

SPORTSMANSHIP AND SAFETY

NSASCF APPROVED

TEAM NAME _____

DEDUCTIONS

Unsportsmanlike conduct

Inappropriate gestures or verbiage

Taunting

Distractions while other teams perform

Routines should be no more than 3 minutes and 30 seconds (30 second grace period)

Music vulgarity

Props that are not placed strategically on floor and disposed properly once finished using

Stunts/ Pyramids/Visuals that fall and incomplete tumbling

Derogative, inappropriate or overly sexualized content or performance

COACHES CHEERING AND BATTLING

TOTAL DEDUCTIONS

COMMENTS

ALL DEDUCTIONS WILL NEED TO BE CALCULATED AND SUBTRACTED FROM OVERALL SCORE

PTS	PTS DEDUCTED
10	
10	
10	
10	
5	
5	
5	
5	
10	
DISQUALIFIED	
TOTAL	

TOTAL DEDUCTIONS

NSASCF SCORE FORM

NSASCF APPROVED

TEAM NAME _____

CATEGORY DESCRIPTION: EACH TEAM WILL HAVE UP TO 3 MINUTES AND 30 SECONDS TO PERFORM A STOMP AND SHAKE ROUTINE. PERFORMANCES WILL BE SCORED BASED UPON THE COMPONENTS BELOW.

UFIT PRESENTS: VIRTUAL STOMP AND SHAKE CHEERLEADING CHAMPIONSHIP AT FAN FEST

PLEASE REFERENCE THE MAXIMUM POSSIBLE PER FIELD

100 PTS MAX

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

COMMENTS

FINAL SCORE

JUDGE

SCORE KEEPER

NSASCF SCORE FORM

NSASCF APPROVED

TEAM NAME _____

CATEGORY DESCRIPTION: EACH TEAM WILL HAVE UP TO 3 MINUTES AND 30 SECONDS TO PERFORM A STOMP N' SHAKE ROUTINE. PERFORMANCES WILL BE SCORED BASED UPON THE COMPONENTS BELOW.

UFIT PRESENTS: VIRTUAL STOMP AND SHAKE CHEERLEADING CHAMPIONSHIP AT FAN FEST

PLEASE REFERENCE THE MAXIMUM POSSIBLE PER FIELD

100 PTS MAX

<i>STOMP N' SHAKE CHEER AND DANCE SCORE CARD COMPONENTS</i>		<i>POINTS SCORED</i>	TOTAL
STOMP N SHAKE TECHNIQUE: STOMPS AND CLAPS	20		
CHEERLEADING CHOREOGRAPHY AND ORIGINALITY	10		
DANCE CHOREOGRAPHY AND ORIGINALITY	10		
VOICE AND CLARITY	10		
ARM MOTIONS AND TECHNIQUE	10		
SHOWMANSHIP AND ENERGY	20		
OVERALL ROUTINE CLEANLINESS	20		

COMMENTS

FINAL SCORE

JUDGE

SCORE KEEPER

NSASCF TUMBLE SCORE FORM

NSASCF APPROVED

TEAM NAME _____

CATEGORY DESCRIPTION: EACH TEAM WILL BE SCORED ON THE TEAM'S MAJORITY SKILL LEVEL. ALL SCORES WILL BE BASED ON 50% OR MORE OF THE TEAM'S TUMBLING ABILITY. ANY SKILL COMPLETED WITH LESS THAN 50% OF THE TEAM WILL NOT GET TUMBLING POINTS BUT MAY APPEAL TO OVERALL PERFORMANCE SCORING IN IMPRESSION.

UFIT PRESENTS: VIRTUAL STOMP AND SHAKE CHEERLEADING CHAMPIONSHIP AT FAN FEST

PLEASE REFERENCE THE MAXIMUM POSSIBLE PER FIELD

28 PTS MAX

<i>STOMP N' SHAKE TUMBLING SCORE CARD COMPONENTS</i>		<i>POINTS SCORED</i>	TOTAL
STANDING/RUNNING TUMBLING SYNCHRONIZATION	5		
OVER 50% OF TEAM TUMBLING	5		
EXECUTION AND COMPLETION	5		
OVERALL SKILL, TECHNIQUE AND ABILITY	5		
TUMBLING CHOREOGRAPHY	5		
*DIFFICULTY (LEVEL 2 AND GREATER)- BONUS PTS	3		

COMMENTS

FINAL SCORE

JUDGE

SCORE KEEPER

NSASCF STUNT SCORE FORM

NSASCF APPROVED

TEAM NAME _____

CATEGORY DESCRIPTION: TEAM'S WILL BE SCORED BASED ON SKILLS PERFORMED AND CLEANLINESS IN ABILITY. BONUS POINTS CAN BE SCORED FOR DOUBLING DOWN IN DISMOUNT CREATIVITY AND DIFFICULT SKILLS PERFORMED IN EXTENDED STUNTS.

UFIT PRESENTS: VIRTUAL STOMP AND SHAKE CHEERLEADING CHAMPIONSHIP AT FAN FEST

PLEASE REFERENCE THE MAXIMUM POSSIBLE PER FIELD

33 PTS MAX

<i>STOMP N' SHAKE STUNT SCORE CARD COMPONENTS</i>		<i>POINTS SCORED</i>	TOTAL
OVERALL SKILL ABILITY	5		
STUNT CHOREOGRAPHY	5		
OVERALL DISMOUNT TECHNIQUE	5		
TEAM STUNT ABILITY	5		
STUNT SEQUENCE AT PREP AND EXTENSION ABILITY	5		
OVERALL STUNT CLEANLINESS	5		
DIFFICULTY POINTS	3		

COMMENTS

FINAL SCORE

JUDGE

SCORE KEEPER

NSASCF SCORING RUBRIC

NSASCF APPROVED

STOMP AND SHAKE COMPONENTS OF CHEERLEADING	DESCRIPTION	HOW TO PREPARE
STOMP AND SHAKE TECHNIQUE: STOMPS AND CLAPS	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.
TRANSITIONS AND SYNCHRONIZATION	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.
CHOREOGRAPHY	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.
VOICE AND CLARITY	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.
ARM MOTIONS AND TECHNIQUE	Basic cheerleading motions, High-V, Low V, T, etc	Perfect the basic cheerleading motions and execute in the performance.
SHOWMANSHIP AND ENERGY	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.
2021 STUNT TECHNIQUE	Group or Team Stunt utilizing a back spot, main and secondary bases, flyer and front spot for necessary skills	Each team will be expected to incorporate a stunt into the routine. Judges will look for basic stunting skill at prep level and extended stunts. Prepare to show one stunt sequence and one team stunt that showcases your teams best skill and ability. Judges will look for cleanliness in prep, execution and dismounts. If any performing cheerleader falls or hits the ground, will result in a 5 point infraction.
2021 TUMBLE TECHNIQUE	Forward roll, cartwheel, backhand spring, tuck etc	Competing teams will need to showcase tumbling abilities. Judges will look for 50% of the performing team to tumble in order to receive full points for "team tumbling". Tumbling will be judged off the skill being performed and cleanliness and control in ability.
OVERALL ROUTINE CLEANLINESS	Overall Appeal	The overall routine should not look rushed. Cheerleaders should look clean through the entire performance with precise motions and concept/theme execution.

