

Pom Score Sheet – Technical Skills (Execution)

Competition: _____

Date: _____

E1

Team: _____

Judge's Initials: _____

E2

SCHOOL: Elementary

Junior

Senior

ALL-STAR: Tiny

Mini

Youth

Junior

Senior

Open

EXECUTION (✓ well done, ✗ needs work)

Jumps

1 2 3 4 5 6 7 8 9 10

Flexibility

Height

Position in Air

Synchronization

Form

Pointed Toes

Stable Landings

Kicks

1 2 3 4 5 6 7 8 9 10

Flexibility

Height

Position in Air

Synchronization

Form

Pointed Toes

Straight Legs

Spins/Turns

1 2 3 4 5

In Unison

Use of Spotting

Clean Preparation/Finish

Placement/Technique

Motions (Difficulty)

1 2 3 4 5

Motions (Execution)

1 2 3 4 5

Strong/Sharp

Placement/Precision

Unison/Synchronization

DEDUCTIONS

-5 -5 -5 -5 -5

Inappropriate:

Movements

Language

Other

Actions

Music

Total Score: _____ - Total Deductions _____ = Final Score _____ / 35