



# American Spirit Championships

## Official Cheer Team Score Sheet

### Dance / Motions



School/Rec Advanced		Maximum Points	Score	Notes
Dance	Difficulty	5		
	Execution	10		
	Technique	10		
Motions	Difficulty	5		
	Execution	10		
	Technique	10		
Transitions		10		
Formations		10		
Routine Difficulty		10		
Choreography		10		
Overall Performance		10		
Maximum Points = 100		Total		