2025 Competitive Cheerleading Checkbox Quick Reference

- Checkboxes based on Execution (EXE), not DOD
- Checkboxes should match your scores
- Only maximum scores do not require checked boxes
- Only check a box that refers to an Area of Improvement

Panel A Checkboxes

Jumps	
Landings	Feet not together; not stuck
Height	Low distance from the ground
Dropped Chest	Head down; reaching over; shoulders hunched and not straight
Synchronized/Timing	All phases, speed, and rhythm of the jump sequence were not performed smoothly in unison with other team members
Pointed Toes	Toes not pointed; flexed toes
Form	Bent legs, incorrect arm placement, legs not parallel to the cheer surface
Arm Placement	Arms not straight with tight motions; not in unison with team
Legs Not Horizontal	Legs uneven in height
Straight Legs	Bent knees
Formation	Lines not straight or evenly spaced
Missed Jumps	Not all members of the team perform all jumps
Cheer/Chant	
Creative/Visual	Contained only commonly used elements; needs something new; should catch attention
Add Motions	Limited use of motions throughout; more clapping than motions
Formations	Lines not straight or evenly spaced
Synchronization/Timing	All parts, including speed and rhythm, are not performed in unison with other team members.
Transitions	Movement across the floor not smooth; bumping into other team members
Projection	Words are not clearly understood; voices not together
Energy	Does not show genuine spirit and enthusiasm nor fires the audience up
Involve Total Team	Not all members of the team take part throughout the cheer/chant
Sharpness	Motions not well placed and tight; sloppy motions
Volume Low	Not loud enough to be heard by the audience
Say words	ALL team members must say the words throughout including during incorporations
Need More Counts	Did not perform all 3 required 8-counts in unison with other team members
Slow Pace	Too slow that it drags, timing is off; prolonged
Fast Pace	Too rushed that timing is off; missed motions and transitions
No Incorporations	Did not have any incorporations of skills into the cheer/chant
Partial Incorporations	Had some incorporations but total team not involved throughout

2025 Competitive Cheerleading Checkbox Quick Reference

Dance	
Creative & Visual	Contained only commonly used elements; needs something new; should catch attention
Rhythm	Not everyone is moving to the beat of the music
Motions	Arm and body movements are not sharp, smooth, or tight
Synchronization/Timing	All parts of the dance not performed in unison with other team members
Formations	Lines not straight or evenly spaced
Choreography	Lack of good elements in the design of a dance; movements; pattern; uniqueness
Pace	Too fast/slow; too rushed that timing is off; too slow that it drags
Formation Changes	Needs more movement; not stationary in the same formation
Low Energy	Does not show genuine spirit and enthusiasm nor fires the audience up
Transitions	Movement across the floor not smooth; bumping into other team members
Level changes	No shifts in vertical positions or a change physically on the floor: standing, kneeling, etc. Does not create a sense of elevation and appearance
Need More Counts	Did not perform all 4 required 8-counts in unison with other team members
Showmanship	Does not smile or have good facial expressions; poor eye contact; lack of projection; lacks crowd appeal
Intricacy	Routine is not complex; needs more moving parts; routine does not go beyond basic
Involve Total Team	Not all members of the team take part throughout the dance
Knowledge of Routine	Team member(s) do not know the whole routine or where to be. Team member(s) watching other team members to follow. Not in step with team, out of sequence
Overall Routine Composition	
Creative & Visual	Does not contain elements commonly used; needs something new; should catch the attention
Clean up	Needs to work to improve small or large mistakes in the routine
Energy/Enthusiasm	Does not show genuine spirit and enthusiasm nor fires the audience up; lacks enjoyment
Dropped/Missed Skills	A stunt/skill that comes down early or does not hit the appropriate position/height
Showmanship	Does not smile or have good facial expressions; poor eye contact; lack of projection; lacks crowd appeal
Variations	Squad does not perform a variety of different stunts, tumbling sequences, jumps etc.
Use of Floor	Stays in one spot for long periods of time; does not use floor space well
Synchronization/Timing	All parts of the routine were not performed in unison with other team members
Falls	Falls to the floor while performing a skill from beginning to completion
Formations	Lines not straight or evenly spaced
Slow Flow/Pace	Too slow that it drags, timing is off; prolonged
Structure/Layout	Routine is not put together well, not smooth, lacks good formations leading to bad transistions
Lacks Innovation	Not original nor creative within the routine
Transitions	Movement across the floor not smooth; bumping into other team members
Fast Flow/Pace	Too rushed that timing is off; missed motions and transitions
Intricate Choreography	Routine is not complex; needs more moving parts; routine does not go beyond basic; lacks uniqueness
Tumbling Technique/ Performance	The completion of **tumbling** skills does not show good form throughout the movement and is not performed safely, smoothly, and shows good control
Stunting Technique/ Performance	The completion of **stunting** skills does not show good form throughout the movement and is not performed safely, smoothly and with good control

2025 Competitive Cheerleading Checkbox Quick Reference

- Checkboxes based on Execution (EXE), not DOD
- Checkboxes should match your scores
- Only maximum scores do not require checked boxes
- Only check a box that refers to an Area of Improvement

Panel B Checkboxes

Standing/Running Tumbling	
Technique	Does not show skillful completion of a tumbling move, correct form, control of movement, or solid follow through to landing
Landings	End of a tumbling skill not solid; knees slightly bent; back not straight; feet not together
Form/Stability	Wobbly form, not well-placed body positions or properly executed skills
Synchronization/Timing	All parts of the routine were not performed in unison with other team members
Choreography	Lack of good elements in the design of tumbling skills, pattern, order, or uniqueness
Precision	Lacks refinement and accuracy of a tumbling skill; no sharp execution
Straighten Legs	No bent knees on back handsprings, layouts, running fulls
Hands Down	Touching the floor with hands during a flipping skill
Legs Apart	Legs and knees are not together during and at the end of a tumbling skill
Formation/Spacing	Lines not straight or evenly spaced
Missed Tumbling	Not completing a tumbling skill at all or in part
Multiple Steps	Taking several steps at the completion of a tumbling skill
Height	Low distance from the ground; skill executed too low
Falls	Tumbling fall is considered a fall to the floor when the tumbler lands on their legs, knees, back, head, rear, elbows, and so on, that was not considered a part of the original landing
Use of the Floor (Running Only)	Does not make good use of the floor for visual effects and transitions from one set of skills to another

2025 Competitive Cheerleading Checkbox Quick Reference

- Checkboxes based on Execution (EXE), not DOD
- Checkboxes should match your scores
- Only maximum scores do not require checked boxes
- Only check a box that refers to an Area of Improvement

Panel C Checkboxes

Primary/Secondary Stunts/Coed	
Missed Stunts	Not completing an attempted stunt
Bobbles	Shaky stunts; loss of balance when building
Flyer Form	Not well-placed body positions; wobbly; improperly executed skills
Formations	Lines/stunt groups not straight or evenly spaced
Dropped Stunts	Stunt/skill being attempted that comes down early; out of sync with the other stunts
Precision	Lacks refinement and accuracy of a stunt; not sharply executed; improper body position
Flexibility	Does not have good range of motion that allows accurate completion of stunting skills smoothly
Synchronization/Timing	All parts of the stunting sequence, plus speed and rhythm, are not performed in unison with other team members
Cleanup Dismounts	Dismounts not synchronized; shaky; poor form
Lacks Stability	Shaky, not good form maintained or solid execution
Stunt Movement	Stunt moves due to an unintended or un-choreographed shift or adjustment by the base
Stunt Technique	The completion of **stunting** skills does not show good form throughout the movement and is not performed safely, smoothly and with good control
Falls	Falls to the floor while performing a skill from beginning to completion
Missed Dismounts	Failure of a flyer to perform the same dismount as others in the stunt group or to dismount much earlier or later than the other stunt groups
Missed Body Positions	Failure of a flyer to execute body positions correctly and with proper technique
Toss Technique	Basket Only: A toss that does not show good form or control of movement
Toss Height	Basket Only: Highest point of a toss not met
Did Not Meet Coed Requirements	When a coed team does not fulfill the minimum requirements, they will score a zero (0).
Coed Technique	Lacks focus on safely executing partner stunts, lacking precise coordination or strength from both the base and the flyer. Lacks proper body positioning, controlled movements, or synchronized timing during tosses and lifts
Required Hold Count Not Met	Secondary and coed stunts must only be held for at least four (4) counts once the intended height is reached

2025 Competitive Cheerleading Checkbox Quick Reference

Panel C Checkboxes

Pyramids	
Flyer Form	Not well-placed body positions; wobbly; improperly executed skills
Formations	Lines/stunt groups not straight or evenly spaced
Cleanup Releases	Moves not clean when flyer moves from one loading or stunt position to another
Synchronized/Timing	All parts of the stunting sequence, plus speed and rhythm, are not performed in unison with other team members
Precision	Lacks refinement and accuracy of a stunt; not sharply executed; improper body position
Drops	Stunt released early from a pyramid; not in sync with other stunt groups
Slow Flow/Pace	Does not smoothly move from one part of a pyramid sequence to another. Lacks overall flow, synchronization, or visual appeal
Improve Transitions	Movement across the floor not smooth; bumping into other team members
Lacks Stability	Shaky, not good form maintained or solid execution
Bobbles	Shaky stunts; loss of balance in stunts
Fast Flow/Pace	Too rushed that timing is off; missed motions and transitions
Connections	Stunts groups not solid or touching in pyramid
Missed Elements	Not completing all part of the skills involved in a pyramid
Falls	Falls to the floor while performing a skill from beginning to completion
Stunt Movement	Stunt moves due to an unintended or un-choreographed shift or adjustment by the base
Stunt Technique	The completion of **stunting** skills does not show good form throughout the movement and is not performed safely, smoothly and with good control