

# L.E.S.T. CHEERLEADING COMPETITION JUDGING FORM

School \_\_\_\_\_ Date \_\_\_\_\_ Time \_\_\_\_\_

Cheerleading Fundamentals	Points	Strong Areas	Needs Improvement	Additional Comments:
<b>General Execution</b>	<b>10</b>  _____	<input type="checkbox"/> Good Variety <input type="checkbox"/> Sharp Motions <input type="checkbox"/> Good precision <input type="checkbox"/> Definite arms	<input type="checkbox"/> Not together <input type="checkbox"/> Watch angles <input type="checkbox"/> Need variety <input type="checkbox"/> Arms bent	
<b>Jumps</b>	<b>5</b>  _____	<input type="checkbox"/> Good height <input type="checkbox"/> Variety of jumps <input type="checkbox"/> Difficulty degree	<input type="checkbox"/> Be stronger <input type="checkbox"/> Point toes <input type="checkbox"/> Add difficulty	
<b>Tumbling</b>	<b>5</b>  _____	<input type="checkbox"/> Good variety <input type="checkbox"/> Good use of skills <input type="checkbox"/> Effective	<input type="checkbox"/> No squad unity <input type="checkbox"/> dismounts shaky <input type="checkbox"/> More difficulty	
<b>Stunts/Pyramids</b>	<b>5</b>  _____	<input type="checkbox"/> Good stunts <input type="checkbox"/> Clean dismounts <input type="checkbox"/> Good variety	<input type="checkbox"/> No squad unity <input type="checkbox"/> dismounts shaky <input type="checkbox"/> Step, lock, tighten	
<b>Voice Projection</b>	<b>5</b>  _____	<input type="checkbox"/> Strong voices <input type="checkbox"/> Good volume <input type="checkbox"/> Spoke clearly	<input type="checkbox"/> Be louder <input type="checkbox"/> Voices faded <input type="checkbox"/> Too slow or fast	
<b>Content</b>	<b>20</b>  _____	<input type="checkbox"/> Good formations <input type="checkbox"/> Smooth transitions <input type="checkbox"/> Good use of floor <input type="checkbox"/> Good variety <input type="checkbox"/> Creative	<input type="checkbox"/> Watch spacing <input type="checkbox"/> Break in routine <input type="checkbox"/> Need variety <input type="checkbox"/> Monotonous <input type="checkbox"/> Add difficulty	
<b>Appearance</b>	<b>5</b>  _____	<input type="checkbox"/> Uniformity <input type="checkbox"/> Good grooming <input type="checkbox"/> Age Appropriate apparel	<input type="checkbox"/> Not the same <input type="checkbox"/> Disheveled	
<b>Showmanship</b>	<b>25</b>  _____	<input type="checkbox"/> Good smiles <input type="checkbox"/> Showy/spirited <input type="checkbox"/> Confident <input type="checkbox"/> Eye contact <input type="checkbox"/> Non-suggestive moves	<input type="checkbox"/> Need more smiles <input type="checkbox"/> Low energy <input type="checkbox"/> Unsure <input type="checkbox"/> Couldn't recover	
<b>Overall Performance</b>	<b>20</b>  _____	<input type="checkbox"/> Solid cheers <input type="checkbox"/> Clean routine <input type="checkbox"/> Good timing <input type="checkbox"/> Sharp/definite <input type="checkbox"/> Appropriate words	<input type="checkbox"/> Needs polishing <input type="checkbox"/> Not together <input type="checkbox"/> Too slow/fast <input type="checkbox"/> Careless/slipshod <input type="checkbox"/> Know the game	

Safety Infractions:  
 Improper Spotting -10  
 Improper Stunt -10  
 Improper Movement/Dismount -10

**DEDUCTIONS** \_\_\_\_\_  
**TOTAL POINTS** \_\_\_\_\_  
**GRAND TOTAL** \_\_\_\_\_