

Solo Cheer Score Sheet 2026

TUMBLE SKILLS

- 0 Pts: No Tumbling Performed
- 8-10 Pts: Level 1 Tumbling Passes Performed
- 10-12 Pts: Level 2 Tumbling Passes Performed
- 12-14 Pts: Level 3 Tumbling Passes Performed
- 14-16 Pts: Level 4 Tumbling Passes Performed
- 16-18 Pts: Level 5 Tumbling Passes Performed
- 18-20 Pts: Level 6/7 Tumbling Passes Performed

TUMBLE EXECUTION

- 0-5 Pts: All tumbles had technique Issues
- 5-10 Pts: Most tumbles had technique Issues
- 10-15 Pts: Some tumbles had technique Issues
- 15-20 Pts: Minimal Technique Issues

JUMP DIFFICULTY & EXECUTION

- 0 Pts: No Jumps Shown
- 2 Pts: Skills performed do not meet the low requirement
- 3 Pts: Athlete(s) perform 1 Advanced Jump
- 4 Pts: Athlete(s) perform 2 Advanced Jump5
- 5 Pts: Athlete(s) perform 3 Advanced Jump

- 0 Pts: No Jumps Shown
- 1-2 Pts: Poor Jump Technique
- 2-3 Pts: Average Jump Technique
- 3-4 Pts: Good Jump Technique
- 4-5 Pts: Excellent Jump Technique

DANCE DIFFICULTY

- 7-8 PTS: Dance shows a low level of difficulty
- 8-9 Pts: Dance shows a variety and medium level of difficulty
- 9-10 Pts: Dance shows a variety and high level of difficulty

DANCE EXECUTION

- 2-3 PTS: Low level of control, placement and intensity
- 3-4 Pts: Medium level of control, placement and intensity
- 4-5 Pts: High level of control, placement and intensity

SHOWMANSHIP

- 4.0-5.0: The Athlete(s) ability to demonstrate a high level of energy and excitement while maintaining genuine enthusiasm and showmanship. This will include appropriate athlete impression throughout the routine

OVERALL IMPRESSION

- 4.0-5.0: The Athlete(s) ability to demonstrate precise pacing and seamless movement performed throughout the routine

Total Points Possible: 150 Pts

75 Points per Judge