



WVSSAC Cheer FORMS



Revised July 2009

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Cheer Competition Forms

COMPETITION FORMS

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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 submitted to: Kelly Geddis, Assistant Executive Director
 WVSSAC
 2875 Staunton Turnpike
 Parkersburg, WV 26104

The form must be received prior to the first date of outside assistance.

Each school is only allowed five dates.

Date	Location	Time (s)	Instructor (s)

School Name:	
School Phone Number:	
Coach's Signature:	Date:
Coach's Phone Number: (H)	(W)
Coach's E-Mail:	

HIGH SCHOOL REGIONAL/STATE CHEER COMPETITION ROUTINE OUTLINE

School _____ Region _____ Classification _____

Coach _____ Fax (____) _____

Phones: Work (____) _____ Home (____) _____ Cell (____) _____

A **TYPED** outline **MUST** be submitted. **Each sequence of the outline must be numbered.** Use an asterisk (*) to denote the use of a hands-on spotter. Use a double asterisk (**) to denote a free standing spotter. If you do not receive a communication concerning the submitted outline, you may assume that there are no concerns with the elements of the routine *as they are presented in the outline.*

I. Technical

Jump One: _____

Jump Two: _____

Time: _____ [Must be between 30 and 40 seconds]

II. Open

Time: _____ [Must be no longer than 2 minutes 30 seconds]

Coach's Signature _____ Date _____

Mail this original and the TYPED OUTLINE to:

Kelly Geddis
WVSSAC
2875 Staunton Turnpike
Parkersburg, WV 26104-7219

Mail a COPY of both and any tapes to:

Pat Gross
145 West High Street
Waynesburg, PA 15370
E-mail: patricia_m_gross@yahoo.com

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

WVSSAC HIGH SCHOOL COMPETITIVE CHEERING ENTRY FORM

School _____ City _____
 Address _____ Zip Code _____ Region No. _____ Class _____
 School Colors _____ Team Nickname _____
 Coach's Name _____ Assistant Coach's Name _____

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

NAMES OF CHEERLEADERS

	Last	First	Year in School
1.	_____	_____	_____
2.	_____	_____	_____
3.	_____	_____	_____
4.	_____	_____	_____
5.	_____	_____	_____
6.	_____	_____	_____
7.	_____	_____	_____
8.	_____	_____	_____
9.	_____	_____	_____
10.	_____	_____	_____
11.	_____	_____	_____
12.	_____	_____	_____
13.	_____	_____	_____

ALTERNATES

1. _____
 2. _____

Date _____ Signed _____

Principal

Mail **this original** to the Regional Director **by October 7th**
 Check **The Interscholastic** for his/her name and address.

FORM MUST BE POSTMARKED BY OCTOBER 7th
WVSSAC, 2875 Staunton Turnpike, Parkersburg, WV 26104-7219

CHEER COMPETITION ROUTINE OUTLINE COVER SHEET

(For use when WV High School format is required in competitions other than Regionals and States.)

School: _____
 Coach: _____ E-Mail: _____
 Phone: (W) _____ (H) _____
 (C) _____ FAX: _____

If you do not receive a telephone call or written correspondence concerning the submitted outline, you may safely assume that there are no concerns with any of the elements of the routine. **All National Federation and WV Rules and Modifications apply.** A TYPED outline must be submitted. The outline shall be numbered. Each sequence of the routine shall be numbered.

I. Technical Portion

Jump One: _____
 Jump Two: _____
 Technical Time: _____

II. Open Portion

Attach a TYPED outline of each sequence of the routine. Each sequence MUST be numbered. Indicate with an asterisk (*) any stunts/pyramids for which a hands-on spotter is used. Indicate with a double asterisk (**) any stunts/pyramids for which a free standing spotter is used.

Time for open routine: _____

Date: _____ Coach's Signature: _____

Mail this form and the ORIGINAL TYPED OUTLINE to:

1. _____
2. _____
3. _____
4. _____

**THIS FORM MUST BE POSTMARKED BY:
(refer to The Interscholastic)**

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:

Cheer Master Score Sheet

School: _____

Region: _____ Class: _____ Tabulator: _____ Date: _____

Competition Routine

Judge 1: _____

Judge 2: _____

Judge 3: _____

Judge 4: _____

Judge 5: _____

***Use asterisk to indicate highest and lowest score.**

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) _____
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 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

Performance Order _____

General Information

School: _____ Region: _____

Class: _____ Number of Cheerleaders: _____

Coach: _____

Asst. Contracted Coach: _____

- Hair
- Nails
- Casts
- Braces
- Glitter

Coach's Signature _____

(Coach Signature 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: _____

(Coach Signature verification and acknowledgments of any warnings by Safety Judge)