



# WVSSAC Cheer FORMS



Revised July 2011

# Index

## Cheer Competition Forms

### COMPETITION FORMS

I.	Cheer Outline Sample .....	3
II.	Cheer Outside Assistance Verification (C-1) .....	5
III.	High School Regional / State Cheer Competition Routine Outline (C2A) .....	6
IV.	High School Regional / State Cheer Competition Routine Outline (C2B) .....	7
V.	Sanctioned Jr High/Middle Cheer Competition Routine Outline Cover Sheet (C3) .....	8
VI.	WVSSAC High School Competitive Cheering Entry Form (C4) .....	9
VII.	Regional - State Technical Judge Sheet (CJ-1) .....	10
VIII.	Cheer Score Sheet (CJ-2) .....	11
IX.	Cheer Master Score Sheet (CJ-3) .....	12
X.	Tabulator Checklist (CJ-4) .....	13
XI.	Cheer Score Recordkeeping Sheet (CJ-5) .....	14
XII.	Safety Judge Routine/Team Checklist (CJ-6) .....	15
XIII.	Regional Cheer Team Scoring Report (CJ-7) .....	16
XIV.	Raw Score Sheet (CJ-9) .....	17

## Cheer Outline Sample

### TECHNICAL (35 seconds)

1. **1st jump** - full squad hurdles. *Formation change*
2. **2nd jump** - full squad pick-up toe touches. *Two formation changes*

### WORDS

A flash of green and orange  
In the center of the floor  
It's \_\_\_\_\_ High School  
Like you've never seen before  
Our dreams are big,  
But our talent is bigger!  
\_\_\_\_\_ High School looks good ...admit it  
Make a wish upon a star, you'll see the sky's the limit.  
Star light, star bright,  
The decision's up to you.  
We wish you may, we wish you might  
Make our dreams come true.

### OPEN (2:23)

#### Music

1. **Partner stunt series** - (3 groups) \*single based half extensions, to \*single based full extensions, to \*single based half extensions, up to \*extended liberties, \*twist down cradle catch dismounts. Girl in front does several advanced tumbling passes. *Formation change*
2. **Tumbling series** - (3 groups) tumblers do a standing back handspring then lay down with hands and back flat on the floor and legs extended up at 90 degrees. Two girls grab one foot each and pull the tumbler's legs over their heads to upright standing positions. Girl in front does an advanced tumbling pass.
3. **Partner stunt series** - (3 groups) \*half extensions, sponge, \*full twisting tuck out cradle catch dismounts. Girl in front does advanced tumbling pass. *Formation change*
4. **Tumbling series** - during 3rd partner stunt series (5 girls) round-off back tucks followed by (2 girls) round-off back handspring full twists. *Formation change*
5. **Full squad dances**
6. **Tumbling series** - (8 girls) 1st and 3rd rows do standing back handspring front rolls. At the same time, (5 girls) 2nd row do standing back handspring tucks. *Formation change*

7. **Full squad dances.** *Formation change*
  
8. **Partner stunt and Pyramid series** - (2 groups) \*up to split catches, sponge, \*up to half extensions, \*half extensions rotate 360 degrees, sponge, \*pike out cradle catch dismounts, reload to thigh stands. (3 groups) The two climbers on thigh stands grab the hands of a third climber who is extended to a \*one leg extension in the middle. Simultaneously, the two thigh stands go up to \*half extensions with their outside hands still supporting the arms of the middle climber and their inside hands supporting her loose foot. \*Cradle catch dismounts. During the partner stunt series, a tumbler does a round-off back tuck through the two groups then becomes the third climber in the pyramid series. During the pyramid series, another tumbler does an advanced tumbling pass in front then moves to the middle of the floor and does a standing back handspring.
  
9. **Routine Ends**

## Cheer Outside Assistance Verification

This form must be received prior to the first date of outside assistance.  
 Each school is only allowed five dates.  
 Please keep the original form, continue to add dates and fax to the office  
 (304)428-5431.

	Date	Location	Time (s)	Instructor (s)
1				
2				
3				
4				
5				

School Name:			
Head Coach			
Phone Number	(W)	(H)	(C)
Email:			
Signature		Date:	

**HIGH SCHOOL REGIONAL/STATE CHEER COMPETITION ROUTINE OUTLINE**

<b>School</b>	<b>Region</b>	<b>Class</b>
<b>Coach</b>	<b>Fax (    )</b>	
<b>Phones: (W)</b>	<b>(H)</b>	<b>(Cell)</b>

A **TYPED** outline **must** be submitted. Each sequence of the outline must be numbered. (See sample outline p.3 in Cheer Forms) Responsibility for the legality of all components (including but not limited to stunts and spotting) in the entire routine lays solely with the head coach. The onsite safety judge(s) will determine the final interpretation and ruling(s) during the safety check and competition.

<b>I.    TECHNICAL</b>
Jump One:
Jump Two:
Time: <span style="float: right;">[Must be between 30 and 40 seconds]</span>
<b>II.    OPEN</b>
Time: <span style="float: right;">[Must be no longer than 2 minutes 30 seconds]</span>
<b>Coach's Signature</b> <span style="float: right;"><b>Date</b></span>

**Mail this form along with the typed outline to:**  
**Kelly Geddis**  
**WVSSAC**  
**2875 Staunton Turnpike - Parkersburg, WV 26104**

**Mail a COPY of this form, the typed outline and any tapes to:**  
**Pat Gross**  
**145 West High Street - Waynesburg, PA 15370**  
**E-mail: patricia\_m\_gross@yahoo.com    Phone/Fax: 724-627-9190**

**THIS FORM AND THE OUTLINE MUST BE POSTMARKED BY THE DATE POSTED IN  
 THE INTERSCHOLASTIC**

White copy - WVSSAC  
 Yellow copy - School

**HIGH SCHOOL REGIONAL/STATE CHEER COMPETITION ROUTINE OUTLINE**

**School:** \_\_\_\_\_

**Type words to technical:**

**Open Outline:**

**White copy - WVSSAC  
Yellow copy - School**

**CHEER COMPETITION ROUTINE OUTLINE**  
**(Use this form when WV high school format is required in competitions other than the Regional and State.)**

<b>School</b>	<b>Region</b>	<b>Class</b>
<b>Coach</b>	<b>Fax ( )</b>	
<b>Phones: (W)</b>	<b>(H)</b>	<b>(Cell)</b>

A **TYPED** outline **must** be submitted. Each sequence of the outline must be numbered. (See sample outline p.3 in Cheer Forms) Responsibility for the legality of all components (including but not limited to stunts and spotting) in the entire routine lays solely with the head coach. The onsite safety judge(s) will determine the final interpretation and ruling(s) during the safety check and competition.

<b>I. TECHNICAL</b>
Jump One:
Jump Two:
Time: [Must be between 30 and 40 seconds]
<b>II. OPEN</b>
Time: [Must be no longer than 2 minutes 30 seconds]
<b>Coach's Signature</b> <span style="float: right;"><b>Date</b></span>

REFER TO YOUR COMPETITION MATERIALS TO DETERMINE WHO SHOULD RECEIVE COPIES OF THIS FORM ALONG WITH YOUR TYPED OUTLINE AND THE DATE THAT THEY SHOULD BE POSTMARKED.

White copy - WVSSAC  
 Yellow copy - School

**WVSSAC HIGH SCHOOL COMPETITIVE CHEERING REGIONAL/STATE ENTRY FORM**

School	Region	Class
Coach	Fax (    )	
Phones: (W)	(H)	(Cell)
Email		
School Colors		
Mascot		

I certify that the following students are eligible under current eligibility rules of the WVSSAC to represent this high school in the regional competition.

<b>CHEERLEADERS</b>		
Last Name	First Name	Year in School
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		
11.		
12.		
13.		
<b>ALTERNATES</b>		
1.		
2.		
3.		
Principal's Signature:		Date:

**FORWARD ORIGINAL TO THE WVSSAC BY 10/5/11**  
**ATTN: HEATHER ENOCH - WVSSAC - 2875 STAUNTON TURNPIKE, PARKERSBURG, WV 26104**

White Copy - WVSSAC  
 Yellow Copy - School

**REGIONAL – STATE  
TECHNICAL JUDGE SHEET**

SCHOOL: \_\_\_\_\_ TECHNICAL JUDGE: \_\_\_\_\_

Tech Time \_\_\_\_\_

Open Time \_\_\_\_\_

**Judges' Explanation  
of Deduction**

One Jump Omitted (05) \_\_\_\_\_

Two Jumps Omitted (10) \_\_\_\_\_

Bobbles (per bobble) (1-5) \_\_\_\_\_

Falls (per fall) (6-10) \_\_\_\_\_

Time Violation (20) \_\_\_\_\_

Violation of a rule (20 pts. per rule violation) (20) \_\_\_\_\_

Violation of a rule (20 pts. per rule violation) (20) \_\_\_\_\_

**TOTAL PENALTY POINTS:** \_\_\_\_\_

**TOTAL TAKEN FROM SCORE:** \_\_\_\_\_

SIGNED: \_\_\_\_\_

NF Section: \_\_\_\_\_ Article: \_\_\_\_\_ WVSSAC: \_\_\_\_\_

Explanation:

NF Section: \_\_\_\_\_ Article: \_\_\_\_\_ WVSSAC: \_\_\_\_\_

Explanation:

<b>WVSSAC CHEER SCORE SHEET</b>			
<b>School:</b>	<b>Class:</b>	<b>Regional:</b>	<b>State:</b>
<b>Category</b>	<b>Maximum Points</b>	<b>Points</b>	<b>Comments</b>
<b><u>Technical Cheer</u></b> (30 seconds minimum) Cheer Fundamentals Motion Technique Precision of Motions Formations/Spacing/Use of Floor Voice Jumps Choreography/Creativity	5 5 5 5 5 5 5 Subtotal: (30)	_____ _____ _____ _____ _____ _____ _____ _____	<input type="checkbox"/> Strong Motions <input type="checkbox"/> Needs Improvement: placements, sharpness, levels, flying arms, bent wrists <input type="checkbox"/> Good Variety <input type="checkbox"/> Add variety <input type="checkbox"/> Good Precision <input type="checkbox"/> Not together/timing/rhythm/words <input type="checkbox"/> Good Formations <input type="checkbox"/> Needs polish <input type="checkbox"/> <input type="checkbox"/> Formations need variety <input type="checkbox"/> Good Transitions <input type="checkbox"/> Watch spacing <input type="checkbox"/> Good Jumps <input type="checkbox"/> Transitions sloppy <input type="checkbox"/> <input type="checkbox"/> Jumps need synchronization height/point toes/landing
<b><u>Open</u></b> Variety/Rhythm Music Interpretation Execution Tumbling Partner Stunts/Pyramids	5 5 5 5 5 Subtotal: (25)	_____ _____ _____ _____ _____ _____	<input type="checkbox"/> Flashy/exciting <input type="checkbox"/> Not together <input type="checkbox"/> Good incorporation <input type="checkbox"/> Formations need variety <input type="checkbox"/> Good difficulty <input type="checkbox"/> Level of difficulty <input type="checkbox"/> Moves match music <input type="checkbox"/> Timing/rhythm off <input type="checkbox"/> Good variety <input type="checkbox"/> Need variety <input type="checkbox"/> Strong tumbling <input type="checkbox"/> Tumbling not perfected <input type="checkbox"/> Good stunts <input type="checkbox"/> Stunts not steady <input type="checkbox"/> <input type="checkbox"/> Step/lock/tighten <input type="checkbox"/> Clean dismounts <input type="checkbox"/> Watch dismount/cradle/timing
<b>POINT VALUE CHANGE</b>			
<b><u>Overall Appeal</u></b> Choreography/Creativity Level of Difficulty	10 15 Subtotal: (25)	_____ _____ _____	<input type="checkbox"/> Good flow <input type="checkbox"/> Choppy/doesn't flow <input type="checkbox"/> Good variety <input type="checkbox"/> Transitions sloppy <input type="checkbox"/> Very creative <input type="checkbox"/> Monotonous <input type="checkbox"/> Good difficulty <input type="checkbox"/> Level of difficulty
<b><u>Projection</u></b> Expression / Spirit Showmanship	10	_____	<input type="checkbox"/> Excellent Spirit <input type="checkbox"/> Keep Spirit <input type="checkbox"/> Showy/Spirited <input type="checkbox"/> Entire Routine <input type="checkbox"/> Strong Voices <input type="checkbox"/> Be louder/Don't fade out <input type="checkbox"/> Sportsmanship <input type="checkbox"/> Enunciation <input type="checkbox"/> Good Expressions <input type="checkbox"/> More smiles
<b><u>Overall Effect</u></b>	10	_____	
<b>TOTAL: (100)</b>		_____	<b>Judge's Signature:</b> _____

## Cheer Master Score Sheet

School: \_\_\_\_\_

Region: \_\_\_\_\_ Class: \_\_\_\_\_ Tabulator: \_\_\_\_\_ Date: \_\_\_\_\_

### Competition Routine

\*Use asterisk to indicate highest and lowest score.

Judge 1: \_\_\_\_\_

Judge 2: \_\_\_\_\_

Judge 3: \_\_\_\_\_

Judge 4: \_\_\_\_\_

Judge 5: \_\_\_\_\_

### Total Open Score

(High/Low Average)

1. Highest Score\* + Lowest Score\* = \_\_\_\_\_

2. Divide total by two (2) = \_\_\_\_\_

3. Remaining Three Scores + \_\_\_\_\_

4. + \_\_\_\_\_

5. + \_\_\_\_\_

6. Subtotal (2) + (3) + (4) + (5) = \_\_\_\_\_

Subtract Safety Judge Deductions - \_\_\_\_\_

**TOTAL SCORE** \_\_\_\_\_

## TABULATOR CHECKLIST

**To be completed for each school and returned with carbon copies.**

**School:** \_\_\_\_\_ **Region:** \_\_\_\_\_ **Class:** \_\_\_\_\_

**Tabulator name:** \_\_\_\_\_

**Initial Each Process**

- \_\_\_\_\_ Each tabulator calculated individual score sheets on a TAPE CALCULATOR AND ATTACHED TAPE TO SCORE SHEETS.
- \_\_\_\_\_ If judge total on any sheet was more than 2 points difference in tabulators' total, was score sheet returned to judge by Safety Judge?
- \_\_\_\_\_ Arrange five judge sheets in order from highest score to lowest score.
- \_\_\_\_\_ Record the five scores on Master Score Sheet
- \_\_\_\_\_ Asterisk the highest and lowest score
- \_\_\_\_\_ Add the highest and lowest score – Step 1
- \_\_\_\_\_ Divide the two scores by two – Step 2
- \_\_\_\_\_ Record the other three scores
- \_\_\_\_\_ Total the Safety Judge Deductions and attach calculator tape
- \_\_\_\_\_ Record the Safety Judge Deductions
- \_\_\_\_\_ Add lines 2,3,4,5
- \_\_\_\_\_ Subtract Safety Judge Deductions
- \_\_\_\_\_ Record Total Score
- \_\_\_\_\_ Safety Judge initial Master Score Sheet
- \_\_\_\_\_ Safety Judge conferred with Cheer Judges.
- \_\_\_\_\_ Safety Judge initial Announcement Sheet before Awards Presentation

Tabulator Signature \_\_\_\_\_

Safety Judge Signature \_\_\_\_\_

**CHEER SCORE RECORDKEEPING SHEET**

Name \_\_\_\_\_  
 Technical Cheer (30) \_\_\_\_\_  
 Open (25) \_\_\_\_\_  
 Overall Appeal (25) \_\_\_\_\_  
 Projection (10) \_\_\_\_\_  
 Overall Effect (10) \_\_\_\_\_

Name \_\_\_\_\_  
 Technical Cheer (30) \_\_\_\_\_  
 Open (25) \_\_\_\_\_  
 Overall Appeal (25) \_\_\_\_\_  
 Projection (10) \_\_\_\_\_  
 Overall Effect (10) \_\_\_\_\_

Name \_\_\_\_\_  
 Technical Cheer (30) \_\_\_\_\_  
 Open (25) \_\_\_\_\_  
 Overall Appeal (25) \_\_\_\_\_  
 Projection (10) \_\_\_\_\_  
 Overall Effect (10) \_\_\_\_\_

Name \_\_\_\_\_  
 Technical Cheer (30) \_\_\_\_\_  
 Open (25) \_\_\_\_\_  
 Overall Appeal (25) \_\_\_\_\_  
 Projection (10) \_\_\_\_\_  
 Overall Effect (10) \_\_\_\_\_

Name \_\_\_\_\_  
 Technical Cheer (30) \_\_\_\_\_  
 Open (25) \_\_\_\_\_  
 Overall Appeal (25) \_\_\_\_\_  
 Projection (10) \_\_\_\_\_  
 Overall Effect (10) \_\_\_\_\_

Name \_\_\_\_\_  
 Technical Cheer (30) \_\_\_\_\_  
 Open (25) \_\_\_\_\_  
 Overall Appeal (25) \_\_\_\_\_  
 Projection (10) \_\_\_\_\_  
 Overall Effect (10) \_\_\_\_\_

Name \_\_\_\_\_  
 Technical Cheer (30) \_\_\_\_\_  
 Open (25) \_\_\_\_\_  
 Overall Appeal (25) \_\_\_\_\_  
 Projection (10) \_\_\_\_\_  
 Overall Effect (10) \_\_\_\_\_

Name \_\_\_\_\_  
 Technical Cheer (30) \_\_\_\_\_  
 Open (25) \_\_\_\_\_  
 Overall Appeal (25) \_\_\_\_\_  
 Projection (10) \_\_\_\_\_  
 Overall Effect (10) \_\_\_\_\_

Name \_\_\_\_\_  
 Technical Cheer (30) \_\_\_\_\_  
 Open (25) \_\_\_\_\_  
 Overall Appeal (25) \_\_\_\_\_  
 Projection (10) \_\_\_\_\_  
 Overall Effect (10) \_\_\_\_\_

Name \_\_\_\_\_  
 Technical Cheer (30) \_\_\_\_\_  
 Open (25) \_\_\_\_\_  
 Overall Appeal (25) \_\_\_\_\_  
 Projection (10) \_\_\_\_\_  
 Overall Effect (10) \_\_\_\_\_

Name \_\_\_\_\_  
 Technical Cheer (30) \_\_\_\_\_  
 Open (25) \_\_\_\_\_  
 Overall Appeal (25) \_\_\_\_\_  
 Projection (10) \_\_\_\_\_  
 Overall Effect (10) \_\_\_\_\_

Name \_\_\_\_\_  
 Technical Cheer (30) \_\_\_\_\_  
 Open (25) \_\_\_\_\_  
 Overall Appeal (25) \_\_\_\_\_  
 Projection (10) \_\_\_\_\_  
 Overall Effect (10) \_\_\_\_\_

**WVSSAC SAFETY JUDGE ROUTINE/TEAM CHECKLIST**

(Give yellow copy to cheer coach at completion of safety check)

Performance Order \_\_\_\_\_

**General Information**

<b>School:</b>		<b>Region:</b>	
<b>Class:</b>		<b>Number of Cheerleaders:</b>	
<b>Coach:</b>			
<b>Asst. Contracted Coach:</b>			
<b>Hair/Bows:</b>	<b>Nails:</b>	<b>Ribbons (must be above eyebrow):</b>	<b>Glitter:</b>

Coach's Signature \_\_\_\_\_  
 (By signing above you are verifying legality of team apparel and appearance)

**TECHNICAL CHEER**

Jumps: \_\_\_\_\_ No Touching/Bracing \_\_\_\_\_

**OPEN ROUTINE**

Stunts

#1

#2

#3

#4

#5

#6

#7

**Coach's Signature:** \_\_\_\_\_  
 (By signing above, you are verifying and acknowledging any violations warnings by Safety Judge)



