

LEST Cheerleading Judges Criteria

Crowd Participation

1. Team gives crowd easily understandable directions using a strong, clear voice.
2. Team may demonstrate desired motions/ actions as needed.
3. Team ensures that the crowd understands when to start, how many times to repeat, and when to stop.

Showmanship

1. Team shows enthusiasm and confidence by using good smiles and facial expressions.
2. Team maintains a constant high level of spirit throughout the performance. Does not fade at the end
3. Team uniform and personal physical appearance are neat, clean, and appropriate.
4. Team shows a command of all physical aspects of their program.
5. Team is able to recover and continue after a problem in their routine.
6. Team maintains good eye contact with their crowd.
7. Team performs only appropriate and non-suggestive moves as part of their program.

Synchronization

Good variety

1. Team performs three or more types of synchronization. (i.e. - Arms, Legs, Tumbling, formation changes, etc.)

Solid Cheers

1. Team uses synchronization within the body of a cheer.

Good Timing

1. Team performs in a manner that clearly shows the intended use of synchronization in motions, steps, etc.
2. Teams' synchronized movements are even and consistent throughout performance.
3. Teams' synchronized motions/movements are sharply defined and executed.

Execution

Smooth Transitions:

1. Team moves confidently from one area to the next without long pauses, trips, bumps, or mistakes in positioning.
2. Team performs a program that moves smoothly from one section to the next.

Sharp Motions:

1. Team executes their motions using precise angles, accurate timing, tight arms and legs and good body positioning.

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Execution (continued)

Clean Formations:

1. Team executes their formations using clean lines, even spacing (where appropriate), and a good use of the floor.
2. Teams' formations are easily understandable and appropriate to the cheer.
3. Team uses mats under stunt formations where appropriate.

Precision/Definite Arms and Legs:

1. Teams' motions "hit" at the same time.
2. Teams' arms and legs are not swung from one motion to the next, but moved in an intentional manner to achieve precise positioning.
3. Shoulders are down and arms are at the proper angle in relationship to the body.
4. Feet and Legs are tight and toes are POINTED during jumps (No Flexed Feet).

Voice

Strong voice:

1. Team vocally projects words in an easily understandable tone. The use of the lower "chest" voice is encouraged.
2. Team does not yell in a high "screechy" voice.

Good Volume:

1. Team uses loud voices that can be clearly heard.
2. Team uses changes of volume where appropriate.

Spoke Clearly:

1. Team speaks/yells in a manner that allows them to be clearly understood.
2. Team does not use a sing song tone.

Jumps

Good Height:

1. All team jumps achieve the same height at the top of the jump.
2. All individual jumps achieve at least the height of the waist of the jumper.

Variety of Jumps:

1. Three or more different jumps must be done during the competition routine to constitute a variety of jumps.
2. More than one cheerleader must do the jumps.

Degree of Difficulty:

1. Box 1- Tuck Jump, Spread Eagle
2. Box 2- Double Hook, Hurdler (any), Herkie
3. Box 3- Toe Touch, Pike, Double Nine, or 2 or more consecutive jumps done with no prep in between

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Stunts

Solid stunts:

1. Teams must show a proficiency of achieving their stunt with a solid mount, lift, and settle of the flyer.
2. Teams must have proper number of bases and spotters for a stunt.

Clean Dismounts:

1. The flyer must keep their body tight with toes pointed and no flailing of the arms.
2. Bases must toss and catch and/or follow and support the flyer all the way to a standing position on the floor or to a prep position of a following stunt.
3. Spotters must maintain constant eye contact with their flyer at all times.
4. All stunts performed at dismount (twists to cradle, forward suspended roll, etc.) must have proper spotting in place, and achieve full rotation.

Variety:

1. Use of two or more different stunts is needed to count as a variety.
2. Partner stunts may only be used as more than one stunt if more than two stunts are performed.

Tumbling

Good Variety:

1. Teams must use two or more types of tumbling.
(ie: somersault and cart wheel) or -
2. Individual and synchronized tumbling

Good Use of Skills

1. Performers use only skills that they are confident of and proficient at.
2. Skills are incorporated into cheers or dance or performed as opening to routine, etc.

Effective:

1. Skills hit on down beat of music/sound effect.
2. Skills achieve synchronized air positions and landings.
3. Skills enhance/encourage crowd participation/ response during a cheer.