



Dance/Motions, Jumps and Tosses Execution/Skills Scoring Table

DANCE/MOTIONS				JUMPS				TOSSES			
Score	Execution	Score	Skills	Score	Execution	Score	Skills	Score	Execution	Score	Skills
										4	Not Majority Straight toss
4—5		5	Basic Simple in movement No Transitions	4—5		5	Any single basic jump (ie. Tuck, Spread Eagle or Double hook)	4—5		5	Not Majority Any toss with one skill (ie. Toe Touch, pike, x-outs, scissor kick)
5—6	Poor motion placement Bent wrists and arms Not Sharp Poor Technique Lots of mistakes/ Timing/ Synchronization	6	Below average in movement Few transitions Little or no footwork/ groundwork	5—6	Poor Jumps Team flexed feet Chest down/legs apart in landing Timing off	6	Single advanced jump (Toe touch, fFront/ Side Hurdler, Double Nine, Pike) Or Multiple connected basic jumps	5—6	No body control Poor Height Poor Technique	6	Majority Straight Toss Not Majority Single twist toss Or Any 2 or more skills without a full twist
6—7	Below Average motion placement and sharpness Below average technique More than a few mistakes/Timing/ Synchronization	7	Little to no level changes Some footwork/ groundwork Few transitions	6—7	Below average Jumps Majority flexed feet Majority chest down/ legs apart in landing Timing off	7	2 advanced jumps within a combination not connected	6—7	Below average body control Below average Height Below average Technique	7	Majority Any toss with one skill (ie. Toe Touch, pike, x-outs, scissor kick) Non Majority 2 skills (must include a full twist) *Note: an arch or open does not constitute a skill
7—8	Average motion placement and sharpness Average technique Some mistakes/ Timing/ Synchronization	8	Basic level changes Average footwork/ groundwork Multiple transitions	7—8	Average Jumps Some flexed feet Some chest down/ legs apart in landing Good Timing	8	2 connected advanced jumps	7—8	Average body control Average Height Average Technique	8	Majority Single twist toss Or Any 2 or more skills without a full twist Non Majority 3 or more skills (must include a full twist)
8—9	Good motion placement and sharpness Good technique Very few to no mistakes/Timing/ Synchronization	9	Various level changes Above average footwork/ groundwork Multiple transitions	8—9	Above average Jumps Good pointed toes Landings with feet together and upright position Good Timing	9	3 or more advanced jumps within a combination not connected	8—9	Good body control Good Height Good Technique	9	Majority 2 skills (must include a full twist)
9—10	Excellent motion placement and sharpness Excellent technique Flawless	10	Excellent level changes Excellent footwork/ groundwork Multiple transitions	9—10	Hyper-extended Jumps Perfect pointed toes Landings with feet together and upright position Perfect Timing	10	3 or more connected advanced jumps	9—10	Excellent body control Excellent Height Excellent Technique	10	Majority 3 or more skills (must include a full twist)

A Jump CONNECTION is defined as continuous jumps with no prep/approach performed immediately one after another.
 A Jump COMBINATION is defined as a series of jumps performed in a sequence with pauses/prep/approaches/choreography between each jump with **no more than 4 counts between the landing and prep of the following jump.**