



WVSSAC Cheer FORMS



Revised July 2013

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Cheer Competition Forms

COMPETITION FORMS

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Cheer Narrative Sample

TECHNICAL (35 seconds)

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

WORDS

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

OPEN (2:23)

Music

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

7. **Full squad dances.** *Formation change*

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

9. **Routine Ends**

Cheer Outside Assistance Verification

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

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

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

**HIGH SCHOOL REGIONAL/STATE CHEER COMPETITION
ROUTINE COVER SHEET**

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

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

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

Mail or fax this form along with the typed narrative to:

Kelly Geddis

WVSSAC

2875 Staunton Turnpike - Parkersburg, WV 26104

Fax: 304-428-5431

Email, Fax or mail a COPY of this form C2A, the typed narrative form C2B and any tapes to:

Pat Gross

1 Berkshire Drive, Morgantown, WV 26508

E-mail: patricia_m_gross@yahoo.com

Fax:

**THIS FORM AND THE NARRATIVE (Form C2B) MUST BE POSTMARKED BY THE DATE POSTED
IN THE INTERSCHOLASTIC**

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

School:

TECHNICAL: (Time)

1. First jump:

2: Second jump:

WORDS:

Narrative: (Time)

CHEER COMPETITION ROUTINE 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 ()	
Phones: (W)	(H)	(Cell)

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

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

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

White copy - WVSSAC
Yellow copy - School

WVSSAC HIGH SCHOOL COMPETITIVE CHEERING REGIONAL/STATE ENTRY FORM

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

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

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
Check Entry Form Check List for Postmark Date
WVSSAC, 2875 Staunton Turnpike, Parkersburg, WV 26104-7219

White Copy - WVSSAC
 Yellow Copy - School

**REGIONAL – STATE
TECHNICAL JUDGE SHEET**

SCHOOL: _____ TECHNICAL JUDGE: _____

Tech Time _____

Open Time _____

**Judges' Explanation
of Deduction**

One Jump Omitted (05) _____

Two Jumps Omitted (10) _____

Bobbles (per bobble) (1-5) _____

Falls (per fall) (6-10) _____

Time Violation (20) _____

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

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

TOTAL PENALTY POINTS: _____

TOTAL TAKEN FROM SCORE: _____

SIGNED: _____

NF Section: _____ Article: _____ WVSSAC: _____

Explanation:

NF Section: _____ Article: _____ WVSSAC: _____

Explanation:

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

Initial Each Process

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

Tabulator Signature _____

Safety Judge Signature _____



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

Performance Order _____

General Information

School:														
Region:	Class:	Number of Cheerleaders:												
Coach:														
<p>Warnings:</p> <table style="margin-left: auto; margin-right: auto;"> <tr> <td style="text-align: center; width: 20px;"><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)

