



American Spirit Championships

Official Cheer Team Score Sheet

Tumbling / Jumps



School/Rec Novice		Maximum Points	Score	Notes
Standing Tumbling	Difficulty	7		
	Execution	10		
	Variety	5		
	Use of squad	5		
Running Tumbling	Difficulty	7		
	Execution	10		
	Variety	5		
	Use of squad	5		
Jumps	Difficulty	7		
	Execution	10		
	Variety	5		
	Use of squad	5		
Overall Performance		10		
Maximum Points = 91		Total		