

# New England Cheerleaders Association

## DANCE GRID

The below categories will be Judged out of 10 points. Each team in each dance style will have the opportunity to score up to a 10. Every Dance team regardless of age, level or division is capable of maxing out in these categories. Teams will score in the high end of the range if an advanced level of dance is displayed.

CATEGORY	RANGE (3-5)	RANGE (5-7)	RANGE (7-9)	RANGE (9-10)
<b>Jazz</b>				
<b>TECHNIQUE</b>	Substandard body alignment and control	Average body placement alignment and control	Good body placement alignment and control	Excellent body placement alignment and control
Strength & Ease of Movement	Movement needs work in strength and tension	Movement is average in strength and tension	Movement is good, be more powerful in strength	Movement is strong
Turns, Leaps, Lifts	Jump/Leap landings not together/turn rotation off	Average height & flexibility of leaps/jumps	Good height & flexibility of leaps/jumps	Superior height & flexibility of leaps/jumps
Body Placement/Control	Below Average height & flexibility of leaps/jumps	Average turn rotation	Good turn rotation and spotting	Superior turn rotation and spotting together
<b>EXECUTION</b>	Timing/Rhythm off	Average Timing/Rhythm	Good Timing/Rhythm	Excellent timing rhythm & synchronization of style
Spacing & Visual Effect	Little visual effect, limited incorporation of level changes, floor work	Average visual effects some incorporations of tricks, floor work, level changes	Good Visual effect- incorporation of floorwork, tricks, level changes	Superior visual effect-incorp of floorwork, level changes, tricks
Interpretation	Needs work in style of category	Average strength in style of category	Good strength in style of category	Superior Strength in style of category
Synchronization				
<b>CHOREOGRAPHY</b>	Limited creativity, innovation and originality	Moderate creativity, innovation and originality	Good Creativity, innovation and originality	Outstanding very creative, innovative & original
Originality & Musicality	Transition and formations need work	Ave. spatial awareness in transitions& formations	Good spacing, variety of formations & transition	Excellent spacing & variety of formations/transitions
Formations and Transitions	Beginner level difficulty, simple, slower pace movements/skills	Average level difficulty, moderate pace movements skills	Intricate use of movement at a faster pace, with good level of difficulty	Advanced Choreography, intricate motions, fast pace body movements
Difficulty				
<b>OVERALL EFFECT</b>	Limited use of projection, expression or emotion	Average use of projection expression or emotions	Good energy level projection expression & emotion	High energy superior use of projection expression and emotion in performance
Performance/Showmanship				
<b>Hip Hop</b>				
<b>TECHNIQUE</b>	Substandard musical interpretation and style. Minimal use of body isolations and/or rhythm variations	Average musical interpretation and style. Some style inconsistencies throughout. Body isolations and rhythm evident by some throughout	Good musical interpretation and style. Good Body isolations and rhythm variations is present throughout. Performance. Style is consistent with all members	Strong musical interpretation and style. Superior use of body isolations and rhythm variations. Style is consistent from all members.
Intensity & Precision of Movement				
Tricks, Lifts, Jumps				
Body Placement/Athleticism				
<b>EXECUTION</b>	Timing/Rhythm off	Average Timing/Rhythm	Good Timing/Rhythm	Excellent timing rhythm & synchronization of style
Spacing & Visual Effect	Little visual effect, limited incorporation of level changes, floor work	Average visual effects some incorporations of tricks, floor work, level changes	Good Visual effect- incorporation of floorwork, tricks, level changes	Superior visual effect-incorp of floorwork, level changes, tricks
Synchronization				
<b>CHOREOGRAPHY</b>	Limited creativity, innovation and originality	Moderate creativity, innovation and originality	Good Creativity, innovation and originality	Outstanding very creative, innovative & original
Originality & Musicality	Transition and formations need work	Ave. spatial awareness in transitions& formations	Good spacing, variety of formations & transition	Excellent spacing & variety of formations/transitions
Formations and Transitions	Beginner level difficulty, simple, slower pace movements/skills	Average level difficulty, moderate pace movements skills	Intricate use of movement at a faster pace, with good level of difficulty	Advanced Choreography, intricate motions, fast pace body movements
Difficulty				
<b>OVERALL EFFECT</b>	Limited use of projection, expression or emotion	Average use of projection expression or emotions	Good energy level projection expression & emotion	High energy superior use of projection expression and emotion in performance
Performance/Showmanship				
<b>Pom</b>				
<b>TECHNIQUE</b>	Motions / placement needs work	Average arm placement and motions	Good arm placement and motions	Excellent arm placement and motions
Sharpness & Precision of Movement	Performed at a slow pace, lacking control	Performed at moderate pace	Performed at a good pace	Performed at a fast pace
Motion, Tricks	Precision maybe incomplete and unfinished	Control is average	Control is somewhat relaxed in overall strength and precision	Superior motion control
Body Placement/Control	Performed with substandard technique	Average technique		
<b>EXECUTION</b>	Timing/Rhythm off	Average Timing/Rhythm	Good Timing/Rhythm	Excellent timing rhythm & synchronization of style
Spacing & Visual Effect	Little visual effect, limited incorporation of level changes, floor work	Average visual effects some incorporations of tricks, floor work, level changes	Good Visual effect- incorporation of floorwork, tricks, level changes	Superior visual effect-incorp of floorwork, level changes, tricks
Uniformity & Synchronization				
<b>CHOREOGRAPHY</b>	Limited creativity, innovation and originality	Moderate creativity, innovation and originality	Good Creativity, innovation and originality	Outstanding very creative, innovative & original
Originality & Musicality	Transition and formations need work	Ave. spatial awareness in transitions& formations	Good spacing, variety of formations & transition	Excellent spacing & variety of formations/transitions
Formations and Transitions	Beginner level difficulty, simple, slower pace movements/skills	Average level difficulty, moderate pace movements skills	Intricate use of movement at a faster pace, with good level of difficulty	Advanced Choreography, intricate motions, fast pace body movements
Difficulty				
<b>OVERALL EFFECT</b>	Limited use of projection, expression or emotion	Average use of projection expression or emotions	Good energy level projection expression & emotion	High energy superior use of projection expression and emotion in performance
Performance/Showmanship				
<b>CATEGORY</b>	An Open category will be offered only when separate dance categories are not offered in an age division. A routine in this category may incorporate any one style or combination of styles outlined in the USASF category listings. All styles will be judged against each other in this category. The score ranges for this category will be the same as above.			
<b>Open</b>				