

**MOTIONS Sharpness**

1-2	Loose arms
3-4	Semi-sharp
4-5	Extremely sharp

MOTIONS Placement

1-2	Bad placement, broken wrists, thumbs out
3-4	Average placement
4-5	Perfect placement

VOICE Inflection/Pace

1-2	Poor inflection, off rhythm
3-4	Some inflection, somewhat monotone
4-5	Good inflection and energetic

VOICE Volume

1-2	Not yelling
3-4	Loud Talking
4-5	Loud Yelling with proper inflection

SHOWMANSHIP/PRESENTATION (follow NFHS safety rules)

1-2	Few smiles, lacks enthusiasm, poor expression, poor presentation
3-4	Strong smiles, good enthusiasm, good presentation
4-5	Natural smiles, exceptional enthusiasm, entertaining, but NOT over the top

FIRST JUMP (Toe-touch)

1-2	Poor-legs below level, poor landing, poor arm placement, bent legs, flexed feet
2-3	Average-legs level, feet slightly apart on landing, average arm placement
3-4	Strong-legs slightly hyperextended, good arm placement, pointed feet, clean landing
4-5	Outstanding-legs extremely hyper-extended, pointed feet, excellent arm placement, excellent landing

JUMP CONNECTION

0	No connection
1-3	Poorly executed connection
4	Clean clasped prep connection
5	Clean whipped connection

SECOND JUMP (Pike or Hurdler)

1-2	Poor-legs below level, poor landing, poor arm placement, bent legs, flexed feet
2-3	Average-legs level, feet slightly apart on landing, average arm placement
3-4	Strong-legs slightly hyperextended, good arm placement, pointed feet, clean landing
4-5	Outstanding-legs extremely hyper-extended, pointed feet, excellent arm placement, excellent landing

STANDING TUMBLING (No forward entry, ex: cartwheel, round-off, roll)

1	Strong standing back handspring
2	Strong standing back handspring series OR Jump to standing back handspring
3	Standing tuck, Jump to back handspring tuck, Standing back handspring tuck
4	Pass with an entry skill ending in layout OR Jump to standing back tuck
5	Pass with an entry skill ending in a full OR Standing Full

RUNNING TUMBLING

1	Cartwheel or Round Off
2	Round off back handspring, or series of back handsprings
3	Round off back tuck
4	Round off back handspring back tuck
5	Round off back handspring series that ends in a tuck OR specialty pass that ends in a tuck
6-7	Round off back handspring layout (poor body position would be 6)
7-8	Alternate pass that ends in a tuck or more OR Layout step out
9	Full
10	Specialty Pass that includes a full

