



# 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**

<b>School:</b>		<b>Region:</b>	<b>Class:</b>
<b>Coach:</b>		<b>Fax: ( )</b>	
<b>Phone:</b>	<b>(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 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.

<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 and 30 seconds)
<b>Coach's Signature:</b>	<b>Date:</b>

**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](mailto: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.)**

<b>School:</b>		<b>Region:</b>	<b>Class:</b>
<b>Coach:</b>		<b>Fax: ( )</b>	
<b>Phone:</b>	<b>(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 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.

<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 and 30 seconds)
<b>Coach's Signature:</b>	<b>Date:</b>

**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**

<b>School:</b>		<b>Region:</b>	<b>Class:</b>
<b>Coach:</b>		<b>Fax: ( )</b>	
<b>Phone:</b>	<b>(W)</b>	<b>(H)</b>	<b>(Cell)</b>
<b>Email:</b>			
<b>School Colors:</b>			
<b>Mascot:</b>			

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

**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**

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## Regional Entry Form Music Warranty

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\_\_\_\_\_ (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 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:** \_\_\_\_\_

**TOTAL BONUS POINTS ADDED TO SCORE:** \_\_\_\_\_

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

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

Explanation:

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

Explanation:



**CHEER SCORE SHEET**

**School:** \_\_\_\_\_ **Class:** \_\_\_\_\_ **Regional:** \_\_\_\_\_ **State:** \_\_\_\_\_

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

**POINT VALUE CHANGE**

<b>Open</b>			___ Flashy/exciting	___ Not together
Dance	8	_____	___ Good incorporation	___ Formations need variety
Tumbling	7	_____	___ Good difficulty	___ Level of difficulty
Partner Stunts/Pyramids	10	_____	___ Moves match music	___ Timing/rhythm off
		_____	___ Good variety	___ Need variety
		_____	___ Strong tumbling	___ Tumbling not perfected
		_____	___ Good stunts	___ Stunts not steady
		_____	___ Clean dismounts	___ Step/lock/tighten
		_____	___ Level changes	___ Watch dismount/cradle/timing
		_____	___ Flow of dance	
	Subtotal:(25)	_____		

<b>Overall Appeal</b>			___ Good flow	___ Choppy/doesn't flow
Choreography/Creativity	10	_____	___ Good variety	___ Transitions sloppy
Level of Difficulty	15	_____	___ Very creative	___ Monotonous
		_____	___ Good difficulty	___ Level of difficulty
		_____	___ Music Interp	___ Add variety
	Subtotal: (25)	_____		

<b>Projection</b>			___ Excellent Spirit	___ Keep Spirit
Expression/Spirit	10	_____	___ Showy/Spirited	___ Entire Routine
Showmanship		_____	___ Strong Voices	___ Be louder/Don't fade out
		_____	___ Sportsmanship	___ Enunciation
		_____	___ Good Expressions	___ More smiles

<b>Overall Effect</b>	10	_____	___ Clean Routine	___ Routine needs polished
		_____	___ Consistency	
		_____	___ 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 | - | _____ |
|    | Add BONUS POINTS from Safety     | + | _____ |
|    | <b>TOTAL SCORE</b>               |   | _____ |

## 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

\_\_\_\_\_ Add BONUS POINTS

\_\_\_\_\_ 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**

<b>School:</b>														
<b>Region:</b>	<b>Class:</b>	<b>Number of Cheerleaders:</b>												
<b>Coach:</b>														
<p style="text-align: center;"><b>Warnings:</b></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)



