



2025-2026 DANCE COMPETITIONS

DANCE/POM

Team Name:
Division:
On Team

(+) SUPERIOR PERFORMANCE (@) AVERAGE PERFORMANCE (v) IMPROVEMENT NEEDED

Choreography

 Max
Value

Score

Comments:

STYLE MOVEMENT

- ☐ Composition
- ☐ Use of Poms
- ☐ Pom Creativity
- ☐ Difficulty
- ☐ Complexity of Pom Movement
- ☐ Musical Interpretation

 A. 18-20
B. 16-17
C. 14-15
D. 7-13
F. 0-6

(20)

VISUAL IMPACT/STAGING

- ☐ Continuity/Transitions
- ☐ Use of Area/Floor Patterns
- ☐ Change of Level/Floorwork
- ☐ Pom Visual Effects

 A. 18-20
B. 16-17
C. 14-15
D. 7-13
F. 0-6

(20)

Execution

UNIFORMITY

- ☐ Upper Body Precision
- ☐ Lower Body Precision
- ☐ Timing
- ☐ Spacing
- ☐ Use of Poms

 A. 18-20
B. 16-17
C. 14-15
D. 7-13
F. 0-6

(20)

MOVEMENT QUALITY

- ☐ Body Control/Technique
- ☐ Execution of Pom Movement
- ☐ Dynamics
- ☐ Turns/Leaps/Jumps
- ☐ Legwork/Footwork
- ☐ Flexibility

 A. 18-20
B. 16-17
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D. 7-13
F. 0-6

(20)

Performance

SHOWMANSHIP

- ☐ Facial Expression
- ☐ Projection
- ☐ Focus
- ☐ Confidence in Performance
- ☐ Musicality
- ☐ Energy/Enthusiasm
- ☐ Uniform/Accessories/Grooming

 A. 18-20
B. 16-17
C. 14-15
D. 7-13
F. 0-6

(20)

DANCE/POM
TOTAL SCORE
100

Judge:

