

## PCA Charitable Cheerleading Competition Score Sheet for 2026

### POM DIVISION

Judge's name \_\_\_\_\_

Preferred Name of Competing Group \_\_\_\_\_

Team Affiliation (If Group represents a city or larger Team) \_\_\_\_\_

Number of competitors \_\_\_\_\_  
Majority (>50%) \_\_\_\_\_

**IMPACT SCORES** max 30

What impact did performance & performers have on the community, spectators, and judges?

**10 Fundraising Score**

Individual online fundraising totals for each group member contribute to group average. Group average determines points on a stepwise scale. Highest group avg (if over \$75) in division gets 10 points.

avg \$ raised by ppl in Group  
circle one  
write in the average in dollars

group avg 0 to \$24.99  
group avg \$25-49.99  
group avg \$50-74.99  
group avg \$75+

highest group avg in division  
SUBTOTALS

**10 Choreography/Theme**

Appeal and creativity of your use of poms, optional props, apparel, theme, choreography/transitions, and variety of skills; appropriateness of this routine for this event

What this routine was designed to showcase.

Points

circle one

0	1	2	3	4	5	6	7	8	9	10
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**10 Athlete Showmanship**

Performers' expression, engagement, and energy throughout the routine, and its appropriateness for this event

What these people did with this routine.

Points

circle one

0	1	2	3	4	5	6	7	8	9	10
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**DIFFICULTY SCORES** max 50

Difficulty of Skills (Skills in three categories: Turns, Kicks/Leaps/Jumps, and Dance Lifts/Tumbling Skills). Score is based on the relative difficulty level, quantity performed, percent of performers doing the skills.

**10 Turns**

Points (circle one)

0 pts = no Turns are performed	1 pt = low difficulty turns done by half or less than half of the team	2-3 points: low difficulty turns by more than half the team	4-5 points: medium difficulty turns by half or less than half the team	6-7 points: medium difficulty turns by more than half the team	8-9 points: high difficulty turns by half or less than half the team	10 pts = high difficulty turns by more than half of the team
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**10 Kicks**

Points (circle one)

0 pts = no Kicks are performed	1 pt = low difficulty kicks done by half or less than half of the team	2-3 points: low difficulty kicks by more than half the team	4-5 points: medium difficulty kicks by half or less than half the team	6-7 points: medium difficulty kicks by more than half the team	8-9 points: high difficulty kicks by half or less than half the team	10 pts = high difficulty kicks by more than half of the team
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**10 Leaps**

Points (circle one)

0 pts = no Leaps are performed	1 pt = low difficulty leaps done by half or less than half of the team	2-3 points: low difficulty leaps by more than half the team	4-5 points: medium difficulty leaps by half or less than half the team	6-7 points: medium difficulty leaps by more than half the team	8-9 points: high difficulty leaps by half or less than half the team	10 pts = high difficulty leaps by more than half of the team
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**10 Jumps**

Points (circle one)

0 pts = no Jumps are performed	1 pt = low difficulty jumps done by half or less than half of the team	2-3 points: low difficulty jumps by more than half the team	4-5 points: medium difficulty jumps by half or less than half the team	6-7 points: medium difficulty jumps by more than half the team	8-9 points: high difficulty jumps by half or less than half the team	10 pts = high difficulty jumps by more than half of the team
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**10 Dance Lifts/Tumbling Skills**

Points (circle one)

0 pts = no dance lifts or tumbling skills performed	1 pt = low difficulty dance lifts/tumbling skills done by half or less than half of the team	2-3 points: low difficulty dance lifts/tumbling skills by more than half the team	4-5 points: medium difficulty dance lifts/tumbling skills by half or less than half the team	6-7 points: medium difficulty dance lifts/tumbling skills performed by more than half the team	8-9 points: high difficulty dance lifts/tumbling skills by half or less than half the team	10 pts = high difficulty dance lifts/tumbling skills by more than half of the team
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**TECHNIQUE SCORES** max 40

Technical execution of the elements in the routine. Score is based on judges' discretion. Below average = 0-4, Average = 5-8, Above average = 9-10

**Technique of the skills (listed above)**
**10 performed**

Points (circle one)

0	1	2	3	4	5	6	7	8	9	10
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**10 Spacing (formations, transitions, staging)**

Points (circle one)

0	1	2	3	4	5	6	7	8	9	10
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**Synchronization (timing in unison in moves,**
**10 floorwork, and skills performed)**

Points (circle one)

0	1	2	3	4	5	6	7	8	9	10
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**10 body control during skills performed)**

Points (circle one)

0	1	2	3	4	5	6	7	8	9	10
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SUM TOTAL

For 1 judge

An entry in the Pom division will incorporate use of poms by majority of the competitors, for the majority of the routine. Other props like Spirit Buckets may be incorporated in addition to, but not substituting for, poms.

If acquiring poms to compete in this division is a barrier to your group, contact [events@pridecheerleading.org](mailto:events@pridecheerleading.org)

**DEDUCTIONS**

Deductions for collisions & prop drops, athlete falls/drops, safety, and time limit. Deductions may be scored by one judge and not the whole panel of judges.

Deductions: these points will be deducted once from the Average Total Score (average across judges). Calculate the Average Total Score first. Then subtract Total Dedux.

			# times	x1, x2, x3, or x5	Subtot Dedux
Collisions and prop drops (deduct 1 point each)	Unintentional collision with another performer, unintentionally dropping a pom, bucket, or other prop	tally as they happen		x1	
Athlete falls/drops (deduct 3 points each)	Unintentional falls/drops where the athlete's initially non-weightbearing body part contacts the floor	tally as they happen		x3	
Safety Rule Violation (deduct 5 points each)	Trick outside of "Max Tricks" in PCA Rules, violation of any safety rule of this event, explicit language/offensive theme	tally as they happen		x5	
Time Limit Violation (deduction based on length)	Time limit deductions when music or performing the routine runs over 3:00 minutes	circle one up to 5 seconds over time deduct 1 point	>5 to 10 seconds over time deduct 4 points	>10 seconds over time deduct 8 points	

**Total Dedux**

bobbles, collisions  
+ falls  
+ safety vio  
+ time vio

AVERAGE  
TOTAL  
(average of Sum Total scores across judges)

minus

DEDUCTIONS

GRAND TOTAL

equals