



# IHSA COMPETITIVE CHEERLEADING

## Execution Descriptors

### **JUMPS EXECUTION**

*Technique* = A team's effectiveness in demonstrating proper form (body, leg, and arm positions; approach; height; flexibility; landing), uniformity and synchronization.

<b>Below Average</b> 0.1-0.5	<b>Average</b> 0.6-1.0	<b>Above Average</b> 1.1-1.5
The athletes demonstrate below average technique.	The athletes demonstrate average technique.	The athletes demonstrate above average technique.

### **TUMBLING EXECUTION**

*Technique* = A team's effectiveness in demonstrating proper form (body, leg and arm positions; control; entry; landing), speed, uniformity and synchronization.

<b>Below Average</b> 0.1-0.5	<b>Average</b> 0.6-1.0	<b>Above Average</b> 1.1-1.5
The athletes demonstrate below average technique.	The athletes demonstrate average technique.	The athletes demonstrate above average technique.

### **PYRAMIDS/TOSSES EXECUTION**

*Pyramids Technique* = A team's effectiveness in demonstrating proper form (body alignment, flexibility, control), timing, synchronization and power of structures, transitions, releases, and dismounts. Bobbles, balance checks, early cradles, and errors that distract from the performance will also be factored.

*Tosses Technique* = A team's effectiveness in demonstrating proper form (body alignment, control, height, precision, catch) and synchronization.

<b>Below Average</b> 0.1-0.5	<b>Average</b> 0.6-1.0	<b>Above Average</b> 1.1-1.5
The athletes demonstrate below average technique.	The athletes demonstrate average technique.	The athletes demonstrate above average technique.

### **PARTNER STUNTS EXECUTION**

*Technique* = A team's effectiveness in demonstrating proper form (body alignment, flexibility, control), timing, uniformity, precision, power, and synchronization of stunts and dismounts. Bobbles, balance checks, early cradles and errors that distract from the performance will also be factored.

<b>Below Average</b> 0.1-0.5	<b>Average</b> 0.6-1.0	<b>Above Average</b> 1.1-1.5
The athletes demonstrate below average technique.	The athletes demonstrate average technique.	The athletes demonstrate above average technique.