



WVSSAC Cheer Manual

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



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CHEERLEADING

General Information

I. Overview

A. 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 91 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 or earlier versions will be indicated as such: **Add** or **Delete**

II. Coaching Information and Responsibilities

A. Code of Ethics

1. It is the coach’s responsibility to understand and practice contest rules and to inform team members.
 - a) Review WVSSAC Rule §127-4-3 Code for Interscholastic Athletics under Series 4 Provisions Governing Conduct in the [WVSSAC Rules and Regulations](#) Handbook.

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. **National competitions are not sanctioned by 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. **Sanctioning 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.
- I. **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 Standards 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 home and away 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.

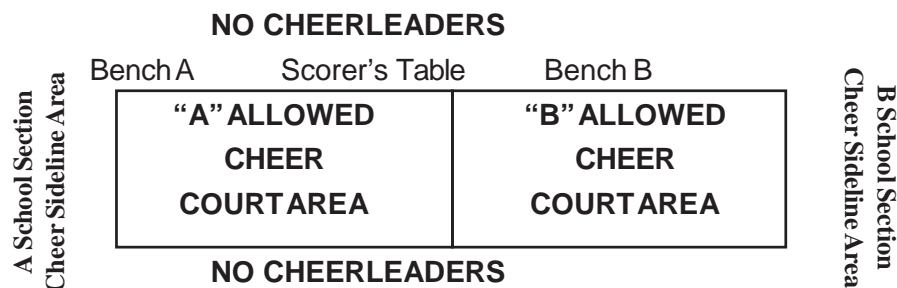
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5. Cheerleaders are not to lead sidelines/chants when the opposing team's cheerleaders are performing a "floor" cheer. Cheer teams should agree on a system of court usage and time outs before the game begins.
6. Megaphones may be used by cheerleaders 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.**

B. Additional Basketball Tournament Regulations

In the interest of safety, crowd control, and fairness for all, the following regulations are set forth for all cheer teams participating in girls' and boys' high school sectional, regional and state basketball tournaments.

1. 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.
2. 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.
3. 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 & 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. *Stunts – WV Modifications are found in the [Interscholastic](#) Base(s) using hand(s) to support the top person in an upright position must have the hand(s) positioned under and supporting the foot/feet. Bases must have both feet on the performing surface.

Dismounts: All dismounts from any height must be cradled or have assisted landing.

Fly Away Dismounts are legal (Ex. Stunt, sponge, release) provided the following restrictions are followed:

- A stunt is performed prior to the release to dismount
- Limited to 2 bases/back spotter/ and may use front spotter
- Bases may not interlock hands
- Performed from an extended stunt
- **Sponge to release** from extended height must **not go below shoulder level**
- The back hands-on spotter must maintain contact with the top person from the initiation of the stunt to the release of the stunt
- May use a front spotter who may either be free standing or hands-on. If hands-on, must follow back spot restrictions
- Stunts that do not include an inversion (toe touch, ball out, pencil, and single twist) are allowed

Show & Go are legal provided the following restrictions are followed:

- If a fly away dismount is incorporated, the show must hit the extended level prior to release from prep level

Up & Over transitions must have a hands-on back spotter for the top person(s) (NF 3-4-9), unless the transition doesn't pass through the extended level.

Arch-back Cradles from stunts remain illegal. Arches during the pop or sponge/ release to cradle are legal provided that the NF Rule 3-3-1 is followed. (Inversion)

Log Roll Variation - Toss (from performing surface) to log roll is legal provided that the following conditions are met:

- a. the toss must be initiated by two bases.
- b. the toss is limited to two bases.
- c. there must be a hands-on head and shoulder, back spotter
- d. as the top person is standing on the performing surface, the toss can only be initiated from the top person's thigh, rear, and/or waist, e.g. **no feet**.
- e. the spotter's hands can only be placed from the waist to the underarms of the top person during the toss.
- f. the top person can rotate no more than one time.
- g. the top person must be caught in a double-based cradle with a hands-on head and shoulder, back spotter.

Rationale: The standard log roll is a stunt that is an exception to the release stunt rule and is therefore legal. A toss to a stunt is an exception to the toss rule and is therefore legal. Ruling: With the conditions (a) through (g) in place, the log roll variation is considered a safe stunt and **does not** meet the definition of a basket toss or similar style toss requiring a surface of grass, turf or appropriate matting. **As with all release stunts, the inversion rule is always in play and care must be taken that the shoulders of the top person do not drop below their waist.**

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C. *Spotting

The active spotter is an integral part of the safety of a program. Therefore, an inattentive person is not considered a spotter. **All NF Rules requiring spotters other than hand to hand/ arm must be hands-on spotters.**

Hands-on spotter is a person who maintains continuous contact with the top person and who assists in the building of, or dismounting from, a partner stunt or pyramid. The primary responsibility of a spotter is to watch for safety hazards and be in a position to prevent injuries with special emphasis on the head, neck, and shoulder areas. This person(s) shall not provide primary support (weight-bearing contact) of another person. All NF rules that require spotting of the head, neck, shoulder area of the top person **must be a hands on spotter that maintains contact with wrists down of the base(s) and the ankle(s) up of the top person and with the head/ neck, shoulders not the waist.** When catching the top person in a dismount or spotting an inversion. **The waist may be spotted in addition to the head/ neck shoulder. All single-based stunts require a hands-on back spot** (Except for shoulder stands and chairs.)

1. Spotting - All stunts/pyramids with base of support above shoulder/prep level require a back hands on spotter.
2. **Spotting** - All single based stunts at prep level or above [Except for shoulder sits, shoulder stands and chairs] must have a hands-on back spot.
3. All stunts that brace a static extended stunt must have a hands-on back spotter.[Exceptions: double-based prep, shoulder sits and thigh stands]
4. Inverted Stunts - All inverted stunts must be posted, braced or spotted according to NF rules **and WV Modifications.**
5. All multi-base stunts to a cradle dismount shall have at least 2 catchers and a separate head-and-shoulders spotter. *Therefore, a multi-base extended stunt requires four (4) participants on the high school level.*

D. Hand Held Signs are allowed if held by a team member with both feet on the floor. The sign may be handed to a top person; however, the sign must be handed back to a cheerleader who is not a base or a spotter, who has both feet on the floor before any dismounts occur.

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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.

II. Safety Rules, Regulations and Modifications

- A. **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.
- B. All **un-braced** stunts with the base of support above prep/shoulder height must have a **hands-on back spotter and a free-standing spotter**.
- C. 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.
- D. All stunts that brace a static extended stunt must have a hands-on back spotter. [Exceptions: shoulder sits and thigh stands]
- E. Extended single base stunts require a hands-on back spotter and a free-standing spotter (4 participants) **AND** if cradled require 2 catchers, a back hands-on spotter and a free-standing spotter (5 participants).
- F. **Backward Dismount** - A dismount in which the top person drops backward to catchers who are behind the base(s). All backward dismounts prep/shoulder height or above dismounts and all cradles will require a free standing spotter. Coaches are responsible for determining the appropriate location and position of the free-standing spotter.
- G. Dismounts
 - 1. All cradles from a two-legged prep that **DO NOT** include any skill require two catchers and a back hands-on spotter. [No Free spot needed]

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2. All other cradles require 2 catchers, a head and shoulders back hands on spotter **AND** a free-standing spotter. [5 participants]
3. All **twisting cradles** from any extended height must have a back hands-on spotter and a free-standing spotter. [5 participants]
4. **Released dismounts to floor from prep level must have two people assisting the landing (exception: toe-touch is illegal)**
5. **Released dismounts to the floor from the extended level are illegal**

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.
- H. 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, 3-3-6, 3-3-7 inversions,
NO STUNT INVERSIONS WILL BE PERMITTED IN MIDDLE SCHOOLS. NO EXCEPTIONS!!
- 3-4-4(e)extended pendulum,
3-5-4 Switch-ups [Switch-ups from the performing surface to the load or prep position are allowed.]
- 3-7-2 dismount to performing surface from prep level or above must be assisted by 2 people
- 3-7-3 dismount to the performing surface involving a skill.
- I. 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.
 - J. 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.
 - K. 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 wooden floors - no pavement or concrete.
 - L. 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 wooden floors - no pavement or concrete.
 - M. Coaches shall refer to the Competition Section of this manual for further information on sanctioning, competition format, and judging.
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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. 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 safety/technical judge. However, the safety/technical 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** - Any competition that leads to National Championship will not be sanctioned by the West Virginia Secondary School Activities Commission.
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 judge penalties, and limit of 13 cheerleaders per team. Mascots may not participate.
 2. WVSSAC regional competition format is required for all high school "stand alone" open or invitational competitions. This includes format, score sheet, and technical 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 - The allowed maximum number of coaches who may enter with the team during competition and go through safety check and warm-up is two. These are two school approved and employed coaches. Additional County contracted coaches or county Board of Education approved volunteer coaches may sit with the team but are required to pay admission. All such 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 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](#).

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- II. Regional/State Tournament Policies** - 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 gymnastics or celebration 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 without celebration. Teams must wait to return to their seats when no other team is on the floor. 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 judge makes this decision. If there is a mechanical failure and a restart is necessary, the original scoring of the judges and the Technical 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 highest and lowest score will be averaged and then added to the remaining scores.
 - G. Tie Breaking Procedure** - The Technical score of the routine will be used to determine the winner. The scores of all judges will be totaled to determine the highest score. If a tie still exists, go to step 2 and the Overall Appeal score of the routine will be used to determine the winner. If a tie still exists, then go to step 3 and the Overall Effect score will be used to determine the winner. In all 3 cases, the scores of all judges will be totaled together in the tie breaking procedure.
 - H. Awards Presentation** - The Technical 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 judge sheets, and master score sheets. These sheets will be distributed at the end of each class competition at the state tournament.
 2. After receiving all tournament results (regional and state), the WVSSAC office will post order of finish on website. [Back to Top](#)

III. Competition Rules

J. 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.

K. 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:**

- 1) Be at least 30 seconds and a maximum of 40 seconds long.
- 2) Incorporate 2 different jumps sometime during the technical portion. The two jumps may be performed by any number of team members. (Responsibility of Technical Judge to check for jumps.). Failure to perform the required jumps will result in a 5-point deduction for each jump not included.
- 3) Cheer words shall only refer to the performing team's own school and/or mascot in positive terms.

b. Prohibitions

- 1) Touching, bracing, tumbling, pyramids, partner stunts, poms, dance, music
- 2) Pelvic thrust, booty pops or twerking
- 3) 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, poms, dance, and music.

a. Requirements

Open portion **must:**

- 1) Not exceed 2 minutes and 30 seconds.
- 2) If music is used, refer to [Regional/State Tournament Policies](#) II-B. (Only one start and stop permitted).
- 3) In the dance portion, there must be a minimum of 6 consecutive 8-counts of full team dance in order to earn any of the possible points.

b. Prohibitions

- 1) 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.
- 2) No words in music that refer directly or indirectly to sex, drugs or alcohol
- 3) No basket tosses
- 4) No “twists performed during a tumbling pass” (WV Modification Airborne Twisting Tumbling Skills)
- 5) No pelvic thrusts (forward or forward and back), booty pops or twerking
- 6) No ~~jumps~~, tumbling, partner stunts, or pyramids in the dance in order to earn any of the 8 possible points. **No more than two athletes can assist in a lift of another athlete and the waist of the athlete being lifted can go no higher than prep level. Lifted athletes may not be inverted. All lifts should be included in the narrative of the dance and be pre-approved. Additional dance beyond the required six 8-counts is not restricted.**

L. 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 time will be allowed except for a mechanical failure or an injury, as determined by the head safety judge. Review [Mechanical Failure or Injury](#) above.

M. Sportsmanship - All [sportsmanship](#) rules apply.

N. 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:

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Technical/Safety Deductions		
The following penalty points shall be deducted from the total score		
Category	Violation	Point Deduction
Technical Cheer	One jump omitted	5 points
Technical Cheer	Two jumps omitted	10 points
*Technical Cheer	Incidental touching	1-5 points
*Technical Cheer	Incidental touching with fall	6-10 points
Technical Cheer	Choreographed touching	20 points
Stunts	Bobbles	1-5 points
Stunts	Early out	5 points
Stunts	Slip and Fall	6 points
Stunts	Base to knee(s)	6 points
Stunts	Base to seat	8 points
Stunts	Base to head/back	10 points
Stunts	Top person falls	10 points
Stunts – Middle School Only	No Free Standing Spotter where required	20 points
Tumbling	1 hand down	1 point
Tumbling	2 hands down	2 points
Tumbling	1 knee down	3 points
Tumbling	2 knees down	6 points
Tumbling	Seat down	8-10 points
Tumbling	Back or head down	10 points
Tumbling	Step out forward or backward	1 point
Tumbling	Step out + 2 steps	2 points
Pom/hair piece/devices	Step on device	5 points
Pom/hair piece/devices	Step on device with slip	6-9 points
Pom/hair piece/devices	Step on device with fall	10 points
Time violations	Per Violation	20 points
Rule violations	Per Violation	20 points

Placement, use, and release of poms should be choreographed to ensure that the pom(s) is not stepped on by any cheerleader. A pom, hair device and/or a hair piece under foot is a safety hazard, and deduction(s) will be taken by the technical/safety judge when competition participants step on a pom, hair device, and/or hairpiece.

*Choreographed touching during the Technical portion of the routine remains illegal with a 20-point deduction. However, incidental touching will be penalized as bobbles or falls depending on the severity of the contact or fall.

If you have any questions about stunts or your overall routine, contact Kelly Stewart:
kellysstewart68@gmail.com or 304-816-1931

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Judging Information

I. 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

- 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.
- Cheer/Table Judges should not confer during the time of judging. The only exception is a competition procedural question directed to the Technical Judge.
- Cheer/Table Judges **must** sign or initial their judging sheets.
- 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. Technical Judges

- 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.
- 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 Judge Checklist for the sequence of the routine.
- Prior to the start of a competition, the Safety/Technical Judge will ask the coach to verify that all team members are legal in uniform attire and appearance by signing the TECHNICAL JUDGE ROUTINE/TEAM CHECKLIST.
- Prior to the start of a competition, the Safety/Technical Judge will meet with all cheer judges to review judging procedures and score sheet completion.
- The Technical Judge will confer with the coach concerning the designated beginning and ending of the routine.
- Technical Judge is not to interfere with the cheer judges' scoring of routine(s).
- During competitions, the Technical Judge is NOT allowed to view a video to determine a violation.

II. Guidelines for Cheer/Table Judges

- A. Memorize the score sheet to be able to concentrate totally on the routine.
- B. Study the Cheer Manual - Competition Policies and Judging Information.
- C. Arrive at the competition site one hour before start time and introduce yourself to the tournament director.
- D. Dress professionally for the judging assignment. (No blue jeans)
- E. Must refrain from watching warm-ups before competition.
- F. Give undivided attention to the entire routine. Write down judging comments, and score after the routine is finished. Script the routine to refer back to after the routine is complete.
- G. Judge technique of the performers rather than style or music selection. Remember, the quality of jump, stunts, tumbling, etc., determines the point value, not the quantity.

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- H. The cheering style is entirely up to the discretion of the team and its coach. The WVSSAC in no way dictates or encourages any particular style of cheering. Judges must judge only the execution of the style - not the style itself.
- I. Do not allow crowd reactions to influence judging scores.
- J. Do not confer with the general public, coaches, other judges, or participants prior to the competition.
- K. Use the comment box on the score sheet to explain point deductions and to compliment strengths.
- L. Keep a positive facial expression.
- M. Be legible when writing your comments and when signing your name.
- N. Say something positive about every team on their score sheet. No matter the difficulty or execution of the routine.
- O. In the event of a [Mechanical Failure or Injury](#), please review this information for judging.

III. Guidelines for Technical Judges

TECHNICAL JUDGE RESPONSIBILITIES

- A. Technical 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.
- B. Contact the Tournament Director several weeks before competition to check on facility set-up.
- C. At least two weeks prior to the competition, review outlines and prepare the Safety Judge Check List (included in the Cheer Manual Forms section).
- D. Arrive at the competition site one and one-half hours prior to the start and immediately introduce yourself to the Tournament Director.
- E. 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.
- F. Check timing devices, scoring areas for Safety and Cheer Judges, and tabulator equipment. Minimum of 2 timing devices and tape calculator required for tabulators.
 - 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.
 - Before the competition begins, ensure that the Tabulators has a tape adding machine/calculator.
 - Ensure that the Tabulator completes and signs the Tabulator Check List.
 - Verify the Awards Announcement prior to presentation of awards by conferring with cheer judges and reviewing score sheets.

IV. High School Regional/State Competition Judging

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

- A. Judges for Regional and State Competition will be assigned by the WVSSAC.
- B. There shall be a minimum of three (3) judges for regional and five (5) for state competition, preferably five will be assigned. In addition, a Technical Judge must be assigned. When possible, two or three Technical Judges will be assigned to each region. The Technical Judge(s) is responsible for judging the routine in the area of safety violations or rule violations.

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- C. **All new judges and choreographers** or judges and choreographers that did not complete the previous year's seminar must attend a 4-hour Judge's Training Seminar. Judges and choreographers that did complete the previous year's seminar must attend a 2-hour Judges Training Seminar. **To be eligible to judge Regional or State Competitions, judges must attend one of the 2-hour or 4-hour judge's clinics and pass the WVSSAC National Federation Spirit Rules Test. (See the [Interscholastic](#) for dates and times)**
- D. All rule and safety violations will result in a twenty (20) 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.
- E. The Safety/Technical judges shall review the [tie-breaking procedure](#).
- F. Procedure for Score Tabulation if Less Than Five Cheer Judges
 - If only four judges, average the high and low. Therefore, you will be totaling three scores instead of four.
 - If only three judges, use all three scores. Do not average any scores.

V. 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. Open

- **Dance (8 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.
- **Tumbling (7 Points)**
A team's ability to execute standing and running tumbling with excellent precision and form.
 - Technique Drivers
 - Approach, Speed, Body Control, Body Form, Landings, Synchronization.
 - Difficulty Drivers
 - Degree of difficulty*, percent of team participation*, combination of skills synchronization of passes, variety of passes, height
 - *Degree of difficulty will be evaluated in that specific category, please review Section VI. [Degree of Difficulty Reference for Tumbling, Partner Stunts, and Pyramids](#)
- **Partner Stunts and Pyramids (10 points)**
 - Technique Drivers
 - Top Person/Body Control, Position, and Technique, Bases/Spotters/Stability of

the Stunt, Entries/Transitions/Dismounts, Obvious Mistakes, Synchronization, Timing, Proper Building Technique

- Difficulty Drivers
 - Degree of difficulty*, percent of team participation, combination of skills (level and non-level appropriate), pace of skills performed
 - *Degree of difficulty will be evaluated in that specific category, review Section VI. [Degree of Difficulty Reference for Tumbling, Partner Stunts, and Pyramids](#)

C. Overall Appeal

- **Choreography/Creativity (10 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 (tumbling, partner stunts and pyramids should not be considered in level of difficulty as it's evaluated in Level of Difficulty section)
- **Level of Difficulty (15 points)** - Should be considered in judging tumbling, partner stunts, pyramids (Refer to Section VI. [Degree of Difficulty Reference for Tumbling, Partner Stunts, and Pyramids](#))

D. Projection (10 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 team work
- 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 (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.

- Timing – spacing for stunts, tumbling, cradles, pyramid building and dismounting, missed motions. Confidence in stunts
- Perfected transitions and formations
- Synchronization throughout routine
- Perfection of routine
- Overall appearance

VI. Degree of Difficulty Reference for Tumbling, Partner Stunts, and Pyramids

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

Note: Currently the Degree of Difficulty section is worth 15 points. Assessment of skill level and quantity for tumbling will be 5 points, assessment of skill level for partner stunts will be evaluated at 5 points, and assessment of quantity of skill level for pyramids will be evaluated at 5 points.

Tumbling - Maximum Difficulty for Tumbling = 5 points

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 Quantity Chart			Difficulty Drivers for Tumbling	Abbreviations
# OF ATHLETES	MAJORITY	MOST	Degree of Difficulty	Back Handspring (BHS)
5-7	2	3	Percent of Team Participation	Front Handspring (FHS)
8-9	4	6	Combination of Skills	Front Walkover (FW)
10-11	5	8	Synchronization of Passes	Back Walkover (BW)
12-14	6	10	Variety of Passes	Back Tuck (BT)
15-16	7	13	Height	Punch Front (PF)
17-19	8	15	Form	Cartwheel (CW)
20-22	10	18		Roundoff (RND-Off)
23-25	11	21		Whip Back (WB)
26-27	13	24		
28-30	14	26		

Degree of Difficulty Points for Tumbling				
Level	Standing Tumbling	Points Awarded	Running Tumbling	Points Awarded
I	Forward, Straddle, and Handstand Roll • Backward Extension Roll • Handstand • Front Limber • CW • Push up to Backbend • Backbend Kick Over • FW or BW	1.0 – regardless of team members performing skills	CW • FW • RND-Off • CW BW • FW to CW/RND-Off • CW 1/2 turn FW • Connected skills - CW/BW	1.0 – regardless of team members performing skills
II	Standing BHS • BHS step out • Back Extension Roll BHS • BW BHS • BHS Step out • Jump to BHS	Below = 1.0-1.5 Majority = 1.5-2.0 Most = 2.0-2.5	CW BHS • RND-Off BHS • RND-Off BHS step out • RND-Off BHS series • FW to RND-Off BHS series	Below = 1.0-1.5 Majority = 2.0-2.5 Most = 2.5 – 3.0
III	BHS series combo involving three skills • Jump to BHS series • BHS series to jump • BHS combo • BHS BT	Below = 2.0-2.5 Majority = 2.5-3.0 Most = 3.0-3.5	Aerials • FHS • RND-Off or CW Back Tuck • RND-Off Layout • RND-Off BHS BT • Series tumbling pass involving more than three skills with at least one BT	Below = 2.0-2.5 Majority = 2.5-3.0 Most = 3.0-3.5
IV	Standing BT • BHS series to BT • Jump BHS BT • Jump BHS series to BT • Series combo with three skills with one BT	Below = 3.0-3.5 Majority = 3.5-4.0 Most = 4.0-4.5	RND-Off BHS Layout /Layout step out /x-out or BHS series to Layout • RND-Off BHS WB BHS to Layout • Series tumbling pass with more than three skills with at least one WB	Below = 3.0-3.5 Majority = 3.5-4.0 Most = 4.0-4.5
Elite	Jump BT • BHS series to WB and layouts • Jump BHS series to WB and layouts • BHS WB BHS series to layout /layout step out/x-out	Below = 3.0- 3.5 Majority = 4.0-4.5 Most = 4.5-5.0	Combination passes starting with a PF • RND-Off whip/tuck passes with more than one whip/tuck in a single pass consecutively (tuck, tuck)	Below = 3.5 -4.0 Majority = 4.0-4.5 Most = 4.5-5.0

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Partner Stunts and Pyramids

Maximum Difficulty for Partner Stunts = **5 points** Maximum Difficulty for Pyramids = **5 points**

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

STUNT QUANTITY

High School Stunt/Quantity Chart				Middle School Stunt/Quantity Chart			
# OF ATHLETES	MAJORITY	MOST	EXCEEDS	# OF ATHLETES	MAJORITY	MOST	EXCEEDS
4-7	-	1	2	5-9	-	1	2
8-11	1	2	3	10-14	1	2	3
12-15	2	3	4	15-19	2	3	4
16-19	3	4	5	20-24	3	4	5
20-23	4	5	6	25-29	4	5	6

Degree of Difficulty Points for Partner Stunts and Pyramids				
Level	Points awarded for Level	Low Range Stunts	High Range Stunts	Pyramid
I	1.0-1.5	4 different Level I skills performed by Majority of the team	4 different Level I skills performed by Most of the team (or one skill replaced by an elite skill performed by the Majority), Exceeds quantity is awarded 1.5	1 main structure performed by Most of the team with 3 Level I skills (4 skills or one elite skill for high range)
I – Elite	1.5-2.0	4 different Level I skills performed by Most of the team, 1 of which is an Elite level skill	4 different Level I skills performed by Most of the team, 2 of which are Elite level skills, exceeds quantity is awarded 2.0	1 main structure performed by Most of the team with 4 Level I skills (one elite skill for high range)
II	2.0-2.5	4 different Level II skills performed by Majority of the team	4 different Level II skills performed by Most of the team (or one skill replaced by an elite skill performed by the Majority), exceeds quantity is awarded 2.5	1 main structure performed by Most of the team with 3 Level II skills (4 skills or one elite skill for high range)
II – Elite	2.5-3.0	4 different Level II skills performed by Most of the team, 1 of which is an Elite level skill	4 different Level II skills performed by Most of the team, 2 of which are Elite level skills, exceeds quantity is awarded 3.0	1 main structure performed by Most of the team with 4 Level II skills (one elite skill for high range)
III	3.0-3.5	4 different Level III skills performed by Majority of the team	4 different Level III skills performed by Most of the team (or one skill replaced by an elite skill performed by the Majority), exceeds quantity is awarded 3.5	1 main structure performed by Most of the team with 3 Level III skills (4 skills or one elite skill for high range)
III – Elite	3.5-4.0	4 different Level III skills performed by Most of the team, 1 of which is an Elite level skill	4 different Level III skills performed by Most of the team, 2 of which are Elite level skills, exceeds quantity is awarded 4.0	1 main structure performed by Most of the team with 4 Level III skills (one elite skill for high range)
IV	4.0-4.5	4 different Level IV skills performed by Majority of the team	4 different Level IV skills performed by Most of the team (or one skill replaced by an elite skill performed by the Majority)	1 main structure performed by Most of the team with 3 Level IV skills (4 skills or one elite skill for high range)
IV - Elite	4.5-5.0	4 different Level IV skills performed by Most of the team, 1 of which is an Elite level skill	4 different Level IV skills performed by Most of the team, 2 of which are Elite level skills, exceeds quantity is awarded 5.0	1 main structure performed by Most of the team with 4 Level IV skills (one elite skill for high range)

[Middle School Safety Rules, Regulations and Modifications](#) apply to Middle School Teams.

*All Switch ups must be initiated with one foot on the ground

LEVEL 1				
	Inversions	Release	Twisting	Dismounts
LEVEL APPROPRIATE SKILLS		*Switch Ups to Lib Below Prep Level Tic Tocs To Lib Below Prep Level *Switch Ups to Bp Below Prep Level Tic Tocs to Bp Below Prep Level	¼ Twisting Transitions to Below Prep Level ¼ Twisting Transitions from Prep Level	Step Down Straight Cradle from Prep Level ¼ Twisting Dismount From Prep Level
Other Stunts	Show N Go, Straddle Sit/Lift (Prep or Extended), Flat Back (Prep or Extended), Prep Level to Prone, 1 Leg Stunt Below Prep Level, Shoulder Sit, Shoulder Stand, Log Roll/Barrel Roll, Prep Level Pendulum			
ELITE LEVEL SKILLS		Tic Toc Below Prep Level (Bp To Bp)	¼ Twisting Transitions to Prep Level	
Other Stunts	Transition from Below Prep Level to Prep Level One Leg/ Bp, ¼ Twisting Transition to Prep Level One Leg/Bp, combination of two or more-level appropriate skills			
LEVEL 2				
	Inversions	Release	Twisting	Dismounts
LEVEL APPROPRIATE SKILLS	Inversion from Ground Level to Below Prep Level Inversion from Ground Level to Prep Level Inversion from Ground Level to Below Prep Level With ½ Turn	*Switch Ups To Lib Prep Level Tic Toc Lib to Lib Prep Level *Switch Ups to Bp Prep Level Tic Toc Lib to Bp Prep Level	½ Twisting Transition to Prep Level ½ Twisting Transition to Prep Level One Leg/ Bp	Straight Cradle from Extension Full Twist Cradle from Prep Level ½ Twisting Dismount from Extension Back walkover From Cradle
Other Stunts	Extension Two Legs, Single Leg Stunts at Prep Level, ½ Twist to Prone from Prep Level, ½ Twisting Transition to One Leg Stunt at Prep Level, Log Roll, Leap Frog Variations, Chorus Line Flips, Fly Away, Swinging Stunts from Below Prep Level, Extended Pendulum, Walk into Prep/ Press Extension			
ELITE LEVEL SKILLS	Inversion from Ground Level to Extended Stunt	Tic Toc Prep Level (Bp To Bp)	½ Twisting Transition to Extended Two Legs	
Other Stunts	½ Twisting Inversion to Extended Stunt Two Legs ½ Twisting Tic Toc to Prep Level One Leg Stunt ½ Twisting Inversion to Prep Level One Leg Stunt Combination of Two Or More-Level Appropriate Skills			

LEVEL 3				
	Inversions	Release	Twisting	Dismounts
LEVEL APPROPRIATE SKILLS	Inverted Below Prep Level Inverted at Prep Level	*Switch Up to Extended One Leg Tic Toc from Prep Level Lib to Extended Bp	Full Up to Prep Level One Leg/ /Bp 360 Full Up to Extension 2 Legs ½ Twisting to Extended Lib	Full Down from Extension Straight Cradle from Extended One Leg ½ Twisting Dismount from Extended One Leg
Other Stunts	Extended One Leg, Toss Extension/ One Leg, Front /Back Suspended Roll/Flip, Braced Release Moves Pyramid, ½ Twist to Prone at Prep, Toss Hands Press/ Extension, Walk in Extension, Stunts That Rotate More Than 180 Degrees			
ELITE LEVEL SKILLS	Inversion to Extended 1 Leg	*Switch Up to Extended Bp Release from Prep or Above to Stunt at Any Level Released Inversion to Cradle/Load With ½ Turn	½ Twist Up to Extended Bp Full Twist Up to Extended Lib Full Twisting Transition Prep Level to Prep Level Bp	Release from Inverted to Non-Inverted Dismount With ½ Turn
Other Stunts	Full Twisting Inversion to Extension, ½ Twisting Inversion to Extended 1 Leg Full Twisting Tic Toc at Prep Level, Combination of Two Or More-Level Appropriate Skills			
LEVEL 4				
	Inversions	Release	Twisting	Dismounts
LEVEL APPROPRIATE SKILLS	Released Inversion to Below Prep Level or Below Released Inversion at Prep to Prep	Tic Toc Extended Lib to Lib at Prep Or Below (High to Low) ¼ Turn *Switch Up to Extended One Leg 180 Degree Helicopter Release	Full Twist Up to Extended Bp Full Twist *Switch Up to One Leg 1 ½ Twist Up to Lib/Bp Prep Level	360 Full Down from Extended 1 Leg / Bp Kick Single Twisting Dismount from Prep Level Up To 1 ¼ Twisting from Extended 1 Leg/ Bp
Other Stunts	Single Base Toss Extension, 360 Twist to Prone, Braced Inversions Pyramid, Braced Flips Pyramid, Full Twisting Tic Toc Release to Prep Level One Leg			
ELITE LEVEL SKILLS	Fold over Released Inversion from Prep Level or Below to Extended Stunt	Tic Toc Extended Bp To Prep or Below Bp (High to Low) Tic Toc Bp to Extended Bp (Low to High) ½ Turn Switch Up to Extended One Leg	1 ½ Twist Up to Extended One Leg /Bp	Single Braced Front Flip With ½ Twist

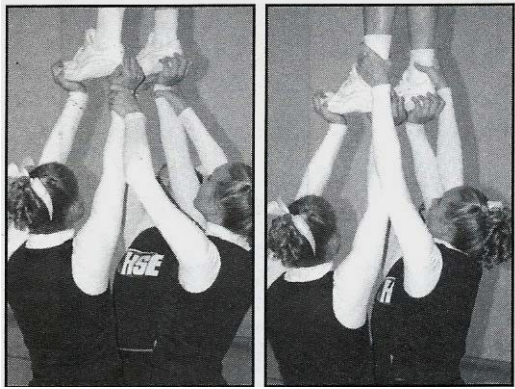
VII. Scoring Procedures

- A. Concentration:** Give undivided attention to the performing team. Mark the score after the performance of a team, not during the performance.
- B. Consistency:** It is the responsibility of the judge and the integrity of the tournament to be fair and consistent.
- C. Scoring:**
1. Generally, individual criteria with a possible point value of 5: average 3; above average 4; perfect 5.
 2. Generally, individual criteria with a point value of 10: average **65**; above average **87.5**; perfect 10.
 - a) Additional information and specific criteria for awarding of points will be explained in detail at the judge's clinic.
 3. 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.). 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.)
 4. Make sure all scores are added correctly.
 5. 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.
 6. Judges should not tie two or more teams in the same division in the technical cheer or overall score.
 7. Changing a score: Draw a line through the score, initial the change and write in the new score. Do not blacken the original score.
 8. Keep a running total of each team's score.
 9. Be legible when writing comments and signing your name.
 10. **Confidentiality** is of the utmost importance.

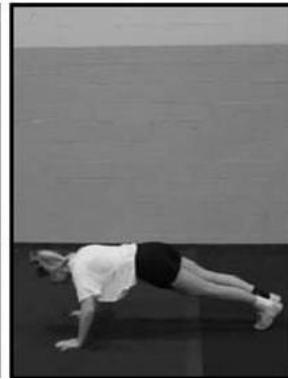
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PICTURES

POSITIONS



LEGAL Hand placement for back spot



LEGAL Drop to Push-up position

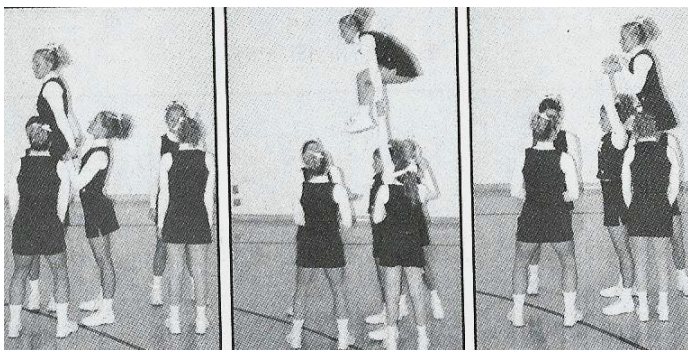


Superman Position



ILLEGAL Knee Drop

STUNTS



Backward Leap Frog

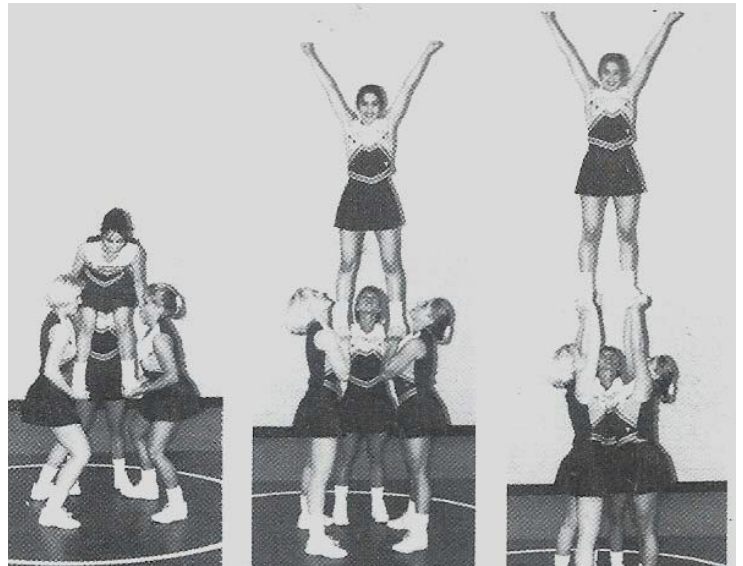


Flatback/Deadman

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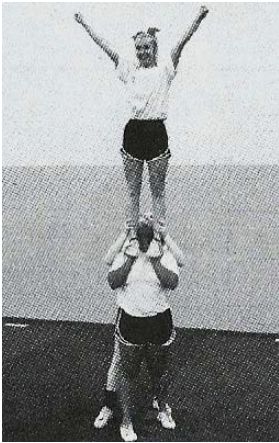
**Extended Flatback/
Deadman**



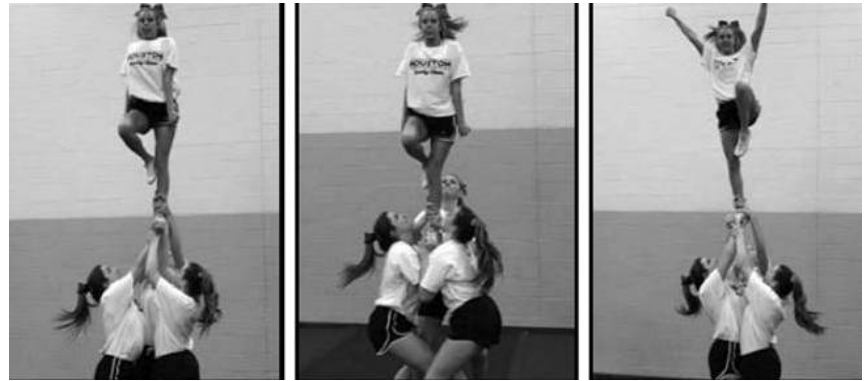
LOAD

PREP

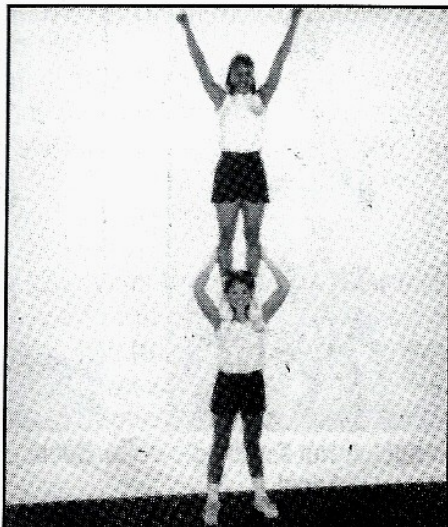
EXTENSION



One Man



Unbraced Low-High Tic Toc



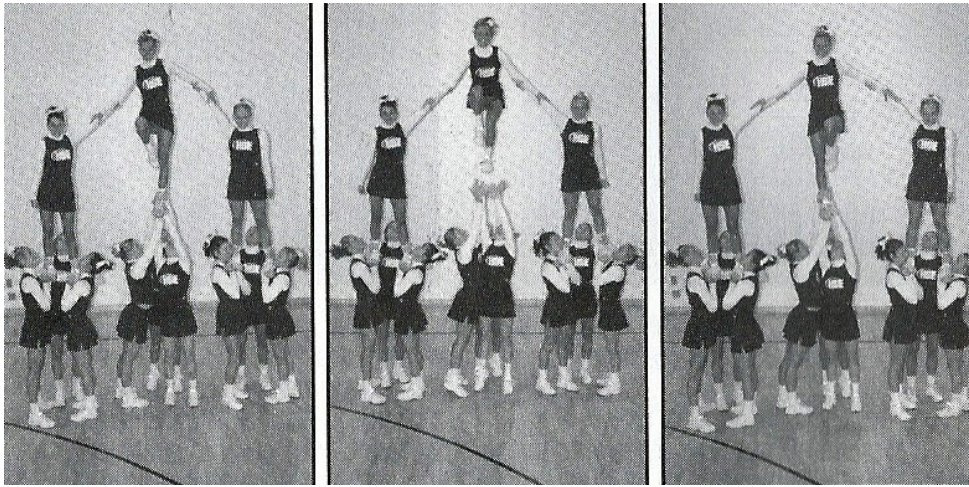
Shoulder Stand



Switch Up Liberty

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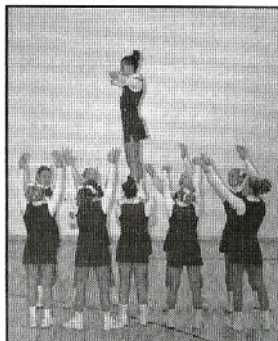
PYRAMIDS



Extended Tic Toc Pyramid

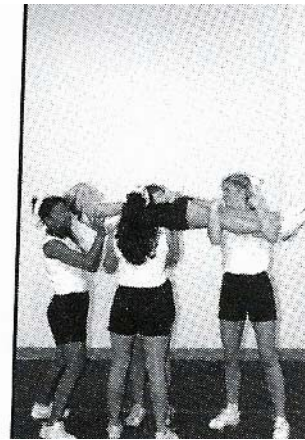
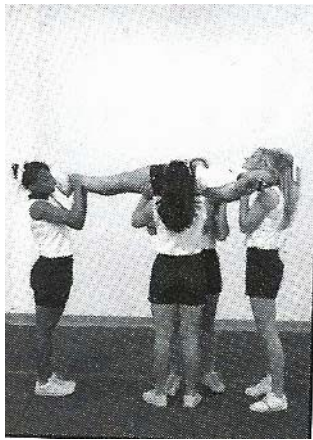


Flap Jack

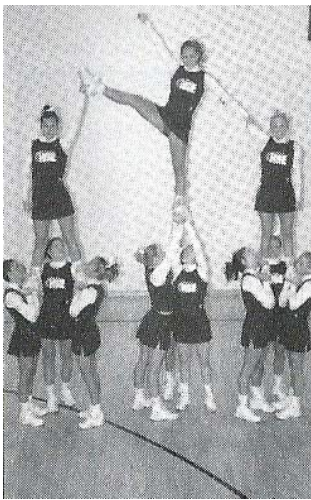


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Full Pendulum



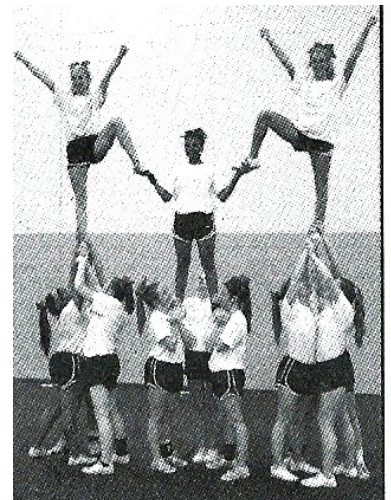
Helicopter



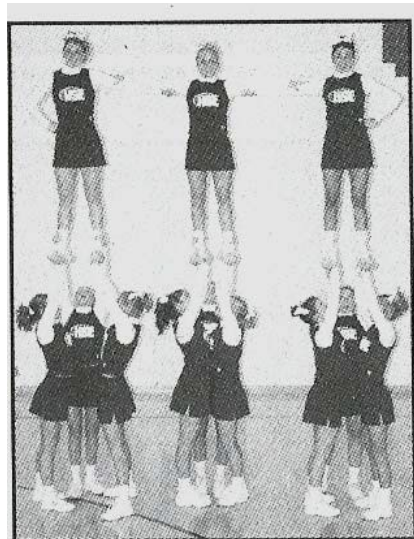
Left Heel Stretch Pyramid



Left Hitch Pyramid



Inside Hitch Pyramid



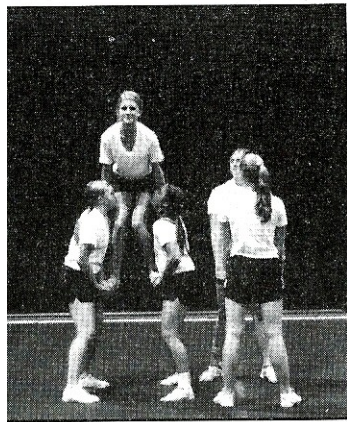
Paper Doll

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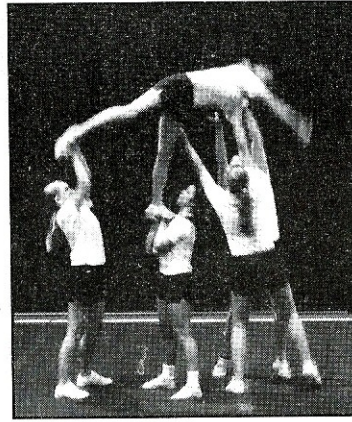
INVERSION STUNTS



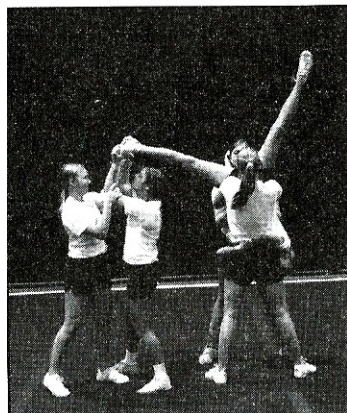
Handstand Up



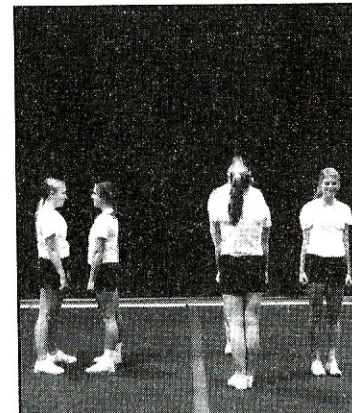
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2



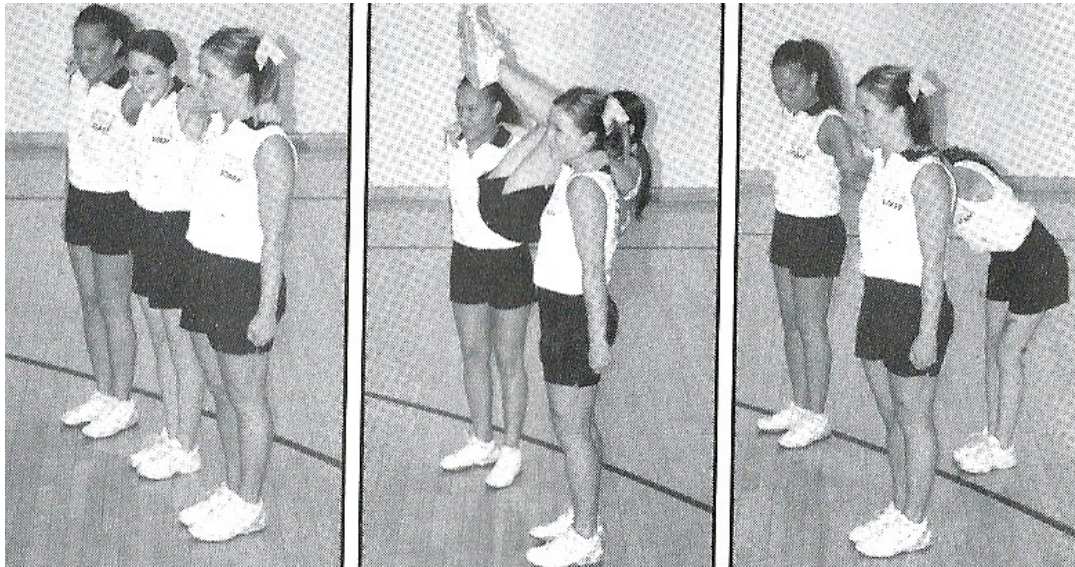
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4

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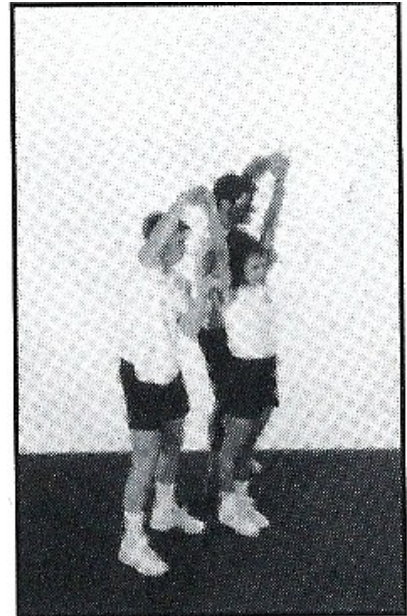
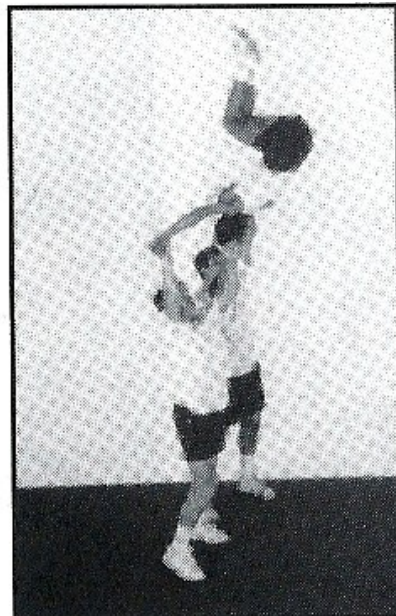
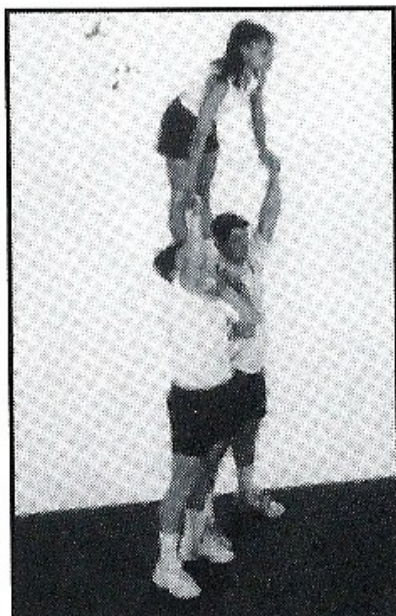
Cartwheel Down



Chorus Line Flip

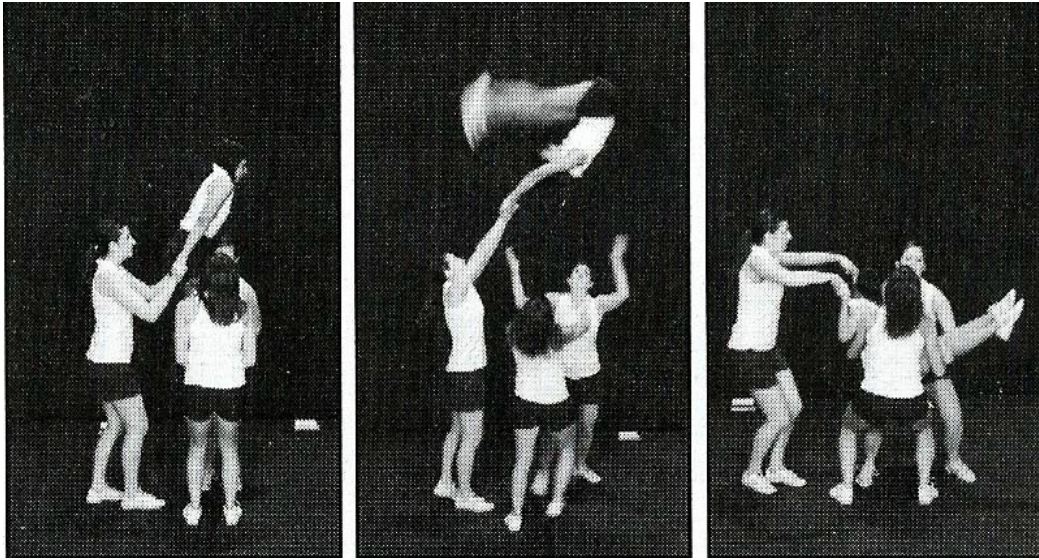


Double Posted Backward Suspended Roll (BSR)



Double Posted Forward Suspended Roll (FSR)

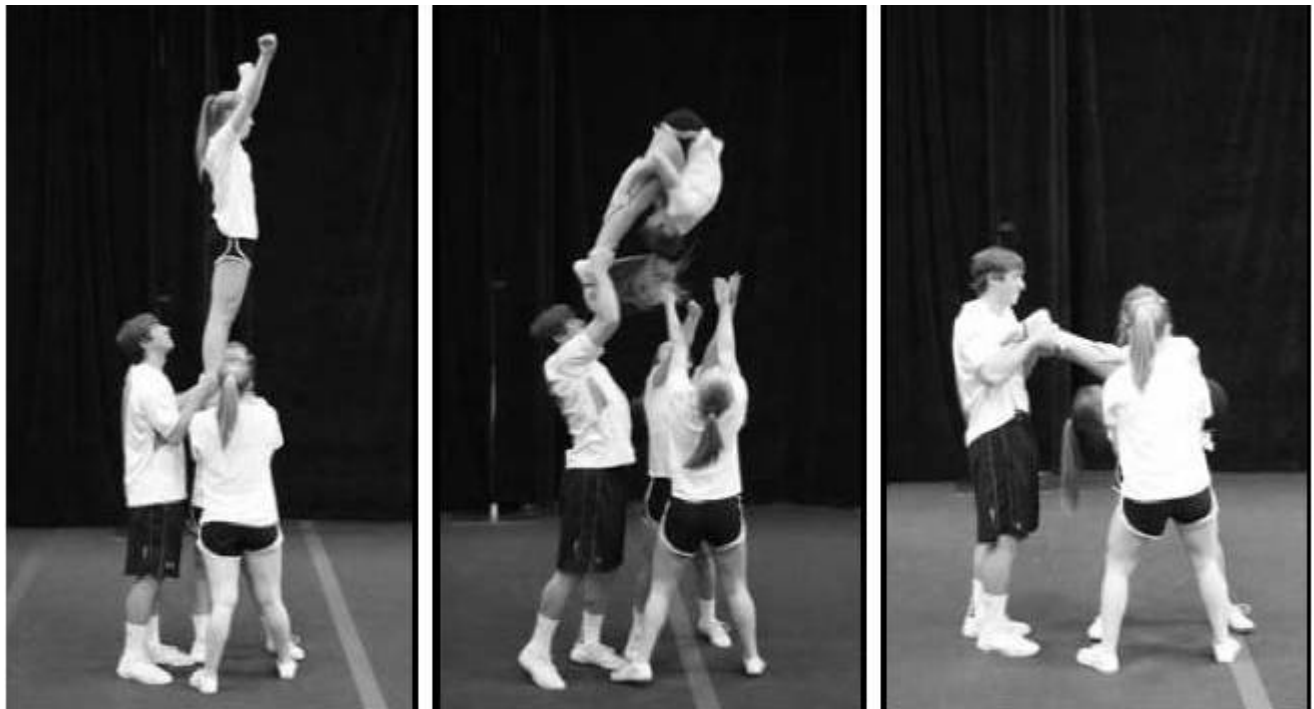
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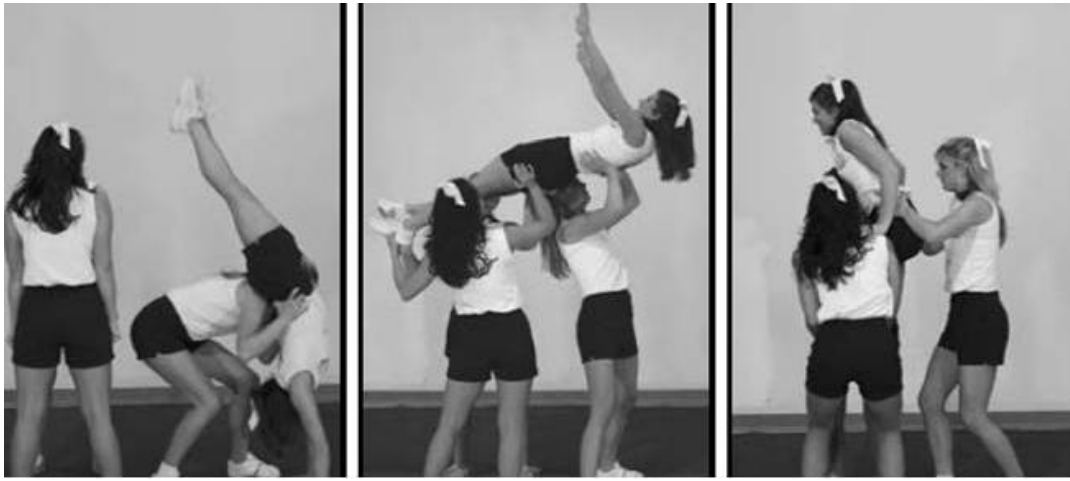
Single Posted Forward Suspended Roll (FSR)



ILLEGAL Single Posted Backward Suspended Roll

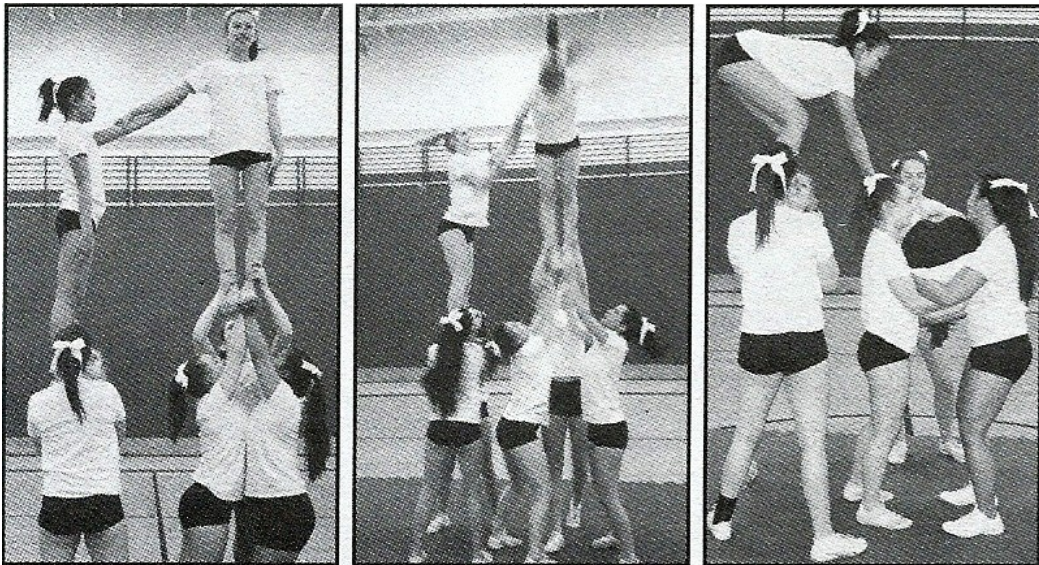


Foldover
31

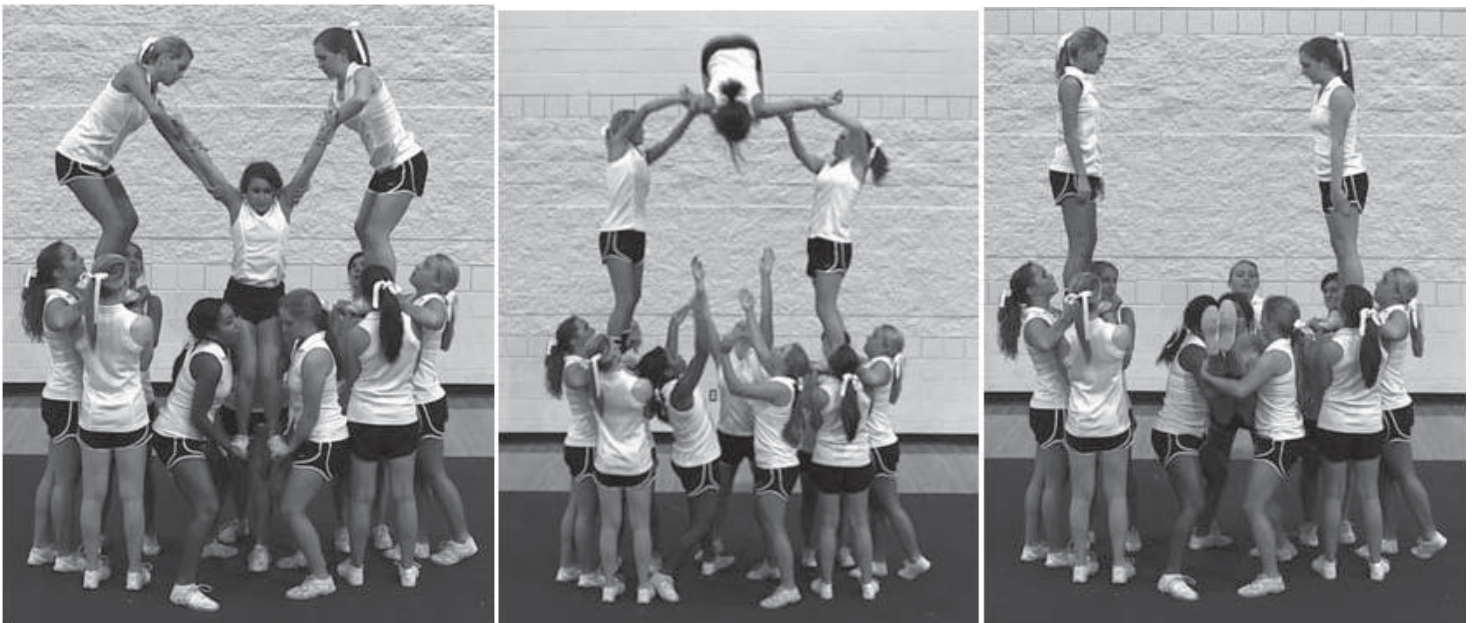


Handstand Up

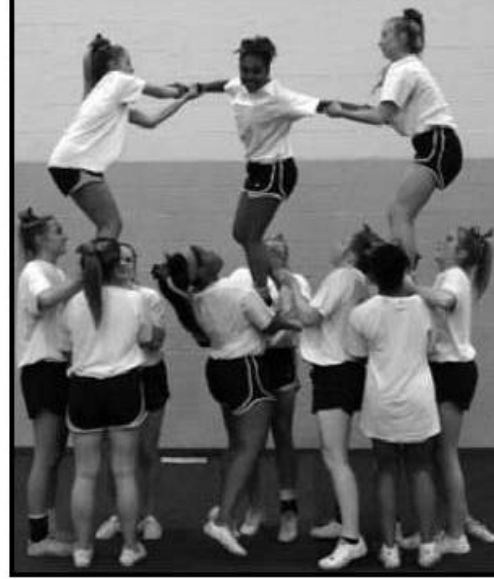
INVERSION PYRAMIDS



Braced Foldover



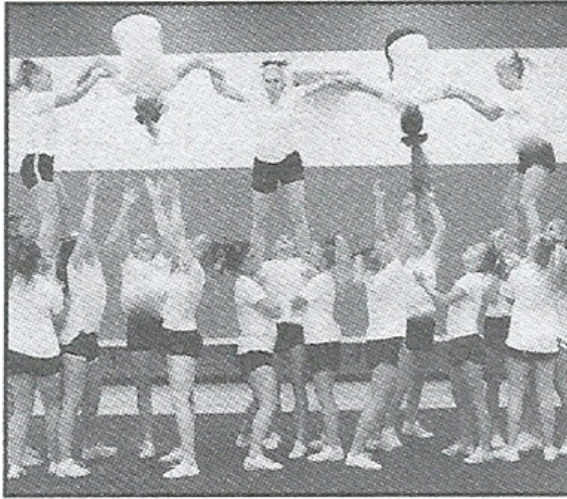
Flip Pyramid



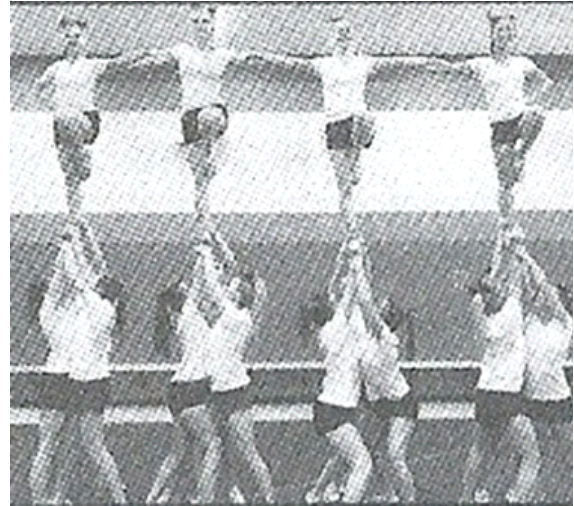
Half Twist Flip Pyramid

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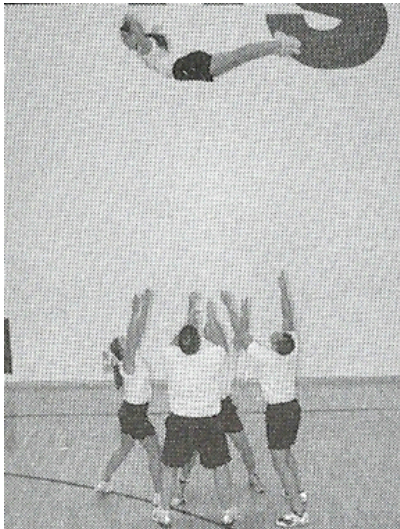
ILLEGAL STUNTS & PYRAMIDS



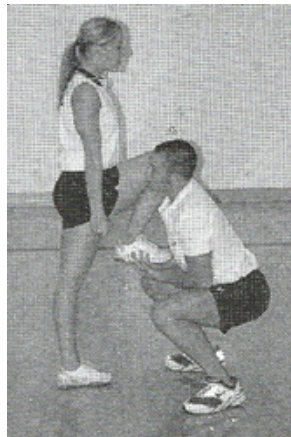
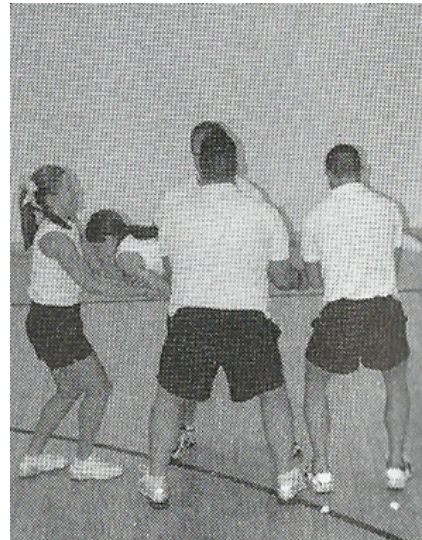
Two Person Flip Pyramid



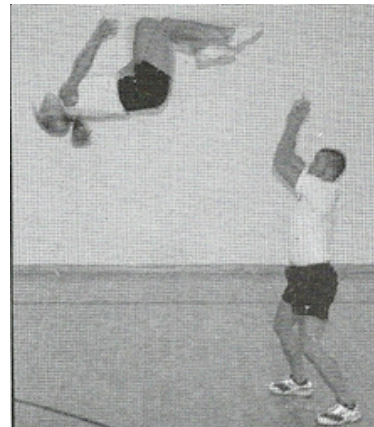
Liberty Paper Doll



Swan Dive



Toe Pitch



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