

North Dakota Cheer Coach Association  
Cheer/Dance Routine



**Tumbling/Building Skills**

<b>Tumbling</b>	<i>Clean and correct body position, Synchronization, No touchdowns</i>
<b>Jumps</b>	<i>Proper body position, solid prep and landing, Good height and with pointed toes, Excellent timing as a team in executing jumps.</i>
<b>Stunts</b>	<i>Perfection BEFORE progression, clean and solid, no falls, bobbles and shaky builds. Good synchronization in multiple stunt groups.</i>
<b>Baskets &amp; Pyramids</b>	<i>Perfection BEFORE progression, clean and solid, no falls, bobbles and shaky builds. Good synchronization in multiple stunt groups.</i>

**Fundamentals**

<b>Motion Technique</b>	<i>Sharp motions and correct angles. Straight elbows and wrist. Good variety</i>
<b>Cohesiveness/Timing</b>	<i>Excellent timing, ontime with counts</i>

**Choreography**

<b>Creativity</b>	<i>High energy and fun. Formations are clean. Creative levels and transitions.</i>
<b>Crowd Involvement</b>	<i>Lead and engage the crowd. Good use of props, levels, formations. Loud strong voices. Easy to understand and follow.</i>

**Overall**

<b>Overall</b>	<i>Overall impression of teams performance of Routine.</i>
<b>Overall Execution (averaged from above)</b>	<i>Judges do not need to score this.</i>