



American Spirit Championships



Official Cheer Team Score Sheet Tumbling / Jumps

School/Rec Advanced		Maximum Points	Score	Notes
Standing Tumbling	Difficulty	10		
	Execution	10		
	Variety	5		
	Use of squad	5		
Running Tumbling	Difficulty	10		
	Execution	10		
	Variety	5		
	Use of squad	5		
Jumps	Difficulty	10		
	Execution	10		
	Variety	5		
	Use of squad	5		
Overall Performance		10		
Maximum Points = 100		Total		