84	86	90	90
Stunt Difficulty	6	7	8	10	10	10
Stunt Technique	10	10	10	10	10	10
Stunt Quantity	10	10	10	10	10	10
Pyramid Difficulty	6	6	8	9	10	10
Pyramid Technique	10	10	10	10	10	10
Tosses Difficulty	0	10	10	10	10	10
Tosses Technique	0	10	10	10	10	10
Tosses Quantity	0	10	10	10	10	10
Overall Routine Impression / Perfection	10	10	10	10	10	10
TOTALS	52	80	84	88	90	90
Motion / Cheer Execution	10	10	10	10	10	10
Dance Execution	10	10	10	10	10	10
Degree of Difficulty	10	10	10	10	10	10
Synchronization	10	10	10	10	10	10
Formations / Transitions	10	10	10	10	10	10
Creativity / Choreography	10	10	10	10	10	10
Overall Routine Impression / Perfection	10	10	10	10	10	10
TOTALS	70	70	70	70	70	70
TOTAL POINTS POSSIBLE	202	232	238	244	250	250



JUDGING GUIDELINES FOR QUANTITY BREAKDOWN

Quantity and Difficulty of skills are to be measured by the number of athletes performing that skill at the proper level. Skills that are NOT performed by the majority of the team will be placed in a lower scoring bracket. This allows smaller programs to compete at their maximum level and still be able to be fairly judged against larger programs. If no skills are executed within your level of difficulty, a ZERO will be given for that particular quantity score.

	Squad Size	Tumbling Quantity – Score							
		6	7	8	9	10			
es	5 to 10	1	2	3	4	5+			
of Athletes	11 to 16	1	2-3	4-6	7-8	11+			
of At	17 to 20	1-2	3-8	9-13	14-16	17+			
ber	21 to 25	1-2	3-10	11-15	16-20	21+			
Number	26 to 30	1-2	3-13	14-18	19-25	26+			
	30 to 36	1-2	3-15	16-20	21-29	30+			

	Squad Size		Stur	nts Qua	ntity – S	Score		
		4	5	6	7	8	9	10
es	5 to 10					1	2	3
Athletes	11 to 16				1	2	3	4
of At	17 to 20			1	2	3	4	5
	21 to 25		1	2	3	4	5	6
Number	26 to 30	1	2	3	4	5	6	7
	30 to 36	2	3	4	5	6	7	8

	Squad Size	Tosses Quantity – Score							
		4	5	6	7	8	9	10	
es	5 to 7							1+	
hlet	8 to 11						1	2+	
of Athletes	12 to 15					1	2	3+	
	16 to 20				1	2	3	4+	
Number	21 to 25			1	2	3	4	5+	
	26 to 30		1	2	3	4	5	6+	
	31 to 36	1	2	3	4	5	6	7+	



TEAM	
DIVISION	

DEDUCTIONS / LEGALITIES

ROUTINE TIME LIMITS	MAX TIME	ROUTINE TIME	COMMENTS	DEDUCTION
Cheer Teams	2:30			
Dance Teams	2:30			
Individual / Duo / Trio	1:30			
Individual Cheer Only	:30			
Stunt Teams	1:15			
College Cheer	2:30			
College Dance	2:15			

1 Point for 3-5 Sec	onds Over / 5 Po	oints for 6-10 S	econds Over / 1	10 Points for 11+ Seco	nds Over
SAFETY / LEGALITY VIO	LATION = 10 PT	s			DEDUCTION
LevelExplanation:	_ Skill		Letter		
LevelExplanation:	_ Skill		Letter		
Bobble = 1 Pt Tumbling – A hand or hands touch the f skill. Note: Backhandspring to the kne technique issue and not a deduction. Stunt/Pyramid – Any skill where the fly from the body drops out of the skill. Stunt/Pyramid – Any stunt that begin and is recovered (stays up)	ees is considered a yers leg that is away				
Minor Fall = 2 Pts Tumbling – Knees or body hit the floskill. Stunt/Pyramid – Any stunt that falls to caught/saved in a cradle. A stunt that tempted and/or completely missed designs.	from the skill and is at is obviously not				
Major Fall = 5 Pts Stunt/Pyramid/Toss – Any stunt/pyram the skill and is NOT caught in a cradle flyers body touches the floor or base(s	and any part of the				
RT=Running Tumbling / ST=Sta	inding Tumbling / T	oss=Toss / P	'R=Pyramid / STU	NT=Stunt	
			TOTA	AL DEDUCTIONS	



5/6

TEAM	
DIVISION	

STUNTS & PYRAMIDS - LEVEL 5/6

JUDGE	#	
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STUNTS	MAX VALUE	SCORE	COMMENTS
DIFFICULTY	10		
TECHNIQUE / EXECUTION	10		
QUANTITY	10		
PYRAMIDS	MAX VALUE	SCORE	COMMENTS
DIFFICULTY	10		
TECHNIQUE / EXECUTION	10		
TOSSES	MAX VALUE	SCORE	COMMENTS
DIFFICULTY	10		
TECHNIQUE / EXECUTION	10		
QUANTITY	10		
OVERALL ROUTINE IMPRESSION/PERFECTION	10		
TOTAL SCORE	90		



5/6

TEAM	
DIVISION	

TUMBLING & JUMPS - LEVEL 5/6

JUDGE	#	
JUDGL	#	

STANDING	MAX VALUE	SCORE	COMMENTS
DIFFICULTY	10		
TECHNIQUE / EXECUTION	10		
QUANTITY	10		
RUNNING	MAX VALUE	SCORE	COMMENTS
DIFFICULTY	10		
TECHNIQUE / EXECUTION	10		
QUANTITY	10		
JUMPS	MAX VALUE	SCORE	COMMENTS
DIFFICULTY	10		
TECHNIQUE / EXECUTION	10		
OVERALL ROUTINE IMPRESSION/PERFECTION	10		
TOTAL SCORE	90		





TEAM	-
DIVISION	-

ROUTINE / CREATIVITY - ALL LEVELS

JUDGE #	
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MOTIONS / DANCE	MAX VALUE	SCORE	COMMENTS
MOTIONS / CHEER EXECUTION	10		
DANCE EXECUTION	10		
DEGREE OF DIFFICULTY	10		
SYNCHRONIZATION	10		
CHOREOGRAPHY	MAX VALUE	SCORE	COMMENTS
FORMATIONS / TRANSITIONS	10		
CREATIVITY	10		
OVERALL ROUTINE IMPRESSION/PERFECTION	10		
TOTAL SCORE	70		



TEAM	
DIVISION	

STUNTS & PYRAMIDS – LEVEL 4

JUDGE #	
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STUNTS	MAX VALUE	SCORE	COMMENTS
DIFFICULTY	10		
TECHNIQUE / EXECUTION	10		
QUANTITY	10		
PYRAMIDS	MAX VALUE	SCORE	COMMENTS
DIFFICULTY	9		
TECHNIQUE / EXECUTION	10		
TOSSES	MAX VALUE	SCORE	COMMENTS
DIFFICULTY	MAX VALUE 9	SCORE	COMMENTS
		SCORE	COMMENTS
DIFFICULTY	9	SCORE	COMMENTS
DIFFICULTY TECHNIQUE / EXECUTION	9	SCORE	COMMENTS



TUMBLING & JUMPS - LEVEL 4

JUDGE	44	
JUDGE	#	

STANDING	MAX VALUE	SCORE	COMMENTS
DIFFICULTY	8		
TECHNIQUE / EXECUTION	10		
QUANTITY	10		
RUNNING	MAX VALUE	SCORE	COMMENTS
DIFFICULTY	8		
TECHNIQUE / EXECUTION	10		
QUANTITY	10		
JUMPS	MAX VALUE	SCORE	COMMENTS
DIFFICULTY	10		
TECHNIQUE / EXECUTION	10		
OVERALL ROUTINE IMPRESSION/PERFECTION	10		
TOTAL SCORE	86		



TEAM	
DIVISION	

ROUTINE / CREATIVITY - LEVEL 4

JUDGE	44	
JUDGE	#	

MOTIONS / DANCE	MAX VALUE	SCORE	COMMENTS
MOTIONS / CHEER EXECUTION	10		
DANCE EXECUTION	10		
DEGREE OF DIFFICULTY	10		
SYNCHRONIZATION	10		
CHOREOGRAPHY	MAX VALUE	SCORE	COMMENTS
FORMATIONS / TRANSITIONS	10		
CREATIVITY	10		
OVERALL ROUTINE IMPRESSION/PERFECTION	10		
TOTAL SCORE	70		



TEAM	
DIVISION	

STUNTS & PYRAMIDS – LEVEL 3

JUDGE	#	
JUDGL	#	

STUNTS	MAX VALUE	SCORE	COMMENTS
DIFFICULTY	8		
TECHNIQUE / EXECUTION	10		
QUANTITY	10		
PYRAMIDS	MAX VALUE	SCORE	COMMENTS
DIFFICULTY	8		
TECHNIQUE / EXECUTION	10		
TOSSES	MAX VALUE	SCORE	COMMENTS
DIFFICULTY	MAX VALUE 8	SCORE	COMMENTS
		SCORE	COMMENTS
DIFFICULTY	8	SCORE	COMMENTS
DIFFICULTY TECHNIQUE / EXECUTION	8	SCORE	COMMENTS



TEAM	
DIVISION	

TUMBLING & JUMPS - LEVEL 3

JUDGE	#	
JUDGL	#	

STANDING	MAX VALUE	SCORE	COMMENTS
DIFFICULTY	7		
TECHNIQUE / EXECUTION	10		
QUANTITY	10		
RUNNING	MAX VALUE	SCORE	COMMENTS
DIFFICULTY	7		
TECHNIQUE / EXECUTION	10		
QUANTITY	10		
JUMPS	MAX VALUE	SCORE	COMMENTS
DIFFICULTY	10		
TECHNIQUE / EXECUTION	10		
OVERALL ROUTINE IMPRESSION/PERFECTION	10		
TOTAL SCORE	84		



TEAM	
DIVISION	

ROUTINE / CREATIVITY - LEVEL 3

JUDGE #	
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MOTIONS / DANCE	MAX VALUE	SCORE	COMMENTS
MOTIONS / CHEER EXECUTION	10		
DANCE EXECUTION	10		
DEGREE OF DIFFICULTY	10		
SYNCHRONIZATION	10		
CHOREOGRAPHY	MAX VALUE	SCORE	COMMENTS
FORMATIONS / TRANSITIONS	10		
CREATIVITY	10		
OVERALL ROUTINE IMPRESSION/PERFECTION	10		
TOTAL SCORE	70		



TEAM	
DIVISION	

STUNTS & PYRAMIDS – LEVEL 2

JUDGE	#	
JUDGL	#	

STUNTS	MAX VALUE	SCORE	COMMENTS
DIFFICULTY	7		
TECHNIQUE / EXECUTION	10		
QUANTITY	10		
PYRAMIDS	MAX VALUE	SCORE	COMMENTS
DIFFICULTY	6		
TECHNIQUE / EXECUTION	10		
TOSSES	MAX VALUE	SCORE	COMMENTS
DIFFICULTY	MAX VALUE 7	SCORE	COMMENTS
		SCORE	COMMENTS
DIFFICULTY	7	SCORE	COMMENTS
DIFFICULTY TECHNIQUE / EXECUTION	7	SCORE	COMMENTS



TEAM _	
DIVISION	

TUMBLING & JUMPS - LEVEL 2

JUDGE	#	
JUDGL	#	

STANDING	MAX VALUE	SCORE	COMMENTS
DIFFICULTY	6		
TECHNIQUE / EXECUTION	10		
QUANTITY	10		
RUNNING	MAX VALUE	SCORE	COMMENTS
DIFFICULTY	6		
TECHNIQUE / EXECUTION	10		
QUANTITY	10		
JUMPS	MAX VALUE	SCORE	COMMENTS
DIFFICULTY	10		
TECHNIQUE / EXECUTION	10		
OVERALL ROUTINE IMPRESSION/PERFECTION	10		
TOTAL SCORE	82		



TEAM	
DIVISION	

ROUTINE / CREATIVITY - LEVEL 2

JUDGE #	
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MOTIONS / DANCE	MAX VALUE	SCORE	COMMENTS
MOTIONS / CHEER EXECUTION	10		
DANCE EXECUTION	10		
DEGREE OF DIFFICULTY	10		
SYNCHRONIZATION	10		
CHOREOGRAPHY	MAX VALUE	SCORE	COMMENTS
FORMATIONS / TRANSITIONS	10		
CREATIVITY	10		
OVERALL ROUTINE IMPRESSION/PERFECTION	10		
TOTAL SCORE	70		



TEAM	
DIVISION	

STUNTS & PYRAMIDS – LEVEL 1

JUDGE #	
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STUNTS	MAX VALUE	SCORE	COMMENTS
DIFFICULTY	6		
TECHNIQUE / EXECUTION	10		
QUANTITY	10		
PYRAMIDS	MAX VALUE	SCORE	COMMENTS
DIFFICULTY	6		
TECHNIQUE / EXECUTION	10		
TOSSES	MAX VALUE	SCORE	COMMENTS
TOSSES	MAX VALUE 0	SCORE N/A	COMMENTS
			COMMENTS
DIFFICULTY	0	N/A	COMMENTS
DIFFICULTY TECHNIQUE / EXECUTION	0	N/A N/A	COMMENTS



TEAM	
DIVISION	

TUMBLING & JUMPS - LEVEL 1

JUDGE	#	
JUDGL	#	

STANDING	MAX VALUE	SCORE	COMMENTS
DIFFICULTY	5		
TECHNIQUE / EXECUTION	10		
QUANTITY	10		
RUNNING	MAX VALUE	SCORE	COMMENTS
DIFFICULTY	5		
TECHNIQUE / EXECUTION	10		
QUANTITY	10		
JUMPS	MAX VALUE	SCORE	COMMENTS
DIFFICULTY	10		
TECHNIQUE / EXECUTION	10		
OVERALL ROUTINE IMPRESSION/PERFECTION	10		
TOTAL SCORE	80		



TEAM	
DIVISION	

ROUTINE / CREATIVITY - LEVEL 1

JUDGE #	
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MOTIONS / DANCE	MAX VALUE	SCORE	COMMENTS
MOTIONS / CHEER EXECUTION	10		
DANCE EXECUTION	10		
DEGREE OF DIFFICULTY	10		
SYNCHRONIZATION	10		
CHOREOGRAPHY	MAX VALUE	SCORE	COMMENTS
FORMATIONS / TRANSITIONS	10		
CREATIVITY	10		
OVERALL ROUTINE IMPRESSION/PERFECTION	10		
TOTAL SCORE	70		



TEAM	
DIVISION	

SCHOOL / REC CHEER

JUDGE #		

TUMBLING SKILLS		MAX VALUE	SCORE	COMMENTS
STANDING	Difficulty	5		
STANDING	Technique	5		
RUNNING	Difficulty	5		
RUNNING	Technique	5		
JUMPS	Difficulty	5		
JUMPS	Technique	5		
BUILDING SKILLS		MAX VALUE	SCORE	COMMENTS
CTUNTO	Difficulty	5		
STUNTS	Technique	5		
PYRAMIDS / BASKET TOSS	Difficulty	5		
PTRAINIDS/BASKET 1033	Technique	5		
OVERALL ROUTINE		MAX VALUE	SCORE	COMMENTS
MOTIONS / CHEER EXECUTIO	N	10		
DANCE EXECUTION		10		
SYNCHRONIZATION		5		
FORMATIONS / TRANSITIONS		5		
CREATIVITY / CHOREOGRAPHY		10		
OVERALL IMPRESSION / PERFECTION		10		
TOTAL SCORE		100		



TEAM	
DIVISION	

SCHOOL/REC NON BUILDING

JUDGE #	
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TUMBLING SKILLS		MAX VALUE	SCORE	COMMENTS
CTANIDING	Difficulty	10		
STANDING	Technique	5		
DUNNING	Difficulty	10		
RUNNING	Technique	5		
ILIMDO	Difficulty	10		
JUMPS	Technique	5		
OVERALL ROUTINE		MAX VALUE	SCORE	COMMENTS
MOTIONS / CHEER EXECUTIO	N	15		
DANCE EXECUTION		15		
SYNCHRONIZATION		5		
FORMATIONS / TRANSITIONS		5		
CREATIVITY / CHOREOGRAPHY		10		
OVERALL IMPRESSION / PERFECTION		10		
TOTAL SCORE		100		



TEAM	
DIVISION	

SCHOOL/REC NON TUMBLING

JUDGE #	
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BUILDING SKILLS		MAX VALUE	SCORE	COMMENTS
CTUNITO	Difficulty	10		
STUNTS	Technique	10		
DVDAMIDO	Difficulty	10		
PYRAMIDS	Technique	10		
TOCCEC	Difficulty	5		
TOSSES	Technique	5		
OVERALL ROUTINE		MAX VALUE	SCORE	COMMENTS
MOTIONS / CHEER EXECUTION		10		
DANCE EXECUTION		10		
SYNCHRONIZATION		5		
FORMATIONS / TRANSITIONS		5		
CREATIVITY / CHOREOGRAPHY		10		
OVERALL IMPRESSION / PERFECTION		10		
TOTAL SCORE		100		



TEAM	
DIVISION	

SCHOOL/REC NON-BUILDING & NON-TUMBLING

OVERALL ROUTINE		MAX VALUE	SCORE	COMMENTS
ILIMDO	Difficulty	10		
JUMPS	Technique	10		
OVERALL ROUTINE		MAX VALUE	SCORE	COMMENTS
MOTIONS / CHEER EXECUTION		25		
DANCE EXECUTION		25		
SYNCHRONIZATION		5		
FORMATIONS / TRANSITIONS		5		
CREATIVITY / CHOREOGRAPHY		10		
OVERALL IMPRESSION / PERFECTION		10		
TOTAL SCORE		100		



TEAM	
DIVISION	

DANCE TEAMS – HIP HOP

HIDOE	"	
JUDGE	#	

DANCE TECHNIQUE	MAX VALUE	SCORE	COMMENTS
Body Placement & Alignment	10		
Control & Strength of Movement	10		
GROUP EXECUTION	MAX VALUE	SCORE	COMMENTS
Precision & Synchronization	10		
Uniformity & Timing with Music	10		
Spacing & Formations	10		
CHOREOGRAPHY	MAX VALUE	SCORE	COMMENTS
Effective Style & Technique	10		
Difficulty	10		
Flow of Routine	10		
OVERALL ROUTINE	MAX VALUE	SCORE	COMMENTS
Showmanship	10		
Routine Perfection	10		
TOTAL SCORE	100		



TEAM	
DIVISION	

DANCE TEAMS – LYRICAL

JUDGE #	
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DANCE TECHNIQUE	MAX VALUE	SCORE	COMMENTS
Body Placement & Alignment	10		
Control & Strength of Movement	10		
Leaps & Turns Technique	10		
GROUP EXECUTION	MAX VALUE	SCORE	COMMENTS
Precision & Synchronization	10		
Uniformity & Timing with Music	10		
Spacing & Formations	10		
CHOREOGRAPHY	MAX VALUE	SCORE	COMMENTS
Effective Style & Technique	10		
Flow of Routine	10		
OVERALL ROUTINE	MAX VALUE	SCORE	COMMENTS
Showmanship	10		
Routine Perfection	10		
TOTAL SCORE	100		



TEAM	
DIVISION	

DANCE TEAMS – JAZZ

JUDGE #	
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DANCE TECHNIQUE	MAX VALUE	SCORE	COMMENTS
Body Placement & Alignment	10		
Control & Strength of Movement	10		
Leap Technique	10		
Turns Technique	10		
GROUP EXECUTION	MAX VALUE	SCORE	COMMENTS
Precision & Synchronization	10		
Uniformity & Timing with Music	10		
Spacing & Formations	10		
CHOREOGRAPHY	MAX VALUE	SCORE	COMMENTS
Effective Style & Technique	5		
Flow of Routine	5		
OVERALL ROUTINE	MAX VALUE	SCORE	COMMENTS
Showmanship	10		
Routine Perfection	10		
TOTAL SCORE	100		



TEAM	
DIVISION	

DANCE TEAMS - POM

JUDGE	#		
JUDGE	#		

DANCE TECHNIQUE	MAX VALUE	SCORE	COMMENTS
Body Placement & Alignment	10		
Control & Strength of Movement	10		
GROUP EXECUTION	MAX VALUE	SCORE	COMMENTS
Precision & Synchronization	10		
Uniformity & Timing with Music	10		
Spacing & Formations	10		
CHOREOGRAPHY	MAX VALUE	SCORE	COMMENTS
Effective Pom Use & Style	10		
Difficulty	10		
Flow of Routine	10		
OVERALL ROUTINE	MAX VALUE	SCORE	COMMENTS
Showmanship	10		
Routine Perfection	10		
TOTAL SCORE	100		



NAME	
TEAM	
DIVISION	

INDIVIDUAL CROWD LEADER& DUO / TRIO NON-TUMBLING

JUDGE :	#			

OVERALL ROUTINE	MAX VALUE	SCORE	COMMENTS
Jumps	10		
Motion / Cheer / Dance	15		
Creativity / Choreography	5		
Showmanship / Voice / Projection	10		
Overall Impression / Perfection	10		
TOTAL SCORE	50		



NAME	
TEAM	
DIVISION	

INDIVIDUAL DANCER & DUO / TRIO

JUDGE #	
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DANCE TECHNIQUE	MAX VALUE	SCORE	COMMENTS
Body Placement & Alignment	10		
Control & Strength of Movement	10		
OVERALL ROUTINE	MAX VALUE	SCORE	COMMENTS
Effective Style & Technique	5		
Difficulty	5		
Flow of Routine & Synchronization	5		
OVERALL ROUTINE	MAX VALUE	SCORE	COMMENTS
Showmanship	5		
Routine Perfection	10		
TOTAL SCORE	50		



NAME	
TEAM	
DIVISION	

INDIVIDUAL CHEERLEADER & DUO / TRIO

JUDGE	#	

TUMBLING SKILLS	MAX VALUE	SCORE	COMMENTS
Standing	5		
Running	5		
Jumps	5		
OVERALL ROUTINE	MAX VALUE	SCORE	COMMENTS
Motion / Cheer / Dance	10		
Creativity / Choreography	5		
Showmanship / Voice / Projection	10		
Overall Impression / Perfection	10		
TOTAL SCORE	50		



NAME	
TEAM	 -
DIVISION	

STUNT TEAMS & PARTNER STUNT COUPLES

JUDGE #	
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OVERALL ROUTINE	MAX VALUE	SCORE	COMMENTS
Difficulty	10		
Transitions	10		
Technique	10		
Form & Appearance	10		
Overall Effect	10		
TOTAL SCORE	50		



NAME	
TEAM	
DIVISION	

CROWDLEADER CHEER ONLY

JUDGE#	
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OVERALL ROUTINE	MAX VALUE	SCORE	COMMENTS
Cheer	10		
Appearance	5		
Voice	10		
Motion Technique	10		
Difficulty	5		
Overall Effect	10		
TOTAL SCORE	50		