



SPECIAL OLYMPICS IOWA CHEERLEADING AND DANCE COMPETITION RULES & REGULATIONS

All Special Olympics Iowa Cheerleading and Dance Competitions will be run according to the rules and regulations in this manual.



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COACHING GUIDELINES

All practice sessions must be supervised by the coach and held in a location suitable for the activities of cheerleaders/dancers (i.e. use of appropriate mats, away from excessive noise and distractions, suitable athlete to coach ratio, etc.)

Coaches should recognize an athlete's ability level and focus on providing fundamentals. Athletes should not be pressed to perform activities until everyone has a fundamental understanding of safety requirements.

All cheerleading squads and dance teams should adopt a comprehensive conditioning and strength building program.

Tumbling, partner stunts, pyramids, and jumps should be limited to appropriate surfaces during practice and competition.

If your cheer squad or dance teams needs additional help from a coach with their stunts you must fill out a Special Privilege form and turn it in with your registration entries.

SPECTATOR GUIDELINES

Please refrain from using abusive or offensive language towards anyone: officials, coaches, opponents, or fellow spectators.

Please remember that the athletes are amateur athletes and the coaches and officials are all volunteers.

Let the coaches' coach the athletes – **PLEASE** refrain from shouting instructions.

Spectators and fans are prohibited in the competition areas. Only registered/approved coaches and athletes should be in the competition area.

ALL CHEERS should stress the spirit of good sportsmanship. Negative comments directed to athletes, coaches, or officials will not be tolerated.



REGISTRATION ENTRIES

Entry forms are available online at www.soiowa.org

- Competitions tab > click on Participation Forms > scroll to Mid-Winter Tournament

Entries can be emailed to registrations@soiowa.org

Entries can be mailed to the State Office at 551 SE Dovetail Road, PO Box 620, Grimes, IA, 50111

Print the following forms:

- Coach/Volunteer Roster
- Mid-Winter Tournament Registration Form
- Mid-Winter Tournament Housing Form
- Cheer/Dance Rules and Regulations
- Cheer/Dance Entry Form

A delegation may sign up more than one team for cheer or dance; however, an athlete or Unified partner can only participate on one team

APPROPRIATE ATTIRE

Uniforms: Team members must wear outfits alike in style and color. All team members must have athletic shoes with a non-marking sole. Consider the athlete when choosing uniforms (No boots may be worn). **A deduction of five points will be giving for uniform violations.**

Bottoms: Women/Men - pants, shorts, skorts or skirts (**must be at least mid-thigh and/or knee in length**). No slit allowed in skorts, shorts or skirts (if a slit exist in uniform it must be sewed up or fabric behind the slit). Briefs or bloomers must be worn with all skirts.

Tops: Tank-top, collared shirts, or T-shirts (no pockets). No halter tops will be allowed. Straps must be at least 1" inch wide. Spaghetti straps will not be permitted. Apparel must cover the midriff at all times.

Jewelry: No jewelry of any kind including but not limited to ear, nose, tongue, belly button and facial rings, clear plastic jewelry, bracelets, necklaces, stickers, or glitter is allowed. Pins on uniforms are prohibited. Jewelry must be removed and may not be taped over. **A deduction of five points will be giving for jewelry violations.**

- **Exceptions:** Medical ID tags/bracelets and temporary tattoos are allowed

Hair: For safety reasons, long hair should be out of the face and secured (if possible).

Gum: No gum is allowed.

TRADITIONAL VS UNIFIED TEAM

Traditional Special Olympics teams are made up of all athletes (people with an intellectual disability). All athletes competing must have a current physical form on file at the state office by the registration deadline.

For a Unified team, the number of Special Olympics athletes must be equal to, or exceed by one, the number of Unified Partners. Athletes who are involved in a Unified team must also have a physical form on file at the state office by the registration deadline. Please see below for the athlete/Unified Partner configuration:

Squad Members for a Unified Team:

2 member squad	1 athlete	1 Unified partner
3 member squad	2 athletes	1 Unified partner
4 member squad	2 athletes	2 Unified partners
5 member squad	3 athletes	2 Unified partners
6 member squad	3 athletes	3 Unified partners
7 member squad	4 athletes	3 Unified partners
8 member squad	4 athletes	4 Unified partners
9 member squad	5 athletes	4 Unified partners
10 member squad	5 athletes	5 Unified partners
11 member squad	6 athletes	5 Unified partners
12 member squad	6 athletes	6 Unified partners
13 member squad	7 athletes	6 Unified partners
14 member squad	7 athletes	7 Unified partners
15 member squad	8 athletes	7 Unified partners
16 member squad	8 athletes	8 Unified partners

Squad/Dance team size is limited to a minimum of 2 up to a maximum of 16.

If at any time during the competition, the number of Unified partners exceeds the number of Special Olympians; the squad and/or team will compete for participation ribbons only. There will be **NO** exceptions to this rule. **Registration forms will not be accepted without the proper ratio of athletes and Unified partners.**



CHEER COMPETITION

There is no music allowed in this competition. A squad must perform two different cheers. If a squad performs only one cheer and repeats, there will be a five point deduction. If a squad exceeds three or more cheers there will be a five point deduction.

Having a five second pause between cheers will help the judges identify where one cheer ends and the other cheer begins:

- There will be two ping pong paddles that are labeled, “cheer 1” and “cheer 2” These will be available to use to allow for the five second pause but are not a requirement nor will deductions be made if they are not used.

Divisioning: Will be based on ability, squad size, and age. The oldest age on the squad will determine what age group the athletes will compete in. Co-ed teams are allowed but must follow the rules of size, age, and ability.

Size:

- Individual
- Small squad: 2-8 members
- Large squad: 9-16 members
 - No more than 16 athletes are allowed

Age:

- Junior: 8-21
- Senior: 22 and over

Ability: (see appendix for definition of ability levels)

- **Beginner:** Team non-mount & non-tumble
 - Must perform at least one jump **and** one kick by at least one athlete
- **Advanced:** Team mount & tumble
 - Must perform at least one jump **and** one kick along with **at least** one tumble, stunt, or pyramid by at least one athlete
- **Unified Team**

Time: This performance time includes changes in signs, pompoms or other props. Judging and timing of your performance will start with the first word. **So for example, if you have an entrance cheer, it will count towards one of your cheers.**

If you exceed the allotted three minute time the following deductions will be made:

- **If we have to ask you to stop after the three minutes has passed there will be a five point deduction made.**



DANCE COMPETITION

A team must perform two different dance routines to two different songs. **Sound effects are allowed but actual cheers are not.**

The following deductions will be made:

- One dance to two songs, five point deduction
- One dance to one song, five point deduction
- Exceeding two dances and two songs, five point deduction

Divisioning: Will be based on ability, team size and age. The oldest age on the team will dictate what age group the athletes will compete in. Coed teams are allowed but must follow the rules of size, age and ability.

Size:

- Individual
- Small team: 2-8 members
- Large team: 9-16 members
 - **No more than 16 athletes are allowed**

Age:

- Junior: 8-21
- Senior: 22 and over

Ability:

- **Beginner:** Team non-mount & non-tumble
 - Must perform at least one jump **and** one kick by at least one athlete
- **Advanced:** Team mount & tumble
 - Must perform at least one jump **and** one kick along with **at least** one tumble, stunt or pyramid performed by at least one athlete
- **Unified Team**

Time: A team has a maximum performance time of 2 minutes and 30 seconds. The time will begin once the music starts.

- **If we have to ask you to stop after the 2 minutes and 30 seconds has passed there will be a five point deduction made.**



Music: Music must be suitable for family listening. Music must be in a CD format. Hand signals from the coach in the coaches' box will be used to indicate to the volunteer when the music should be started and stopped.

Music must be ready to start once the volunteer pushes play for the music to begin:

- **For example:** Time will not be allotted for a team's music that a volunteer must fast forward to a 1 minute and 30 seconds for to push play for the dance routine to begin.
- The volunteer must be able to push play right away for the dance routine to begin and end.

PERFORMANCE SPACE

Performance space should measure at least 40ft x 25ft for both cheer and dance competition. The competition floor will be a plain gym floor. If you need mats for safety reasons please provide those.

- The performance floor will be outlined by blue tape on the day of competition

Coaches' Box: two coaches will be allowed to coach the squad from the coaches' box in between the judges' tables. Coaches must remain inside the box. You may not be in front of the judges table or on the floor.

APPROPRIATE EQUIPMENT

Practice Surfaces

Practice sessions must be held in a location suitable for spirit activities, i.e. appropriate surface/area, reasonably free of obstruction and excessive noise, etc.

Performance Surfaces

Use of mini-tramps, springboards, spring-assisted floors or any height-increasing apparatus is illegal for use during performances/competitions.



APPENDIX

Base: The bottom person of a partner stunt or pyramid who is in contact with the ground.

Cheer: A long phrase that involves motions, pompoms, stunts, jumps, and/or tumbling.

Dance: A routine performed to music with no verbal chants, cheers, etc. May incorporate props, pom poms, gymnastics, and/or stunts.

Flyer: The flyer (top person) of a partner stunt or pyramid.

Front Leg Kick: Step left or right and kick opposite foot to the front with arms extended straight over head.

Jump: A spring from one or both feet with landing on one or both feet.

Motions: Movements using straight and/or diagonal arms; in combination with head/foot movements.

Partner Stunts: Any type of stunt that uses two persons and one of those persons is using the other persons for support.

Props: Any type of hats, flags, hand-held ribbons, etc.

Spotter: A person that assists with any tumbling move or who is responsible for assisting or catching the top person. A spotter does not provide primary support to another person. The spotter must spot the climber until the climber returns safely on the ground.

Stunt/Mount: Any skill in which a top person is supported above the performance surface by one or more person. Can only be 1½ persons high; also known as a stunt. All stunts above floor level must have a back spotter.

Team Mount & Tumble: “Advanced.” Tumbling, stunts, and pyramids are allowed along with jumps and kicks.

Team Non-Mount & Non-Tumble: “Beginner.” There are no tumbling, stunts, or mounts allowed in this level. Only jumps and kicks are allowed.

Thigh Stand: Limited to two person high. “Two high” is defined as the base (bottom person) having at least one foot on the ground and one on the climber.

Tumbling/Gymnastic: Any type of individual or partner stunt performed other than jumps and motions such as mounts, splits, rolls, cartwheels, and handsprings.



JUDGE SCORESHEETS

Cheer Scoresheet Beginner – Judge 1

Cheer Scoresheet Beginner – Judge 2

Cheer Scoresheet Beginner – Judge 3

Cheer Scoresheet Beginner – Score Table

Cheer Scoresheet Advanced – Judge 1

Cheer Scoresheet Advanced – Judge 2

Cheer Scoresheet Advanced – Judge 3

Cheer Scoresheet Advanced – Score Table

Dance Scoresheet Beginner – Judge 1

Dance Scoresheet Beginner – Judge 2

Dance Scoresheet Beginner – Judge 3

Dance Scoresheet Beginner – Score Table

Dance Scoresheet Advanced – Judge 1

Dance Scoresheet Advanced – Judge 2

Dance Scoresheet Advanced – Judge 3

Dance Scoresheet Advanced – Score Table



Cheer Scoresheet Beginner – Judge 1

Squad Name _____

CHEER 1

Division - Beginner - Traditional _____ Unified _____

Judge's Signature: _____



PERSONAL APPEARANCE & UNIFORM

Possible Score Squad Score

A.	Hair-neat	5	
B.	Uniforms - pressed and clean	5	
C.	Appropriate length for bottoms and tops	5	
D.	Jewelry (none)	5	
SUB TOTAL		20	

CHEER

Possible Score Squad Score

A.	Clarity/Loudness	5	
B.	Pep/Enthusiasm	5	
C.	Poise/Confidence	5	
D.	Creativity	5	
SUB TOTAL		20	

Comments:

Squad Name _____

CHEER 2

Division - Beginner - Traditional _____ Unified _____

Judge's Signature: _____



PERSONAL APPEARANCE & UNIFORM

Possible Score Squad Score

A.	Hair-neat	5	
B.	Uniforms - pressed and clean	5	
C.	Appropriate length for bottoms and tops	5	
D.	Jewelry (none)	5	
SUB TOTAL		20	

CHEER

Possible Score Squad Score

A.	Clarity/Loudness	5	
B.	Pep/Enthusiasm	5	
C.	Poise/Confidence	5	
D.	Creativity	5	
SUB TOTAL		20	

Comments:



Cheer Scoresheet Beginner – Judge 2

Squad Name _____

CHEER 1

Division - Beginner - Traditional _____ Unified _____

Judge's Signature: _____



HIGH V / LOW V		Possible Score	Squad Score
A.	High V/Low V	5	
B.	High V - Straight Arms	5	
C.	High V - Position	5	
D.	Low V - Straight Arms	5	
E.	Low V - Position	5	
SUB TOTAL		25	

LEG KICK(S) / JUMP(S)		Possible Score	Squad Score
A.	Straight Arms Overhead	5	
B.	Legs Extension	5	
C.	Height of Kick(s)/Jump(s)	5	
D.	Toes Pointed	5	
SUB TOTAL		20	

Comments:

Squad Name _____

CHEER 2

Division - Beginner - Traditional _____ Unified _____

Judge's Signature: _____



HIGH V / LOW V		Possible Score	Squad Score
A.	High V/Low V	5	
B.	High V - Straight Arms	5	
C.	High V - Position	5	
D.	Low V - Straight Arms	5	
E.	Low V - Position	5	
SUB TOTAL		25	

LEG KICK(S) / JUMP(S)		Possible Score	Squad Score
A.	Straight Arms Overhead	5	
B.	Legs Extension	5	
C.	Height of Kick(s)/Jump(s)	5	
D.	Toes Pointed	5	
SUB TOTAL		20	

Comments:



Cheer Scoresheet Beginner – Judge 3

Squad Name _____

CHEER 1

Division - Beginner - Traditional _____ Unified _____

Judge's Signature: _____



PENALTY POINTS (to be removed from total)

Possible Score Actual Score

A.	One (1) short cheer	-5	
B.	Three (3) or more cheers	-5	
C.	No jump(s) or kick(s) - (must be one (1) of each)	-10	
D.	Exceeds the three (3) minute maximum performance	-5	
TOTAL PENALTY POINTS		-25	

Comments:

Squad Name _____

CHEER 2

Division - Beginner - Traditional _____ Unified _____

Judge's Signature: _____



PENALTY POINTS (to be removed from total)

Possible Score Actual Score

A.	One (1) short cheer	-5	
B.	Three (3) or more cheers	-5	
C.	No jump(s) or kick(s) - (must be one (1) of each)	-10	
D.	Exceeds the three (3) minute maximum performance	-5	
TOTAL PENALTY POINTS		-25	

Comments:



Cheer Scoresheet Beginner – Score Table

Squad Name _____

Division - Beginner - Traditional _____ Unified _____

Judge's Signature: _____



PERSONAL APPEARANCE & UNIFORM		Possible Score	Squad Score
A.	Hair-neat	5	
B.	Uniforms - pressed and clean	5	
C.	Appropriate length for bottoms and tops	5	
D.	Jewelry (none)	5	
SUB TOTAL		20	

CHEER		Possible Score	Squad Score
A.	Clarity/Loudness	5	
B.	Pep/Enthusiasm	5	
C.	Poise/Confidence	5	
D.	Creativity	5	
SUB TOTAL		20	

HIGH V / LOW V		Possible Score	Squad Score
A.	High V/Low V	5	
B.	High V - Straight Arms	5	
C.	High V - Position	5	
D.	Low V - Straight Arms	5	
E.	Low V - Position	5	
SUB TOTAL		25	

LEG KICK(S) / JUMP(S)		Possible Score	Squad Score
A.	Straight Arms Overhead	5	
B.	Legs Extension	5	
C.	Height of Kick(s)/Jump(s)	5	
D.	Toes Pointed	5	
SUB TOTAL		20	

PENALTY POINTS (to be removed from total)		Possible Score	Actual Score
A.	One (1) short cheer	-5	
B.	Three (3) or more cheers	-5	
C.	No jump(s) or kick(s) - (must be one (1) of each)	-10	
D.	Exceeds the three (3) minute maximum performance	-5	
TOTAL PENALTY POINTS		-25	

SCORE SHEET TOTALS		Possible Score	Actual Score
A.	Total Score	85	
B.	Penalty points deducted	-25	-
CHEER TOTAL			

Comments:



Cheer Scoresheet Advanced – Judge 1

Squad Name _____

CHEER 1

Division - Advanced - Traditional _____ Unified _____

Judge's Signature: _____



PERSONAL APPEARANCE & UNIFORM

Possible Score Squad Score

A.	Hair-neat	5	
B.	Uniforms - pressed and clean	5	
C.	Appropriate length for bottoms and tops	5	
D.	Jewelry (none)	5	
SUB TOTAL		20	

CHEERLEADING SKILLS

Possible Score Squad Score

A.	Variation of Motions	5	
B.	Timing and Rhythm	5	
C.	Voice	5	
D.	Spacing	5	
E.	Formation Changes	5	
SUB TOTAL		25	

Comments:

Squad Name _____

CHEER 2

Division - Advanced - Traditional _____ Unified _____

Judge's Signature: _____



PERSONAL APPEARANCE & UNIFORM

Possible Score Squad Score

A.	Hair-neat	5	
B.	Uniforms - pressed and clean	5	
C.	Appropriate length for bottoms and tops	5	
D.	Jewelry (none)	5	
SUB TOTAL		20	

CHEERLEADING SKILLS

Possible Score Squad Score

A.	Variation of Motions	5	
B.	Timing and Rhythm	5	
C.	Voice	5	
D.	Spacing	5	
E.	Formation Changes	5	
SUB TOTAL		25	

Comments:



Cheer Scoresheet Advanced – Judge 2

Squad Name _____

CHEER 1

Division - Advanced - Traditional _____ Unified _____

Judge's Signature: _____



COMPOSITION AND PRESENTATION		Possible Score	Squad Score
A.	Degree of Difficulty	10	
B.	Incorporation of tumbling, stunts, pyramids	5	
C.	Safety Techniques	5	
D.	Pep and Enthusiasm	5	
E.	Facial Expression	5	
F.	Poised and Confidence	5	
G.	Originality	5	
SUB TOTAL		40	

Comments:

Squad Name _____

CHEER 2

Division - Advanced - Traditional _____ Unified _____

Judge's Signature: _____



COMPOSITION AND PRESENTATION		Possible Score	Squad Score
A.	Degree of Difficulty	10	
B.	Incorporation of tumbling, stunts, pyramids	5	
C.	Safety Techniques	5	
D.	Pep and Enthusiasm	5	
E.	Facial Expression	5	
F.	Poised and Confidence	5	
G.	Originality	5	
SUB TOTAL		40	

Comments:



Cheer Scoresheet Advanced – Judge 3

Squad Name _____

CHEER 1

Division - Advanced - Traditional _____ Unified _____

Judge's Signature: _____



LEG KICK(S) / JUMP(S)		Possible Score	Squad Score
A.	Straight Arms Overhead	5	
B.	Legs Extension	5	
C.	Height of Kick(s) / Jump(s)	10	
D.	Number of Kick(s) / Jump(s)	10	
E.	Toes Pointed	5	
SUB TOTAL		35	

PENALTY POINTS (to be removed from total)		Possible Score	Actual Score
A.	One (1) short cheer	-5	
B.	Three (3) or more cheers	-5	
C.	No jump(s) or kick(s) - (must be one (1) of each)	-10	
D.	No tumbling, stunts or pyramid -(must be a total of one (1))	-10	
E.	Exceeds the three (3) minute maximum performance	-5	
TOTAL PENALTY POINTS		-35	

Comments:

Squad Name _____

CHEER 2

Division - Advanced - Traditional _____ Unified _____

Judge's Signature: _____



LEG KICK(S) / JUMP(S)		Possible Score	Squad Score
A.	Straight Arms Overhead	5	
B.	Legs Extension	5	
C.	Height of Kick(s) / Jump(s)	10	
D.	Number of Kick(s) / Jump(s)	10	
E.	Toes Pointed	5	
SUB TOTAL		35	

PENALTY POINTS (to be removed from total)		Possible Score	Actual Score
A.	One (1) short cheer	-5	
B.	Three (3) or more cheers	-5	
C.	No jump(s) or kick(s) - (must be one (1) of each)	-10	
D.	No tumbling, stunts or pyramid -(must be a total of one (1))	-10	
E.	Exceeds the three (3) minute maximum performance	-5	
TOTAL PENALTY POINTS		-35	

Comments:



Cheer Scoresheet Advanced – Score Table

Squad Name _____

Division - Advanced - Traditional _____ Unified _____

Judge's Signature: _____



PERSONAL APPEARANCE & UNIFORM

Possible Score Squad Score

A.	Hair-neat	5	
B.	Uniforms - pressed and clean	5	
C.	Appropriate length for bottoms and tops	5	
D.	Jewelry (none)	5	
SUB TOTAL		20	

CHEERLEADING SKILLS

Possible Score Squad Score

A.	Variation of Motions	5	
B.	Timing and Rhythm	5	
C.	Voice	5	
D.	Spacing	5	
E.	Formation Changes	5	
SUB TOTAL		25	

COMPOSITION AND PRESENTATION

Possible Score Squad Score

A.	Degree of Difficulty	10	
B.	Incorporation of tumbling, stunts, pyramids	5	
C.	Safety Techniques	5	
D.	Pep and Enthusiasm	5	
E.	Facial Expression	5	
F.	Poised and Confidence	5	
G.	Originality	5	
SUB TOTAL		40	

LEG KICK(S) / JUMP(S)

Possible Score Squad Score

A.	Straight Arms Overhead	5	
B.	Legs Extension	5	
C.	Height of Kick(s) / Jump(s)	10	
D.	Number of Kick(s) / Jump(s)	10	
E.	Toes Pointed	5	
SUB TOTAL		35	

PENALTY POINTS (to be removed from total)

Possible Score Actual Score

A.	One (1) short cheer	-5	
B.	Three (3) or more cheers	-5	
C.	No jump(s) or kick(s) - (must be one (1) of each)	-10	
D.	No tumbling, stunts or pyramid -(must be a total of one (1))	-10	
E.	Exceeds the three (3) minute maximum performance	-5	
TOTAL PENALTY POINTS		-35	

SCORE SHEET TOTALS

Possible Score Actual Score

A.	Total Score	120	
B.	Penalty points deducted	-35	-
CHEER TOTAL			

Comments:



Dance Scoresheet Beginner – Judge 1

Dance Team Name _____

DANCE 1

Division - Beginner - Traditional _____ Unified _____

Judge's Signature: _____



PERSONAL APPEARANCE & UNIFORM

Possible Score Dance Score

A.	Hair-neat	5	
B.	Uniforms - pressed and clean	5	
C.	Appropriate length for bottoms and tops	5	
D.	Jewelry (none)	5	
SUB TOTAL		20	

PROJECTION

Possible Score Dance Score

A.	Spirit	5	
B.	Enthusiasm	5	
C.	Eye Contact	5	
D.	Poise	5	
E.	Appropriate Music	5	
SUB TOTAL		25	

Comments:

Dance Team Name _____

DANCE 2

Division - Beginner - Traditional _____ Unified _____

Judge's Signature: _____



PERSONAL APPEARANCE & UNIFORM

Possible Score Dance Score

A.	Hair-neat	5	
B.	Uniforms - pressed and clean	5	
C.	Appropriate length for bottoms and tops	5	
D.	Jewelry (none)	5	
SUB TOTAL		20	

PROJECTION

Possible Score Dance Score

A.	Spirit	5	
B.	Enthusiasm	5	
C.	Eye Contact	5	
D.	Poise	5	
E.	Appropriate Music	5	
SUB TOTAL		25	

Comments:



Dance Scoresheet Beginner – Judge 2

Dance Team Name _____

Division - Beginner - Traditional _____ Unified _____

Judge's Signature: _____

DANCE 1



COMPOSITION AND PRESENTATION

Possible Score Dance Score

A.	Technique (motions, precision, sharpness)	5	
B.	Effective Incorporation (use of props and costumes)	5	
C.	Overall impression (difficulty, showmanship, flow, variety)	10	
D.	Perfection of Routine (lack of mistakes, knowledge of routine)	10	
E.	At least one (1) jump(s) and one (1) kick(s)	5	
SUB TOTAL		35	

Comments:

Dance Team Name _____

Division - Beginner - Traditional _____ Unified _____

Judge's Signature: _____

DANCE 2



COMPOSITION AND PRESENTATION

Possible Score Dance Score

A.	Technique (motions, precision, sharpness)	5	
B.	Effective Incorporation (use of props and costumes)	5	
C.	Overall impression (difficulty, showmanship, flow, variety)	10	
D.	Perfection of Routine (lack of mistakes, knowledge of routine)	10	
E.	At least one (1) jump(s) and one (1) kick(s)	5	
SUB TOTAL		35	

Comments:



Dance Scoresheet Beginner – Judge 3

Dance Team Name _____

Division - Beginner - Traditional _____ Unified _____

Judge's Signature: _____

DANCE 1



PENALTY POINTS (to be removed from total)		Possible Score	Actual Score
A.	One (1) dance to two (2) songs	-5	
B.	One (1) dance to one (1) song	-5	
C.	Exceeds two (2) dances and two (2) songs	-5	
D.	Exceeds the 2:30 seconds maximum performance	-5	
TOTAL PENALTY POINTS		-20	

Comments:

Dance Team Name _____

Division - Beginner - Traditional _____ Unified _____

Judge's Signature: _____

DANCE 2



PENALTY POINTS (to be removed from total)		Possible Score	Actual Score
A.	One (1) dance to two (2) songs	-5	
B.	One (1) dance to one (1) song	-5	
C.	Exceeds two (2) dances and two (2) songs	-5	
D.	Exceeds the 2:30 seconds maximum performance	-5	
TOTAL PENALTY POINTS		-20	

Comments:



Dance Scoresheet Beginner – Score Table

Dance Team Name _____

Division - Beginner - Traditional _____ Unified _____

Judge's Signature: _____



PERSONAL APPEARANCE & UNIFORM		Possible Score	Dance Score
A.	Hair-neat	5	
B.	Uniforms - pressed and clean	5	
C.	Appropriate length for bottoms and tops	5	
D.	Jewelry (none)	5	
SUB TOTAL		20	

PROJECTION		Possible Score	Dance Score
A.	Spirit	5	
B.	Enthusiasm	5	
C.	Eye Contact	5	
D.	Poise	5	
E.	Appropriate Music	5	
SUB TOTAL		25	

COMPOSITION AND PRESENTATION		Possible Score	Dance Score
A.	Technique (motions, precision, sharpness)	5	
B.	Effective Incorporation (use of props and costumes)	5	
C.	Overall impression (difficulty, showmanship, flow, variety)	10	
D.	Perfection of Routine (lack of mistakes, knowledge of routine)	10	
E.	At least one (1) jump(s) and one (1) kick(s)	5	
SUB TOTAL		35	

PENALTY POINTS (to be removed from total)		Possible Score	Actual Score
A.	One (1) dance to two (2) songs	-5	
B.	One (1) dance to one (1) song	-5	
C.	Exceeds two (2) dances and two (2) songs	-5	
D.	Exceeds the 2:30 seconds maximum performance	-5	
TOTAL PENALTY POINTS		-20	

SCORE SHEET TOTALS		Possible Score	Actual Score
A.	Total Score	80	
B.	Penalty points deducted	-20	-
DANCE TOTAL			

Comments:



Dance Scoresheet Advanced – Judge 1

Dance Team Name _____

DANCE 1

Division - Advanced - Traditional _____ Unified _____

Judge's Signature: _____



PERSONAL APPEARANCE & UNIFORM

Possible Score Dance Score

A.	Hair-neat	5	
B.	Uniforms - pressed and clean	5	
C.	Appropriate length for bottoms and tops	5	
D.	Jewelry (none)	5	
SUB TOTAL		20	

PROJECTION

Possible Score Dance Score

A.	Spirit	5	
B.	Enthusiasm	5	
C.	Eye Contact	5	
D.	Poise	5	
E.	Appropriate Music	5	
SUB TOTAL		25	

Comments:

Dance Team Name _____

DANCE 2

Division - Advanced - Traditional _____ Unified _____

Judge's Signature: _____



PERSONAL APPEARANCE & UNIFORM

Possible Score Dance Score

A.	Hair-neat	5	
B.	Uniforms - pressed and clean	5	
C.	Appropriate length for bottoms and tops	5	
D.	Jewelry (none)	5	
SUB TOTAL		20	

PROJECTION

Possible Score Dance Score

A.	Spirit	5	
B.	Enthusiasm	5	
C.	Eye Contact	5	
D.	Poise	5	
E.	Appropriate Music	5	
SUB TOTAL		25	

Comments:



Dance Scoresheet Advanced – Judge 2

Dance Team Name _____

DANCE 1

Division - Advanced - Traditional _____ Unified _____

Judge's Signature: _____



COMPOSITION AND PRESENTATION		Possible Score	Dance Score
A.	Technique (motions, precision, sharpness)	10	
B.	Effective Incorporation (use of props and costumes)	5	
C.	Overall impression (difficulty, showmanship, flow, variety)	10	
D.	Perfection of Routine (lack of mistakes, knowledge of routine)	15	
E.	At least one (1) jump(s) and one (1) kick(s)	10	
E.	At least one (1) tumble, stunt or pyramid	5	
SUB TOTAL		55	

Comments:

Dance Team Name _____

DANCE 2

Division - Advanced - Traditional _____ Unified _____

Judge's Signature: _____



COMPOSITION AND PRESENTATION		Possible Score	Dance Score
A.	Technique (motions, precision, sharpness)	10	
B.	Effective Incorporation (use of props and costumes)	5	
C.	Overall impression (difficulty, showmanship, flow, variety)	10	
D.	Perfection of Routine (lack of mistakes, knowledge of routine)	15	
E.	At least one (1) jump(s) and one (1) kick(s)	10	
E.	At least one (1) tumble, stunt or pyramid	5	
SUB TOTAL		55	

Comments:



Dance Scoresheet Advanced – Judge 3

Dance Team Name _____

Division - Advanced - Traditional _____ Unified _____

Judge's Signature: _____

DANCE 1



PENALTY POINTS (to be removed from total)		Possible Score	Actual Score
A.	One (1) dance to two (2) songs	-5	
B.	One (1) dance to one (1) song	-5	
C.	Exceeds two (2) dances and two (2) songs	-5	
D.	Exceeds the 2:30 seconds maximum performance	-5	
TOTAL PENALTY POINTS		-20	

Comments:

Dance Team Name _____

Division - Advanced - Traditional _____ Unified _____

Judge's Signature: _____

DANCE 2



PENALTY POINTS (to be removed from total)		Possible Score	Actual Score
A.	One (1) dance to two (2) songs	-5	
B.	One (1) dance to one (1) song	-5	
C.	Exceeds two (2) dances and two (2) songs	-5	
D.	Exceeds the 2:30 seconds maximum performance	-5	
TOTAL PENALTY POINTS		-20	

Comments:



Dance Scoresheet Advanced – Score Table

Dance Team Name _____

Division - Advanced - Traditional _____ Unified _____

Judge's Signature: _____



PERSONAL APPEARANCE & UNIFORM		Possible Score	Dance Score
A.	Hair-neat	5	
B.	Uniforms - pressed and clean	5	
C.	Appropriate length for bottoms and tops	5	
D.	Jewelry (none)	5	
SUB TOTAL		20	

PROJECTION		Possible Score	Dance Score
A.	Spirit	5	
B.	Enthusiasm	5	
C.	Eye Contact	5	
D.	Poise	5	
E.	Appropriate Music	5	
SUB TOTAL		25	

COMPOSITION AND PRESENTATION		Possible Score	Dance Score
A.	Technique (motions, precision, sharpness)	10	
B.	Effective Incorporation (use of props and costumes)	5	
C.	Overall impression (difficulty, showmanship, flow, variety)	10	
D.	Perfection of Routine (lack of mistakes, knowledge of routine)	15	
E.	At least one (1) jump(s) and one (1) kick(s)	10	
E.	At least one (1) tumble, stunt or pyramid	5	
SUB TOTAL		55	

PENALTY POINTS (to be removed from total)		Possible Score	Actual Score
A.	One (1) dance to two (2) songs	-5	
B.	One (1) dance to one (1) song	-5	
C.	Exceeds two (2) dances and two (2) songs	-5	
D.	Exceeds the 2:30 seconds maximum performance	-5	
TOTAL PENALTY POINTS		-20	

SCORE SHEET TOTALS		Possible Score	Actual Score
A.	Total Score	100	
B.	Penalty points deducted	-20	-
DANCE TOTAL			

Comments: