



WVSSAC Cheer FORMS



Revised July 2016

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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)

1. **Partner stunt series (3 groups)** All top persons and backs pots begin facing away from audience. Back spots grab top persons by the waist and lift them up, turn 180 degrees and place fliers on the floor. Each stunt group does a switch up extended heel stretch, sponges to load, does a show and go while walking to a formation change, taps and does an extended heel stretch. Each group does a 270 rotation, then top persons perform a scorpion to a scale. Top persons sponge then go to load position with one foot on the floor and the other leg held parallel to floor by the bases. Top persons are lifted to a prep liberty and perform a foldover and are assisted to the floor. Top persons then do an extended bow and arrow, sponge to load and do a single posted forward suspended roll to cradle followed by an assisted 360 twist to the floor. *Formation change.*
2. **Running Tumbling Sequence:**
 - a. Round-off back handspring to the back (7)
 - b. Back handspring tuck, back handspring tuck (1)
 - c. Cartwheel, tuck, back handspring, tuck, back handspring, back handspring, tuck (1)
 - d. 3 Back handsprings, 2 back tucks
 - e. Back handspring, whip, back tuck (1)
3. **Partner Stunt Series:** (three groups). All three flyers assisted into a double posted back suspended roll floor to floor. Top person up to single leg fully extended liberty, down to prep position with one leg out in an 'L' position (side base holding leg). Stunt rotates full turn to tap up to fully extended scorpion. Stunt rotates scorpion full turn. 360 Twist cradle, catch dismount, re prep up to fully extended show and go, tap up to fully extended heel stretch, twist cradle, catch dismount. *Formation change.*
4. **Standing Tumbling:** Full squad standing back tuck, back handspring, back tuck (6 girls add another back tuck) 3- Standing back tuck, back handspring, back tuck, back tuck, back tuck
5. **Partner Stunt/Pyramid Series-(3 groups)** Middle show and go extended then to prep. Sides to extended heel stretch connected to middle, sponge to prep, switch up to lib, tic toc. Disconnect. All 3 groups sponge to load to extended connected cupie, sponge to prep, sides turn to middle, connect, middle back flips load to load, disconnect. Middle sponges to prep. Sides tap down up to extended lib to arabesque facing connected to middle. Disconnect. All 3 sponge to load to assisted landing dismount. All 3 tap down up to extended front stretch sponge to load and 360 dismount.. *Formation change.*
6. **6. Full Squad Dance**

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.

	<u>Date</u>	<u>Location</u>	<u>Time (s)</u>	<u>Instructor (s)</u>
1.				
2.				
3.				
4.				
5.				

School Name:		Head Coach:	
Phone number:	(W)	(H)	(C)
Email:			
Coach's Signature:		Date:	
Principal or AD Signature:			

HIGH SCHOOL REGIONAL/STATE CHEER COMPETITION ROUTINE OUTLINE COVER SHEET

School:	Region:	Class:
Coach:	Fax: ()	
Phone: (W)	(H)	(Cell)

A **TYPED** outline must be submitted. Each sequence of the outline must be numbered. (See sample outline page 3 in Cheer Forms.) Responsibility of 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.

I. TECHNICAL	
Jump One:	
Jump Two:	
Time:	(must be between 30 and 40 seconds)
II. OPEN	
Time:	(must be no longer than 2 minutes and 30 seconds)
Coach's Signature:	Date:

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

1 Berkshire Drive

Morgantown, WV 26508

Telephone: 304-777-2957 Email: patricia_m_gross@yahoo.com

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

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

School:

TECHNICAL: (Time)

1. First jump:
2. Second jump:

WORDS:

NARRATIVE: (time)

Open Outline:

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

School:		Region:	Class:
Coach:		Fax: ()	
Phone:	(W)	(H)	(Cell)

A **TYPED** outline must be submitted. Each sequence of the outline must be numbered. (See sample outline page 3 in Cheer Forms.) Responsibility of 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.

I. TECHNICAL	
Jump One:	
Jump Two:	
Time:	(must be between 30 and 40 seconds)
II. OPEN	
Time:	(must be no longer than 2 minutes and 30 seconds)
Coach's Signature:	Date:

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: ()	
Phone:	(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.

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

FORWARD ORIGINAL TO THE WVSSAC BY 10/5/2016

ATTN: HEATHER ENOCH - WVSSAC - 2875 STAUNTON TURNPIKE, PARKERSBURG WV 26104

**White copy - WVSSAC
Yellow copy - SCHOOL**

Regional Entry Form Music Warranty

_____ (hereinafter “School”), its Principal and its Cheerleading Coach herewith warrant that, with respect to the 2016-2017 WVSSAC Regional Cheerleading Tournament and the 2016-2017 WVSSAC Cheerleading State Tournament, they have obtained the required written permission and/or license from each copyright holder to play each piece of music that will be played during the performance of the cheerleading squad during the Regional and/or State Tournaments.

In the event of the School, Principal or Cheerleading Coach has failed to obtain the required license and/or permission to use the music in connection with the performance by the cheerleading team, then the school shall promptly reimburse the WVSSAC for any costs incurred by the WVSSAC as a result of the school’s failure to have the required license and/or permission.

Dated this _____ day of _____, 2016.

School

Print Name (PRINCIPAL)

By: _____

Its Principal

Print Name (CHEER COACH)

DUE DATE – OCTOBER 5

**REGIONAL - STATE
TECHNICAL JUDGE SHEET**

School: _____ Technical Judge: _____

Tech Time _____

Open Time _____

**Judges Explanation of
Deductions**

One Jump Omitted (05) _____

Two Jumps Omitted (10) _____

Bobbles (per bobble) (1-5) _____

Falls (per fall) (6-10) _____

Time Violation (20) _____

Violation of rule
(20 pts. per violation) (20) _____

Violation of rule
(20 pts. per violation) (20) _____

TOTAL PENALTY POINTS: _____

TOTAL TAKEN FROM SCORE: _____

SIGNED: _____

<p>NF Section: _____ Article: _____ WVSSAC: _____</p> <p>Explanation:</p>
<p>NF Section: _____ Article: _____ WVSSAC: _____</p> <p>Explanation:</p>



CHEER SCORE SHEET

School: _____ **Class:** _____ **Regional:** _____ **State:** _____

Category	Maximum Points	Points		Comments
Technical Cheer				
(30 seconds minimum)				
Cheer Fundamentals		_____	<input type="checkbox"/> Strong Motions	<input type="checkbox"/> Needs Improvement: placements, sharpness, levels, flying arms, bent wrists
Motion Technique	5	_____	<input type="checkbox"/> Good Precision	<input type="checkbox"/> Add variety
Precision of Motions	5	_____	<input type="checkbox"/> Good Formations	<input type="checkbox"/> Not together/timing/rhythm/words
Formations/Spacing/Use of Floor	5	_____	<input type="checkbox"/> Good Expressions	<input type="checkbox"/> Needs polish
Voice/Facial Expression	5	_____	<input type="checkbox"/> Good Transitions	<input type="checkbox"/> Formations need variety
Jumps	5	_____	<input type="checkbox"/> Good Jumps	<input type="checkbox"/> Watch spacing
Choreography/Creativity	5	_____	<input type="checkbox"/> Good Voice	<input type="checkbox"/> Transitions sloppy
		_____	<input type="checkbox"/> Levels variety of	<input type="checkbox"/> Jumps need synchronization
		_____	<input type="checkbox"/> Good Variety	<input type="checkbox"/> height/point toes/landing
	Subtotal: (30)	_____		<input type="checkbox"/> Poor attitude/unsportsmanlike

POINT VALUE CHANGE

Open				
Dance	8	_____	<input type="checkbox"/> Flashy/exciting	<input type="checkbox"/> Not together
Tumbling	7	_____	<input type="checkbox"/> Good incorporation	<input type="checkbox"/> Formations need variety
Partner Stunts/Pyramids	10	_____	<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"/> Clean dismounts	<input type="checkbox"/> Step/lock/tighten
		_____	<input type="checkbox"/> Level changes	<input type="checkbox"/> Watch dismount/cradle/timing
		_____	<input type="checkbox"/> Flow of dance	
	Subtotal:(25)	_____		

Overall Appeal				
Choreography/Creativity	10	_____	<input type="checkbox"/> Good flow	<input type="checkbox"/> Choppy/doesn't flow
Level of Difficulty	15	_____	<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
		_____	<input type="checkbox"/> Music Interp	<input type="checkbox"/> Add variety
	Subtotal: (25)	_____		

Projection				
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

Overall Effect	10	_____	<input type="checkbox"/> Clean Routine	<input type="checkbox"/> Routine needs polished
		_____	<input type="checkbox"/> Consistency	
		_____	<input type="checkbox"/> Sync/Precision	

TOTAL: (100)

Judge's Signature: _____

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:		

Checkmark 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: _____

WVSSAC SAFETY JUDGE ROUTINE/TEAM CHECKLIST

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

Performance Order _____

General Information

School:														
Region:	Class:	Number of Cheerleaders:												
Coach:														
<p style="text-align: center;">Warnings:</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 20px; text-align: center;"><input type="checkbox"/></td> <td>Skirt Length</td> </tr> <tr> <td style="text-align: center;"><input type="checkbox"/></td> <td>Bow / Ribbons</td> </tr> <tr> <td style="text-align: center;"><input type="checkbox"/></td> <td>Braces / Cast</td> </tr> <tr> <td style="text-align: center;"><input type="checkbox"/></td> <td>Nails</td> </tr> <tr> <td style="text-align: center;"><input type="checkbox"/></td> <td>Glitter</td> </tr> <tr> <td style="text-align: center;"><input type="checkbox"/></td> <td>Jewelry</td> </tr> </table>			<input type="checkbox"/>	Skirt Length	<input type="checkbox"/>	Bow / Ribbons	<input type="checkbox"/>	Braces / Cast	<input type="checkbox"/>	Nails	<input type="checkbox"/>	Glitter	<input type="checkbox"/>	Jewelry
<input type="checkbox"/>	Skirt Length													
<input type="checkbox"/>	Bow / Ribbons													
<input type="checkbox"/>	Braces / Cast													
<input type="checkbox"/>	Nails													
<input type="checkbox"/>	Glitter													
<input type="checkbox"/>	Jewelry													

Coach's Signature _____

(By signing above you are verifying legality of team apparel and appearance)

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)

