

# SPORTSMANSHIP AND SAFETY

NSASCF APPROVED

TEAM NAME \_\_\_\_\_

DEDUCTIONS	PTS	PTS DEDUCTED
Unsportsmanlike conduct	10	
Inappropriate gestures or verbiage	10	
Taunting	10	
Distractions while other teams perform	10	
Routines should be no more than 5 min (5 second grace period)	5	
Music vulgarity	5	
Props that are not placed strategically on floor and disposed properly once finished using	5	
Stunts/ Pyramids/Visuals that fall and incomplete tumbling	5	
Derogative, innapropriate or overly sexualized content or performance	10	
<b>COACHES CHEERING AND BATTLING</b>	<b>DISQUALIFIED</b>	
	<b>TOTAL</b>	
<b>TOTAL DEDUCTIONS</b>		

COMMENTS	TOTAL DEDUCTIONS
<i>ALL DEDUCTIONS WILL NEED TO BE CALCULATED AND SUBTRACTED FROM OVERALL SCORE</i>	

# NSASCF SCORE FORM

NSASCF APPROVED

TEAM NAME \_\_\_\_\_

**CATEGORY DESCRIPTION: EACH TEAM WILL HAVE UP TO 5MINUTES WITH A 5 SECOND GRACE PERIOD TO PERFORM A STOMP N' SHAKE ROUTINE. PERFORMANCES WILL BE SCORED BASED UPON THE COMPONENTS BELOW.**

**STOMP N' SHAKE HIGH SCHOOL CHEER AND DANCE EXHIBITION: CIAA PERFORMANCE WINNER**

**PLEASE REFERNECE THE MAXIMUM POSSIBLE PER FIELD**

**100 PTS MAX**

<i>STOMP N' SHAKE SCORE CARD COMPONENTS</i>	<i>POINTS SCORED</i>	<b>TOTAL</b>
<b>STOMP N SHAKE TECHNIQUE: STOMPS AND CLAPS</b>	20	
<b>TRANSITIONS AND SYNCHRONIZATION</b>	10	
<b>CHOREOGRAPHY</b>	10	
<b>VOICE AND CLARITY</b>	10	
<b>ARM MOTIONS AND TEHCNIQUE</b>	10	
<b>SHOWMANSHIP AND ENERGY</b>	20	
<b>OVERALL ROUTINE CLEANLINESS</b>	20	

**COMMENTS**

**FINAL SCORE**

**JUDGE**

**SCORE KEEPER**

# NSASCF SCORING RUBRIC

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<b>STOMP N' SHAKE COMPONENTS OF CHEERLEADING</b>	<b>DESCRIPTION</b>	<b>HOW TO PREPARE</b>
<b>STOMP N SHAKE TECHNIQUE: STOMPS AND CLAPS</b>	The concept of clapping and stomping to make rhythmic beats commonly used in Traditional Stomp N' Shake.	All claps should look the same amongst everyone on the team. All stomps should look the same amongst competing members of the team. Judges should be able to identify/classify your style of cheerleading through the teams' consistency in claps and stomps.
<b>TRANSITIONS AND SYNCHRONIZATION</b>	Transitions are the act of moving from one formation to the next. Synchronization in Stomp N' Shake cheerleading is classified as cheerleaders completing the same motion or choreography at the same time.	Cheerleaders should have a clear and concise path from one formation to the next without running/bumping into each other. Ensure foot placement and movement does not look rushed and uncoordinated.
<b>CHOREOGRAPHY</b>	Sequential steps and movement in a Stomp N' Shake routine.	No copying or duplications. Stomp N' Shake choreography must be original. If the cheers/chants/dances are exact replicas of another squad or organization other than your own, your team will score lower due to the lack of creativity. Do not copy any other cheerleading performance and pass it off as your own.
<b>VOICE AND CLARITY</b>	Quality in pitch, diction, enunciation and pronunciation of cheerleading words and vocality.	Make sure judges can clearly understand what the words to the cheer/chant are. Chop up words and do not draw out endings of the cheer to create a "singing" effect. Stomp N' Shake vocality is important and must be clear to respect the art of the style.
<b>ARM MOTIONS AND TECHNIQUE</b>	Basic cheerleading motions, High-V, Low V, T, etc	Perfect the basic cheerleading motions and execute in the performance.
<b>SHOWMANSHIP AND ENERGY</b>	HYPE, energetic, fun	Cheerleaders should appear to be having fun with their routine. Judges will look for confidence and personality. This will come with being conditioned for the performance and being able to showcase enjoyment through facials and overall performance. If the cheerleaders look tired, the score will reflect it.
<b>OVERALL ROUTINE CLEANLINESS</b>	Overall Appeal	The overall routine should not look rushed. Cheerleaders should look clean through the entire performance with precise motions and concept/theme execution.



