

WVSSAC Cheer Manual

This is a Supplemental Document - Please see the [Interscholastic](#)



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Contents

General Information	3
I. Overview	3
A. Membership and Purpose	3
B. Sportsmanship and Citizenship	3
II. Coaching Information and Responsibilities	3
A. Code of Ethics	3
B. General Program Regulations	3
C. Practice	3
D. Out-of-Season Coaching	3
E. Eligibility for Team Members and Representation	4
F. Team Selection Procedures	4
G. Fundraising Regulations	4
H. Sanction and Travel	4
I. Awards	4
III. Conduct and Sportsmanship Regulations for Games and Tournaments	4
A. Conduct Standards for Games	4
IV. WVSSAC Rules Additions and Modifications to National Federation Spirit Rules	5
A. Uniforms and Appearance	5
B. Modifications to current NFHS Spirit Rules for High School	5
Middle School Rules and Regulations	6-7
I. Eligibility Specific	6
II. Middle School Modifications to current NFHS Spirit Rules	6-6
Competition Policies	8
I. General Policies and Rules	8
A. WVSSAC Sanctioned Events	8
B. Competition Season Dates	8
C. Intrastate Competition Regulations	8
D. Competition Formats	8
E. Competition Directors	8
F. Coaches	8
G. Procedural Forms	9
H. Prohibited Items for Tournaments and Basketball Games	9
I. Officials/Judges Code of Ethics	9
II. Regional/State Tournament Polices	9
A. Order of Performance	9
B. Music	9
C. Warm-ups	9
D. Entering and Exiting the Floor	9
E. Mechanical Failure or Injury	9

F.	Tabulation	10
G.	Tie Breaking Procedure.....	10
H.	Awards Presentation	10
I.	Posting Scores.....	10
III.	Competition Rules.....	10
A.	Uniform and Appearance	10
B.	Format	10
C.	Timing Procedure.....	11
E.	Safety.....	11
	Judging Information	13
I.	General Rules and Regulations.....	13
A.	Cheer/Table Judges.....	13
B.	Guidelines for Cheer/Table Judges	13
C.	Technical/Safety Judges	13
D.	Guidelines and Responsibilities for Technical/Safety Judges	14
II.	High School Regional/State Competition Judging	14
III.	Competition Score Sheet Information.....	14
A.	Technical Cheer	14
B.	Execution/Difficulty.....	15
C.	Choreography/Creativity.....	15
D.	Projection	15
E.	Overall Effect	16
IV.	Degree of Difficulty Reference.....	16
V.	Scoring Procedures.....	21
A.	Scoring:.....	21
	Pictures –	23

General Information

I. Overview

1. Membership and Purpose

The West Virginia Secondary School Activities Commission (WVSSAC) is a member of the National Federation of State High School Association and requires all member schools and teams to abide by the rules and regulations of the National Federation.

The purpose of this manual is to provide supplemental information regarding competition policies and judging information for both middle and high schools for all WVSSAC member cheer teams. Specific rules and regulations governing cheerleading are found in the [Interscholastic](#). It is the responsibility of each cheer coach to read and understanding all the information provided in the Interscholastic, the Cheer Coaches Packet, this Cheer Manual and the [WVSSAC Rules and Regulations](#) handbook. Additional supplementary information may also be provided in bulletins to all schools and state-sponsored rules clinics.

B. Sportsmanship and Citizenship

“Sportsmanship is good citizenship in action!” The WVSSAC promotes good sportsmanship in all sport programs. Coaches and student athletes are expected to conduct themselves in an exemplary manner while representing their school and at competitions. Coaches are encouraged to inform parents and athletes of the importance of good sportsmanship at all times.

- Refer to WVSSAC Rule §127-4-2 Sportsmanship under Series 4 Provisions Governing Conduct in the [WVSSAC Rules and Regulations](#) Handbook.
- Refer to page 90 of the NFHS rulebook discussing Core Beliefs and Values.
- Refer to the [Technical/Safety Deduction chart](#) for information regarding rule violations and point deductions during competition for poor sportsmanship. Poor sportsmanship during athletic contests or competition may result in WVSSAC penalties for the cheer program and school.

Changes in the manual from the previous year/earlier versions will be indicated as such: **Add/Change** or **Delete**

II. Coaching Information and Responsibilities

1. Code of Ethics

It is the coach’s responsibility to understand and practice contest rules and to inform team members.

1. Review WVSSAC Rule §127-4-3 Code for Interscholastic Athletics under Series 4 Provisions Governing Conduct in the WVSSAC Rules and Regulations Handbook.
2. Review Coaches Code of Ethics in the NFHS rulebook, page 96.

B. General Program Regulations

Please refer to the [Interscholastic](#) for information regarding attendance at scheduled practices and activities, attendance at the state rules clinic, and the perspective team members and parents’ rules and regulations meeting.

C. Practice

Refer to WVSSAC Rule §127-2-13 Practice under Series 2 Athletics, Provisions Governing Eligibility in the [WVSSAC Rules and Regulations](#) Handbook.

D. Out-of-Season Coaching

Refer to WVSSAC Rule §127-3-7 Out-of-Season Coaching under Series 3 Provisions Governing Contests in the [WVSSAC Rules and Regulations](#) Handbook.

E. Eligibility for Team Members and Representation

Review the [WVSSAC Rules and Regulations](#) Handbook and the [Interscholastic](#) for information regarding eligibility requirements and Eligibility Form processes.

1. A cheerleader and cheerleading team shall represent the school only at events in which the school is participating or approved by the school administration.
2. A cheerleader shall not represent the school in any cheerleader contest sponsored by any individual or organization outside the school unless the contest is sanctioned by the WVSSAC. It is the coach's responsibility to verify sanctioning with the WVSSAC. **See detailed sanctioning information under [Competition Policies](#)**

F. Team Selection Procedures

Please refer to the [Interscholastic](#) for specific dates, forms, and criteria for selection and participation rules.

G. Fundraising Regulations

Schools are to abide by all fundraising procedures established by the school and county.

H. Sanction and Travel

Refer to WVSSAC Rule §127-3-16 Sanctioning and Travel under Series 3 Provisions Governing Contests in the [WVSSAC Rules and Regulations](#) Handbook.

1. Awards

Refer to WVSSAC Rule §127-3-5 Awards under Series 3 Provisions Governing Contests in the [WVSSAC Rules and Regulations](#) Handbook.

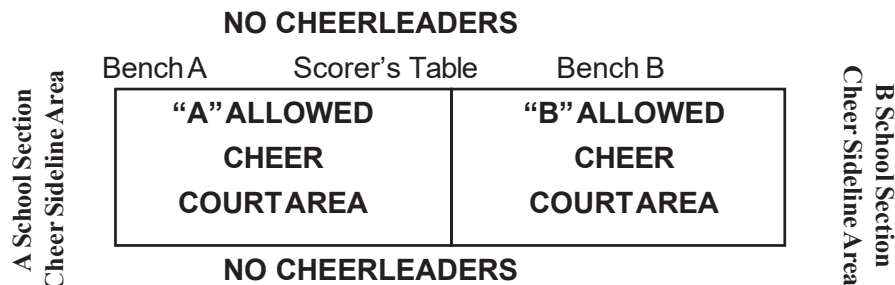
III. Conduct and Sportsmanship Regulations for Games and Tournaments

A. Conduct Standards for Games

Cheerleading teams shall be informed of standards of conduct which they are to meet at **both regular and** post-season athletic contests.

1. Cheer teams must follow the Code for Interscholastic Athletics WVSSAC Rule §127-4-3.4 in the [WVSSAC Rules and Regulations](#) Handbook.
2. Cheer teams must follow all cheer rules and regulations as designated in the Interscholastic and the manual. Special emphasis is placed on jewelry, facial paint, glitter, and appropriate cheering surfaces, location of cheerleaders, taunting, and stunting regulations.
3. In basketball, cheerleaders shall not station themselves in the extended free-throw lane under the basket during any live ball action. **No actions of the cheerleaders shall be made to purposely distract the players.**
4. At all times, the **cheering teams shall not interrupt the flow of the game or interfere with the responsibilities of the officials or players.** Cheerleaders shall pay attention to the game to be able to move to prevent collisions or being hit with a ball, players, or officials.
5. Cheerleaders are not to lead sidelines/chants when the opposing team's cheerleaders are performing a "floor" cheer. Cheer teams should agree on a system of court usage and time outs before the game begins.
6. Megaphones may be used by cheerleaders only to direct instruction, cheers, and chants to their pep team and fans during pre-game, half time, and time outs. The megaphones are not to be used as noisemakers directed toward the field or court of play. **Artificial noisemakers are prohibited at all basketball games.**
7. The following skills are **NOT allowed** on Basketball floors: Twisting airborne tumbling skills (e.g., Arabians, full twisting layouts); one-arm stunts, tosses (e.g., hands under feet like basket, elevator, or similar tosses) – single based stunts that toss do not fit this definition and are allowed.
8. Cheer teams or individual cheerleaders are **NOT** allowed to enter the court during a thirty (30) second time out, to stunt during warm-ups, or to station themselves in the free-throw lane extended.
9. Cheer teams are only allowed to cheer on the court and on the designated area in front of the school

- spectator section (end of court). No cheering is allowed in the area behind the team bench.
10. Cheer activities are always limited to half court. **No cheerleader is to go beyond mid-court at any time.**



Failure to abide by these rules will result in "benching" of the entire team for the current game and all remaining games of the tournament. Additional penalties may include, but are not limited to, warnings, suspensions, and fines.

IV. WVSSAC Rules Additions and Modifications to National Federation Spirit Rules

All WVSSAC rule additions and modifications apply at all cheer activities, practices, performances, and competitions. During competition, violation of these rules and modifications will incur deductions. Refer to the [Technical/Safety Deduction chart](#) for more information.

A. Uniforms and Appearance

Refer to the [Interscholastic](#) for all rules, rule additions and modifications regarding uniforms and appearance.

B. Modifications to current NFHS Spirit Rules **for High School**

Modification to 3-2-5	In stunts that require a spotter, the spotter must be a hands-on spotter.
Modification to 3-3-4b	The bracers have two bases and a spotter except for the braced fold over. (Fold over is illegal for MS).
Modification to 3-4-9	Up and overs must have a continuous hands-on back spotter if/when the top person passes through the extended level. Will be addressed with coaches and judges at rules clinics. (HS & MS)
Modification to 3-5-3	The only basket tosses, thrown from the basket toss load position, that are permitted in WV included tosses involving one up to two skills . Examples can be found under the Tosses column of the stunt rubric listed under the Degree of Difficulty Reference section. All tosses are to be executed on mats, grass, or rubberized track. The only basket tosses, thrown from the basket toss load position, that are permitted for WV Middle Schools are straight ride tosses only (MS). Tosses will be gradually introduced to WV schools over the next two years. With mats, tosses may now be done safely, but the committee recommends a gradual introduction for safety purposes.
Modification to 3-8-6	All twisting tumbling skills except aerials, cartwheels, and round offs will be illegal to perform during a game, competition, or event. However, teams will be allowed to gain the initiation and preparation of twisting tumbling skills involving one rotation around the vertical axis during practice on mats, grass, or rubberized track. Preparation for twisting skills should begin with the perfection of layouts to make the transition to a full twist around the vertical axis safer. With the mat requirement, WV cheer can now begin to transition to airborne twisting/tumbling skills. However, the committee recommends it be a gradual transition over a two-year period for safety purposes (HS & MS)
Modification to 3-8-8	Headstands, headsprings, and head spins in which the hands are used or not used will be illegal for all cheer squads in WV

[Back to Top](#)

Middle School Rules and Regulations

Middle School Teams are responsible for following all WVSSAC Rules and Regulations presented in this manual, the WVSSAC Rules and Regulations Handbook, and the National Federation Spirit Rules. The regulations listed here are middle school specific or points of emphasis.

I. Eligibility Specific

- A. Sixth graders in middle schools are eligible to try-out for the cheer team. If individual counties permit.
- B. By county permission, a sixth grade at an elementary feeder school may participate on their middle school team. Approval for the sixth-grade participation must be granted by the county board of education/governing body and the school principals involved.
- C. Eligibility to participate in cheer competitions – Please refer to the [Interscholastic](#) section V. Competitions (Regional and State). Although this section references Regional and State, this is true for all middle school competitions as well.
- D. If the middle school cheer competition is a county, conference, or league “stand alone” event, the format must be identical to the high school competition format. In addition, the number of team members is restricted to thirteen. Directors are reminded to review the Spectator Support Information in the Cheer Coaches Packet.
- E. Middle school may modify the Regional-State competition format if the competition consists of judging while the team is performing a support function for another sport. If any modifications are made, each participating team shall be informed of the criteria for judging and the modification two (2) weeks prior to the competition. Any modification made to competition regulations must be approved by the WVSSAC office. Modified competition formats must be included with the Sanction Form. Cheer competitions are to be conducted on mats, same as high schools.
- F. If a middle school cheer competition/invitational is a “stand alone” event, the competition/format must meet all requirements of the WVSSAC Sanction Form, follow all safety rules, and assess the WVSSAC required point penalty for safety rule violations. Cheer competitions are to be conducted on mats, same as high schools.
- G. Coaches shall refer to the [Competition Policies](#) section of this manual for further information on sanctioning, competition format, and judging.

Tips for Spotting

- Always spot head and shoulders first.
- Use full body to absorb falling person’s weight (bear hug to upper torso).
- Do not abandon the stunt/pyramid even if it appears steady.
- It is better to come down from a poorly built stunt than to force it to stay up.

II. Middle School Modifications to current NFHS Spirit Rules

No definition for Free Standing Spotter	Free standing spotter is a person who stands within arm’s length of a stunt. In non-transitional stunts, the free standing spotter should be positioned within the back or front half circle of the stunt. The free standing spotter may not have any physical contact with the stunt participants unless the stunt fails, at which point, they are to step in and assist in preventing the top person from falling to the performing surface. This includes no assistance in the building or dismounting of the stunt. The free standing spotter must have, throughout the stunt, arms fully extended toward the top person and be in the appropriate position and location maintaining continuous eye contact on top person to ensure safety.
Modification to 3-2-5	In stunts that require a spotter, the spotter must be a hands-on spotter.
Modification to 3-2-7	All one leg un-braced stunts with the base of support above prep/shoulder height must have a hands-on back spotter and a free standing spotter.
Modification to 3-3-4b	Fold overs are illegal for middle schools.
Modification to 3-4-9	Up and overs must have a continuous hands-on back spotter if/when the top person passes through the extended level.

Modification to 3-5-3	The only basket tosses, thrown from the basket toss load position, that are permitted for WV Middle Schools are straight ride tosses, which can only be executed on mats, grass, or rubberized tracks. No front spotters are allowed for Middle Schools (4 participants).
Modification to 3-5-4	Switch-ups – Switch-ups from the performing surface to the load or prep position are allowed.
N/A	All stunts in a pyramid with the base of support above prep level that is braced by a double base, spotted prep require only a back hands-on spotter.
N/A	All stunts that brace a static extended stunt must have a hands-on back spotter. [Exceptions: shoulder sits, and thigh stands]
N/A	Extended single base stunts require a hands-on back spotter and a free-standing spotter (4 participants) AND if cradled require 2 catchers, and a back hands-on spotter and a free-standing spotter (5 participants) .
N/A	Athletes being flipped in a pyramid must be braced by two individuals, one of which feet is touching the floor.
Modification to 3-7-8	Backward Dismount – A dismount in which the top person drops backward to catchers who are behind the original base(s). All backward dismounts to catchers who are behind the original bases from prep/shoulder height is allowed without a free-standing spotter but must be caught by three (3) bases, one of which is in a position to protect the head and shoulders. Backward dismounts from above the prep/shoulder height (extended) are NOT allowed.
Modification to 3-7-4	All cradle dismounts, with or without skill , from a two-legged prep is allowed with a hands-on back spotter. (4 participants) (No Free Spotter needed)
	Straight cradle dismounts (no skill) initiated from above prep level requires only a back hands-on spotter. (4 participants) (No Free Spotter needed)
	Cradle dismounts initiated from <u>above prep level</u> that involve a skill require a hands-on back spot and a free-standing spotter. (5 participants) Coaches are responsible for determining the appropriate location and position of the free-standing spotter.
Modification to 3-7-6	All twisting dismounts from above prep level require hands on back spotter and a free-standing spotter. (5 participants) Coaches are responsible for determining the appropriate location and position of the free-standing spotter.
Modification to 3-7-2	Released dismounts to floor from prep level must have two people assisting the landing (exception: toe-touch is illegal)
	Released dismounts to the floor from the extended level are illegal.
Illegal for middle school 3-3-2, 3-3-3, 3-3-4, 3-3-5	Middle School Cheerleaders ARE NOT PERMITTED TO PERFORM THE STUNTS GOVERNED BY THE FOLLOWING NFHS RULES: 3-3-2,3-3-3, 3-3-4, 3-3-5 inversions. There is no flipping/head over heels rotation in pyramids that initiate from prep level or above.
Modification to 3-3-6 and 3-3-7	Inversions that are initiated from below prep level and transitions initiated from below prep level to a non-inverted position below prep level without twisting are allowed.
Modification to 3-8-6	All twisting tumbling skills except aerials, cartwheels, and round offs will be illegal to perform during a game, competition, or event . However, teams will be allowed to gain the initiation and preparation of twisting tumbling skills involving one rotation around the vertical axis during practice on mats, grass, or rubberized track. Preparation for twisting skills should begin with the perfection of layouts to make the transition to a full twist around the vertical axis safer.
Modification to 3-8-8	Headstands, headsprings, and head spins in which the hands are used or not used will be illegal for all cheer squads in WV.

[Back to Top](#)
[Back to Eligibility of Team Members](#)

Competition Policies

I. General Policies and Rules

A. WVSSAC Sanctioned Events

Refer to rule §127-3-16.1 – During the regular school term, secondary school cheerleaders may participate only in competitions which are sanctioned by the WVSSAC and WVSSAC approved judges must be used. All cheer activities and performances shall be approved by the school principal. Middle school teams should refer to their specific rules for competition policies list under Middle School Teams in this manual.

B. Competition Season Dates

Teams are only allowed to compete during the specified season dates and during the three-week period and flex days. If coaches decide to enter an event which may qualify them to advance to the next level of competition, it is the coach's responsibility to notify the competition director, cheerleaders, and parents that the team will not be allowed to advance if the next level does not meet the specified season dates. Refer to rule §127-3-18 Season Regulations and §127-3-21 Cheerleading under Series 3 Provisions Governing Contests in the [WVSSAC Rules and Regulations](#) Handbook.

C. Intrastate Competition Regulations

Refer to rule §127-3-16 Sanctioning and Travel under Series 3 Provisions Governing Contests in the [WVSSAC Rules and Regulations](#) Handbook.

1. All cheer intrastate competitions must require each participating school to submit the following:
Written outline of the cheer routine. In competitions where the WV high school format is required, an outline form is to be used. If the event does not follow this format, the event tournament director will develop a form and SUBMIT a copy to the WVSSAC Office.
2. The event tournament director or sponsor will designate the due date for receipt of the form and written outline and the recipient, whether it is the tournament director or technical/safety judge. However, the technical/safety judge must receive both items a minimum of two weeks prior to the event. Reminder to coaches – It is not the Safety Judge's responsibility to correct rule violations.

D. Competition Formats

1. WVSSAC regional competition format is required for all competitions which are conference, county, or league regardless of the grade level of the competition. This includes format, score sheet, technical/safety judge penalties, and limit of 13 cheerleaders per team. Mascots may not participate.
2. WVSSAC regional competition format is required for all "stand alone" open or invitational competitions. This includes format, score sheet, and technical/safety judge penalties; however, the limit of 13 participants per team will not be in effect.

E. Competition Directors

Directors of all competitions are reminded to review the Directors Manual and the [WVSSAC Spectator Support Information](#) in the Cheer Coaches Packet on the [Cheerleading Page](#).

F. Coaches

Failure of a school to have a coach in attendance at the qualifying and state competition shall result in the school's disqualification.

1. Allowed number of coaches – Only two coaches, excluding choreographers, may be on the floor during the performance. They must be school approved and employed coaches. All coaches must have county Board of Education verification of coaching authorization.
2. Prior to competitions, coaches will be asked to verify that all team members are following all uniform and appearance regulations.
3. All alternates must be seated together in the assigned area for cheerleaders during the entire competition.

G. Procedural Forms

Specific paperwork will be required for each WVSSAC sanctioned event.

1. Cheer Outline Forms (C2A & C2B for Regionals and States) – The typed narrative must be a written explanation of the routine; diagrams, lists, and/or bullet points are not acceptable. Coaches are required to include the words to the technical/safety part of the routine and to list and number each sequence as a separate item in the open portion of the outline. For high school regional and state competition, participating schools are required to submit a Word-processed outline of the routine by the deadline published in the [Interscholastic](#).

H. Prohibited Items for Tournaments and Basketball Games

1. Drums, musical instruments, and mechanical noisemakers are prohibited at all WVSSAC regional and state tournaments and basketball games.
2. All banners, helium balloons, posters, and hand-held signs are prohibited at WVSSAC cheer tournaments. This includes the seating designated for cheerleaders. Review the WVSSAC Spectator Support Information in the Cheer Coaches Packet on the [Cheerleading page](#).

I. Officials/Judges Code of Ethics

Review the NFHS Officials Code of Ethics, Page 97

II. Regional/State Tournament Polices

There are four regions in each class and two teams will advance from each class and region.

A. Order of Performance

The order of performance is drawn each year for Regional and State Tournaments. Teams will not be allowed to trade position unless emergency situations such as injury occurs and both coaches consent. The order of performance will be posted in the [Interscholastic](#).

B. Music

All music must meet copyright requirements. In order to edit and mix music, a license must be obtained. For a list of providers, go to the [USA Cheer Music Information and Guidelines](#). All routine music shall be provided by the coach and a backup copy shall be available.

C. Warm-ups

Warm-ups at regional and state competitions will follow the designated class order and order of performance within each class.

D. Entering and Exiting the Floor

Teams shall take the floor upon hearing their name called. No team may come onto the floor prior to the announcement of its school. It is the Regional Tournament Director's responsibility to enforce these regulations at the tournament. There shall be no tumbling upon entering or exiting the floor. No words, motion, actions, (salutes, stomps, use of the word "Ready") etc., may occur prior to the start of the routine. At the end of the routine, the team must exit the performance floor immediately. Once the competition has begun, no coach, fans, parents, etc., are allowed on the floor with the exception of the coach in case of injury.

E. Mechanical Failure or Injury

No restarting time will be allowed unless there is a mechanical failure or serious injury. The technical/safety judge makes this decision. If there is a mechanical failure and a restart is necessary, the original scoring of the judges and the Technical/Safety Judge will remain intact for the portion of the routine that was uninterrupted. If an injury or mechanical failure occurs, the team must restart and do the entire open routine. Judges will not resume scoring during the restart until the point of mechanical failure or injury is reached.

F. Tabulation

In tabulating the score for the routine, the average score of all five (5) judges will be calculated for the Technical Cheer and Overall Effect and added to Judge 1's Dance Execution and Difficulty scores; the average score of Judge 2 and 3's Tumbling Execution, Tumbling Difficulty, and Projection; and the average of Judge 4 and Judge 5's Stunt Execution, Stunt Difficulty and Choreography/Creativity scores.

G. Tie Breaking Procedure

The scores of all judges will be totaled to determine the highest score for each tie breaking step.

(1) The Technical/Safety score of the routine will be used to determine the winner.

(2) If a tie still exists, the Execution/Difficulty score in the open portion of the routine will be used to determine the winner.

(3) If a tie still exists, the Overall Effect score will be used to determine the winner.

H. Awards Presentation

The Technical/Safety Judge will meet with the cheer judges to notify them of the tournament results prior to the Awards Presentation. During the Awards Presentation, the team and coach may enter the floor to accept the awards. In the interest of safety, parents, fans, etc., are not to enter the floor.

I. Posting Scores

At the conclusion of each class competition, the order of finish with technical, open and composite team scores will be posted in an area designated for coaches only. Media may have access, but the results will not be announced to the spectators. Score sheets will be made available to schools following competition.

1. Coaches will receive the yellow copy of the score sheets, technical/safety judge sheets, and master score sheets.
2. After receiving all tournament results (regional and state), the WVSSAC office will post order of finish on website.

1. Competition Rules

A. Uniform and Appearance

Refer to the [Interscholastic](#) for all rules, rule additions and modifications regarding uniforms and appearance. All of the uniform and appearance rules apply at all cheer competitions.

1. Participants are expected to follow the Uniform and Appearance guidelines for safety check on Friday evening prior to state competition.
 - a. During safety check on the evening before the High School State Competition, one cheerleader of each gender must be dressed in the same full uniform, hair, and make-up that will be worn during the competition. All others must be dressed in legal practice apparel and hair. Practice apparel should be neat with shirts tucked in.
2. During the awards ceremony, participants must be legally attired upon receiving their award and will not be permitted to be out of uniform or carry stuffed animals, scarves, accessories, etc., onto the floor during the awards ceremony.
3. Changing uniforms or accessories during judging is not allowed (exception in case of emergency). Changing also refers to altering the uniform in any way during the judging. [Back to Top](#)

B. Format

Competition will begin with the presentation of the technical portion of the routine. The technical portion will be scored while team remains on the floor. The team will resume the routine with the open portion at the signal of the technical judge.

1. Technical Cheer

The technical cheer portion of the routine will comprise 30% of the total score. The technical portion is comprised of words, motions, jumps, and transitions in formation.

a. Requirements

Technical portion **must**:

- i. Be at least 30 seconds and a maximum of 40 seconds long.

- ii. Incorporate 2 different jumps sometime during the technical portion. The two jumps may be performed by any number of team members. (Responsibility of Technical/Safety Judge to check for jumps.). Failure to perform the required jumps will result in a 5-point deduction for each jump not included.
- iii. Cheer words shall only refer to the performing team's own school and/or mascot in positive terms.

b. Prohibitions

- i. Touching, bracing, tumbling, dance, music and props.
- ii. Pelvic thrust, booty pops or twerking
- iii. Cheer words that refer directly or indirectly to any person(s), group, mascot, or school that is not part of the performing team.

2. Open

The open portion of the routine may include words, motions, jumps, transitions in formations, touching, bracing, tumbling, pyramids, partner stunts, props: signs, poms, megaphones, and flags will be the only "props" allowed, dance, and music.

a. Requirements

Open portion **must**:

- i. Not exceed 2 minutes and 30 seconds
- ii. If music is used, refer to [Regional/State Tournament Policies](#) (**Only one start and stop permitted**).

b. Prohibitions

- i. No cheer words or words in the music that refer directly or indirectly to any person(s), group, mascot, or school that is not part of the performing teams.
- ii. No words in music that refer directly or indirectly to sex, drugs or alcohol
- iii. No pelvic thrusts (forward or forward and back), booty pops or twerking

C. Timing Procedure

1. Time limits shall be imposed at competitions. A minimum of two (2) safety judges shall operate timing devices. Tournament directors are also asked to provide backup time pieces. The time of the Safety Judge is the official time.
2. For the technical to indicate the beginning of time, one team member will raise the right arm fully extended. The arm must drop forward immediately, and the time will begin. No motions, words, actions, etc., may begin before this time. This includes such actions as salutes or stomps, etc. For the open to indicate the beginning of time, the right arm is to be fully extended and remain so until the first word, motion or music.
3. Time STOPS when ALL cheerleaders have returned to the cheer surface, and all words, motions, and music have stopped.
4. No restarting of the time will be allowed except for mechanical failure or an injury, as determined by the head safety judge. Review [Mechanical Failure or Injury](#) above.

D. Sportsmanship - All [Sportsmanship](#) rules apply.

E. Safety

1. Rules – Refer to *Nation Federation Spirit* rule book, this *Cheer Manual*, and the "Rules and Regulations Governing All Schools" in the [WVSSAC Rules and Regulations handbook](#).
2. Deductions – See Deduction Chart below:

[Back to Top](#)

Technical/Safety Deductions		
The following penalty points shall be deducted from the total score		
Category	Violation	Point Deduction
Technical Cheer	One jump omitted	1.25 points
Technical Cheer	Two jumps omitted	2.5 points
Technical Cheer	Incidental touching	No penalty
Technical Cheer	Incidental touching with fall	0.5 -0.75 points
Technical Cheer	Choreographed touching	2.5 points
Stunts	Bobbles	0.25-0.75 points
Stunts	Early out	0.75-1.25 points
Stunts	Slip and Fall	1-1.5 points
Stunts	Base to knee(s)	1-1.5 points
Stunts	Base to seat	1-1.5 points
Stunts	Base to head/back	1.75-2.25 points
Stunts	Top person falls	1.75-2.25 points
Stunts – Middle School Only	No Free-Standing Spotter where required	2.5 points
Performance Floor	Stepping with both feet outside the designated performance area	0.125 points
Tumbling	1 hand down	0.25 point
Tumbling	2 hands down	0.5 points
Tumbling	1 knee down	0.25-0.75 points
Tumbling	2 knees down	1-1.5 points
Tumbling	Seat down	1-1.5 points
Tumbling	Back or head down	1.75-2.25 points
Tumbling	Step forward/backward + 1 step (total 2 steps)	0.5 points
Prop/hair piece/devices	Step on device	No penalty
Prop/hair piece/devices	Step on device with slip	0.25-0.75 points
Prop/hair piece/devices	Step on device with fall	1-1.5 points
Time violations	Per Violation	2.5 points
Rule violations	Per Violation	2.5 points

Placement, use, and release of props: signs, poms, megaphones and flags will be the only props allowed, should be choreographed to ensure that the performing surface is cleared, and athletes are not at risk. Hair device(s) and/or a hair piece(s) and allowed props, as stated above and deduction(s) will be taken by the technical/safety judge when competition participants slip or fall on any of the aforementioned items.

If you have any questions about stunts or your overall routine, contact Debbie Hartman: 304-677-3260 or Debbiehartman.usasf@gmail.com

[Back to Top](#)

Judging Information

1. General Rules and Regulations

In all cheer competitions, every effort will be made to assure that judges shall have no direct tie with any school or team they are judging. Judges shall be familiar with WVSSAC and National Federation cheer rules and regulations. Rules and regulations for judging shall be followed by all member schools and all county, conference, league, regional, state, and “stand alone” cheer competitions.

A. Cheer/Table Judges

1. Coaches shall have no communication with judges concerning the judging. Any questions which arise should be conveyed through the director of the competition. Coaches are not permitted in the judging area.
2. Cheer/Table Judges should not confer during the time of judging. The only exception is a competition procedural question directed to the Technical/Safety Judge.
3. Cheer/Table Judges **must** sign or initial their judging sheets, and number appropriately based on what category they will be judging.
4. Keep a running total of all teams; the running total will assist in fair and consistent scoring. (A Cheer Recordkeeping Form is included and required).

B. Guidelines for Cheer/Table Judges

1. Memorize the score sheet to be able to concentrate totally on the routine.
2. Study the Cheer Manual – Competition Policies and Judging Information.
3. Arrive at the competition site one hour before start time and introduce yourself to the tournament director.
4. Dress professionally for the judging assignment. (No blue jeans)
5. Must refrain from watching warm-ups before competition.
6. Give undivided attention to the entire routine. Write down judging comments, and score after the routine is finished. Script the routine to refer to after the routine is complete.
7. Judge technique of the performers rather than style or music selection. The cheering style is entirely up to the discretion of the team and its coach. The WVSSAC in no way dictates or encourages any style of cheering. Judges must judge only the execution of the style – not the style itself.
8. Do not allow crowd reactions to influence judging scores.
9. Do not confer with the general public, coaches, other judges, or participants prior to the competition.
10. Use the comment box on the score sheet to explain point deductions and to compliment strengths.
11. Keep a positive facial expression.
12. Be legible when writing your comments and when signing your name.
13. Say something positive about every team on their score sheet. No matter the difficulty or execution of the routine.
14. In the event of a Mechanical Failure or Injury, please review this information for judging.
15. Judges will not be seated in chronological numbers while seated at the table. Judge 1 will be assigned to the Judge evaluating Dance Execution and Difficulty, Judge 2 and 3 will be assigned to the judges evaluating Tumbling Execution, Tumbling Difficulty, and Projection (Judge 2 and Judge 3 must sit on opposite sides of the Safety Judge), and Judge 4 and 5 will be assigned to the judges evaluating Stunt Execution, Stunt Difficulty and Choreography/Creativity (Judge 4 and Judge 5 must sit on opposite sides of the Safety Judge).

C. Technical/Safety Judges

1. During the safety check, the Technical/Safety Judges shall conduct all communication concerning rule violations or routine violations with the coach. Safety Judges should not communicate with any cheerleader unless the coach is present.
2. Prior to the start of a competition, Technical/Safety Judges shall review each team’s routine and notify the coach of any safety/rule violation. However, the Safety Judge will not assist in changing the routine to make it legal; this is a coach’s responsibility. Complete the Technical/Safety Judge Checklist for the sequence of the routine.
3. Prior to the start of a competition, the Technical/Safety Judge will ask the coach to verify that all team

members are legal in uniform attire and appearance by signing the TECHNICAL/SAFETY JUDGE ROUTINE/TEAM CHECKLIST.

4. Prior to the start of a competition, the Technical/Safety Judge will meet with all cheer judges to review judging procedures and score sheet completion.
5. The Technical/Safety Judge will confer with the coach concerning the designated beginning and ending of the routine.
6. Technical/Safety Judge is not to interfere with the cheer judges' scoring of routine(s).
7. During competitions, the Technical/Safety Judge is NOT allowed to view a video to determine a violation.

D. Guidelines and Responsibilities for Technical/Safety Judges

1. Technical/Safety Judge must have a working knowledge and understanding of both the National Federation Rules and Part V of the WVSSAC Additions and Modifications for both high school and middle school. Study the Cheer Manual – Competition Policies and Judging Information.
2. Contact the Tournament Director several weeks before competition to check on facility set-up.
3. At least two weeks prior to the competition, review outlines and prepare the Safety Judge Check List (included in the Cheer Manual Forms section). Continuously review updates.
4. Arrive at the competition site one and one-half hours prior to the start and immediately introduce yourself to the Tournament Director.
5. If there is more than one Safety Judge, meet and determine responsibilities and judging location. Arrive at a solid consensus as to what constitutes a bobble or a fall and be consistent.
6. Check timing devices, scoring areas for Safety and Cheer Judges, and tabulator equipment. Minimum of 2 timing devices and tape calculator required for tabulators.
 - a. Conduct a meeting with all judges on the day of the competition. Score sheets, levels of tumbling, stunts and pyramids, degree of difficulty, and scoring procedures should be thoroughly discussed.
 - b. Before the competition begins, ensure that the Tabulators has a tape adding machine/calculator.
 - c. Ensure that the Tabulator completes and signs the Tabulator Check List.
 - d. Verify the Awards Announcement prior to presentation of awards by conferring with cheer judges and reviewing score sheets.

II. High School Regional/State Competition Judging

In addition to information in previous sections, the following points are emphasized.

1. Judges for Regional and State Competition will be assigned by the WVSSAC.
2. There shall be a minimum of five (5) judges for both regional and state competition. In addition, a minimum of three (3) Technical/Safety Judges must be assigned. The Technical/Safety Judge(s) is responsible for judging the routine in the area of safety violations or rule violations.
3. All judges and choreographers must attend a Judge's Clinic. **To be eligible to judge Regional or State Competitions, judges must attend one of the judge's clinics and pass the WVSSAC National Federation Spirit Rules Test. (See the Interscholastic for dates and times)**
4. All rule and safety violations will result in a 2.5 point deduction per violation. (Refer to Technical/Safety Deduction chart). **Rule Violations** – Call what you see and see what you call. During the routine, direct all attention to the routine to watch for violations.
5. The Technical/Safety judges shall review the tie-breaking procedure. [Back to Top](#)

III. Competition Score Sheet Information

A. Technical Cheer

- **Motion Technique** – Clean motion (arms, legs) placement, levels, sharpness, arms, wrist, fist.
- **Precision of Motions** – Synchronization, unity, placement of motions as a team (same).
- **Formations/Spacing/Use of Floor** – Change of formations, flow, variety, creativity, transitions. Correct spacing, utilization of floor, creativity.

- **Voice/Facial Expression** – Clarity of words, voice, inflection, enunciation, and audible. Natural, positive facial expressions exhibiting good sportsmanship.
- **Jumps** – preps together, timing of jumps, landing, pointed toes, proper technique, height, synchronization.
- **Choreography/Creativity** – Variety of moves, incorporation, transition/flow, formation, and line work compliments the cheer, number of team members performing skills.

B. Execution/Difficulty

- **Dance Execution (5 Points)**

A team's ability to demonstrate a high level of energy and entertainment value which incorporates multiple visual elements including a variety of moves and levels, formation changes. This includes technique, perfection, synchronization, pace and intricacy of dance moves performed. Difficulty of skills are not evaluated.

- **Dance Difficulty (5 Points)**

Dance difficulty will not consider the execution of the moves performed, rather it will focus on the speed and intricacy of movement. The number of team member executing skills will be taken into consideration. Level and direction changes, transitions, footwork, flexibility, and technical elements will all be evaluated to determine the maximum points to be awarded.

- **Tumbling Execution (10 Points)**

A team's ability to execute standing and running tumbling with excellent precision and form. This includes the overall technique and quality of the skills executed including the approach, speed, body control, body form, landing and synchronization. Difficulty of skills are not evaluated.

- **Tumbling Difficulty (10 points)**

Tumbling difficulty will not consider the execution of the skills performed, rather it will focus on the difficulty of the skills executed. This includes, the number of team members performing the skill, combination of skills, variety and synchronization of passes, height, and level of difficulty of the skill. Teams will be awarded difficulty points based on the charts in the [Degree of Difficulty Reference](#).

- **Stunt Execution (10 Points)**

A team's ability to execute stunts and pyramids with excellent precision and form. This includes the overall technique and quality of the skills executed including top person(s) body control, position, and technique; bases and spotters' stability of the stunt; entries, transitions, and dismounts; synchronization, timing, and overall proper building technique. Difficulty of skills are not evaluated.

- **Stunt Difficulty (10 Points)**

Stunt difficulty will not consider the execution of the skills performed, rather it will focus on the difficulty of the skills executed. This includes, the number of team members performing the skill, combination and pace of skills performed, and the level of difficulty of the skill. Teams will be awarded difficulty points based on the charts in the [Degree of Difficulty Reference](#).

[Back to Top](#)

C. Choreography/Creativity

- **Choreography/Creativity (5 points)** – Variety and combination of moves and skills performed, incorporation, transition/flow and pace of skills performed, formation, and line work compliments the music, level of difficulty of choreography incorporated (specific tumbling, stunts and dance skills should not be considered in the choreography level of difficulty as each is evaluated in its own section in the Execution/Difficulty portion.)

D. Projection

- **Expression/Spirit and Showmanship (5 points)**

A team's ability to demonstrate high levels of energy and excitement while maintaining genuine enthusiasm and showmanship. This will include appropriate athletic impression throughout the routine.

- Expression/Spirit – Facial, expressions coincide with cheer/music, eye contact, smiles, attitude, personality, exhibits positive teamwork
- Showmanship – Routine exciting, flashy, fun to watch, communicates enthusiasm to the crowd, overall visual effect, team personality, words and actions exhibit good sportsmanship.

E. Overall Effect

- **Overall Effect (10 points)**

A team's ability to demonstrate precise spacing in formations and seamless patterns of movement in transitions performed throughout the routine. Skills performed including creative, unique, visually appealing and intricate ideas to enhance overall appeal will be evaluated.

- Perfected transitions and formations
- Synchronization throughout routine
- Perfection of routine
- Overall appearance

IV. Degree of Difficulty Reference

Degree of difficulty references should be considered in judging tumbling, stunts, and dance skills. If the routine involves a variety of levels, judges will take into consideration the average of all skills performed when scoring.

Below = Less than half the team members perform the skill

Majority = The "majority" or at least half of the team members perform the skill

Most = "Most" or almost all the team members perform the skill

Tumbling, Dance, and Pyramid Quantity Chart		
# OF ATHLETES	MAJORITY	MOST
5-7	2	3
8-9	4	6
10-11	5	8
12-14*	6	10
15-16	7	13
17-19	8	15
20-22	10	18
23-25	11	21
26-27	13	24
28-30	14	26
*13 Maximum for Regionals Reference Competition Formats		

Tumbling Abbreviations

BHS = Back Handspring
BT = Back Tuck
BW = Back walkover
CW = Cartwheel
FHS = Front Handspring
FW = Front walkover
LO = Layout
PF = Punch Front
PK = Pike
RO = Roundoff
RN = Running
SO = Step-out
ST = Standing
WB = Whip back
XO = X-out
FT = Full Twist

Low Range Dance – Includes basic elementary movements that most individuals could learn with ease.

Mid-Range Dance – Clean body lines and positions executed in motions with at least moderate body awareness but limited difficulty.

High/Elite Range Dance – Mastery of technique executed with confidence and showmanship in demonstrating advanced synchronized and rippled combinations.

[Back to Top](#)

Dance Degree of Difficulty (5 points total)						
Evaluation Element	Low Range	Mid-Range	High/Elite Range	Below	Majority	Most
Pace/Speed of movement*	One motion every 3-4 counts (Below = 0.1) (Maj = 0.6) (Most = 1.1)	One motion every 2 counts (Below = 0.2-0.3) (Maj = 0.7-0.8) (Most = 1.2-1.3)	One – two motions per count (Below = 0.4-0.5) (Maj = 0.9-1.0) (Most = 1.4-1.5)	0.0-0.5	0.6-1.0	1.1-1.5
Formation, Level, and Direction Changes	Less than 2 changes (Below = 0.1) (Maj = 0.6) (Most = 1.1)	2-4 changes (Below = 0.2-0.3) (Maj = 0.7-0.8) (Most = 1.2-1.3)	More than 4 changes (Below = 0.4-0.5) (Maj = 0.9-1.0) (Most = 1.4-1.5)	0.0-0.5	0.6-1.0	1.1-1.5
Technical Elements/Complexity of Movement**	Beginner/Basic (Below = 0.1) (Maj = 0.8) (Most = 1.4-1.5)	Intermediate (Below = 0.2-0.4) (Maj = 0.9-1.0) (Most = 1.6-1.7)	Advanced (Below = 0.5-0.7) (Maj = 1.1-1.3) (Most = 1.8-2.0)	0.0-0.7	0.8-1.3	1.4-2.0

*Indicates consistent pace, variation in pace for creativity will not be penalized once speed of movement has been demonstrated.

**Includes flexibility, uniformity, poise, footwork. The duration the skill is performed will be taken into consideration as well.

Tumbling Degree of Difficulty (10 points total)						
Level	Standing Skills	Running Skills	Majority	Most	Added Skills/ Endurance	One or few exceed level req.
I	Beginner skills Back Handsprings (BHS) Variations to BHS	Variations/Beginner skills (e.g., CW-RO-FWO) Intro Back Handsprings (BHS) (one) Variations to BHS	1.0 – 1.5	1.5 – 2.0	0.1 – 0.5	0.1 – 0.3
II	BHS series (2 or more)	Variations/Beginner Skills (e.g., CW-RO-FWO) to Intro BHS Series (2 or more) BHS step-out	2.0 – 2.5	2.5 – 3.0	0.1 – 0.5	0.1 – 0.3
III	BHS BT	Variations/Beginner skills (e.g., CW-RO-FWO) to Tuck (one) Aerials and Front Handsprings (FHS)	3.0 – 3.5	3.5 – 4.0	0.1 – 0.5	0.1 – 0.3
IV	Standing BT Series Tuck (2 or more HSP preceding the tuck) Jump to HSP Tuck (one)	RO BHS BT RO BHS Series (2 or more) to Tuck Variations/Beginner skills (e.g., CW-RO-FWO) to series (2 or more BHS) to Tuck (one) PF	4.0 – 4.5	4.5 – 5.0	0.1 – 0.5	0.1 – 0.3
V	Standing 2 BHS (or more) to LO/SO, XO Jump to series tuck (2 or more BHS) to Tuck	Variations/Beginner skills (e.g., CW-RO-FWO) to series (2 or more BHS) to LO/SO, XO PF to Tuck, LO/SO, XO	5.5 – 6.0	6.0 – 6.5	0.1 – 0.5	0.1 – 0.3
VI	Standing whip pass to Tuck, LO/SO, XO Jump to series (2 or more) to LO/SO, XO	ROBHS Whip Pass (at least 2 whips not consecutive) to Tuck, LO/SO, XO (at least 4 skills) Any pass that includes 2 consecutive Whips	7.0 – 7.5	7.5 – 8.0	0.1 – 0.5	0.1 – 0.3
Elite	Jump BT Series of consecutive (2 or more) Tucks Jump Series of BHS to FT Standing FT	Pass with 3 or more consecutive whips/tucks Arabian/half twist skill to RO to Tuck, LO/SO, XO All passes ending in a full twist (FT)	8.5 – 9.0	9.0 – 9.5	0.1 – 0.5	

***Middle School athletes are not allowed to execute Full Twist**

Skills will only receive full credit if control is shown from one skill to the next skill.

A team will be assessed by all the tumbling executed in the routine. If levels vary throughout the routine an average of cumulative skills will be assessed, ensuring that teams aren't penalized for competency exhibited at a higher level, e.g., a team of 13 executes 12 toe-touch tucks, then later in the routine executes 12 standing tucks – the elite level has been established with the jump back tuck so the standing tucks would not be averaged in, it would be marked as added skills/endurance.

Added Skills Endurance explained: This category is to reflect skills that may not be listed but add to the difficulty of what is listed at that level or awards a team for their endurance as a team throwing additional skills throughout the routine. Examples might include a toe touch back handspring toe touch back handspring or teams executing extra synchronization tumbling exhibiting excellence endurance.

One or few exceed level requirements explained: Individual athletes on a team may be able to execute various levels of tumbling skills. While the overall score awarded should reflect a score consistent to the level of the majority or most of the team, there are instances where one or a few members on a team will exceed that level. An example might be where a team has a combination of Level IV and V skills, but a few members of the team execute elite skills in a routine. In this basic example let's say a difficulty score is calculated at a 5.5 but in order to award the few elite skills thrown once in a routine there is 0.1 – 0.3 points that can be awarded to reflect this. This enables a team to be awarded proportionately for the number of athletes executing the skill levels throughout the routine.

STUNT QUANTITY

Stunt/Quantity Chart			
# OF ATHLETES	MAJORITY	MOST	EXCEEDS
4-7	-	1	2
8-11	1	2	3
12-15	2	3	4
16-19	3	4	5
20-24	4	5	6

Description	Stunt Definition	Pyramid Definition	Level	Below	Majority	Most	Exceeds/Extra or Combo
Low Range	4 different Level I, II, III, IV or V skills performed by Majority of the team	2 main structures performed by Most of the team with 3 Level I, II, III, IV or V skills	I II III IV V	0.5 * * * *	1.0 2.5 4.0 5.5 8.0	1.1 2.6 4.1 5.6 – 5.7 8.1	1.2 2.7 4.2 5.8 – 5.9 8.2
High Range	4 different Level I, II, III, IV or V skills performed by Most of the team (OR one skill replaced by an elite skill performed by the Majority)	2 main structures performed by Most of the team with 4 Level I, II, III, IV or V skills (OR 2 skills plus 1 elite skill)	I II III IV V	1.0 * * * *	--	1.3 2.8 4.3 6.0 – 6.2 8.3	1.4 – 1.5 2.9 – 3.0 4.4 – 4.5 6.3 – 6.4 8.4 – 8.5
Low Range Elite	4 different Level I, II, III, IV or V skills performed by Most of the team, 1 of which is an Elite level skill	2 main structures performed by Most of the team with 4 Level I, II, III, IV or V skills, 1 of which is an Elite level skill	I II III IV V	1.3 * * * *	--	1.6 – 1.8 3.1 – 3.2 4.6 – 4.7 6.5 – 6.6 8.6 – 8.7	1.8 – 2.0 3.3 – 3.4 4.8 – 4.9 6.7 – 6.8 8.8 – 8.9
High Range Elite	4 different Level I, II, III, IV or V skills performed by Most of the team, 2 of which are Elite level skills	2 main structures performed by Most of the team with 4 different Level I, II, III, IV or V skills performed by Most of the team, 2 of which are Elite level skills	I II III IV V	1.6 * * * *	--	2.0 – 2.2 3.5 – 3.6 5.0 – 5.1 6.9 – 7.3 9.0 – 9.4	2.2 – 2.4 3.7 – 3.9 5.2 – 5.4 7.4 – 7.9 9.5 – 10.0

*Utilize previous level range, e.g., if “below” Level V range not met, move to Level IV ranges

LEVEL 1						
LEVEL APPROPRIATE SKILLS	INVERSIONS	RELEASES	TWISTING	TOSSES	DISMOUNTS	OTHER STUNTS
	Inversion from Ground Level to below Prep Level	Switch up to Lib or BP Below Prep Level	1/4 to 1/2 Twisting Transition to Below Prep Level	Straight Ride Toss	Step Down	Show N Go, Straddle Sit/Lift (Prep or Extended), Flat Back (Prep or Extended)

	Inversion from Ground Level to below Prep Level with up to 1/2 Turn	Tic Toc to Lib or BP Below Prep Level	1/4 to 1/2 Twisting Transition from Prep Level		Straight Cradle from Prep Level	1 Leg Stunt Below Prep Level, Shoulder Sit, Shoulder Stand,
					Prone Cradle from Prep Level	Log Roll/Barrel Roll, Prep Level Pendulum
					Back Walkover from cradle	
ELITE LEVEL SKILLS	Inversion from Ground Level to Prep Level	Tic Toc Below Prep Level BP to BP	1/4 to 1/2 Twisting Transition to Prep Level		Straight Cradle from Extension	Transition from Below Prep Level to Prep Level Lib/ BP
	Inversion from Ground Level to Prep Level with up to 1/2 turn.	Release to Prep Level Lib/ BP	Log Roll		Up to 1/2 twist from Prep Level	Combination of Two or More Level Appropriate Skills
					Up to 1/2 Twist from Prep to Prone Cradle	
LEVEL 2						
LEVEL APPROPRIATE SKILLS	INVERSIONS	RELEASE	TWISTING	TOSSES	DISMOUNTS	OTHER STUNTS
	Inversion from Ground Level to Prep Level Lib	Switch Up to Prep Level Lib	1/2 Twisting Transition at Prep Level to Prep Level	Pike Arch	Full Twist Cradle from Prep Level	Leap Frog
	Chorus Line Flips	Tic Toc at Prep Level Lib to Lib	1/2 Twisting Transition to Prep Level Lib/ BP	Pretty Girl Arch		Fly Away
				Kick Arch		Swinging Stunts from Below Prep Level to Below Prep Level
						Extension Two Legs
						Walk in to Prep/Press Extension
ELITE LEVEL SKILLS	Inversion from Ground Level to Extended Two Legs	Switch Up to Prep Level BP	1/2 Twisting Transition to Extended Two Legs		1/2. Twisting Dismount from Extension	Extended Pendulum
	Inversion to extended one leg	Tic Toc at Prep Level Lib to BP/ BP to BP	1/2 Twisting Tic Toc to Prep Level One Leg Stunt			Combination of Two or More Level Appropriate Skills
	1/2 Twisting Inversion to Extended Two Legs					
	1/2 Twisting Inversion to Prep Level One Leg					

LEVEL 3						
LEVEL APPROPRIATE SKILLS	INVERSIONS	RELEASE	TWISTING	TOSSES	DISMOUNTS	OTHER STUNTS
	Full Twisting Inversion to Extended Two Legs	Switch Up to Extended Lib (From Ground)	1/2 Twisting Transition to Extended Lib	Full Twist	Full Down from Extension	Extended One Leg
	Front/Back Suspended Rolls / Flips	Tic Toc from Prep Level Lib to Extended BP	360 Full Up to Prep Level One Leg /BP	Toe Touch	1/2 Twist to Prone	Walk in to Extension
			360 Full Up to Extension Two Legs		Straight Cradle from Extended One Leg	Braced Release Moves Pyramid
ELITE LEVEL SKILLS	1/2 Twisting Inversion to Extended One Leg	Switch Up to Extended BP (From Ground)	1/2 Twisting Transition to Extended BP		1/2 Twisting Dismount from Extended One Leg	Toss to Extended One Leg
		Release from Prep or Above to Stunt at Any Level	360 Twisting Transition Prep Level to Prep Level BP		Release from Inverted to Non-Inverted	Toss Hands Press Extension
		Released Inversion to Cradle/Load with 1/2 Turn	360 Twisting Tic Toc at Prep Level		Dismount With 1/2 Turn	Stunts That Rotate 180 Degrees or More
						Combination of Two or More Level Appropriate Skills
LEVEL 4						
LEVEL APPROPRIATE SKILLS	INVERSIONS	RELEASE	TWISTING	TOSSES	DISMOUNTS	OTHER STUNTS
	Released Inversion from Prep Level to Prep Level	Release from Waist or Prep to Extended Lib	360 Twisting Transition to Extended Lib	Pike X	360 Twist to Prone	Braced Inversions Pyramid
	Released Inversion from Prep Level or Below to Extended	Ball Up to Lib/ BP at Prep Level	360 Twisting Switch Up to Prep Level Lib / BP	Hitch Kick	360 Twist Down from Extended One Leg	Braced Flips Pyramid
		Tic Toc Extended BP to Lib at Prep Level(High/Low)	360 Twisting Transition to Extended BP	Switch Kick		Single Based Toss Extension
		180 Degree Helicopter		Ball Kick		
		Release from Waist or Prep to Extended BP				

ELITE LEVEL SKILLS	Foldover	Tic Toc Extended BP to BP at Prep Level (High to Low)	540 (1 1/2) Twist to Prep Level Lib / BP			
	Front Flip 1/2 Twist	Ball Up to Extended Lib/ BP				
LEVEL 5						
LEVEL APPROPRIATE SKILLS	INVERSIONS	RELEASE	TWISTING	TOSSES	DISMOUNTS	OTHER STUNTS
	Released Inversion from Prep Level or Below to Extended Two Legs	Tic Toc to Extended Lib to Extended Lib (High to High)	180 Twisting Switch Up to Extended Lib /BP	Kick Single	Kick Single Twisting Dismount from Prep Level	Single Braced Front Flip with 1/2 Twist
	Front Flip Full Twist	Tic Toc Lib to Extended Lib (Low to High)	360 Twisting Switch Up to Prep Level Lib / BP	Ball Full	360 Full Down from Extended BP	Braced Inversions Pyramid
				Full Up Toe Touch	360 Twist to Prone	Braced Flips Pyramid
					1 1/4 Twist from Extended Lib/BP	Single Based Toss to One Leg
ELITE LEVEL SKILLS	Released Inversion from Prep Level or Below to Extended Lib/BP	Tic Toc to Extended BP to Extended BP(High to High)	360 Twisting Switch Up to Extended Lib/ BP			
	Full Twisting Inversion to Extended Lib/ BP	Tic Toc Lib to Extended BP (Low to High)	540 (1 1/2) Twisting Switch Up to Prep Level Lib/ BP			
	BHS up to extended stunt		540 (1 1/2.) Twist Up to Extended Lib / BP			

V. Scoring Procedures

A. Scoring:

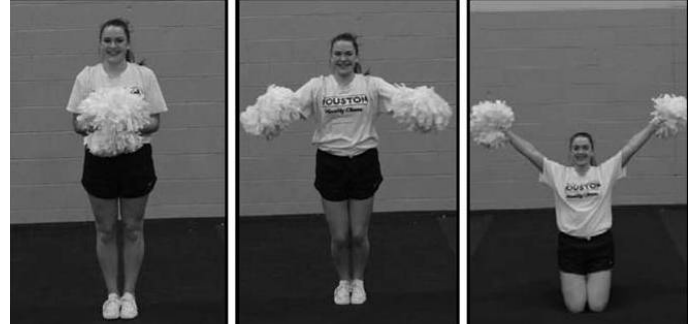
1. All judges should have the 5 C's
 - a. **Confidentiality** – It is of the utmost importance throughout the entire judging process. From the time one is contracted to judge to even after the completion of the tournament.
 - b. **Competence** – It is the responsibility of the judge to have exceptional knowledge of the guiding documents provided by the WVSSAC and the National Federation.
 - c. **Consistency** - It is the responsibility of the judge and the integrity of the tournament to be fair and consistent.
 - d. **Concentration** – It is imperative to give one's undivided attention to the performing team. Mark the score after the performance of a team, not during the performance.

- e. **Complete and undivided attention** – It's important and respectful to give each team your complete focus and time and provide accurate and fair feedback.
2. Generally, individual criteria with a possible point value of 5:
 - a. 0 = Did not perform the skill
 - b. 1 = Poor execution
 - c. 2 = Below Average
 - d. 3 = Average
 - e. 4 = Above Average
 - f. 5 = Perfect
 - g. Additional information and specific criteria for awarding of points will be explained in detail at the judge's clinic.
3. Generally, individual criteria with a point value of 10:
 - a. 0 = Did not perform the skill
 - b. 3.5 = Below Average
 - c. 5 = Average
 - d. 7.5 = Above Average
 - e. 10 = Perfect
 - f. Additional information and specific criteria for awarding of points will be explained in detail at the judge's clinic.
4. When scoring, judges may use either whole numbers (1, 2, 3, 4, 5) or the decimal equivalents of tenths of a whole number (3.3, 3.5, 3.8, 4.2, 4.5, etc.).
 - a. Do not use common fractions ($1/4$, $2/5$, $5/8$, $3/4$, etc.) and decimal equivalents beyond the first decimal place (.25, 3.55, 3.75, 4.33, 4.67, etc.)
5. Make sure all scores are added correctly.
6. Once the Technical Cheer is scored and the team begins the open portion of their routine, a Cheer Table Judge cannot make changes to the Technical Cheer score.
7. Judges should not tie two or more teams in the same division in the technical cheer or overall score.
8. Changing a score:
 - a. Draw a line through the score, e.g.
 - b. Initial the change
 - c. Write in the new score.
 - d. Do not blacken the original score.
9. Keep a running total of each team's score.
10. Be legible when writing comments and signing your name.

[Back to Top](#)

ILLEGAL STUNTS & PYRAMIDS

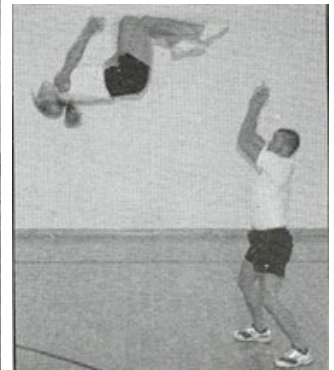
ILLEGAL Knee Drop



Swan Dive



Toe Pitch



Single Posted Backward Suspended Roll

West Virginia Secondary School Activities Commission

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Wayne Ryan, Assistant Executive Director**

