2021 Competitive Cheerleading Checkbox Quick Reference

- Checkboxes based on Execution (EXE), not DOD
- Checkboxes should match your scores
- Only maximum scores do not require checked boxes
- Only check a box that refers to an Area of Improvement

Panel A Checkboxes

Jumps	
Landings	Feet together; solid not wobbly; clean; arms to sides; back straight
Height	Distance from the ground at highest point of jump
Form	Well placed body positions throughout the jump sequence
Synchronized	All phases of the jump sequence performed in unison with other team members
Pointed Toes	Toes pointed not flexed
Dropped chest	Head down; reaching over; shoulders hunched and not straight
Formation	Straight lines; even spacing
Arm placement	Straight with tight motions; even
Straight legs	No bent knees; parallel to the cheer surface
Timing	Use of speed and rhythm to perform jumps smoothly
Missed jumps	Not all members of the team perform all jumps
Legs not horizontal	Legs uneven in height
Cheer/Chant	
Creative/Visual	Contains elements not commonly used; something new; catches the attention
Add motions	Limited use of motions throughout; more clapping than motions
Formations	Use of straight lines; even spacing
Synchronization	All parts of the cheer performed in unison with other team members
Transitions	Movement across the floor; smooth; not bumping into other team members
Projection	Word are clearly understood; voices are together; good use of faces
Energy	Show genuine spirit and enthusiasm; fires the audience up
Involve Total team	All members of the team taking part throughout the cheer/chant
Sharpness	Motions well placed and tight
Volume	Loud so that all audience can hear total team
Say words	ALL team members say the words throughout
Needs more counts	Did not perform all 3 required 8-counts in unison with other team members
Pace	How fast/slow; not too rushed that timing is off; not too slow that it drags
Timing	Use of speed and rhythm for cheer/chant sequence to go smoothly
No incorporations	Did not have ANY incorporations of skills into the cheer/chant
Partial incorporations	Had some incorporations but total team not involved throughout

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Panel A Checkboxes

Dance	
Creative & Visual	Contains elements not commonly used; something new; catches the attention
Rhythm	Timed movement of music and steps to a beat; everyone moving to the beat
Motions	Arm and body movements are sharp; smooth; tight
Synchronization	All parts of the dance performed in unison with other team members
Formations	Straight lines; even spacing
Choreography	The elements of the design of a dance; movements; pattern; uniqueness
Pace	How fast/slow; not too rushed that timing is off; not too slow that it drags
Needs more counts	Did not perform all 4 required 8-counts in unison with other team members
Energy	Show genuine spirit and enthusiasm; "fires" the audience up
Transitions	Movement across the floor from one part of the dance to another; smooth
Level changes	Where the team members are physically: on the floor, standing, kneeling; shows movement
Knowledge of routine	Do all team members know the whole routine, where to be? Are several watching each other, out of step?
Showmanship	Smiling; good facial expressions; eye contact with audience; projection; makes the audience want to be involved; overall excitement
Intricacy	Involved and complex routine; lots of moving parts; goes beyond the basic
Involve Total Team	All members of the team taking part throughout the dance
Overall Routine Composition	
Creative & Visual	Contains elements not commonly used; something new; catches the attention
Clean up	Needs to work to improve small or large mistakes in the routine
Use of floor	How well the team moves across the floor; doesn't stay in one spot for long periods of time; used transitions for good effect
Synchronization	All parts of the routine performed in unison with other team members
Crowd Appeal	A performance having great popular appeal, the audience is excited about the routine
Flow/Pace	How fast/slow; not too rushed that timing is off; not too slow that it drags
Variations	Squad performs a variety of different stunts, tumbling sequences, jumps etc.
Intricate choreography	The elements of the design of a dance; movements; pattern; uniqueness; goes beyond the simple or basic; involved moves
Transitions	Movement across the floor from one part of the routine to another; smooth; not bumping into other team members
Innovative	Original and creative within the routine
Formations	Arrangement or pattern of team members; evenly spaced
Structure/layout	How well the routine is put together; smooth; good formations which transition to other parts of the routine
Showmanship	Smiling; good facial expressions; eye contact with audience; projection; makes the audience want to be involved; overall excitement
Energy	Show genuine spirit and enthusiasm; fires the audience up
Enthusiasm	Shows a genuine sense of excitement; infectious spirit

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Panel B Checkboxes

Standing/Running Tumbling	
Technique	Skillful completion of a tumbling move; shows correct form, control of movement, and solid follow through to landing
Landings	End of a tumbling skill; solid; knees slightly bent; back straight; feet together
Form/Stability	Well placed body positions; not wobbly; properly executed skills
Timing	Use of speed and rhythm to perform tumbling skill correctly
Choreography	The elements of a tumbling routine; order and pattern of tumbling skills
Precision	Refinement and accuracy of a tumbling skill; sharp execution
Straighten Legs	No bent knees on back handsprings
Hands Down/Bust	Touching the floor with hands or falling to the floor with any body part
Synchronization	All parts of the tumbling sequence performed in unison with other team members
Formation/Spacing	Arrangement or pattern of team members in performing a skill(s); evenly spaced
Missed Tumbling	Not completing a tumbling skill at all or in part
Multiple Steps	Taking several steps at the completion of a tumbling skill
Height	Highest point reached during a tumbling skill
Legs Together	Legs and knees together during and at the end of a tumbling skill
Falls	Tumbling fall is considered a fall to the floor when the tumbler lands on their legs, knees, back, head, rear, elbows, and so on, that was not considered a part of the original landing
Use of the Floor (Running Only)	Making good use of the floor for visual effect and transitions from one set of skills to another

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Panel C Checkboxes

Primary/Secondary Stunts/Coed	
Missed stunts	Not completing an attempted stunt
Bobbles	Shaky stunts; loss of balance when building
Flyer Form	Accurate body positions of the flyer
Formations	Arrangement or pattern of team members in performing a skill(s); evenly spaced
Dropped Stunts	Stunt/skill being attempted that comes down early; out of sync with the other stunts
Precision	Refinement and accuracy of a stunt; sharp execution; proper body position
Flexibility	Good range of motion that allows accurate completion of stunting skills smoothly
Synchronization	All parts of the stunting sequence performed in unison with other team members
Cleanup Dismounts	Dismounts not synchronized; shaky; poor form
Timing	Use of speed and rhythm to perform stunting skill correctly
Stability	Straight and solid execution of a stunt; not shaky; good form maintained
Falls	Any body part other than the sole of a shoe that comes into contact with the performing surface during the execution of a skill or stunt

Basket Tosses Only	
Toss Technique	Skillful completion of a toss that shows good form and control of movement
Toss Height	Highest point of a toss

Pyramids	
Flyer Form	Well placed body positions; not wobbly; properly executed skills
Flow	Smooth movement from one part of a pyramid sequence to another
Improve Transitions	Progression of skills from one part of a pyramid to another
Synchronized	All parts of the pyramid sequence of skills performed in unison with other team members
Precision	Refinement and accuracy of a stunt; sharp execution; proper body position
Missed Elements	Not completing all part of the skills involved in a pyramid
Cleanup Releases	Moves not clean when flyer moves from one loading or stunt position to another
Timing	Use of speed and rhythm to perform stunting skill correctly
Drops	Stunt released early from a pyramid; not in sync with other stunt groups
Bobbles	Shaky stunts; loss of balance in stunts
Pace	Rate of movement not steady
Connections	Stunts groups not solid or touching in pyramid
Stability	Straight and solid execution of a stunt; not shaky; good form maintained
Falls	Any body part other than the sole of a shoe that comes into contact with the performing surface during the execution of a skill or stunt in a pyramid