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Important Dates

September 1st

- Competition schedules submitted to the GHSA office or online.

October 31st

- Last date allowed for regular season competitions

November 7th

- Region winners determined
- Coed and Single-A Private/ Public Sectional winners determined

November 13th & 14th

- State Competition
 - Friday (13th):
 - Sectionals for non-Coed; State Championships for Coed & Single A
 - Saturday (14th):
 - State Championships for 2A through 7A

A background image of cheerleaders in black and gold uniforms with 'TROIANS' written on their skirts, performing on a blue mat.

2

Need to Know

- All invitational and region tournaments must be run in the same format as the state tournament
- GHSA will assign the official's association for all sanctioned events
- The Booking Agent is responsible for scheduling officials for a competition
- No unauthorized props may be carried into the competition area, which includes warm-ups, the music area, or the competition floor. This is a **disqualification** for the competition
- No cell phones permitted at the scoring table, judge's table, music table unless playing music

3

Score Sheet

- Sign your score sheet and make sure your entire name is legible
- Strike through mistakes only once
- A maximum of 2 mistakes are permitted before a new score sheet is required
- No personal comments on any of the score sheets
- Decimal for EXE scores

4

The Judging Panel

Panel	Responsible Official	Responsibility and Job
A	Official 1 Official 2	<ul style="list-style-type: none"> Scoring jumps, dance, cheer and overall composition Assist the Primary Safety Judge in determining violations and deductions
B	Official 3 Official 4	<ul style="list-style-type: none"> Scoring running and standing tumbling
C	Official 5 Official 6	<ul style="list-style-type: none"> Scoring primary partner stunts, secondary partner stunts, and pyramids
Floor Safety	Official 7	<ul style="list-style-type: none"> Serves as Primary Safety Judge and will confer with Panel A Assist in the counting the number of team members performing jumps, running tumbling, and standing tumbling

P.3-2

5

The Judging Panel

HJ and TS may swap seats.

Panel C | Panel A | Panel B

Floor Safety
Opposite Head Judge

P.3-2

Floor Safety never walk at back of mat

6

Total Team Minus

Used to determine the DOD in jumps, standing and running tumbling.

If the rubric reads...	Then...
Total Team# - 0	All team members must perform the skill.
Total Team# - 2	1 and/or 2 team members are not required to perform the skill.
Total Team# - 4	3 and/or 4 team members are not required to perform the skill.
Total Team# - 6	5 and/or 6 team members are not required to perform the skill.
Total Team# - 8	7 and/or 8 team members are not required to perform the skill.

P.5-1

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Checkboxes

- Areas for improvement for a team’s **execution** (EXE) scores
- All panels should check boxes
- Ensure the boxes you check **match** your score
- Assist coaches to improve and understand why they are receiving an EXE score

Areas of EXE Improvement

<input type="checkbox"/> Landings	<input type="checkbox"/> Height	<input type="checkbox"/> Form	<input type="checkbox"/> Synchronized
<input type="checkbox"/> Pointed Toes	<input type="checkbox"/> Dropped Chest	<input type="checkbox"/> Formation	<input type="checkbox"/> Arm Placement
<input type="checkbox"/> Straight Legs	<input type="checkbox"/> Timing	<input type="checkbox"/> Missed Jumps	<input type="checkbox"/> Legs Not Horizontal

P.5-1

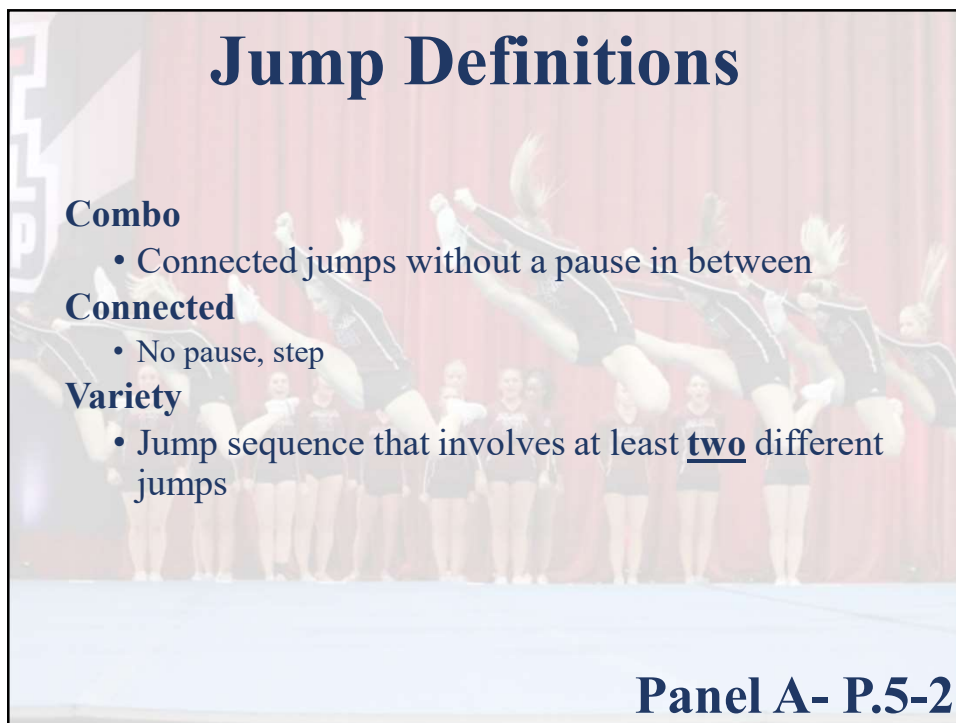
8



Panel A

Jumps, Dance, Cheer, ORC

9



Jump Definitions

- Combo**
 - Connected jumps without a pause in between
- Connected**
 - No pause, step
- Variety**
 - Jump sequence that involves at least **two** different jumps

Panel A- P.5-2

10

Degree of Difficulty (DOD)

- To max DOD, entire squad must do **3 different advanced** connected jumps
- DOD is **not** determined by jumps connected to tumbling
- Tumbling can accompany jumps but will be judged in tumbling, not jumps

Panel A

11

Team Jumps

- Perform all jumps together
- Ripple or group their jump sequence
 - **Same sequence:** $\frac{1}{2}$ squad can perform 3 connected advanced jumps; when done or almost done, the other $\frac{1}{2}$ squad can perform the **same three** connected advanced jumps
- All jumps must be done in the same combination with the **same** jumps

Panel A

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Execution

Areas of EXE Improvement			
<input type="checkbox"/> Landings	<input type="checkbox"/> Height	<input type="checkbox"/> Form	<input type="checkbox"/> Synchronized
<input type="checkbox"/> Pointed Toes	<input type="checkbox"/> Dropped Chest	<input type="checkbox"/> Formation	<input type="checkbox"/> Arm Placement
<input type="checkbox"/> Straight Legs	<input type="checkbox"/> Timing	<input type="checkbox"/> Missed Jumps	<input type="checkbox"/> Legs Not Horizontal

- Average what the team does as a **whole** - all rows and sides
 - The front middle typically have the strongest jumper(s)
- Never single out a single jumper or set of jumpers
- View the entire team as quickly as possible

Panel A

13

Cheer

Cheer Requirements

- Minimum of **3** eight counts of cheer with an incorporation(s)
- Entire team must participate to be eligible to receive **maximum** points
- Athletes must say the words
- Cheer words should be distinct and have a high volume

Cheer Incorporations

- One or more must be incorporated into the cheer to be eligible to receive **maximum** points.
 - Jumps, tumbling, stunts, tosses, pyramids, or any combination

Panel A – P.5-2

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Cheer: Tips & Tricks

- **All** team members are expected to cheer to max out DOD
- Incorporations must be included
- The type of incorporation does **not** impact the cheer score
- Short chants of an 8-count may limit your score
- **Consider:** Sharp motions, synchronizations, pace, and transitions
- **Consider:** Ability to hear the entire squad saying the words, focus on the team saying the words, **not** the fans

Panel A

15

Dance

- **Everyone** must dance the entire **four (4) eight** counts to receive maximum points
- Must have level changes, transitions, footwork, and floor choreography to max out
- Lifts and rolls are permitted as part of choreography

Panel A – P.5-2

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Dance: Tips & Tricks

Requires

- Energy, creative use of music and choreography
- Formation and level changes

Consider

- Motions, synchronization, transitions
- Visual excitement, enthusiasm!

Ask yourself

- Did they sell it, is it memorable, and entertaining?

Panel A – P.5-2

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Overall Routine Composition

- Innovative, visual, and intricate choreography
- Creative formations and transitions
- Crowd appeal
- Pace/ flow of the routine
- Routine layout
- Use of the floor
- Energy and excitement level
- Enthusiasm and showmanship
- How did the routine make you feel – skills or choreography that made the routine pop

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Panel A

Jumps, Dance, Cheer, & ORC



P.5-3

GHSA Competition Cheerleading Guide
Panel A – Jumps/Cheer/Dance/ORC Rubric

Jumps						
DOD	1	2	3	4	5	6
				Total Team # - 4	Total Team # - 2	Total Team # - 0
	Total Team # - 4		Total Team # - 2		Total Team # - 0	
	Triple combo of 3 different advanced jumps. Must be connected.					
	Total Team # - 2		Total Team # - 0			
	Single or non-connected basic jumps.					
EXE	1-2	3-4	5-6	7-8		
	Below average technique, poor form, and timing missed jumps. Majority dropped chest, bent legs, flexed toes, and bad landings.	Average technique and form, very little timing off. Very few missed jumps. Some dropped chest, flexed toes, and bad landings.	Above average technique and form, good timing. No missed jumps. No dropped chest, flexed toes, or bad landings.	Excellent technique and form, perfect timing. No missed jumps. No dropped chest, all toes pointed, perfect landings.		
Cheer						
DOD	1-2	3	4	5		
	Less than majority squad incorporations. Basic transitions, lacking complexity. Slung motions, words not said by entire team. Little creativity and lacking visual.	Half-squad to full squad incorporations. Intermediate transitions. Majority sharp intermediate advanced motions, words said by most of the team. Modest creativity and somewhat visual.	Majority to full squad incorporations. Advanced transitions. Sharp advanced motions, words said by entire team. Creative and visual.	Full squad incorporations. Multiple advanced transitions. Very sharp precise advanced motions, words said by entire team. Highly creative and very visual.		
EXE	Poor technique, poor timing, sloppy transitions and formations, no volume.	Average technique, good timing, transitions, and formations used, very little clean up, low volume.	Above average technique, very good timing, clean transitions and formations, good volume.	Excellent technique, perfect timing, very clean transitions and formations, excellent volume.		
Dance						
DOD	1-2	3-4	5-6	7		
	Basic motions and transitions. Very few level changes. Lacks energy, little creativity, lacks originality, and lacking visually.	Intermediate motions and transitions. Few level changes. Average energy. Moderate creativity, with some originality and somewhat visual.	Advanced motions, with advanced transitions and several level changes. Very good energy, creative, original, and visual.	Multiple advanced motions with advanced transitions and several level changes. Excellent energy, highly creative and original, very visual.		
EXE	Poor technique, poor timing, sloppy transitions, and formations, poor rhythm.	Average technique, good timing, not very clean on transitions and formations, average rhythm.	Above average technique, very good timing, clean transitions, and formations, good rhythm.	Excellent technique, perfect timing, very clean transitions, and formations, excellent rhythm.		
Overall Routine Composition						
DOD	1-2	3-4	5	6-7		
	Below average overall impression, cleanliness of routine and pacing throughout. Below average routine layout, choreography with skills and use of the floor space. Little to no creative formations, transitions, no moments of innovative, visual, and intricate choreography. Below average level of energy, excitement, enthusiasm, and showmanship.	Average overall impression and cleanliness of routine, pacing throughout. Average routine layout, choreography with skills and use of floor space. Few creative formations, transitions, moments of innovative, visual, and intricate choreography. Average level of energy and excitement, enthusiasm, and showmanship.	Clean routine and good overall impression. Good pacing throughout. Solid routine layout and good use of choreography with skills and use of floor space. Some creative formations and transitions. Some innovative, visual, and intricate choreography. Mid to high level of energy and excitement. Genuine enthusiasm and showmanship.	Very clean routine and excellent overall impression. Excellent pacing throughout. Solid routine layout and excellent use of choreography with skills and use of floor space. Creative formations and transitions. Innovative, visual, and intricate choreography. Highest level of energy and excitement. Genuine enthusiasm and showmanship.		

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Panel A

Jumps, Dance, Cheer, & ORC

- Number on Squad
- Checkboxes – areas of improvement
- ORC – Panel A only
- Sign legibly
- Decimals permitted for EXE, Dance, Cheer, ORC

P.5-4

SCHOOL	NUMBER ON SQUAD	CLASS/ REGION	PANEL	
			A	
JUMPS				
Areas of EXE Improvement				SCORE
<input type="checkbox"/> Landings	<input type="checkbox"/> Height	<input type="checkbox"/> Form	<input type="checkbox"/> Synchronized	DOD 6
<input type="checkbox"/> Pointed Toes	<input type="checkbox"/> Dropped Chest	<input type="checkbox"/> Formation	<input type="checkbox"/> Arm Placement	
<input type="checkbox"/> Straight Legs	<input type="checkbox"/> Timing	<input type="checkbox"/> Missed Jumps	<input type="checkbox"/> Legs Not Horizontal	EXE 8
				Decimal of .5 permitted
CHEER/CHANT				
Areas of EXE Improvement				
<input type="checkbox"/> Creative & Visual	<input type="checkbox"/> Add Motions	<input type="checkbox"/> Formations	<input type="checkbox"/> Synchronization	DOD/ EXE 5
<input type="checkbox"/> Transitions	<input type="checkbox"/> Projection	<input type="checkbox"/> Energy	<input type="checkbox"/> Involve Total Team	
<input type="checkbox"/> Sharpness	<input type="checkbox"/> Volume	<input type="checkbox"/> Say Words	<input type="checkbox"/> Needs More Counts	Decimal of .5 permitted
<input type="checkbox"/> Pace	<input type="checkbox"/> Timing	<input type="checkbox"/> No Incorporations	<input type="checkbox"/> Partial Incorporations	
DANCE				
Areas of EXE Improvement				
<input type="checkbox"/> Creative & Visual	<input type="checkbox"/> Rhythm	<input type="checkbox"/> Motions	<input type="checkbox"/> Synchronization	DOD/ EXE 7
<input type="checkbox"/> Formations	<input type="checkbox"/> Choreography	<input type="checkbox"/> Pace	<input type="checkbox"/> Needs More Counts	
<input type="checkbox"/> Energy	<input type="checkbox"/> Transitions	<input type="checkbox"/> Level Changes	<input type="checkbox"/> Knowledge of routine	Decimal of .5 permitted
<input type="checkbox"/> Showmanship	<input type="checkbox"/> Intricacy	<input type="checkbox"/> Involve Total Team		
OVERALL ROUTINE COMPOSITION				
Areas of EXE Improvement				
<input type="checkbox"/> Creative & Visual	<input type="checkbox"/> Flow/Pace	<input type="checkbox"/> Use of floor	<input type="checkbox"/> Synchronization	EXE 7
<input type="checkbox"/> Crowd appeal	<input type="checkbox"/> Clean up	<input type="checkbox"/> Variations	<input type="checkbox"/> Intricate choreography	
<input type="checkbox"/> Energy	<input type="checkbox"/> Innovative	<input type="checkbox"/> Formations	<input type="checkbox"/> Structure layout of routine	Decimal of .5 permitted
<input type="checkbox"/> Showmanship	<input type="checkbox"/> Transitions			
SUBTOTAL SCORE				
LEGIBLY SIGN YOUR FULL NAME				
OFFICIAL 1 SIGNATURE		OFFICIAL 2 SIGNATURE		

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Standing vs. Running

<h3>Standing Tumbling</h3> <p>Tumbling skill or series of skills performed from a standing position without any previous forward momentum.</p> <p>Any number of steps backward prior to execution of tumbling skill(s) is defined as standing tumbling.</p>	VS.	<h3>Running Tumbling</h3> <p>Tumbling skill that is performed with a running start and/or involves a step or hurdle used to gain momentum as an entry to another skill.</p> <p>Any type of forward momentum/movement prior to execution of the tumbling skill(s) is defined as running tumbling.</p>
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Source: usasf.net

Panel B – P.5-5

22

Tumbling Entries

- Watch the entry into the skill
- **Cartwheel:** Standing tumbling because that is what initiates the skill
- **Round-off:** Running tumbling because of the momentum it generates
- A step hurdle into a cartwheel is **running tumbling**

Panel B – P.5-5

23

Specialty Passes

Running tumbling that contains skills from the following during the pass.

- **Contains possibly:** whips, Arabians, front walk-over/handspring, aerial, or punch front
- **Ends:** A tuck or higher

Panel B – P.5-5

24

DOD Tips & Tricks

- Tumbling is **not** cumulative, needs to be shown in **same** sections of the routine
- Know the tumbling skills when performed
- Split the mat with your partner front/back or left/right side of mat ensure you know the skills performed by the squad
 - Ensure both officials are aware of EXE when splitting the mat
- Decide with your partner prior to the competition who will look for repeat tumblers
 - Teams will recycle

Panel B

25

DOD Tips & Tricks

- Keep an eye on the back row and corners for hoppers on standing tumbling
- Create your own code for the tumbling skills:
 - BT=Back Tuck
 - S- ROBHST=Squad Round Off Back Handsprings Tucks
- Count tumblers during the running tumbling section; watch for team members on the sides not tumbling
 - **Floor Safety** will assist with the counting; at times, may be able to confirm the skill

Panel B

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DOD Tips & Tricks, *continued*

- **After the routine:** First you, your partner and the floor safety determine how many did **not** tumble
- Determine the highest-level skill, then use the rubric to identify DOD
- If an athlete performs a higher-level skill, then that athlete can also perform the lower-level skill
 - **Example:** If an athlete performs a round off back handspring full, then assume the athlete can also perform a round off back handspring tuck or layout

Panel B

27

Running Tumbling DOD 6

- The entire team minus 2 must tumble doing round-off tuck or **higher**
- The team must perform at least **4** fulls
 - Athletes throwing the fulls can also perform the lower skill
 - Two team members executing **2** fulls in one pass will count as a total of **4** fulls

Panel B – P.5-6/7

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EXE Tips & Tricks

- Execution score is based on all tumbling throughout the entire routine
- Weak performers are typically in the back or hidden on the side
- Determine if one person writes the skills down while the other watches and communicates to the other
- Talk with your partner, review notes to determine EXE
- Make sure you check the boxes on the score sheet to match your score

Panel B

29

Tumbling Execution

- Based on all tumbling throughout the entire routine
- Form to look for:
 - Bent legs
 - Bent elbows
 - Steps on landings
 - Hands down
 - Height on tumbling – whip over vs. setting up
 - Legs apart
 - Landing short
 - Timing off
- Hands down in tumbling is **not** a fall - Hands down is only deducted from the execution score

Panel B – P.5-5/7

30

Majority

Term	Description
Majority	51% or more of the team members execute a required skill. Half of the team plus one. <ul style="list-style-type: none"> • 15 members would need 8 members completing the skill to fall in the majority range
Less than majority	50% or fewer of the team members execute a required skill. Half the team or less. <ul style="list-style-type: none"> • A team of 15 members have 7 members complete a skill, then they would fall in the less than majority range

P.5-1

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DOD: Standing Tumbling

Look for the highest skill the team executes **as a group**.

DOD of 3

- Majority (51% or more) performs handsprings, tucks, handspring tucks, or higher

DOD of 2

- Less than Majority (50% or fewer) performs handsprings, tucks, handspring tucks, or higher

DOD of 1


- A team who has a couple of people execute a roll or cartwheel, can still score a 1, **not 0**

Panel B

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Panel B

Running & Standing Tumbling



P.5-7

GHSA Competition Cheerleading Guide

Panel B – Standing/Running Tumbling Rubric

Standing Tumbling						
DOD	1	2	3	4	5	6
	Forward rolls, back extension rolls, standing cartwheels.			Total Team # - 6 including 1 standing series to full standing full.	Total Team # - 4 including 2 standing series to full standing full(s).	Total Team # - 2 including 3 or more standing series to full standing full(s).
				Total Team # - 4 Tucks and/or handspring tucks or handsprings to layouts.	Total Team # - 2	
		Less than majority Handsprings, Tucks or handspring tucks or higher skill.	Majority Handsprings, Tucks or handspring tucks or higher skill.	Total Team # - 0 Handsprings		
EXE	1-2	3-4	5-6	7-8		
	Poor form, technique, and timing, many bent legs/bodies 5 or more hands-down/bust, many multiple steps w/ many unsteady landings	Average form, technique, and timing, very few bent legs/bodies 3-4 hands-down/bust, many multiple steps w/ some unsteady landings	Above average form, technique, and timing, minimum bent legs/ body 1-2 hands-down/bust, multiple steps w/ minimum unsteady landings	Excellent form, technique, and timing, no bent legs/body No missed tumbling/bust, minimum steps w/ solid landings		

Running Tumbling						
DOD	1	2	3	4	5	6
	Running cartwheels and round-offs.			Total Team # - 6 Round off tucks or handspring tucks or layouts or specialty passes including 1 full.	Total Team # - 4 including 2-3 fulls.	Total Team # - 2 including 4 or more fulls.
		Total Team # - 6	Total Team # - 4	Total Team # - 2 Round off tucks and/ or handspring tucks.	Total Team # - 0	
		Total Team # - 8	Total Team # - 6	Total Team # - 4 Layouts and/ or specialty passes.	Total Team # - 2	
		Less than majority Round off handsprings, limited tucks.	Majority			
EXE	1-2	3-4	5-6	7-8		
	Poor form, technique, and timing, many bent legs/bodies 5 or more hands-down/bust, many multiple steps w/ numerous unsteady landings	Average form, technique, and timing, very few bent legs/bodies 3-4 hands-down/bust, many multiple steps w/ unsteady landings	Above average form, technique, and timing, minimum bent legs/ body 1-2 hands-down/bust, multiple steps w/ minimum unsteady landings	Excellent form, technique, and timing, no bent legs/body No missed tumbling/bust, minimum step w/ solid landings		

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Panel B

Running & Standing Tumbling

- Number on Squad
- Checkboxes – areas of improvement
- Sign legibly
- Decimals permitted for EXE

P.5-8

SCHOOL	NUMBER ON SQUAD	CLASS/ REGION	PANEL
			B
STANDING TUMBLING			
Areas of EXE Improvement			SCORE
<input type="checkbox"/> Technique	<input type="checkbox"/> Landings	<input type="checkbox"/> Form/Stability	<input type="checkbox"/> Timing
<input type="checkbox"/> Choreography	<input type="checkbox"/> Precision	<input type="checkbox"/> Straighten Legs	<input type="checkbox"/> Hands Down/Bust
<input type="checkbox"/> Synchronization	<input type="checkbox"/> Formation/Spacing	<input type="checkbox"/> Missed Tumbling	<input type="checkbox"/> Multiple Steps
<input type="checkbox"/> Height	<input type="checkbox"/> Legs Together	<input type="checkbox"/> Falls	
			DOD 6
			EXE 8
			Decimal of 5 permitted
RUNNING TUMBLING			
Areas of EXE Improvement			
<input type="checkbox"/> Technique	<input type="checkbox"/> Landings	<input type="checkbox"/> Form/Stability	<input type="checkbox"/> Timing
<input type="checkbox"/> Choreography	<input type="checkbox"/> Precision	<input type="checkbox"/> Straighten Legs	<input type="checkbox"/> Hands Down/Bust
<input type="checkbox"/> Synchronization	<input type="checkbox"/> Formation/Spacing	<input type="checkbox"/> Missed Tumbling	<input type="checkbox"/> Multiple Steps
<input type="checkbox"/> Height	<input type="checkbox"/> Legs Together	<input type="checkbox"/> Falls	<input type="checkbox"/> Use of Floor
			DOD 6
			EXE 8
			Decimal of 5 permitted
SUBTOTAL SCORE			
LEGIBLY SIGN YOUR FULL NAME			
OFFICIAL 3 SIGNATURE		OFFICIAL 4 SIGNATURE	

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Definitions

Term	Description
Fall	<p>A body part, other than the sole of the shoe, coming into contact with the performance surface during the execution of a stunt/skill. Falling to the floor with a body part landing on the floor such as hands, knees, legs, back, head, rear, elbow, and so on.</p> <ul style="list-style-type: none"> • A stunt group falling to the floor will count as 1 fall.
Drop	<p>A stunt/skill being attempted that comes down early. It may then be put up again; however, it is clear to the officials that the stunt was not executed as intended.</p>
Missed Stunt	<p>A skill is attempted but does not hit the appropriate position or height as the other stunts.</p> <ul style="list-style-type: none"> • Failure to hit a heel stretch and instead remaining in a platform or liberty.
Bobble	<p>When a flyer hits a stunt/skill and wobbles, shakes, swings their arms; but the stunt remains in the air.</p>

Panel C – P.5-9

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Definitions

Term	Description
True Full up	Bases remain stationary and flyer rotates 360° and back spot stays behind the flyer.
Entry	The beginning or mounting phase of a stunt, where one foot/hand(s) starts on the performing surface or in a loading position.
Structure	A place in a pyramid when flyers connect (hand-hand or hand-foot) and pause to show a defined position. This is also known as a picture.
Extended Stunt/Position	The supporting hand(s) of the base(s) is/are above the head. <i>(Source: NFHS)</i>

Panel C – P.5-9

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Intended Height

- Give credit for stunts that go to the intended height of the stunts
- Stunts that do not go to the intended height **will not** be factored into the scoring of the DOD
 - In Primary and Secondary Stunts as well as Pyramids

Panel C – P.5-9

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Partner Stunts / Tosses

- All groups must **demonstrate stability** at the extended point of the executed stunt
 - Cannot be a show & go style execution
 - Tosses can be used in place of the Secondary Stunt **except** for Coed
 - Specific dismounts are not necessary in secondary stunts, only primary stunts
- One point for front spots in stunts and tosses **is not** a deduction in DOD

Panel C – P.5-10

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Stunt Skills

- **All groups** must perform the same skill(s) to receive credit
- A squad who performs the **same** skill multiple times will only count as one skill
 - A full up from load and a full up from straddle position will count as **one** advanced skill. The full up is the **repeated** skill
- A tick tock must be **released** to be considered an advanced skill

Panel C – P.5-11/16

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Body Positions/Flexibility

	Body Position?	Flexibility Skill?
Liberty	✓	
Torch	✓	
Arabesque	✓	
Heel Stretch	✓	✓
Front Stretch	✓	✓
Bow & Arrow	✓	✓
Scale	✓	✓
Scorpion	✓	✓
Needle	✓	✓
Cobra	✓	✓
Chin Chin	✓	✓

Panel C – P.5-11

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Dismounts

Dismounts only count in primary stunts
 The fastest way to find DOD is using the dismount, then the skills

Dismount	Possible DOD
Advanced	5-8
Intermediate	3-4
Basic	2
No dismounts	1-2

Panel C – P.5-12/16

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Coed: Assisted vs. Unassisted

Coed teams will be required to demonstrate single based coed stunts during the **Secondary** Stunt sequence to receive credit in the Secondary Stunt category.

Level	Description
Assisted	Any contact made to the stunt by any other member of the team. If another member touches the stunt prior to clearly hitting the intended position, then it is assisted.
Unassisted	Stunt completed by only one person and without the help of any other team member. A stunt must hit at the intended position without any assistance or contact to receive full credit.

Panel C – P.5-13

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Coed Stunt Groups

Total Groups for Coed secondary stunts do **not** refer to the number of male athletes to be used. This refers to the number of stunt groups.

Number of Males on a Team	Number of Coed Stunts to Execute
1-2	1
3-4	2
5-6	3
7-8	4
9-10	5

Panel C – P.5-13

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Coed DOD - Examples

DOD	Description
4	<ul style="list-style-type: none"> A coed team performs a walk in or toss to a single leg extended stunt with no assistance or performs it exactly the way it is stated in the rubric
2	<ul style="list-style-type: none"> A coed team performs unassisted extensions to the top, not stopping at prep first. A coed team performs unassisted to hands/prep then assisted/unassisted to an extension
1	<ul style="list-style-type: none"> A coed team performs a stunt assisted at prep level or assisted straight to the extended level, i.e. – fully assisted extension to the top, or a fully assisted single leg stunt to the top with never showing anything unassisted. Under the 1 category, everything can be assisted. To receive higher than a 1 they must do some part of the skill unassisted

Panel C – P.5-14

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Coed DOD – Group Examples

Total Groups	Description
5 Total Groups	<ul style="list-style-type: none"> A team of 16 with 1 male athlete – to max out at DOD 4, they must put up a total of 5 secondary stunt groups <u>and</u> the 1 male athlete must complete the coed requirement. The other 4 groups can be all-girl. A team of 16 with 10 male athletes - to max out requires 5 secondary stunts with 5 of those groups main based by 5 of the 10 male athletes.
4 Total Groups	<ul style="list-style-type: none"> A team of 15 with 4 male athletes – to score a DOD of 3, they must put up a total of 4 secondary stunt groups <u>and</u> 2 of the 4 male athletes must complete the coed requirement.
3 Total Groups	<ul style="list-style-type: none"> A team of 12 with 2 male athletes – to score a DOD of 2, they must put up a total of 3 secondary stunt groups <u>and</u> 1 of the 2 male athletes must complete the coed requirement. The other 2 stunt groups can be all-girl.

Panel C – P.5-14

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Coed – Scoring Zero

- A team does not execute the number of required male stunts
 - The number of required stunts from male athletes on a team do not fulfill the requirements of the rubric of assisted to hands/prep level, then assisted or unassisted extension.
- A team with 1 male athlete is unable to:
 - Perform the day of competition
 - His stunt group does not fulfill the requirement of the rubric
 - The stunt does not hit
- The male athletes drop all required stunts that day

Panel C – P.5-14

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Coed – DOD

1	2	3	4
Assisted to hands/prep level. Then assisted or unassisted extension.	Unassisted to hands/prep level. Then assisted or unassisted extension.	Unassisted to hands/prep level. Then assisted or unassisted extended single leg/one-arm skill.	Fully unassisted completed to the extended position. Then assisted or unassisted extended single leg/one-arm skill.

An example of **one/arm stunt** is a **Cupie**. One/arm stunt does not mean that the male must hold a single leg extended stunt with one arm.

Panel C – P.5-14/16

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Stunting Execution

Form to watch for


- No Drops
- Bobbles
- Missed stunts
- Timing
- Flexibility
- Balance checks
- Walking the stunt
- Coed – even if DOD is 0, score based on overall EXE during secondary stunt

Panel C

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Panel C

Primary-Secondary Stunts



P.5-16

Panel C – Partner Stunts Rubric

		Primary Partner Stunts							
DOD	1	2	3	4	5	6	7	8	
		<u>1 Total Groups:</u> 1 Low team majority equal basic dismount.	<u>3 Total Groups:</u> Squad intermediate dismount.	<u>4 Total Groups:</u> Must include 1 basic skill to prep level or higher plus 1 body position with 1 of them being flexibility skill.	<u>2 Total Groups:</u> Squad intermediate dismount. Must include 1 advanced skill to the extended position plus 1 body position executed at extended position with 2 of them being flexibility skills.	<u>3 Total Groups:</u> Majority advanced dismount.	<u>3 Total Groups:</u> Squad advanced dismount.	<u>4 Total Groups:</u> Must include 2 advanced skills to the extended position plus 3 body positions executed at extended position with 3 of them being flexibility skills.	
		<u>1/2 Total Groups:</u> Must include 1 basic skill with limited or no flexibility/ body positions.	<u>3/4 Total Groups:</u> Must include 1 basic skill with limited or no flexibility/ body positions.		<u>2 Total Groups:</u> Squad intermediate dismount. Must include 1 advanced skill to the extended position plus 1 body position executed at extended position with 2 of them being flexibility skills.	<u>3 Total Groups:</u> Majority advanced dismount.	<u>4 Total Groups:</u> Squad advanced dismount.		
			<u>1 Total Groups:</u> Majority intermediate dismount. Must include 2 intermediate skills plus 2 body positions with 2 of them being flexibility skills.	<u>3 Total Groups:</u> Squad advanced dismount.	<u>4 Total Groups:</u> Squad advanced dismount.				
EXE	1-2	3-5	6-8	9-10					
	Poor technique and timing, poor dismount, lack flexibility – poor precision 3 or more dropped stunts, multiple bobbles, falls, or missed stunts.	Average technique, good timing, not very clean dismount, flexibility – average fair precision 1 dropped stunt, multiple bobbles, falls, or missed stunts.	Above average technique, very good timing, clean dismount, flexibility – good precision 1 dropped stunt, limited bobbles, falls, or missed stunts.	Excellent technique and timing, very clean dismount, flexibility – very good precision 0 dropped stunts, no bobbles, falls, or missed stunts.					
		Secondary Stunts/ Tosses/ Coed							
DOD	1	2	3	4					
	<u>1/2 Total Groups:</u> extended single leg secondary stunt	<u>1 Total Groups:</u> extended single leg secondary stunt	<u>4 Total Groups:</u> extended single leg secondary stunt	<u>2 Total Groups:</u> extended single leg secondary stunt					
	<u>1/2 Total Groups:</u> extended secondary stunt	<u>1 Total Groups:</u> extended secondary stunt	<u>2 Total Groups:</u> extended secondary stunt						
	<u>1/3 Total Groups:</u> prep-level secondary stunt	<u>2/3 Total Groups:</u> prep-level secondary stunt							
	<u>1 Total Groups:</u> advanced tosses	<u>1 Total Groups:</u> advanced tosses	<u>3 Total Groups:</u> advanced tosses	<u>4 Total Groups:</u> advanced tosses					
	<u>1/2 Total Groups:</u> intermediate tosses	<u>1 Total Groups:</u> intermediate tosses	<u>4 Total Groups:</u> intermediate tosses						
	<u>1/2 Total Groups:</u> basic tosses	<u>3/4 Total Groups:</u> basic tosses							
	COED Unassisted to hands/prep level. Then assisted or unassisted extension.	COED Unassisted to hands/prep level. Then assisted or unassisted extension.	COED Unassisted to hands/prep level. Then assisted or unassisted extended single leg one-arm skill.	COED Fully unassisted completed to the extended position. Then assisted or unassisted extended single leg one-arm skill.					
EXE	1	2	3-4	5-6					
	Poor technique and timing, poor dismount, lack flexibility – poor precision 3 or more dropped stunts, multiple bobbles, falls, or missed stunts.	Average technique, good timing, not very clean dismount, flexibility – average fair precision 2 dropped stunts, multiple bobbles, falls, or missed stunts.	Above average technique, very good timing, clean dismount, flexibility – good precision 1 dropped stunt, limited bobbles, falls, or missed stunts.	Excellent technique and timing, very clean dismount, flexibility – very good precision 0 dropped stunts, no bobbles, falls, or missed stunts.					

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Pyramid Skills

- **All groups** must perform the same skill(s) to receive credit
- A squad who performs the **same** skill multiple times will only count as one skill
- Pyramid is scored based on skills
- Transitions are skills in pyramids

Panel C – P.5-15

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DOD Range

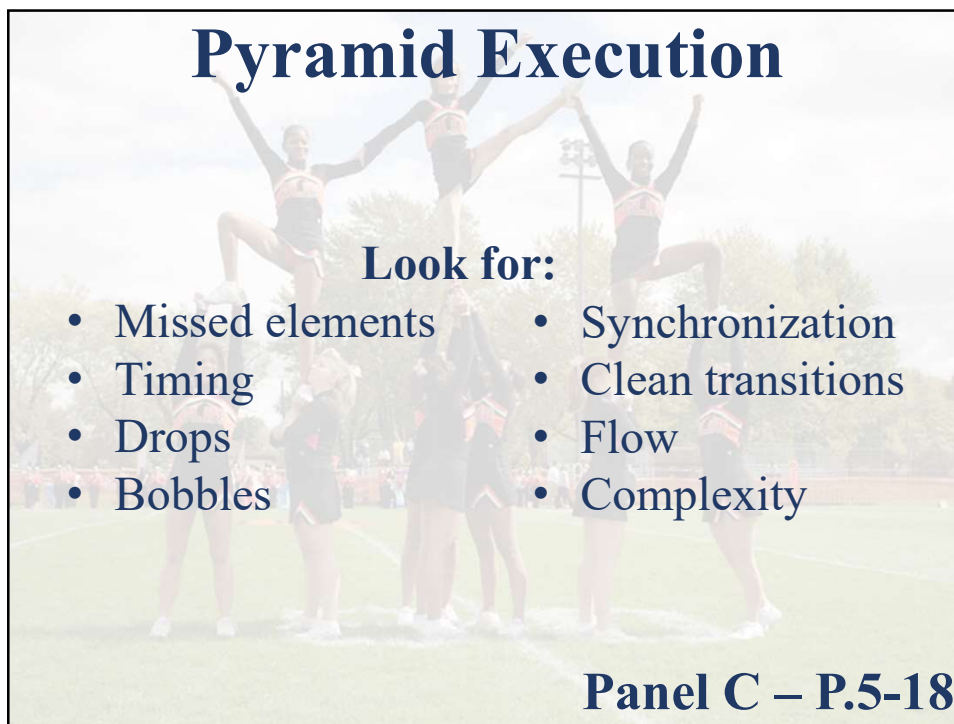
Determining factors between the two scores in each range of DOD.

Creativity	Use of flyers	Full team participation
Pace of the skills performed	Combination of skills	Transition and flow of skills

Panel C – P.5-16

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Pyramid Execution



Look for:

- Missed elements
- Timing
- Drops
- Bobbles
- Synchronization
- Clean transitions
- Flow
- Complexity

Panel C – P.5-18


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Updated

Panel C

Pyramids

P.5-17



Panel C – Pyramids Rubric

Pyramids				
DOD	1-2	3-4	5-6	7-8
	Basic pyramid that includes 1 or more connected structures with 1 or more basic skills to the prep level position or above, lacking complexity Synchronized flyers not required	Intermediate pyramid that includes 1 or more connected structures with 3 or more intermediate skills to the prep level position or above Synchronized flyers not required	Advanced Pyramid that includes 2 or more structures with 2 synchronized flyers 3 advanced skills with 1-2 of the skills being executed to the extended position and performed by 1 or more synchronized flyers	Highly advanced pyramid that includes 2 or more structures with 2 synchronized flyers 4 advanced skills with 2 of the 4 skills being executed to the extended position and performed by 2 or more synchronized flyers
<i>Determining factors between the two scores in each range of DOD.</i>				
	<i>Creativity</i>	<i>Use of flyers</i>		<i>Full team participation</i>
	<i>Pace of the skills performed</i>		<i>Transition and flow of skills</i>	
	1-2	3-5	6-8	9-10
EXE	Poor technique and timing, sloppy and slow transitions; lacks synchronization – poor precision	Average technique, good timing not very clean transitions, needs improved synchronization – average/ fair precision	Above average technique, very good timing, clean transitions, good synchronization – good precision	Excellent technique and timing, excellent synchronization – very good precision
	Several bobbles, falls, or drops; missed elements	Multiple bobbles, falls, or drops; missed elements	Few bobbles, falls, or drops; few missed elements	No bobbles, falls, or drops; no missed elements

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DOD Tips & Tricks

- **Don't hit it, can't get it**
- DOD is based on Total Groups for the primary or secondary stunt
- Tosses count as secondary stunts for all-girl only
- A team who only puts up **3** stunt groups, cannot max out with a score of 8.
- Watch hand placements and stunt set ups to determine if it will be an advanced skill versus intermediate or basic
- Look for the elimination of specific skills as you read the rubric

Panel C

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DOD Tips & Tricks, *continued*

- Split the floor with your pyramid partner. It is easier to divide and score correctly
- Stunts that do not go to the intended height of the stunt are not given full credit
- Bobbles, timing, sloppy – **come off in EXE**
- Start at the top DOD and subtract what you see and use the number of groups
- Make notes of execution or check boxes as you judge to make to give more accurate execution scores

Panel C

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DOD Tips & Tricks, *continued*

- Primary stunts **require** dismounts in higher DODs
- Secondary stunts do **not** require a dismount
- What flex position and how many are pulled?
 - 3 flex positions while extended range is 5-8 DOD
 - 2 flex positions can range from 3-6 DOD
- Primary Stunts:
 - If 4 groups, you start at 8 DOD and work from there
 - If 3 groups, you start at 7 DOD
 - If 2 groups, start at 5 DOD

Panel C

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Coed DOD Tips & Tricks

- Coed teams are required to demonstrate single based coed stunts during the Secondary Stunt sequence
- Secondary stunts on coed teams cannot be tosses
- Max DOD:
 - The required number of male athletes must **first** execute to **the extended position** without assistance before going to single leg
 - Coed stunts can go straight to a harder skill as long as it is unassisted

Panel C

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Pyramid Tips & Tricks

- An advanced pyramid will contain advanced skills such as switch ups, full ups, and quick loads to name a few
- If a team performs specific skill requirements to get in a score range, you must give the team credit. The higher score can be achieved by how creative you thought the pyramid was performed
- If one or both sides of the pyramid do not reach the intended height, you must reflect that in the DOD
- Dismounts are not weighed when scoring pyramids

Panel C

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Panel C

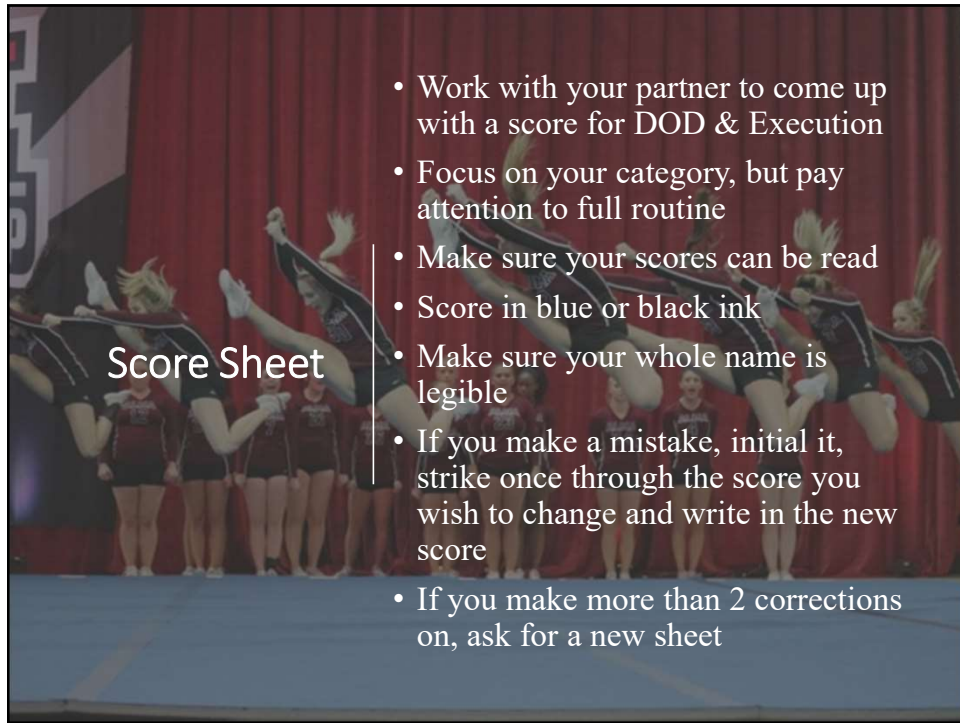
Primary- Secondary Stunts & Pyramids

- Number on Squad
- Checkboxes – areas of improvement
- **Sign legibly**
- Decimals permitted for EXE

P.5-18

PANEL C – PARTNER STUNTS/PYRAMIDS			
SCHOOL	NUMBER ON SQUAD	CLASS/ REGION	PANEL
			C
PRIMARY PARTNER STUNTS			
Areas of EXE Improvement			SCORE
<input type="checkbox"/> Missed Stunt	<input type="checkbox"/> Bobbles	<input type="checkbox"/> Body Positions	<input type="checkbox"/> Creative & Visual
<input type="checkbox"/> Dropped Stunt	<input type="checkbox"/> Flyer Form	<input type="checkbox"/> Formations	<input type="checkbox"/> Variety
<input type="checkbox"/> Cleanup Dismount	<input type="checkbox"/> Precision	<input type="checkbox"/> Stability	<input type="checkbox"/> Synchronization
			DOD 8
			EXE 10 <small>Decimal of .5 permitted</small>
SECONDARY STUNTS/ TOSSES/COED			
Areas of EXE Improvement			
<input type="checkbox"/> Missed Stunt	<input type="checkbox"/> Stability	<input type="checkbox"/> Precision	<input type="checkbox"/> Creative & Visual
<input type="checkbox"/> Dropped Stunt	<input type="checkbox"/> Variety	<input type="checkbox"/> Formations	<input type="checkbox"/> Synchronization
<input type="checkbox"/> Bobbles	<input type="checkbox"/> Flexibility	<input type="checkbox"/> Toss Height	<input type="checkbox"/> Assisted (Coed)
<input type="checkbox"/> Toss Technique	<input type="checkbox"/> Flyer Form (Toss)		
			DOD 4
			EXE 6 <small>Decimal of .5 permitted</small>
PYRAMIDS			
Areas of EXE Improvement			
<input type="checkbox"/> Creativity & Visuals	<input type="checkbox"/> Flow	<input type="checkbox"/> Improve Transitions	<input type="checkbox"/> Synchronized
<input type="checkbox"/> Complexity	<input type="checkbox"/> Missed Elements	<input type="checkbox"/> Cleanup Releases	<input type="checkbox"/> Timing
<input type="checkbox"/> Drops	<input type="checkbox"/> Bobbles	<input type="checkbox"/> Pace	<input type="checkbox"/> Connections
<input type="checkbox"/> Stability	<input type="checkbox"/> Flyer Form		
			DOD 8
			EXE 10 <small>Decimal of .5 permitted</small>
SUBTOTAL SCORE			
LEGIBLY SIGN YOUR FULL NAME			
OFFICIAL 5 SIGNATURE		OFFICIAL 6 SIGNATURE	

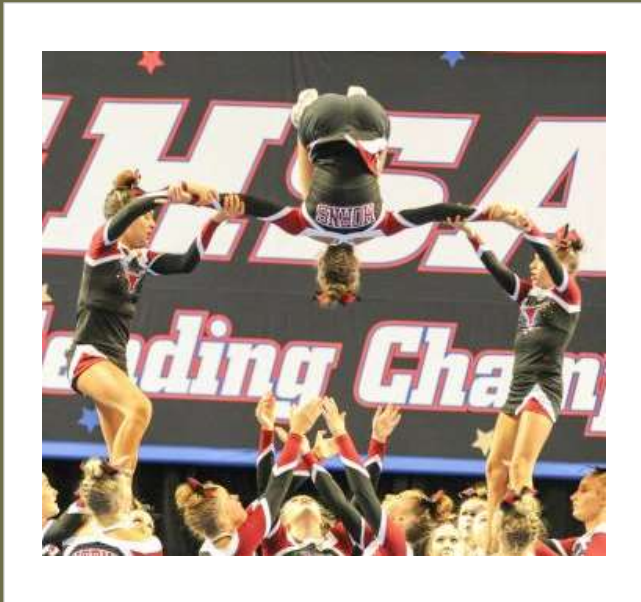
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Score Sheet

- Work with your partner to come up with a score for DOD & Execution
- Focus on your category, but pay attention to full routine
- Make sure your scores can be read
- Score in blue or black ink
- Make sure your whole name is legible
- If you make a mistake, initial it, strike once through the score you wish to change and write in the new score
- If you make more than 2 corrections on, ask for a new sheet

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Roles

Floor Safety

- Primary Safety Judge who confers with Panel A to determine deductions or violations
- Assist in counting the number of team members performing jumps, running tumbling, and standing tumbling

Panel A

- Assist the Primary Safety Judge in determining violations and deductions

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Safety – Point Values

2- Point Infractions

NFHS – Rule 2 Section 1; Rule 3 Section 1 and 2; GHSA Performance violations

- Hair, hair pieces/devices, nails, jewelry, glitter
- Improper uniforms, unsafe performing surface, Inattentive spotter, tumbling outside the routine, Top person **not** beginning with one foot on the floor, etc.

5-Point Infractions

NFHS – Rule 3 Sections 2 – 10; Safety Infractions

- Delay of Meetu
- Time of Routine Infraction

Untied shoelaces are no longer a deduction

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Safety –Point Values

10- Point Infractions

NFHS – Rule 2 Section 2 – Sportsmanship

Disqualifications

GHSAA – Too many team members; illegal substitution; or unauthorized props (briefs, socks, T-shirts, or any other items that may be used as signs)

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2-Point Infractions

- One foot not on the floor
- Tumbling outside of the routine
- Items that interfere with skill execution
- Inappropriate Uniform
- Boundary violations (Additional header pg. 3-3)
- Falls from a skill **only**
- Unsafe performing surface
 - Loss of shoe
 - Loss of hair device
- Inattentive spotter

P.4-5

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Falls – Stunting/Pyramids 2-point deductions

Partner Stunt/Toss

- Because each of the members of the stunt group are interdependent if the group has a fall it will be considered one fall
- If all three or four team members of the stunt group fall to the floor it is still would be one falls

Pyramid

When determining the number of falls in a pyramid, consider the number of possible stunt groups that may fall. Here are a couple of examples.

- If one side of a pyramid falls it is one fall
- If two sides fall or a center and the side it is two falls

P.4-6

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5 Point Infractions - NFHS/GHSA

Type	Violation
Violations of stunting rules	Rule 3 Section 2 – 10 located in the NFHS Safety Spirit Rules Book.
Delay of Meet	See Timing Infractions - Delay of Meet instructions in the Timer and Timing Guidelines section of this manual. A team failing to report for rotation may be removed from rotation and will not be allowed to participate in competition.
Timing Infractions (routine or music timing)	See Timing Infractions – Routine Timing instructions in the Timer and Timing Guidelines section of this manual. <ul style="list-style-type: none"> • 5 points per each 15-seconds.

P.4-7

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10 Point Infractions -NFHS/GHSA

Type	Violation
Sportsmanship	<p>As defined by the GHSA acts of sportsmanship will be a 10-point deduction per act. The new rules specifically give the officials the responsibility for calling unsportsmanlike acts through the competition time.</p> <ul style="list-style-type: none"> • Music cannot contain profanity, suggestive and inappropriate language. Music in poor taste will result in a sportsmanship deduction of ten points.

P.4-7

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Too many team members

Illegal substitutions

Ineligible student participating on the team.

Unauthorized props (Props will be defined as the use of any item other than pom-poms to initiate crowd response.)

- No part of a uniforms may be used as a sign, to include briefs, socks, items worn as a part of the uniform or under the uniform such as T-shirts.
- No signs allowed.
- No unauthorized props may be carried into the competition area, which includes warmups, the music area, or the competition floor

Disqualifications

P.4-7

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Safety Calling Procedures

- Major violations require **two of the three** officials to be in total agreement that the violation occurred
- The location of skills violations must be marked along with the block of time it occurred in on the Safety Infraction Sheet, this includes warnings
 - Boxes are provided at the top of the page for the officials to provide information concerning all safety violations, falls, and out-of-bounds
- The page or the rules and section must be cited on the Safety Infraction Sheet
- If the Officials cannot cite the rule, identify the violation, or in doubt, **only** give a warning

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Safety Calling Procedures

- **Do not write personal comments on the Competitive Cheerleading Safety Infraction Sheet or any score sheet**
- Records should be maintained by the Head Judge and all Safety Officials on the location of all violations and warnings; when/where it was observed for potential inquiries
- Only call what you see! Do not read into a rule
- Any judge who sees a violation should send a note to the HJ right after the routine ends, not at the end of scoring when the Safety Infraction Sheet may already be complete

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ALL Officials - Calls

Out-of-bounds, uniform violation, loss of shoes/hair devices, jewelry violation, etc. can be called by any **one** official.

- Warnings are not given for these types of violations. They are called

The Head Judge should be informed by any judge on the panel who identifies a possible violation.

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Safety Prep

Tips	Descriptions
1	Review NFHS Rule book, know which sections pertain to which types of rules so they can be located quickly on competition day.
2	Review videos online to study the reason for illegal stunts, not just whether it is or isn't, but the 'WHY'
3	Have a list of commonly called rules in addition to the Safety Quick Reference guide.

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Floor Safety Tips

Tip	Descriptions
1	Stand toward the back corner of mat to be able to view from the side and stunt groups from the rear in order to see hand placements for especially back spots.
2	Know how many people are on the floor and which stunts that are immediately ruled out. Not having enough bodies to perform certain stunts or certain # of stunts.
3	During standing tumbling, look for how many bodies <u>do not</u> tumble or fake the move rather than counting who does what.
4	Look at the floor beneath the whole group to see if knees hit, rather than staring at any one person.

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Floor Safety Tips, continued

Tip	Descriptions
5	During running tumbling, try to count # and type of skill, but also remain aware of out of bounds and running falls. Scribble on a notepad and have shorthand for tumbling skills. You cannot look down to write or you will miss something.
6	Once hand placement is established, look for spotters and bases to maintain visual contact with flyer. Rarely focus on flyer...you know what skill they are doing but keep most attention on bottom layer of stunt or pyramid.
7	Know which stunts a shoulder sit and/or shoulder stand cannot brace so that those easily missed skills are warned or called.
8	When teams are at the back of a mat before entering the floor, do a quick scan for uniform infractions, nails, shoelaces, braces, gum, jewelry, glitter, etc.

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Table Safety Tips

Tip	Descriptions
1	Count the athletes as they are coming onto the floor.
2	Look for bows, uniform infractions, nails, jewelry, etc.
3	Stunts – scan hands of bases to look for hand placement. If seen, quickly look back and forth at all stunts to see how many it was or just the one.
4	Write down everything, even stunts you are just not sure about. Your floor safety may have a question about it too.
5	Tumbling – scan for knees and out of bounds, always goes so quickly.
6	When the routine is over we discuss questionable stunts and even try to run through them really quickly like we are in the stunt.
7	Make notes of schools and stunts. Go back home and YouTube routines to see if they are up. Go through questionable stunts A LOT and look through the rule book.

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Reference Materials

- Safety Quick Reference Guide (released by TBD)
- GHSACheerleading.com

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Safety Infraction Reporting

- Assist Safety Officials and Panel A to prepare for each competition
- List the top rules called along with how many times it was called for the week/season
- Identifies the schools with the most calls
- Helps when issues arise at state
- Due by Sunday @ 6:00 pm from HJ



Infraction Tracking

2019 GHSA Competition
Cheerleading Infraction Tracking

This form is used to collect calls and infractions and is to be filled out by the Head Judge.

1. Date of Competition
2. School Name
3. Head Judge Name
4. Date & Location of Competition
5. Infraction - School Name

Head Judge (First and last name) *

Date & Location of Competition *

Infraction - School Name *

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2020 Assessment

- All judges must take the NFHS spirit rules test
- Cost each judge \$15 and there are five units to complete
- Units cover the whole rules book, situations, interpretations, and expectations of officials
- You will receive updates from the NFHS and Jim Lord with situations and interpretations for the next year
- Results sent to GHSA once a judge has completed all five units

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