### **2025 SIDELINE-TIMEOUT CHEER**

**CROWD LEADING/OVERALL EFFECT** 

Your best sideline, crowd leading material. The use of signs, poms, flags, and megaphones are allowed.



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				Tot	tal Team Members =	
	CROWD LEADING	G/O\	/ERALL EFFECT		RATING	TOTALS
<b>~</b>	Checked Box Denotes Superior Perform Boxes are only checked when skill was don		uperior way			
	Audience Appeal Energy Eye Contact/Confidence Facial Expressions Overall Crowd Leading Effectiveness		Pitch Use of Squad Visual Effects Voice Projection Whole Body Showmanship			
COMN	MENTS					40
Judge's Sigr	nature					
Tabulator's	Initials				SUB SCORE	0

# 2025 JUMPS, TUMBLING & DANCE Modified 1A-2A - SHOW



Total Team Members =

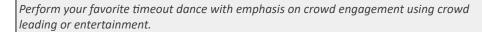
All categories are based on MAJORITY 40% or more of the team =

	DIFFICULTY	catego	100 0	EXECUTION		TOTALS
	STANDARD = 1 pt.		<u>~</u>	Checked Box Denotes Superior Performance		TOTALS
	☐ Single Toe Touch			Boxes are only checked when skill was done in a su	ا peric	or way
S	ELITE = 2 pts.			Form and Height	·	·
ΔN	☐ Two Consecutive with Variety			Proper Technique		
JUMPS	□ Double Toe Touch			Synchronization		
		2		3		5
	COMMENTS		J		'	
	* Must do Running Tumbling AND				obra	
	** If you have skills from multiple levels, the highest point value STANDARD = 1 pt.	e will be a	warae	a when the skill is at the same time and in the same p	mras	<u>se.</u>
	☐ Running Cartwheel					
	☐ Roundoff					
	INTERMEDIATE = 2 pts.					
	☐ Roundoff Toe Touch					
4-	ADVANCED = 3 pts.					
NG	☐ Running Tumbling					
	SUPERIOR = 4 pts.		EXE	CUTION		
RU BLI	. ☐ Running Tumbling into Tuck		<u>~</u>	Checked Box Denotes Superior Performance		
GROUP RUNNING TUMBLING	☐ Cartwheel into Tuck			Boxes are only checked when skill was done in a su	ا peric	or way
ığ ∓	☐ Roundoff Tuck			Perfection of Skill		
9	ELITE = 5 pts.			Proper Form		
	☐ Running Tumbling into Layout			Proper Technique		
	☐ Running Tumbling into Full			Synchronization		
	☐ Cartwheel into Full					
	COMMENTS	5				
	STANDARD = 1 pt.					
	☐ Standing Cartwheel					
	INTERMEDIATE = 2 pts.					
	☐ Back Walkover					
9	☐ Front Walkover					
GROUP STANDING TUMBLING	ADVANCED = 3 pts.		EXE	CUTION		
NA N	☐ Standing Back Handspring(s)		$\checkmark$	Checked Box Denotes Superior Performance	اِ	
UP STANDI TUMBLING	SUPERIOR = 4 pts.			Boxes are only checked when skill was done in a su	perio	r way
	☐ Standing Tumbling into Tuck			Perfection of Skill		
380	☐ Standing Tuck			Proper Form		
	ELITE = 5 pts.			Proper Technique		
	☐ Standing Tumbling into Layout/Full			Synchronization		
		F		44		20
	COMMENTS	5	J	10	<i>J</i>	20

	DANCE		<u>~</u>	Checked Box Denotes Superior Performan	ice	
	☐ Change of Pace			Body Placement		
Щ	☐ Creativity			Sharpness		
DANCE	☐ Level Change and Two or More Formations			Synchronization		
DΔ				Technique		
	COMMENTS	2			3	5
	•					
	OVERALL IMPRESSION OF JUMPS, TUMBLING & DAN	ICE				
OVERALL	*Routine goes above and beyond* (Examples, but not limited too: Visuals, Using whole team of ath Use of specialty skills, exceptional athleticism, executes more ski		•		skills,	
<u> </u>	COMMENTS					
)						5
Judge's	Signature					
Tabulator's Initials				SUB SC	CORE	0

### **2025 SIDELINE-TIMEOUT DANCE**

#### **CHOREOGRAPHY**





				Tot	tal Team Members =	
		CHOREOGRA	APHY		RATING	TOTALS
<b>✓</b>	Checked Box Denotes Super Boxes are only checked when see All choreography elements	skill was done in a su	uperior way Id be <b>relative to routine style</b> .			
	Change of Pace Continuity Creativity Formations	_ _ _	Level Changes Musical Interpretations Transitions Variety		Superior 18 – 20 Excellent 15 – 17 Outstanding 12 – 14 Below 0 – 11	
соми	MENTS		,			20
Judge's Sigi	nature					
Tabulator's	Initials				SUB SCORE	0

### **2025 SIDELINE-TIMEOUT DANCE**

## **CROWD ENGAGEMENT/OVERALL**

Perform your favorite timeout dance with emphasis on crowd engagement using crowd leading or entertainment.

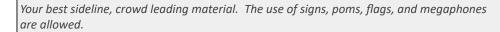


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					10	tai Team Members =	
		CROWD ENGAGEN	/ENT/	OVERALL EFFECT		RATING	TOTALS
	<u>~</u>	Checked Box Denotes Superior Perfor	mance			•	
		Boxes are only checked when skill was do	one in a su	uperior way			
		Ability to Engage Crowd with		Facial Expressions			
		Crowd Leading or Entertainment		Use of Squad		Superior 34 – 40 Excellent 27 – 33	
		Energy		Visual Effects		Outstanding 20 – 26 Below 0 – 19	
		Eye Contact/Confidence		Whole Body Showmanship		Below 0 15	
	COMN	MENTS					40
Judg	ge's Sigr	nature					
Tab	abulator's Initials					SUB SCORE	0

### **2025 SIDELINE-TIMEOUT CHEER**

#### **CHOREOGRAPHY**

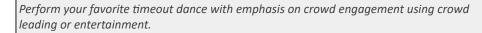




					10	tal Team Members =	
			CHOREOGRA	APHY		RATING	TOTALS
	<u> </u>	Checked Box Denotes Sup	erior Performance			•	
		Boxes are only checked whe					
		Creativity		Use of Floor			
		Continuity		Use of Props/Poms	Superior 18 – 20 Excellent 15 – 17		
		Incorporation of Specialtic	es to			Outstanding 12 – 14 Below 0 – 11	
		Lead the Crowd				50.00	
	сомм	MENTS					20
Judg	lge's Signature						
Tabı	bulator's Initials					SUB SCORE	0

### **2025 SIDELINE-TIMEOUT DANCE**

#### **EXECUTION**



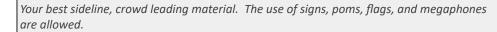


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					To	tal Team Members =	
			EXECUTIO	ON		RATING	TOTALS
	<u>~</u>	Checked Box Denotes Superior	Performance			'	
		Boxes are only checked when skill					
		Control		Spacing			
		Fluidity of Transitions		Squad Uniformity		Superior 34 – 40 Excellent 27 – 33	
		Sharpness		Timing/Rhythm		Outstanding 20 – 26 Below 0 – 19	
	соми	MENTS					40
Jud	ge's Sign	nature					
Tab	bulator's Initials					SUB SCORE	0
I							

### **2025 SIDELINE-TIMEOUT CHEER**

#### **EXECUTION**





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					To	tal Team Members =	
			EXECUTION	ON		RATING	TOTALS
	<u>~</u>	Checked Box Denotes Superior	Performance			•	
	Boxes are only checked when skill was done in a superior way						
	_ 	Angles & Placement Sharpness/Precision Spacing	_ _ _	Squad Uniformity Timing/Rhythm Transitions		Superior 34 – 40 Excellent 27 – 33 Outstanding 20 – 26 Below 0 – 19	
	сомм	MENTS					40
Judg	e's Sign	ature					
Tabu	bulator's Initials					SUB SCORE	0

## **2025 JUMPS, TUMBLING & DANCE 3A-6A - SHOW CHEER**



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#### **Total Team Members =**

All categories are based on MAJORITY 50% or more of the team =

	DIFFICULTY			EXECUTION TOTA				
			<u> </u>		00	TOTALS		
	STANDARD = 1 pt.  ☐ Single Toe Touch		_	Checked Box Denotes Superior Performan Boxes are only checked when skill was done in		or way		
ι <b>Λ</b>	☐ Single Toe Touch  ELITE = 2 pts.				a oupon	, may		
JUMPS				Form and Height				
5				Proper Technique Synchronization				
ſ	☐ Two Consecutive with Variety			Synchronization	_			
	COMMENTS	2			3	5		
	* Must do Dunning Tumbling AND	Ctanding	Tumb	ling to get your difficulty may				
	* Must do Running Tumbling AND  ** If you have skills from multiple levels, the highest point value				ame phra	se.		
	STANDARD = 1 pt.							
	☐ Running Back Handspring(s)							
	INTERMEDIATE = 2 pts.							
	☐ Round Off into Tuck							
<sup>9</sup>	☐ Cartwheel Tuck		EXE	CUTION				
N D	ADVANCED = 3 pts.		<b>~</b>	Checked Box Denotes Superior Performan	ce			
N I	☐ Running Tumbling into Tuck			Boxes are only checked when skill was done in	a superio	or way		
P R MB	SUPERIOR = 4 pts.			Perfection of Skill				
GROUP RUNNING TUMBLING	☐ Running Tumbling into Layout			Proper Form				
3R(	ELITE = 5 pts.			Proper Technique				
	☐ Running Tumbling into Full			Synchronization				
	☐ Cartwheel into Full							
	COMMENTS	5						
	STANDARD = 1 pt.							
	☐ Standing Back Handspring(s)							
	INTERMEDIATE = 2 pts.							
	☐ Standing Tumbling into Tuck							
NG	ADVANCED = 3 pts.		EXE	CUTION				
	☐ Standing Tuck		<u>~</u>	Checked Box Denotes Superior Performan	ce			
GROUP STAND TUMBLING	SUPERIOR = 4 pts.			Boxes are only checked when skill was done in	a superio	or way		
S S	☐ Standing Tumbling into Layout			Perfection of Skill				
	☐ Toe Touch Tuck			Proper Form				
3RC	ELITE = 5 pts.			Proper Technique				
J	☐ Standing Tumbling into Full			Synchronization				
	☐ Standing Full							
	COMMENTS	5			10	20		
					- •	_•		

	DANCE		Checked Box Denotes Superior Performance		ce	
	☐ Change of Pace					
В	☐ Creativity			Sharpness		
DANCE	<ul><li>Level Change and Two or More Formations</li></ul>			Synchronization		
DA				Technique		
	COMMENTS	2			3	5
	OVERALL IMPRESSION OF JUMPS, TUMBLING & DAN	NCE				
OVERALL	*Routine goes above and beyond* (Examples, but not limited too: Visuals, Using whole team of ath Use of specialty skills, exceptional athleticism, executes more ski		•		skills,	
<u>\</u>	COMMENTS					
)						5
Judge's	Signature					
Tabulat	or's Initials			SUB SC	CORE	0

## **2025 SAFETY COMPOSITE SHEET** (Penalty)

**UTAH CHEER TIMING VIOLATION** 

**ENTRANCE TIME** 



**QTY** = Number of deductions in each section

ROUTINE TIME				QTY	TOTAL
EXIT TIME			2pts x		0
COMMENTS			_		_
NFHS VIOLATIONS	5				
If the penalty judge feel	s that a team does	not have a clear understanding of the			
safety rules, due to exc		QTY	TOTAL		
			2pts x		0
Rule	Page	Comments			
NFHS MINOR VIOL	_ATIONS				
eg/ boundary violations	, stepping on signs	or poms, discarding poms or signs, etc.	-	QTY	TOTAL
COMMENTS		(	0.5pts x		0
	.EDAL DIII EQ	VIOLATIONS			
UTAH CHEER GEN				<b></b>	
	turn sequence, tum	bling in non-tumbling, etc.	<u>.</u> . [	QTY	TOTAL
COMMENTS			2pts x		0
				Ī	
		TOTAL PENALTY DE	DUCTI	ONS	0
	Judge's Signature				
	Tabulator's Initials				

#### 2025 STUNTS & PYRAMIDS 3A-6A - SHOW CHEER



**DIFFICULTY EXECUTION** STANDARD All categories are based on MAJORITY (Majority = 50% or more of the team) □ Basket with Straight Ride □ Double Base Full Up to Prep Total Team Members = ☐ Full Up to Prep Two Feet/Single Leg Majority = ☐ Half Up to Prep/Extended Group Stunts = □ Non-Release Full Up Prep/Extended Single Base Stunts = 3+ Checks = 4 pts. ☐ Prep Level Single Leg (all body positions) ELITE Pyramid Majority (if needed) = 2 Checks = 3 pts. ☐ Single Base Skills Single Leg Prep 1 Check = 2 pts. ☐ Single Base Skills Two Foot Prep ☐ Straight up to Single Leg (from ground or prep, all body positions) ☐ Switch Up to Prep ☐ Two Foot Extension ☐ Two Foot Prep Level SUPERIOR □ Basket with one or more skills ☐ Full Release Inversion to Prep ☐ Full Release Shoulder Inversion to Extended ☐ Full Up to Extended Two Feet ☐ Full Up to Lib 3+ Checks = 7 pts. ☐ Half Up Switch Up 2 Checks = 6 pts. 1 Check = 5 pts. ☐ High to High Lib □ Prep Full Around to Prep ☐ Prep to Extended Full Around Two Feet ☐ Single Base Two Feet Extended ☐ Switch Up Extended Single Leg (all body positions) ELITE **EXECUTION TOTALS** ☐ Continuous Tick Series (two or more with variety) ends at extended PERFECTION OF SKILL □ Double Up to Extended **Checked Box Denotes Superior Performance** ☐ Full Release Inversion from Ground to Extension Boxes are only checked when skill was done in a superior way ☐ Full Release Inversion with Rotation Clean Transitions ☐ Full Up to Single Leg Extended (with immediate body position) ☐ Full Up Switch Up Extended Incorporation of Co-Ed Skills (if applicable) 3+ Checks = 10 pts. ☐ Hand in Hand to Extended Proper Technique 2 Checks = 9 pts. 1 Check = 8 pts. ☐ High to High Full Around Extended Spacing ☐ High to High Tick (with body position) Synchronization ☐ 1½ Full Up to Extended ☐ Prep to Extended Full Around Single Leg (all body positions) ☐ Single Base Skills Single Leg Extended ☐ Tick Full Around 10 15 25 COMMENTS STANDARD = 1 pt. □ Braced Structures ☐ Braced structure(s) with or without level change or transitions. SUPERIOR = 3 pts. Execution Two or more transitions and structures from Superior Stunt box, with less than 50% of group **PYRAMIDS** Technique stunt majority top girls involved in superior skills or transitions. (example: Majority group stunt number is 4, uses less than 3 groups involved) ELITE = 5 pts. ☐ Two or MORE Transitions ELITE Pyramid Majority (if needed) = Two or more elite transitions and elite structures with variety from Elite Stunt box, using more than 50% of group stunt majority top girls involved in elite skills or transitions. (example: Majority group stunt number is 4 = 3 groups involved) 10 5 15 COMMENTS

/ERALL	OVERALL IMPRESSION OF STUNTS & PYRAMIDS  *Routine goes above and beyond*  (Examples, but not limited too: Visuals, Transitions, Dismounts, Variety, Using whole team of stunt groups vs majority, Whole team executing same difficulty, Use of Co-Ed Skills in Co-Ed Category, Executes more skills than minimum required to max out difficulty score.)						
COMMENTS							
				5			
Judge's Signature							
Tabulat	abulator's Initials   SUB SCORE						

#### 2025 STUNTS & PYRAMIDS Modified 1A-2A - SHOW CHEER



	DIFFICULTY		EXECUTION				
	STANDARD		All categories are based on MAJORITY				
	☐ Basket Straight Ride			(Majority = 40% or more of the team)			
	☐ Half Up to Prep	<b>3+</b> Checks = <b>4 pts.</b>		Total Team Members =	=		
	☐ Prep Level Single Leg (all body positions)	2 Checks = 3 pts.		Majority =	=		
	☐ Two Foot Extension	1 Check = 2 pts.		Group Stunts =			
	☐ Two Foot Prep Level			Single Base Stunts =	=		
	SUPERIOR			ELITE Pyramid Majority (if needed) =	=		
	☐ Basket with One Skill (including ball x)						
	☐ Double Base Full Up to Prep						
	☐ Full Release Inversion to Prep						
	☐ Full Up to Prep Two Feet/Single Leg	<b>3+</b> Checks = <b>7 pts.</b>					
	☐ Half Up Extension						
	☐ Non-Release Full Up to Prep	2 Checks = 6 pts. 1 Check = 5 pts.					
	Non-Release Full Up to Extension	1 Check = 5 pts.					
	☐ Single Base Skills Single Leg Prep						
	☐ Single Base Skills Two Foot Prep						
	Straight Up to Single Leg Lib (from ground or prep)						
	Switch Up to Prep						
	ELITE			EXECUTION	TOTALS		
	☐ Full Release Inversion Extended			PERFECTION OF SKILL			
	☐ Full Up to Extended Two Feet			Checked Box Denotes Superior Performance			
	☐ Full Up to Single Leg Extended (all body)			Boxes are only checked when skill was done in a sup	erior way		
	☐ Half Up Switch Up Extended						
	☐ High to High (all body)	<b>3+</b> Checks = <b>10 pts.</b>		☐ Clean Transitions			
	☐ Kick Full Basket	2 Checks = 9 pts.		☐ Incorporation of Co-Ed Skills (if applicable)			
	☐ Prep Full Around to Prep	1 Check = 8 pts.		☐ Proper Technique			
	☐ Prep to Extended Full Around (Two Feet/Single Leg)			☐ Spacing			
	☐ Single Base Skills Extended (Two Feet/Single Leg)			Synchronization			
	Straight Up Single Leg Extended (with immediate body position, no lib)						
	☐ Switch Up to Single Leg Extended (all body)						
	COMMENTS		10	15	25		
	STANDARD = 1 pt.			☐ Braced Structures			
	☐ Braced structure(s) with or without level change or transitions.			Braced Structures			
ι,	SUPERIOR = 3 pts.			☐ Execution			
Splies	Two or more transitions and structures from Superior Stunt box, with less than 50% of group			□ Tochnique			
ID.	stunt majority top girls involved in superior skills or transitions.  (example: Majority group stunt number is 4, uses less than 3 groups involved)			☐ Technique			
PYRAMIDS I majority still applies	ELITE = 5 pts.			☐ Two or MORE Transitions			
<b>(R/</b>	ELITE Pyramid Majority (if needed) =						
<b>P</b> \	Two or more elite transitions and elite structures with variety from Elite Stunt box, using more than 50% of group stunt majority top girls involved in elite skills or transitions. (example: Majority group stunt number is 4 = 3 groups involved)						
tol							
			5	10	15		
	COMMENTS			]	13		
	OVERALL IMPRESSION OF STUNTS & PYRAMIDS						
4	*Routine goes above and beyond*						
₹	(Examples, but not limited too: Visuals, Transitions, Dismounts, Variety, Using wi		najority, Whole team executing same difficulty, Use of				
OVERALL	CONNECTION CONTROLLS						
Ó	COMMENTS				_		
					5		
Judge's Signature							
Tabulator's Initials			SUB SCORE	0			

#### **2025 - SHOW CHEER**



DIFFICULTY				EXECUTION						
* If you have skills included from multiple levels, the points with the highest value will be awarded.										
** Stunting is a required skill in the cheer caption and must be used to lead the crowd.  *** Any of the skills in each level can earn difficulty points.										
	STAI	NDARD		All categories are based on MAJORITY						
	☐ Half Up to Prep/Extended					(Majority = <b>50%</b> or more of the team)				
		Non-Release Full Up to Prep/Extended	<b>2</b> Checks = <b>6 pts.</b>		Total Team Members = Majority =					
		Prep Level Libs	1 Check = 5 pts.							
		Prep Level Stunts				Group Stunts = Single Base Stunts =				
		Two Foot Extensions								
	SUPERIOR					Ç .				
		Full Ups that end in Prep								
		Prep to Full Arounds that end in Prep	2 Checks = 8 pts. 1 Check = 7 pts.							
		Single Base Stunts that end in Prep								
		Straight Up to Single Leg Lib Extended (from ground or prep)								
	ELITE									
		Full Ups that end in Extended								
		Prep Full Arounds that end in Extended	2 Checks = 10 pts. 1 Check = 9 pts.							
		Single Base Stunts that end in Extended								
		Switch Libs to Extended								
~	COMMENTS			10						
CHEER										
H)	CHEER EXECUTION									
	CROWD LEADING									
	<u>~</u>	Checked Box Denotes Superior Performan	ice							
		Boxes are only checked when skill was done in	n a superior way							
		Ability and Energy to Lead the Crowd		☐ Proper Use of Props/Por		Proper Use of Props/Poms				
		Overall Crowdleading Effectiveness				Proper Use of Skills to Lead the Crowd				
		Precision of Props and Motions				Timing/Uniformity				
						Voice Projection, Pitch, Pace and Flow				
	COMMENTS					15				
			STUNT EX	ECUT	ION					
	SKILLS INCORPORATED									
	Checked Box Denotes Superior Performance									
	Boxes are only checked when skill was done in a superior way									
		☐ Incorporation of Co-Ed Skills (if applicable)				Proper Technique				
	☐ Proper Synchronization between Groups					Spacing				
	CON	IMENTS				10				
Judge's Signature										
Tabulator's Initials					SUB SCORE	0				