

Georgia High School
Association
Cheerleading Guide
2013 - 2014



FOR SPIRIT COACHES,
TOURNAMENT DIRECTORS,
COMPETITION COACHES,
AND OFFICIALS



TABLE OF CONTENTS

	PAGE
GHSA Competition GUIDELINES	3
Judging with Professionalism	16
Coaching with Professionalism	21
GHSA Competition Forms, Rubric, and Guide	35
NFHS Spirit Rules Changes	46
Spirit Coaching General Guide and Sportsmanship	53



Georgia High School Competition Guidelines

Note: ALL TOURNAMENTS SHOULD BE CONDUCTED FOLLOWING THE PROCEDURES OF THE GHSA AND PROCEDURES SHOULD BE FOLLOWED AS CLOSELY TO THE STATE FORMAT AS POSSIBLE. THE COMPETITION ARENA IS DEFINED AS THE WARM-UP ARENA or AREA/GYM Floor/COMPETITION FLOOR/ARENA, AND THE PERFORMANCE MATS.

COMPETITION RULES

- **Competition Rules**

1. Coaches will follow the instruction on the GHSA website when registering for a tournament.
2. Teams may be charged an entry fee as determined by the host school.
3. The total number of teams should be limited to 40 to provide adequate warm-up and performance time. If more than 40 teams are in attendance then the tournament host should work closely with the Booking Agent to determine the number of panels of officials needed.
4. Middle Schools may not compete at GHSA sanctioned events. If a middle school tournament is hosted it should be held prior to or after the GHSA event and a separate awards ceremony should be held. *Middle schools should be made aware of the competition procedures and rules. They should be informed if GHSA guidelines and score sheets are being used to judge the middle school division.*
5. All coaches, team members and parents should conduct themselves professionally at all times. Participants are subject to removal should an incident occur.
6. **FLASH PHOTOGRAPHY is prohibited while teams are performing.**
7. Teams must provide their own sound equipment in the warm-up area.
8. Once the competition doors have been opened to spectators no team should be warming up on the competition mat except for regularly scheduled warm-up rotation.
9. ***Specific competition times should not be assigned.*** All teams should know the order of rotation and be ready to perform when called to the floor. Schedules may be used as a guide for staff only.
10. Regions will determine if the competition is televised, taped, or filmed.
11. The coaches, teams, and/or parents should have no contact with officials prior to, during or after the competition. *Any concerns or issues should be addressed by the school coach, AD, or principal in writing to the GHSA State Coordinator or the GHSA office.*
12. Upon request, officials will be assigned by the GHSA Booking Agent and the Head Judge will be determined by the Booking Agent.
13. Order of Appearance
 - a. Order of appearance may be assigned by the host school.
 - b. The Region shall determine the order of performance prior to competition.
 - c. Sectional and State order of appearance is determined by the GHSA.
14. Coaching
 - a. **Only certified school coaches and GHSA certified Community Coaches are eligible to assist teams in any part of the competitive area including the warm-up area.**
 - b. *A list of all certified Community Coaches should be available for staff to check and Community coaches as well as school coaches can be asked to provide credentials and identification. Community coaches are advised to maintain a copy of their GHSA letter of approval and present if needed.*

- c. Upon request by the tournament host, identification should be provided by all coaches and community coaches. Competition instructions provided by the host should furnish this information. (Illegal coaching can carry heavy fines or penalties from the GHSA office.)
- d. *Only two coaches and the music person are allowed in the warm-up area. Alternates, additional team members, parents, and other school or gym staff should not enter the competition area including the warm-up area.*

15. All decisions of the officials are final. The GHSA does not allow appeals.

- **Competition Teams**

- 1. **Team Eligibility**

- a. Each school may enter one Varsity competition team.
- b. A team may consist of a maximum of 16 performers (If a team mascot performs with the team, they are subject to NFHS and GHSA rules and count as one of the sixteen performers.)
- c. The athletes participating in the performance must be eligible and cleared by the GHSA office.
- d. The athletes must currently be enrolled in the school they are representing.
- e. A team may have a roster of more than sixteen performers and may use any combination of eligible cheerleaders to make the team of 16. (Competition, Football, Basketball, JV, Varsity, etc.)
- f. Spotters must be included in the 16 performers. The GHSA does not allow additional spotters on the competition floor or in the warm-up area.
- g. Team members to compete at region must be submitted to the Region Secretary by the deadline established by the GHSA office and submitted online to GHSA.
- h. Substitutions may be made at any time; however, the substitute must be eligible and have met all requirements established by the GHSA. Prior to region the Region Secretary must be informed of any changes.

- 2. **Team Scheduling**

- a. Each school will select the tournaments they wish to enter prior to region and determine the number they wish to enter.
- b. Varsity teams may compete in six (6) invitational tournaments.
- c. Junior Varsity teams may compete in four (4) invitational tournaments.
- d. No team member may compete in more than a total of six (6) tournaments. (Example: a Junior Varsity team member competes with the junior varsity team at a tournament and then is used as a substitute with the Varsity team that same day. That would count as two (2) competitions and the Junior Varsity team member would now have one more competition than the remainder of her team. This would limit her ability to compete with the junior varsity team at a future tournament.)
- e. No team may be involved in an exhibition during the season.
- f. **If a team performs, but selects not to be judged at a tournament, then it will count as one of the allowed competitions. No exhibitions are allowed during the season.**

Competition Personnel

- **Tournament Host:**
 1. Is appointed by the school and is a member of the host school's personnel. This should not be a parent or parent involved in the school booster club.
 2. Is familiar with cheerleading procedures, tournament procedures, the GHSA competition guide, and all rules pertaining to cheerleading competition.
 3. Is to seek sanctioning from the GHSA by the designated deadline to host the tournament. Request to sanction forms and contracts should be submitted to the GHSA at the same time.
 4. Arrange all tournament staff to include scorekeepers, timers, sound person, gate and ticket personnel, announcer, security, clean-up, concessions, etc. and in general organize the staff to assist with team rotation and running the tournament.
 5. Arrange for medical personnel to be on site to assist with emergencies. Medical personnel should be present at all sanctioned events. This can be the school trainer. An emergency plan should be in place. **Any school wishing to have taping done by the trainer should provide their own tape.**
 6. Contact the Booking Agent to assign the officials and determine the Head Judge.
 7. Remain in contact with the Head Judge and communicate competition roster and itinerary with updates, times, or any changes that may occur prior to competition.
 8. Obtain information concerning pay for the officials and plan with the booking agent how payment will be made and when. The booking agent will help to determine the amount.
 - a. During regular season all officials will be paid \$8 per team at the varsity and junior varsity level up to the first twenty (20) teams.
 - b. During regular season all officials will be paid \$7 per team for each team above the twenty teams defined in item one.
 - c. No transportation will be paid to officials.
 - d. At region each judge will be paid \$45 per region judged.
 9. Arrange an area for officials to meet prior or during the competition away from the teams, coaches, and spectators.
 10. Provide adequate and up-to-date score sheets, master tally sheets, penalty sheets for the officials.
 11. Coordinate the running of the tournament and remain accessible to the staff and officials should any issues arise.
 12. Coordinate the rotation schedule and should any emergencies occur consult the head judge and make adjustments as needed.
 13. Inform the judges of any changes or adjustments that may need to be made due to issues such as sound system malfunctions or issues in the warm-up area. Adjust the time and the rotation as needed.
 14. Address any issues that may occur with spectators and involve security as needed.
 15. Ensure that the Head Judge has viewed the master score sheet and has signed in the appropriate places. All final tally sheets should be signed by the Head Judge.
 16. Complete the awards ceremony. Prior to the presentation of the awards all awards should be displayed.
 17. Distribute copies of team score sheets and the tally sheets to all participating teams.
 18. **Place the mats in the appropriate manner as designated by the GHSA.**
 - a. Mats should be 42' by 42'.
 - b. Mats must be a minimum of 1 and 3/8 inches thick.
 - c. Mats cannot be spring floors.

- d. Mats must be **Blue** at all GHSA sanctioned events.
- e. The competitive mat is the competition floor. White tape may be used around the boarder to indicate to the cheerleader the edge of the mat is near. However the entire mat is considered the competition area.
- f. Out-of-bounds will be considered stepping off of, tumbling off of, stunting off of, jumping off of or performing off of the mat.
- g. Officials can request that a host school place the mats appropriately before a competition begins.
- h. In the case of an injury or accident, mats must be appropriately cleaned of any bodily fluids before competition can resume.
- i. Mats must be placed according to GHSA rules and failure to do can result in a penalty for the host school.
 - i. Locate the center by measuring front-to-back and side-to-side.
 - ii. Mark it with an X. It can be marked with blue or white tape.
 - iii. Measure three feet either side of it and this where the first blue strips will be placed on the mat from back to front, perpendicular to the judges' table.
 - iv. From there measure 6' on either side of that line and continue to do so. There will be six lines of blue tape from back to front.
 - v. White tape may then be placed around the border of the mat to define the ends of the mat. This does not define the boundary. It is only a safety precaution.
 - vi. When completed the length of the mats run parallel to the judges' table.
 - vii. Mat placement: 7 mats wide, 7 mats long

Example:

Back of the mat

			Center			

Center Front of Mat
Judges' Table

- **Tournament Officials**

-

1. **The Judging Panel**

- a. Shall consist of the Head Judge, four routine judges, and two safety judges. This would be a total of 7 judges.
- b. The panel will be assigned by the Booking Agent representing the association.
- c. The Head Judge will be assigned by the Booking Agent. They will be knowledgeable of the score sheet and the scoring guide provided by the GHSA as well as the NFHS safety rules and the GHSA guidelines.
- d. The Routine Judges will be assigned by the Booking Agent. They will be familiar with the score sheet and the scoring guide.
- e. The Safety Judges will be knowledgeable of NFHS safety rules and the GHSA guidelines.

- f. Both Safety Judges will assist in the counting of team members who are participating and in the number of skills executed by the team.

2. **Head Judge**

- a. Will be assigned by the Booking Agent.
- b. Will coordinate the panel and provide all needed information concerning the tournament to the panel.
- c. Will remain in communication with the host school and tournament director.
- d. Obtain all contact information and provide this information to the tournament host.
- e. Have all needed competition items with them at each tournament including the GHSA Competition Manual/Guide, the NFHS Safety Rules Book, clean copies of the tally sheet and the score sheet, copies of the safety infraction sheet, sticky notes, copies of the guide sheet and other necessary items
- f. Attend a pre-competition meeting with the host and/or the tournament director.
- g. Attend a pre-competition meeting with the competing coaches and review braces, cast, and issues concerning uniforms. At this time no rules should be interpreted. The primary purpose of this meeting would be to review procedural concerns.
- h. Check all materials including score sheets to determine that everything is in order.
- i. Review rules and procedures with the timer, the announcer, and the scorekeepers.**
- j. Sit near the timer and signal when to start and stop the clock.
- k. Signal the announcer when to say "You may begin."
- l. Determine penalties following GHSA guidelines and sign off on the Safety Infraction Sheet.
- m. Review the websites weekly to review rules interpretations and updated material.
- n. Send all scores and safety infraction sheets to the scorer's table after they have been checked and signed. Validate all rules called immediately after the team competes.
- o. Review and make sure all tally sheets are complete and sign them before they are copied.
- p. Make sure the host returns all original score sheets to the coaches along with a copy of the tally sheet prior to the coaches leaving the tournament.
- q. Determine if a routine needs to be stopped due to an injury, sound problems or other reasons. After conferring with the tournament host will address concerns with the coach, trainer/medical technicians, and/or sound technicians, and/or other necessary personnel and assist the tournament director in determining how the order of appearance will be altered. Time should be allowed for all teams to participate in their allotted rotational and warm-up times. If too much time passes between the time of an injury and the next team in rotation, then all remaining teams should return to warm-ups and begin rotation again. (Example: There is an injury on the mat that requires a twenty minute break. Then the team next in rotation would return to the warm up area and rotate back through warm-ups. This is for safety reasons.)**
- r. Always conduct his or her self in an appropriate professional manner.
- s. Refer all concerns and issues to the Booking Agent and/or the state coordinator immediately following any tournament.

- t. Complete all tournament report forms requested by the Booking Agent or the State Coordinator.

3. Routine Judges

- a. Provide all contact information and background information to the Booking Agent and notify the agent of any changes in this information. Work with the Booking Agent by providing key data which will enable the booking agent to coordinate the assignments of all judges. Provide information concerning school contacts, site of employment, contact with gyms and schools, contact with teams, and other items which could affect the placement of an official.
- b. Withdraw from judging when conflicts of interest exist or the possibility exists that an official may not be able to judge a team fairly. This would include affiliation with any competing team from a school or gym where the judge works, relatives competing with any team or coaching a team, teams who are rival teams in an area school or gym, the parent of an athlete on a rival team or competing team. The Booking Agent will be provided this information and will determine if the judge has a conflict of interest or may remain on the judging list.
- c. Provide all contact information to the Head Judge and Tournament Host to enable the dissemination of material concerning the competition.
- d. Be aware of the GHSA guide/regulation and the NFHS rules concerning competition. Be prepared to judge in whatever position he or she is needed to judge.
- e. Have all needed materials including the GHSA Competition Manual, the NFHS Spirit Rules Book, copies of the guide and other forms needed for competition along with pens, sticky notes, and paper to take notes on during the competition.
- f. Be ready to call violations for sportsmanship, jewelry, inappropriate hair, hair devices, uniforms, shoes, glitter, and nails and indicate the team member who has violated these rules.
- g. Be ready to identify boundary violations and infractions involving the performing surface.
- h. Use the appropriate guide when scoring the teams and remain consistent in scoring.
- i. **Always sign the score sheet with the full name where it can be read.**
- j. Always dress and conduct his or her self in an appropriate professional manner.

4. The Safety Judge

- a. Know the NFHS rules and interpretations along with the expectations of the GHSA.
- b. Carry the NFHS rules book and the competition manual with them to the competition along with pen and paper to take notes on.
- c. Maintain up-to-date knowledge of all situations and rules. Review the websites for rules interpretations and updates on a weekly basis during competition season.
- d. Understand the Safety Infraction sheet and the guide for calling violations.
- e. During the routine specifically watch for and call violations of safety, boundary, and illegal performances.
- f. One Safety Judge will sit at the table with the Head Judge and maintain the safety infraction score sheet during the routine.
- g. The second Safety Judge will walk the floor and determine violations as seen.
- h. ***Both Safety Judges will assist in the counting of team members who are participating and in the number of skills executed.***
- i. Both Safety Judges will assist in the counting of skills executed by a team.

- j. Immediately after each team performs the two safety judges will meet with the Head Judge to determine violations.
 - i. To call a violation two officials must be in total agreement that the violation occurred.
 - ii. To call a violation the officials must be able to identify the specific rule that has been violated.
 - iii. The violation must be identified in the blocks at the top of the sheet and the rule cited on the correct line. All violations must be marked and cannot be called if they are not. The location and approximate time must be identified along with the type of violation (stunt, pyramid, tumbling, etc.).
 - iv. The Head Judge will coordinate the discussion and it will not consist of a debate. The three judges must identify during the discussion if they saw a specific violation. ***If there is any doubt, the rule will not be called a violation. The team will be given a warning.***
- k. All teams will be notified of any concerns or possible rules violations that have not been called so that the coach may question and attempt to correct any issues prior to the next competition.
- l. Always conduct themselves in an appropriate professional manner.

5. The Timer and Timing Guidelines

- a. The timer will work with the judging panel and time the routine following GHSA procedures in timing.
- b. The timing of the routine will begin with the first movement, first word, or first musical sound in the routine.
- c. When beginning with a stunt or pyramid, the team may set and prepare to build prior to beginning the routine time. **The flyer must have one foot on the floor ready to begin the stunt and in preparation of the signal to begin. (5 point deduction per top person)**
- d. The timing of the routine ends with the last motion or word of the routine.
- e. If a routine ends with a stunt or pyramid, the timing will end with the highest point of the stunt or pyramid. Any fall or error which occurs after the stunt or pyramid has hit the highest point will not count against the team.
- f. **Tumbling outside** of a routine is illegal and will result in a violation as well as a penalty. Time will begin when the team member tumbles. A team member cannot tumble on or off the mat. It will be a GHSA violation. **(5 pt. deduction per team members)**
- g. The timer will meet with the Tournament Host and the Head Judge to review instructions.
- h. The timer will check all stop watches/clocks to make sure they are operational.
- i. The timer should sit by the Safety Judge and help to maintain the Safety Score Sheet by assisting in the recording the times of each routine on the Safety Infraction Sheet.
- j. The timer will verify the exact time that a routine stops and verify start times with the judges when a routine has been stopped for any reason.
- k. The timer may confer with the sound technician concerning the time a routine was stopped or an injury occurred if there are any concerns with the clock. If the sound technician has no way to monitor time then the Head Judge and the Safety Judge will determine the starting point for judging of the remainder of the routine.

- l. **Good judgment** should be used when calling overtime violations. If a team is five seconds or less over the time limit, consideration should be given to when the clock was actually stopped and the Head Judge should select not to impose the penalty.
- m. Timing Infractions:
 - i. Timing infractions occur for overtime of the competition routine or delay of the meet.
 - ii. For each fifteen (15) seconds or portion thereof, a five (5) point deduction is assessed.
 - iii. There will be a (5) point deduction for delay of meet. A team has thirty (30) seconds to begin once the announcer says, "You may begin". "You may begin" must be stated upon the signal of the Head Judge.
 - iv. There will be a five (5) point deduction for delay of meet if a team fails to line up at the mat when called by the announcer. A team will have thirty seconds (30) to enter and begin to line up at the mat. Teams must be in a position to begin the rotation for competition and ready to perform when their name is called.
 - v. After a reasonable time and if a team has not reported, the rotation should continue and the team may be eliminated from competition.
 - vi. If a mechanical failure occurs during the music portion of the routine, the Head Judge will determine when the mechanical error occurred, at what point the routine/music stopped, and will give a signal to the other judges when it is time to begin judging again. The music may begin at the beginning of the routine and the timer may time the whole routine again.
 - vii. **Music Considerations**
 - 1. The length of the routine shall be two minutes and thirty seconds; however there is no limit of how much of that time music can be used. Music may be a part of the entire routine but should not exceed the two minutes and thirty seconds.
 - 2. **Principals and/or Athletic Directors must review the music to be used for the school's routine. Music cannot contain profanity, suggestive and inappropriate language a sportsmanship deduction can be made for inappropriate music.**
 - 3. The music (CD) should be furnished by the school and labeled with the school name. **The coach should maintain two copies. Both copies should be with the coach in the competition area.**
 - 4. All music should be of professional quality. It is suggested that all music be recorded on CD-R discs. The use of paper labels is not recommended. A soft sharpie marker should be used to write the name of the school on the disc.

6. **Scorers and Scorekeeping guidelines**

- a. The Scorers will meet with the Head Judge prior to the competition to review procedures and guidelines for scoring.
- b. The scorer will add all judge's scores and record totals on the Judging Tally Sheet and on the individual judges' score sheets.
- c. The scorers will follow GHSA procedures when adding the score sheets.
 - i. Each individual judge's sheet will be tallied, making sure all areas are scored.
 - ii. The Scores will then be transferred to the Tally Sheet.

- iii. The high and low scores for each team will be struck through on the Tally Sheet.
- iv. The remaining three scores will be totaled on the Tally Sheet.
- v. Deductions from the Safety Infraction Score Sheets will be added and recorded on the Tally Sheet. The deduction will be taken from the total of the three judges' scores.
- vi. Ties will then be broken by:
 - 1. Adding the high and low score back in and looking at the totals of the tied teams.
 - 2. The tied teams will then be placed in order by their total scores leaving any teams scoring above them in their place.
 - 3. If a tie remains, the Head Judge will confer with the routine judges and make a decision after consideration is given to and in this order:
 - 1. The skills scores first
 - 2. The deductions second
 - 3. Performance notes third
- vii. Deductions may be made for the following reasons:

1. NFHS violations (Minor)	2 Points
Lost Hair Devices, Lost Hair Pieces or inappropriate hair pieces, inappropriate fingernails, untied shoestrings, etc. – do not interfere with the execution of a skill. Per each individual violation.	
2. NFHS violations (Minor) / <i>Section 1,3 – NFHS Spirit Manual</i>	5 Points
Performance errors, improper uniform(including the loss of a shoe), jewelry, glitter, unsafe performing surface, inattentive spotter, tumbling outside of the routine, top person not beginning with one foot on the floor, etc. Per each individual violation.	
3. For each violation/participant in violation of the rule NFHS violations (Major) / <i>Rule 2: Section 4 – 11</i>	10 Points Per violation
4. Sportsmanship – per violation NFHS violations – (Major)/Section 2	10 Points
5. Falls	5 each
6. Tumbling outside of routine	5 each
7. Boundary violations	5 each
8. Delay of meet	5 each
9. Timing Infraction (5 points per each 15 Seconds)	5 plus

[Situations: Examples of Deductions 1 and 2. Please note changes in interpretation with these deductions.]

Item One: 5 point deductions for violations of rules involving the performance floor, performance errors, improper uniforms, jewelry, glitter, etc.

Examples for Violations in Item One:

Situation A: (1) A team member is wearing studs in the ears, (2) has her/his ears taped, or (3) is wearing fish line. All are illegal and would be 5 point deductions.

Situation B: (1) A team member's ribbon comes out and drops to the floor and the team dances and stunts on that ribbon. (2) A team member's shoe comes off during the performance. (3) A team wears glitter lotion and their arms and legs sparkle as they perform. Ruling: All are illegal and would be five point deductions.

Situation C: (1) A team wears a uniform with rhinestones glued to the material. (2) A team wears a uniform with metallic thread woven into the material. (3) A team wears a uniform with sequins sewn or glued into the material. (4) A team wears a rhinestone glued to their face. (5) A team wears a small rub on tattoo on their face. Ruling: Items 2 and 5 are legal. Items 1, 3, and 4 are illegal and would be five point deductions per team member.

Other items that have occurred in the past will continue to be called.

Item Two: 2 point deduction for violations of hair, hair devices, shoe strings, and nails only.

Examples for violations of Item Two:

Situation A: A team member loses a bow or a hair piece, but the team members do not stunt, jump or tumble on the bow. Two point deduction.

Situation B: A team member's shoe comes untied, but does not come off and they continue to perform without the string causing any issues. Two point deduction.

Situation C: A team member picks up a hair bow that has fallen on the floor and throws it off the mat. No deduction.

Situation D: A team member's hair comes down out of a pony tail and is on the shoulders of the team member. Illegal and would be a two point deduction.

The loss of a hair bow or any part of a uniform may contribute to an unsafe performing surface and could be called under NFHS Rule. The Head Judge/Safety Judges will make the final determination on an unsafe performing surface.

d. All scores are final. There are no protests.

e. Disqualifications:

- i. Too many team members
- ii. Illegal substitutions
 1. Ineligible student on the team
 2. Person not on the team participating
- iii. Unauthorized props (Props are defined as the use of any item other than poms to initiate crowd response.)

1. No part of a uniform may be used as a sign, to include briefs, socks, and items worn as a part of the uniform or under a uniform such as T-shirts.
2. No signs are allowed

7. Announcer

- a. Prior to the beginning of the tournament the announcer should meet with the Head Judge and Tournament Director to review procedures.
- b. Should announce teams using the correct procedures as defined by the GHSA:
(_____ is the name of the school.)
 - i. "Taking the floor now _____"
 - ii. "On Deck is _____"
 - iii. "In the hole is _____"
 - iv. Once a team is lined up behind or beside the mat the announcer will announce, " _____, you may take the floor."
 - v. The announcer will then receive a signal from the Head Judge and will announce " _____, you may begin."

8. Sound Technician

- a. Is responsible for supervising the set-up and operation of the sound equipment.
- b. Is responsible for explaining to the coaches and the tournament host how the music system works.
- c. Remind the coach or person playing the music that they are responsible for starting and stopping the music during the competition.
- d. Should allow for the music person to practice placing the CD into the machine, starting the CD, and stopping the CD.
- e. The sound technician may insert the CD if needed and remove it if needed.
- f. Assist the tournament host and the head judge in determining if there was an error by the sound system or if any issues are due to the music person making a mistake in playing the CD.
- g. If able to do so, will assist with the determination of time called during the errors, injuries, or violations.
- h. The Sound Technician and the Announcer may be the same person.

9. Medical Personnel and Injury/Accident Guidelines

- a. All tournaments are to have medical personnel present. The tournament host will determine the type of personnel needed. It can be a trainer, an EMT, or other emergency personnel available to assist in a medical emergency.
- b. First aid and medical supplies should be available in an emergency.
- c. **Schools needing taping for non-emergency situations should provide their own tape. The team should bring tape to the competition. Be prepared!**
- d. The tournament host should have a list of emergency telephone numbers such as paramedics, hospitals, doctors available in the area. ***An emergency plan should be in place and all tournament personnel aware of the plan and procedures.***
- e. When an emergency or an injury occur the host and officials should stop the competition until the injured person can be removed from the warm-up or competition floor.

- f. Correct procedures should be followed in the handling of the injury and the resuming of the competition.
- g. Teams must be allowed warm-up times and the rotation should be adjusted so that teams warm-up prior to competing on the floor. If teams have waited an extended period of time, then the warm-ups for those teams waiting must begin again.
- h. After an injury has occurred the tournament host will consult the Head Judge and determine the order of rotation should the team with the injured player decide to return to competition.
- i. ***An athlete who exhibits signs, symptoms or behaviors consistent with a concussion (such as a loss of consciousness, headache, dizziness, confusion or balance problems) shall be immediately removed from the contest and shall not return to play until cleared by the appropriate health-care professional. (NFHS Rule: 2-1-14; Refer to NFHS Suggested Guidelines for Management of Concussion) Coaches are responsible for following safety guidelines for all athletes on the team.***
- j. *Using the professional judgment of the medical personnel on sight the Tournament Host under the guidance of the Head Judge will not allow a team member who has experienced unconsciousness to return to the floor without the written consent of a physician. Severe injuries of any kind are considered extremely serious and a team member who has experienced a serious injury should not return to the floor or compete. The appropriate medical action should be taken and the emergency plan put into place. A substitute may be sent in for the injured person. (Please refer to the NFHS RULES: 2-1-14)*
- k. *A team member who has a minor injury should not be allowed to return without the release of the medical personnel who are on site.*
- l. Team members who are bleeding, or have an open wound, or have excessive amounts of blood, may not participate in any event until the appropriate treatment is administered and the uniform or body has been cleaned. (NFHS RULE: 2-1-13)
- m. An injury can result in a change in the order of appearance.
- n. The coach must determine if the team is to proceed, withdraw, or substitute. The coach must notify the Tournament Host and the Head Judge of their decision.
- o. The same procedures that are followed for a mechanical failure will be followed in performing, timing, and scoring of the routine.



JUDGING WITH PROFESSIONALISM

JUDGING GUIDE

Scoring Guide

Professionalism

❖ The Basics

- Be prepared and know your job.
- Excuse yourself from the panel for one of the reasons below if it is determined by the Booking Agent there would be a conflict of interest:
 - You are related to an athlete or coach.
 - You work at one of the competing schools.
 - You previously coached a competing team.
 - Choreographed for a competing team.
 - Work in a gym where a team attends or a rival gym.
 - You are friends with the coach or members of the team.
 - You teach or work with a rival school of one of the competing teams.
 - Cheered for a competing team in the last five years.
 - There are many reasons. Use good common sense.
- Notify your Booking Agent as quickly as possible if you are unable to attend for any reason, must excuse yourself, or have an emergency. Make sure you have the correct phone numbers of the Booking Agent, the school host, and the Head Judge.
- Make sure you have directions to the school and all information about the competition including what time to arrive.
- BE ON TIME! Arrive 30 minutes to an hour prior to the competition or arrive the time your Head Judge has designated. Arriving 15 minutes late can result in removal from a panel.
- Bring a pen, notepad, sticky notes, copy of your manual, guide and the NFHS Rules Book with you.
- Remember that the tournament host is in charge of running the competition. Allow them to do so. The Head Judge should communicate with the tournament host.

❖ Conduct

- *Dress professionally for all events!* (Examples of inappropriate: jeans, short shirts, high heels, sweat pants, midriffs showing, inappropriate, suggestive, or clothing that is too tight, no sunglasses, hats, shorts, clothing that would distract competitors)
- **No cell phones at the judges' table.** *Do not use a cell phone in a public area when on break. Wait until you are in your car after you leave the building to use the cell phones.*
- **No texting during the competition.**
- Do not approach coaches, parents, or cheerleaders to discuss scores.
- Do not make suggestions for changes in a routine or offer to choreograph a routine. Do not discuss the scores of other judges with the coach, cheerleaders or a parent.
- Do not chew gum while judging.
- Smile at the team as they perform. Make the teams feel comfortable. It is not the job of the judge to intimidate a team.
- Reframe from being hostile or condescending to coaches, the fans, or the cheerleaders.
- Treat the host and the competition staff with respect.
- Do not smoke, drink, or use profanity while at a school or serving as an official.

- Do not argue with the Head Judge or another official. Allow the Head Judge to do their job and if there is an issue, contact the Booking Agent on Monday following the competition.
- Do not applaud any team or performance.
- Do not signal a coach. Communicate through the tournament host.
- Do not signal other judges while at the judging table or while a routine is in progress. Exception: Injuries or major issues on the floor.
- Keep your cool at all times and act professionally. **React with calm.**
- Do not try to control the crowd. Speak directly to the tournament host if there are any issues and ask for help. Ask for security if needed. If you have to control the fans, do so with dignity.

❖ **Keys to Scoring**

- Remember to be consistent and fair.
- Keep your guide where you can see it.
- When calling rules, call only what you actually saw. Do not read into a rule. If in doubt and if there is not an agreement on what was seen, then do not make the call. Warn the team.
- Keep up-to-date. Watch for notices and videos on the website.
- Evaluate a routine based on the performance today. Do not consider last week's performance or what you have heard. Be ready to score based on today!
- Keep conversations to a minimum at the table. The Head Judge may ask that you review your scores if you are out of line with the other judges.
- Do not try to persuade or convince another judge to score or to call a rule. If you do not agree then just warn the team.
- Evaluate fairly using the guide. Do not compare teams, just score the team on the floor based on the guide and the performance.
- Stay in the range of the guide.
- Make sure your score is readable.
- Score in ink and sign your score sheet.
- Sign your name where it can be read.
- If you make a mistake, initial it, strike through the score you wish to change, and write the new score.
- KEEP GOOD NOTES.

❖ **Basic Judging Standards and Guides**

- Any judge may call out-of-bounds, jewelry, inattentive spotter, violations on sportsmanship, unsafe hair or hair devices, nails, jewelry, or unsafe performing surface. All judges should watch for these violations and attach a sticky note to their score sheet to notify the Head Judge. Notes should be kept on the location of the violations, the team member, and/or when the violation was observed if needed.
- If a team does not perform an element of the score sheet, a score of zero may be given. However, all judges must agree that the element (dance, cheer, chants, stunting, tumbling, jumps) was not executed by the team or the team did not attempt to execute the element. All judges must agree to score zero.
- A stunt group is considered more than one person working together to execute a stunt. Because a stunt group is dependent on one another to perform and must work as a team, when a stunt falls it will be considered one fall whether one team member or all team members fall. The same would be true of a stunt group in a pyramid.
- When stunting a fall is considered a fall to the floor by any stunt team member, including bases, flyers, and spotters. When a flyer or a stunt group falls, a team member must fall to the floor

landing on a part of the body such as the hands, legs, knees, back, head, rear, elbow and so on. **If the person lands on their feet it will not be considered a fall.** It will be considered an early dismount and routine judges will consider this when scoring execution in stunts or pyramids.

- When tumbling, a fall is considered a fall to the floor with the flyer landing on her hands, legs, knees, back, head, rear, elbows, and so **on that was not considered a part of the original landing.** **REMEMBER:** Keep in mind that when a team member executes a back-handspring with the hands touching the floor a judge cannot assume that this was to be a back-tuck and deduct points. Placing one's hands on the floor during the execution of a tuck is not a fall to the floor. For safety reasons a deduction will not be taken as a fall. The routine judges may take this into consideration when scoring execution.
- Basket tosses will be scored in the "Partner Stunts/Tosses" skill area of the score sheet. **They are not a required element of the routine.** A basket toss is considered a high level stunt when it is executed appropriately, however it is not the final determination in the degree of difficulty stunt. A team may score the top score if all other stunts are executed at a high degree level of difficulty.
- When a pyramid is attempted and part of the pyramid is executed appropriately then the team is given credit for building the pyramid. A fall in one stunt group of a pyramid would not prevent the team from scoring in the degree of "difficulty" area. Spacing issues, falls on one side, and timing issues would be an example of elements that would be scored in the "execution" of the pyramid.
- When scoring a judge will give credit for those stunts that go to the intended height of the stunts. Stunts that do not go to the intended height will be not be factored into the scoring of the degree of difficulty of the skill area. Example: A team attempts to execute four liberty heel stretches. One does not make it up and the second one dismounts to the floor prior to hitting the highest point. Then two of the four did not make and when scoring the team is only given credit for 2.
- When calling "hair" violations please remember that the hair must not interfere with the stunt. Keep in mind that "stunt" can refer to stunting, pyramids, and tumbling. If the hair causes a performance issue then it would be a violation. (NFHS: 2-3-3) **Examples:**
 - A ponytail touching the back of the neck and back would not be a violation if it did not interfere with the execution of the stunt.
 - If a team member was to run into another team member while tumbling as a result of her/his hair being in the eyes, then it would be a violation.
 - If a flyer steps on a bases hair while stunting and it causes issues with the stunt then it is a violation.
- **Hair devices** are considered unsafe when they come off, untied, or fall on the floor. Several rules may be involved when a hair device is considered unsafe.
 - Examples:
 - *NFHS Rule: 2-3-3;* A hair bow or hair piece comes out and falls to the floor. For safety reasons the team member may reach down and pick up the bow. The bow may be thrown from the competition area. **(Two point deduction.)**
 - *NFHS Rule 2-1-5;* A team member drops a hair bow or hair piece and the team then stunts on, dances on, jumps on, etc. the bow then the performing surface will be considered unsafe. **(Five point deduction.)**
 - ◆ **Judges are advised to call one or the other and not call both rules.**

- The loss of a shoe or another part of the uniform would be considered a violation of *NFHS Rule 2-3-4*. Shoes must remain tied and on the foot to be considered safe. A judge may call an untied shoelace as a violation of this rule.
- The entire mat is considered the competition area. A white or blue line of tape may be placed around the entire mat to indicate the edge of the mat. However, in some cases mats may be unequal in length and the entire mat will continue to be the competition floor. The tape does not determine the boundary.

❖ ***When the officials have determined that a violation has occurred, the officials must cite the rule number from the NFHS Spirit Rules Book, the page and rules from the GHSA Constitution and By-Laws or the page number from the GHSA Competition Guide. If the officials are unable to determine what rule should be cited then a warning should be given to the team and the GHSA State Director contacted to determine the rule that was violated.***

- ***All officials should have a copy of the GHSA Competition Manual.***
- ***All officials should have a copy of the GHSA Constitution and By-laws, cheer section.***
- ***All officials should have a copy of the Competition Manual.***
- ***All manuals should be taken to each competition.***



**Coaching With
Professionalism
GENERAL
INFORMATION**

SECTION ONE: COACHING FOR SAFETY

Understanding Liability, Duties and Responsibilities Of a Coach

COACHING RESPONSIBILITIES

1. Recognize that risk exist
2. Identify the possible risks
3. Prepare or plan for risk and plan ways to lower risks
4. Evaluate the risks when they occur
5. Supervise the program to control risks
6. Remind participants of their role in controlling risks
7. Remain vigilant and manage the program
8. Review the program when necessary
9. Ask for assistance as needed
10. Educate yourself and your athletes
11. Care about the welfare of your athletes
12. Use good common sense

NINE LEGAL DUTIES

1. Properly plan the activity
 - a. Sequence activities
 - b. Know the progressions, keep records and follow the progressions
 - c. Have a master plan for practice
2. Provide proper instruction
 - a. Inform athletes of your expectations
 - b. Provide proper training and instruction for all activities
 - c. Explain the rules and make sure the athletes understand them
3. Provide a safe physical environment
 - a. Inspect sites (gym, field, performance surface) to make sure it is appropriate
 - b. Use the appropriate surface as expected (floor, grass, mats, field, concrete, etc.)
 - c. Provide a place safe from hazard
4. Provide adequate and proper equipment
 - a. Inventory at the end of season and replace equipment as needed
 - b. Make sure equipment is set up appropriately
5. Match the athlete to their ability
 - a. Watch for size, weight, age, maturity, and mental state when selecting positions for athletes

- b. Be realistic when setting expectations for athletes
- 6. Evaluate your athletes for injury and ability to participate
 - a. Have CPR and First Aid Training for emergencies
 - b. Be able to evaluate an injury and determine the immediate needs of the athlete
 - c. Have an **EMERGENCY PLAN** in place and go over the plan with the team
- 7. Supervise all activities closely
 - a. Be present
 - b. Be attentive
 - c. Be where you can control the situation
- 8. Warn all athletes of inherent risk
 - a. Provide information for both parents and athletes
 - b. Use INHERENT RISK FORMS**
 - c. Go over the inherent risk form and obtain signatures stating they were present
 - d. Make sure they understand the rules and the risk
- 9. Provide emergency assistance
 - a. Know first aid and CPR
 - b. Be ready to respond and prepare others to do so
 - c. Keep a list of contacts and phone numbers posted
 - d. Have a plan

**Good coaches know their legal duties, implement their legal duties,
and when in doubt seek assistance and help.**

If you are a good and caring coach who uses good common sense then you are most likely meeting your legal duties. The nine items listed above apply to all coaches. They are a vital part of athletic risk management and the prevention of injuries. However, regardless of the excellence of any risk management program, it cannot totally eliminate injuries. The coach must be a trained individual who is committed to every individual's safety, consistency in the program, and good management of the team.

All cheerleading coaches should take the time to review the Georgia High School Association Constitution and By-Laws. The guidelines for and the eligibility to coach are located in this manual along with the eligibility guidelines to participate for athletes. There is also a special section dedicated to cheerleading that all coaches should be aware of and understand.

SECTION TWO: GENERAL INFORMATION

GHSA Cheerleading Guide

This section is a summary of the GHSA Constitution and By-Laws – Cheerleading Section.

General Information – Competitive Cheerleading:

1. The State Cheerleading Coordinator is **Pam Carter**, email: PCarters@aol.com
2. Schools may have only one (1) competitive team.
3. All cheerleaders must
 - a. Be eligible according to academic standards and the transfer rules (see the Constitution and By-Laws – White Book) and must be declared eligible by the GHSA office on the proper eligibility form.
 - b. Have a physical exam on file in the school office before they may try out, practice, or perform.
4. All coaches must complete a GHSA Spirit Rules Clinic or the school will be fined. This includes all Community Coaches.
5. Miscellaneous Information:
 - a. Beginning and ending dates for practice and competition can be found at the front of the Constitution and By-Laws/White Book.
 - b. Cheerleading teams are allowed to attend camps after the last day of school until August 1st.
 - c. Out-of-season practices may be held in preparation for tryouts only. Once tryouts are complete, no practices may be held until school is out. Practices are limited to a maximum of ten (10) consecutive school days per school between February 1 and the last day students are in school.
 - d. Eligibility for tryouts and participation: (Reference: GHSA Constitution and By-Laws 1:00)
 - i. Students must enroll at a school in order to try out for that school's cheerleading team. A student may be enrolled in only one school at a time.
 1. Exception: See *By-Law #1:45 (g)* addressing 8th graders trying out.
 - ii. Enrolled migrant students may try out for a cheerleading team, but not represent the school at the varsity level during that school year until the migratory sit-out period has ended. (Reference: GHSA Constitution and *By-Laws 1:60*)
 - iii. An academically ineligible student may try out if passing All Courses at the time of the tryout. (Reference: GHSA Constitution and *By-Laws 1:50*)

Competition Rules:

1. Cheerleading is a state championship sport in each classification for non-coed teams and schools are aligned on a regional basis for 2-A through 6-A. Class A will have public/private sectionals competitions. There is also an open division (all classifications together) for coed competition, but schools are allowed only one varsity competitive team.
 - a. Note that the term non-coed refers to all-female teams through this section.
2. All cheerleading competitions must be conducted according to the rules of the "National Federation Spirit Rules Book" and the "GHSA Competition Cheerleading Manual". The GHSA cheerleading manuals can be located on the GHSA website and the ghsacheerleading site.
3. The guidelines for the number of competitions, type of competitions, eligibility of coaches and sanctioned events can be found in the GHSA Constitution and By-Laws in the Cheerleading Section under "Competition Rules".

4. Deadlines for the 2013 Competition Season are:

a. Request for Sanction of Regular Season Invitational Tournament	May 6
b. Declaration of Coed competitive team	June 3
c. Register to enter Regular Season Invitational Tournaments	August 5
d. Submit "Notification of Entry" and rosters to Region Secretary Electronically	September 30

5. A competitive cheerleading team is comprised of a maximum of sixteen (16) performers.
 - a. A team mascot (if used in competition) is included in the sixteen
 - b. A school may have a roster greater than the sixteen performers, and may use any combination of eligible cheerleaders in any competition in each specific division.
 - c. All team members must be dressed in the appropriate adopted school uniform that displays the school identification (i.e., letter, monogram, mascot symbol, etc.) Coaches are asked to use good professional judgment in selecting the team uniform. The uniform should not be disrespectful to any competitor.
 - d. The mascot is exempt from the above rules.
 - e. During the performance of the routine only actual team members performing may serve as spotters. Non-competitors may not assist during a routine.

6. Competition Area:
 - a. A full set of mats (42' X 42') will be considered the performance area.
 - b. Mats (42' X 42') must be used in all competitions including invitationals, regionals, and state competitions.
 - c. Only coaches, competitors and officials are allowed in the competitive area. The competitive area includes the warm-up area and the main competitive floor. If a coaches' meeting is held only the designated eligible coaches may attend.
 - d. Guidelines for the placement of mats are located in this manual and those guidelines must be followed. The center of the mat must be marked with tape.
 - e. The mat is considered the performing surface. The floor would be considered out-of-bounds.
 - f. It is recommended, but not mandatory, that cheerleaders practice stunting or tumbling on one or more 6' X 42" cheerleading mats. Coaches should use good judgment when practicing all cheerleading skills and evaluate the skill level before practicing off of the mat. Cheer coaches should know the order of skill progressions and evaluate their team for skill ability.

7. Competition Routine:
 - a. Elements and Skills:
 - i. All routines should include cheer and dance.
 - ii. Tumbling skills may only be performed within the body of the routine.
 - iii. Tumbling skills may not be performed as a part of the entrance to or exit from the competition area.
 - b. Props:
 - i. Pom-Poms are the only prop allowed in the competitive arena.
 - ii. No part of the uniform may be used as a prop.
 - iii. Unauthorized props will result in a disqualification.

- c. Timing:
 - i. The routine is limited to two minutes and thirty seconds (2:30), timed by an official timer.
 - ii. The routine must begin within thirty seconds of the Head Judge's signal. Failure to begin shall result in a five-point deduction for delay of meet.
 - iii. Teams may begin from any position inbounds, and the time of the routine will begin with the first word, musical sound or movement of any team member.
 - iv. The routine ends on the last word, musical note/sound, or movement of any team member.
 - v. If the routine ends in a pyramid, the final dismount is not times. The routine ends at the highest point of the pyramid.
 - vi. There is not minimum/maximum time limit for music in the routine. The routine must remain within the 2 minute and 30 second time allowed.
 - vii. If the routine is longer than the allotted time, a deduction of five (5) points for every fifteen (15) second period or portion thereof will be assessed.
- d. Music:
 - i. Routine music must be appropriate and in good taste. The music should be reviewed by the principal and determined to be in good taste for high school students and acceptable for the morals of their community.
 - ii. Each school has to furnish a high-quality CD of their music. The coach should have an identical back-up CD and bring it to the competition area with them.
 - iii. The coach or team representative is responsible for starting and stopping the music during the competition.
 - iv. Schools will be responsible for their own equipment and music for use in the practice/warm-up area if allowed.
- e. Scoring: (Please refer to the Scoring Rubric/Guide, Score sheet, and safety sheet located in this Manual to determine criteria for scoring.)
 - i. Ties:
 - 1. In case of a tie, step one will be to add all judges' scores for each tied team.
 - 2. If a tie still remains, after all scores are added, the scorekeepers will tally the "Five Skills Areas" to determine the highest score in that area. (jumps, standing and running tumbling, partner stunts, and pyramids)
 - 3. If a tie still remains, after the skills areas have been added, then the judges will determine the ranking of the tied teams to break the tie.
- f. Disqualifications:
 - i. Prior to any disqualification the Head Judge must call a conference at the conclusion of the division or the competition, and a majority of the judges must agree that the violation occurred.
- g. **ALL JUDGES' DECISIONS ARE FINAL. THE GHSA DOES NOT ALLOW PROTEST.**
- h. Judges:
 - i. In all competitions, all judges must be registered with the GHSA and have completed the GHSA training program. A minimum of five (5) routine judges will be used.
 - ii. Two safety judges must be used, plus qualified scorers and timers.
 - iii. Judges must be secured by certified school personnel by contacted an assigning officer of a local judge's association.

- iv. All judges of GHSA sanctioned events must be certified and registered with a cheerleading official's association.
- i. Five percent (5%) of the gross receipts from all invitational competitions shall be paid to the GHSA Office.

Region, Sectional, and State Competition:

1. Each school is allowed to enter one team in the region competition for the non-coed division. There are no region competitions for Class A or the Coed division.
 - a. Entry notification and roster must be submitted to the Region Secretary (or GHSA Office for Class A and Coed) according to the deadline dates.
 - b. All rosters must be **electronically** submitted to the GHSA office.
 - c. Substitutions may be made at any time after the roster has been submitted.
 - d. The principal must approve the music used in competition.
2. Advancement to State
 - a. All Girl Teams:
 - i. First place teams from each Region in classes 2A through 6A will advance directly to the State Competition.
 - ii. The second, third, and fourth place teams from each Region in 2A through 6A will compete in a Sectional Tournament with eight (8) teams from each classification advancing to State Competition.
 - b. Public and Private Class A:
 - i. All Class A Public and Class A Private schools will compete in a separate Sectional tournament with eight (8) teams in each division advancing to the State Competition Finals. The Class A Sectionals will take place at Columbus State University on Saturday, November 9, 2013.
 - ii. The Class A State Championships will take place at the Columbus Civic Center on Saturday, November 16, 2013. Division winners in both Class A Public and Class A Private will be announced.
 - c. Coed Division
 - i. Schools must declare entry into the Coed Open Meet Division prior to June 3.
 - ii. Having one or more males on a team constitutes a coed team.
 - iii. Once a team is declared "coed", they will not be able to switch to another division.
NOTE: When a coed team consist of one male, and loses that one male, the team will still be required to compete in the coed division, unless a waiver is granted by the GHSA for a hardship reason.
 - iv. Coed teams and no coed teams may not complete against one another in the regular season (except in situation listed in item #3).
 - v. The Coed Sectionals will be held on Saturday, November 9, 2013, at Columbus State University. The top (16) teams will advance to the State Championships.
 - vi. The Coed State Championships will be held on Friday, November 15, 2013, at the Columbus Civic Center. (NOTE: The GHSA office has the authority to make adjustments in the coed format depending on the number of teams declared coed.
3. A panel of judges to be used at invitationals, regions, sectionals, and state competitions will consist of five judges and two safety judges. More than one panel may be used when necessary. Region panels are determined by the assigned by the designated booking agent. The GHSA will make association

assignments for each region. Sectional and State panels are assigned by the GHSA based upon the submission of nominations from each Association.

4. Five percent of the gross receipts from the region competition must be paid to the GHSA office.
5. Region competitions will be held on Saturday, November 9, 2013. Please see the attached schedule and assignments.
6. Sectional and State Competitions will be held as follows: (See attached schedules and assignments)
 - a. Sectionals Class A – Public and Private – Columbus State University, Saturday, November 9, 2013.
 - b. Coed Sectionals - Columbus State University, Saturday, November 9, 2013.
 - c. State Finals:
 - i. Class A – Public and Private – Columbus Civic Center – Saturday, November 16, 2013.
 - ii. Coed - Columbus Civic Center – Friday, November 15, 2013.

Basketball Cheerleading

1. Basketball games
 - a. Cheerleaders are restricted from the area at the end of the court during the time a game is in progress unless they are more than eight (8) feet from the boundary line of the court. This includes cheerleaders in an “L” shape with part of the on the sideline and part on the endline.
 - b. The host school or tournament director is responsible for enforcing this rule.
 - c. The throwing of souvenirs (Such as small basketballs, t-shirts, etc.) into the stands is prohibited.
 - d. No artificial noise-makers (including megaphones) shall be allowed in the gym during basketball games.
 - e. School bands shall not play while the game is in progress; the home school is responsible for enforcing this rule.
 - f. Displays of unsportsmanlike conduct directed toward the opposing team or the officials will not be tolerated.
2. Basketball Tournaments/State Tournament
 - a. A maximum of sixteen (16) cheerleaders in uniform will be entitled to free admission to a game in which their school basketball team is participating in. Teams may be charged for additional personnel entering at the team gate.
 - b. No bands, artificial noise makers, banners or signs, radios or other music-producing devices are allowed.
 - c. Security personnel may ask a team or spectators to refrain from standing during the game if it blocks the view of other spectators who select not to stand.

(Reference: The Georgia High School Association Constitution and By-Laws (White Book); Page 57, G; Page 59, B, G)



REGION AND STATE SCHEDULES AND ROTATIONS

SECTION THREE: ASSIGNMENTS AND SCHEDULES

REGION AND SECTIONAL ASSIGNMENTS

SATURDAY, NOVEMBER 9, 2013

Southwest Georgia

Columbus State University

Host: Northside High School, Columbus

Contact: Jessica Smart (Northside)

Or Jimbo Davis (CSU)

Session One: Region 1 – AAAAA

Region 4 - AAAAA

Region 4 – AAAAA

Region 5 – AAAAA

Session Two: Coed Sectionals

All Class A Teams - Sectionals

South Georgia

Worth County High School

Host: Worth County High School

Contact: Sue Youngblood

Region 1 – AA

Region 1 – AAAAA

Region 1 – AAAAAA

Region 2 – AAAAA

Southeast Georgia

Toombs County Middle School

Host: Toombs County High School

Contact: Rhonda McBride

Region 1 – AAA

Region 2 - AA

Region 3 – AAA

Region 3 – AAAAA

Region 3 – AAAAAA

Northeast Georgia

Loganville High School

Host: Loganville High School

Contact: Allison Creel

Region 6 - AAAAA

Region 7 - AAAAAA

Region 8 - AA

Region 8 – AAAAA

Region 8 – AAAAAA

Region 8 - AAAAAA

Middle Georgia

Putnam County High School

Host: Putnam County High School

Contact: April Smith

Region 2 – AAA

Region 2 – AAAAA

Region 2 – AAAAAA

Region 3 – AA

Region 4 – AA

Region 8 – AAA

North Metro

Roswell High School

Host: Roswell High School

Contact: Alison Smock

Region 5 – AAAAAA

Region 6 – AA

Region 6 – AAA

Region 6 – AAAAA

Region 6 – AAAAAA

Northwest Georgia

Dalton High School

Host: Dalton High School

Contact: Tami Fleming

Region 5 – AA

Region 5 – AAA

Region 7 – AA

Region 7 – AAA

Region 7 – AAAAA

North Georgia

Kennesaw Mountain High School

Host: Kennesaw Mountain High School

Contact: Sherri Gilliam

Region 3 – AAAAAA

Region 4 – AAA

Region 4 – AAAAAA

Region 5 - AAAAA

Region 7 - AAAAA

GHS A STATE SCHEDULE – CHEERLEADING

FRIDAY, NOVEMBER 15, 2013

Session One: Classes 2A, 3A, 4A will begin at 9:00 a.m.

Session Two: Classes 5A, 6A, and COED STATE CHAMPIONSHIPS will begin at 2:00 p.m.

ALL NON COED SECTIONALS ORDER OF PERFORMANCE:

<u>ORDER</u>	<u>REGION</u>	<u>TEAM</u>	<u>ORDER</u>	<u>REGION</u>	<u>TEAM</u>
1	Region 5	Team 4	13	Region 1	Team 2
2	Region 6	Team 4	14	Region 2	Team 2
3	Region 7	Team 4	15	Region 3	Team 2
4	Region 8	Team 4	16	Region 4	Team 2
5	Region 1	Team 3	17	Region 5	Team 3
6	Region 2	Team 3	18	Region 6	Team 3
7	Region 3	Team 3	19	Region 7	Team 3
8	Region 4	Team 3	20	Region 8	Team 3
9	Region 5	Team 2	21	Region 1	Team 4
10	Region 6	Team 2	22	Region 2	Team 4
11	Region 7	Team 2	23	Region 3	Team 4
12	Region 8	Team 2	24	Region 4	Team 4

(Intermission after Team 12)

ORDER FOR COED STATE FINALS

<u>ORDER</u>	<u>COED TEAM</u>
1	Sectional – Team 15
2	Sectional – Team 13
3	Sectional – Team 11
4	Sectional – Team 9
5	Sectional – Team 7
6	Sectional – Team 5
7	Sectional – Team 3
8	Sectional – Team 1
9	Sectional – Team 2
10	Sectional – Team 4
11	Sectional – Team 6
12	Sectional – Team 8
13	Sectional – Team 10
14	Sectional – Team 12
15	Sectional – Team 14
16	Sectional – Team 16

GHSA STATE SCHEDULE – CHEERLEADING

Saturday, NOVEMBER 16, 2013

Session One: Classes 2A, 3A, 4A will begin at 9:00 a.m.

Session Two: Classes 5A, 6A and Single A All Divisions will begin at 2:00 p.m.

AA through AAAAAA Non COED:

Sectional – Team 7

Sectional – Team 5

Sectional – Team 3

Sectional – Team 1

Region 4 – Team 1

Region 5 – Team 1

Region 6 – Team 1

Region 7 – Team 1

Region 8 – Team 1

Region 1 – Team 1

Region 2 – Team 1

Region 3 – Team 1

Sectional – Team 2

Sectional – Team 4

Sectional – Team 6

Sectional – Team 8

CLASS A

Sectional – Team 7 (Private)

Sectional – Team 7 (Public)

Sectional – Team 5 (Private)

Sectional – Team 5 (Public)

Sectional – Team 3 (Private)

Sectional – Team 3 (Public)

Sectional – Team 1 (Private)

Sectional – Team 1 (Public)

Sectional – Team 2 (Private)

Sectional – Team 2 (Public)

Sectional – Team 4 (Private)

Sectional – Team 4 (Public)

Sectional – Team 6 (Private)

Sectional – Team 6 (Public)

Sectional – Team 8 (Private)

Sectional – Team 8 (Public)

STATE ROTATION

All Odd Number Teams will enter and perform on Side ONE of the Civic Center.

All Even Number Teams will enter and perform on Side TWO of the Civic Center

GHSA STATE SCHEDULE

2A, 3A, & 4A

Friday, November 15, 2013 - 9:00AM

Order	Class	Region	Team No.
1	AA	5	4
2	AAA	5	4
3	AAAA	5	4
4	AA	6	4
5	AAA	6	4
6	AAAA	6	4
7	AA	7	4
8	AAA	7	4
9	AAAA	7	4
10	AA	8	4
11	AAA	8	4
12	AAAA	8	4
13	AA	1	3
14	AAA	1	3
15	AAAA	1	3
16	AA	2	3
17	AAA	2	3
18	AAAA	2	3
19	AA	3	3
20	AAA	3	3
21	AAAA	3	3
22	AA	4	3
23	AAA	4	3
24	AAAA	4	3
25	AA	5	2
26	AAA	5	2
27	AAAA	5	2
28	AA	6	2
29	AAA	6	2
30	AAAA	6	2
31	AA	7	2
32	AAA	7	2
33	AAAA	7	2
34	AA	8	2
35	AAA	8	2
36	AAAA	8	2
Intermission 15 Minutes			
37	AA	1	2
38	AAA	1	2
39	AAAA	1	2
40	AA	2	2
41	AAA	2	2
42	AAAA	2	2
43	AA	3	2
44	AAA	3	2
45	AAAA	3	2
46	AA	4	2
47	AAA	4	2
48	AAAA	4	2
49	AA	5	3
50	AAA	5	3
51	AAAA	5	3
52	AA	6	3
53	AAA	6	3
54	AAAA	6	3
55	AA	7	3
56	AAA	7	3
57	AAAA	7	3
58	AA	8	3
59	AAA	8	3
60	AAAA	8	3
61	AA	1	4
62	AAA	1	4
63	AAAA	1	4
64	AA	2	4
65	AAA	2	4
66	AAAA	2	4
67	AA	3	4
68	AAA	3	4
69	AAAA	3	4
70	AA	4	4
71	AAA	4	4
72	AAAA	4	4

4A, 5A & COED FINALS

Friday, November 15, 2013 - 2:00PM

Order	Class	Region	Team No.
1	AAAA	5	4
2	AAAAA	5	4
3	AAAA	6	4
4	AAAAA	6	4
5	AAAA	7	4
6	AAAAA	7	4
7	AAAA	8	4
8	AAAAA	8	4
9	COED	SECT	15
10	AAAA	1	3
11	AAAAA	1	3
12	COED	SECT	13
13	AAAA	2	3
14	AAAAA	2	3
15	COED	SECT	11
16	AAAA	3	3
17	AAAAA	3	3
18	COED	SECT	9
19	AAAA	4	3
20	AAAAA	4	3
21	COED	SECT	7
22	AAAA	5	2
23	AAAAA	5	2
24	COED	SECT	5
25	AAAA	6	2
26	AAAAA	6	2
27	COED	SECT	3
28	AAAA	7	2
29	AAAAA	7	2
30	COED	SECT	1
31	AAAA	8	2
32	AAAAA	8	2
Intermission 15 Minutes			
33	COED	SECT	2
34	AAAA	1	2
35	AAAAA	1	2
36	COED	SECT	4
37	AAAA	2	2
38	AAAAA	2	2
39	COED	SECT	6
40	AAAA	3	2
41	AAAAA	3	2
42	COED	SECT	8
43	AAAA	4	2
44	AAAAA	4	2
45	COED	SECT	10
46	AAAA	5	3
47	AAAAA	5	3
48	COED	SECT	12
49	AAAA	6	3
50	AAAAA	6	3
51	COED	SECT	14
52	AAAA	7	3
53	AAAAA	7	3
54	COED	SECT	16
55	AAAA	8	3
56	AAAAA	8	3
57	AAAA	1	4
58	AAAAA	1	4
59	AAAA	2	4
60	AAAAA	2	4
61	AAAA	3	4
62	AAAAA	3	4
63	AAAA	4	4
64	AAAAA	4	4

GHSA STATE SCHEDULE

2A, 3A, & 4A FINALS

Saturday, November 16, 2013 - 9:00AM

Order	Class	Region	Team No.
1	AA	SECT	7
2	AAA	SECT	7
3	AAAA	SECT	7
4	AA	SECT	5
5	AAA	SECT	5
6	AAAA	SECT	5
7	AA	SECT	3
8	AAA	SECT	3
9	AAAA	SECT	3
10	AA	SECT	1
11	AAA	SECT	1
12	AAAA	SECT	1
13	AA	4	1
14	AAA	4	1
15	AAAA	4	1
16	AA	5	1
17	AAA	5	1
18	AAAA	5	1
19	AA	6	1
20	AAA	6	1
21	AAAA	6	1
22	AA	7	1
23	AAA	7	1
24	AAAA	7	1
Intermission 15 Minutes			
25	AA	8	1
26	AAA	8	1
27	AAAA	8	1
28	AA	1	1
29	AAA	1	1
30	AAAA	1	1
31	AA	2	1
32	AAA	2	1
33	AAAA	2	1
34	AA	3	1
35	AAA	3	1
36	AAAA	3	1
37	AA	SECT	2
38	AAA	SECT	2
39	AAAA	SECT	2
40	AA	SECT	4
41	AAA	SECT	4
42	AAAA	SECT	4
43	AA	SECT	6
44	AAA	SECT	6
45	AAAA	SECT	6
46	AA	SECT	7
47	AAA	SECT	7
48	AAAA	SECT	7

5A, 6A & A FINALS

Saturday, November 16, 2013 - 2:00PM

Order	Class	Region	Team No.
1	AAAAA	SECT	7
2	AAAAAA	SECT	7
3	A-Private	SECT	7
4	AAAAA	SECT	5
5	AAAAAA	SECT	5
6	A-Public	SECT	7
7	AAAAA	SECT	3
8	AAAAAA	SECT	3
9	A-Private	SECT	5
10	AAAAA	SECT	1
11	AAAAAA	SECT	1
12	A-Public	SECT	5
13	AAAAA	4	1
14	AAAAAA	4	1
15	A-Private	SECT	3
16	AAAAA	5	1
17	AAAAAA	5	1
18	A-Public	SECT	3
19	AAAAA	6	1
20	AAAAAA	6	1
21	A-Private	SECT	1
22	AAAAA	7	1
23	AAAAAA	7	1
24	A-Public	SECT	1
Intermission 15 Minutes			
25	AAAAA	8	1
26	AAAAAA	8	1
27	A-Private	SECT	2
28	AAAAA	1	1
29	AAAAAA	1	1
30	A-Public	SECT	2
31	AAAAA	2	1
32	AAAAAA	2	1
33	A-Private	SECT	4
34	AAAAA	3	1
35	AAAAAA	3	1
36	A-Public	SECT	4
37	AAAAA	SECT	2
38	AAAAAA	SECT	2
39	A-Private	SECT	6
40	AAAAA	SECT	4
41	AAAAAA	SECT	4
42	A-Public	SECT	6
43	AAAAA	SECT	6
44	AAAAAA	SECT	6
45	A-Private	SECT	8
46	AAAAA	SECT	8
47	AAAAAA	SECT	8
48	A-Public	SECT	8



GHSA FORMS

Scoresheet

Safety Infraction Sheet

Tally Sheet

Rubric/Guide to Scoring

All other forms for sanctioned events, eligibility, and declaration can
found on the Georgia High School Association website.

Georgia High School Association

COMPETITIVE CHEERLEADING

OFFICIAL'S SCORE SHEET

SCHOOL	NUMBER ON SQUAD	CLASS/ REGION	OFFICIALS NUMBER			
JUMPS			Score			
<input type="checkbox"/> Good Technique	<input type="checkbox"/> Good Height	<input type="checkbox"/> Pointed Toes	<input type="checkbox"/> Good Timing	DOD	6	
<input type="checkbox"/> Improve Technique	<input type="checkbox"/> Missed Jumps	<input type="checkbox"/> Bent legs	<input type="checkbox"/> Timing Off	EXE	8	
STANDING TUMBLING						
<input type="checkbox"/> Good Technique	<input type="checkbox"/> Stuck Landings	<input type="checkbox"/> Good Form	<input type="checkbox"/> Good Timing	DOD	6	
<input type="checkbox"/> Missed Tumbling	<input type="checkbox"/> Hands Down/Bust	<input type="checkbox"/> Added Steps	<input type="checkbox"/> Timing Off	EXE	8	
RUNNING TUMBLING						
<input type="checkbox"/> Good Technique	<input type="checkbox"/> Stuck Landings	<input type="checkbox"/> Good Form	<input type="checkbox"/> Good Timing	DOD	6	
<input type="checkbox"/> Missed Tumbling	<input type="checkbox"/> Hands Down/Bust	<input type="checkbox"/> Multiple Steps	<input type="checkbox"/> Timing Off	EXE	8	
PARTNER STUNTS/TOSSES						
<input type="checkbox"/> Good Technique	<input type="checkbox"/> Clean Dismounts	<input type="checkbox"/> Missed Stunts	<input type="checkbox"/> Good Timing	DOD	8	
<input type="checkbox"/> Bobbles	<input type="checkbox"/> Poor Dismounts	<input type="checkbox"/> Dropped Stunts	<input type="checkbox"/> Timing Off	EXE	10	
PYRAMIDS						
<input type="checkbox"/> Good Technique	<input type="checkbox"/> Clean Transitions	<input type="checkbox"/> Clean Dismounts	<input type="checkbox"/> Good Timing	DOD	8	
<input type="checkbox"/> Drops	<input type="checkbox"/> Improve Formations	<input type="checkbox"/> Missed Elements	<input type="checkbox"/> Timing Off	EXE	10	
DANCE						
<input type="checkbox"/> Advanced Motions	<input type="checkbox"/> Level Changes	<input type="checkbox"/> Creative & Visual	<input type="checkbox"/> Good Timing	DOD/ EXE	8	
<input type="checkbox"/> Clean up	<input type="checkbox"/> Formation Off	<input type="checkbox"/> Improve Transitions	<input type="checkbox"/> Timing Off			
CHEER/CHANT						
<input type="checkbox"/> Good Technique	<input type="checkbox"/> Creative & Visual	<input type="checkbox"/> Good Motions	<input type="checkbox"/> Good Timing	DOD/ EXE	5	
<input type="checkbox"/> Add Incorporations	<input type="checkbox"/> Improve Transitions	<input type="checkbox"/> Include Words	<input type="checkbox"/> Timing Off			
CREATIVITY						
<input type="checkbox"/> Creative	<input type="checkbox"/> Visual	<input type="checkbox"/> Add Creativity	<input type="checkbox"/> Add Visuals		3	
FORMATIONS/TRANSITIONS						
<input type="checkbox"/> Fluid Movement	<input type="checkbox"/> Good Spacing	<input type="checkbox"/> Nice Variety	<input type="checkbox"/> Good Timing		3	
<input type="checkbox"/> Improve Transitions	<input type="checkbox"/> Clean Up	<input type="checkbox"/> Improve Formations	<input type="checkbox"/> Timing Off			
SHOWMANSHIP						
<input type="checkbox"/> Crowd Appeal	<input type="checkbox"/> Good Energy	<input type="checkbox"/> Good Facials	<input type="checkbox"/> Clean/Solid		3	
<input type="checkbox"/> No Crowd Appeal	<input type="checkbox"/> Add Energy	<input type="checkbox"/> Improve Facials	<input type="checkbox"/> Add Variety			
Official Signature			TOTAL SCORE			

Georgia High School Association
COMPETITIVE CHEERLEADING
MASTER SCORE SHEET

CLASS/ REGION	NUMBER OF SQUADS	PAGE

* Drop highest and lowest officials' scores for each team for subtotal.

	TEAM ____	TEAM ____	TEAM ____	TEAM ____	TEAM ____	
School						
Official 1						
Official 2						
Official 3						
Official 4						
Official 5						
SUB-TOTAL						
Deductions						
DQ Reason						
TOTAL SCORE						
Placement						
	TEAM ____	TEAM ____	TEAM ____	TEAM ____	TEAM ____	
School						
Official 1						
Official 2						
Official 3						
Official 4						
Official 5						
SUB-TOTAL						
Deductions						
DQ Reason						
TOTAL SCORE						
Placement						
Head Official Signature				Score Keeper Signature		

GHSA Scoring Instructions and Rubric

Updated 5-31-2013

The KEY to this rubric and scoring system is to perform within the means of the squad's skill level, execute all skills solidly, and score high in the execution categories.

Definitions

- **Fall:** A body part coming into contact with the performance surface during the execution of a stunt/skill.
- **Drop:** A stunt/skill being attempted that comes down early. It may then be put up again; however, it is clear to the judges that the stunt was not executed as intended.
- **Missed Stunt:** A skill is attempted but does not hit the appropriate position or height as the other stunts. Ex: Failure to hit a heel stretch and instead remaining in a platform or liberty.
- **Bobble:** When a flyer hits a stunt/skill and wobbles, shakes, swings her arms but the stunt still remains in the air.
- **True Full up:** Bases remain stationary and flyer rotates 360°.
- **Entry:** The beginning or mounting phase of a stunt, where one foot/hand(s) starts on the performing surface or in a loading position.
- **Structure:** A place in a pyramid when flyers connect (hand-hand or hand-foot) and pause to show a defined position. This is also known as a picture.

Jumps

- Jumps should be performed as a team.
 - Squads can still complete jumps connected to tumbling. The jumps will be scored in jumps and the tumbling portion will be scored in standing tumbling.
- **Combo:** connected jumps without a pause in between. Ex: double toe touch or a toe touch, pike, hurdler, all connected.
- **Variety:** involves different jumps
 - Basic Jumps – tuck jumps, spread eagles, banana jumps. DOD 1 – 2.
 - Advanced Jumps – herkie, hurdler, pike, double nine, toe touch. DOD 3 – 6.
- A right herkie, toe touch, left herkie all connected would complete the 3 jump triple combo requirement.

Standing/Running Tumbling

- **Standing Tumbling:** A tumbling skill (series of skills) performed from a standing position without any previous forward momentum. Any number of steps backward prior to execution of tumbling skill(s) is defined as "standing tumbling." (Source: usasf.net)
- **Running Tumbling:** Tumbling that is performed with a running start and/or involves a step or a hurdle (etc,) used to gain momentum as an entry to another skill. Any type of forward momentum/movement prior to execution of the tumbling skill(s) is defined as "running tumbling." (Source: usasf.net)
- **Entry into tumbling:**
 - Judges will watch the entry into the skill.
 - Cartwheel: This will be called standing because that is what initiates the skill.
 - Round-off: This will be called "running" because of the momentum it generates.
 - A step hurdle into the cartwheel will be judged as "running".
- **Full through to full:**
 - A team member performing a full through to full tumbling pass will count as two fulls.
 - Two will be the maximum credit given.
- **Specialty Pass:**
 - Running tumbling with entries, including front walk-over/handspring, aerial, or punch front, ending in a tuck or higher.
 - Running tumbling involving skills, including back handspring step outs, whips, or arabians ending in a tuck or higher.
- **Standing and Running Tumbling recommendations:**
 - The judges need to see what the "Squad" can do as a whole. If squad "re-use/repeat" the same tumbler, judges will not be able to distinguish what the squad is capable of doing as a group. Therefore, it is recommended that teams tumble in sections of the routine as a squad and not randomly throughout the routine.

Partner Stunts/Tosses

- **Entries:**
 - Basic – Straight up to stunt, prep level stunts
 - Intermediate – Full up, half up to extension, switch up to prep level, and inversion from ground to prep level.
 - Advanced – True full up, switch up, ball ups, invert to extended position or un-braced tick tock*.
*Note: the un-braced tick tock must go from the performing surface or loading position to the extended position, power press/absorb to the prep position and tick tock to the extended position in one continuous motion in order to count as an entry. If the motion is not constant, this will not be considered an entry.
- **Body positions:** Liberty, Torch, Arabesque, Heel Stretch, Bow & Arrow, Scale, Scorpion, etc.
- **Flexibility Skills:** Heel Stretch, Bow & Arrow, Scale, Scorpion, and other skills demonstrating similar flexibility from the flyers.
- **Main/Primary Stunts** will normally include the squad's best and most creative stunts. To MAX out, the squad must complete the skills defined above for the main stunt, plus a Secondary Stunt.
 - It is recommended that all required elements be executed during one section of the routine to receive full credit.
- **Secondary Stunt** must have the minimum required spotters and bases.
 - Examples – coed style extensions, extended single leg stunts
 - Dismounts – specific dismounts are not necessary in secondary stunts
- **Tosses** – can be used in place of the secondary stunt.
 - Basic – Straight rides, blow outs, pose
 - Intermediate – Single full, X outs, toe touch, pike
 - Advanced - Kick single or 1 ¼, hitch-kick single or 1 ¼, star single or 1 ¼
- **Dismounts**
 - Basic – Straight cradles from two legged stunts, pop downs
 - Intermediate – 1 ¼ rotation (twist) from prep level single leg position, full down from prep or extended position, 360 down (cork screw) from prep level to a squish or floor, 360 down (cork screw) from extended (two legged) position to a squish or floor, forward suspended roll
 - Advanced – 1 ¼ rotation (twist) from extended single leg position, 360 down (cork screw) from extended (single leg) position to a squish or floor
- **COED:** Coed teams will be required to demonstrate single based coed stunts during the Secondary Stunt sequence in order to score in the 6-8 DOD categories.
 - The male athletes must demonstrate the ability to get to hands without assistance (no secondary base or spotter may come into contact with the flyer or main base until the intended coed skill has hit) and then extend the stunt (using appropriate spotting technique).
 - The team is still required to put up the same number of Secondary Stunts to score within a specific DOD category; however, each male (up to 5 males) must complete the coed requirement.
Example: if a team of 16 members (with 3 male athletes) intends to MAX out, they would need to put up 5 secondary stunts with 3 of those groups main based by the 3 male athletes. The other 2 secondary stunts will be executed by the remaining female athletes.
 - If a squad has more than 5 males on its team, their coach will choose the male athletes best suited to perform the 5 single based coed stunts.
Example: If a team of 16 members (with 10 male athletes) intends to MAX out, it would need to put up 5 secondary stunts with 5 of those groups main based by 5 of the 10 male athletes.
- **NOTE:**
 - If front spots are used on partner stunts, one point will be deducted from DOD. This applies to using a front spot on one or more stunt groups.

Pyramids

Keep in mind the total number of members on the floor. A squad of 16 will likely have a more intricate pyramid than a squad of 12.

- **Entries:**
 - Basic – Straight up to stunt, etc. Little creativity, not visual.
 - Intermediate – Half up to any level, switch up to prep level, and inversion from ground to prep level. Moderate creativity, somewhat visual.
 - Advanced – Full up, switch up, ball up, invert to extended position. Very creative, very visual.

▪ **Transitions:**

- Basic – Show and go, single leg show and go, straddle sit, splits. Little creativity, not visual.
- Intermediate – Half around back to squish, full around back to squish, flat back into stunt, helicopter, power press, and other similarly difficult skills. Moderate creativity, somewhat visual.
- Advanced – 1 ½ around back to squish, up and over, vault, and release transitions.
 - Release transitions – loss of contact tricks in a pyramid. Ex: Braced tick tock, ball up, toe touch, full around, forward flip, backward flip, etc., that are very creative and visual.

Cheer/Dance

▪ **Cheer Incorporations:**

- One or more of the following must be incorporated into the cheer to receive maximum points: Jump, tumbling, stunts, tosses, and/or pyramids.

▪ **Cheer/Dance Recommendations:**

- A minimum of 3 eight counts of cheer with incorporations.
- A minimum of 4 eight counts of dance.

Tables/ Charts

Jumps, Standing & Running Tumbling

		<i># of team members</i>						
		16	15	14	13	12	11	10
# of members completing the skill	(-0)	16	15	14	13	12	11	10
	(-2)	14	13	12	11	10	9	8
	(-4)	12	11	10	9	8	7	6
	(-6)	10	9	8	7	6	5	4
	(-8)	8	7	6	5	4	3	2

- Total Team # -0 states that all members of the team should complete the skill.
- Total Team # -2 states that total members minus two must complete the skill.
Example: A team of 16 members must have at least 14 members complete a skill; therefore, two members are not jumping, tumbling and/ or etc.
- Note that the numbers are even numbers: -2, -4, -6, -8. Therefore, please understand that Total Team # -2 will encompass -2 and -1 team members. -4 will encompass -4 and -3 team members. Total team -6 will encompass -6 and -5 team members. Total team -8 will encompass -8 and -7 team members.
- Total Team # -6 states that only 10-11 members of a squad of 16 completed a skill.

Partner Stunts/ Tosses

Main Stunt		16	15	14	13	12	11	10
# of Stunt Groups	(-0)	4	3	3	3	3	2	2
	(-1)	3	3	3	3	2	2	2
	(-2)	3	3	3	2	2	2	2
	(-3)	3	3	2	2	2	2	1

Secondary Stunt		16	15	14	13	12	11	10
# of Stunt Groups	(-0)	5	5	4	4	4	3	3
	(-1)	5	4	4	4	3	3	3
	(-2)	4	4	4	3	3	3	2
	(-3)	4	4	3	3	3	2	2

Tosses		16	15	14	13	12	11	10
# of Groups	(-0)	4	3	3	3	3	2	2
	(-1)	3	3	3	3	2	2	2
	(-2)	3	3	3	2	2	2	2
	(-3)	3	3	2	2	2	2	1

- A team with 16 members will be expected to stunt 4 main stunts and either 5 secondary stunts or throw 4 tosses.
- A team of 16 members stunt 3 main group stunts (Total Groups -1) and 5 secondary stunts... if the squad maxes the DOD, the highest the squad would get would be a 7 in DOD. This squad would need to stunt 4 main groups to max DOD and score an 8.
- Keep in mind that these groups must complete all the skills outlined in the rubric to receive the highest score in DOD.
- If a team has a total of 15 members they are expected to stunt 3 main stunt groups and 5 secondary stunt groups and/ or 3 tosses with the required skills to max out the DOD points.

Example: One scenario might be - To score an 8 in DOD... A squad of 16 members full up 4 groups and then hits a heel stretch at the top. Then the 4 groups retake the stretch to a squish and moves to another formation. At this formation the 4 groups perform 4 switch ups to the extended position and perform a scorpion and scale with 4 advanced dismounts. The squad completes 5 extended single leg stunt groups elsewhere during the routine.

- **NOTE:**

- (-1), (-2)... for COED secondary stunts does NOT refer to the number of male athletes to be used. This refers to the number of stunt groups.

Examples:

1. Total Groups#-0 = a team of 16 with 1 male athlete – they still have to put up a total of 5 secondary stunt groups (TG-0) but 1 of those groups must be coed. The other 4 can be all-girl.
2. Total Groups#-1 = a team of 16 w/ 1 male athlete – they still have to put up a total of 5 secondary stunt groups (TG-1) but 1 of those groups must be coed. The other 4 can be all-girl.
3. Total Groups#-2 = a team of 16 with 1 male athlete – they still have to put up a total of 4 secondary stunt groups (TG-2) but 1 of those groups must be coed. The other 3 can be all-girl.

2012 GHSA Competitive Cheerleading – Judging Score Sheet Rubric

Jumps						
DOD	1	2	3	4	5	6
				<u>Total Team # -4</u> Triple combo of 3 different advanced jumps. Must be connected.	<u>Total Team # -2</u> Triple combo of 3 different advanced jumps. Must be connected.	<u>Total Team # -0</u> Triple combo of 3 different advanced jumps. Must be connected.
		<u>Total Team # -4</u> Double combo with variety or triple combo with no variety.	<u>Total Team # -2</u> Double combo with variety or triple combo with no variety.	<u>Total Team # -0</u> Double combo with variety or triple combo with no variety.		
	<u>Total Team # -2</u> Single jump or non connected jumps.	<u>Total Team # -0</u> Single jump or non connected jumps.				
EXE	1-2	3-4		5-6		7-8
	poor form, dropping chest, bent legs, poor timing	average technique, members w/ flexed toes & dropped chest		above average technique, good timing, few flexed toes, no missed jumps		excellent technique, perfect timing, toes pointed, arms in the same position, no missed jumps
Standing Tumbling						
DOD	1	2	3	4	5	6
	Forward rolls, back extension rolls, standing cartwheels.			<u>Total Team # -6</u> Tucks or handspring tucks or handsprings to layouts, with 1 standing series to full/ standing full.	<u>Total Team # -4</u> Tucks or handspring tucks or handsprings to layouts, with 2 standing series to full/ standing full(s).	<u>Total Team # -2</u> Tucks or handspring tuck or handsprings to layouts, with 3 or more standing series to full/ standing full(s).
		<u>Total Team # -8</u> Tucks or handspring tucks or handsprings to layouts.	<u>Total Team # -6</u> Tucks or handspring tucks or handsprings to layouts.	<u>Total Team # -4</u> Tucks or handspring tucks or handsprings to layouts.	<u>Total Team # -2</u> Tucks <u>and</u> handspring tucks or handsprings to layouts.	
		<u>Total Team # -4</u> Handsprings	<u>Total Team # -2</u> Handsprings	<u>Total Team # -0</u> Handsprings		
EXE	1-2	3-4		5-6		7-8
	poor form and/ or technique, slow and poor timing. majority hands down/ bust	average technique, good timing, multiple hands down/ bust		above average technique, good timing, limited hands down/ bust		excellent technique, perfect timing, no missed tumbling, stick landings w/ minimum steps
Running Tumbling						
DOD	1	2	3	4	5	6
	Running cartwheels and round-offs.			<u>Total Team # -6</u> Round off tucks or handspring tucks with layouts, specialty passes, with 1 full.	<u>Total Team # -4</u> Round off tucks or handspring tucks with layouts, specialty passes, with 2-3 fulls.	<u>Total Team # -2</u> Round off handspring tucks. Combination of layouts, specialty passes, with 4 or more fulls.
		<u>Total Team # -6</u> Round off tucks and/ or handspring tucks <u>or</u> <u>Total Team # -8</u> Layouts and specialty passes.	<u>Total Team # -4</u> Round off tucks and/ or handspring tucks <u>or</u> <u>Total Team # -6</u> Layouts and specialty passes.	<u>Total Team # -2</u> Round off tucks and/ or handspring tucks <u>or</u> <u>Total Team # -4</u> Layouts and specialty passes.		
		<u>Total Team # -2</u> Round off handsprings, limited tucks and variety.	<u>Total Team # -0</u> Round off handsprings, limited tucks and variety.			
EXE	1-2	3-4		5-6		7-8
	poor form and/ or technique, slow and poor timing. majority hands down/ bust	average technique, good timing, multiple hands down/ bust		above average technique, good timing, limited hands down/ bust, multiple steps		excellent technique, perfect timing, no missed tumbling, stick landings w/ minimum steps

	# of members						
	16	15	14	13	12	11	10
(-0)	16	15	14	13	12	11	10
(-2)	14	13	12	11	10	9	8
(-4)	12	11	10	9	8	7	6
(-6)	10	9	8	7	6	5	4
(-8)	8	7	6	5	4	3	2

2012 GHSA Competitive Cheerleading – Judging Score Sheet Rubric

Partner Stunts/Tosses									
DOD	1	2	3	4	5	6	7	8	
		<i>Total Groups# -2</i> Must include 1 basic entry plus 2 body positions with 1 of them being flexibility skill. Less than majority squad basic dismounts.	<i>Total Groups# -1</i> Must include 1 basic entry plus 2 body positions with 1 of them being flexibility skill. Squad intermediate dismounts	<i>Total Groups# -0</i> Must include 1 basic entry plus 2 body positions with 1 of them being flexibility skill. Squad intermediate dismounts.		<i>Total Groups# -2</i> Must include 2 advanced entries to the extended position plus 3 body positions with 3 of them being flexibility skills. Majority squad advanced dismounts, plus <i>Total Groups#-1</i> extended secondary stunt or intermediate tosses.	<i>Total Groups# -1</i> Must include 2 advanced entries to the extended position plus 3 body positions with 3 of them being flexibility skills. Squad advanced dismounts, plus <i>Total Groups#-2</i> extended single leg secondary stunt or advanced tosses.	<i>Total Groups# -0</i> Must include 2 advanced entries to the extended position plus 3 body positions with 3 of them being flexibility skills. Squad advanced dismounts, plus Total Groups#-0 extended single leg secondary stunt or advanced tosses.	
	Must include 1 basic entry with limited or no flexibility/ body positions. Less than half the squad stunting.	Must include 1 basic entry with flexibility skills/ body positions. One half the squad stunting. Less than majority squad basic dismounts.		<i>Total Groups# -2</i> Must include 1 advanced entry to the extended position plus 2 body positions with 2 of them being flexibility skills. Squad intermediate dismounts, plus Total Groups#-3 extended secondary stunt or basic tosses.	<i>Total Groups# -1</i> Must include 1 advanced entry to the extended position plus 2 body positions with 2 of them being flexibility skills. Majority advanced dismounts, plus <i>Total Groups#-2</i> extended secondary stunt or intermediate tosses.	<i>Total Groups# -0</i> Must include 1 advanced entry to the extended position plus 2 body positions with 2 of them being flexibility skills. Squad advanced dismounts, plus Total Groups#-1 extended secondary stunt or intermediate tosses.			
				<i>Total Groups# -1</i> Must include 2 intermediate entries plus 2 body positions with 2 of them being flexibility skills. Majority intermediate dismount.	<i>Total Groups# -0</i> Must include 2 intermediate entries plus 2 body positions with 2 of them being flexibility skills. Squad advanced dismounts.	COED secondary <i>Total Groups#-2</i> Unassisted chair/shoulder sit to hands or walk in/toss to hands. Then up to extension.	COED secondary <i>Total Groups#-1</i> Unassisted walk in or toss to hands. Then up to extended single leg or one arm stunt.	COED secondary <i>Total Groups#-0</i> Unassisted walk in or toss to the extended position. Then single leg skill.	
EXE	1-2		3-5			6-8		9-10	
	poor technique, poor timing, several bobbles and multiple dropped stunts, poor dismounts, 3 or more dropped stunts		average technique, good timing, multiple bobbles, not very clean dismounts, 2 dropped stunts			above average technique, very good timing, few bobbles, no missed stunts, clean dismounts, 1 dropped stunt		excellent technique, perfect timing, no bobbles or missed stunts, very clean dismounts, 0 dropped stunts	

Main Stunt		16	15	14	13	12	11	10
# of Stunt Groups	(-0)	4	3	3	3	3	2	2
	(-1)	3	3	3	3	2	2	2
	(-2)	3	3	3	2	2	2	2
	(-3)	3	3	2	2	2	2	1

Secondary Stunt		16	15	14	13	12	11	10
# of Stunt Groups	(-0)	5	5	4	4	4	3	3
	(-1)	5	4	4	4	3	3	3
	(-2)	4	4	4	3	3	3	2
	(-3)	4	4	3	3	3	2	2

Tosses		16	15	14	13	12	11	10
# of Groups	(-0)	4	3	3	3	3	2	2
	(-1)	3	3	3	3	2	2	2
	(-2)	3	3	3	2	2	2	2
	(-3)	3	3	2	2	2	2	1

2012 GHSA Competitive Cheerleading – Judging Score Sheet Rubric

Pyramid				
DOD	1-2	3-4	5-6	7-8
	Basic pyramid that includes 1-2 connected structures with basic entries. Basic transitions/ connected release skills, lacking complexity. Little creativity and lacking visual.	Intermediate pyramid that includes 1-2 connected structures with moderately creative entries to the <u>prep level</u> position. Intermediate transitions/release transitions. Moderate creativity and somewhat visual.	Advanced pyramid that includes 2 pyramid structures with 1-2 advanced entries to the <u>extended</u> position (using 2 or more synchronized flyers), plus advanced transitions/release transitions. Creative and visual.	Highly advanced pyramid that includes 2 or more structures with 2 or more advanced entries to the <u>extended</u> position (using 2 or more synchronized flyers), plus 2 or more advanced transitions/release transitions. Highly creative and very visual.
EXE	1-2	3-5	6-8	9-10
	poor technique, poor timing, sloppy transitions, several bobbles and missed elements, multiple drops, poor dismounts	average technique, good timing, not very clean on transitions, multiple bobbles, missed elements, not very clean dismounts	above average technique, very good timing, clean transitions, few bobbles, few missed elements/drops, clean dismounts	excellent technique, perfect timing, very clean transitions, no bobbles or missed elements, very clean dismounts

Dance				
DOD	1-2	3-4	5-6	7-8
	Basic motions and transitions. Very few level changes. Little creativity and lacking visual.	Intermediate motions and transitions. Few level changes. Moderate creativity and somewhat visual.	Advanced motions, with advanced transitions and several level changes. Creative and visual.	Multiple advanced motions with advanced transitions and several level changes. Highly creative/original and very visual.
EXE				
	poor technique, poor timing, sloppy transitions and formations	average technique, good timing, not very clean on transitions and formations	above average technique, very good timing, clean transitions and formations	excellent technique, perfect timing, very clean transitions and formations

Cheer				
DOD	1-2	3	4	5
	Less than majority squad incorporations. Basic transitions, lacking complexity. Little creativity and lacking visual. Cheer must include motions and words.	Half squad incorporations. Intermediate transitions. Moderate creativity and somewhat visual. Cheer must include motions and words.	Majority squad incorporations. Advanced transitions. Creative and visual. Cheer must include motions and words.	Full squad incorporations. Multiple advanced transitions. Highly creative and very visual. Cheer must include motions and words.
EXE				
	poor technique, poor timing, sloppy transitions, and volume	average technique, good timing, not very clean on transitions, and volume	above average technique, very good timing, clean transitions, and volume	excellent technique, perfect timing, very clean transitions, excellent volume

NOTE: Total team must cheer and dance to max out DOD

NFHS SPIRIT RULES Changes 2013



NOTE:

When reading your spirit rules book keep in mind that when you see an **asterisk (*)** or a **'P'** beside the rule you will find further clarification in the "Situations Section" or pictures in the "Picture Section".

Gray highlighting means a change has been made in the book.

Order your new National Federation Spirit Rules Book from the GHSA Office.



National Federation of High Schools 2011 -2012 Spirit Rules Changes

NFHS Spirit Rules Books
may be purchased from the GHSA Office
706-647-7473

Rules Interpretations may be
found on
www.ghsacheerleading.com

Contact Pam Carter for rules interpretations
pcarters@aol.com
706-576-5397
706-888-5309

Rule 1 Definitions: Changes or Additions

1. **Bracer** – A top person who ~~is in physical contact with~~ stabilizes and/or assists another top person.
2. **Cradle** – A dismount from a partner stunt, pyramid or toss in which the catch is completed below shoulder height by a base or bases with the top person in a face-up open-pike position.
3. **Downward Inversion (New)** – A stunt or pyramid in which an inverted top person’s center of gravity moves toward the performing surface.
4. **Extended Stunt/Position** – Any stunt in which the supporting ~~arm(s)~~ hand(s) of the base(s) is/are above the head.
5. **Loading Position/Load (New)** – Bases support a non-extended top person under the foot/feet in preparation for a stunt or toss.
6. **Log Roll** – A top person in a horizontal position or a cradle is popped then twists parallel to the performing surface before being caught by the original base(s) in a horizontal position or a cradle.
7. **Release Transition/Release Pyramid Transition** – A top person changes from one stunt to another (including loading positions) during a temporary loss of physical contact with his/her base(s).
8. **Suspended Roll/Flip** – A stunt in which a person ~~in contact with~~ is assisted by bases or posts ~~performs~~ while performing continuous foot-over-head rotation.
9. **Open-pike Position** – Legs are straight and hips are bent approximately halfway between a full pike position and a full layout position. **Rationale:** Added or edited for the purpose of clarification.

RULE 2 General Safety:

Rule 2-1-5 NEW: Each state association may, in keeping with applicable laws, authorize exceptions to NFHS playing rules to provide reasonable accommodations to individual participants with disabilities and/or special needs, as well as those individuals with unique and extenuating circumstances. The accommodations should not fundamentally alter the sport, heighten risk to the athlete/others or place opponents at a disadvantage. **Rationale:** This new article is needed to provide both authority and guidance to state associations and to be consistent with other NFHS rules books.

Rule 2-4-1: A base must not: **b)** Hold objects ~~if the hands are the primary support for~~ in a hand that is supporting the top person. **Rationale:** This clarifies the original intent of the rule that was written for the 2012-13 rules book.

Rule 2-4-3: A bracer ~~may assist/stabilize a top person during the execution of a partner stunt, pyramid, or transition but~~ must not provide primary support for a top person. **Rationale:** This change will clarify and reinforce the role of the bracer.

Rule 2-4-7: A spotter is required for stunts in which the supporting ~~arm(s)~~ hand(s) of the base(s) are ~~extended~~ above the head except for the following: **i) Extended triple-base straddle sit provided the top person has both hands in contact with a post.** **Rationale:** Allowing triple-base, extended-straddle sits with a post instead of a spotter does not increase risk to the participants.

Rule 2-5: Revise Rule 2-5 as follows:

ART. 1 . . . Unless allowed under the rules in this section, a top person must not be in an inverted position.

(P) ART. 2 . . . A top person may be inverted in partner stunts in which the base of support remains below an extended position provided that:

a. In a downward inversion:

1. Two bases (original or new) are in a position to protect the head/neck/shoulder area of the top person.

2. These bases must maintain contact with the top person's upper body (waist or above, including arms) until the top person is no longer inverted or his/her hands are on the performance surface.

3. The top person cannot go to an inverted position on the performance surface from a prep position.

b. When a top person is inverted at or passing through shoulder level:

1. At least one base must be in a position to protect the head/neck/shoulder area of the top person.

2. This base must maintain contact with the top person's upper body (waist or above, including arms) until the top person is no longer inverted.

3. An additional spotter must be in a position to protect the head/neck/shoulder area of the top person. This person may assist but is not required to maintain constant contact.

c. In all other inversions, including those coming from the performing surface:

1. At least one base or spotter is in a position to protect the head/neck/shoulder area of the top person.

2. This base or spotter must maintain contact with the top person's upper body (waist or above, including arms) until the top person is no longer inverted.

(P) ART. 3 . . . Suspended forward and backward rolls/flips are permitted provided the following conditions are met:

a. The top person begins on the performing surface or in a stunt shoulder height or below.

b. Two bases or two posts control the top person in suspended forward or backward rolls with continuous hand-to-hand/arm contact to a stunt, two-person cradle, loading position or the performing surface. Exception: One base or post may control the top person in a suspended forward roll/flip with continuous hand-to-hand contact to a two-person cradle.

c. During the roll/flip, the feet of the top person must be released.

ART. 4 Braced forward or backward flips in a pyramid are allowed provided all the following conditions are met:

a. The top person begins in a multi-base loading position, stunt, cradle or on the performing surface.

b. The top person maintains continuous hand-to-hand/arm contact with a bracer on each side. The bracers are in preps with a spotter (no shoulder-stand, shoulder-sit or thigh-stand bracers). The top person is between or in front of the bracers.

c. At least three catchers (one base and two spotters or two bases and one spotter) who were the original bases/spotters catch the top person in a loading position, stunt or cradle, or assist the top person to the performing surface. If the flip ends in a cradle, the bracers may release the top person once she/he begins to descend and is no longer inverted.

d. The top person ends in a non-inverted position.

e. The top person does not perform more than one and one quarter (1¼) flipping rotations and does not twist.

f. The bases/catchers remain stationary except as necessary for safety adjustments.

Rationale: Rule 2-5 included seven articles in the 2012-13 rules book. This revision condenses it to four articles. Rule 2-5-1 was unchanged. Rules 2-5-2 and 2-5-3 were combined with revisions and now include both forward and backward inversions in the same article (Rule 2-5-3). Rules 2-5-4, 2-5-5 and 2-5-6 were combined with revisions and are now Rule 2-5-2. Rule 2-5-7 is now 2-5-4 with some revisions. 2.5.2 – Adjusting the height restriction for the base of support reflects the reality of how many inverted stunts are actually executed. This change does not create undue risk to the participants. 2.5.2a. – Specifying that the base/spotter must maintain

contact with the top person's upper body will reduce confusion among coaches and judges. Requiring two people to maintain constant contact increases protection to the top person in this type of inversion. **2.5.2b.** – Specifying that the base/spotter must maintain contact with the top person's upper body will reduce confusion among coaches and judges. Requiring a second person increases protection to the top person in this type of inversion. It is not necessary for this person to be in contact with the top person to protect him/her. **2.5.3a.** – Suspended backward rolls have proven to be low risk and should be allowed to be performed in the same manner as suspended forward rolls. **2.5.3b.** – Allowing a single base or post to assist into a two-person cradle does not create undue risk. **2.5.3c.** – Requiring the release of the top person's feet is consistent with the NFHS focus on risk minimization. **2.5.4b.** – A shoulder stand was found to be an unstable stunt for bracers in braced flips. Removing it as an allowed position is consistent with the NFHS focus on risk minimization. **2.5.4c.** – Requiring three people to be under the top person during braced flips increases protection. Allowing two different configurations of those participants increases creativity without increasing risk. **2.5.4d.** – This editorial addition states what previously was an unwritten assumption.

Rule 2-6-4: A top person may be moved from a vertical position to face up or face down horizontal position (straight body or cradle) provided all the following conditions are met:

- a. The top person maintains contact with at least one original base or spotter.
- b. At least two ~~additional~~ catchers and/or bases catch the upper body of the top person.
- c. ~~When the catchers are not the original bases, the top person does not begin in or pass through an extended overhead position.~~ The catchers must be to the side or front of the person(s) moving the top person.
- d. When the catchers are not the original bases, they remain close to the original bases and are in place prior to the movement to the horizontal position.
- e. ~~The bases do not turn.~~ When the catchers are not the original bases and the top person begins or passes through an extended overhead position, three catchers are required.

Rationale: **2.6.4 b.** – The word “additional” made it seem as though two more people than the original bases were needed. **2.6.4c** – Establishing position of catchers provides adequate visual contact between bases. **2.6.4d** – Clarifies intent of the rule. **2.6.4e.** – Allowing a top person to begin or pass through an extended position with an extra catcher is consistent with the NFHS focus on risk minimization. Deleting “The bases do not turn” is consistent with current practice and is not necessary due to the revision of 2-6-4c which specifies that the catchers must be to the side or in front of the person(s) moving the top person. “Maintaining visual contact with the catchers” is no longer a part of the 2.6.4.

Rule 2-7-1 NEW: **a)** The top person must be braced or cradled except in quick tosses, helicopters or log rolls. Renumber b. c. d. **Rationale:** A general statement has been added for purposes of clarification. The exceptions are necessary because those legal releases can/do end in other ways.

Rule 2-7-6 b & c: ~~b) In a multi-base log roll with fewer than four catchers, the top person must~~ **may** begin and end in a face-up or face-down position. ~~c) Delete~~ **Rationale:** Reducing the number of required bases/catchers for a face down log roll does not increase risk to the participants.

Rule 2-7-7 b: The top person maintains hand-to-hand/arm contact with at least one bracer. Exception: A multi-base non-braced (free standing) tick tock that begins at shoulder level is permitted. **Rationale:** This is a high-level skill stunt that presents very low risk to the participants. It allows for creativity and difficulty while maintaining the NFHS focus on risk minimization.

Rule 2-7-10: ~~Releasing a vertical top person from above shoulder height to a catch in a layout position is illegal.~~ **Rationale:** This rule is no longer necessary due to other rules that govern releasing a top person to a horizontal position, including 2-7-7, Release Transitions.

Rule 2-7-10 NEW: A top person in a horizontal position shoulder height or below or in a cradle may be released to a loading position or stunt shoulder height or below. **Rationale:** Permitting a horizontal top person who is no higher than shoulder level to be released to a loading position for another stunt carries minimal risk to participants. This allowance is an exception to the release transition rule but is consistent with the NFHS focus on risk minimization.

Rule 2-9-3: ~~No skill (e.g., toe touch, twist, etc.) without constant hand to hand contact shall be performed prior to landing on the performing surface.~~ Dismounts to the performing surface from shoulder height or above that involve a skill (e.g., toe touch, twist, etc.) require assistance from two bases or a base and spotter. This assistance must be sufficient to slow the momentum of the top person. **Rationale:** Allowing skills to be performed during a dismount with two bases or a base and spotter is consistent with the NFHS focus on risk minimization.

Rule 2-10-2: Tumbling while holding props is illegal except for a forward roll, backward roll or holding pom(s) in the free hand during a one-hand cartwheel. **Rationale:** A one handed cartwheel is a very low risk tumbling element. Allowing participants to hold poms in the free hand does not create significant risk.



SPIRIT COACHING GENERAL GUIDE AND SPORTSMANSHIP

(Please refer to pages 19 – 26 for additional GHSA General Information and to the White Book –
The GHSA Constitution and By-Laws.)

COACHING GUIDELINES FOR SPIRIT COACHES

Section One General Guidelines:

1. Spirit teams should be under the guidance of a knowledgeable coach.
2. The coach should be knowledgeable in the first aid techniques and emergency procedures. Coaches must develop an emergency plan for dealing with injuries at practice, games, performances and other cheer activities. Participants must be made aware of these procedures.
3. The coach should remain up-to-date on all new techniques, progressions, and safety regulations by frequently attending conferences, clinics, and rules meetings. The coach should also belong to appropriate professional spirit organizations.
4. The coach should place spirit teams at athlete events to ensure safe performance.
 - a. Whenever possible, spirit teams should be at least three to four feet from the boundary line.
 - i. At a wrestling match the spirit team should be at least ten feet from the edge of the wrestling mat unless the facility does not permit otherwise.
 - ii. At a volleyball match, the spirit team should not stand in any playable area unless the facility does not permit otherwise.
 - iii. At a basketball game, the spirit team should not stand behind the free throw lane extended (NFHS: 2-1-12) and must be eight (8) feet from the boundary lines of the court (GHSA rule).
 1. 2-1-8 Addresses tumbling and stunting during the basketball or volleyball games.
 2. 2-1-9 Addresses warming-up tumbling and stunting on the court or sideline
 3. 2-1-10 Addresses time-outs and the playing area
 4. 2-1-11 Addresses artificial noise makers
 - iv. At football games, the safety of the spirit team should be considered in the placement of the team where they are not in harm's way of the football players, too close to the sideline, too close to the stands or concrete surfaces, and the field is safe (free from rocks, holes, equipment, etc.)
 - b. Spirit teams should be familiar with the action occurring during the game and the game rules. The spirit team should be prepared to move so as not to interfere with the game officials, the game actions, or the responsibilities of those playing in the game.
 - c. No action by the team should purposely distract the players.

- d. All activities should be held in a location suitable for spirit teams, free of obstructions, and away from excessive noise or distractions.
 - e. Practices should be held in a location free of obstructions, away from excessive noise or distraction, and on an appropriate surface.
5. Rules and eligibility requirements should be shared with every team member.
6. The coach should conduct pre- and post-season meetings with the parents.
7. The coach or other school approved adult representative must be in attendance and accessible at all practices, games, performances, and other spirit activities.
8. The coach should establish a good line of communication with school administrators, the athletic director, other coaches, and the band director.
9. Warm-ups and stretching should be held prior to all spirit team activities.
 - a. Warm-up should be conducted prior to the event. The team should arrive early to conduct the warm-up and stretch.
 - b. The warm-up should be conducted in a safe location without the interference of activities by other athletes such as shooting hoops or throwing or kicking footballs on the side-lines.
 - c. Stunting may be delayed until after the first half of a game to ensure a warm-up as occurred.
 - d. The coach may have to enlist others to stand between the players' warm-up area and the cheer team's warm-up area to prevent injury.
10. The coach should recognize a team's particular ability level and limit its activities accordingly. "Ability level" refers to the team's talents as a whole, and to individuals who should not be pressed to perform specific activities nor be limited by the ability level of the team. (See, understand, and use progressions in training and performing.)
11. Coaches should not permit loose, slick, baggy clothes, or nylon hose or tights which are not appropriate for the specific activity in which they are participating.
12. Coaches and participants should be trained in proper spotting techniques.
13. Proper progressions and spotting techniques should be used by coaches when training a team.
14. Appropriate matting should be used until stunts are mastered. Keep in mind that mats are required for competition performances and for training. Also, mats (or a grass like surface) are required for specific stunts such as the basket toss, elevator tosses, similar multi-base tosses, and twist to cradles.
15. The coach should approve all cheers, chants, posters, signs, music, etc. and ensure good sportsmanship. All team activities should be approved by the coach.
16. The team should be informed that all skills must be approved and practiced with the coach present prior to any performance.

17. The coach should be aware of how the demands placed on the spirit team impact an athlete's academic achievement.
18. Travel arrangements should be approved by the coach and the school administration while following local guidelines.
19. When a team member is required to wear an insulin pump/pack or similar device during team activities, it is the responsibility of the coach to obtain competent medical advice concerning the protection and safety of the individual and other team members with whom the person wearing the device will be performing or stunting with.
20. Coaches should be aware of all rules involving a participant wearing a brace or cast (2-3-8), bleeding (2-1-13), and concussions (2-1-14). Err on the side of caution in all cases.

SECTION TWO: COACHING WITH DIGNITY

SPORTSMANSHIP

1. Spirit teams should cheer in a positive manner and in support of their own teams. It is inappropriate to cheer "against" or "at" the other team or to cheer in an aggressive manner. (Example: "Miss it, miss it!" or "Oh yea, you walked, you walked...")
2. Cheers which solicit an aggressive response would be inappropriate. (Example: "We got spirit, how about you!")
3. Cheerleaders, both on the field and off the field, should show respect for the flag and during the National Anthem by standing at attention and not talking.
4. Cheers and chants with suggestive motions and/or words are highly discouraged.
5. It is strongly suggested that basketball cheerleaders be positioned at opposite ends of the gym to eliminate face-to-face cheering.
6. Cheerleaders should not point to, laugh at, or cheer at the opposing team, the spirit squad or the fans when cheering. They should lead their fans and cheer for their team.
7. Cheerleaders should realize the importance of positive signs. Signs should promote their team. This extends to run-throughs and pep rally signs as well as game signs. Signs, just as cheers do, should encourage your team and not degrade or intimidate the opposing team or mascot.
8. When a free throw is in progress cheerleaders should be quiet – no cheering, no stomping, no kicking the bleachers. Cheerleaders should not attempt to distract a player in any sport.
9. Cheerleaders should not draw attention to the mistakes of individual players.
10. Intimidation of opponents has no place in high school athletics.

11. Cheerleaders should behave in an appropriate, calm, and quite manner with regard for an injured player on either team, kneeling quietly until the player has recovered or been removed from the field or the court.
12. Spirit cheerleaders should educate students and fans and promote good sportsmanship by providing appropriate leadership.
13. Obnoxious behavior should not be encouraged nor permitted under the guise of school spirit. Opposing players, coaches, administrators, officials, and fans should be treated with the utmost respect. This would extend outside of the game into the communication arena of the internet and the newspapers.
14. If inappropriate crowd behaviors exist, the cheerleaders should not join in but allow a school administrator to address the issue.
15. Cheer and dance motions should not be suggestive, contain sexual implications, or create unwanted crowd response. All music should reflect the high moral standards of GHSA athletics and be free from sexual references and vulgarity.

Read the new sportsmanship section of the NFHS Rules book. Rule 2 – Section 2 on Page 17.

“Sportsmanship is a commitment to ethics and integrity. It is a promise to uphold the dignity of the sport of cheerleading and to honor the coaching position. As a team and as a coach we are striving for the highest ethical and moral conduct by our team and our fans.”

TECHNIQUES IN CHEERING:

1. Leading Cheers and Chants
 - a. Cheerleaders not only elicit a crowd response to supporting their team, they also control the crowd response through positive interaction, the use of appropriate cheers and chants, the use of appropriate signs, and working with the band to motivate a crowd to respond appropriately.
 - b. Cheerleaders need to know the game and use the appropriate cheers and chants at the correct time based on the action taking place in the game. They must be alert and ready to alter their cheers and chants as needed.
 - c. Cheerleaders should use cheers and chants that do not suggest, inflame or taunt the opposing team and fans or solicit an inappropriate response from their own team and fans.
 - d. For indoor games and events, cheerleaders should not use artificial noise makers or enhancers, including but not limited to cowbells, sirens, clackers, cans with rocks or marbles, air horns, whistles, or other noise apparatus. (NFHS: 2-1-11)

- e. Cheerleaders should not boo at an opposing team, player, coach, or an official. If booing develops in a crowd, cheerleaders should attempt to divert the team by starting a crowd cheer.
 - f. Cheerleaders should attempt to work with the fans prior to the game showing them how to respond to signs and chants.
 - g. Cheerleaders should make eye contact with the fans, and their facial expressions should generate enthusiasm and support of the team.
 - h. Cheerleaders should work with the band and review the sportsmanship and cheer guidelines with them. They are a vital part of the athletic program and should be shown respect.
2. When to cheer and when not to cheer
- a. Cheer or applaud when:
 - i. A team comes on the field or court.
 - ii. When the team or a player makes an exceptional play.
 - iii. When a substitution is made on a team; both incoming and outgoing players should be cheered when appropriate.
 - iv. As a tribute to an injured player as they leave the game.
 - v. As an encouragement to your own team in its drive for a score.
 - vi. As an encouragement to your own team in defense of its goal.
 - vii. When an opponent who has played a spectacular game, leaves the game or court or when a great play is made.
 - b. **Do not** cheer or applaud when:
 - i. An opposing player or team makes a mistake.
 - ii. An opposing player or team is being penalized.
 - iii. An important announcement is being made over the public address system.
 - iv. When the sport coach is trying to talk to the team.
 - v. When an unsportsmanlike act has occurred or is occurring.
 - vi. When it is the opposing cheerleaders turn to cheer during a basketball game. The rotation for cheers should be established prior to the game.
 - vii. Remember that a cheerleader may stunt or tumble when the basketball is in play, including free throws. (NFHS: 2-1-8)
 - c. **When to** go on the court in basketball or football:
 - i. During pregame when the teams are not warming up.
 - ii. During a football pregame where physical space and time allow for the team to perform.

- iii. During the quarter break or the half-time of a basketball game when teams are not warming up. This should be planned with the opposing cheerleading team and the home team alternating on court.
- iv. During the half-time when the band is not performing at a football game.
- v. During the full 60 second time out of a basketball game.
- vi. During the postgame.
 (**Note: In most cases it is best to clear any performances with the sport coaches prior to a game. Also, cheerleaders and coaches should be aware of the sports' rules and the officials'/referees' signals watching for any changes in the game.)

SECTION THREE: RULES AND REGULATIONS

BASIC GUIDELINES

1. All spirit coaches must be aware of the **GHSA Constitution and By-Laws** and the basic rules governing all sports and the cheerleading section of this manual.
2. All spirit coaches must be aware of the **NFHS Spirit Rules Book**. All cheerleading teams for any sport are governed by this book. The rules in this book will apply to all spirit teams and govern practice, performances, and cheering.
 (**Note: The NFHS Spirit Rules Book may be obtained from the GHSA, P.O. Box 271, Thomaston, GA. 30286; phone 706-647-7473)
3. All spirit coaches must complete a rule's clinic as required by the GHSA. It is the responsibility of the coach to obtain the information pertaining to the clinics or the rule's training. This course may be completed and on line beginning in June of 2013.
4. The spirit coach is responsible for ensuring that the action of and/or the behavior of the school's spirit team adheres to the rules of the GHSA and the NFHS.
5. All spirit team members must be eligible members of the team and students enrolled in their school. All spirit team members must be declared eligible by the GHSA. Names must be submitted and approved prior to an athlete participating on the team. (GHSA RULES and NFHS: 2-1-2; Please note this rule confirms that small children or students from other programs cannot cheer with the cheerleading team. There is one exception to the GHSA eligibility requirements. All male schools may use female cheerleaders from a school close to their area to cheer on spirit teams.)
6. All coaches and spirit teams should honor the rules of the school or school system where they are cheering. If a school system or region has specific rules that apply to their system then they should be honored by all visiting teams.
7. Basic safety rules for all spirit teams must be adhered to:

- a. No jewelry should be worn while cheering. This would include practice, performances, and cheering at games. Please note that this includes earrings, bracelets (including wrist bands or rubber bands), necklaces, belly rings, lip and tongue rings, nose rings, studs of any form, and so on. Jewelry is not allowed. (NFHS: 2-3-1)
 - b. No chewing gum or candy during practice, performances or while cheering. Teams should refrain from eating while completing their assigned cheer duties. (NFHS: 2-1-7)
 - c. No glitter or hard and unyielding facial stickers. (GHSA Rule)
 - d. Fingernails and hair must follow the NFHS guidelines as stated in the NFHS Spirit Rules Book. (NFHS: 2-3-2; 2-3-3)
 - e. Uniforms should be appropriate. The NFHS clearly defines what is legal and illegal. Uncovered midriffs are illegal. **(NFHS: 2-3-6)** The length of uniforms should be appropriate to this rule. Uniforms should reflect the school colors and/or the school mascot.
 - f. Performing surfaces should be safe and appropriate for the activity. Be aware that this includes practices. (NFHS: 2-1-5)
 - g. All coaches should be aware of the NFHS rules governing bleeding, cast, braces and injuries including concussions. (NFHS: 2-1-13; 2-1-14; 2-3-8)
8. All coaches should modify activities, practices, stunting and tumbling based upon the performing surface and the location as well as the physical environment at the time of the activity. (NFHS: 2-1-5)

The Job of the Coach

1. The coach should be accessible and be in proximity to the location of the team when practicing and/or performing. The coach will attend games and supervise the team.
2. The coach should plan and supervise all practices and be prepared to run the practice.
3. The coach should maintain medical records, update records as needed, and be aware of any medical issues which may occur.
4. The coach should take first aid and CPR
5. The coach should create an emergency plan and prepare the team to react to emergencies.
6. The coach should maintain a first aid kit and keep it up-to-date.
7. The coach should understand skills and progressions and maintain records of athletic performances of those skills.
8. The coach should seek training and understand how to teach or instruct a team in how to build specific stunts, how to dismount, how to spot, and what to do in the case of a fall or accident.

9. The coach should work with the administration, the faculty, and the athletic department to ensure that the cheerleading team works cooperatively with the entire school program.
10. The coach will work closely with parents educating them on all aspects of the cheer program and keeping them informed of the schedule.
11. The coach will support the academic program and help all team members to place priority on their academic performance.
12. The coach will prepare and conduct the tryouts and the selection of the cheer team.
13. The coach will attend workshops, clinics, and seminars to learn how to train and teach cheerleading skills, learn how to maintain a safe program, and develop coaching skills.
14. The coach will provide motivation and organization to the cheer program.
15. The coach will provide consistency in the implementation of rules and guidelines of the cheer program.
16. The coach will organize and maintain equipment as needed including uniforms.
17. The coach will follow the policies of the local, state, and national governing organizations as specified by the GHSA.
18. The coach will arrange transportation as needed and follow local school guides in doing so.
19. The coach will follow good common sense in running the program and all safety rules both in practice and in performance.
20. The coach will consider both moral and behavioral aspects of life when running the program. The coach will remember that they are a mentor to the team and take into consideration the type example they set for their team. (Considering: Integrity, honesty, morality, dependability, attitude, fairness, professionalism, responsibility)