



# 2022-2023 SPIRIT COMPETITIONS

Song/Pom

**Team Name:**

**Division:**

**# On Team**

## Choreography

Max  
Value

Score

Comments:

### USE OF POM/CREATIVITY

- Pom Motions/Movement/Variety
- Visual Effects
- Musical Interpretation

15

### ROUTINE STAGING

- Transitions/Continuity
- Formations/Use of Floor

15

### TECHNICAL SKILLS/SPECIALTIES

- Turns
- Kicks
- Leaps/Jumps
- Use of Team

10

## Execution

Max  
Value

Score

### POM TECHNIQUE

- Control/Placement
- Sharpness/Precision

15

### UNIFORMITY

- Synchronization
- Timing/Rhythm/Pace
- Spacing

15

### TECHNICAL SKILLS/SPECIALTIES

- Turns
- Kicks
- Leaps/Jumps
- Overall Technique

10

## Performance

Max  
Value

Score

### SHOWMANSHIP

- Smiles/Projection
- Energy/Enthusiasm
- Eye Contact/Confidence
- Recoveries

10

### OVERALL IMPRESSION

Judge's impression of the entire performance encompassing all scoresheet categories. This may also include elements such as: Appearance, Appropriateness and Crowd Appeal.

10

**TOTAL SCORE**

**100**

Judge:

Song/Pom

**SONG/POM ROUTINE PROCEDURE:** A songleading/pom routine consists of visuals effects, synchronization, clean/sharp pom motions and technical skills (determined by level). Visual effects include level changes, opposition, group work, transitions and formations. Emphasis should be placed on proper pom/motion technique, proper dance technique, timing, and showmanship. Female members must use two pompons for 80% of the routine.

## CHOREOGRAPHY (40)

### Use of Pom/Creativity (15)

- **Pom Motions/Movement/Variety** - Variety of pom motions & dance movements incorporated effectively throughout the routine.
- **Visual Effects** - Use of visual effects, level changes, roll-offs, etc. to make routine more exciting and original.
- **Musical Interpretation** - Music selection and appeal, should complement choreography, movement and skills match with beats/hits in music. Sound effects should accentuate choreography not overpower it.

### Routine Staging (15)

- **Transitions/Continuity** – Smooth, clean transitions from element to element, throughout routine. Pace, visual effect and creativity of transitions will increase difficulty.
- **Formations/Use of Floor** - Variety of formations and effective use of formation changes to increase excitement. Ability to utilize the performance area to reach the entire audience.

### Technical Skills/Specialties (10)

- **Turns** - Variety and incorporation of turns and turn sequences, ability to perform and execute them successfully, difficulty (determined by level) is also taken into consideration.
- **Kicks** - Variety of kicks and how they are incorporated into routine.
- **Leaps/Jumps** - Incorporation and variety of leaps and jumps, and how they are used to enhance routine, difficulty (determined by level) is also taken into consideration.
- **Use of Team** - How many team members are used to perform skills listed above, looking for good utilization of the team overall.

## EXECUTION (40)

### Pom Technique (15)

- **Control/Placement** - Proper control, placement & completion of pom motions, angles and body positions.
- **Sharpness/Precision** - Strong pom motions & dance movements that are crisp, clean and precise.

### Uniformity (15)

- **Synchronization** – How well a team dances together. The ability to be “in sync” and maintain accuracy of movement.
- **Timing/Rhythm/Pace** – The ability to dance on beat with the music, avoiding going too fast or too slow.
- **Spacing** - Centering and even positioning of formations and the ability to keep it consistent during transitions.

### Technical Skills/Specialties (10)

- **Turns** - Ability to use proper technique in execution of turns and turn sequences (spotting, body placement, balance).
- **Kicks** – Ability to execute with proper technique, straight legs, pointed toes, even height, good extension and flexibility, timing and uniformity.
- **Leaps/Jumps** – Ability to perform leaps & jumps with proper technique, good height in air and proper body position.
- **Overall Technique** - Proper technique performed throughout routine by the team as a whole.

## PERFORMANCE (20)

### Showmanship (10)

- **Smiles/Projection**- Nice smiles and facial projection, engaging the audience, naturalness.
- **Energy/Enthusiasm** - Energy and enthusiasm maintained throughout performance.
- **Eye Contact/Confidence** - Eye contact on the audience, not watching each other or looking down. Nice confidence, poise, sportsmanship.
- **Recoveries** - Good recoveries, keeping showmanship strong even through mistakes.

### Overall Impression (10)

Judge's impression of the entire performance encompassing all scoresheet categories. This may also include elements such as: Appearance, Appropriateness, Crowd Appeal.

## POINT SCALES

### 15 Point Scale:

Superior	14-15
Above Average	12-13
Average	10-11
Below Average	0 - 9

### 10 Point Scale:

Superior	9-10
Above Average	7 - 8
Average	5 - 6
Below Average	0 - 4

