



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.

Below Average 0.1-0.5	Average 0.6-1.0	Above Average 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.

Below Average 0.1-0.5	Average 0.6-1.0	Above Average 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.

Below Average 0.1-0.5	Average 0.6-1.0	Above Average 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.

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

As of: 6-01-16