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Any individual who is a representative of a member school (faculty member or Board of Education member) may become a candidate for the MHSAA Representative Council. Please contact the MHSAA Executive Director for an outline of procedures.

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PHILOSOPHY

In 1994, the MHSAA welcomed the sport of Competitive Cheer to the list of many sports that are offered end-of-season MHSAA tournament competition.

The introduction of Competitive Cheer as a member school recognized sport has allowed school administrators their first opportunity to participate in the development and review process for safety rules and the competition format. This opportunity provides assurance that Competitive Cheer will meet safety guidelines appropriate for the participants as well as include the elements and characteristics necessary to be a positive sport offering within member school athletic programs.

Providing safety rules along with key *MHSAA Handbook* regulations and the competition format description, rules and requirements under one cover allows Competitive Cheer coaches and school administrators the unique opportunity to have a comprehensive guide to the sport of Competitive Cheer.

Some of the MHSAA regulations and interpretations are included herein to provide coaches of Competitive Cheer a reference and an understanding of school sport program requirements and restrictions. These regulations also appear in this document to reinforce coaches' understanding of MHSAA's commitment to provide competitive cheer opportunities to student athletes under the same regulations as all other interscholastic sports.

The safety rules provided in this Manual are designed for high school Competitive Cheer teams with modifications included for 7th and/or 8th-grade teams. The MHSAA staff and the Competitive Cheer Committees, which include school administrators, review safety rules each year to make certain that the rules are realistic for high school age student-athletes' capabilities and appropriately reflect an educational based sport.

The Competitive Cheer competition format is exclusive to Michigan; therefore, it is essential that along with the safety rules, complete information regarding format is available. The competition format is included in this Manual along with judges' responsibilities, scoring procedures and scoresheets.

The sport format was created by Michigan cheer coaches and athletic administrators with the purpose of providing consistent rules from week to week and from team to team within a sport season. The format allows teams to perform all aspects of cheer techniques and styles and it is designed to encourage athleticism. Competitive Cheer meets the criteria of a sport provided by the Office of Civil Rights in the U.S. Department of Education. Such criteria includes contracting a coach who conducts practices to teach and train athletes for competition, having a schedule of meets, having a win-loss record, following rules of a sport, participating in contests that are officiated, receiving school varsity recognition and potentially league/conference recognition.

Competitive Cheer does not replace nor is it intended to conflict with game cheerleading squads. Competitive Cheer teams condition, practice and prepare solely for competition while sideline/game cheerleading squads' main objective is to lead cheers for school sports fans and to promote good sportsmanship for all involved. A sideline/game cheerleading squad provides a unique opportunity for its participants as well as the school teams and spectators it benefits.

Those who choose to be involved in Competitive Cheer have the same responsibilities as all other interscholastic sport coaches, officials and administrators with respect to student-athlete capabilities, facility safety and good sportsmanship. The human factor plays the most important role in allowing this and all other sports to flourish for the benefit of the students.

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PURPOSES OF THE MICHIGAN HIGH SCHOOL ATHLETIC ASSOCIATION, INC.

1. Increase and promote the educational value of interscholastic athletic programs throughout the state.
2. Assist member institutions in their regulation of interscholastic athletic eligibility and competition.
3. Promote uniformity, predictability and competitive equity in the application of eligibility rules for athletic contests.
4. Promote the physical welfare of participating students.

TEN BASIC BELIEFS FOR INTERSCHOLASTIC ATHLETICS IN MICHIGAN

1. Interscholastic athletics were begun outside the school day and curriculum and remain there as voluntary, extracurricular programs in which qualifying students earn the privilege of participation.
2. Interscholastic athletics are not courses offered by schools but are tools used by schools to reach and motivate students and to rally support within the community for schools' academic and activity programs.
3. In order to justify school sponsorship, interscholastic athletics must be compatible with the academic mission of schools, giving priority deference to academic schedule and requiring proper decorum at athletic events.
4. Interscholastic athletics are secondary to the academic program of schools and are partners with schools' non-athletic activities in providing students opportunities to develop loyalty and school spirit, to practice teamwork, hard work, discipline, sacrifice, leadership and sportsmanship and to gain lifetime appreciation for the arts, sports and healthy lifestyle.
5. There is equal potential to achieve these objectives in every sport and on the sub-varsity as well as varsity level.
6. A proper philosophy of interscholastic athletics emphasizes participation by many, not for few, and academic scholarship in school, not athletic scholarships to college.
7. To promote competitive equity and a program that is educational in both its means and its ends, the policies and procedures of interscholastic athletics must be determined by school representatives, not by courts, legislators or commercial interests.

8. Schools, through their elected boards of education and their appointed administrators, are solely responsible, legally and practically, for governing and conducting interscholastic athletics at the local and league levels.
9. Any statewide organization which schools join to assist their administration of interscholastic athletics must be independent of outside interests and guided exclusively by the direct input of its member schools.
10. Interstate competition in interscholastic athletics is unnecessary in most situations; regional and national events are harmful to the purposes of interscholastic athletics in Michigan.

PURPOSE OF COMPETITIVE CHEER MANUAL

This manual has been prepared to provide coaches, judges and administrators of Competitive Cheer a comprehensive guide in which to locate general information regarding regular season limitations and procedures of Competitive Cheer. In addition, the rules, procedures, and format of the MHSAA Competitive Cheer Tournament Series are described herein.

ATHLETIC CODE FOR COACHES

The coach is the official representative of the school at interscholastic athletic activities. In this important capacity, these standards should be practiced:

1. Develop an understanding of the role of interscholastic athletics and communicate it to players, parents and the public.
2. Develop an up-to-date knowledge of the rules, strategies, safety precautions, and skills of the sport and communicate them to players and parents.
3. Develop, communicate and model policies for athletes' conduct and language in the locker room, at practice, during travel, during competition, and at other appropriate times.
4. Develop fair, unprejudiced relationships with all squad members.
5. Allow athletes to prove themselves anew each season and do not base team selections on previous seasons or out-of-season activities.
6. Allow athletes time to develop skills and interests in other athletic and non-athletic activities provided by the school and community groups.
7. Give the highest degree of attention to athletes' physical well-being.

8. Teach players, by precept and example, respect for school authorities and contest officials, providing support for them in cases of adverse decisions and refraining from critical comments in public or to the media.
9. Teach players strict adherence to game rules and contest regulations.
10. Present privately, through proper school authorities, evidence of rule violations by opponents; and counteract rumors and unproven allegations of questionable practices by opponents.
11. Attend required meetings, keep abreast of MHSAA policies regarding the sport, and be familiar with MHSAA eligibility and contest regulations.
12. Present a clean and professional image in terms of personal appearance and provide a positive role model in terms of personal habits, language and conduct. Use of tobacco within sight of players and spectators and use of alcohol any time before a contest on the day of the contest is not acceptable.

CODE FOR ATHLETES

1. Know and adhere to the athletic code of the school.
2. Exceed all attendance and academic requirements as practical evidence of loyalty to school and team and a proper philosophy of school-sponsored athletics.
3. Observe completely all policies regarding conduct, doing so as a duty to school, team and self.
4. Counsel with the athletic director over questions of eligibility.
5. Practice and play fairly, giving complete effort in all circumstances and credit in victory to teammates and to opponents in defeat.
6. Accept favorable and unfavorable decisions, as well as victory and defeat, with equal grace.
7. Demonstrate respect for opponents and officials before, during and after contests.

CODE FOR ATHLETIC OFFICIALS

1. Register with the MHSAA each year on a timely basis (by July 1) and attend all required meetings. MHSAA officials may not work interscholastic contests with officials who do not hold current registration in the sport.
2. Join and actively participate in an “Approved Association” for officials.
3. Accept contracts for and officiate only contests for which you are qualified and experienced. Execute and honor contracts in a timely and ethical manner. Complete reports and follow-up all obligations resulting from a contest.
4. Be prepared, physically and mentally, to officiate according to the principles and philosophy promoted by the MHSAA.
5. Refrain from use of tobacco or alcohol within sight of players and spectators and avoid use of alcohol any time before a contest on the day of the contest.
6. Cultivate professional relationships with partners, players, coaches, administrators, and spectators. Refrain from comment to the media.
7. Commit to a personal lifestyle which avoids sexual misconduct, use of illicit drugs, and public abuse of alcohol and will not in other ways impinge upon your perception in the community to fulfill the obligations and standards of the MHSAA “Code for Athletic Officials.”
8. Officiate according to the rules and manuals adopted for MHSAA competition. Admit and correct one’s own errors, hold to correct but unpopular decisions, and support the decisions of other officials.
9. Exercise self-control at all times. Guard against baiting or taunting which may generate a loss of poise or demeanor which can erode the professionalism expected of officials in even the most difficult circumstances.
10. Hold to and maintain the basic tenets of officiating which include honesty, integrity, neutrality, respect, sensitivity, professionalism, discretion and tactfulness.

SPORTSMANSHIP

The mission of educational athletics is to promote lifetime skills and values. There must be **learning** within these contests. There is no single lesson more important in this classroom than **sportsmanship**.

A true sport shows a combination of values and attitudes, all in a positive light. Respect, fairness, courtesy and graceful acceptance of the results are all characteristics of good sportsmanship. A good sport reflects “fair play” in every area of life.

Without sportsmanship, our athletes lose a great opportunity to learn elements such as integrity, fairness and respect for others. Without sportsmanship, our games are not worth having.

Some may consider sportsmanship an over-used term. Yet what could be more important in life than good conduct and sportsmanship — whether it be in law, business, neighborhoods, education, athletics or any other human interaction? Respect and the Golden Rule are what we expect from others, and it is something we must give in order to receive.

GIRLS COMPETITIVE CHEER RULES AND REGULATIONS 2007-08

PART I.

REGULATIONS FOR INTERSCHOLASTIC ATHLETICS

The first section of this manual will provide *MHSAA Handbook* regulations. The regulations selected are those that provide information pertinent to competitive cheer coaches. Coaches of all interscholastic sports must abide by MHSAA regulations. The list provided is not all inclusive, but is intended to be informative in major areas of concern and to be helpful in each coach’s preparation of her/his responsibilities. Should these *MHSAA Handbook* regulations require further clarifications, we urge you to ask your athletic director for guidance.

The member schools of the Michigan High School Athletic Association have voluntarily adopted three types of regulations to govern interscholastic athletics. Each year the schools that wish to become or remain members of the MHSAA adopt a resolution which states that the schools of that district will enforce those regulations. The Attorney General has ruled that local school districts have the authority to adopt MHSAA regulations and when they choose to do so, they have the responsibility to enforce those rules as their own.

The regulations apply specifically to the following sports: baseball, basketball, bowling, girls competitive cheer, cross country, football, golf, girls gymnastics, ice hockey, boys and girls lacrosse, alpine skiing, soccer, girls softball, swimming and diving, tennis, track and field, girls volleyball, and wrestling, as well as member schools’ involvement in activities so closely related to any of these sports that if left unregulated could lead to competitive inequities in one or more of the sports. Throughout these regulations, these listed sports are sometimes referred to as “MHSAA sports.” It is in these sports that the MHSAA conducts postseason tournaments. In these sports the regulations apply in sub-varsity, as well as varsity, interscholastic scrimmages as well as games, and regular season as well as MHSAA tournaments.

MHSAA Regulations I and III provide the rules of eligibility. Regulation I pertains to senior high school students and Regulation III to 7th and 8th-grade students. A second regulation provides the rules of competition between schools. This is Regulation II for senior high schools, and Regulation IV for junior high/middle schools. The third type of regulation, found in Regulation V, provides penalties for violations.

The following MHSAA regulations and interpretations appear in the order in which they are listed in the *Handbook*.

REGULATION I, SECTION 13 – LIMITED TEAM MEMBERSHIP

Section 13 (A) – After once representing any MHSAA member school in competition in any MHSAA Tournament sport, a student shall not compete at any time in any MHSAA Tournament sport in any of the following events: (1) Any event which is or purports to be an “All-Star” contest, regardless of the method of selection; (2) “All-Star” fundraising events or similar exhibitions if they involve contestants other than the students and faculty of that student’s school; (3) Any event which is or purports to be a national high school championship, or the qualification thereto. Participation in such a contest by a high school student shall cause that student to become ineligible for all interscholastic athletics for a maximum period of one year of school enrollment from the date of the athlete’s last violation of this Regulation.

Section 13 (B) – A student shall not compete at any time in any MHSAA Tournament sport in any of the following events: (1) Any event which is or purports to be an “All-Star” contest, regardless of the method of selection; (2) “All-Star” fund-raising events or similar exhibitions if they involve contestants other than the students and faculty of that student’s school; (3) Any event which is or purports to be a national high school championship, or the qualification thereto. Participation in such a contest by a high school student shall cause that student to become ineligible for all interscholastic athletics for a maximum period of one year of school enrollment from the date of the athlete’s last violation of this Regulation.

Interpretation 144 – An “all-star” team is one whose membership is elected by ballot, or selected by any organization, league, newspaper, radio/television

station, or by any similar method or agency, and which is composed of outstanding competitors from two or more high school teams. Alumni games are not considered “all-star” games but must be counted as a scrimmage or contest.

Interpretation 145 – An “all-star” contest is one which is called “All-Star” and/or in which there is participation by one or more “all-star” teams.

Interpretation 146 – If there is no limit to the number of people invited to a tryout, or if the tryout is performed throughout a non-school season (such as summer American Legion baseball), athletes may be selected for and compete on teams on the basis of those tryouts without violating the “All-Star” Regulation. To meet the requirement of an open tryout, notice must be provided in at least two different public media, or at least twice in the same public medium, at least seven days prior to the tryouts.

Interpretation 147 – If based on performance during a camp open to all students, and not on their performance during the interscholastic season, then students may be selected for and compete in feature contests at the end of that camp. However, it is a violation of the all-star regulation to invite a limited number of students to a camp on the basis of their demonstrated interscholastic ability, place them on teams and play games between those teams.

Interpretation 149 – Students in grades 7-12 shall not compete in “all-star” contests in any sport under the jurisdiction of the Michigan High School Athletic Association. Students may be named to an all star team and practice with that team. A violation occurs when students **compete** with or against an all star team or in an event or program termed “all star” or meeting the all star criteria of Interpretations 144-148.

Interpretation 150 – A national high school championship includes any athletic event, regardless of title, which attempts to draw to it or its qualifying rounds only the top place winner or winners from more than one state high school association championship meet or is based upon high school regular-season or postseason tournament performances. A student may participate without loss of eligibility if all of the following conditions are met:

- a. The event is not called or promoted as a national high school championship;
- b. Qualification is not based on performances in the

high school season or MHSAA tournament results;

- c. The event is open to all non-school teams or individuals who qualify directly through one or more non-school events, or the event is without qualifying standards and is open to any individual who pays the entry fee;
 - d. If a team event, teams are not to be made up of students from a single MHSAA member school;
 - e. Teams and individuals do not represent an MHSAA member school; and
 - f. No MHSAA member school uniforms, transportation, funds or coaches are involved.
- (See also Regulation II, Section 13.)

REGULATION II, SECTION 5 – APPROVED IN-STATE MEETS OR TOURNAMENTS

SECTION 5 (A) – Any meet or tournament with three or more teams held within Michigan for Michigan schools and sponsored by a non-member school or organization, must be approved by the MHSAA prior to the contest.

Approval may be requested in writing and should include the following information:

- assurance that the event will be conducted in accordance with MHSAA eligibility regulations.
- assurance that the event will follow the prescribed MHSAA Round 1, 2 and 3 format.
- date of event.
- approximate number of teams that will be invited.
- amount of fee that will be charged (if fee charged).
- assurance that MHSAA registered cheer judges will be contracted.
- name of a school representative, coach or athletic director whom you will call upon if MHSAA related questions arise.

Requests for approval by the MHSAA should arrive in the MHSAA office at least 30 days prior to the event.

SECTION 5 (B) – Competition held in Michigan, conducted by member schools, needs no MHSAA approval. All such meets and tournaments shall be conducted in accordance with all rules and regulations as set forth by the MHSAA.

REGULATION II, SECTION 8 – PLAYING RULES

Section 8 (A) – Schools shall adhere to the playing rules adopted by the Michigan High School Athletic Association to govern games and meets.

Section 8 (B) – Each head coach of a varsity team in a sport under MHSAA jurisdiction shall attend the MHSAA rules meeting for that sport for the current school year if meetings are held. If the head coach does not attend the meetings, an administrator or designee from that coach's school shall attend.

- Any head coach who misses the meeting for any reason shall answer correctly 70 percent of the questions on the rules examination for the sport.
- A head coach who fails to attend a rules meeting and then after two mailings from the MHSAA does not submit to the MHSAA examination results with at least 70 percent of the questions answered correctly, shall be prohibited from coaching in that season's MHSAA tournament for the sport involved and shall not be present at the facility where the MHSAA tournament involving that coach's team is being held. An administrator of that school shall be present with supervisory capacity over the school's competitors.

Section 8 (C) – If a school fails for two consecutive years to have any representative at a rules meeting at the start of a sport season, that school will be placed on probation and will be barred from participation in the next MHSAA tournament in that sport.

Interpretation 185 – Deviations or modifications of playing rules adopted by the MHSAA may be requested in writing annually by leagues and conferences or individual schools **for sports at the subvarsity or junior high/middle school levels only** in order to reduce the competitive demands on younger athletes. Exceptions to or modifications of playing rules shall not be made by competing schools.

REGULATION II, SECTION 10 – LIMITATIONS OF A COMPETITION

Section 10 (C) – A contestant in any sport shall not compete on two different teams on the same date in the same sport.

Section 10 (D) – No individual or team shall represent their school in a sport under Michigan High School

Athletic Association jurisdiction unless accompanied to the event by the coach, administrator, or appointee of the school.

Interpretation 196 – A student shall not play for two or more teams on any level (varsity or subvarsity, scrimmage or contest) in the same sport on the same day, regardless of the sport. Participation in any part of a contest constitutes competition in a game under the provisions of this Section.

Interpretation 197 – It is not prohibited for a student to participate in contests of two different sports in the same day, although local school policies may be more restrictive. This Interpretation does not apply to 7th and 8th-graders.

REGULATION II, SECTION 11 – MAXIMUM NUMBER OF CONTESTS

Section 11 (A) – A high school may have any number of teams in each sport, but only one team from that school may enter the MHSAA tournament for that sport each season. No team or individual is to exceed the following number of contests, games or days of competition in addition to the MHSAA meets or tournaments:

Days of Competition for Girls Competitive Cheer

There are 12 days of competition allowed for Girls Competitive Cheer. There are four (4) total scrimmages allowed per season.

Section 11 (B) – Each school team and all players are allowed a maximum of four scrimmages per season. Up to two of the four allowable scrimmages may be used prior to the first competition for that team in that sport. Any of a school's varsity and non-varsity teams may scrimmage at different sites and on different days.

Section 11 (C) – A scrimmage is a practice session involving students from more than one school, organization or group and when it is prearranged or scheduled or directed by the school coach or representative.

This scrimmage definition is not intended to exclude an individual from playing or training or practicing on an individual basis, on his/her own time, and without instruction from his/her coach or school representative.

Whenever a scrimmage takes place as defined, it counts as a scrimmage. If a team has used all allowable scrimmages but has not used all games or days of competition, that team may conduct additional

scrimmages up to the combined limit of games or days of competition and scrimmages. However, it can not be a game or day of competition for one team and a scrimmage for the other.

Section 11 (E) – For a school to be eligible to enter the MHSAA Competitive Cheer Tournament, practice (including tryouts) may commence no earlier than three Mondays prior to Thanksgiving (Nov. 5, 2007).

Section 11 (F) – For a school to be eligible to enter the MHSAA Competitive Cheer Tournament, contests may commence no earlier than the Monday of Thanksgiving week (Nov. 19, 2007).

Out-of-Season Limitations for Girls Competitive Cheer

Section 11 (H) – There is no such thing as a school team outside the interscholastic season of practice and competition. Schools shall not require or sponsor activities in the name of the school team outside the school season for the sport involved. That the regulations or their interpretation do not prohibit a specific action or activity does not mean that such is permissible. When the regulations or their interpretation describe an allowed out-of-season contact between the coach and students of his/her school, it does not mean such may be required, conducted or sponsored explicitly or implicitly by their school district.

As a general rule, the activity of **STUDENTS** is not restricted outside the high school season, subject to limitations of the amateur and awards rules as well as prohibitions on all-star and national high school championship competition. An individual student-athlete may obtain any amount of coaching from any coach, including his or her school coach, any time, year-round, provided the restrictions placed upon school coaches are followed.

These limitations out-of-season apply to **COACHES**:

- a. Outside the school season during the school year (from Monday the week of August 15 to the last day of the school year for that school), school coaches are prohibited from providing coaching at any one time under one roof, facility or campus to more than three students in grades 7-12 of the district for which they coach. This applies only to the specific sport(s) coached by the coach, but it applies to all levels and both genders, whether the coach is paid or volunteer

(e.g., a volunteer JV boys soccer coach may not work with more than three girls in grades 7-12 outside the girls soccer season during the school year).

- b. Outside the school season during the summer when school is not in session (after the last day of the school year for that school), there are fewer limits. When school coaches are in contact with students during the summer, they do so un-sponsored by the school where they coach. These activities must be entirely non-school programs:

These limitations apply to member **SCHOOLS** year-round:

- a. At no time out of season may school transportation be used. There may be no use of school owned and issued warm-ups and/or uniforms. Neither the school nor its coaches shall allow the out-of-season activity to be mandatory or to be any part of the basis for selection of the school team.
- b. School operating funds may not be used in any way to support out-of-season activities: only funds from school-approved activities of booster clubs, school teams, student groups and community, civic or service groups may be used to pay entry fees for individuals on some basis other than athletic ability or potential (qualification for federal school lunch program is a suggested criterion). The limit is \$200 per sport per student per year (Aug. 1-July 31).
- c. Because students and coaches may assemble from the same school, there is a tendency at summer camps and in summer leagues to call teams by their school names, but it must be understood they are not school-sponsored teams. They can't be. To assure there are not misunderstandings about the school's authority and responsibility (including liability for injuries), the following should occur:
 - (1) School administration must not allow camp and league organizers to use the school designations. "Lansing" would be okay, it's a city; but not "Lansing Everett" or "Lansing Catholic Central," which are the names of schools.
 - (2) School administration must not allow

summer teams to wear apparel which in any way identifies the school, including nickname, mascot or logo.

School sponsored "open gyms" or "after school" activities are permitted in the school district's facilities out of season if they are voluntary and not part of the team selection process and adhere to these principles:

- Diversity of students – open to all students.
- Diversity of activity – offer a variety of sports activities.
- Student-conducted – students choose from offered activities. Any coach of a sport under MHSAA jurisdiction who is present shall not coach, instruct, critique, direct, evaluate or participate in a sport he/she coaches.
- Recreational emphasis – not an organized program of instruction and/or competition.

School-sponsored "conditioning programs" are permitted out of season if they are voluntary and not part of the team selection process and do not involve equipment which is specific to a sport conducted on an interscholastic basis. In the sport of competitive cheer, it would be a violation for the coach to choreograph and teach Round 1, 2 or 3 routines out-of-season.

Summer "Dead Period" – Member schools shall designate a minimum of seven (7) consecutive calendar days during the summer when school is not in session and after the school's last participation in any MHSAA tournament sport and prior to August 1 when open gym (see following) and conditioning programs, including weight training (see following) are not permitted to be conducted on school premises or sponsored by the school at other facilities.

- 1) During the summer dead period, coaches may not provide coaching instruction to any students from the district in which they coach in any setting (including camps), except that non-school, organized baseball and softball practices or competitions regularly scheduled throughout the summer with schools' coaches and students from the same district may continue without interruption (e.g., "American Legion").
- 2) Within a school, the dead period shall be the same for all MHSAA tournament sports sponsored by that school, and it shall not overlap any portion of the fall preseason

downtime. It is recommended that these seven days include the 4th of July.

Preseason "Down Time" – Beginning August 1 for fall sports, March 1 for spring sports and 14 calendar days prior to the earliest start of practice for each winter sport, no open gyms, camps or clinics which involved that sport shall occur at the school or be sponsored elsewhere by the school; and no competition (intrasquad or intersquad) between groups that resemble school teams (more than three students of grades 7-12 of the district) may occur at any location with any of that school district's personnel present.

Curriculum Courses – Interscholastic athletics are extracurricular and may not be part of any curriculum. If classes contain no content specific to an MHSAA tournament sport, they are allowed. If any subject matter specific to any MHSAA tournament sport is taught to students, instruction to every student during any trimester or semester shall include nearly equal attention to at least three different topics such as other sports, lifesaving, water safety instruction, CPR, officiating, sportsmanship and first aid, as well as fitness, general weight training and conditioning. Classes must be open to all students.

Interpretation 216 – The regulation which permits a coach to coach a maximum of three students from the same school out of season during the school year does not allow two coaches to coach six students from the same school. No matter how many coaches are present, no more than three players from the same school district may be involved out of season during the school year. Structured and scheduled rotations of more than one three-player group in different activities related to the sport throughout a facility is prohibited (e.g., hitting, throwing, running, lifting).

Interpretation 217 – During, or in preparation for, the three-player limitation period, coaches shall not coordinate, officiate at, or in other ways assist with out-of-season school or non-school athletic **events** which involve more than three students from the same school in a sport they coach that is sponsored by that school in grades 7 through 12 in the district in which they coach. This applies to coaches on all levels (varsity, junior varsity, etc.) for either gender, whether paid or volunteer. Violations of the three-player rule are likely, and allegations of violations are inevitable if coaches fail to heed this precaution. Administrators should work with coaches to keep them above

suspicion, avoiding even the appearance of violations at out-of-season athletic events.

Some activities generally prohibited under Interpretations 216 and 217 are listed below. This is a partial list, there may be other unlisted activities not in compliance with out-of-season coaching controls:

- a. A coach may not book, schedule, or make other arrangements for more than three players to participate in an out-of-season activity (e.g. batting cages, tennis lessons, indoor soccer or lacrosse leagues, indoor track, fall ice time, etc.).
- b. A coach may not post or distribute a time or event schedule designed specifically for more than 3 players to attend out-of-season activities.
- c. A coach may not arrange for a parent or other non-staff person to act as coach in an out-of-season coaching activity. A coach may not arrange for a parent or non-staff person to do that which the coach is prohibited from doing under the regulation.
- d. A coach may not arrange transportation nor provide transportation on a regular basis to more than three players so they may be part of an out-of-season activity.
- e. The three player limitation period applies to all out-of-season environments during the school year including club and AAU teams, camps, clinics, combines, leagues, profit or non-profit facilities or enterprises.

Some activities generally permitted under Interpretations 216 and 217 are listed below. This is a partial list, there may be other unlisted activities that would be in compliance with out of season coaching controls:

- a. The coach may be a spectator at an out-of-season activity but should have no contact with the athletes in competition.
- b. The coach may be present as an employee of a facility where sport coaching is taking place and where they are not providing coaching directly to more than three players from their district but are providing coaching to other players from other school districts.
- c. The coach may be present as a school employee or volunteer at school sponsored competition as

an administrator or contest worker (scorer, timer, announcer, etc).

- d. The coach may discuss or distribute information produced by others outside the school district that advertise out-of-season opportunities such as camps, clinics, competitions, or leagues that occur out of season and are not designed or arranged specifically for more than three players from the coach's school district. These communications must involve students enrolling and participating completely voluntarily of their own accord, disconnected from the school or coach and in no way may be mandatory or part of team selection.
- e. A coach who is also a registered official may officiate an athletic event in which more than 3 players from the district in grades 7-12 are participating out of season provided that the coach/official working the athletic event was assigned by an independent agent or organization and the contest is a random assignment for the official or the result of a random tournament progression. In general, coaches shall not officiate when it is known in advance that they will encounter more than 3 players from the school district for which they coach.

Interpretation 223 – A coach may not show films or video tapes out-of-season during the school year to more than three students from the same school if that coach provides any instruction during the showing.

REGULATION II, SECTION 12 – POSTSEASON CONTESTS

Section 12 – There are to be no postseason contests sponsored by or involving MHSAA schools beyond the end of the MHSAA season in any sport. All sports seasons are to terminate practice and competition on or before the final date of the MHSAA sponsored meet or tournament in the sport.

REGULATION II, SECTION 13 – “ALL-STAR” CONTESTS/ NATIONAL CHAMPIONSHIPS

Section 13 (A) – No athletic director, coach, teacher, or administrator of an MHSAA member school, and no athletic official registered with the Michigan High School Athletic Association, shall at any time during

the school year for his or her school, assist either directly or indirectly with the coaching, management, direction, selection or transportation of players, promotion, or officiating of any “all-star” exhibition or similar contest, or of any contest that is or **purports** to be a national high school championship event or the qualification thereto, in any MHSAA tournament sport if any of the participants is enrolled in a MHSAA member high school at the time of the event.

Interpretation 225 – The membership of the Michigan High School Athletic Association is opposed to all-star events and national championships and urges its member schools and their personnel and booster clubs to have no involvement with such events at any time. The meaning of Section 13(A) is to prohibit any involvement. (See also Regulation I, Section 13.)

REGULATION II, SECTION 15 – MHSAA TOURNAMENT CONDITIONS

Section 15 (B) – To be eligible for MHSAA sponsored meets and tournaments, a school must have a bona fide team, which is one that has an actual schedule in that sport for the current season and has participated against MHSAA member schools in four or more contests in that sport during the current season. A school may enter only one team in the MHSAA tournament for a sport each season.

Interpretation 230 – Boys may not participate on a girls team in MHSAA-sponsored postseason meets and tournaments.

NUMBER OF CONTESTS – A high school competitive cheer season will consist of no fewer than 4 but no more than 12 days of competition in order to qualify for MHSAA tournament competition.

During Competitive Cheer competition, a minimum of 4 and a maximum of 16 team members are allowed on the floor for competition in any round.

Any combination of competitors can compete in each round of competition as long as no more than a two-competitor differential occurs in any round. The number of competitors to take the floor in Round 1 will determine the number that may compete in Rounds 2 and 3.

If a team begins a competition with 4 or more competitors and because of illness or injury can only complete the meet with 3 or fewer, the team will be allowed to finish and be scored.

When the number of competitors is declared for competition in a round, that number cannot decrease beyond the two-person differential except for illness or injury after team registration.

REGULATION V, SECTION 3 (D) PLAYER, COACH DISQUALIFICATION

The following policies for disqualification shall apply in all sports:

1. When a student is disqualified during a contest for flagrant or unsportsmanlike conduct, that student shall be withheld by his/her school for the remainder of that day of competition and for at least the next day of competition for that team.
2. When a coach is disqualified during a contest for unsportsmanlike conduct, that coach shall be prohibited by his/her school from coaching for the remainder of that day of competition and from coaching at or attending at least the next day of competition for that coach's team.
3. Failure of the school for any reason to enforce this regulation will prohibit the school from entry in the next MHSAA tournament for that sport, or from the remainder of the current tournament if the disqualification occurs during an MHSAA tournament or during the last regular-season contest.
4. Disqualifications from one season carry over to the next season in that sport for undergraduates and coaches, or the next season in any sport for seniors.
5. If the playing rules for a sport specify an additional penalty or more rapid progression, or use of such a progression for other violations, the playing rules apply.
6. Any coach who is disqualified for unsportsmanlike conduct two or more times during a season and any player who is disqualified for unsportsmanlike conduct three or more times during a season is not eligible to participate in the MHSAA tournament for that sport that season. If the tournament disqualifying ejection for that individual occurs during the MHSAA tournament, that player or coach is ineligible for the remainder of that tournament.

Interpretation 269 – Taunting includes any actions or comments by coaches, players or spectators which are intended to bait, anger, embarrass, ridicule or demean others, whether or not the deeds or words are vulgar or racist. Included is conduct that berates, needles, intimidates or threatens based on race, gender, ethnic origin or background, and conduct that attacks religious beliefs, size, economic status, speech, family, special needs or personal matters.

Examples of taunting that would lead to ejection include but are not limited to, “trash talk”; physical intimidation outside the spirit of the game; reference to sexual orientation; “in the face” confrontations by one player to another; standing over/straddling a tackled or fallen player.

Interpretation 270 – In all sports, officials are to consider taunting a flagrant unsportsmanlike foul that disqualifies the offending bench personnel or contestant from that contest/day of competition (and the next contest/day of competition.) A warning may be given but is not required before ejection.

Interpretation 271 – At all MHSAA tournament venues, tournament management may give spectators one warning for taunting. Thereafter, spectators who taunt others are to be ejected by security.

PART II.

MHSAA TOURNAMENT QUALIFICATION AND AWARDS

To be eligible for MHSAA sponsored tournaments a school must have a bona fide competitive cheer team, which is one that has an actual schedule and has participated in four or more meets in which the competition consists of the Round 1, 2 and 3 MHSAA competitive cheer format.

MHSAA Regional competition is scheduled for **Saturday, March 1, 2008**. The Opt-Out Due Date is **Friday, Feb. 15, 2008**.

A Team Roster must be submitted **DECLARING THE PROBABLE NUMBER** of competitors that will compete in any of the three rounds of competition along with the names of the athletes who will likely compete. A Master Eligibility List must also be submitted.

Classification – MHSAA Regional and Final competition is conducted for qualified teams in four equal divisions known as Division 1, 2, 3, and 4. Schools which add Competitive Cheer as a sport will be placed in the correct division based on their declared enrollment submitted to the MHSAA in February.

Awards – Trophies – One Regional trophy will be awarded at each site per Division. A Champion and Runner-up trophy will be awarded per Division at the MHSAA Finals.

Medals – Twenty team medals will be awarded to each Regional winning team at each site. At the State Finals, 20 team medals will be awarded to the Champion and Runner-up teams in each Division.

Regional Tournament, Tie for Second Place – Should there be a tie for second place at Regional tournament competition, both second place teams will qualify for Finals competition.

Qualification from MHSAA Regionals to Finals – Two teams per Division per tournament site will qualify from one tournament level to the next.

Tiebreaker Procedure at Finals – Should there be a tie for first place at Finals tournament competition, a tiebreaker procedure will be instituted. A tie will be broken by checking the final score of ROUND 3. If a tie still remains, co-champions will be named and the third-place team will receive the runner-up award.

MHSAA Tournament Withdrawal Policy – Tournament management is to contact the MHSAA office if a school withdraws or fails to show for scheduled competition after the draw is completed for team sports or the pairings, heat assignments or flights are determined for individual sports of the first level of the MHSAA tournament in a sport.

The MHSAA staff person responsible for the sport will request from the school principal a written explanation for the no-show/withdrawal. If the reason is determined to be unacceptable by MHSAA staff, the MHSAA Executive Director will place the school on probation for the next two years. A second offense within the two-year probationary period will cause the school to be prohibited from tournament play in that sport for the two years following the second offense.

PART III.

THE SPORT

The Team

A team consists of any number of eligible athletes whose names appear on the school competitive cheer Master Eligibility List. During competitive cheer competition a minimum of 4 and a maximum of 16 team members are allowed to compete in any round. To further clarify, any combination of competitors may compete in each round as long as no more than a 2 competitor differential occurs in any round. That is, the number of competitors to take the floor in Round 1 will determine the number that may compete in Rounds 2 and 3. That number cannot increase or decrease by more than 2 competitors. The exception to this rule is the occurrence of an illness or injury after competition begins for the meet.

Season

Competitive Cheer tryouts/practice may begin no earlier than the third Monday prior to Thanksgiving (Nov. 5, 2007).

Competition Begins

The first scheduled meet may be no earlier than the Monday of Thanksgiving week (Nov. 19, 2007).

Number of Teams

A Competitive Cheer meet may consist of two or more teams with the normal competition consisting of multiple teams competing in an invitational setting.

Competition Format

Competitive Cheer competition consists of three performances. Each performance is called a round and each round contains requirements as well as restrictions. Points are earned in each round. The winning team is the team that has accumulated the most points after all points are tallied from each round.

Length of Rounds

Round 1 and Round 2 are limited to one minute and 30 seconds from the time of the first vocal to the time the last team member steps off the competition mat. Round 3 is limited to two minutes and 30 seconds. The round begins with the first vocal of the team and ends when the last team member steps off the competition mat.

The Officials

Meet officials consist of safety judges and panel judges. It is recommended that at least two safety judges and three panel judges be contracted for a meet. Additional numbers of safety and panel judges are often contracted for large invitationals in order to keep the event moving at a reasonable pace for competitors and spectators.

Season Ends

The last competition must be completed no later than the day of MHSAA Tournament Finals (March 7 and 8, 2008).

FREQUENTLY ASKED QUESTIONS

1. Q May a member of a school's competitive cheer team participate during the competitive cheer season with a non-school cheerleading team?

A This student may practice with the non-school team, but she may not participate in competitions during her school's competitive cheer season. Out of season, a student may participate without her school's involvement in any competition for which she qualifies, just as high school gymnasts, swimmers, basketball players and volleyball players do out of season. Such students remain subject to all-star, amateur and awards rules at all times.

2. Q May a member of a school's competitive cheer team accept at any time a reduction in fees to participate out of season with a non-school cheerleading team?

A No. This is a "valuable consideration" that violates the student's amateur status.

It is not a violation for this student to receive transportation, meals and lodging for travel with the non-school team when all is supplied "in kind" (no cash or certificates) and such is provided to all members of the non-school team (not just selected team members).

3. Q May a member of a school's competitive cheer team participate at any time on a team that is or purports to be an "all-star" cheerleading team?

A No, with the following exceptions:

(a) If there is no limit to the number of people invited to a tryout, or if the tryout is performed throughout a non-school season, (e.g., a fall, spring or summer program) athletes may be selected for and compete on teams on the basis of those tryouts or that non-school season. To meet the requirement of an open tryout, notice must be provided in at least two different public media, or at least twice in the same public medium, at least seven days prior to the tryouts. It is not an "open tryout" if special efforts are made to recruit some students, but not others, to the "tryouts," even if the tryout is open to all who will pay the entry fee.

(b) If based on performance during a camp open to all students, then students may be selected for and compete in feature contests at the end of that camp. However, it is a violation of the all-star regulation to invite a limited number of students to a camp on the basis of their demonstrated interscholastic ability, place them on teams and conduct competition between those teams.

Note: In most sports, non-school teams are called club teams or travel teams. If non-school organizations which sponsor cheerleading competition call their teams "all-star" teams, members of competitive cheer teams may not compete on such teams because Regulation I, Section 13(B) prohibits participation in "any event which is or purports to be an "all-star" contest, regardless of the method of selection."

Being named to an all-star team is not a violation; practicing with an all-star team is not a violation; however, competing on an all-star team is a violation.

4. Q May a school's fall, winter or spring sideline cheerleading squads participate at any time in a national high school championship?

A No.

5. Q May a student who is currently not a member of a high school competitive cheer team compete with an all-star team and be eligible to participate in school sports, i.e., volleyball, basketball, etc. the next school year should they choose to do so?

A All aspects of the Limited Team Membership regulation apply to competitive cheer, just as the rule applies to all other team sports. This means that whether or not a school sponsors MHSAA Competitive Cheer, a student who competes in an all-star cheerleading event after once representing an MHSAA member school in competition in any MHSAA tournament sport is ineligible for all MHSAA sports for a maximum of one year.

6. Q May a school's sideline cheerleading squad or any other group of students representing a MHSAA member school perform in a cheerleading exhibition at any time or place during or outside the MHSAA Competitive Cheer season?

A Yes, provided all of the following occur:

- The performance is not similar to any of the three rounds of MHSAA Competitive Cheer;
- There is no competition between squads and no ranking or comparison of performance;
- No performance is evaluated, critiqued or judged; and
- No awards are made to any squad (the same gift or token, unrelated to performance, could be given to all squads).

PART IV.

MEET EQUIPMENT, PERSONNEL AND PROCEDURES

Order of Competition – Prior to the day of the meet, the Manager will conduct a blind draw for each round to determine the order in which teams will perform. No team shall compete first or last more than once in the three rounds. Teams should be notified of the order of competition prior to the day of the meet and it should appear in the meet program.

Pre-Meet Procedures – Prior to and during the meet, teams shall be provided an area free of obstacles and with enough ceiling clearance to practice tosses to stunts with matting in order to warm-up for each round of competition. Official warm-ups should be timed in order to allow all teams an equal opportunity to use the mats in the designated warm-up area.

Conduct a pre-meet coaches meeting at a designated time and place prior to the start of the meet to provide coaches with information about warm-up procedures, team scratches, team march in, the National Anthem, and movement in and around the competitive area, etc. It is appropriate for a judge to be present at this meeting to answer any technical questions.

Competition Mat

Routines performed at Competitive Cheer meets will be on a MATTED SURFACE. The performance area shall be padded with a mat of uniform thickness which shall cover a recommended minimum area of 38' x 38'. The matted area can be exercise mats, a wrestling mat, a floor exercise mat (with the exception of a spring-loaded floor), or a gymnastics base mat. Any of these surfaces must be at least the thickness of a mat which has the shock-absorbing qualities of one-inch PVC vinyl-covered foam. A four-inch gymnastics landing mat is not considered appropriate for competitive cheer routines.

The surface of the competitive cheer area should be one piece. If this is not possible, each padded section shall be fastened together securely to create a smooth and uniform surface. If not a full solid mat, taped or velcro lines must fall perpendicular to the panel judges, unless not conducive to the mat design.

Mats shall be available for warm-up sessions at meets.

Judges Table and Working Areas

Panel judges shall officiate from tables placed in front of the competition mat along with a chair for each judge. Spectators seating and walking area will be behind the panel judges' area. It is appropriate and recommended that panel judges be placed on risers for better viewing of the routines.

Safety judges shall be provided a table and chairs placed to the side of the competition mat.

Scoresheets shall be provided by the host of the event. An appropriate scoresheet/penalty sheet and routine descriptions shall be provided for each panel judge and each safety judge for each team in every round.

Changes on previously submitted round sheets or the routine description may be changed the day of the event one hour prior to the start of the meet. If an injury occurs after team registration, the previously submitted round sheets may be changed.

Score Table

A score table shall be provided with enough chairs available for the scoring personnel contracted to review and tally scoresheets submitted by each panel judge and safety judge.

The score table shall be placed so that it is conveniently available for coaches at all times, yet is out of the way of spectators and competitor traffic.

Scorer Responsibilities

Score table personnel usually consists of 3 people. One person receives the scoresheets from the runner and peruses the scoresheets for score boxes that have been missed, scoresheets with no identification and calculates the math scores. If a coach writes an incorrect skill multiplier on the Round 2 scoresheet, score table personnel will correct the error without penalty and calculate the score properly. The second person re-tallies the score and the third person enters a total score of all judges on to a master scoresheet. The scoresheets are then placed in a folder or envelope for each team coach.

The last scorer can input data into a computer program as an alternative.

Make a master scoresheet available at the score table and visible to all coaches so they can see all teams' round score after each round is completed.

At the completion of the meet, the host school should make available a round-by-round, category-by-category list of scores so coaches are able to more accurately rate officials.

Host Management Requirements

The host management is required to post the score of each team after each round so it is visible to the spectators and coaches. This requirement may be fulfilled by using large poster board placed near the concession area, in a hallway or via projecting it on a screen in the gymnasium or any other means that meets the objective.

Timer Responsibilities

An official timer will be required to time each routine performed in each round of competition. The timer can be seated at the end of the panel judges table.

Timing a Routine

The timer will begin timing Round 1, 2 and 3 routines with the first word of the routine by a team member on the competition floor and judging begins. (The ready set call is a part of the routine.) The timer will end timing the routine when the last team member steps off the competition mat; at which time judging is also completed. A visible timing device is encouraged.

Coaches Area During Performances

Coaches are allowed to direct/encourage their team during its performance. Provide an area behind the panel judges but in front of the spectators for no more than the allowable three coaches to stand. If the panel judges are placed on a platform, then the coaches area should be elevated as well. The spectator traffic flow should not interfere with the coaches area.

Area for Non-Competing Cheerers

Place marks on the floor on both sides of the panel judges panel area to designate where non-competing cheerers are not allowed to sit or stand before, during or after team performances. It is recommended that non-competing cheerers are allowed to be no closer than ten (10) feet from the panel judges area.

Procedure for Team to Enter and Exit Competition Floor

A standard entrance and exit for all teams will allow consistency and equity in judging each team as well as eliminate confusion and time wasting at any Competitive Cheer Meet.

The following procedure will be used by all competing teams:

- a) The announcer will request the team, by school name or nickname, to approach the competition area and take its position behind the mat. At this time the team must move without delay to this area. The announcer shall request the team to take the mat. While entering onto the competition mat, vocal and arm movements only are allowed. A team that enters the competition mat performing kicks, jumps, or tumbling will receive a 2-point penalty.
- b) The announcer will verbalize when the routine may begin.
- c) Upon completion of the routine, the team may exit the competition area from either side of the mat or the rear of the mat, but not off the front of the mat. PENALTY - mat violation.
- d) The team must complete the routine once it has begun. Exception — In the case of a severe injury of a competitor during the routine, a judge will stop the routine.

Illness or Injury

In case of illness or injury after the team registration, a coach may choose to enter a substitute or compete with less than the number declared in a subsequent round. The ill or injured competitor may not; however, return to any subsequent round that day.

Coaches Inquiries

A coach is allowed to question the addition of scores or check for areas left blank on the scoresheet. Coaches ARE NOT ALLOWED TO REFUTE PENALTIES IMPOSED BY A SAFETY JUDGE or a TIME INFRACTION.

Coaches are allowed to check at the score table to determine violations penalized BUT ARE NOT ALLOWED TO REMOVE SCORESHEETS FROM THE SCORE TABLE AREA. A coach may approach the score table area to review scoresheets anytime after the routine scores are verified, but no later than 10 minutes

after all scores are recorded for Round 3. Coaches are allowed to see team scores of all other teams.

Coaches are allowed to review previous round scoresheets up until 10 minutes after Round 3 is completed.

Scores Are Final

All scores are final after the allowable 10 minutes for coaches to review scoresheets after Round 3 and at least one judge has signed the master scoresheet. *(If the time is to be shortened between rounds, all coaches and judges must agree in advance to the change.)*

PART V.

COMPETITIVE CHEER UNIFORMS AND ACCESSORIES

Varsity team uniforms shall be identical and matching and consist of:

Top

Sweater, T-shirt, shell, turtleneck, body suit or any clothing top that does not have buttons, snaps or zippers that would be unsafe in Round 3. It is illegal to wear a top in which the midriff is exposed.

Bottom

Skirts or jumpers with briefs, or pants, or shorts must be alike in color. It is illegal to wear bottoms that expose the belly button or lower torso area. Suspenders may be worn as long as they are under the uniform top.

Footwear

Athletic-type shoes, including dance shoes (no hard soles) shall be worn all of the same color. Therefore, shoes worn in any round of competition do not need to be identical in style, but all must be the same color. Socks must be worn which shall be a footie, ankle, calf length or knee high and shall be of the same color for all team members. Nylons are illegal in all rounds. Sock type shall be of the approximate same style for each team member.

Hair

Hair shoulder length or longer must be tied back and secured in Round 3 for safety reasons. Hair control/adornment devices must be secure in hair and must be made of soft material.

Hair must be out of the eyes in all rounds. A four-point penalty will be assessed.

Tattoos

If a judge(s) finds a tattoo to be offensive, it is appropriate for a judge to request the tattoo be covered during competition.

Prohibited Items

All of the following are prohibited during competition: jewelry, friendship wrist bands, gum, face and body glitter, unsafe fingernails and safety pins. Patches, spirit buttons or chevrons on uniforms are also prohibited.

Medical and Religious Medals

Competitors are allowed to wear a medical I.D. tag or religious medal if it is taped on the body underneath the uniform. If the medal is on a chain, the chain must be removed.

Logos/Trademarks/Patches/Flags

A single manufacturer's logo/trademark (no more than 2-1/2 square inches with no dimension exceeding 2-1/2 inches) is permitted on each piece of the uniform.

An American flag, not to exceed 2 by 3 inches, and either a commemorative or memorial patch, not to exceed 4 square inches may be worn on the top or bottom portion of the uniform.

PART VI.

TEAM MANAGEMENT/SAFETY

Participants

Members of a competitive cheer team must be enrolled students of the school who have not graduated and are eligible to participate on an interscholastic team as determined by the school administration.

Practice Area

All practice sessions must be conducted in an environment suitable for warm-up, stretching, tumbling and stunting. The practice and warm-up areas shall be free of objects and obstructions that could cause injury to the athletes. The practice area shall include matted surfaces to be available when cheerers are learning proper progressions, spotting techniques and skills and stunts of the sport.

Illegal Equipment

All manufactured or homemade equipment is illegal in competitive cheer, such as mini-tramps, vaulting boards, balls, flags, scarves, megaphones, horns, rattles, poms or signs.

Casts/Supports/Braces

It is illegal for a cheerer to wear a cast in Round 3; exception, a properly covered air cast. In all rounds, a support or brace may be worn if it is appropriately covered to pad rough edges or hard and unyielding surfaces.

Artificial Limbs

The MHSAA may approve the use of artificial limbs which in its opinion are no more dangerous to competitors than the corresponding human limb and do not place an opponent at a disadvantage. Approval must be sent from the MHSAA in writing.

Bleeding

When a participant is found to be bleeding, has an uncovered wound, or there is blood on herself or uniform, the competition shall be stopped to render proper treatment. See the judges section of this manual for proper procedure to restart the routine.

Unconsciousness

When a participant is thought to have received a head injury that caused unconsciousness, the participant shall not be permitted to resume participation the same day without written authorization from a physician (M.D./D.O.)

Competition Preparation

Round 1 and 2 scoresheets and the Round 3 Routine Description must be submitted to the host school by fax or other method of delivery by 4 p.m. the day prior to the event. The meet director may request that the paperwork be received earlier, but a 10 point penalty will only be given if the requested paperwork is not received before 4 p.m. the day before a meet. The penalty for noncompliance will be 10 points deducted from the team total points earned and will be posted in Round 1. The host management will notify the safety judges and the coach upon arrival at the event.

Unsportsmanlike Conduct

Unsportsmanlike conduct includes but is not limited to:

- A coach/athlete making an unauthorized approach to a judge concerning a score or rules infraction.
- Undisciplined or inappropriate conduct of an athlete/coach.
- Verbally abusing or disrespectively addressing a judge/meet official.
- Using profane or foul language.
- Taunting.
- Delay of meet.

Unsportsmanlike conduct will be assessed an 8-point penalty.

PART VII.

OFFICIATING

COMPETITIVE CHEER

JUDGES

Qualifications

Prior to judging any Competitive Cheer event, a judge must register with the MHSAA for the current year and be able to identify herself/himself with an MHSAA ID number.

It is recommended that at least two safety judges and three cheer judges be contracted for a meet.

Rules Meeting Requirement

To be eligible for MHSAA tournament judging assignments, officials shall have attended a current year rules meeting in the sport and meet the specific requirements published for each position or sport. Tournament opportunities are limited to officials who reside within the state of Michigan and excludes coaches of the sport.

Uniform and Emblem

Judges of Competitive Cheer are required to wear a white blouse/shirt or top and black skirt or dress slacks. Any additional garments such as a blazer shall be black. Judges must wear their MHSAA OFFICIALS EMBLEM in the area of the left pocket of the blouse or jacket/blazer or on a lanyard worn around the neck.

JUDGING DESCRIPTIONS

Safety Judges

Safety judges are responsible to detect, record and report violations committed during each round of competition. During competition, safety judges will identify illegal skills, use of improper spotting techniques, steps or touches off the mat, time infractions reported by the timer, miscellaneous violations and violations that jeopardize the integrity of Competitive Cheer. Such violations receive an appropriate deduction whenever it occurs. During each round of competition, each safety judge is required to record violations detected for each team competing on the Safety Judge Penalty Sheet.

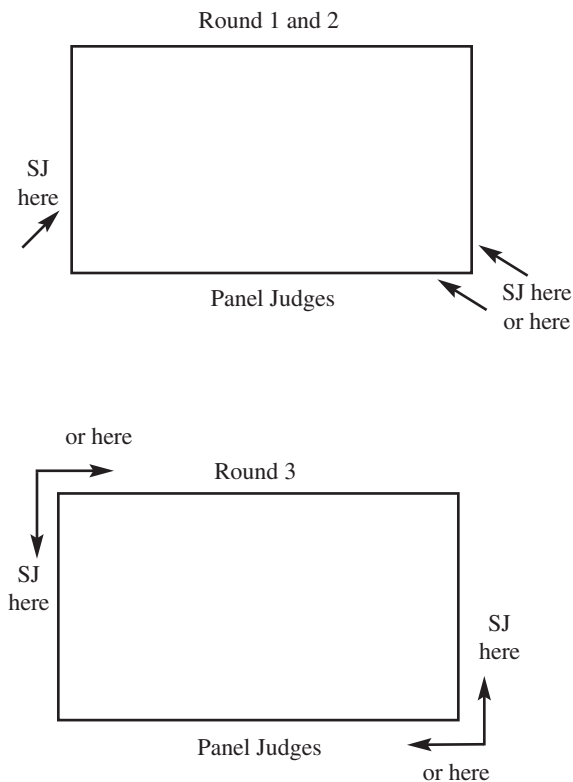
Safety judges are also responsible to count the number of floor formations each team performs in Rounds 1 and 3, the beginning formation counts as one of the required formations. Round 1 requires at least 6 different formations; Round 3 requires at least 8 formations.

In addition, the safety judge will also be responsible for counting the number of competitors on each team when a team begins each round of competition. The number of competitors who take the floor in Round 1 will determine the 2 person differential in Rounds 2 and 3.

Judging Mechanics

In order to carry out their responsibilities properly, a **safety judge** must be mobile. Safety judges must work in a partnership atmosphere.

These illustrations indicate the best positioning of safety judges and panel judges in order to best view the routines as they are being performed.



SAFETY JUDGES RECORD VIOLATIONS AND PENALTIES

The following paragraphs describe the violations and penalties that safety judges will be responsible to view during each round, then record on the Safety Judge Penalty Sheet.

Each paragraph is placed in the order in which it appears on the Safety Judge Penalty Sheet or by penalty value. A separate Penalty Sheet is provided for each round.

10-POINT VIOLATION

ROUND 1 AND 2 SCORESHEETS AND ROUND 3 ROUTINE DESCRIPTION NOT SUBMITTED – ROUND 1

Round 1 and 2 scoresheets and the Round 3 Routine Description must be submitted to the host school by fax or other method of delivery by 4 p.m. the day prior to the event. The meet director may request that the paperwork be received earlier, but a 10-point penalty will only be given if the requested paperwork is not received before 4 p.m. the day before a meet. The penalty for noncompliance will be 10 points deducted from the team total points earned and will be posted in Round 1. The host management will notify the safety judges and the coach upon arrival at the event.

6-12-POINT VIOLATIONS

TIME INFRACTIONS – ALL ROUNDS

A routine that is not completed with the last team member off the mat within the maximum time limit allotted each round will receive the following penalty per time infraction: 1 second to 5 seconds over the time limit – six points will be deducted from the score of that round. If the time infraction is six seconds or more beyond the maximum time limit, the team will receive a 12-point deduction from their score in that round. See page 11 for timing a routine.

TWO-POINT VIOLATIONS

MAT VIOLATIONS – ALL ROUNDS

Stepping off the mat or any body part that touches the floor off the competition mat during a performance, will be given a two-point deduction from the total points earned in the round each time the infraction occurs. If more than one person steps off the mat at the same time, it is a two-point deduction. If

competitors step off the mat at different times during the routine, it is a two-point deduction each time someone steps off or touches the floor off the mat. Stepping off the front of the mat when exiting is also a mat violation.

DETACHED HAIR CONTROL DEVICES, EYE GLASSES, SHOE, ETC. – ALL ROUNDS

Legal hair devices worn during competition must remain secure. See page 12 for legal hair control/adornment devices. Safety judges will assess a two-point penalty when any object falls to or hits the mat in an area where it is stepped on or causes a safety hazard during a routine.

ILLEGAL TEAM ENTRANCE – ALL ROUNDS

While entering onto the competition mat, vocal and arm movements only are allowed. A team that enters the competition mat performing kicks, jumps, or tumbling will receive a two-point penalty.

COACHING AREA VIOLATION – ALL ROUNDS

A coaching area will be designated by the host management for coaches during their team's performances. No more than three coaches are allowed in the coaching area during a performance. No one other than coaches is allowed in this area. A two-point penalty will be assessed for excessive number of coaches or non-coaches in the coaches' area.

FOUR-POINT VIOLATIONS

ILLEGAL UNIFORM, HAIR OR HAIR DEVICE; UNCOVERED BRACE/SUPPORT – ALL ROUNDS

BADGES/BUTTONS, GUM, JEWELRY, SAFETY PIN, GLITTER, UNSAFE FINGERNAILS – ALL ROUNDS

Four points will be deducted from the total points earned in the round each time the infraction occurs. Examples of miscellaneous violations include: gum chewing, glitter, hair violation, wearing illegal hair devices, a safety pin, an illegal uniform, wearing jewelry, wearing badges or buttons during competition. If more than one competitor is wearing jewelry, it is a four-point deduction. However, if one competitor has glitter on her body and another competitor has a hair violation, eight points will be deducted in the round of completion. See page 12 for further information.

LACK OF NOTIFICATION OF “HOLE” - ALL ROUNDS

If a team must perform a routine without a competitor because of an illness or injury that occurs after registration in Round 1, and loss of the competitor creates a “hole” in the routine, the coach shall notify the panel judges in advance of the routine only when the two-person differential is affected. A four-point penalty will be assessed when a coach fails to notify the panel judges that the team will perform with a “hole” because of illness or injury.

NON-COMPETITIVE TEAM MEMBERS VIOLATION – ALL ROUNDS

Non-competitive team members who sit near the competition mat and perform vocals (other than crowd response) throughout their team’s performance will receive a four-point penalty.

REQUIRED JUMPS NOT PERFORMED IN ORDER SUBMITTED – ROUND 1

Round 1 jumps must be performed in the order submitted on the Round 1 score sheet. A four-point penalty will be assessed for not performing the jumps in the order submitted.

ROUND 1 SCORESHEET SUBMITTED WITHOUT JUMPS - ROUND 1

Round 1 jumps must be listed on the Round 1 Scoresheet. A four-point penalty will be assessed for not listing jumps on the scoresheet.

SKILLS NOT PERFORMED IN ORDER SUBMITTED – ROUND 2

The five selected Round 2 skills and their sequence must be presented in writing to the judges in advance of the performance. A four-point penalty will be assessed for skills not submitted in the order performed or not performed in the order submitted.

ROUND 2 SCORESHEET SUBMITTED WITHOUT SKILLS - ROUND 2

Round 2 skills must be listed on the Round 2 Scoresheet. A four-point penalty will be assessed for not listing the skills on the scoresheet.

DIFFICULTY/VARIETY/CHOREOGRAPHY POINTS NOT PROVIDED WITH ROUTINE DESCRIPTION – ROUND 3

When the coach submits the team’s Round 3 Routine Description, the difficulty, variety points and choreography must be included numerically. A four-point penalty will be assessed for not providing difficulty, variety points and choreography expected to be earned in the round.

ELEMENTS OF CHEER INTENTIONALLY NOT IN UNISON – ROUND 2

SKILLS NOT PERFORMED IN CHOREO- GRAPHED UNISON – ROUND 2

Every team member must perform the five selected skills from start to finish in unison. Unison refers to direction of skills as well as arm, leg and body position when performing the five selected skills. Every competitor must face the same direction in order to meet the unison requirement. The position of the shoulders is a good indication of the direction. In addition, unison in Round 2 refers to every aspect of the routine, including formations and vocals. Unison is not required when setting the beginning or the ending of the routine. Vocals in Round 2 must be in unison except for calling the beginning or to end the cheer. In order to maintain the unison requirement while making formation changes, it is expected that each team member maintain the same body position while a transition is taking place. While making formation changes in Round 2, the judges will recognize that individual team members must take varying numbers of steps to reach their new position while other team members may stay stationary. Maintaining unison during a formation change may require all team members to move to their new positions in a circling pattern or for all team members to be bent forward at the waist or all team members with hands on hips and elbows out to the side. If formation changes do not maintain a unison pattern (are not choreographed in unison) safety judges will assess a four-point penalty per infraction.

EIGHT-POINT VIOLATIONS

TEAM MEMBER UNSAFE CONTACT – ALL ROUNDS

Safety judges will be responsible to recognize and take the appropriate eight-point deduction when team members make inappropriate unsafe contact with each other when executing gymnastic skills, tumbling, jumps and stunts.

ONE TEAM MEMBER PERFORMS DIFFERENT JUMP – ROUND 1

The first two jumps performed in this round are required to be executed by each competitor in unison.

If one competitor performs a different jump, an eight-point penalty will be assessed for the first jump. In addition, an eight-point penalty will be assessed if the same (or different) competitor performs a different jump in the second jump. If more than one competitor performs a different jump or one or more competitors does not attempt the jump, a 22-point penalty will be assessed.

SIX OR EIGHT FORMATIONS NOT PERFORMED – ROUNDS 1 & 3

Safety judges are responsible to count the number of floor formations each team performs in Round 1 and 3. Round 1 requires at least six **different** formations. If the minimum number of formations is not performed, an eight-point deduction is taken by the safety judges. Round 3 requires at least eight formations. If the minimum number of formations is not performed, an eight-point deduction is taken by the safety judges.

COLLAPSED JUMP OR SKILL OR JUMP/STUNT FALL – ALL ROUNDS

When a team member attempts to perform a tumbling or jump skill and it appears very unsafe or a stunt falls unsafely, or the Safety Judge feels that the safety of the competitor was compromised, an eight-point penalty will be assessed. It is not required to give this penalty when panel judges penalize 2.0 for a collapsed skill or stunt fall.

UNSPORTSMANLIKE CONDUCT – ALL ROUNDS

The first unsportsmanlike conduct offense by an individual will be penalized and the coach will be notified. The penalty will be an eight-point deduction. The second offense by the same/coach/athlete will disqualify the coach/athlete from the contest and the next day of competition disqualification procedure will apply. An MHSAA Officials Report Form must be filed.

REQUIRED JUMPS NOT IN UNISON – ROUND 1

The first two jumps performed in this round are required to be executed by each competitor in unison.

INCORRECT PERFORMANCE OF STUNT/SKILL PER MANUAL / NOT PERFORMED AS WRITTEN – ROUNDS 2 & 3

The skills and stunts are described in illustration and written form in the Manual. If there is an incorrect performance of a stunt/skill per the Manual, an eight point deduction will occur per infraction. If one or more team members perform improper hand/arm or improper feet/leg placement, it should be judged as an execution error.

ONE TEAM MEMBER PERFORMED A SKILL INCORRECTLY/WRONG SKILL – ROUND 2

Five of the 25 possible skills shall be performed in Round 2. These skills must be attempted by all team members. The skills are described in illustration and written form in this manual. Each skill shall be performed as prescribed, i.e., facing the proper direction; and with the proper beginning and ending positions. If the skill is not performed as written, eight points will be deducted per infraction. If one or more team members perform improper hand/arm or improper feet/leg placement, it should be judged as an execution error.

ENTIRE TEAM PERFORMS PART OF THE PRECISION DRILL DIFFERENTLY THAN DESCRIBED IN MANUAL – ROUND 2

If the entire team performs part of the Precision Drill differently than described in the Manual, it has been choreographed incorrectly and is penalized eight points by the safety judge. However, if one or some team members perform improper hand/arm or improper feet/leg placement, it should be judged as an execution error. The Precision Drill shall be performed as prescribed, i.e. facing proper direction, correct number of staggered lines; correct beginning and ending position.

ILLEGAL SKILLS PERFORMED PER MANUAL OR NO SPOTTER – ROUND 3

INCORRECT SPOTTING TECHNIQUES

Illegal stunts/skills are indicated in the description of each Round. This shall be the guide for judges and coaches as to what stunts/skills are or are not legal. Spotting techniques are described in this Manual and must be adhered to with the TOUCH, WATCH and AWAY technique. It is also considered an illegal stunt when a spotter is not used when required. Eight points will be deducted from the total points earned in the round each time the infraction occurs.

THREE 2.0 FALLS/COLLAPSES OCCUR – ROUNDS 2 & 3

Safety judges are not responsible to determine whether a 2.0 stunt fall or collapsed skill occurs. Once a routine is completed, a safety judge must seek that information from the panel judges. If the panel judges agree that 3 (2.0) falls occurred, safety judges will deduct eight points for the 3 falls on the Safety Judges Penalty Sheet.

A FALL THAT RECEIVES NO ASSISTANCE – ROUND 3

It is paramount that spotters understand their responsibility to protect the flyer when the stunt is falling apart and the flyer could sustain a neck, head or back injury. If a stunt is falling apart, the spotter(s) must attempt to touch, hold or break the fall. If there is no attempt to assist the flyer by anyone, the safety judge(s) will assess an eight-point deduction each time the infraction occurs.

22-POINT VIOLATIONS

Teams are required to perform at least two jumps in Round 1. The first two jumps performed must be different and must be executed by each competitor in unison. If one competitor performs a different jump, an eight-point penalty will be assessed. If more than one competitor performs a different jump or one or more competitors does not attempt the jump, a 22-point penalty will be assessed.

Round 2 requires each team to perform a 10-count precision drill at the beginning of the round as prescribed. Teams must also perform five different skills.

Round 1 or 2 Skills not allowed – Stunts, mounts, tumbling, heel stretches, gymnastic skills and splits are illegal in Round 1. Anything that requires the support of another person is illegal in Round 1 and 2. In Round 2, skills must be selected from the 25 listed.

Illegal stunts/skills are indicated in the description of each round. This shall be the guide for judges and coaches as to what stunts/skills are or are not legal. The penalty will be 22 points for an illegal stunt/skill in Rounds 1 and 2.

- An extra skill is performed in Round 2.
- The skills in Round 2 are not performed in choreographed unison.
- The skills in Round 2 are not performed by all team members in the same direction.
- At least one skill in each category in Round 2 was not performed.
- Too many 12 or 14 point skills were performed in Round 2.
- An incorrect number of competitors (over or under differential or less than four or more than 16) performed in a round.
- Music/props or a mascot was used in any round.

SAFETY JUDGES PENALTY SHEET

ROUND 1

SCHOOL _____ JUDGE ID# _____

TIME _____

NUMBER OF COMPETITORS _____

1 st Jump _____	_____
2 nd Jump _____	_____

Penalty information listed on pages 12-16, except where noted.

TOTAL

Failure to submit Round 1 and 2 scoresheets and the Round 3 Routine Description by 4 p.m. the day prior to the meet.....	10 pts _____
(Round 1 – Scoresheet with Jumps / Round 2 – Scoresheet with Skills / Round 3 – Routine Description)	

Time Infraction – number of seconds over the limit.....	_____
1. _____ 1 to 5 seconds over time limit	6 pts _____
2. _____ 6 seconds or more over time limit	12 pts _____

3. _____ Mat Violation/Exit off mat	x 2 pts _____
4. _____ Detached Hair Control Devices, Eye Glasses, Shoe, etc	x 2 pts _____
5. _____ Illegal Team Entrance	2 pts _____
6. _____ Coaching Area Violation.....	2 pts _____

7. _____ Illegal Uniform, Hair or Hair Device; Uncovered Brace/Support	x 4 pts _____
8. _____ Badges/Buttons, Gum, Jewelry, Safety Pin, Glitter, Unsafe Fingernails.....	x 4 pts _____
9. _____ Lack of Notification of "Hole"	4 pts _____
10. _____ Non-Competitive Team Members Violation	4 pts _____
11. _____ Required Jumps not performed in order submitted	4 pts _____
12. _____ Round 1 scoresheet submitted without jumps	4 pts _____

13. _____ Team member Unsafe Contact	x 8 pts _____
14. _____ One Team Member performs a different jump	x 8 pts _____
15. _____ Six different formations not performed	8 pts _____
16. _____ Collapsed Jump	x 8 pts _____
17. _____ Unsportsmanlike Conduct	8 pts _____
18. _____ Required Jumps not in Unison	8 pts _____

19. _____ Jump not performed by all team members.....	x 22 pts _____
20. _____ A skill was performed that was not allowed.....	22 pts _____
21. _____ More than one team member performs a different jump.....	x 22 pts _____
22. _____ An incorrect number of competitors performed; less than 4 or more than 16	x 22 pts _____
23. _____ Music/Props/Mascot used	x 22 pts _____

TOTAL _____

SAFETY JUDGES PENALTY SHEET

ROUND 2

SCHOOL _____ JUDGE ID# _____

TIME _____

NUMBER OF COMPETITORS _____

Skills	1.	4.
	2.	5.
	3.	

Penalty information listed on pages 12-16, except where noted.

TOTAL

Time Infraction – number of seconds over the limit		
1. _____	1 to 5 seconds over time limit	<input type="text"/> 6 pts _____
2. _____	6 seconds or more over time limit	12 pts _____

3. _____	Mat Violation/Exit off mat	<input type="text"/> x 2 pts _____
4. _____	Detached Hair Control Devices, Eye Glasses, Shoe, etc	<input type="text"/> x 2 pts _____
5. _____	Illegal Team Entrance	2 pts _____
6. _____	Coaching Area Violation	2 pts _____

7. _____	Illegal Uniform, Hair or Hair Device; Uncovered Brace/Support	<input type="text"/> x 4 pts _____
8. _____	Badges/Buttons, Gum, Jewelry, Safety Pin, Glitter, Unsafe Fingernails	<input type="text"/> x 4 pts _____
9. _____	Lack of Notification of "Hole"	4 pts _____
10. _____	Non-Competitive Team Members Violation	4 pts _____
11. _____	Skills not performed in order submitted	<input type="text"/> x 4 pts _____
12. _____	Round 2 scoresheet submitted without skills	4 pts _____
13. _____	Elements of cheer intentionally not in unison..... p.22	<input type="text"/> x 4 pts _____
14. _____	Skills not performed in choreographed unison	4 pts _____

15. _____	Team Member Unsafe Contact.....	<input type="text"/> x 8 pts _____
16. _____	Collapsed Tumbling Gymnastic Skill or Jump.....	<input type="text"/> x 8 pts _____
17. _____	Unsportsmanlike Conduct	<input type="text"/> x 8 pts _____
18. _____	Incorrect Performance of Stunt/Skill per manual/not performed as written ...	<input type="text"/> x 8 pts _____
19. _____	One Team Member performed a skill incorrectly/wrong skill	<input type="text"/> x 8 pts _____
20. _____	Entire team performs part of the Precision Drill differently than described in the manual.....	<input type="text"/> 8 pts _____
21. _____	Three (2.0) Collapses Occurred	<input type="text"/> 8 pts _____

22. _____	One or more of the required skills was not performed by all competitors	<input type="text"/> x 22 pts _____
23. _____	An extra skill or illegal skill was performed..... p.22	<input type="text"/> x 22 pts _____
24. _____	The skills were not performed by all team members in same direction... p.22	<input type="text"/> x 22 pts _____
25. _____	At least one skill in each category was not performed..... p.22	22 pts _____
26. _____	Too many 12 or 14 point skills were performed..... p.22	22 pts _____
27. _____	An incorrect number of competitors performed in this round..... p.10	22 pts _____
28. _____	Music/Props/Mascot used	22 pts _____

TOTAL _____

SAFETY JUDGES PENALTY SHEET

ROUND 3

SCHOOL _____ JUDGE ID# _____

TIME _____

NUMBER OF COMPETITORS _____

TOTAL

Penalty information listed on pages 12-16, except where noted.

Time Infraction – number of seconds over the limit.....		<input type="text"/>
1. _____	1 to 5 seconds over time limit	6 pts _____
2. _____	6 seconds or more over time limit	12 pts _____

3. _____	Mat Violation/Exit off mat	<input type="text"/>	x 2 pts _____
4. _____	Detached Hair Control Devices, Eye Glasses, Shoe, etc	<input type="text"/>	x 2 pts _____
5. _____	Illegal Team Entrance	<input type="text"/>	2 pts _____
6. _____	Coaching Area Violation.....	<input type="text"/>	2 pts _____

7. _____	Illegal Uniform, Hair or Hair Device, Uncovered Brace/Support.....	<input type="text"/>	x 4 pts _____
8. _____	Badges/Buttons, Gum, Jewelry, Safety Pin, Glitter, Unsafe Fingernails	<input type="text"/>	x 4 pts _____
9. _____	Lack of Notification of "Hole"	<input type="text"/>	4 pts _____
10. _____	Non-Competitive Team Members Violation	<input type="text"/>	4 pts _____
11. _____	Difficulty/Variety/Choreography points not provided with routine description	<input type="text"/>	4 pts _____

12. _____	Team Member Unsafe Contact.....	<input type="text"/>	x 8 pts _____
13. _____	Eight Formations not performed	<input type="text"/>	8 pts _____
14. _____	Collapsed Tumbling/Gymnastic Skill or Jump/Stunt Fall	<input type="text"/>	x 8 pts _____
15. _____	Unsportsmanlike Conduct	<input type="text"/>	x 8 pts _____
16. _____	Incorrect Performance of Stunt/Skill per manual/not performed as written	<input type="text"/>	x 8 pts _____
17. _____	Illegal Skills Performed per manual or no spotter	<input type="text"/>	x 8 pts _____
18. _____	Incorrect Spotting Techniques	<input type="text"/>	x 8 pts _____
19. _____	Three (2.0) Falls/Collapses Occur	<input type="text"/>	8 pts _____
20. _____	A fall by flyer that received no assistance.....	<input type="text"/>	x 8 pts _____

21. _____	Incorrect number of competitors performed in this round	22 pts _____
22. _____	Music/Props/Mascot used.....	22 pts _____

Notes:

TOTAL _____

PANEL JUDGES RESPONSIBILITIES

A panel judge will be a part of a cheer judging panel, all of whom will be seated on one side of the competition floor facing the competitors.

A panel judge is responsible for evaluating the elements prescribed in Round 1, 2 and 3 routines performed by each team at a competition. Each round consists of skills, floor formations, transition moves and/or stunts in which each judge must evaluate these elements listed in categories per round. See descriptions of each round and panel judge scoresheets provided in this manual for more detailed information.

Illness or Injury

In case of illness or injury after registration, a coach may choose to enter a substitute or compete with less than the number declared in a subsequent round. The ill or injured competitor may not; however, return to any subsequent round that day.

If fewer compete in a subsequent round, with the allowance of no more than 16 competitors in any round and no more than a two competitor differential in any round, the team with an illness or injury, will be allowed to perform with the number of competitors intended in the next round.

When a team performs with a 'hole' in a routine because of illness, injury or unexpected absence at the event, the coach must notify the panel judge only when the two-competitor differential is affected so that the team's routine can be properly judged. NOTE: The maximum possible number of points in General Impression will be reduced by two points per judge per hole.

Competitor Injury During a Routine

Judges will stop competition when an injury/blood warrants stoppage of the performance. The team/coach will be given the following options; 1) The team can be scored up to that point and need not repeat the round. OR 2) The team may be allowed to repeat the round at the end of the rotation. If the team's first performance was at the end of the rotation, the team must be given 10 minutes of recovery time before the routine is performed again.

Procedure to Restart a Routine

If Option 2 is chosen, the entire routine will be performed with the judges scoring from the point of stoppage to the end of the routine. This score will be

added to the score of the performance up until the stoppage and will be submitted to the scoretable. Once the routine is performed the second time, the coach cannot elect Option 1.

Judging Execution

Cheer judges are responsible for evaluating many elements in each round, one of which is execution. The following information provides guidelines for judging jumps, tumbling, stunts, flairs, preps and transition execution. Some or all of these skills appear in each round; therefore, judging execution is paramount in your ability to judge.

Judges must be aware of the categories in each round and what aspects of judging are reflected in each category. For example, Round 1 requires execution assessment of jumps in the required jumps category.

The Team Coordination category in Round 1 reflects the assessment of precision and timing of motions including mistakes, missed motions, punch and crispness of motions. The Execution category in Round 1 reflects the assessment of placement and accuracy of all motions, including high Vs, wrists, Ts, lunges, leg positions, etc.

Gymnastic Skills – Tumbling – Jumps – Precision

Guidelines for Evaluating Execution

0.1 Deductions: A VERY MINOR break in the physical form when performing skills and motions. The skill does not look as perfect as it would if all toes were pointed, feet or torso flexed when appropriate. This deduction would be used when there is a slight bend of knees, hand/arm position slightly out of proper alignment.

0.2-0.4 Deductions: Minor errors in preps, skill performance, landings and a lack of dynamic body form. Examples would be bent knees, bent arms, slight posture errors and minor mistakes in torso tightness.

0.5-0.8 Deductions: Moderate errors; there is a lack of power and ease in all aspects of performing the skill. The impression is that the skill has not been mastered. Examples are lack of height of jump because lift is not assisted by a strong torso or when tumbling, upper body strength is not sufficient. Also, the completion of a skill is not controlled.

0.9-1.0 Deductions: Major errors occurred. A hand touches the mat when performing an aerial skill. The hands/arms touch the mat before feet/legs on a

standing back tuck. An aerial skill might look like a butterfly instead of the torso being inverted properly. The skill that calls for a roll or inverted position (backward roll or valdez), is performed by bailing out sideward.

2.0 Deduction will be assessed for a skill that collapses. A collapse is a landing of a tumble, gymnastic or jump skill to the mat directly on head, neck or shoulder(s) before any other body part lands.

Stunts – Flairs – Prep – Transitions (Guidelines to Evaluate Stunts, etc. Execution categories below)

Deductions

.1 to 1.0 will be assessed for each execution error by a flyer or base.

.1 to 1.0 will be assessed for a flyer that lands on her feet assisted.

.5 will be assessed for EACH stunt, flair, prep or transition that was started but did not go up.

2.0 will be assessed for EACH stunt, flair, prep or transition that was completed but falls to the floor. A fall occurs when flyer lands on her face, shoulders, hands, arms, knees or butt, while feet/legs are being held. It is also a fall when a flyer lands on her feet when completely unassisted.

2.0 will be assessed for a base or spotter who takes a major fall either for cushioning a flyer or was knocked down by the flyer.

Guidelines to Evaluate Stunts, etc. Execution

0.1. Deductions: Generally a VERY MINOR mistake that takes away from the overall look of the stunt or transition. Examples are bent knees, flexed toes, or a base or flyer whose feet are too far apart.

0.2-0.4 Deductions: Generally a MINOR mistake where the base or flyer must make a slight adjustment to maintain balance but at no time appears to be losing control. Examples are when the bases must take a step out or the flyer must "balance check."

0.5-0.8 Deductions: Generally a MODERATE mistake where the bases and flyers are clearly adjusting to keep the stunt under control. The difference between .2-.4 and .5-.8 is in the degree of wobble: the judge believed (however briefly) that the flyer could become in danger.

0.9-1.0 Deductions: Generally a MAJOR mistake where the flyer has to change position/level to avoid

falling. Often the flyer “bails out” of the stunt – by being lowered from the extension stunt to shoulder level or lower or cradles early.

NOTE: Execution errors are not to be confused with spotting errors. Safety judges deduct for spotting errors or when a stunt falls and the spotter does not **attempt to** catch the flyer or break the flyer’s fall. A safety judge penalty of eight points will be assessed. Team member contact that is unsafe when cheerers are executing gymnastic skills, tumbling, jumps and stunts is a eight-point safety judge deduction. Contact during the splits may not be considered unsafe.

PART VIII.

COMPETITIVE FORMAT AND SCORING SYSTEM

A competition will consist of three rounds per team. Music, mascots and props of any kind are prohibited in all rounds of competition. The team which accumulates the most points over three rounds of competition will be declared the winner.

A description of each round as well as categories judged and the scoring system follows.

Coaches are to refer to Part VII of this Manual for additional scoring information.

Round 1 — REQUIRED ROUND

Time Limitation — Round 1 must be performed within 1 minute and 30 seconds.

Requirements — Round 1 shall be a choreographed routine containing 2 different jumps performed in unison by every team member. The two required jumps must be the first two jumps performed in the routine. All jumps performed in round 1 receive the same maximum value as given in the Round 2 listing, up to 10 points. Each competitor must execute the requirements in order for credit to be awarded to the team.

In addition, a minimum of five floor movements (6 **different** formations) are required. The formation of the team at the beginning of the routine will count as one of the required formations.

The first two jumps that will be performed must be in writing on a Round 1 score sheet and submitted to the host school by 4 p.m. the day prior to the event. A 10-point penalty will be assessed for non-compliance.

The routine performed in Round 1 may contain jumps, kicks, level changes, peel-offs, and arm motions. Anything that requires the support of another person is **illegal** in this round. To further clarify, stunts, tumbling, heel stretches, splits, and push-ups are prohibited as well as all skills listed on pages 37-40.

The essence of the Round 1 routine is to create a routine with different arm motions, floor movement, and level changes. When choreographing a Round 1 routine and incorporating the enhancements listed, the following three conditions should apply: **many, different and difficult**.

The following categories appear on each panel judges scoresheet and will be judged in this round.

ROUND 1 — PANEL JUDGING

Floor Mobility

Note all errors in accuracy of formation. Evaluate the effectiveness of the moves as to whether they flow with the cheer, enhance the cheer, and provide a smooth transition.

Vocals

Throughout the cheer evaluate voice inflection, clarity, appropriate choice of words as it relates to sportsmanship, squad volume appropriate for number of competitors; diction (are words understood throughout cheer). Evaluate all throughout the cheer.

Jumps

Evaluate each of the jumps as to: **Technique** – form, toes pointed, backs straight, arm positions, landing with feet together, etc. **Togetherness** – preps are the same, all go up together, reach heights together, same height, land together, style the same (hand, arms, legs, etc.). **Ease** – is completed without evidence of difficulty, height attained by entire squad and ease when landing.

Team Coordination

Evaluate precision and timing of motions including mistakes, missed motions, punch and crispness.

Execution

Evaluate placement and accuracy of all motions including high Vs, wrists, Ts, lunges, leg positions, etc. while keeping in mind the style presented.

Difficulty and Variety

Assign difficulty and variety points to movements, motions, peel offs, level changes and ripples, etc.

Judges must keep track of what a team performs. The choices are not limited to these elements of difficulty or examples of variety:

Awarding 10 points in Variety and Difficulty for a Round 1 routine should include 12-15 **different** skills AND should include 33%-50% of the DIFFICULT enhancements. Example: If 12 skills are performed 50% must be DIFFICULT. If 15 skills are performed then 33% must be DIFFICULT.

SEE NEXT PAGE FOR SCORING DIFFICULTY AND VARIETY CHART

General Impression

Evaluate routine based on its uniqueness and *creativity. Also judge continuity, overall impression of entire performance and team confidence.

***Creativity**

A judge’s opinion of creativity, evaluated in the General Impression category, may include unusual formations, difficult flairs, transitions and preps. Overall impression allows credit to be given for a team that has given the judge a feeling of excitement, goose bumps or a WOW! impression.

MHSAA ROUND 1- DIFFICULTY & VARIETY SCORING*

Examples of Simple Variety

Additional formation changes
Arm motion while in transition
Below waist foot/leg work
Diagonal arm motions levels
Non-complex oppositions
Ripples
Waist level kicks

Examples of Difficult Variety

Arm whips Intricate transitions
Blades Knee level movements
Diagonal spins Moving backwards
Difficult oppositions Dips
Spinning High kicks
Hopping
Side stepping formation changes
Extra jump (beyond required number)

**Note: Each of the above may be counted only once toward variety points.*

These categories are not limited to these elements.

Chart for Scoring Difficulty & Variety

V=Variety and D=Difficulty

10	9	8	7	6	5	4	3	2	1
15v-5d	15v-4d	15v-3d	15v-2d	15v-1d	15v-0d	13v-0d	11v-0d	9v-0d	7v-0d
14v-5d	14v-4d	14v-3d	14v-2d	14v-1d	14v-0d	12v-0d	10v-0d	8v-0d	6v-0d
13v-6d	13v-5d	13v-4d	13v-3d	13v-2d	13v-1d	11v-1d	9v-1d	7v-1d	5v-1d
12v-6d	12v-5d	12v-4d	12v-3d	12v-2d	12v-1d	10v-1d	8v-1d	6v-1d	4v-1d
	11v-6d	11v-5d	12v-5d	11v-3d	11v-2d	9v-2d	7v-2d	5v-2d	
	10v-5d	10v-4d	10v-3d	10v-2d	8v-2d	6v-2d	4v-2d		
	9v-5d	9v-4d	9v-3d	7v-2d	5v-3d				
	8v-4d	8v-3d	6v-2d	7v-4d					

ROUND 2 — COMPULSORY ROUND

Time Limitation — A Round 2 routine must be performed within 1 minute and 30 seconds.

Requirements — At the beginning of the routine each team must perform a **10-count precision drill** (see pages 24-25) in unison consisting of ten different motions performed in staggered lines. During the precision drill, the team will not be allowed to change its formation.

Also, Round 2 shall be a choreographed cheer containing 5 different skills and only five may be selected from the following list of twenty-five. See Round 2 — Requirements and Skills List on page 26.

The selected skills and their sequence must be presented in writing on a Round 2 scoresheet in advance of the performance. A four-point penalty will be assessed for skills not performed in the order submitted.

When selecting the five skills which will be performed in Round 2, at least one skill from each category must be performed; Flexibility, Jumping and Tumbling. Also, no more than three skills from the 12-point level may be selected OR one skill from the 14-point level and two from the 12-point level may be selected. A maximum of 58 points can be earned from the five skills selected.

When selecting five skills to perform in this Round, a team cannot perform the switch splits and/or side split and/or triple splits for two of the five skills allowed. The same rule applies to the cartwheel, near arm and far arm cartwheel. Only one of the three skills may be performed in Round 2.

Every team member must perform the five selected skills from start to finish in unison. **Unison** refers to direction of skills as well as arm, leg, and body position when performing the five selected skills. Every competitor must face the same direction in order to meet the unison requirement. The position of the shoulders is a good indication of the direction. In addition, unison in Round 2 refers to every aspect of the routine, including formations and vocals. Unison is **NOT** required when setting the beginning or the ending of the routine.

Vocals in Round 2 must be in unison except for calling the beginning or to end the cheer, a four-point penalty will be assessed for vocals not performed in unison.

In order to maintain the unison requirement while making formation changes, it is expected that each team member maintain the same body position while a transition is taking place. While making formation changes in Round 2, the judges will recognize that individual team members must take varying numbers of steps to reach their new position while other team members may stay stationary. Maintaining unison during a formation change may require all team members to move to their new positions in a circling pattern or for all team members to be bent forward at the waist or all team members with hands on hips and elbows out to the side. If formation changes do not maintain a unison pattern (are not choreographed in unison) safety judges will assess a four-point penalty per infraction.

Each competitor must **attempt** to execute the skills or requirements in order for credit to be awarded to the team. If an attempt is not made by a team member, the safety judge will assess a 22-point penalty.

To further clarify what is allowed, a team can perform level changes and lunges in unison and can make formation changes. In Round 2, a team cannot perform peel-offs, *additional* kicks, (see description of kick on page 26), create varying levels or stunts. Only the five selected skills can be the skills performed in Round 2.

In addition, 10 possible points will be awarded for General Impression. In this category, judges will evaluate execution (other than skills), the Precision Drill, and continuity. This may include transition moves, floor mobility, vocals, skill placement, and use of spacing within the routine. Also, creativity, continuity and team confidence may be judged.

ROUND 2 – 10-COUNT PRECISION DRILL

The 10-count precision drill is a **requirement** and:

- must be performed at the beginning of Round 2.
- must contain the 10 motions as written and described.
- must be performed in the order given.
- must be performed in two staggered lines (4 to 12 competitors) or (13 to 16 competitors) must be in three staggered lines.
- must be performed facing the panel of cheer judges.
- must be performed in same arm, leg and body positions as illustrated.
- rhythm (tempo) and vocals are your choice.
- head position and head movements are your choice.
- execution and unison in the Precision Drill is reflected in the score in the Precision Drill category on the scoresheet.

The 10 count precision drill **PICTURES** begin on the next page.

Note: When a motion refers to clockwise or counterclockwise, the direction is from the eyes of the team member looking at the face of a clock.

SKILLS

Each of the five skills performed by a team is evaluated in two ways. One is the execution of the skill itself. The skill is judged on the location/positioning of the arms, hands, torso, legs, feet and head. Limbs must be tight, the skill should look dynamic. The torso and head need to be in the correct position for lift or rotation. Execution of the total skill must be evaluated; that is prep, skill and landing is scored.

The second part of judging skills is to observe coordination among the team members. If the preps, landings, heights and dynamics of the skills are equal among the members, a better score will be credited. Judges are to evaluate each of the five skills on a 10-point scale so that all execution errors are applied equally regardless of the value of the skill. Score table personnel are responsible for converting each judge's evaluation of the skills with the proper multiplier. In addition, score table personnel must compute the competitor multiplier for the Precision Drill and 5 skills. The judges' evaluation, final score for each of the five skills and competitor

multiplier sub-total will appear on the Round 2 scoresheet. See chart below for competitor multiplier information.

VOCALS

Voice inflection, clarity, team volume, appropriate choice of words.

GENERAL IMPRESSION

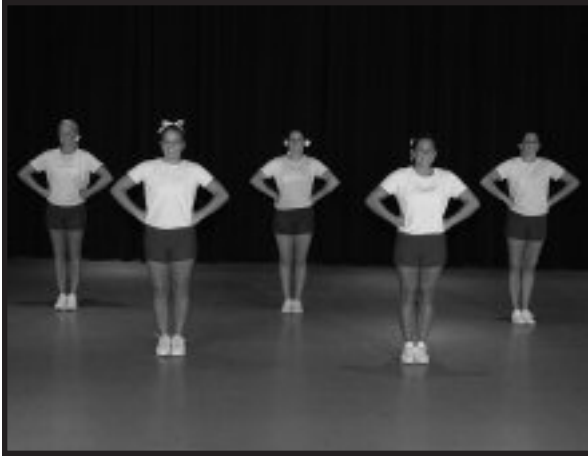
Creativity, continuity, team confidence, floor presence, overall impression. The routine should be performed without stiffness, awkwardness or anxiety. There should be poise, ease of performance, energy, creativity in moving from one skill to another. The judges will be evaluating execution, other than skills and the Precision Drill, and continuity in the category.

When evaluating the performance and giving a general impression score, the following descriptions should be used:

- **Floor Mobility** – Accuracy of formation, spacing, effectiveness, transition moves, purpose of movement from formation to formation.
- **Vocals** – Voice inflection, clarity, team volume, appropriate choice of words.
- **Team Coordination** – Precision and timing of all motions, tumbling, stunt skills, effective use of all team members.

Competitors	Competitor Multiplier
4	1.000
5	1.010
6	1.020
7	1.030
8	1.040
9	1.050
10	1.060
11	1.070
12	1.080
13	1.090
14	1.100
15	1.110
16	1.120

PRECISION DRILL



Starting Position — Fists on hips, facing forward, feet together.



1 — Right arm up to fight motion while left arm moves down to a low V. Hands in fists.



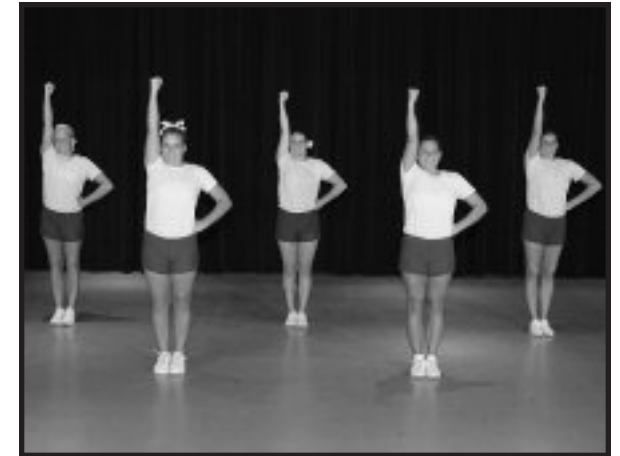
2 — Swing left arm up and over across chest while right arm moves to high V, ending in K motion. Hands in fists.



3 — Swing both arms clockwise in front of body. End with right arm in Full T and left arm in half T. Hands in fists.



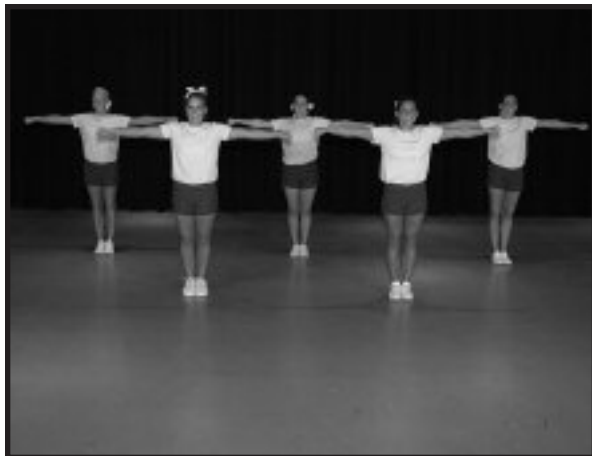
4 — Punch left arm up to high V. Right fist moves to hip while bringing the right foot out to the side in a toe point position with shoelaces facing out, forming a diagonal with left arm and right leg. Hands in fists.



5 — Break right arm up to fight motion. Bring left fist back to hip while bringing the right foot back to the left. Feet together, laces forward, hands in fists.



6 — Drop right arm down and punch left arm out to low V. Hands in fists.



7 — Swing both arms up in front of body ending in full T. Hands in fists.



8 — Bring both arms into half T. Hands in fists.



9 — Punch both arms down crossing left over right at wrist. Hands in fists.



10 — Swing both arms up to high V with blades while popping feet shoulder width apart.

NOTE: Stomps, slaps and claps on contact with precision drill motions are at coaches discretion, except where (sound) is required.

ROUND 2 — REQUIREMENTS AND SKILLS LIST

Five skills shall be selected from the list of 25 skills; at least 1 skill from each category must be performed; flexibility, jumping and tumbling. No more than 3 skills from the 1.2 difficulty multiplier can be selected **OR** one skill from the 1.4-difficulty multiplier and two from the 1.2 difficulty multiplier for a maximum total of 5.8 points for skills.

Difficulty Multiplier	Flexibility Category	Jumping Category	Tumbling Category
.6	Any kick	Spread eagle, tuck	Forward roll
.8	Side split	Double hook	Backward roll, cartwheel
1.0	Heel stretch, switch splits	Double 9, Herkie, front hurdler, pike, toe touch universal	Near arm or far arm cartwheel, round off
1.2	Triple splits, *valdez	— — — — —	Back handspring, *back walkover
1.4		— — — — —	Aerial cartwheel, standing back tuck

**The Valdez and Back walkover can be used in the flexibility or tumbling category depending on the needs of the team. One or both skills may be used, but cannot double in both categories for credit. 5 skills must be performed.*

Round 2 — COMPULSORY SKILL DESCRIPTIONS

Compulsory — Every team member must perform identical skills from start to finish in unison. Unison refers to directions of skills and arm, leg and body position.

The written description of each skill and how it is to be performed is provided with each skill illustration. Incorrect performance of a skill as it is prescribed in this skills text will result in a eight-point deduction from the total points earned in Round 2.

The splits, switch splits, center splits, cartwheel, near arm or far arm cartwheel, aerial cartwheel and roundoff that are required to be performed parallel to the judges also require the torso to be facing the judges.

Only the specific skill is compulsory. THE ENTRANCE AND EXIT OF THE SKILL IS LEFT TO THE DISCRETION OF COACHES, but must still be identical. A required skill can directly follow another when either skill is completed via the description provided.

Coaches are advised to consider the visibility of each team member to the judges when choreographing formations of compulsory skills.

DM = .6 points

KICK — flexibility



A kick is a swinging, straight-leg motion that reaches waist high or higher. Arm positions are optional. The team may either face the panel judges or can be parallel to the panel judges. The skill begins when the foot leaves the cheering surface and is completed when return contact is made with the cheering surface. A kick can be directly in front of the torso or to the right or left, but cannot be directly to the side of the torso.

DM = .6 points



SPREAD EAGLE — jump

At the peak of the jump the body is in a straight torso position. Arms are extended in a high V position and legs are extended with an inverted V position. Body should show an “X-like” position. Competitors must face judges.



TUCK — jump

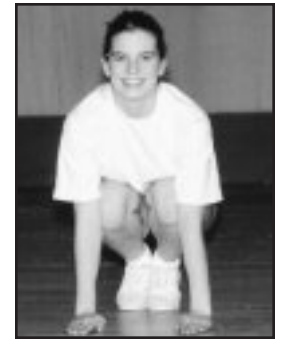
At the peak of this jump legs are in a knee-to-chest position. Arm positions are optional. Competitors may either face judges or can be sideward to judges.



FORWARD ROLL — tumbling

Begins in squat position. Arm position optional. Hands placed on cheering surface as tucked rotation occurs. Front roll ends in standing position. The skill can be performed either parallel to or toward the panel judges.

DM = .8 points



SIDE SPLITS — flexibility

Begins in squat position with hands placed on cheering surface. Legs are extended parallel to the panel judges. Hands during split must be removed from the cheering surface. Splits are completed by returning to the squat position.

DOUBLE HOOK — jump

Keeping torso straight, bring knees and legs up as pictured. At the peak of the jump, the legs are bent at the knee and hip in the same direction and parallel to cheering surface. It is optional to bend legs to the left or right. Hand/arm position is optional. The jump must be performed facing the judges.



OR



DM = .8 points

BACKWARD ROLL — tumbling

This skill must begin in a squat position. Arm position optional. Hands are placed on the cheering surface as the tucked back rotation occurs. The backward roll ends in a squat position. The skill can be performed either parallel to or facing the panel judges.



CARTWHEEL — tumbling

Begins when lead foot initiates inverted rotation. While inverted legs extend in “X” position. Skill is completed when trail foot contacts the cheering surface. Cartwheel must be performed parallel to and torso facing the panel judges. Arm positioning is optional at the end of the skill.

DM = 1.0 points

HEEL STRETCH — flexibility

Skill must face panel judges. A leg is fully extended to a 45° to 90° position to the side. The angle of the leg must be the same for all team members. Arms are in a “V” position. Hand-to-foot (to arch, toes, heel or in-step) contact must occur in a **held** position.



OR



DM = 1.0 points

SWITCH SPLITS — flexibility

Begins in the squat position with hands placed on the mat. First split is completed when position is reached and hands/fists are removed from the mat. While in the first splits, hips are switched so that the lead leg is opposite from the original split. The splits must be performed parallel to the judges. The hands must be removed from the cheering surface when in the first and second split positions. The skill ends in squat position with hands on the mat.



TOE TOUCH — jump

At the peak of the jump, the legs are extended in a full forward straddle. Arms are extended and hands reach for top of foot and toe. Head is up and back is straight. Upper torso must face judges.



HERKIE— jump

At the peak of the jump, front leg is extended above or parallel to the cheering surface and extended to 45°-60° straddle position, the upper torso facing the panel judges. Back leg is bent (knee to ground, toe to ceiling). Arm and hand positions are optional.



FRONT HURDLER

At the peak of the jump, the front leg is extended higher than parallel to the cheering surface and is in front of the torso. The back leg is bent in a flat, hurdle position, parallel to the cheering surface OR in a back leg, bent knee to surface and toe to ceiling position. The upper torso must be performed parallel to the judging panel with the bent leg nearest the judging panel. Arm positions are optional.

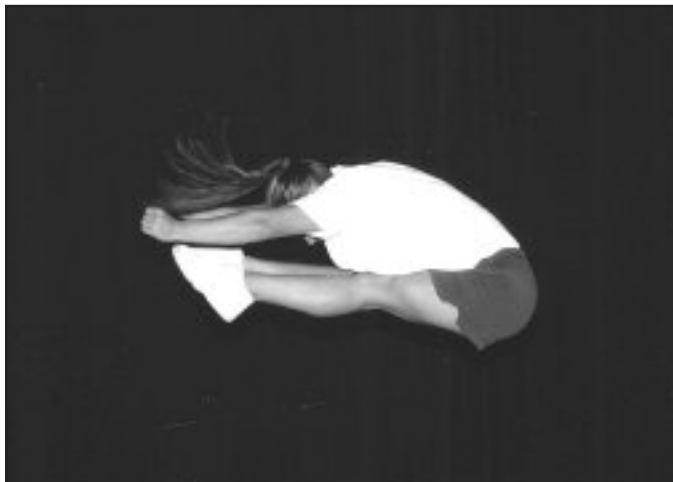


DM = 1.0 points

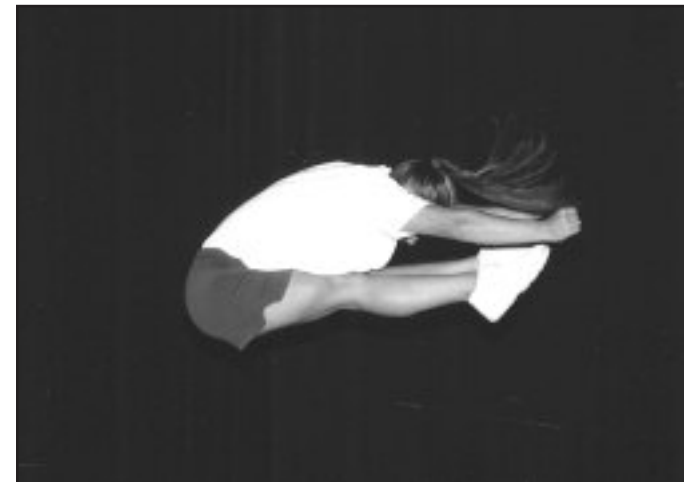


DOUBLE NINE — jump

At the peak of the jump, one leg and arm of the same side of body are fully extended in front of the body and parallel to the mat. The other leg and arm are bent at the knee/elbow reaching horizontally toward the inside of the knee/elbow of the extended limbs. The bent leg and arm should also be parallel to the mat. The skill may be performed facing or parallel to the judges. When performed parallel to the judges, the bent leg and arm must be the side closest to the judges. The skill ends when the jump has landed.



OR



PIKE — jump

Kick legs up parallel to the mat. At the peak of the jump, legs are together and extended in front of the body, parallel to the mat. The jump must be performed parallel to the judging panel showing the extended legs and arms. Hands and head must reach for the pointed toes.

DM = 1.0 points



UNIVERSAL — jump

The arms reach up as the jump thrusts up; at the peak of the jump, the legs are extended in a full forward straddle; the hands touch above the head and slice down at the peak of the jump with the hands together as pictured. The upper torso must face the judges with head up.



NEAR ARM CARTWHEEL — tumbling

The skill begins when the lead foot initiates inverted rotation. Only the lead hand contacts the cheer surface. While inverted, legs extend in “X” position. The skill’s completed when the trail foot contacts the mat. The near arm cartwheel must be performed with torso facing and parallel to the cheer judges. Arm position is optional at the beginning and end of the skill.

DM = 1.0 points



FAR ARM CARTWHEEL — tumbling

Begins when lead foot initiates inverted rotation. The trail hand only contacts the mat. While inverted, legs extend in “X” position. The skill is completed when trail foot contacts the mat. The far arm cartwheel must be performed parallel with torso facing cheer judges when in inverted position. Arm position is optional at the beginning and end of the skill.



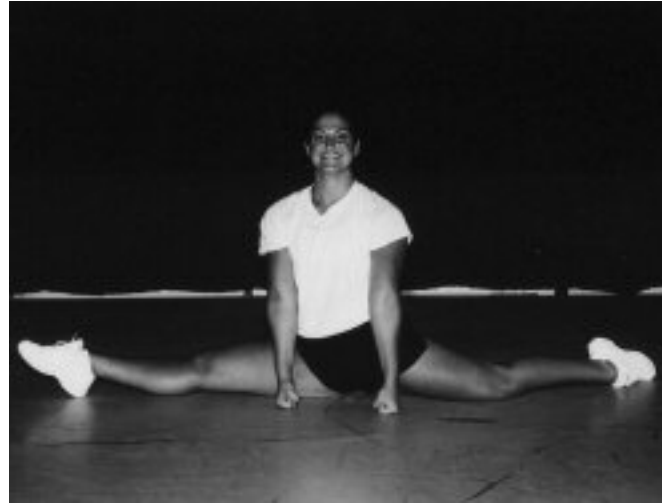
ROUND-OFF — tumbling

Begins when hands touch cheering surface. Legs must come together at top of skill. Skill ends when feet touch the cheering surface. The round-off must be performed parallel to and torso facing the judges.

DM = 1.2 points

TRIPLE SPLITS — flexibility

The skill begins in a squat position with hands on the mat. The triple splits must show the left, right and center positions. Each split is completed when the position is reached and hands/fists are removed from the cheering surface. The center splits position shall be the third splits shown. Knees and shoelaces may be forward or upward as long as the entire team is performing the same. The skill must be performed parallel to the judges. The skill ends in a squat position.



DM = 1.2 points



BACK WALKOVER — flexibility or tumbling

At beginning of skill, arm positions are optional. Begins in standing position. Lead leg starts continuous rotation, hands are placed on mat, rotation occurs with legs in extended inverted split position. Skill ends when lead leg touches mat. Skill must be performed parallel to the panel judges.



BACK HANDSPRING — tumbling

Begins in half squat position. Back rotation occurs as hands are placed on cheering surface. Skill is completed when both feet touch mat. Skill must be performed parallel to the panel judges.



VALDEZ — flexibility or tumbling

The skill begins sitting on the floor with one leg outstretched forward and the other in a foot-to-floor bent knee position. The backward inverted position begins with the outstretched leg leading the body in the rotation followed by the trail leg in an outstretched position. The skill ends with both feet on the mat in a standing position. Hands & arm position at end of skill optional. The skill must be performed parallel to the panel judges.

DM = 1.4 points



AERIAL CARTWHEEL — tumbling

The skill begins in a standing position, arm position optional. The arms are free of the surface during the inverted rotation. Legs will be inverted straddle position. The skill is completed when both feet are in contact with the mat. Arm position is optional at the end of the skill. The ariel cartwheel must be performed parallel to the panel judges.



STANDING BACK TUCK — tumbling

The skill begins in a standing position, arm position optional. The competitor performs an uplift, tuck and inverted rotation of the body clear of the cheering surface before landing in a standing position. Arm position at the end of the skill is optional. The skill is performed parallel to the cheer judges.

ROUND 3 – OPEN ROUND

Time Limitation – Round 3 must be performed within 2 minutes and 30 seconds.

Round 3 shall be a choreographed cheer and may include jumps, stunts, gymnastic skills, tumbling or any other legal cheer skills. A minimum of **any** 7 movements (8 floor formations) are required. The formation at the beginning of the round will count as one of the required formations.

Routine Description

The coach is required to submit in writing, all gymnastic skills, tumbling, jumps, stunts and flairs that will be performed in the order in which they will be performed with difficulty, variety and choreography indicated numerically. A 10-point penalty will be assessed when a coach fails to submit a Routine 3 Description. (A four-point penalty will be assessed for not providing difficulty, variety and choreography points expected.) Sample “Routine Description” Forms appear on pages 44 and 46.

In the GENERAL IMPRESSION category, judges are required to not favor any particular style, but to judge the style presented.

The following categories appear on each cheer judges scoresheet and will be judged in this round.

Category

Possible Points Per Judge

Skills

Jumps, stunts, tumbling, gymnastics or other stunt options:

- Variety of skills15 points
- Degree of difficulty of skills20 points
- Execution of skills20 points
- Execution Bonus3 points
- Choreography10 points

Floor Mobility10 points

Accuracy of formations, spacing, effectiveness, transition moves, purpose of movement from formation to formation.

Vocals10 points

Voice inflection, clarity, squad volume and appropriate choice of words.

Team Coordination10 points

Precision and execution of all motions.

General Impression10 points

Creativity, continuity, overall impression, team confidence, floor presence.

ROUND 3 – SKILLS CATEGORY REQUIREMENTS

Variety of Skills Category

Each cheer judge will evaluate variety of skills in the routine on a 1 to 15 point scale. The number of different tumbling skills, jumps, stunts and flairs performed must be counted. Each **different** tumbling skill, jump, stunt and flair will be valued at 1 point. **(No variety points are given for preps or transitions.)**

To further clarify when variety points are assessed:

- A flair performed from floor level and the same flair performed in a stunt will receive one variety point in each position, i.e., heel stretch on floor, heel stretch by flyer. Two variety points would be earned.
- A flair that is performed by a flyer at knee level, shoulder level, or extension level will receive a variety point once only.
- An elevator receives a variety point only when it is a stunt.
- The side splits receive one variety point; the switch splits receive one variety point; the center splits receive one variety point.
- In order to receive a variety for tumbling, flexibility or jump skills, more than one competitor must perform the skill simultaneously.

Difficulty of Skills Category

Each cheer judge will evaluate the difficulty of the tumbling, gymnastic skills, stunts, flairs, transition and jumps performed in the routine on a 1 to 20 point scale. The DIFFICULTY FACTORING CHART is on page 39.

DIFFICULTY VALUES OF GYMNASTICS SKILLS – TUMBLING – JUMPS

Difficulty points will be earned per competitor for gymnastic skills, tumbling, and jumps performed. These skills will receive credit by an established formula based on difficulty so that consistency in judging is maintained. The difficulty of these skills is separated into the following point ranges:

1 point per competitor

Backward roll
Cartwheel
Forward roll
Handstand
Headstand
Heel stretch on floor
Jumps
Kicks
Push up
Round off
Splits on floor

2 points per competitor

Back bend
Center split
Handstand to Forward roll
Limber (front or back)
Far arm cartwheel
Near arm cartwheel
Switch split

3 points per competitor

Back handspring
 Crabstand
 Front handspring
 Headspring
 Look through
 Press handstand forward roll
 Triple splits
 Valdez
 Walkover (front or back)

5 points per competitor

Arabian
 2 foot front tuck
 Aerial cartwheel
 Aerial walkover
 Back layout
 Back pike
 Back tuck
 Twisting handspring
 Whipback

DIFFICULTY VALUES OF STUNTS

A Round 3 performance will be awarded difficulty points for stunts, preps, flairs and transitions times the number of sets performed.

- Any stunt that is **EXTENSION LEVEL** (flyer is standing in hands of base) with bases arms fully extended, will receive 10 points per set .
- Any stunt that is **EXTENDED** (bases arms are fully extended) will receive 7 points per set.
- Any stunt that is shoulder level will receive 7 points per set.
- Any stunt where the flyer's feet are below shoulder level will receive 4 points per set.

<u>Stunts</u>	<u>Difficulty Points</u>
Below shoulder level.....	4
Extended.....	7
Shoulder level, shoulder stand, elevator	7
*Show-n-go	7
Swedish lift or side press	7
Single twist to cradle.....	8
Extensions	10
Basket toss to cradle catch	10
Extended suspended splits	10
Double twist to cradle	12
One-leg extension with flair.....	14
1/2 pendulum.....	14
Full pendulum	18
Hanging pyramid	7 for shoulder level
.....	4 for each hanging person
Double-braced Tic Toc	32

*A "show-n-go includes both lifting and lowering actions. Therefore, coaches should not use the terms sponge or retake in the Round 3 description form when explaining the entrance and exit of a "show-n-go."

FLAIRS

4 difficulty pts.

Not limited to:

Arabesque
 Basket Toss flairs
 Ball out
 Pike
 Straddle
 Box out
 Cupie

Dismounts:

Cradle catch
 Shoot through
 Suspended roll
 Extension transitioned to cupie
 Heel stretch
 Inverted Entrance
 Liberty
 Log roll
 Mountain climber
 Moving a stunt (at least 5 steps)
 Rotating a stunt (at least 180° to 360°)
 Scorpion
 Shoot through
 Single arm extension
 Single based extension
 Waist level kick out

TRANSITIONS

4 difficulty pts.

(No Variety Points)

Limited to:

Changing bases
 Power Press
 Reload
 Retake*
 Sponge*
 *except as part of a
 "Show 'n Go"

PREPS

4 difficulty pts.

(No Variety Points)

Limited to:

180° vertical turn to
 shoulder or extension
 level
 Floor up to extension

DIFFICULTY FACTORING

In order to more equitably score teams with a different number of competitors on the mat, the total difficulty points earned for tumbling, gymnastic skills, stunts, flairs, preps, transitions and jumps will be determined by each cheer judge compared to the total number of points reflected on each Routine Description. Difficulty points are awarded and reflected on each scoresheet after utilizing the Difficulty Factoring Chart. Judges shall NOT round up. The Difficulty Factoring Chart is on the next page.

Difficulty Points Earned	DIFFICULTY FACTORING CHART												
	Number of Competitors												
	16	15	14	13	12	11	10	9	8	7	6	5	4
20.0	800	750	700	650	600	550	500	450	400	350	300	250	200
19	760	717	665	622	570	527	475	432	380	337	285	233	190
18	720	684	630	594	540	504	450	414	360	324	270	216	180
17	680	646	595	561	510	476	425	391	340	306	255	204	170
16	640	608	560	528	480	448	400	368	320	288	240	192	160
15	600	570	525	495	450	420	375	345	300	270	225	180	150
14	560	532	490	462	420	392	350	322	280	252	210	168	140
13	520	494	455	429	390	364	325	299	260	234	195	156	130
12	480	456	420	396	360	336	300	276	240	216	180	144	120
11	440	418	385	363	330	308	275	253	220	198	165	132	110
10	400	380	350	330	300	280	250	230	200	180	150	120	100
9	360	342	315	297	270	252	225	207	180	162	135	108	90
8	320	304	280	264	240	224	200	184	160	144	120	96	80
7	280	266	245	231	210	196	175	161	140	126	105	84	70
6	240	228	210	198	180	168	150	138	120	108	90	72	60
5	200	190	175	165	150	140	125	115	100	90	75	60	50
4	160	152	140	132	120	112	100	92	80	72	60	48	40
3	120	114	105	99	90	84	75	69	60	54	45	36	30
2	80	76	70	66	60	56	50	46	40	36	30	24	20
1	40	38	35	33	30	28	25	23	20	18	15	12	10

If a team performs Round 3 with a competitor missing, a “hole,” the difficulty points earned will be based on the number that **actually** compete.

Execution Category — Each panel judge will evaluate tumbling, jumps, gymnastic skills, flairs, transitions, floor up preps and stunts for proper execution in the routine on a 1 to 20 point scale for 12 or fewer competitors. The maximum execution value increases to 20.5 for 13, 21.0 for 14, 21.5 for 15 and 22.0 points for 16 competitors. See page 20 for additional information.

Execution Bonus Category – This category rewards teams that execute skills with very few errors. A team can earn up to 3 points in this category if its execution is 17.5 or above. This category has been added to encourage good execution.

Execution Points	17.5	18.0	18.5	19.0	19.5-22
Points Earned	1	1.5	2	2.5	3

Choreography Category – A team may receive a maximum of 10 points in this category. There are 5 possible skills/stunts to perform. Each of the 5 is valued at 2 points and will be credited to the team’s Round 3 score when performed the required number of times.

The number of times a skill or stunt must be performed is based on a sliding scale according to the number of competitors representing a team on the floor. Therefore, a team with fewer competitors in Round 3 will be required to perform the skill/stunt fewer times to earn 2 points.

To further clarify, judges are required to count the number of times a skill or stunt is performed. It is not a requirement that different competitors perform the skill/stunt.

The skills/stunts are:

- 1 leg extension stunts – credit will be given when the skill originates from the elevator level or below. Braced leg extensions will also receive credit.
- Team tumbling – rolls will not count. Tumbling must begin on the same count but does not have to be the same skill by all competitors.
- Full twist to cradle or 360° flair – a team may perform both skills. A 360° flair refers to a vertical twist performed by a flyer, up or down.
- Back tucks – the skill may be performed from a standing position or as a part of a tumbling combination. Back layouts or whip backs with a 2 foot take off will receive credit.
- Double twist to cradle.

CHOREOGRAPHY CHART						
Number of Competitors	One-Leg Extensions Originating Elevator or Below	Team Tumbling (No Rolls) Performed Simultaneously	Full Twist to Cradle and/or 360° Flair	Back Tucks Standing or with Tumbling	Double Twist to Cradle	Points Earned
	NUMBER THAT MUST BE PERFORMED					
4-5	1	ALL	1	2	1	2
6-7	2	ALL	2	3	1	2
8-9	4	ALL	4	4	1	2
10-11	5	ALL	5	5	2	2
12-13	6	ALL	6	6	2	2
14-15	7	ALL	7	7	3	2
16	8	ALL	8	8	3	2

ROUND 3 – PANEL JUDGING

Variety of Skills

Each panel judge will evaluate variety of skills in the routine on a 1 to 15 point scale. The number of different tumbling skills, jumps, stunts and flairs performed must be counted. Each **different** tumbling skill, jump, stunt and flair will be credited one (1) variety point. No variety points are given for preps or transitions.

To further clarify when variety points are assessed:

- A flair performed from floor level and the same flair performed in a stunt will receive one variety point in each position, i.e., heel stretch on floor, heel stretch by flyer. Two variety points would be earned.
- A flair that is performed by a flyer at knee level, shoulder level, or extension level will receive a variety point once only.
- An elevator receives a variety point only when it is a stunt.
- The side splits receive one variety point.
The switch splits receive one variety point.
The center splits receive one variety point.
- In order to receive a variety point for tumbling, more than one competitor must perform the kicks, jumps of splits skill simultaneously.

Difficulty of Skills

Each panel judge will evaluate the difficulty of the tumbling, gymnastic skills, stunts, flairs, transitions and jumps performed in the routine on a 1 to 20 point scale. The Difficulty Factoring Chart is on page 39.

Execution

Each panel judge will evaluate tumbling, jumps, gymnastic skills, flairs, transitions, floor up preps and stunts for proper execution in the routine on a 1 to 20 point scale for 12 or fewer competitors. The maximum execution value increases to 20.5 for 13, 21.0 for 14, 21.5 for 15 and 22.0 for 16 competitors. Evaluation of execution is described on page 20.

Execution Bonus

Once each Cheer Judge has determined the execution score a team has earned, the judge will determine whether the team will earn Execution Bonus points. Enter Execution Bonus points on the Round 3 scoresheet based on execution points earned if 17.5 or above. Use the Execution Bonus Chart on page 39 to determine points earned, if any.

Choreography

Panel judges are required to count the number of times the five possible skills/stunts allowed in this category are performed. The same or different competitors on the team may perform the skill/stunt. Each panel judge will credit 2 points to the team that performs the appropriate number of skills/stunts based on the number of team members competing. The Choreography Chart and further explanation of the allowed skills/stunts are provided on page 39 in this manual.

NOTES:

ROUND 1 – REQUIRED ROUND – SCORESHEET

SCHOOL _____ NO. OF COMPETITORS _____ JUDGE I.D.# _____

JUMPS

Level 1 - All tuck jumps, spread eagle, straight jump, 6 pts. banana, slap jump, back clap
Level 2 - Double hook, c-jump, hitch kick, front thigh slap 8 pts.
Level 3 - Herkie, hurdle, toe touch, stag sit, double 9, 10 pts. head whip, pike, universal

FLOOR MOBILITY

Accuracy of formations, spacing, effectiveness, ease of transitions, transition moves, visual patterns, from formation to formation.....

1	1.5	2	2.5	3	3.5	4	4.5	5	5.5	6	6.5	7	7.5	8	8.5	9	9.5	10....	<div style="border: 1px solid black; width: 40px; height: 20px; margin: 0 auto;"></div>
---	-----	---	-----	---	-----	---	-----	---	-----	---	-----	---	-----	---	-----	---	-----	--------	---

VOCALS

Voice inflection, clarity, squad volume, appropriate choice of words.....

1	1.5	2	2.5	3	3.5	4	4.5	5	5.5	6	6.5	7	7.5	8	8.5	9	9.5	10....	<div style="border: 1px solid black; width: 40px; height: 20px; margin: 0 auto;"></div>
---	-----	---	-----	---	-----	---	-----	---	-----	---	-----	---	-----	---	-----	---	-----	--------	---

JUMPS

The first 2 jumps must be different and will be scored on technique, level of difficulty, timing and execution.

1st Jump

1	1.5	2	2.5	3	3.5	4	4.5	5	5.5	6	6.5	7	7.5	8	8.5	9	9.5	10....	<div style="border: 1px solid black; width: 40px; height: 20px; margin: 0 auto;"></div>
---	-----	---	-----	---	-----	---	-----	---	-----	---	-----	---	-----	---	-----	---	-----	--------	---

2nd Jump

1	1.5	2	2.5	3	3.5	4	4.5	5	5.5	6	6.5	7	7.5	8	8.5	9	9.5	10....	<div style="border: 1px solid black; width: 40px; height: 20px; margin: 0 auto;"></div>
---	-----	---	-----	---	-----	---	-----	---	-----	---	-----	---	-----	---	-----	---	-----	--------	---

TEAM COORDINATION

Precision and timing (mistakes, missed motions, punch, crispness, hit).....

1	1.5	2	2.5	3	3.5	4	4.5	5	5.5	6	6.5	7	7.5	8	8.5	9	9.5	10....	<div style="border: 1px solid black; width: 40px; height: 20px; margin: 0 auto;"></div>
---	-----	---	-----	---	-----	---	-----	---	-----	---	-----	---	-----	---	-----	---	-----	--------	---

EXECUTION

Placement and accuracy of all motions (high Vs, Ts, wrists, lunges, leg positions, etc.).....

1	1.5	2	2.5	3	3.5	4	4.5	5	5.5	6	6.5	7	7.5	8	8.5	9	9.5	10....	<div style="border: 1px solid black; width: 40px; height: 20px; margin: 0 auto;"></div>
---	-----	---	-----	---	-----	---	-----	---	-----	---	-----	---	-----	---	-----	---	-----	--------	---

DIFFICULTY AND VARIETY

Movements, motions, peel offs, levels, enhancements, arm whips, ripples, etc.....

1		2		3		4		5		6		7		8		9		10....	<div style="border: 1px solid black; width: 40px; height: 20px; margin: 0 auto;"></div>
---	--	---	--	---	--	---	--	---	--	---	--	---	--	---	--	---	--	--------	---

GENERAL IMPRESSION

Creativity, continuity, team confidence, overall impression....

1	1.5	2	2.5	3	3.5	4	4.5	5	5.5	6	6.5	7	7.5	8	8.5	9	9.5	10....	<div style="border: 1px solid black; width: 40px; height: 20px; margin: 0 auto;"></div>
---	-----	---	-----	---	-----	---	-----	---	-----	---	-----	---	-----	---	-----	---	-----	--------	---

Maximum points possible 80

TOTAL _____

ROUND 2 - COMPULSORY ROUND - SCORESHEET

SCHOOL: _____ NO. OF COMPETITORS _____ JUDGE I.D # _____

Requirements - 5 skills shall be selected from the list below, at least one skill from each category must be performed; Flexibility, Jumping, and Tumbling.
The total value of the skill difficulty multiplier (DM) cannot exceed 5.80.

DM	Flexibility Category	DM	Jumping Category	DM	Tumbling Category
0.600	Any Kick	0.600	Spread Eagle	0.600	Forward Roll
0.800	Side Split**	0.600	Tuck	0.800	Backward Roll
1.000	Heel Stretch	0.800	Double Hook	0.800	Cartwheel**
1.000	Switch Split**	1.000	Double 9	1.000	Near Arm Cartwheel**
1.200	Triple Splits**	1.000	Herkie	1.000	Round Off
1.200	*Valdez	1.000	Front Hurdler	1.000	Far Arm Cartwheel**
		1.000	Pike	1.200	Back Handspring
		1.000	Toe Touch	1.200	*Back Walkover
		1.000	Universal	1.400	Standing Back Tuck
				1.400	Aerial Cartwheel

Competitors	Competitor Multiplier
4	1.000
5	1.010
6	1.020
7	1.030
8	1.040
9	1.050
10	1.060
11	1.070
12	1.080
13	1.090
14	1.100
15	1.110
16	1.120

5 skills must be performed.

*The backwalkover and valdez skills may be used as a tumbling or flexibility skill. One skill cannot count for both categories.

** You may not select more than one of these for your 5 skills in that category.

PRECISION DRILL

1 1.5 2 2.5 3 3.5 4 4.5 5 5.5 6 6.5 7 7.5 8 8.5 9 9.5 10

LIST SKILLS IN ORDER PERFORMED

Skill 1	1	1.5	2	2.5	3	3.5	4	4.5	5	5.5	6	6.5	7	7.5	8	8.5	9	9.5	10	DM	X	=
<input style="width: 100%; height: 25px; background-color: #cccccc;" type="text"/>																				<input style="width: 30px; height: 25px; background-color: #cccccc;" type="text"/>		<input style="width: 30px; height: 25px; border: 1px solid black;" type="text"/>
Skill 2																				<input style="width: 30px; height: 25px; background-color: #cccccc;" type="text"/>		<input style="width: 30px; height: 25px; border: 1px solid black;" type="text"/>
Skill 3																				<input style="width: 30px; height: 25px; background-color: #cccccc;" type="text"/>		<input style="width: 30px; height: 25px; border: 1px solid black;" type="text"/>
Skill 4																				<input style="width: 30px; height: 25px; background-color: #cccccc;" type="text"/>		<input style="width: 30px; height: 25px; border: 1px solid black;" type="text"/>
Skill 5																				<input style="width: 30px; height: 25px; background-color: #cccccc;" type="text"/>		<input style="width: 30px; height: 25px; border: 1px solid black;" type="text"/>

Competitor Multiplier X Precision Drill + 5 Skills Subtotal =

General Impression

1 1.5 2 2.5 3 3.5 4 4.5 5 5.5 6 6.5 7 7.5 8 8.5 9 9.5 10

Maximum Points Possible 86.16

ROUND 3 – OPEN ROUND – SCORESHEET

SCHOOL _____ NO. OF COMPETITORS _____ JUDGE I.D.# _____

SKILLS																							
Tumbling and gymnastic skills, stunts, flairs, jumps, transitions:																							
+Variety of skills	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15								
+Degree of difficulty	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20			
+Choreography	OLE – 2 pts.				TT – 2 pts.				FT/360 – 2 pts.				BT – 2 pts.				DT – 2 pts.						

+Execution	1	1.5	2	2.5	3	3.5	4	4.5	5	5.5	6	6.5	7	7.5	8	8.5	9	9.5	10	10.5	11	11.5	12	12.5	13	13.5	14	14.5	15	15.5	
	16	16.5	17	17.5	18	18.5	19	19.5	20	20.5	21	21.5	22																		
Execution Bonus					1	1.5	2	2.5	3	3	3	3	3	3																	

FLOOR MOBILITY

Accuracy of formation, spacing, effectiveness, transition moves, purpose of movement from formation to formation.....

1	1.5	2	2.5	3	3.5	4	4.5	5	5.5	6	6.5	7	7.5	8	8.5	9	9.5	10	
---	-----	---	-----	---	-----	---	-----	---	-----	---	-----	---	-----	---	-----	---	-----	----	--

VOCALS

Voice inflection, clarity, squad volume, appropriate choice of words.....

1	1.5	2	2.5	3	3.5	4	4.5	5	5.5	6	6.5	7	7.5	8	8.5	9	9.5	10	
---	-----	---	-----	---	-----	---	-----	---	-----	---	-----	---	-----	---	-----	---	-----	----	--

TEAM COORDINATION

Precision and timing of all motions, tumbling, stunt skills, effective use of all team members.....

1	1.5	2	2.5	3	3.5	4	4.5	5	5.5	6	6.5	7	7.5	8	8.5	9	9.5	10	
---	-----	---	-----	---	-----	---	-----	---	-----	---	-----	---	-----	---	-----	---	-----	----	--

GENERAL IMPRESSION

Creativity, continuity, team confidence, floor presence, overall impression.....

1	1.5	2	2.5	3	3.5	4	4.5	5	5.5	6	6.5	7	7.5	8	8.5	9	9.5	10	
---	-----	---	-----	---	-----	---	-----	---	-----	---	-----	---	-----	---	-----	---	-----	----	--

*Judges are not to favor any particular style, but to judge the style presented.

Maximum points possible 110

TOTAL _____

ROUTINE DESCRIPTION FORM – Round 3

Page ____ of ____

School Name: _____ Date: _____ No. of Competitors: _____ Coach's Signature: _____

Type, IN ORDER, all tumbling skills, jumps, stunts, and preps that will receive credit and additional options your team will perform. Highlight choreography credited skills. By rule, difficulty and variety must be given a numerical value on this form.

Choreography	Description	Variety	Difficulty
TOTAL			

	# One Leg Extensions	Team Tumbling	# Full Twists/ 360°	# Back Tucks	# Double Twists	Difficulty	Points
NEED		ALL					
HAVE							

SAMPLE - ROUTINE DESCRIPTION FORM – Round 3

Page 1 of 1

School Name: Lansing High Date: 1-1-2008 No. of Competitors: 12 Coach's Signature: _____

Type, IN ORDER, all tumbling skills, jumps, stunts, and preps that will receive credit and additional options your team will perform. Highlight choreography credited skills. By rule, difficulty and variety must be given a numerical value on this form.

Choreography	Description	Variety	Difficulty
2 FT	2 Elevators (2x7=14) 1 Extension (10) 3 Cradles (3x4=12) 2 with a Full Twist (2x4=8)	4	44
2 OLE 2 FT	2 Floor up one leg extensions to Liberties (2x[4+10+4]=36) and 2 full twist cradles (2x[4+4]=16) 4 Back Handsprings (4x3=12)	2	64
3 OLE 3 FT	3 Extensions (3x10=30) 3 Rotating stunts (3x4=12) 3 retakes (3x4=12) to 3 One leg extensions Arabesques (3x[10+4]=42) 3 full twist cradles (3x[4+4]=24)	2	120
TT	12 Back Walkovers (12x2=24)	1	24
	Basket Toss with Toe Touch (10+4=14)	2	14
	3 Elevators (3x7=21) 3 sponges (3x4=12) to 3 Extensions (3x10=30) 3 Cradles (3x4=12) 3 reloads (3x4=12) to 3 Extensions (3x10=30) 3 Cradles (3x4=12)		129
1 OLE	2 Round off-back handsprings- back tucks (2x[1+3+5]=18) 2 Shoulder Stands (2x7=14) 1 Floor up one leg extension Heel Stretch cradle (10+4+4+4=22)	4	54
	3 Extensions (3x10=30) 3 cradles (3x4=12)		42
TOTAL		15	491

	# One Leg Extensions	Team Tumbling	# Full Twists/ 360°	# Back Tucks	# Double Twists	Difficulty	Points
NEED	6	ALL	6	6	2		
HAVE	6	ALL	7	2	0	491	16

SAMPLE - ROUTINE DESCRIPTION FORM -- Round 3

Page 1 of 1

School Name: Lansing High Date: 1/1/2008 No. of Competitors: 14 Coaches Signature: _____

Type, IN ORDER, all tumbling skills, jumps, stunts, and preps that will receive credit and additional options your team will perform. Highlight choreography credited skills. By rule, difficulty and variety must be given a numerical value on this form.

Choreography	Description	Variety	Difficulty
	2 Elevator shoot through change bases extension elevator (no points) cradle (2x[7+4+4+10+0+4]=58)	4	58
2 BT	2 Round-off backhandspring backtuck (2x[1+3+5]=18)	3	18
3 FT	3 Show-n-go extension twist cradle (3x[7+10+4+4]=75) 3 Suspended roll from floor to floor (3x4=12)	2 1	75 12
T.T.	3 Extension sponge move extension toe touch cradle (3x[10+4+4+10+4+4]=108) 14 Backwalkovers (14x3=42)	2 1	108 42
1 OLE	3 Inverted Entrance to shoulder sit (3x[4+4]=24) 2 Handstand forward roll (2x[1+1]=4) Double braced Tic Toc cradle horizontal facedown flair (32+4+4=40)	4 2	28 40
2 OLE	2 sponge (from elevator) one leg extension liberty cradle (2x[4+14+4]=44)		44
1 DT	Suspended roll (from floor) cradle reload elevator Double twist cradle (4+4+4+7+8+4=31)	1	31
TOTAL		20	456

	# One Leg Extensions	Team Tumbling	# Full Twists / 360°	# Back Tucks	# Double Twists	Difficulty	Points
NEED	7	ALL	7	7	3	456	13
HAVE	3	ALL	3	2	1		

PART IX.

TERMINOLOGY, SAFETY RULES, ILLUSTRATIONS-CASE PLAYS

To begin to understand the sport of Competitive Cheer the focus should begin with an understanding of terminology and its definitions, from there, rules of safety will be clarified. In addition, interpretations of the rules through illustrations and case plays will guide the reader to a better understanding of this section of the Manual.

SECTION A — BASIC TERMS

Aerial - A skill performed free of contact with a person or surface.

Dismount - Ending the stunt by releasing the flyer to a cradle or on to the performing surface.

Flair - An enhancement to a stunt. Examples are: liberty, arabesque, heel stretch.

Flip/Salto - An aerial skill involving head over heels rotation.

Formation - A position on the cheer surface identified by viewing the placement of all team members and their relationship to each other.

- If the distance between team members change but the relationship to each other, front or back or side to side does not, a different formation was not created.
- A different formation is created when team members placement on the cheer surface has changed in relationship to each other.

X X X → X X X No Formation
X X X X X X change

* * * → * * * Formation change
* * *

Gymnastic - Skills that tend to be stationary as opposed to moving. Examples are: handstand, heel stretch, splits, etc.

Inverted - Any body position in which the head drops below the waist.

Jump - Pushing off from both feet to land on one or both feet.

Prep - A motor skill used to initiate the start of a jump, tumbling skill or stunt.

Pyramid - Multiple stunts - Examples include: totem pole, hanging pyramid, braced flyer extension.

Roll (tumbling) - Rotating in a head over heels, tucked position.

Skill - A physical or motor movement.

Stunt - A person is supported by one or more persons. It requires a base(s) and flyer(s).

Transition - A motor skill initiated by the bases to move the flyer from one stunt to the same or another stunt without the flyer bearing weight on the performing surface. A transition can involve changing bases.

Tumbling - Motor skills that are acrobatic in style when movement is involved. Examples include: handsprings, cartwheels, tucks, walkovers, rolls, etc.

Twist - An aerial skill involving rotation of the body around the vertical axis.

SECTION B — BODY POSITIONS

1. Gymnastic – stationary skills

- Balance/Scale – An upright or inverted body position that is held. It is designed to show an artistic body position.
- Handstand – An inverted straight body position in which the head, torso and legs are held above the hands and arms.
- Heel Stretch – Standing in an upright position, one leg is held to the side and above the head in a straight leg position.
- Splits – one leg is extended forward of the trunk and one leg is extended backward of the trunk for a regular split position.

2. Jump/Tumbling Skills

- Tuck – Bent at the hips and knees with the knees drawn up to the torso.
- Pike – Bent at the hips with legs straight forward.
- Layout – straight body position.

TUCK



PIKE



LAYOUT



SECTION C — FLOOR SKILLS

Floor skills are gymnastic skills, rolls and jumps along with tumbling skills and drops that are performed by competitors when the skill begins and ends on the performing surface.

Rules

- Floor Skills – Must be able to be performed without the needed assistance of another person.

1. Drops

Dropping is the action of landing on the performing surface but appearing to fall onto the performing surface.

Rules

- Drops are legal from a jump, stand or inverted position when most of the weight of the competitor is absorbed by her hands/feet to allow a controlled drop. Knee, seat, thigh and split drops are legal when there is absorption of the impact by the hands/feet.
- Front drops from an airborne position are always illegal.
- Tension drops are illegal.
- A drop from a handspring, salto, cartwheel, etc., is illegal.

LEGAL DROP



a



b



c



d

Drops are legal from a jump when most of weight of the competitor is absorbed by her hands/feet.

2. Rolls

Rolls are tumbling type skills rotating head over heels in a tuck position.

Rules

- A forward roll begins with the body in a tucked, crouched position with hands on the performing surface, the person then rolls forward. This is a legal skill.
- A backward roll begins with the body in a tucked, crouched position, the person rolls backward. This is a legal skill.
- A dive roll is a forward roll with flight. The person stretches her body in a layout flight position before the roll begins. A jump/dive roll is an illegal skill.

3. Tumbling

Tumbling involves an acrobatic motor skill.

Rules

- A twist (jump-twist-land) performed on the competitive surface must not involve more than two complete rotations.
- A flip/salto must be performed from and to the performing surface.
- A flip/salto must not involve more than one head over heels rotation.
- A flip/salto must not involve more than one twist.
- A flip that ends into a stunt or cradle is illegal.
- Tumbling, rolling or flipping over or under a stunt is illegal.

DIVE ROLL — ILLEGAL SKILL



a



b



c

SECTION D — STUNT LEVELS

While not required, spotters should be used until skill is mastered.

1. Below shoulder level

The flyer's feet/legs are below shoulder level. Four points difficulty.

Rule:

- Stunts that are below shoulder level do not require a spotter for high school teams.

ALL LEGAL



Shoulder Sit



Thigh Stand (Double-Base)



Pony Stand



Thigh Stand (Single-Base)

2. Shoulder level

The flyer's feet/legs are at or on shoulder level. Seven points difficulty.

Rule:

- Stunts at shoulder level do not require a spotter for high school teams.



Shoulder Stand

BOTH LEGAL



Elevator

3. Extended stunt

One in which the supporting arm(s) of the base(s) is fully extended above her head. Seven points difficulty.

Rule:

- All extended stunts require a spotter, except those listed on page 53. Illustrations of extended stunts with a spotter required are on page 52.

4. Extension

A stunt in which the supporting arm(s) of the base(s) is fully extended above the head, and the flyer is standing in the hand(s) of the base(s). 10 points difficulty.

Rule:

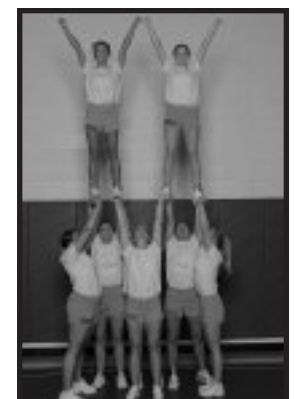
- All extensions require a spotter for high school teams.



Extension



Single base extension
with spotter



Multi-base extensions
with spotters

SECTION E — STUNT, PYRAMID COMPONENTS

Stunting

Stunts/pyramids involve person(s) supporting one or more persons. See page 54 for examples of legal pyramids.

Rule

- Stunt Limitations

All stunts and/or pyramids are limited to two persons high, meaning the flyer receives primary support from a base(s) who is in direct, weight-bearing contact with the mat.

STUNTING — ALL ILLEGAL



All illustrations are more than two high.

Components

1. Base

A person who is in direct weight-bearing contact with the performing surface and provides primary support for another person.

Rule

- A base is not allowed to take a back-bend or inverted position such as hand stand or head stand.

2. Flyer

A person who receives primary support from another person **anytime** during a stunt.

Rules

- A flyer is not permitted to drop her head backward out of alignment with her torso during a flair or a toss.
- A flyer is not permitted to be in an inverted position, **except during the rotation of a legal forward suspended roll and/or legal inverted entrance.**



ILLEGAL —
Flyer on left in inverted position



ILLEGAL —
Flyer's head out of alignment with torso



LEGAL

Flyer Positions

- Horizontal – The flyer is parallel to the floor.
- Splits – The flyer's legs are in an extended forward and backward position from her torso or on each side of her torso.
- Straddle – Legs are bent at the hips with knees straight. Each leg is extended 45 degrees sideward from the front of the torso.
- Vertical – The flyer is in an upright position.
- Inverted – The person's head is below her waist. This term is used with gymnastic, tumbling and stunting skills.

HORIZONTAL POSITION



SPLITS POSITION



STRADDLE POSITION



VERTICAL POSITION



3. Spotter

A person who is in direct contact with the performing surface and may help control the building of, or dismounting from, a stunt. This person(s) shall not provide the primary support, meaning the stunt or pyramid would remain stable without the spotter(s) when the stunt is in a static position.

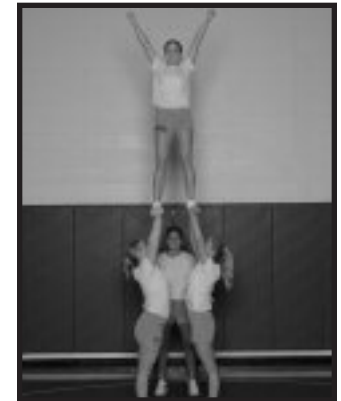
Required Techniques

- The spotter must **TOUCH** either the base and/or the flyer when performing a stunt in which the supporting arm(s) of the base(s) is fully extended above the head.
- During the stunt and the dismount, the spotter must be **WATCHING** for possible errors and **ACTING** to prevent injuries with special emphasis on the head, neck, and back areas of the flyer.
- While **TOUCHING**, the spotter must be sufficiently **AWAY** from the stunt so as to not provide primary support.
- Best practice would be to train all spotters to follow the TWA rule – whether spotting is required or not.

ILLEGAL — Spotter not watching flyer



ILLEGAL — Spotter not touching



ILLEGAL — Spotter not away



LEGAL — Spotter touch, watch, away (side view pg. 52)



Spotter (Continued)

Rules

- A spotter cannot provide primary support for a flyer(s).
- A spotter is required until a tumbling skill, stunt or pyramid is mastered.
- A spotter is required for stunts in which the supporting arm(s) of the base(s) is fully extended above the head. The spotter must touch, watch, and assume a correct position which is away, not under the flyer (exceptions on page 53).

ALL LEGAL with a spotter.



Bird — The base's arms are fully extended.



Double-Base Dead Man Lift



Triple-Base Straddle Lift
(middle base is under spotter)



Side Press



Side Press with Flair

Rules

- A spotter cannot grab the sole of the foot of the flyer or grab the hand(s) of the base(s) beneath the flyer's foot.

LEGAL



Spotter holding wrists of base

LEGAL



Spotter holding ankles of flyer

Spotter (Continued)

Rules

- A person is still considered a spotter when bracing, lifting, or balancing a stunt or pyramid.

- A spotter is required for extended stunts **except** for the following:

Box-out

Chair

Double-base split catch

Double-base vertical T-lift

Russian lift

Torch

Triple-base dead-man lift

Triple-base extended suspended splits

Triple-base v-sit

ALL LEGAL WITHOUT A SPOTTER



Box-Out



Chair



Double-Base Split Catch



Double-Base Vertical T-Lift

ALL LEGAL WITHOUT A SPOTTER



Russian Lift



Torch



Triple-Base Dead-Man Lift



Triple-Base Extended
Suspension Splits



Triple-Base V-Sit

4. Bracer

A bracer is a flyer who stabilizes a stunt by **direct** contact with another flyer. The stunt would remain stable without a bracer.

Rules:

- A bracer who is also a flyer, cannot provide primary support for a flyer.
- A bracer who is in direct contact with a flyer, stabilizes the stunt with the following requirements:
 - A bracer must be shoulder height or below **or**,
 - A bracer in an extension position cannot brace a one-legged extension (OLE).

LEGAL



A bracer may not provide primary support

LEGAL



Bracers in extension position — Bracers have both feet in both hands of their bases

LEGAL



Chairs bracing an extension

5. Dismount

Releasing the flyer to a cradle or onto the performing surface. It is the end of the stunt.

Types of Dismounts

- Backward Dismount – The flyer dismounts backwards, with or without the feet being held, to catchers who are not the original bases.
- Cradle Catch – The flyer is caught in a face up position with the catcher's hands/arms up and by placing one arm under the back and one under the thighs of the flyer.
- Roll Down Dismount – A flyer in a horizontal extended position, rolls down the front of the base(s) and is caught by the original base and a spotter.
- To the Performing Surface – The flyer goes directly from a stunt position to the performing surface.

Rules:

- Dismounts from shoulder height or above must have assisted landings to the mat. An elevator is considered shoulder height.

LEGAL DISMOUNT



a



b



c

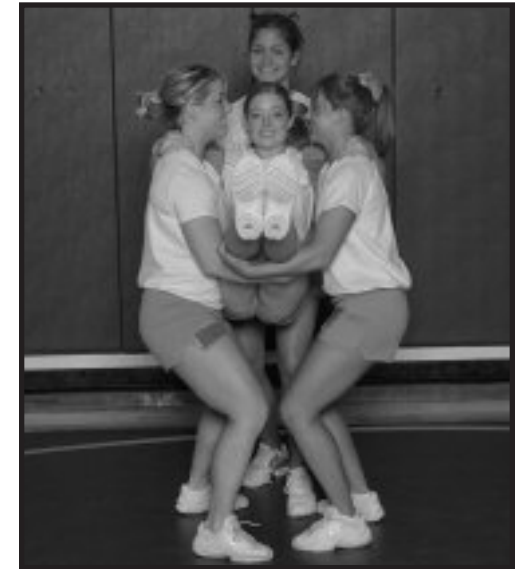
The flyer is assisted in her landing from a shoulder stand.

Dismount Rules (Continued)

- Dismounts that are caught/cradled, the catcher(s) must see the flyer at all times.
- A flyer dismounting from multi-bases to a cradle must be caught by at least two catchers and a head and shoulders catcher.
- A skill may be performed to a cradle catch EXCEPT when the dismount is backward to separate catchers.
- A twist with no more than two complete rotations may be performed to a cradle dismount. A twist with 2-1/2 rotations may be performed from a side facing stunt to a cradle dismount.
- Movement of bases or catchers during a dismount is not allowed except for the safety of the flyer.
- The flyer may perform a skill prior to dismounting directly to the mat when constant hand-to-hand contact with the bases occurs (i.e., pike off dismount).



a



b

The flyer is caught by at least two catchers and a head and shoulder catcher.

ILLEGAL DISMOUNT



a



b



c

The flyer did not maintain constant hand-to-hand contact when performing the skill before the dismount to the performing surface.

Dismount Rules (Continued)

- A flyer dismounting from a single base to a single base cradle must have another catcher for the head and shoulder area of the flyer. **EXCEPTION**, a chair or torch.

LEGAL



a



b

Single base extension to single base cradle with head and shoulder catcher.

LEGAL BACKWARD DISMOUNT

- Backward dismounts must be to a cradle and must have at least two catchers and an additional head and shoulders catcher.



a



b



c

The flyer is cradled by at least two catchers and a head and shoulders catcher.

ROLL DOWN DISMOUNT

LEGAL



a



b



c

- Backward dismounts to a face-up LAYOUT position are legal when at least four catchers are used.
- Roll down dismounts must have a head and shoulders catcher.
- Inverted dismounts are illegal except for a legal suspended forward roll.
- No participant is allowed to be or move under a stunt/pyramid.

ILLEGAL



a



b

A competitor cannot walk, tumble, move or be under a stunt.

FORWARD SUSPENDED ROLL DISMOUNT

The flyer rotates feet over head while both hands are in continuous hand to hand/arm contact with her bases.

Rules: A forward suspended roll is legal when:

- The flyer has multi-bases.
- The flyer begins in an upright position at shoulder height or below.
- The flyer maintains continuous hand to hand/arm contact with the original bases.
- Dismounts to the mat or a cradle.
- Backward suspended rolls are illegal.
- Suspended rolls from a basket toss, pitch or toss are illegal.

LEGAL



a



b



c

SECTION F — TYPES OF STUNTS

1. Flatback

The flyer is transitioned from a vertical position to a horizontal face-down or face-up position **between** two or more bases. This is NOT a pendulum.

Rule:

- It is a legal flatback when a flyer in a vertical position transitions to a horizontal position “between” at least two bases and, at least two catchers to protect the head and shoulders area of the flyer.

LEGAL



a



b



c

The flyer is caught between two bases and at least two head and shoulders catchers.

2. Helicopter

A flyer in a horizontal position is tossed by the bases, then rotates in a horizontal plane before being caught by the original bases.

Rule:

- A helicopter is illegal.

HELICOPTER

ILLEGAL



a



b



c



d

3. Show-N-Go

Definition:

A "show and go" includes lifting the flyer from below elevator level to a brief extended position or to a position in which the flyer's feet are above the bases' heads, then returning instantly to a position that is below elevator level. Entrance and exit are part of this stunt. Difficulty points are given to transitions that are performed from a previous stunt to the start of the show-n-go, but coaches should not use the terms sponge or retake on the Round 3 Description Sheet when beginning a show-n-go from the performance surface.

Explanation:

Just as a basket toss includes the cradle (the cradle is not scored separately), a show and go includes both lifting and lowering actions. Therefore, it would be impossible to receive additional difficulty points for flairs such as a sponge or retake at the end of the show and go.

LEGAL



Sponge



Overhead



Sponge

Additional Flairs:

The only additional 4-point flairs allowed when performing a show and go would fall into one of the following categories:

- 180 degree or more turn by the flyer.
- Changing bases.
- The flyer's non-supporting leg is at or above her waist at the peak of the stunt.
- The flyer performs the entire stunt with only one foot in the hands of the bases.
- The bases travel 5 steps or more.
- The bases rotate 180 degrees or more.
- A one-foot flair is earned when the entire show and go, including entrance and exit, is performed on one foot. (When a base temporarily lets go of one of the flyer's feet, as in a 360 flair or changing bases, it is not a one-foot show and go).

4. Hanging Pyramid

The flyer(s), whose feet are free hanging, is suspended by another flyer(s).

Rules: A hanging pyramid is legal when:

- Bases remain stationary.
- There are spotters for each shoulder stand.
- The base(s) has continuous contact with the suspended person(s).
- The suspended person is not higher than a shoulder stand.
- The suspended person is not inverted.
- The suspended person's feet are not in contact with anyone.

LEGAL



HANGING PYRAMID

ILLEGAL



Bracers acting as bases

5. Jump Rope

A flyer is swung between two bases. The hands are held by one base while the feet are held by another base. A third base assists with the rotation of the flyer during the swing.

Rules:

- The flyer's head must be in alignment with her torso.
- The flyer's head must remain above her waist.

LEGAL



a



b



c

6. Log Roll

A flyer held in a horizontal position is tossed, then rotates parallel to the performing surface before being caught by the original base(s).

Rules: Log Rolls

- Log rolls are legal from a single base or multi-bases.
- A log roll cannot revolve more than two rotations.
- The flyer in a log roll cannot be in contact with a flyer in another stunt

Single base log rolls

- Require the flyer to rotate toward the base.
- Require the flyer to begin and end the roll in a face-up, cradle position.

LEGAL



a



b



c



d



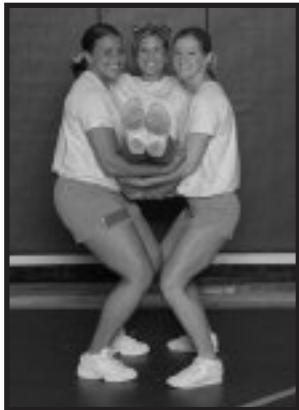
e

Log Rolls (Continued)

Multi-base log rolls

- The flyer must begin and end the log roll in a face-up cradle position when three or fewer catchers are present.
- The flyer may be caught in a face-up or down position when four catchers are present. The flyer may be caught in a cradle or straight body position.

LEGAL



a



b



c



d

7. Pendulum

A stunt in which the flyer in a straight body position falls forward and/or backward away from the base(s) to a horizontal position to catchers while maintaining constant hand-to-feet/legs contact with the base(s).

Rules: A legal pendulum:

- Must begin at shoulder level or below.
- A full pendulum requires two bases.
- A half pendulum may be initiated with one base if base maintains visual contact with flyer
- Cannot pass through an extended overhead position.
- The flyer may be caught in a face-up or face-down position.
- The flyer must be caught by at least 4 catchers.
- The base(s) must remain stationary.
- The catchers must remain in a stationary position.
- The area between the bases and catchers must be free of other competitors.
- The flyer may be turned vertically.
- Half and full pendulums may end with the flyer opposite the catchers (in front of the flyer) in an extension position.
- A half pendulum requires a spotter in front of the flyer when the flyer returns to the upright position.

LEGAL



a

Half pendulum



b

ILLEGAL



A full pendulum requires two bases

8. **Power Lift** – A power lift involves a base in a standing position lifting another standing person from the floor to a shoulder sit position.

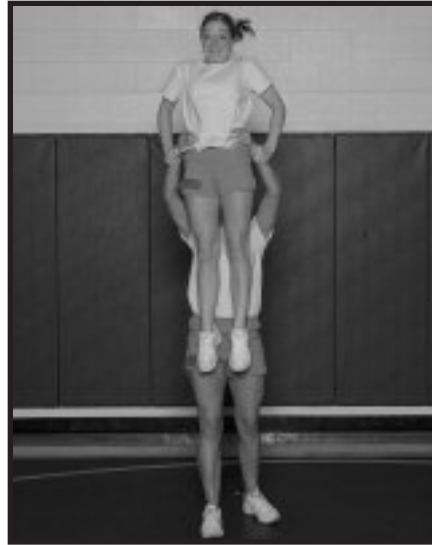
Rules:

- A single base power lift to a shoulder sit is illegal.
- A single base power lift with spotter(s) to help control the lift to a shoulder sit is legal.

ILLEGAL — Power Lift



a



b



c

A single base power lift to a shoulder sit is illegal.

LEGAL — Power Lift



a



b



c



d

9. Suspended Roll

The flyer rotates feet over head while both hands are in continuous hand to hand/arm contact with her bases.

Rules: A forward suspended roll is legal when:

- The flyer has multi-bases.
- The flyer begins in an upright position at shoulder height or below (including the floor).
- The flyer maintains continuous hand to hand/arm contact with the original bases.
- Dismounts to the mat or a cradle.
- Backward suspended rolls are illegal.
- Suspended rolls from a basket toss, pitch or toss are illegal.

LEGAL — FORWARD SUSPENDED ROLL



a



b



c

LEGAL — FORWARD SUSPENDED ROLL STARTING FROM FLOOR, ENDING IN CRADLE



a



b



c



d

10. Suspended Splits

The flyer is in a split position suspended between two bases at shoulder level.

Rules: Suspended splits are legal from multi-bases and when the flyer has both hands in contact with the bases.

- A single base split is illegal.
- Straddle catches are illegal.
- A flyer in an elevator position can be lowered into the suspended splits when these procedures are followed:
 - Four bases must support the flyer under her thighs and lower leg area as the flyer is being lowered to the split position, OR
 - Three bases must support the flyer under her thighs and lower leg area while a fourth base holds the flyer's hands.
 - Once the suspended splits position is reached, the flyer must have both hands in contact with the base(s).

LEGAL



Suspended Splits

ILLEGAL



Both hands of the flyer must be contact with the bases

LEGAL — Lowering a flyer from elevator to the suspended splits



a



b



c

Four bases must support the thighs and lower legs of the flyer as she is being lowered.



a



b

OR Three bases support thighs and calves of flyer's legs & another base holds the hands of the flyer while she is being lowered.

Once the flyer is in the suspended splits position, the flyer must have both her hands in contact with bases.

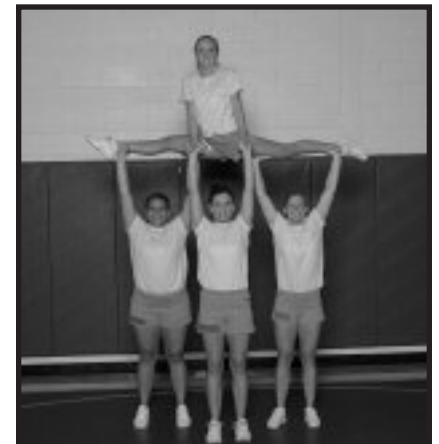
11. Extended Suspended Splits

The flyer is in a split position suspended between two bases who are extending the flyer at arms length above their heads. Another base acts as a post in front of the flyer to support her hands/arms.

Rules:

- Extended suspended splits are legal from multi-bases.
- The flyer must have both hands in contact with a base.

LEGAL



Extended Suspended Splits

12. Swinging Stunt

The flyer is held by the hands and feet and is suspended between bases.

Rules: A swinging stunt is legal when:

- The flyer's head is above her waist.
- The flyer's head is in alignment with her torso.
- The flyer is in a face-up position.
- The flyer is swung face/head upward.
- The flyer cannot be swung downward in a head first direction.

LEGAL — SWINGING STUNT



a



b



c

ILLEGAL — SWINGING STUNT



a



b



c



d

The flyer's head cannot be below her waist. The flyer cannot be swung downward in a head-first direction.

13. Totem Pole

The totem pole is a pyramid in which a flyer(s) is stabilized by another flyer.

Rules: A totem pole is legal when:

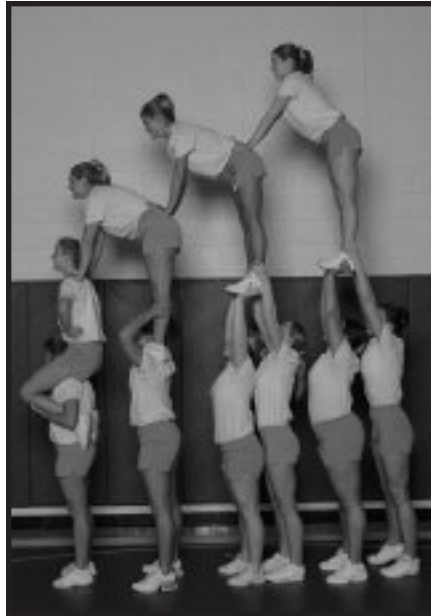
- Each flyer leaning forward is posted/supported by the stunt/flyer directly in front of her.
- No flyer in an extension posts/supports another flyer.
- A spotter is required for each flyer in an extension position.

LEGAL



TOTEM POLE

ILLEGAL



A flyer in an extension cannot support another flyer.

14. Vault

The hands of the flyer are used when going over the top of the bases.

Rules: A flyer in an upright position may vault a base, i.e., shoot through. It is illegal for a flyer to vault in a head over heels rotation.

LEGAL VAULT — SHOOT THROUGH



a



b



c

ILLEGAL VAULT



a



b



c

It is illegal for a flyer to pass through an inverted position except for a legal forward suspended roll.

15. Inverted Entrance

A high school flyer is allowed to pass through an inverted position for an entrance when all of the following conditions are met:

Rules:

- The skill shall begin and the flyer shall originate from an inverted position **with hands on the performing surface** to a non-inverted stunt shoulder level-height or below.
- Once the transition from the inversion to the stunt begins, the flyer must be in continuous motion until the flyer is no longer inverted.
- The skill must include a spotter who protects the head, neck and shoulders of the flyer and who must be in contact with the flyer as she is going through the inverted position.
- The skill must also include a base.
- Pitches are not allowed.
- When a flyer moves through an inverted position, it will be considered a four point flair and will receive one variety point.
- If the inversion goes to a single base stunt, it will require a back and front spot.

INVERTED ENTRANCE



a



b



c



d



a



b



c



d

SECTION G — MOTIONS INITIATED BY BASES

1. Pop

The base(s) push the flyer upward to increase the height of the flyer who will be caught in a cradle catch.

2. Sweep

The bases push their arms forward to release the flyer into a cradle catch.

3. Toss

The bases throw the flyer upward with enough power to allow the flyer to become free of contact from the bases.



Pop



Sweep



Toss

4. Basket-toss

Three to four bases toss the flyer, two of which must have their hands interlocked in a basket position.

Rules:

- No more than four people may initiate the toss, which includes the person who sets or loads the flyer.
- One of the tossers must be behind the flyer at all times.
- The flyer must be cradled by at least two of the original tossers.
- The flyer's head and shoulder area must be caught (cradled) by one of the original tossers.



Bases hands in an interlocked position for a basket toss

Legal Stunt Toss Combination Rules:

- The flyer must be directed vertically.
- The flyer shall not become inverted (head below waist).
- The flyer shall not drop her head backward out of alignment with her torso.
- The flyer must not be tossed over or under other persons.

LEGAL BASKET TOSS



ILLEGAL TOSS



The flyer must be cradled by at least two of the original bases & the flyer must be tossed vertically.

Legal Stunt Toss Combination Rules (Continued)

Rules: Toss requirements are:

- All tosses must be initiated by bases.
- The flyer must be directed vertically.
- The flyer must not be tossed over or under other persons.
- The catchers and spotter must remain stationary unless adjusting position for safety purposes. (It cannot be a moving skill.)
- The flyer shall not become inverted (head below waist).
- The flyer shall not drop her head backward out of alignment with her torso.
- A tossed flyer cannot land in a loading position (sponge, retake, reload) for another toss.
- A twist toss cannot involve more than two complete rotations.

5. Tossing to a Stunt

Rules: Tossing to a Stunt:

- A flyer can be tossed to a stunt, but the toss shall not significantly exceed the height of the stunt.
- When a flyer is tossed to a stunt the flyer must be cradled or return to the performing surface before being tossed again.
- Tossing a flyer to be caught in a split or straddle position is illegal.

LEGAL STUNT-TOSS COMBINATION



a



b



c



d

A flyer can be transitioned to a stunt, lowered to sponge, retake or reload, then tossed to another skill.

ILLEGAL STUNT-TOSS COMBINATION



a



b



c



d

The flyer cannot be tossed, land in a loading position and be tossed again.

Stunt Toss (Continued)

- Toe pitches and thigh pitches are illegal.
- A swan dive is illegal.
- A helicopter is illegal.

ILLEGAL TOSS — TOE PITCH



a



b

ILLEGAL TOSS — THIGH PITCH



a



b

ILLEGAL TOSS — SWAN DIVE



6. Transitions

A motor skill initiated by the bases to move the flyer from one stunt to the same or another stunt without the flyer bearing weight on the performing surface. A transition can involve changing bases.

Rules: Transitioning the flyer:

- When the flyer is being transitioned from one stunt to another involving the same base(s), physical contact must be maintained between the flyer and the bases.
 - Sponge - a flyer is lowered from shoulder level or higher to a crouched position; feet are in the hands of the bases. The bases hands are held at waist to knee level.
 - Head sponging or pushing off the head is illegal.
- Reload - a flyer in a cradle catch is popped to a position in the hands of the bases to go to another stunt.
- Retake - a flyer is lowered to the floor, from shoulder level or higher, with one foot remaining in the hands of the bases. The supporting weight of the flyer must continuously remain with the bases who instantly lift the flyer to the next stunt.
- Power Press – A flyer in a one leg extension stunt (braced or not braced) is lowered on one leg to the shoulder/elevator level and immediately returned to the extension level still on one leg. The transition is one continuous action with the flyer in a one leg stunt.

LEGAL TRANSITIONS

SPONGE



The flyer is lowered from shoulder level or above to a crouched position in the hands of her bases.

RELOAD



A flyer in a cradle catch is popped to a position in the bases hands for the next stunt.

RETAKE



One foot remains in the hands of the bases. The supporting weight of the flyer remains in the hands of the bases.

- When the flyer is being transitioned to new base(s):

LEGAL TRANSITION TO NEW BASES

- The original base(s) must be in constant contact with the flyer until contact with the new base(s) occurs. The flyer cannot at any time be free of all bases.
- If the flyer remains vertical (upright) throughout the transition, the person moving the flyer is allowed to not have continual visual contact to make no more than a half turn to face the new bases.
- When the flyer does not maintain a vertical (upright) position throughout the transition, the new bases must have visual contact of the persons moving the flyer by being in front of or to the side of them, e.g., Flatback.



a



b



c

ILLEGAL HEAD SPONGE



7. Transitions for Braced Flyers

- A braced flyer who is transitioned from one stunt to another (**involving the same bases must maintain physical contact with bases throughout the transition**).
- A braced flyer is allowed to become free (no contact) of her bases when **all** of the following occurs:
 - The flyer does not move through an inverted position.
 - The flyer has at least two bases and a spotter.
 - There is a spotter for each bracer.
 - The bracer(s) have continuous contact with the flyer.
 - During the flyer's loss of contact with the bases the flyer is in motion.
 - The bracer(s) does not hold the flyer in a static position while the flyer is free of the bases.
 - The bracers must be at shoulder level or below.

LEGAL – BRACED FLYER LOSES CONTACT WITH HER BASES



a



b

TIC-TOC – RIGHT LEG LIBERTY TO LEFT LEG LIBERTY

LEGAL TRANSITIONS — SUPERMAN



a



b



c



d

MATRIX



MOUNTAIN CLIMBER



a



b



c



d

Part X — SAFETY RULES CASE PLAYS

Section A FINGERNAILS - HAIR - JEWELRY - UNIFORMS - CASTS

1. **A team member has acrylic fingernails that extend far beyond the tips of her fingers.**
Illegal. Any type of fingernail must not be longer than the tips of the fingers. Use preventative officiating when possible.
2. **All members on a team who have long hair, have their hair in a ponytail or braided style when competing in Round 3. While stunting, a bases ponytail lands on her shoulders and she quickly adjusts it to fall to her back.**
Legal. The competitors have met the intent of the rule by wearing their hair in a ponytail or braided away from the eyes and off the shoulders.
3. **A team member who is a base in Round 3 is wearing her very long hair in a ponytail. The ponytail rests across her shoulder during most of the round.**
Safety judges should write a warning note on the Penalty Sheet urging the competitor to wear her hair in a way that does not cause a potential safety problem for her teammates. Also indicate that a penalty will be assessed next time.
4. **A team member competing in Round 3 has a hairstyle that is shorter than shoulder length, but is continuously falling in her face covering her eyes.**
Illegal. A four-point penalty will be assessed for a hair violation.
5. **A competitor is wearing any of the following during competition: ring, watch, earrings covered with tape, tongue ring, eyebrow ring, bracelet.**
All are illegal and must be removed before competing. If observed during competition, there will be a safety judge deduction for each different item.
6. **A competitor is wearing any of the following during competition: barrette, safety pin, bobby pin, beads woven in the hair.**
All are illegal and must be removed before competing. If observed during competition, there will be a safety judge deduction for each item.
7. **Some team members are wearing ribbons securely fastened in their hair. Some are wearing red ribbons, some are wearing white ribbons.**
Legal. Ribbons are soft and pliable and are legal in any color as long as each is secured and doesn't lie on their shoulders or block their vision.
8. **A competitor is wearing glitter in her hair, on her body and face.**
Glitter is illegal because it flakes off and becomes a safety concern and mat cleanliness issue.
9. **A team is wearing a uniform with glitter woven into the material.**
If glitter flakes off from the uniform, it is not a legal uniform.
10. **A team is wearing a uniform with shiny threads woven into the material.**
Legal.
11. **A competitor is wearing shimmer makeup during competition.**
Legal. Shimmer makeup does not contain glitter that could flake off.
12. **A competitor has a visible permanent or wash-away tattoo.**
A tattoo is not considered illegal unless in the opinion of the judges it is offensive in nature. Coaches should check with a judge before competition begins to get a ruling or have the competitor place tape over the tattoo.
13. **A team is wearing a uniform in which the midriff is exposed while in a static position.**
This is an illegal uniform and shall not be allowed to be worn during competition.
14. **A team is wearing a uniform in which the midriff is exposed while in a static position but is wearing a body suit underneath.** Legal.
15. **A team is wearing socks that appear to be ankle height but look to be a little different height on some of the team members.**
Legal. The rule calls for socks to be worn that are of the same color on all team members and of the same approximate height on the ankle, leg or foot.
16. **A team is wearing socks that do not show above the shoe. Should the safety judge require the competitors to remove their shoes?**
No, the safety judge will ask the coach to verify that each team member is wearing socks.
17. **A team is wearing dance shoes during Round 2.** Legal
18. **A competitor is wearing a properly covered brace on her ankle while competing.**
Legal.
19. **A competitor is wearing a soft covered hard cast on her arm during Round 3 competition.**
Illegal. Hard casts, even if covered with soft material cannot be worn during the Round 3.
20. **A competitor is wearing a soft covered brace, support or cast during Round 1 or Round 2 competition.** Legal
21. **A competitor is wearing a neoprene sleeve during competition to protect her knee.**
Legal in all rounds.
22. **A competitor is wearing a knee brace with exposed metal hinges.**
Illegal. If the hinges were protectively covered, she would be allowed to compete in all Rounds.

Section B — SPOTTING

1. **During an extension stunt, the spotter is watching her flyer but momentarily glances away.** Legal. She is still meeting the requirements of touch, watch and away.
2. **A spotter is positioned with one foot forward appearing to be under the flyer, but her torso and other foot are away from the flyer.** Legal.
3. **A spotter is touching the extended arms of the base and not the flyer.** Legal. The rule does not require the spotter to be touching the flyer.
4. **The spotter is grasping the hands of the base under the flyer's foot.** Illegal. The spotter cannot assist the base in supporting the flyer.

Section C — DISMOUNTS

1. **A flyer jumps from a thigh stand to the performing surface unassisted.** Legal. The stunt was not shoulder level or higher.
2. **A flyer jumps from an elevator or shoulder stand unassisted.** Illegal.
3. **A flyer in a double base elevator dismounts to a double base cradle with a separate head and shoulders spotter.** Legal.
4. **A flyer in a double base elevator dismounts to a single base cradle with a separate head and shoulders spotter.** Illegal. Two catchers are required.
5. **A flyer, who is in a chair stunt, dismounts to a single base cradle without a head and shoulders spotter.** Legal.
6. **A flyer who is in a shoulder stand, dismounts to a single base cradle without a head and shoulders spotter.** Illegal.
7. **A flyer who is in an extension stunt dismounts to a double base cradle who are not the original bases and a head and shoulders spotter.**
Legal, however, when a flyer dismounts to persons who are not her original bases, no skill may be performed into the cradle.

Section D — DROPS

1. **A team performs seat drops with their hands in a high "V" position.** Illegal. The weight of the drop must be absorbed by their hands and feet.
2. **A team performs a knee drop by placing their hands on the floor before dropping to their knees.** Legal.
3. **A team drops forward to a push-up position.** Legal.
4. **A competitor performs a toe touch jump and lands in a split drop.** Illegal. Drops from an airborne position are illegal.

Section E — FLYER RESTRICTIONS

1. **A flyer in extended straddle sit position performs a forward roll with hand to hand contact with her bases.** Illegal. A flyer can only be inverted during a legal forward suspended roll.
2. **A flyer is tossed and while performing a ball-out extends her head and neck backwards out of alignment with her torso.** Illegal.
3. **A flyer in an extension arabesque position lowers her head and upper body so that it is below her waist.** Illegal.
4. **A flyer is in a double base extension or elevator while another competitor walks under and through the stunt.** Illegal.
5. **Two flyers who are each in single based elevators are touching hands. After releasing hands, another competitor performs a handspring between the two bases.** Legal.

Section F — BRACERS

1. **A flyer in an elevator position is bracing two extension liberties on either side of her.** Legal.
2. **A bracer in an extension position is bracing a flyer in an extension liberty stunt.**
Illegal. A bracer in an extension position can only brace a flyer in an extension position when all have both feet in both hands of there bases.
3. **A flyer in a single base extension is braced by a flyer in a single base extension.**
Legal. A bracer(s) who is above shoulder level must have both feet in both hands of her base.
4. **Two bracers are in extension positions on either side of a flyer who is in a shoulder stand position.**
Legal. Bracers in extension positions are allowed to brace flyers in shoulder level or below stunts.
5. **A bracer in an elevator position is bracing a flyer in a heel stretch position who is leaning towards the bracer for support.**
Illegal. The bracer cannot be the person who is providing the majority of support for the flyer.
6. **A flyer in an extension who has bracers in elevator positions on both sides performs a hitch kick. The flyer loses contact momentarily with her base, but is held onto by her bracers during the hitch kick.**
Legal. Bracers cannot provide support for a flyer who is in a static (held) position, but may provide assistance while the flyer is transitioning.

Section G — PENDULUMS AND FLATBACKS

1. **A double based flyer is sponged to an extension position then dismounts backwards in a layout position to four catchers.**
Illegal. This is a pendulum, therefore, cannot originate from an extension position just prior to the dismount.
2. **A flyer in a single base elevator position performs a full pendulum.**
Illegal. A full pendulum must be performed with two bases.
3. **A flyer in a single base elevator position performs a half pendulum with a spotter in front of her when she returns to the upright position.** Legal.
4. **A flyer in a double base elevator transitions forward between two catchers while her feet are being held by her original bases.**
Legal. This is a face forward (down) flatback. Comment: A flyer in a flatback transition falls between catchers and bases. A flyer performing a pendulum falls away from her bases.

Section H — ROLLS AND TUMBLING LIMITATIONS

1. **A flyer performs a forward suspended roll off a double base shoulder stand with her hands in contact with two bases in front of the original bases.**
Illegal. The forward suspended roll must begin and end with the flyers hands in constant contact with the original bases.
2. **A team performs dive rolls for its team tumbling credit in Round 3.**
Illegal. Dive rolls are not allowed.
3. **A competitor performs a tumbling pass in Round 3 that includes a round-off, back handspring, double twisting salto.**
Illegal. Only one twist or rotation is allowed in a tumbling skill.
4. **A competitor performs a round off back handspring to land into a cradle.**
Illegal. A competitor cannot be inverted when going in to a cradle.

Section I — POPS AND TOSSES

1. **A flyer in an elevator position is tossed to a triple base deadman lift.**
Illegal. Tossing a flyer must originate from a basket or be tossed to complete a vertical stunt such as an extension.
2. **A flyer is tossed in an upward vertical direction . While the flyer is in the air, the bases move apart and a competitor walks between the bases of the flyer.**
Illegal. Bases must remain in their original positions unless they must correct their position for the safety of the flyer.
3. **A flyer is tossed by three bases to be cradled by two different bases and a head and shoulders spotter.**
Illegal. A flyer who is tossed must be caught/ cradled by her original bases and head and shoulders spotter.

4. **A flyer is basket tossed and completes a 1/2 twist to land in a face down layout position.**
Illegal. Face down positions can only occur in a legal pendulum stunt or flatback stunt.
5. **A flyer is tossed upward and performs a tuck then lands in a sponge to be tossed to perform a toe touch before landing into a cradle.**
Illegal. A flyer cannot be tossed then land in a loading position to be tossed again.
6. **A flyer steps in the hands of two bases and is pressed up to an elevator position. She is then lowered to a sponge, then tossed upward to land in a cradle.**
Legal. A flyer can be pressed to a stunt, reload, then tossed or a flyer can be tossed, reload then pressed to a stunt.

Section J — TRANSITIONS

1. **A flyer, whose feet are in the hands of her bases, falls forward to push off from the chest/shoulder level of another base then returns to an upright position in the hands of the original bases.**
Legal. This is known as a superman. The transition is legal because the flyer does not lose contact with her original bases.
2. **A flyer whose arms/hands are held by her bases is pushed forward feet first to contact a different base then pushes off to return to her original bases.**
Legal. This is known as a Matrix. The transition is legal because the flyer does not lose contact with her original bases.
3. **A flyer in a double based elevator position steps one foot at a time to different bases who are facing the flyer as the transition occurs.**
Legal. A transition can involve changing bases when the flyer does not lose complete contact with the original bases before there is contact with new bases.
4. **A flyer in an elevator with a spotter is braced by a flyer in a shoulder stand who also has a spotter. The flyer in the elevator position performs a liberty to liberty tic-toc.**
Legal. A flyer is allowed to perform a tic-toc with one bracer as long as both have spotters.
5. **A double base flyer in an extension is braced on both sides by flyers who are in elevators with spotters. The flyer in the extension position is popped to a tuck, returns her feet to her bases hands in the extension position, and then performs a liberty to liberty tic-toc.**
Legal. Loss of contact transitions can be performed consecutively as long as all provisions of the transition rule are met.

PART XI. JUNIOR HIGH/MIDDLE SCHOOL STUNTING LIMITATIONS

In May 1995, the MHSAA Representative Council approved the recommendation of the MHSAA Junior High/Middle School Committee with regards to 7th and/or 8th grade sideline and competitive cheer squads. The following information and limitations were adopted and revised in May 1998, 2003, 2005, 2006, and 2007 and shall be the rules of junior high/middle school member teams:

- More *restrictive stunting limitations* shall be followed by 7th and/or 8th grade teams.

PROHIBITED STUNTS

- Suspended rolls
- Basket tosses
- Basket toss to any flair
- Single base extension
- Single leg extension
- Toe touch cradle from extension
- Twist to cradle from extension
- Flairs at extension level
- Double twist to cradle
- Inverted Entrances

A spotter must be used when performing stunts at or above the shoulder level.

- **TOUCH, WATCH & AWAY** – Required Spotting Technique
 1. The spotter must **TOUCH** either the base and/or the top when performing a stunt shoulder level or above.
 2. During the stunt and dismount, the spotter must be **WATCHING** for possible errors and **ACTING** to prevent injuries with special emphasis on the head, neck, and back areas of the top.
 3. While **TOUCHING**, the spotter must be sufficiently **AWAY** from the stunt so as to not be a primary support.
- Procedures to assure **SAFETY** – the following procedures are recommended to member schools to enhance the level of safety when skills and stunts are taught.
 1. When skills are being taught and practiced, it is recommended that mats be used.
 2. When stunts are being taught and practiced, matting should be a requirement.
 3. **All** stunts should be taught with the use of spotters.
 4. Beginning skills and stunts should be taught and mastered before intermediate skills are introduced; intermediate skills and stunts should be taught and mastered before advanced skills and stunts are introduced.

- The following chart lists beginning, intermediate and advanced skills and stunts. This list is not complete, but should serve as a guideline for coaches to use when practice is conducted so that skills are practiced and mastered in a progressive order according to difficulty:

BEGINNING Skills

Forward roll
Kicks
Spread eagle jump
Tuck jump

INTERMEDIATE Skills

Backward roll
Cartwheel
Front hurdle jump
Round off
Side Splits
Double hook jump

ADVANCED Skills

Back handspring
Back walkover
Heel stretch
Herkie jump
Switch splits
Toe touch jump

STUNTS AT OR ABOVE THE SHOULDER LEVEL REQUIRE A SPOTTER

Stunts

No spotter Needed

Pony stand
Thigh stand
Double base
Ponystand
Shoulder sit

Spotter Needed

Elevator
Shoulder stand
Double base
shoulder stand
Double base
split catch
Suspended splits

Stunts

Spotter Needed

Russian lift-spotter on waist
Triple base Deadman lift
Double based Elevator
Boxed Out
Shoot through

Stunts

Spotter Needed

Double/Triple base straddle
lift/V-sit
Chair
Torch
Extended suspended splits
Pop to a stunt
Extension with two bases,
one front spotter &
one back spotter
Half pendulum
Pendulum
Show and Go
Floor up to extension
Twist up to extension
Mountain climber



EXTENSION –

With two (2) bases with one front and one back spotter.

LEGAL

STUNTS AT SHOULDER LEVEL OR ABOVE REQUIRE A SPOTTER

THIGH STAND



PONY STAND



SHOULDER SIT



SHOULDER STAND



ELEVATOR



LEGAL WITHOUT SPOTTER

LEGAL WITH SPOTTER

JUNIOR HIGH/MIDDLE SCHOOL CHEER TEAM LIMITATIONS

1. Competitive Cheer teams are limited to a maximum of eight (8) competitions during their competitive cheer season.
2. A team is limited to one competition per day.
3. A team is limited to no more than 2 competitions per week (Monday through Sunday).

JUNIOR HIGH/MIDDLE SCHOOL COMPETITIVE CHEER FORMAT CONDITIONS

The tournament policies listed in this Manual shall be enforced with the following conditions emphasized:

... The junior high/middle school competitive cheer format will consist of two rounds.

... During competition a minimum of four and a maximum of 16 team members are allowed on the floor for competition in either round.

... Any combination of competitors can compete in each round as long as the number that competed in the 1st Cheer/2nd Round (see page 13) is no fewer than 4 used in the Open Round. Exception: This number may decrease due to illness or injury.

... Junior high/middle school competitive cheer competitions shall be conducted on a matted surface with a recommended minimum size of 38' x 38'.

JUNIOR HIGH/MIDDLE SCHOOL COMPETITIVE CHEER FORMAT

1st Cheer — (2nd Round - Compulsory Round) — The high school Round 2 requirements listed in this Manual, including the 10-count precision drill (with footwork), performed in unison, shall be followed with these exceptions:

- Four (4) skills shall be selected from the list of 25 skills with at least one skill performed from each category; Flexibility, Jumping, Tumbling.
- No more than three (3) skills from the 12-point level may be selected OR one skill from the 14-point level and two (2) from the 12-point level for a total of 48 points maximum earned from skills.
- When more than 12 competitors are on the floor, the Precision Drill must be performed in 3 staggered lines.

2nd Cheer — (3rd Round - Open Round) — This round shall be a choreographed routine containing one required jump performed in unison.

- The first jump in the routine shall be the required jump.
- In addition, the routine must include at least four (4) floor formations (3 movements).
- The routine may include jumps, stunts, tumbling skills or any other legal junior high/middle school cheer skills.
- Forward and backward rolls will receive credit in the choreography category under team tumbling.
- The required jump must be submitted in writing.
- The routine description must be submitted in writing.

JUNIOR HIGH/MIDDLE SCHOOL SAFETY JUDGES PENALTY SHEET

ROUND 2 (FIRST CHEER)

SCHOOL _____ JUDGE ID# _____

TIME _____

NUMBER OF COMPETITORS _____	
Skills 1.	3.
2.	4.

TOTAL

Penalty information listed on pages 12-16, except where noted.

Failure to submit Round 2 and 3 scoresheets and the Round 3 Routine Description by 4 p.m. the day prior to the meet..... 10 pts _____

(Round 2 – Skills / Round 3 – Routine Description)

Time Infraction – number of seconds over the limit		
1. ____	1 to 5 seconds over time limit	6 pts
2. ____	6 seconds or more over time limit	12 pts

3.	Mat Violation/Exit off mat	x 2 pts
4.	Detached Hair Control Devices, Eye Glasses, Shoe, etc	x 2 pts
5.	Illegal Team Entrance	2 pts
6.	Coaching Area Violation.....	2 pts

7.	Illegal Uniform, Hair or Hair Device; Uncovered Brace/Support		x 4 pts
8.	Badges/Buttons, Gum, Jewelry, Safety Pin, Glitter, Unsafe Fingernails		x 4 pts
9.	Lack of Notification of "Hole"		4 pts
10.	Non-Competitive Team Members Violation		4 pts
11.	Skills not performed in order submitted		x 4 pts
12.	Round 2 scoresheet submitted without skills		4 pts
13.	Elements of cheer intentionally not in unison.....	p.22	x 4 pts
14.	Skills not performed in choreographed unison		4 pts

15.	Team Member Unsafe Contact.....		x 8 pts
16.	Collapsed Tumbling Gymnastic Skill or Jump		x 8 pts
17.	Unsportsmanlike Conduct		x 8 pts
18.	Incorrect Performance of Stunt/Skill per manual/not performed as written ...		x 8 pts
19.	One Team Member performed a skill incorrectly/wrong skill		x 8 pts
20.	Entire team performs part of the Precision Drill differently than described in the manual.....		8 pts
21.	Three (2.0) Collapses Occurred.....		8 pts

22.	One or more of the required skills was not performed by all competitors		x 22 pts
23.	An extra skill or illegal skill was performed.....	p.22	x 22 pts
24.	The skills were not performed by all team members in same direction...	p.22	x 22 pts
25.	At least one skill in each category was not performed.....	p.22	22 pts
26.	Too many 12 or 14 point skills were performed.....	p.22	22 pts
27.	An incorrect number of competitors performed in this round.....	p.10	22 pts
28.	Music/Props/Mascot used		22 pts

TOTAL

JUNIOR HIGH/MIDDLE SCHOOL SAFETY JUDGES PENALTY SHEET

ROUND 3 (SECOND CHEER)

SCHOOL _____ JUDGE ID# _____

Jump:

TIME _____

NUMBER OF COMPETITORS _____

Penalty information listed on pages 12-16, except where noted.

TOTAL

Time Infraction – number of seconds over the limit.....		<div style="border: 1px solid black; width: 30px; height: 20px; margin: 0 auto;"></div>	
1. _____ 1 to 5 seconds over time limit			6 pts
2. _____ 6 seconds or more over time limit			12 pts

3. _____ Mat Violation/Exit off mat	<div style="border: 1px solid black; width: 30px; height: 20px; background-color: #cccccc; margin: 0 auto;"></div>	x 2 pts
4. _____ Detached Hair Control Devices, Eye Glasses, Shoe, etc	<div style="border: 1px solid black; width: 30px; height: 20px; background-color: #cccccc; margin: 0 auto;"></div>	x 2 pts
5. _____ Illegal Team Entrance		2 pts
6. _____ Coaching Area Violation.....		2 pts

7. _____ Illegal Uniform, Hair or Hair Device, Uncovered Brace/Support.....	<div style="border: 1px solid black; width: 30px; height: 20px; background-color: #cccccc; margin: 0 auto;"></div>	x 4 pts
8. _____ Badges/Buttons, Gum, Jewelry, Safety Pin, Glitter, Unsafe Fingernails	<div style="border: 1px solid black; width: 30px; height: 20px; background-color: #cccccc; margin: 0 auto;"></div>	x 4 pts
9. _____ Lack of Notification of "Hole"		4 pts
10. _____ Non-Competitive Team Members Violation		4 pts
11. _____ Difficulty/Variety/Choreography points not provided with routine description		4 pts

12. _____ Team Member Unsafe Contact.....	<div style="border: 1px solid black; width: 30px; height: 20px; background-color: #cccccc; margin: 0 auto;"></div>	x 8 pts
13. _____ Four Formations not performed		8 pts
14. _____ Collapsed Tumbling/Gymnastic Skill or Jump/Stunt Fall	<div style="border: 1px solid black; width: 30px; height: 20px; background-color: #cccccc; margin: 0 auto;"></div>	x 8 pts
15. _____ Unsportsmanlike Conduct	<div style="border: 1px solid black; width: 30px; height: 20px; background-color: #cccccc; margin: 0 auto;"></div>	x 8 pts
16. _____ Incorrect Performance of Stunt/Skill per manual/not performed as written	<div style="border: 1px solid black; width: 30px; height: 20px; background-color: #cccccc; margin: 0 auto;"></div>	x 8 pts
17. _____ Illegal Skills Performed per manual or no spotter	<div style="border: 1px solid black; width: 30px; height: 20px; background-color: #cccccc; margin: 0 auto;"></div>	x 8 pts
18. _____ Incorrect Spotting Techniques	<div style="border: 1px solid black; width: 30px; height: 20px; background-color: #cccccc; margin: 0 auto;"></div>	x 8 pts
19. _____ Three (2.0) Falls/Collapses Occur		8 pts
20. _____ A fall by flyer that received no assistance.....	<div style="border: 1px solid black; width: 30px; height: 20px; background-color: #cccccc; margin: 0 auto;"></div>	x 8 pts
21. _____ Required jump not performed in unison.....		8 pts
22. _____ One or more competitors performed wrong jump		8 pts

23. _____ One or more of the required jumps not performed by all competitors	22 pts
24. _____ Incorrect number of competitors performed in this round	22 pts
25. _____ Music/Props/Mascot used	22 pts

Notes:

TOTAL

ROUND 2 (FIRST CHEER) JUNIOR HIGH SCORESHEET

SCHOOL: _____ NO. OF COMPETITORS _____ JUDGE I.D # _____

Requirements - 4 skills shall be selected from the list below, at least one skill from each category must be performed; Flexibility, Jumping, and Tumbling.
The total value of the skill difficulty multiplier (DM) cannot exceed 4.80.

DM	Flexibility Category	DM	Jumping Category	DM	Tumbling Category
0.600	Any Kick	0.600	Spread Eagle	0.600	Forward Roll
0.800	Side Split**	0.600	Tuck	0.800	Backward Roll
1.000	Heel Stretch	0.800	Double Hook	0.800	Cartwheel**
1.000	Switch Split**	1.000	Double 9	1.000	Near Arm Cartwheel**
1.200	Triple Splits**	1.000	Herkie	1.000	Round Off
1.200	*Valdez	1.000	Front Hurdler	1.000	Far Arm Cartwheel**
		1.000	Pike	1.200	Back Handspring
		1.000	Toe Touch	1.200	*Back Walkover
		1.000	Universal	1.400	Standing Back Tuck
				1.400	Aerial Cartwheel

Competitors	Competitor Multiplier
4	1.000
5	1.010
6	1.020
7	1.030
8	1.040
9	1.050
10	1.060
11	1.070
12	1.080
13	1.090
14	1.100
15	1.110
16	1.120

4 skills must be performed.

*The backwalkover and valdez skills may be used as a tumbling or flexibility skill. One skill cannot count for both categories.

** You may not select more than one of these for your 4 skills in that category.

PRECISION DRILL 1 1.5 2 2.5 3 3.5 4 4.5 5 5.5 6 6.5 7 7.5 8 8.5 9 10 10

LIST SKILLS IN ORDER PERFORMED

Skill 1

1 1.5 2 2.5 3 3.5 4 4.5 5 5.5 6 6.5 7 7.5 8 8.5 9 10 10 DM X =

Skill 2

1 1.5 2 2.5 3 3.5 4 4.5 5 5.5 6 6.5 7 7.5 8 8.5 9 10 10 X =

Skill 3

1 1.5 2 2.5 3 3.5 4 4.5 5 5.5 6 6.5 7 7.5 8 8.5 9 10 10 X =

Skill 4

1 1.5 2 2.5 3 3.5 4 4.5 5 5.5 6 6.5 7 7.5 8 8.5 9 10 10 X =

Competitor Multiplier Precision Drill + 4 Skills Subtotal X =

General Impression 1 1.5 2 2.5 3 3.5 4 4.5 5 5.5 6 6.5 7 7.5 8 8.5 9 10 10

Maximum Points Possible 74.96

ROUND 3 (SECOND CHEER) JUNIOR HIGH SCORESHEET

SCHOOL _____ NO. OF COMPETITORS _____ JUDGE I.D.# _____

SKILLS

Tumbling and gymnastic skills,
stunts, flairs, jumps, transitions:

+Variety of skills	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	<input type="text"/>					
+Degree of difficulty	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	<input type="text"/>
+Choreography					TT – 2 pts.				FT/360 – 2 pts.				BT – 2 pts.				<input type="text"/>				

+Execution	1	1.5	2	2.5	3	3.5	4	4.5	5	5.5	6	6.5	7	7.5	8	8.5	9	9.5	10	10.5	11	11.5	12	12.5	13	13.5	14	14.5	15	15.5	<input type="text"/>
	16	16.5	17	17.5	18	18.5	19	19.5	20	20.5	21	21.5	22	<input type="text"/>																
Execution Bonus					1	1.5	2	2.5	3	3	3	3	3	3	<input type="text"/>															

FLOOR MOBILITY

Accuracy of formation, spacing,
effectiveness, transition moves,
purpose of movement from
formation to formation.....

1	1.5	2	2.5	3	3.5	4	4.5	5	5.5	6	6.5	7	7.5	8	8.5	9	9.5	10	<input type="text"/>
---	-----	---	-----	---	-----	---	-----	---	-----	---	-----	---	-----	---	-----	---	-----	----	------	----------------------

VOCALS

Voice inflection, clarity, squad
volume, appropriate choice of
words.....

1	1.5	2	2.5	3	3.5	4	4.5	5	5.5	6	6.5	7	7.5	8	8.5	9	9.5	10	<input type="text"/>
---	-----	---	-----	---	-----	---	-----	---	-----	---	-----	---	-----	---	-----	---	-----	----	------	----------------------

TEAM COORDINATION

Precision and timing of all
motions, tumbling, stunt skills,
effective use of all team members..

1	1.5	2	2.5	3	3.5	4	4.5	5	5.5	6	6.5	7	7.5	8	8.5	9	9.5	10	<input type="text"/>
---	-----	---	-----	---	-----	---	-----	---	-----	---	-----	---	-----	---	-----	---	-----	----	------	----------------------

JUMP – First performed in
unison – technique, timing, level
of difficulty and execution.....

1	1.5	2	2.5	3	3.5	4	4.5	5	5.5	6	6.5	7	7.5	8	8.5	9	9.5	10	<input type="text"/>
---	-----	---	-----	---	-----	---	-----	---	-----	---	-----	---	-----	---	-----	---	-----	----	------	----------------------

Jump _____

GENERAL IMPRESSION

Creativity, continuity, team
confidence, floor presence,
overall impression.....

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*Judges are not to favor any particular style, but to judge the style presented.

Maximum points possible 116

TOTAL _____

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