



2025-2026 SPIRIT COMPETITIONS

PEP FLAG

Team Name:
Division:
On Team

Choreography

 Max
Value

Score

Comments:

USE OF FLAGS/MOTIONS/CREATIVITY

- Twirls/Movement/Variety
- Footwork
- Visual Effects
- Musical Interpretation

15

ROUTINE STAGING

- Transitions/Continuity
- Formations/Use of Floor

10

TECHNICAL SKILLS/SPECIALTIES

- Twirls/Tricks
- Tosses/Exchanges
- Specialty Skills
- Use of Team

15

Execution

TWIRLING/MOTION TECHNIQUE

- Control/Placement
- Sharpness/Precision
- Footwork

15

UNIFORMITY

- Synchronization
- Timing/Rhythm/Pace
- Spacing

10

TECHNICAL SKILLS/SPECIALTIES

- Twirls/Tricks
- Tosses/Exchanges
- Specialty Skills

15

Performance

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:

PEP FLAG

PEP FLAG ROUTINE PROCEDURE: A pep flag/short flag routine consists of visuals, effects, synchronization, twirls, tricks and tosses. Visual effects include level changes, opposition, group work, formations and transitions. Emphasis should be placed on proper twirling technique, timing and showmanship. All team members must use flags for 80% of the routine. A deduction of .5 will be taken for each dropped flag shaft. A dropped flag is defined as a flag that is un-intentionally released onto the performance surface. Props and/or costuming are not allowed. Choreographed entrances/exits will not be judged. You will be limited to an entrance and exit of 30 seconds each.

CHOREOGRAPHY (40)

Use of Flag/Motions/Creativity (15)

- **Twirls/Movement/Variety** – Twirls and movement, showcasing variety and ambidexterity, incorporated effectively throughout the routine.
- **Footwork** – Incorporation of footwork to accent twirls and tricks.
- **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 (10)

- **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 (15)

- **Twirls/Tricks** – Incorporation of a variety of twirls, tricks and twirl/trick sequences.
- **Tosses/Exchanges** – Variety of tosses and exchanges and how they are incorporated into the routine.
- **Specialty Skills** – Incorporation of specialty skills (flexibility highlights, dance skills, mounts and lifts) and how they are used to enhance the routine.
- **Use of Team** - How many team members are used to perform skills listed above, looking for good utilization of the team overall.

EXECUTION (40)

Twirling/Motion Technique (15)

- **Control/Placement** – Body control while twirling and executing angles and motions. Ability to use proper twirling technique (placement of arms, full twirls, flat against the body, proper posture, use of free hand when applicable).
- **Sharpness/Precision** - Strong pom motions, angles and dance movements that are well executed and precise.
- **Footwork** – Proper placement and timing of footwork.

Uniformity (10)

- **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 (15)

- **Twirls/Tricks** – Ability to perform twirls and tricks with identical execution and revolutions.
- **Tosses/Exchanges** – Accuracy of toss placement, height and distance.
- **Specialty Skills** – Ability to execute specialty skills with proper technique.

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