
Georgia High School Association Competition Cheerleading Guide



2025-2026

Revised 8.17.2025





Contents

GENERAL INFORMATION.....	1-I
GENERAL DATES AND REGION INFORMATION.....	1-1
<i>References</i>	1-1
<i>Notice</i>	1-1
IMPORTANT INFORMATION FOR ALL COACHES.....	1-2
<i>Tournaments</i>	1-2
<i>Cheerleading Season</i>	1-2
<i>Camps/Clinics</i>	1-2
<i>Tryouts and Practice</i>	1-2
<i>General Information</i>	1-2
<i>State Personnel</i>	1-2
UNIFORMS.....	1-3
COMPETITION TEAMS.....	1-4
<i>Team Eligibility</i>	1-4
<i>Team Scheduling</i>	1-4
<i>Coaches</i>	1-5
CONDUCTING A TOURNAMENT	2-I
TOURNAMENT HOST RESPONSIBILITIES	2-1
<i>Who is a Tournament Host?</i>	2-1
<i>Tournament Size</i>	2-1
<i>Middle Schools</i>	2-1
RUNNING A TOURNAMENT	2-2
<i>Tournament Setup</i>	2-2
<i>Warm-up Areas</i>	2-2
TOURNAMENT HOST RESPONSIBILITIES	2-3
<i>Sanctioned Event Application</i>	2-3
<i>Cheerleading Contract</i>	2-3
<i>Tournament Staff</i>	2-3
<i>Scoresheets</i>	2-3
<i>Obtaining Competition Officials</i>	2-4
<i>Middle School Officials and Judging</i>	2-4
<i>Competition Officials Pay</i>	2-4
<i>Sound Equipment</i>	2-5
<i>Forms</i>	2-5
<i>Copies - Awards</i>	2-5
MATS.....	2-6
<i>Mat Placement</i>	2-6
COMPETITION DAY.....	2-7
<i>Flash Photography</i>	2-7
<i>Order of Appearance</i>	2-7
<i>Coaching at a Competition</i>	2-8
<i>Medical Personnel</i>	2-8
<i>Announcer</i>	2-9
<i>Sound Technician</i>	2-10
<i>Scorekeepers</i>	2-10
TOURNAMENT OFFICIALS	3-I
TOURNAMENT OFFICIALS.....	3-1
<i>Booking Agent</i>	3-1
<i>The Judging Panel</i>	3-2
<i>Officials Seating Chart</i>	3-2
<i>State Panels</i>	3-2
<i>Keys to Scoring</i>	3-3
<i>Scoresheet Handwriting</i>	3-3



GHSA Competition Cheerleading Guide

<i>Scoring a Zero</i>	3-3
<i>The Head Judge</i>	3-4
<i>Routine Judges</i>	3-5
<i>The Safety Judge</i>	3-6
<i>Citing Violations</i>	3-6
TIMER AND TIMING GUIDELINES	3-7
<i>Music Considerations</i>	3-7
<i>The Timer</i>	3-8
<i>Mechanical Failure</i>	3-8
<i>Injury/Accident Guidelines</i>	3-9
SCORING AND DEDUCTIONS	4-I
SCORERS AND SCOREKEEPING GUIDELINES	4-1
<i>Computerized Scoring</i>	4-1
<i>Electronically Keeping Score</i>	4-2
<i>Manually Keeping Score</i>	4-3
<i>2025 Competitive Cheerleading Master Scoresheet</i>	4-4
DEDUCTIONS	4-5
<i>2 Point Infractions – NFHS/GHSA</i>	4-5
<i>Hair Violations</i>	4-6
<i>Fingernail Clarifications</i>	4-6
<i>Falls</i>	4-6
<i>5 Point Infractions– NFHS/GHSA</i>	4-7
<i>Timing Infractions</i>	4-7
<i>10 Point Infractions – NFHS/GHSA</i>	4-7
<i>Disqualifications</i>	4-7
<i>2025 Competitive Safety Infraction Safety Sheet</i>	4-78
OFFICIALS’ SCORING INSTRUCTIONS & RUBRICS	5-I
CHEER INTRODUCTION	5-1
<i>Definitions</i>	5-1
<i>Total Team Minus</i>	5-1
<i>Check Boxes</i>	5-1
PANEL A - JUMPS/CHEER/DANCE/ORC	5-2
<i>Definitions</i>	5-2
<i>Level of Jumps DOD</i>	5-2
<i>Cheer</i>	5-2
<i>Dance</i>	5-2
<i>Overall Routine Composition</i>	5-2
<i>Panel A – Jumps/Cheer/Dance/ORC Rubric</i>	5-3
<i>2025 Panel A – Jumps/Cheer/Dance/ORC Scoresheet</i>	5-4
PANEL B - TUMBLING	5-5
<i>Definitions</i>	5-5
<i>Execution – Fall</i>	5-5
<i>Credit Examples</i>	5-6
<i>Panel B – Standing/Running Tumbling Rubric</i>	5-7
<i>2025 Panel B – Standing/Running Tumbling Scoresheet</i>	5-8
PANEL C – PARTNER STUNT/PYRAMIDS	5-9
<i>Definitions</i>	5-9
<i>DOD – Intended Height</i>	5-9
<i>Partner Stunts/Tosses</i>	5-10
<i>Stunt Skills</i>	5-11
<i>Maxing Out in Primary Partner Stunt</i>	5-13
<i>Maxing out in Secondary Partner Stunt/Tosses</i>	5-13
<i>Coed</i>	5-14
<i>Stability</i>	5-14
<i>Scoring Coed</i>	5-14
<i>Coed Stunt Groups</i>	5-14



GHSA Competition Cheerleading Guide

<i>Coed DOD</i>	5-15
<i>Coed - Scoring Zero</i>	5-15
<i>Stunting Execution</i>	5-15
<i>Basket Tosses</i>	5-15
<i>Pyramids</i>	5-16
<i>Panel C – Partner Stunts Rubric</i>	5-18
<i>Panel C – Pyramids Rubric</i>	5-19
<i>2025 Panel C – Partner Stunts & Pyramids Scoresheet</i>	5-20
REGION AND STATE TOURNAMENTS	6-1
REGIONAL, SECTIONAL, STATE DATES	6-1
REGIONAL AND SECTIONAL COMPETITIONS	6-2
<i>Regional and Sectional Procedures</i>	6-2
<i>Regional and Sectional Assignments</i>	6-3
SECTIONAL AND STATE CHAMPIONSHIP COMPETITION	6-4
<i>Sectionals</i>	6-4
<i>State Championship</i>	6-4
<i>Flash Photography</i>	6-4
<i>Finances</i>	6-4



Section 1

General Information



General Dates and Region Information

The National Federation Spirit Rules Book is used for all Georgia High School Association Cheerleading Competition sanctioned events and may be purchased through the GHSA. The GHSA Spirit Manual and Competition Manuals may be found online.

Date	Description
June 1	Deadline to request a regular season sanctioned event/tournament.
July 28	First Date for Practice. <ul style="list-style-type: none"> Cheerleading teams are allowed to attend camp after the last day of school up until August 1. No camps or clinics are allowed after August 1.
August 4	Deadline to register for regular season competitions. <ul style="list-style-type: none"> Contracts are online.
August 11	Cancellation forms should be submitted to the GHSA office, and all entering schools notified.
August 18	Confirmation of tournaments should be submitted to the GHSA office with a list of teams competing. Host must go online to <u>GHSA MIS website</u> (http://app.ghsa.net/) to complete their team list.
August 25 or later	An Athletic Director (AD) or principal must complete a form for each instance a team withdraws from an invitational, explaining why they withdrew.
September 1	Competition schedules are submitted to the GHSA office online by the competition host.
October 1	Deadline to submit rosters electronically for all competition teams on the <u>GHSA MIS website</u> .
November 8	<ul style="list-style-type: none"> Region winners determined. Sectionals for all teams.
November 14-15	State Competition. <ul style="list-style-type: none"> Friday (14th): State Championships for 2A & 4A (10:00 AM); 1A & Private (3:00 PM) Saturday (15th): State Championships for 3A & 5A (10:00 AM); 6A & Coed (3:00 PM)

References

- Refer to the **Georgia High School website** (<https://www.ghsa.net/>) for additional information.
- Refer to the **GHSA Constitution & By-Laws** (located on the GHSA website home page) for further information and rules governing cheerleading (<https://www.ghsa.net/constitution>).

Notice

Cheerleading is a sport and does not distinguish between competitive or non-competitive cheer. All cheerleaders must follow all rules that affect sports and cheer. There are several sections which address sports in general. There are rules that affect cheer coaches as well as community coaches. It is important that all coaches and officials be aware of all guidelines and rules for the sport of cheer.



Important Information for All Coaches

Tournaments

- All invitational and region tournaments must be run in the same format as the state tournament.

Cheerleading Season

- Number of regular season contests allowed:
 - 6 Varsity
 - 4 Junior Varsity
- This does not include region and state for varsity.
- **Per GHSA Constitution:** To be eligible to compete in Region/Sectional/State, a team must compete in at least three (3) sanctioned competitions during the competitive regular season in the division declared on the [GHSA MIS website](#) form by the date set by GHSA.
- Competition Cheer season ends when a school is eliminated from the regional/sectional or state championship. Practice is not allowed after this point.
- The spirit cheerleading season ends on the last day of school.

Camps/Clinics

- No clinics or camps are allowed during the cheer season.
- No cheer team may attend camps or clinics after August 1 through the end of the school year.

Tryouts and Practice

- There are specific rules that govern tryouts and practice. *See GHSA Constitution and By-laws.*
- Tryouts must occur in the same ten consecutive days as the other cheer teams in the school. Those trying out for Spirit and Competitive teams must participate in tryouts in the same consecutive days.
- Tryouts may occur after February 1.
- Schools may not bring in outside individuals to conduct their tryouts including national associations, gym, or dance instructors, nor former students except for seniors currently enrolled in their school. Outside judges for final selection are allowed.
- Practices may occur only during the tryouts. This would be in preparation for the actual tryout. No further practice once tryouts are completed.
- Teams may cheer for the Spring Football game; however, they cannot practice for this game.
- Once the tryouts are completed the team should not practice until school is out for summer.

General Information

- Stomping in the stands is prohibited.
- Regions will determine if events can be televised. See the *GHSA Constitution and By-laws – page 42: 2.80 – Media and filming regulations.*

State Personnel

Personnel	Title	Contact
Penny Pitts Mitchell	Associate Director	Penny@GHSA.net
Simone Smith	Competitive Cheerleading Liaison	GHSACompetitiveCheer@gmail.com



Uniforms should be appropriate and follow GHSA Constitutions and By-Laws. All coaches should read and obtain the GHSA Constitution and By-laws concerning cheerleading beyond this guide.

- When in doubt, all coaches should check with the GHSA office when selecting uniforms.
- Traditional cheerleading uniforms should be selected and appropriate to both the sport and for the athletes.
- No midriffs showing or cut outs in the uniform unless cleared through the GHSA office.
- All teams must follow the guidelines concerning skirts for female athletes.
- All teams must follow the rules for male athletes.
- All teams must wear the appropriate school colors.
- Glitter is not allowed.
- Rhinestones are allowed if they are punched or sewn in the material.
- Jewelry of any kind is not allowed.
- Uniforms, monogramming, briefs, socks, etc. cannot be used as signs or props to lead cheers/chants. The only props allowed in competitive cheer are poms. Unauthorized props can result in a disqualification. (See *Scoring and Deduction* section).

GHSA Constitution and By-Laws

Cheerleading

Page:54

H: *Cheerleading apparel is restricted as follows:*

1	<i>Male uniform for competition cheerleading will be uniform pants and a top which counterpart those worn by the female teammates. Sideline male cheerleaders may include shorts in place of the pants. Tank tops will not be permitted.</i>
2	<i>Female cheerleaders (sideline & competition) must wear a uniform (skirt or dress) that fully covers the athlete's entire torso. The skirt or dress should cover the briefs, bloomers or any spandex material. Bows should be in school colors.</i>
3	<i>All athletes on the same team must wear the same uniform when performing at a game or competition. Hair must be secured and must NOT extend below the waist.</i>



Competition Teams

Team Eligibility

- A team may have a roster of more than 16 performers and may use any combination of eligible cheerleaders to make a maximum team of 16.
- If a mascot performs with the team, they will count as one of the 16 performers.
- The mascot will be subject to NFHS and GHSA rules.
- The athletes must currently be enrolled in the school they are representing. Note any exceptions in the GHSA Constitution and By-Laws.
- The athletes participating in the performance must have been declared eligible and cleared by the GHSA office.
- Rosters for post season competition must be submitted electronically on GHSA.net by the deadline. *See General Dates and Information section.*
- Substitutions may be made at any time after submission. Contact the GHSA Associate Director immediately to obtain approval of any roster changes.
- Inform the host of any changes in team status or members prior to region/sectional competitions.
- Each school may enter one (1) Varsity Competition Team.
- Only teams that have competed in at least three (3) sanctioned tournaments during the season in the division they declare electronically on the [GHSA MIS website](#) form by the date set by GHSA are eligible to enter post season competition (*See GHSA Constitution and By-Laws; Region/Sectional Competition, page 54*).

Team Scheduling

- Each school will select the tournaments they wish to enter prior to the deadline. *See General Dates and Information section.*
- Varsity teams may be scheduled for up to six (6) invitational tournaments.
- Junior Varsity teams may be scheduled for up to four (4) invitational tournaments.
- No team member may compete in more than a total of six (6) tournaments.
- A Junior Varsity team member competes with the Junior Varsity Team in three (3) events, and she is pulled up to the Varsity. The Varsity team has four (4) events left in the season. The Junior Varsity team member is only allotted six tournaments. The team members would only be able to compete in three of the remaining four competitions with the Varsity team and none with the Junior Varsity.
- A team may not be involved in an exhibition during the cheer season.
- A team may not ask to perform as an exhibition and not be judged at any tournament. Any performance by a Varsity or Junior Varsity team counts as one of their competitions whether they are hosting or select not to receive a trophy. Teams should feel free to compete at a competition they are hosting since the officials are certified GHSA officials.
- Special performance requests should be submitted to GHSA for approval.



Coaches

- Coaches are responsible for explaining GHSA procedures, guidelines, and sportsmanship to all athletes and their parents/guardians. Any issues or concerns anyone may have at an invitational or state tournament should be addressed with the local school, coach, and principal, **never** with the officials.
- The coaches, teams, and/or parents/guardians should have no contact with officials prior to, during or after the competition. Any concerns or issues should be addressed by the school coach, Athletic Director, or principal in writing to GHSA or to the GHSA Associate Director.
- Coaches will follow the instructions on GHSA.net to register for sanctioned events/tournaments/competitions.
- **All coaches, team members, and parents should always conduct themselves professionally.** Should an incident occur, all are subject to removal from the event. **Sportsmanship** is of utmost importance to the safety of our athletes. Officials may determine if a sportsmanship violation has occurred and a deduction may be issued, or a report filed with the GHSA Associate Director.

GHSA Constitution and By-Laws

2.70 – Sportsmanship

Pages: 32-34

Rules governing sportsmanship and the NFHS Spirit Rules Book

2.78 Unsporting acts committed by players or coaches will be handled as follows:

<i>a)</i>	<i>If the inappropriate behavior occurs after the expiration of a contest, but while the officials still have jurisdiction as referenced in the NFHS rule book, the official may eject the player or coach and published penalties for ejections will apply.</i>
<i>b)</i>	<i>If the inappropriate behavior occurs after the officials' jurisdiction has ended, but the official(s) witness the behavior, a Game Report shall be filed with the GHSA office and administrative penalties will be assessed against the school of the guilty parties by the Executive Director.</i>
<i>c)</i>	<i>In the case of repeat offenders of unsporting acts, the Executive Director will be authorized to levy penalties against the school of the guilty parties regardless of whether or not an ejection has occurred.</i>

2.74 Coaches, administrators, contest officials or players are not to make comments to the media that are critical of officials and/or their calls in a game. Penalties that could be imposed by the GHSA Executive Director include fines and/or suspensions.

Rule 1: *Section 2 of the NFHS Spirit Rules Book*



Section

2

Conducting a Tournament



Tournament Host Responsibilities

Who is a Tournament Host?

- All hosts must be familiar with the competition guide, review the guide with the scorekeepers, the music person, and timers prior to the event.
- Appointed by the school and is a member of the host school's personnel. This should not be a parent/guardian, or a parent/guardian involved with/in the booster club.
- Is familiar with cheerleading and tournament procedures; has read and reviewed the Georgia High School Association Competition Cheerleading Guide; and all GHSA rules governing competitions.
- Obtain sanctioning from GHSA by the designated deadline to host a tournament. All forms and contracts should be submitted at the same time. (See Sanctioned Event Application and Cheerleading Contract)
- All tournament hosts should complete the PowerPoint located on GHSA.net.
- Tournament Host General Information
- Hosts must verify they have ample warm up areas complete with mats and adequate space. (See Tournament Setup)
- Hosts should adhere to the start time indicated on the contract, if possible. Many coaches choose competitions because of the time listed on the contract.
- Coaches should inform their team and parents/guardians of their competition schedules, so student athletes know when to schedule the SAT/ACT.
- Teams are charged an entry fee as determined by the host school.

Tournament Size

- It is highly recommended that all sanctioned events have a minimum of twelve (12) high school teams, excluding middle school. However, the final decision to host a competition will be determined by the school.
- The total number of teams should be limited to 40 high school teams, excluding middle school, to provide adequate warm-up and performance time.
- One panel is more than adequate for **40+** high school teams.
- Should substantially more than **40** high school teams, **excluding** middle school, are in attendance, then the tournament host should work closely with the Booking Agent to determine if a second panel of officials is needed.

Middle Schools

- Middle schools may not compete at GHSA sanctioned events. If a middle school tournament is hosted it should be held prior to or after the GHSA sanctioned event and a separate awards ceremony must be held.
- Middle school and high school events will be considered two separate events.
- Either the arena must be **cleared** of all spectators during the event, or the host school must determine how to account for attendance.
- All sales must be considered when determining the percentage that will be paid to the GHSA for the gate.



Running a Tournament

All invitational and region tournaments must be conducted in the same format as the state tournament.

Tournament Setup

All tournaments must be conducted the same to create consistency across the state. The following outlines the required setup. Safety and liability must be considered for each event site.

- At all tournaments must provide adequate time, space, and mats for warm-ups.
- Only **three (3)** coaches can go through rotation of warm-ups and to the competition floor. Credentials should be checked, and coaches cleared for liability reasons.
- All alternates and additional coaches should remain in the designated team or spectator seating.
- The music person should go directly to the music area when the team enters warm-ups.
- Coaches should be prepared and organized for warm-ups and the team should practice the procedures at each invitational in preparation for region, sectionals, and state events.

Warm-up Areas

The following areas are recommended for regions, sectionals, and state.

- Area one is for stretches and jumps only. **No** tumbling will be allowed in area one. This area does not have to contain five full mats.
- Area two is for tumbling. It must provide a **safe** space for both standing and running tumbling. This area does not have to contain five full mats.
- Area three is for stunts and pyramids. Tumbling is permitted only if time allows. This space **should** contain a full set of competition mats.

GHSA Constitution and By-Laws Competition Rules

Page 54

Rules governing sportsmanship and the NFHS Spirit Rules Book

All cheerleading competitions must be conducted according to the rules of the National Federation Spirit Rules Book and the GHSA Competitive Cheerleading Manual. The GHSA cheerleading manuals are posted on the GHSA website. The NFHS Spirit Rules Book may be purchased from the GHSA office.



Tournament Host Responsibilities

The Tournament Host is responsible for running the competition and must address any issues that may occur with a squad including those with spectators as well as involve security when needed.

The GHSA State office will assign the officials' association for your competition.

Sanctioned Event Application

The Tournament Host must complete the following steps to sanction their competition. This is completed in conjunction with the Contract.

Step	Action
1	Log onto the GHSA MIS , click on Sanctioned Event Application. <ul style="list-style-type: none"> See Sanctioned Event Application – Users Guide located on GHSA MIS for details.
2	Complete and submit the form. <ul style="list-style-type: none"> The principal must sign the application.

Cheerleading Contract

Once you complete the sanctioned event application, the Tournament Host must complete the Cheerleading Contract. This is completed in conjunction with the Sanctioned Event Application.

Step	Action
1	Log onto the GHSA MIS , click on Scheduling.
2	Click on Contest Contracts
3	Click Cheerleading Contracts.
4	Click the Add Contract button
5	Complete and submit the contract. <ul style="list-style-type: none"> Your application for the Sanctioned Event must be approved prior to the contract approval.

Tournament Staff

Tournament staff consist of individuals who will assist the Tournament Host with team rotation and running the tournament. All tournament staff should be trained by the tournament host.

Tournament staff includes, but not limited to the following:

- Medical Personnel
- Security
- Scorekeepers
- Timers
- Gate and Ticket Personnel
- Clean-up
- Sound Personnel
- Announcer
- Runners

Scoresheets

The Tournament Host must scan and send a copy of the Master Scoresheets of each high school division to Penny@ghsa.net. This must be completed no later than the Monday following the competition.



Obtaining Competition Officials

The Tournament Host should:

- Contact the Booking Agent as **early** as possible to request the panel(s) of officials.
- Obtain contact information for all officials and the Head Judge from the Booking Agent.
- Remain in contact with the Booking Agent and all officials providing details and timelines as well as names of teams competing. This helps ensure no possible conflicts of interest.
- Provide all tournament updates and forms as needed to all officials.
- Provide a meeting place for officials **only** when they arrive. It will serve as a meeting room for before, during a break, and after they are judging. It should be away from all coaches, athletes, and spectators.

Middle School Officials and Judging

- Middle School competitions do not have to use GHSA officials.
- A host can use GHSA officials. If so, the Booking Agent will assign them, and the officials will abide by all GHSA Guidelines, NFHS Safety Rules, and must use the current GHSA scoring rubric and scoresheets.

Competition Officials Pay

The Tournament Host should:

- Obtain information concerning pay directly from the Booking Agent and determine how and when officials will be paid.
- Officials are paid for a minimum of 12 High School Teams.
- Officials are paid:
- **\$11.50** per team up to 12 teams.
- **\$9.60** per team for each team over 12 teams.
- **\$11.14** per official for regular season travel fees.
- Transportation is paid per the GHSA set fee as defined at the bottom of the GHSA Officials Fee Chart.
- See Appendix F in the Constitution for invitationals, regions, and sectionals.
- Always check with GHSA for changes that may occur prior to the season for all Varsity and Junior Varsity teams.
- Booking Agents will negotiate fees to judge middle schools, and they may negotiate transportation based upon the association rules.
- Inform officials as to when they will be paid and serve as a liaison between the officials and the school and/or school system.
- Invitationals must follow GHSA rules/guidelines concerning pay for sanctioned events.



Sound Equipment

- Based on the arrangements of competition the host will determine if a team may bring their own sound equipment to the warm-up area.
- Hosts are responsible for securing appropriate sound equipment and announcer(s).
- Guidelines for sound equipment are determined by the host.
- Music in warm-ups cannot interfere with floor performances.
- No sound equipment may be used at the state competition and all music must be appropriate and cued.
- There will be **no** sound checks at regions, sectionals, or state competitions.

Forms

The Tournament Host should:

- Provide adequate and up-to-date scoresheets, master scoresheets, and safety infraction sheets for the officials. Located on www.GHSACheerleading.com or ask your Booking Agent.
- Coordinate the running of the sheets from the officials table to the scoring table. Should any issues arise, remain accessible to the officials and staff.
- Obtain the GHSA Scoring computer program from GHSA.

Copies - Awards

The awards should be displayed for viewing. The Tournament Host should follow these steps for awards.

Step	Action
1	Ensure that the Head Judge has reviewed and signed the Master Scoresheet. <ul style="list-style-type: none">• The Head Judge must sign all final tally sheets before any copies are made.
2	Make a copy of all the scores to be maintained at the school.
3	Make a copy of the Master Scoresheet for each school and the Head Judge. <ul style="list-style-type: none">• The Head Judge may ask for a copy of the Safety Infraction sheet for each school.
4	Distribute the original copy of the scoresheet and copies of the Master Scoresheet to each competing coach after the awards presentation.
5	Report on any major issues in writing to the GHSA Associate Director.



MATS

The Tournament Host is responsible for placing the competition mats according to the GHSA directions. The Head Judge will check placement when they arrive and may ask for the mats to be changed to meet requirements. Competition will not begin and may be halted until the mats are correctly placed.

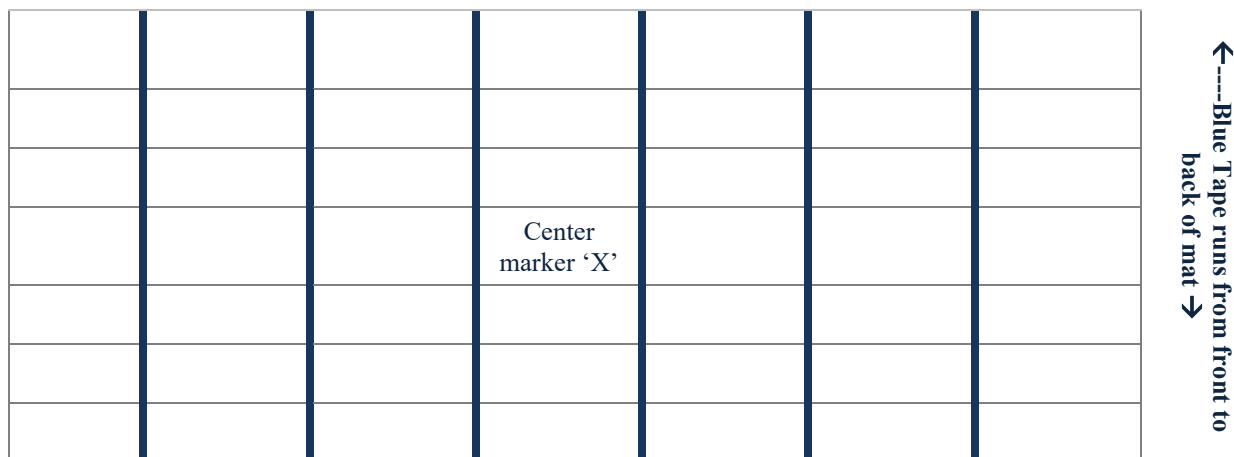
- Mats should be 42' X 42'.
- Mats must be a minimum of 1- and 3/8-inches thickness.
- Mats cannot be spring floors.
- Mats must be blue at all GHSA sanctioned events. Strips to mark floor in sections should be blue.
- The competition mat is on the competition floor. White tape may be used to mark the center of the mat and around the outside of the mat. This would be a safety precaution for the cheerleader to help them to determine where they are on the mat when they are tumbling.
- The entire mat is considered the competition floor.
- Out-of-bounds will be considered - stepping, tumbling, stunting, dancing, jumping, or performing - off the mat. Participants must touch the floor.
- In the case of an injury or accident, mats must be appropriately cleaned of any bodily fluids before the competition can proceed.

Mat Placement

Mats must be placed according to the GHSA rules and failure to do so can result in a penalty for the host school. Please follow the steps for placing the mats and see the drawing.

Step	Action
1	Lay the length of the mats parallel to the officials' table. <ul style="list-style-type: none"> • Mat placement: 7 mats wide, 7 mats long.
2	Locate the center by measuring front-to-back and side-to-side.
3	Mark the center with white tape forming an "X".
4	Measure three (3) feet on either side of it and this is where the first blue strips will be placed from the back to the front, perpendicular to the officials' table.
5	From there, measure 6' on either side of that line and continue to do so. There will be six lines of blue tape from back to front.
6	White tape may then be placed around the border of the mat to define the ends/edges of the mat. <ul style="list-style-type: none"> • This does not define the boundary and is a safety precaution only.

Back of mat (Team entry should occur at back of the mat if possible.)



Center Front of Mat – Elevated Officials' Table

**This section discusses important items on competition day.**

Once the doors have been opened to spectators, no team should be warming up on the competition mat except for regularly scheduled warm-up rotation.

Flash Photography

Flash photography is prohibited while teams are performing.

- Signs must be posted at all entrances throughout the competition arena stating: **No Flash Photography Permitted.**
- Anyone using flash photography whether on a phone, camera or iPad may be removed from the competition.
- **No** flashlights, spotlights, cell phones, or iPad lights of any kind can be used during the time any team is competing on the floor.

Order of Appearance

- For an invitationals, the order of appearance may be assigned by the host school.
- Middle schools cannot compete in the rotation of a sanctioned high school event.
- For travel safety, the support of all teams, and liability reasons - specific competition times should not be assigned.
- Teams should know the order of rotation and be given an arrival time to check into the competition. All teams should be present and ready to perform prior to the start time of the competition. **Schedules, if made, are for staff use only.**
- It is recommended to put a maximum of **6 minutes** between each squad's performance when putting together a performance rotation for the staff. However, if two panels are used, the maximum rotation time should be no more than 4 minutes. Rotation schedules are just for planning.
- Coordinate the rotation schedule and should any emergencies occur consult with the head judge and make any adjustments as needed.
- Teams late to competition and arriving after their division has completed competing will not be allowed to compete. Exhibitions are not allowed.
- Teams incurring music issues should return to the floor immediately. The Head Judge and the Host will determine if a call will be made for **Delay of Meet.**
- The Region/Sectional host shall determine the order of appearance prior to the competition. An independent drawing should be held. In some cases, the Region Secretary will provide an order for competition rotations for that specific region.
- Sectional and State order of appearance is determined by the GHSA.
- Teams incurring injuries may be placed back in rotation or moved to the end of their division. All teams must compete in their division.
 - The coach will determine if a substitute fills in and competes in the place of the injured team member or if the team competes without the team member. (*See rules for timing issues.*)
 - If the team is the last team in their division, the competition is placed on hold while decisions are made. If a rotation is occurring, then the division which follows them must wait to start until that team has performed.
 - For safety reasons, teams should be given an opportunity to return and go through warm-ups prior to competing again.
- All teams must compete within their division. Should a team be unable to continue, and their routine is stopped, the Head Judge and host will determine when the team returns to the floor. They must compete within the rotation of the teams in their division. They cannot be placed in rotation during another division.
- **Exception:** If there are no more teams in the division behind the team with the injury. A team may have to compete out of division due to safety reasons.



Coaching at a Competition

Areas - Spotting

- The competition area includes the warm-up area as well as the performance floor.
- Only certified school coaches and GHSA certified community coaches are eligible to assist teams in any part of the competitive area, including warm-ups.
- Only **three (3)** coaches and the athletes should be in the warm-up area.
- Only **three (3)** coaches are allowed in the designated coaches' spot in the competition area. All additional coaches and athletes must sit in the stands or designated area provided by the tournament host.
- A list of all coaches including certified community coaches is available through the GHSA. All coaches can be asked to submit credentials and identification. Coaches should be warned to have all credentials with them. Identification or the GHSA pass should be checked at the check-in area.
- Gym staff cannot go into the warm-up area to spot tumbling and stunts unless they are one of the **three** identified coaches and hold community coach credentials.
- The use of outside spotters is prohibited. Any spotters must be included in the 16 performers.
- The GHSA does not allow for additional spotters in the performance area, including warm-ups.
- No unauthorized props may be carried onto the competition floor. This is a **disqualification** for the competition.

Rulings

- **All** decisions of the officials are final. The GHSA does **not** allow appeals.
- No reviews will occur of officials' scores or videos from the competition of stunts or skills. **All decisions are final.**
- A video filmed at practice may be reviewed for legality of a stunt or pyramid as executed in the video. The officials will determine the final call on all violations that occur on the competition floor.

Music

- At an invitational tournament, the music person may go through warm-ups, but tournaments should ensure the music person remains the same person throughout and has credentials to identify who they are. All alternates and additional coaches, as well as parents, should remain outside of the warm-up/competition area. The music person should not spot tumbling or stunts.
- At region/sectional/state tournaments the music person should go directly to the music area.

Medical Personnel

- All tournaments **must** have medical personnel present. The tournament host will determine the type of personnel needed. It can be the host school trainer, an EMT, or other emergency personnel available to assist in an emergency.
- A team's trainer must remain with the additional coaches and will **not** be allowed to follow the team through rotations in warm-up for competition unless they are considered one of the two coaches.
- First aid and medical supplies should be available! This includes supplies to clean the mat due to bodily fluids.

Miscellaneous

- Schools needing taping for non-emergency situations should provide their own tape. The team should bring tape and other non-emergency medical supplies with them to the competition.

**Announcer**

- Must review procedures prior to the beginning of the tournament with the Head Judge and Tournament Director to review procedures prior to rotations beginning.
- Must follow **all** cues of the Head Judge.
- Must pay attention to the Head Judge during the competition in the event it must be stopped.
- Must announce teams using the correct procedures as defined by the GHSA.
- Must be aware that cues must be used because of the possibility of Delay of Meet deductions.
- Must be in constant visual contact with the Head Judge throughout the competition and routines in the event the routine should be stopped due to injury.

Script

All tournaments must use the following rotational script for all announcements.

When	Announcer Script
Prior to the beginning of competition and following a break.	<i>"The GHSA and its member schools have made a commitment to promote good sportsmanship by student/athletes, coaches, and spectators at all GHSA sanctioned events. Profanity, degrading remarks, and intimidating actions directed at officials or competitors will not be tolerated and are grounds for removal from the event site. Spectators are not allowed to enter the competition area during warm-ups or while the contest is being conducted. Thank you for your cooperation in the promotion of good sportsmanship at today's event."</i>
	<i>Taking the floor now is _____ "</i> <i>On deck is _____ "</i> <i>In the hole is _____ "</i>
Once the team is lined up behind the mat the announcer will announce	<i>" _____, You may take the floor. "</i>
The announcer will then receive a signal from the Head Judge and will announce. <ul style="list-style-type: none"> • Must wait for a signal from the Head Judge. 	<i>" _____, You may begin. "</i>



Sound Technician

- The announcer and sound technician may be the same person.
- Will be responsible for supervising the set-up and operation of the sound equipment.
- Will be responsible for following all the directions of the GHSA procedures. The tournament host is responsible for providing and reviewing procedures with the sound technician.
- Will be responsible for explaining to the tournament host and coaches how the music system works.
- Will remind the coach or person playing music that they are responsible for starting and stopping the music during the competition.
- Will allow the music person to practice connecting their device (CD, iPad, phone) to ensure it will start.
- The sound technician may connect the device if needed and remove it if needed.
- Will assist the tournament host and the Head Judge in determining if an error in the sound system or if any performance issues are due to an error of the sound technician.
- Will assist in the determination of the time the music or routine was stopped, in case of injuries, and in case of violations where the routine must be stopped.

Scorekeepers

- Review the Scorekeeping Section beginning on page 3-1.
- All sanctioned events are required to use the electronic scoring tool. It may be used along with the manual scoring system.
- Contact the GHSA office or the Cheer Coordinator to obtain a copy of the GHSA Scoring computer program.
- **No** cell phones permitted at the scoring table.
- The scorekeepers' table must be in a visibly secured area in the competition gym.



Section 3

Tournament Officials



Tournament Officials

GHSA will assign the officials' association for all sanctioned events. All tournament officials of GHSA sanctioned competitions must be booked through the Booking Agent for an official's association. Members of an officials' associations may not book themselves as individuals. All officials must be booked through the Booking Agent representing the association.

Booking Agent

The Booking Agent will...

- Coordinate any possible re-assignment of officials due to cancellations of tournaments or officials.
- Provide all officials contact information and assignments to the tournament host and head judge.
- Make tournament assignments and identify who will serve on each panel, assign the roles for each panel including Head Judge, Floor and Table Safety. No changes should be made to the panels except by the approval of the Booking Agent. Any issues should be addressed as early in the season as possible.
- Work directly with other Booking Agents should the agent be unable to fill a panel and need additional officials.
- Ensure there is an understanding of how to pay officials and how the pay will be handled, while keeping the Head Judge and panel informed of the process.
- Ensure the tournament host has or can locate all needed competition items:
 - Panel A, Panel B, and Panel C scoresheets; the Safety Infraction sheet
 - Paper and electronic Master Scoresheet
 - A GHSA Competition Guide and to provide sticky notes, only pens
- Make every effort to ensure that all officials have an equal opportunity to judge, including shadowing for training purposes and the placement of newer officials with more seasoned officials for training purposes.
- Make decisions through discussions with the Head Judge that an official needs further training or is not following the guide, may request an official attend further shadowing and training to improve skills.
- Assist with any request from the host in handling scheduling issues and maintains communication with the host through the tournament.



The Judging Panel

- A panel of officials will consist of 7 officials.
- All officials, including the Head Judge, and their duties for a competition will be assigned by the Booking Agent.
- All officials will be knowledgeable of the scoresheet; the Safety Infraction sheet; the GHSA guide/rubric; and the NFHS and GHSA Safety Rules. They will understand all aspects of the routine.
- The Head Judge will be knowledgeable of all GHSA procedures, the Master Scoresheet, and the Safety Infraction Sheet.
- The Safety Judge and Panel A will be knowledgeable of the NFHS Safety Rules; GHSA Safety rulings on [GHSACompetitiveCheer YouTube](#), and GHSA guidelines/rules.
- The panel will consist of three subpanels. The table below represents the roles, responsibilities, and job of each official and panel.

Panel	Responsible Official	Responsibility and Job
Panel A	Official 1 & Official 2	<ul style="list-style-type: none"> • Responsible for scoring jumps, dance, cheer and overall composition. • Assist the Primary Safety Judge in determining violations and deductions which may have occurred during the routine.
Panel B	Official 3 & Official 4	<ul style="list-style-type: none"> • Responsible for scoring running and standing tumbling.
Panel C	Official 5 & Official 6	<ul style="list-style-type: none"> • Responsible for 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 to determine deductions or violations that have occurred. • Will assist in the counting the number of team members performing jumps, running tumbling, and standing tumbling.

Officials Seating Chart

Below is the seating chart for officials and timer. Official 1 and Official 2 may swap seats. Official 7 is on the floor.

Panel B		Panel A		Panel C	
Running & Standing Tumbling		Jumps, Dance, Cheer, ORC		Partner Stunts, Pyramids	
Official 3	Official 4	Official 1	Official 2	Official 5	Official 6
			Timer		

State Panels

The following additional officials may be added for state finals only.

- Floor safety.
- Scriber for both panels B and C.



Keys to Scoring

- Be consistent and fair in all scoring. Evaluate teams fairly using the rubric.
- Do not compare teams. Only score the team based on the rubric and the performance that day!
- Do not consider last week's performance, ratings on social media, or what you have heard. Evaluate a routine based on the performance that day.
- Conversations at the table must be kept to a minimum. The Head Judge may ask that you review your scores if you appear to be out of line with her/his performance notes based upon the rubric.
- Do not try to persuade or convince another judge to score or to call a rule.
- All officials will score according to the rubric. Do not come up with your own formulas to scoring. Stay in the range defined on the rubric.
- Keep excellent notes! Since issues may not come up for several weeks, hold onto your notes till the end of the season. You may be asked to provide your notes so that discussions can be held with the Booking Agents, Competitive Cheerleading Liaison, and a coach.

Scoresheet Handwriting

- Make sure your scores can be read!
- Score in blue or black ink.
- Sign your scoresheet and make sure your entire name is legible and can be read!
- If you make a mistake, **initial it**, strike through the score you wish to change **once** and write in the new score.
- A maximum of two (2) mistakes are permitted before a new scoresheet is required.

Scoring a Zero

- When a team does not perform a skill/element of the scoresheet, a score of zero may be given.
- The Head Judge will ask the panel involved to check their notes. The panel and the Head Judge must agree that the skill was not included in the routine.
- This will include jumps, tumbling, partner stunts, pyramid, dance, and cheer plus any required incorporations.



The Head Judge

Pre-Competition

- Is assigned by the Booking Agent and to Panel A.
- Will coordinate the panel and assist the Booking Agent to determine the area of expertise and judging assignments for each routine judge.
- Remains in communication with the host school and tournament director communicating information to the panel and the Booking Agent.
- Will have all needed competition items including the GHSA Competition Guide, NFHS Safety Rules book, sticky notes, as well as a clean copy of the Master Scoresheet, Safety Infraction Sheet and a clean copy of Panel A, Panel B, and Panel C scoresheets in the event these forms must be used or needed for copying.
- Attends a pre-competition meeting with host as needed.
- Meets with the score keepers, timers, and the announcer/music person. Ensure they understand their **responsibilities** and the GHSA guidelines. Discusses confidentiality with each group.
- Remind the scorekeepers you will sign the Master Scoresheet before them making any copies.
- Remind all staff, including the scorekeepers cell phones are not permitted at the scoring table.
- Remind the announcer/music person to follow the GHSA prescribed script – “In the hole _____, on deck _____ and performing now_____”. Then “*You may take the floor*” at your signal. *See the Announcer section for more detail.*
- Reviews braces, casts, or uniforms as necessary, but does not review rules.
- Checks all materials to make sure they are available, the current version, and everything is in order.
- Checks the competition order for any changes that may have occurred.
- Reviews the **GHSA Competitive Cheer YouTube (@ghsacompetitivecheer)** every week to understand new interpretations and updated material. Share with the panel.
- Check your email the morning of the competition for any new interpretations or special emails from the Competitive Cheerleading Liaison, and/or Booking Agent.
- Always conduct themselves in an appropriate professional manner.

During the competition

Once competition begins:

- Sits near the timer and signals when to start and stop the clock.
- Signals the announcer/music person when to bring the team on the floor and to begin the routine.
- Uses the NFHS Spirit Rules Book and the GHSA Guidelines in cooperation with the Safety Judges to determine what infractions may have occurred and sign off on the Safety Infraction sheet.
- Ensures the Safety Judge records the rule number, page, or reference upon which the violation was based.
- Validates all rules violations immediately following the team’s performance.
- Determines if the routine needs to be stopped due to an injury, sound problems, or other reason. After conferring with the Tournament Host, who will address the options with the school coach, trainer/medical technicians, sound technicians, and/or other necessary personnel, the Tournament Host and Head Judge will determine the best way to proceed. They will consider whether the order of appearance needs to be altered. They must also consider the time element and how long teams have waited. Time should be **allowed** for all teams in rotation to participate in their allotted rotational and warm-up activities. If too much time passes between the time of the injury and the next team in rotation, then all remaining teams should return to the warm-up area and rotate back through. This is for safety reasons.
- Sends all scores and safety infraction sheets to the scorer’s table after they have been checked and signed.
- Reviews and ensures that the Master Scoresheet(s) are complete and signed before they are copied for the coaches.
- Uses the GHSA Tracking sheet to ensure consistency and accuracy in scoring – Only Head Judge.



Following the Competition

- Does not communicate and respond to coaches' questions after the tournament. All coaches will be advised to contact the GHSA Associate Director, Competitive Cheerleading Liaison, or the Booking Agent should questions arise.
- Parents should not approach any tournament personnel.
- Refers all concerns and issues to the Booking Agent and/or Competitive Cheerleading Liaison immediately following any tournament.
- Completes all tournament report forms requested by the Booking Agent and/or the Competitive Cheerleading Liaison.

Routine Judges

Information

- Provides all contact information and background information to the Booking Agent and notifies the Booking Agent of any changes in their information.
- Works with the Booking Agent by providing key data which will enable the Booking Agent to coordinate the assignments for all officials. Provide information concerning school contacts, site of employment, contact with gyms and schools, contact with teams, and other items which could affect the placement of an official.
- Provides all contact information and any required school forms (i.e. W-9) to the Tournament Host and/or Head Judge to enable the dissemination of competition information and to schedule payment.

Conflict of Interest

Withdraws from judging when conflicts of interest exist, or the possibility exists that an official may not be able to judge a team fairly. This would include, but is not limited to the following:

- An affiliation with any competing team or gym that a team attends.
- A relative or close friend who is a coach or member of the team, including parents.
- Competing team(s) who are rival teams in an area school or gym where the official works.
- The parent of an athlete on a rival team or competing team.
- Attended or cheered for a competing team in the last five (5) years.
- Previously coached a competing team in the last five (5) years.
- Choreographed for a competing team in the last five (5) years.
- Employed at a competing school.

The Booking Agent must be provided with this information and will determine if the judge has a conflict of interest or may remain on the judging panel. Failure to disclose all/or any of the above information can lead to dismissal from judging. Reach out to your booking agent and Competitive Cheerleading Liaison for clarity on any situation you are unsure about. **All perceptions of conflicts must be avoided.**

Day of Competition

- Knows the GHSA guide/regulation and the NFHS rules concerning competition. Be prepared to judge in whatever position he or she is needed to judge.
- Has all materials needed including the GHSA Competition Guide, NFHS Spirit Rules book, and other forms needed for the competition along with pens, sticky notes, and paper to take notes on during the competition.
- Is ready to call violations for sportsmanship, jewelry, inappropriate hair, hair devices, uniforms, shoes, glitter, and nails and indicate the team member who is in violation of these GHSA rules.
- Identifies boundary violations and infractions involving the performing surface.
- Any fall or error which occurs after the stunt or pyramid hit the highest point will not count against the team. The officials will determine if the stunt or pyramid hit long enough to count as an executed skill.
- Uses the appropriate guide when scoring the team and remain consistent in scoring.
- Always sign the scoresheet(s) legibly with the full name where it can be read.
- Always dresses and conducts themselves in an appropriate professional manner.



The Safety Judge

Preparation

- Will know the NFHS Spirit rules and interpretations with the expectations of the GHSA.
- Will maintain up-to-date knowledge of all situations and rules. Review **GHSA Competitive Cheer YouTube (@ghsacompetitivecheer** for rules interpretations and updates every week during competition season.
- Will know the Safety Infraction Sheet and the guide for calling violations.
- Will carry the NFHS Spirit Rules book and the competition manual with them to the competition, along with a pen and paper to take notes.

Basics

- To call a violation, the officials must be able to identify the specific rule that has been violated and **where it occurred during the routine**.
- The primary safety judge will maintain notes on all violations.
- All teams will be warned of any concerns or possible rules violations that have not been called so that the coach may question and attempt to correct any issues before the next competition.

Day of Competition

- Will specifically watch for and call violations for safety, boundary, and illegal performances.
- Will walk the floor on either side of the mat, but not behind the mat, to observe safety violations that may occur.
- Will assist in counting the number of team members performing and assist in counting the number of team members tumbling/stunting/jumping.

Will meet with Panel A immediately after the team performs to determine violations. The Head Judge will coordinate the discussion, and it will **not** consist of a debate.

- Will record the routine time on the infraction sheet.

Citing Violations

When the Head Judge and the **two** Safety Judges have determined that a violation has occurred, **the officials must cite the rule number** from the NFHS Spirit Rules book, the GHSA Cheerleading Guide, and/or the GHSA Constitution and By-Laws.

- To call a major violation, two of the three officials must be in total agreement that the **violation occurred**.
- The location of skills violations **must be marked in the block of time** it occurred 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 should be listed on the Safety Infraction Sheet.
- If the officials cannot cite the rule or identify the violation, they should **only** give a warning!
- 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.
- **When calling rules, only call what you saw! Do not read into a rule.** When in doubt and if there is not an agreement on what was seen, or the rule cannot be identified, then do not make the call. Only warn the team!

Safety - All Officials

- All out-of-bounds, uniform violation, loss of shoes/hair devices, jewelry violation, etc. can be called by any one judge. 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.
- *See the Deductions Topic* in the Scoring and Deductions section for detailed information.



Timer and Timing Guidelines

The following outlines when the timing of a routine begins and ends.

- The timing of the routine will begin with the first movement, first word, or first musical sound in the routine.
- Teams may not come onto the floor chanting or cheering in an organized fashion. They may enter the floor and leave the floor, showing spirit.
- The timing of the routine ends with the last motion or word of the routine.
- If a routine ends with a stunt or pyramid, the timing will end with the highest point of the stunt or pyramid.
- A team will have thirty (30) seconds to line up at the mat. Teams must be in position to begin the rotation for competition and ready to perform when their name is called.
- Teams must have music ready to begin the routine. It should be queued prior to coming to the floor.
- A team has thirty (30) seconds to begin once the announcer says, "*You may begin.*". "*You may begin.*" must be started upon the signal of the Head Judge.

Music Considerations

- The length of the routine should be **two minutes and thirty seconds (2:30)**; however, there is no limit to how much of that is music. Music may be a part of the entire routine, but should not exceed two minutes and thirty seconds.
- Principals and/or Athletic Directors must review the music to be used for the school's routine. Music cannot contain profanity, suggestive, and inappropriate language.
- The music (CD) should be furnished by the school and labeled with the school's name. The coach should maintain **two** copies. Both copies should be with the coach in the competition area.
- All music should be of professional quality. It is suggested that if all your music is recorded on CD-R discs, then have two copies. The use of paper labels is not recommended. A soft sharpie marker should be used to write the name of the school on the disc.
- **Cell phones** can only be used to play music. Personal calls and texts are not permitted in the music area.
- Music must be submitted through the portal located on the GHSA website to ensure that adequate licensing is in place.
- Music in poor taste will result in a **sportsmanship deduction** of **ten** points.
- Competitions cannot be responsible for music played off an iPad and/or phone. There are issues with start times and phones ringing in the middle of the performance. Should these occur, they will be determined to be **delay of meet deductions** and the team will remain on the floor to begin where they were in the routine. The team will not be allowed to start over.



The Timer

- The timer will work with the judging panel and time the routine following GHSA procedures in timing.
- The timer will meet with the Tournament Host and the Head Judge to review instructions.
- Before the beginning of the competition, the timer will check all stop watches/clocks to make sure they are operational. Cell phones are not permitted to time the routine.
- The timer should sit by the Safety Judge and help to maintain the Safety Infraction Sheet by assisting in the recording of the time a violation occurs.
- The timer will verify the exact time that a routine stops and verify start times with the officials when a routine has been stopped for any reason.
- The timer may confer with the sound technician concerning the time a routine was stopped, or an injury occurred if there are any concerns with the clock. If the sound technician has no way to monitor time, then the Head Judge and the Safety Judge will determine the starting point for judging the remainder of the routine.
- The timer will ensure the routine time is recorded on the Safety Infraction Sheet.
- After a reasonable time and if a team has not reported to the competition floor, the rotation will continue, and the team will be eliminated from the competition.
- The Tournament Host is responsible for communicating any issues that may be occurring in warm-ups to help prevent the elimination of a team.

Mechanical Failure

If needed, when a mechanical failure occurs during the music portion of the routine, the Head Judge will determine when the error occurred, the time it occurred, at what point the routine/music stopped, and when the scoring stopped.

- The routine should continue at this point with no altering of the rotation.
- The Head Judge and Timer will then determine a signal to let all officials know that they are to begin, wherein their scoring will resume.
- The Head Judge will provide instructions to the panel.



Injury/Accident Guidelines

- The tournament host should have a list of emergency telephone numbers, such as paramedics, hospitals, and doctors available in the area. An emergency plan should be in place, and all tournament personnel should be aware of the plan and procedures.
- When an emergency or injury occurs, the host and officials should stop the competition until the injured person can be removed from the warm-up mat or the competition floor.
- The same procedures that are followed for a mechanical (music) failure or other routine stopping event will be followed in performing, timing, and scoring of the routine.
- Correct procedures should be followed in the handling of the injury and the resuming of the competition.
- An injury can result in a change in the order of appearance. All teams must compete within their division.
- If the team decides to perform again, judging will resume from the point at which the injury/interruption occurred as determined by the judges. The routine must be performed **full-out** from the beginning of the routine.
 - All point deductions accumulated to that point will carry over.
 - If a team prefers not to re-work the routine to perform again, at the coach's discretion, they will take the score they have received up to that point. Any part not performed will receive a score of zero (0).
 - Teams that limit/mark all skills before the point of injury will result in a **disqualification**.
 - In the case where the routine is stopped due to an emergency or incident not related to the team or the team's music, the team will have the option to mark the routine up to when the routine was stopped and then complete the rest of the routine. This would be, for example, if a fire alarm was pulled or a medical emergency happened in the stands. This would be the only time a team would be able to mark their routine through the part that has already been completed.
- Teams must be allowed to warm-up and the rotation should be adjusted so that teams' warm-up before competing on the floor. The Host and Head Judge will determine how long teams had to wait and how to resume. If an extended amount of time is taken, then the teams will be backed up and rotate through the warm-ups again.
- The coach must determine if the team will proceed, withdraw, or use a substitute. The coach must notify the Tournament Host and the Head Judge of their decision.
- After an injury has occurred, the tournament host will consult with the Head Judge to determine the order of rotation and when the team with the injury will return. Should the team with the injury select to compete again the Head Judge will determine the start time for judging the routine and follow timing rules. See the Timer Section of the manual.
- An athlete who exhibits signs, symptoms, or behaviors consistent with a concussion (examples - such as a loss of consciousness, headaches, dizziness, confusion, or balance problems) shall immediately be removed from the contest and shall not return to play until cleared by the appropriate health-care professional. (NFHS Spirit Rules: 1-1-18; Refer to NFHS Suggested Guidelines for Management of Concussions) Coaches are responsible for the following safety guidelines for all athletes on the team.
- Using the professional judgement of the medical personnel on site, the Tournament Host, under the guidance of the Head Judge, will not allow a team member who has experienced unconsciousness to return to the floor without the written consent of a physician.
- Severe injuries of any kind are considered extremely serious, and a team member who has experienced a serious injury should not return to the floor or compete. The appropriate medical action should be taken, and the emergency plan put into place. A substitute may be sent in for the injured team member. Refer to NFHS Spirit Rules: 1-1-18.
- A team member who has a minor injury should not be allowed to return without the release of the medical personnel who are on site.
- Team members who are bleeding, have an open wound, or have excessive amounts of blood may not participate in any event until the appropriate treatment is administered and the uniform and/or body has been cleaned. Refer to NFHS Spirit Rule: 1-1-17.



Section 4

Scoring and Deductions



Scorers and Scorekeeping Guidelines

The Scorers will meet with the Head Judge prior to the competition to review procedures and guidelines for scoring.

- A competition should use computerized scoring; however, manual scoring is an option.
- The scorekeepers' table must be in a visibly secured area in the competition gym.

Computerized Scoring

- The competition must use the program provided by GHSA. You may request the program from GHSA. Competitions cannot create their own programs.
- All scorekeepers using the computer program must be trained in advance and not on the day of the competition.
- Teams competing and the order of competition should be entered into the program before the actual competition.
- Competitions must provide computers and a backup system should any issues arise.
- Directions must be followed for the program to work properly.

Keys to Computerized Scoring

Step	Action
1	Macros must be enabled to run the program properly. You must Enable Editing and Enable Content .
2	The Excel file is a Read Only file. The user will have to Save As a new file name. It is recommended that you open the Read Only file and immediately Save As the competition name <u>plus</u> the classification. <ul style="list-style-type: none"> • Naming examples: South GA Classic – A Private; South GA Classic – A Public; South GA Classic – AA; South GA Classic – AAAA
3	Important: Save after entering each team's scores.
4	Recommended: Only have one file/division open at a time. <ul style="list-style-type: none"> • If you are running a competition and alternating between divisions – it is highly recommended to have multiple computers. • Example: Your competition order is AA - Team #1, AAA - Team #1, AAAA - Team #1, AA - Team #2, AAA - Team #2, AAAA - Team #2. You would need 6 computers. There would be 3 main computers each connected to a printer for each division and one back up for redundancy.
5	Suggestion: Remove the Formula Bar to minimize mistakes. You can do this by selecting the View tab on the top menu bar in excel.
6	Excel will <u>not</u> calculate unless you advance to the next cell by pressing enter . <ul style="list-style-type: none"> • If you select a cell with your cursor to edit a score, you must press enter to advance to the next cell. This will allow Excel to calculate the adjusted score.
7	Deductions: You do not have to enter a (-) negative sign before the number. <ul style="list-style-type: none"> • Example: A team has 5 points taken off for a fall – the user would just enter a 5 in Deduction total for that team.
8	Tie Breakers: The program automatically breaks the ties. (<i>See Breaking Ties</i>).



Electronically Keeping Score

The Scorers will follow GHSA procedures when adding the scoresheets. The max score possible is 108 or 113 for a coed squad.

Preparing the Electronic Spreadsheet

Step	Action
1	Open the GHSA Scoring file, then Save As with the appropriate naming convention. <ul style="list-style-type: none"> Macros must be enabled to run the program properly.
2	Remove the formula bar, then go to the Instructions tab to read all the preliminary steps to ensure the program works properly.
3	If using an old file: Click on the Prepare Book button at the top of the book. Once you have performed this step, confirm that school names no longer appear across the bottom of the page. <ul style="list-style-type: none"> When you click on the Prepare Book button, all previous entries in the spreadsheet are deleted.
4	Click on the School tab, then type the name of each school competing and press enter after each. <ul style="list-style-type: none"> The cursor will move to the next appropriate number and the name of each team appears in competing order on the tabs. Confirm you have entered in the correct competing order in the numerical spaces. Prior to entering scores correction can be made later if needed.
5	Click the Lock School Names button, then click the Results tab to enter the appropriate information at the top – Date, Division and Head Judge.
6	Click the Calculate Rankings button to display competing names in the order of performance on the form. <ul style="list-style-type: none"> Review or print the order to ensure the order and every school is entered correctly.

Entering Scores

Step	Action
1	Each individual panel's sheet will be entered, making sure all areas are scored.
2	Click on the tab with the name of the school. <ul style="list-style-type: none"> The page to enter their scores will appear.
3	Enter Panel A, Panel B, Panel C scores, and Deductions, respectively. <ul style="list-style-type: none"> Press enter after each entry, including the deduction, to move the cursor to the next appropriate box. The computer will automatically add, subtract, and average as needed.
4	Verify all scores entered for the competing team, click the Return to Results button. <ul style="list-style-type: none"> You are taken back to the Results page. Click the Save icon at the top to save the spreadsheet.
5	Click the Calculate Rankings button to copy the scores from the individual tab to the Results tab. <ul style="list-style-type: none"> Each competing team's score is added, and their ranking is placed on the page.
6	When the division is complete, print the results and this will serve as your tally sheet.



Manually Keeping Score

Should there be a failure in the electronic system, the manual keeping scoring process should be followed.

The Scorers will add all officials' scores and record totals on the Master Scoresheet and on the individual officials' scoresheets. The Scorers will follow GHSA procedures when adding the scoresheets. The max possible score is 108 or 113 for coed squads.

Step	Action
1	Each individual panel's sheet will be tallied, making sure all areas are scored.
2	The Scorers will transfer the Panel A, Panel B, and Panel C's Subtotal scores to the Master Scoresheet to the specified boxes.
3	The Scorers will add Panel A Subtotal, Panel B Subtotal, and Panel C Subtotal to obtain the Master Scoresheet Subtotal for the team.
4	Deductions from the Safety Infraction Scoresheet will be added and recorded on the Master Scoresheet. The deductions will be taken from the Teams' subtotal to obtain the Total score.
5	The Master Scorekeeper will enter the placement on the Master Scoresheet for each division then sign it.
6	The Head Judge will review and validate placements on the Master Scoresheet, then sign it.

Breaking Ties

Use the table below to break ties. When using the computerized method of scoring, the program automatically breaks Tie Breaker A and Tie Breaker B.

Tie Breaker	Action	
A	If a tie occurs, then perform the following.	
	Step	Action
	1	Add all execution (EXE) scores for each skills area (<i>Jumps, Running Tumbling, Standing Tumbling, Partner Stunts, Secondary Stunts, Pyramids</i>).
	2	The team with the highest score breaks the tie and determines the order of placement for the tied teams.
B	If a tie remains after completing Tie Breaker A, then perform the following.	
	Step	Action
	1	Add the cheer, dance, and ORC.
	2	The team with the highest scores breaks the tie and determines the order of placement for the tied teams.
C	If a tie remains after completing Tie Breaker A and B; the officials will determine the order of placement for the tied teams.	

2025 COMPETITIVE CHEERLEADING MASTER SCORESHEET



2025 Competitive Cheerleading Master Scoresheet

CLASS/ REGION		TOTAL NUMBER OF SQUADS		PAGE
				___ of ___
<i>The Subtotal is Panel A Subtotal, Panel B Subtotal, and Panel C Subtotal added together.</i>				
	TEAM ____	TEAM ____	TEAM ____	TEAM ____
SCHOOL				
Panel A Subtotal				
Panel B Subtotal				
Panel C Subtotal				
SUBTOTAL				
Deductions				
TOTAL SCORE				
PLACEMENT				
	TEAM ____	TEAM ____	TEAM ____	TEAM ____
SCHOOL				
Panel A Subtotal				
Panel B Subtotal				
Panel C Subtotal				
SUBTOTAL				
Deductions				
TOTAL SCORE				
PLACEMENT				
HEAD OFFICIAL'S SIGNATURE			SCORE KEEPER'S SIGNATURE	



Deductions

The Competitive Cheerleading Safety Infraction Sheet is for safety sheet infractions and warnings only. A team may have a deduction due to an NFHS or GHSA safety infraction. Do not write personal comments on the Competitive Cheerleading Safety Infraction Sheet.

2 Point Infractions – NFHS/GHSA

Two (2) points per each individual violation will be incurred and may be called by any official on the panel.

2 Point Safety Violations
When beginning with a stunt or pyramid, the team may set up and prepare to build prior to beginning the routine. Only at the beginning of the routine, a flyer must have one foot on the floor, ready to begin the stunt, and in preparation for the signal to begin. Routines cannot begin in a stunt per GHSA rules. <ul style="list-style-type: none"> It is a 2-point deduction per top person who does not have one foot on the floor.
Tumbling outside of a routine is illegal and will result in a violation as well as a penalty. If the team member tumbles while coming onto the floor, time will begin when the team member tumbles. A team member cannot tumble on or off the mat. It will be a GHSA violation. <ul style="list-style-type: none"> It is a 2-point deduction per team member who tumbles outside of the routine.
Items from this list that interfere with the execution of a skill. <ul style="list-style-type: none"> Loss of hair devices, loss of hair pieces, or inappropriate hair pieces, inappropriate fingernails, jewelry, glitter, etc.
Inappropriate uniform. Failure to follow GHSA and NFHS rules. See <u>GHSA Rules</u> .
Beginning the routine off the mat.
Boundary violations – stepping out-of-bounds.
Falls to the floor while performing a skill from beginning to completion – jumps, tumbling, stunts, and pyramids; not walking.
Unsafe performing surface – Loss of shoe or loss of hair device: <ul style="list-style-type: none"> Should a performer step on the bow or walk over a bow or other item it is not a violation. However, if the performer executes a skill(s); such as tumbles, jumps or stunts/builds pyramid; onto the bow, hair device, shoe, pom etc., it is a violation. The loss of a shoe or another part of the uniform would be considered a violation of NFHS Rule 2-1-2. Shoes must remain on the foot to be considered safe and an appropriate uniform. <p style="text-align: center;">Untied shoelaces are not a deduction</p>
Inattentive spotter. Only <u>one</u> official is needed to call this violation.
Only call shoes that are inappropriate for cheer. Cheerleaders may wear various types of shoes. For example, it is okay if some of the squad chooses to wear high-top cheer shoes and the other part of the team wears regular cheer shoes.

Boundary Violations

The entire mat is considered the performing surface/competition floor. A white or blue line of tape may be placed around the outside of the entire mat to indicate the edge of the mat.

- If mats are of unequal length, the entire mat is still the performing surface and the boundary tape around the outside of the mat does not define the performing surface.
- Any body part, including the entire shoe that steps off the mat, will be considered out-of-bounds.
- An athlete who falls and at the same time goes out of bounds is called for both violations.



Hair Violations

The key to calling any hair violations is that the hair must not interfere with the execution of the skill or cause an issue on the performing surface (**NFHS 1-1-5 plus Situations**). Stunt can refer to stunting, pyramids, and tumbling.

- The officials will make the final determination in how to score the issues created by hair.
- A ponytail touching the back of the neck and back, including the shoulders, is not a violation unless it interferes with the execution of the skill.
- Hair must be secured above the waist.
- If a team member runs into another team member while tumbling and it is felt the hair caused the issue, then a violation may be called.
- If a flyer steps on a base's hair or a base, tangles her hand in the hair while stunting, then a violation may be called.
- Any judge may call a violation if a team member tumbles, jumps, or builds a stunt on the hair device or piece. It is unsafe performing surface. Stunts would include all members of a stunt group including the spotter.
- If a member drops a hair bow or hair piece and it falls on the floor for safety reasons a team member may pick it up and throw it off the floor or away from the performance area. This would not be a violation call by the safety officials for safety for the performance area.
- If the team member steps onto the bow but is not executing a skill it is not a violation.

Fingernail Clarifications

When does the length of the nail constitute an inappropriate nail?

- The color of the nails is a coaching decision. Colors can become distracting and so motions, violations, etc. are much easier to see from an official's perspective.
- The nails need to be safe. If you can see the nail over the tip of the finger, then it becomes a safety issue.

Falls

A stunt group is dependent on one another to perform or execute the element/skill and must work as a team, it will be considered one fall whether one member of the stunt group or more falls. The same would be true of a stunt group in a pyramid.

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 fall.

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.

**5 Point Infractions– NFHS/GHSA**

Type	Violation
Violations of stunting rules	Rule 2 Section 2 – 10 located in the NFHS Safety Spirit Rules Book.
Delay of Meet	<i>See Timing Infractions</i> - Delay of Meet instructions in the <i>Timer and Timing Guidelines</i> 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 involving routine timing or music timing	<ul style="list-style-type: none"> See Timing Infractions 5 points for each 10-seconds. Example: The timer stops the watch at 2:33. This is a 5-point deduction. The timer stops the watch at 2:41. This is a 10-point deduction.

Timing Infractions

Good judgment should be used when calling overtime violations. If a team is three (3) seconds or less over the time limit, consideration should be given to when the clock was stopped, and the Head Judge may select not to impose a penalty.

- Timing infractions occur for overtime of the competition routine or delay of meet.
- Overtime of competition routine:** For each 10-second, or portion thereof, a **five (5) point deduction** is assessed.
- Delay of Meet:** There will be a **five (5) point deduction** for delay of meet.
- There will be a **five (5) point delay of meet deduction** if a team fails to line up at the mat when the announcer calls the name of the team.

10 Point Infractions – NFHS/GHSA

Type	Description
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 throughout 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.

Disqualifications

DQ	Description
1	Too many team members
2	Illegal substitutions
3	Ineligible student participating on the team.
4	<p>Unauthorized props - props will be defined as the use of any item other than pom-poms to initiate crowd response.</p> <ul style="list-style-type: none"> No part of a uniform 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 onto the competition floor.
5	<p>Not performing the routine full-out after returning from an injury to complete the routine.</p> <ul style="list-style-type: none"> The routine must be performed full-out from the beginning of the routine. All point deductions accumulated to that point will carry over.

All scores are final. There is no protest.

2025 Competitive Cheerleading Safety Infraction Sheet



SCHOOL		COMPETITION	
CLASS/REGION		DATE	

Indicate in the correct time box below when and where on the mat the infraction occurred by using the correct symbol or combination of symbols.

PS – Partner Stunt	T – Tumbling	PY – Pyramid	X – Fall	O – Out-of-bounds	W – Warning
--------------------	--------------	--------------	----------	-------------------	-------------

0 to 30 sec.	30 sec. to 1 min.	1 min. to 1:30 min.	1:30 to 2:00 min.	2:00 to 2:30 min.

FRONT OF MAT

2-POINT INFRACTIONS

NFHS – Rule 1 Section 1; Rule 2 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.; Minus **2** point each

RULE NUMBER

QTY

TOTAL
DEDUCTION

Rule: __ Sect: __

Rule: __ Sect: __

Rule: __ Sect: __

FALLS: Total for tumbling ____; Total for stunting ____

OUT-OF-BOUNDS

5-POINT INFRACTIONS

NFHS – Rule 2 Sections 2 – 10; Safety Infractions; Minus **5** points each

RULE NUMBER

QTY

TOTAL
DEDUCTION

Rule: __ Sect: __

Rule: __ Sect: __

Rule: __ Sect: __

DELAY OF MEET

TIME OF ROUTINE: _____

TIMING INFRACTIONS
(5 points per 10 seconds or
portion over)

_____ seconds over

10-POINT INFRACTIONS

NFHS – Rule 1 Section 2 - Sportsmanship; Minus **10** points each

RULE NUMBER

QTY

TOTAL
DEDUCTION

Explanation:

DISQUALIFICATIONS

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

Explanation:

WARNING(S): Include Rule Number
& Section

Head Judge _____

Table Safety _____

Floor Safety _____

TOTAL
DEDUCTIONS



Section 5

Officials' Scoring Instructions & Rubrics



Cheer Introduction

The key to this rubric and scoring system is to perform within the means of the squad's skill level, execute all skills soundly, and score high in the execution categories.

Definitions

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 the 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. A team of 16 members have 8 members complete a skill, then they would fall in the less than majority range.

Total Team Minus

The Total Team members performing the skill is used to determine the DOD in jumps, standing and running tumbling.

The following table identifies the number of team members who are not required to perform the skill.

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.

Check Boxes

Check boxes on the scoresheet define the areas for improvement for a team's execution scores. This provides coaches with information to assist them on working to improve their execution scores week-to-week.

- Make sure that the boxes you check match your score.



Panel A - Jumps/Cheer/Dance/ORC

Jumps should be performed as a team.

- Squads may complete jumps connected to tumbling. However, the jumps will be scored in jumps and the tumbling portion will be scored in standing tumbling.

Definitions

Term	Description
Combo	Connected jumps without a pause in between. All approaches within the jumps must use a whip approach to be connected. <ul style="list-style-type: none"> A double toe touch. A toe touch, pike, hurdler that are all connected.
Variety	Involves different jumps <ul style="list-style-type: none"> A right herkie, toe touch, left herkie all connected would complete the 3-jump triple combo requirement.

Level of Jumps DOD

Jump Level	Description	DOD
Basic	tuck jumps, spread eagles, banana jumps	1-2
Advanced	herkie, hurdler, pike, double nine, toe touch	2-6

Cheer

Cheer Requirements

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

Cheer Incorporations

One of the following must be incorporated into the cheer to be eligible to receive **maximum** points.

- Jumps, tumbling, stunts, tosses, pyramids, or any combination.

All squad members can perform different skills such as the combination of jumps, tumbling, stunts, tosses, or pyramids to meet this requirement.

Dance

- To be eligible to receive the **maximum** points, **all athletes** must **be involved in** the entire **four (4) eight** counts.
- Dance should have level changes, transitions, footwork, and floor choreography to max out.
- Lifts and rolls are permitted **as part** of the choreography.

Overall Routine Composition

Overall routine will be evaluated on the following criteria:

- Showmanship, energy level, excitement, crowd appeal, uniformity, genuine enthusiasm, and athletic sportsmanship.
- Falls, drops, and bobbles throughout the routine.
- A team's ability to demonstrate precise spacing and seamless patterns of movement performed throughout the routine. This includes innovative, visual, and intricate ideas; as well as any additional skills performed to enhance the overall appeal. (*Source: Varsity All Star Scoring guide*)



Panel A – Jumps/Cheer/Dance/ORC Rubric

Jumps						
DOD	1	2	3	4	5	6
				<u>Total Team # - 4</u>	<u>Total Team # - 2</u>	<u>Total Team # - 0</u>
	Triple combo of 3 different advanced jumps. Must be connected.					
		<u>Total Team # - 4</u>	<u>Total Team # - 2</u>	<u>Total Team # - 0</u>		
	Double combo advanced jumps with variety or triple combo advanced jumps with no variety.					
	<u>Total Team # - 2</u>	<u>Total Team # - 0</u>				
	Single or non-connected basic jumps.					
EXE	1-2	3-4	5-6	7-8		
	Below average technique, height, synchronization, uniformed arm placement , poor form, and timing missed jumps. Majority dropped chest, bent legs, flexed toes, and bad landings	Below average-to-average technique, height, synchronization, uniformed arm placement , and form, very little timing off. Very few missed jumps. Minimal dropped chest, flexed toes, and bad landings	Average to above average technique, height, synchronization, uniformed arm placement , and form, good timing. No missed jumps, minimal dropped chest, flexed toes, or bad landings	Above average to excellent technique, height, synchronization, uniformed arm placement , and form, perfect timing. No missed jumps or 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. Moderate 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 need 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						
	1-2	3 - 4	5 - 6	7		
	Below average overall impression, cleanliness of routine and pacing throughout. 5+ falls or dropped skills . Below average routine layout, choreography with skills and use of the floor space. Little to no creative or smooth 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. 3-4 falls or dropped skills . Average routine layout, choreography with skills and use of floor space. Limited creative or smooth formations, transitions, moments of innovative, visual, and intricate choreography. Average level of energy and excitement, enthusiasm, and showmanship.	Above average overall impression and cleanliness of routine. Good pacing throughout. 1-2 falls or dropped skills . Solid routine layout and good use of choreography with skills and of floor space. Some creative or smooth 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. No falls or dropped skills . Solid routine layout and excellent use of choreography with skills and use of floor space. Creative or smooth formations and transitions. Innovative, visual, and intricate choreography. Highest level of energy and excitement. Genuine enthusiasm and showmanship.		

2025 Panel A – Jumps/Cheer/Dance/ORC Scoresheet

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"/> Dropped Chest	<input type="checkbox"/> Synchronized/Timing	DOD	6	
<input type="checkbox"/> Pointed Toes	<input type="checkbox"/> Form	<input type="checkbox"/> Arm Placement	<input type="checkbox"/> Legs Not Horizontal			
<input type="checkbox"/> Straight Legs	<input type="checkbox"/> Formation	<input type="checkbox"/> Missed Jumps		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"/> Synchronized/Timing	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 Low	<input type="checkbox"/> Say Words	<input type="checkbox"/> Need More Counts	Decimal of .5 permitted		
<input type="checkbox"/> Slow Pace	<input type="checkbox"/> Fast Pace	<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"/> Synchronized/Timing	DOD/ EXE	7	
<input type="checkbox"/> Formations	<input type="checkbox"/> Choreography	<input type="checkbox"/> Pace	<input type="checkbox"/> Formation Changes			
<input type="checkbox"/> Low Energy	<input type="checkbox"/> Transitions	<input type="checkbox"/> Level Changes	<input type="checkbox"/> Need More Counts	Decimal of .5 permitted		
<input type="checkbox"/> Showmanship	<input type="checkbox"/> Intricacy	<input type="checkbox"/> Involve Total Team	<input type="checkbox"/> Knowledge of routine			
OVERALL ROUTINE COMPOSITION						
Areas of EXE Improvement						
<input type="checkbox"/> Creative & Visual	<input type="checkbox"/> Clean up	<input type="checkbox"/> Energy/Enthusiasm	<input type="checkbox"/> Dropped/Missed Skills	EXE	7	
<input type="checkbox"/> Showmanship	<input type="checkbox"/> Variations	<input type="checkbox"/> Synchronized/Timing	<input type="checkbox"/> Structure/layout of routine			
<input type="checkbox"/> Falls	<input type="checkbox"/> Formations	<input type="checkbox"/> Slow Flow/Pace	<input type="checkbox"/> Intricate Choreography	Decimal of .5 permitted		
<input type="checkbox"/> Lacks Innovation	<input type="checkbox"/> Transitions	<input type="checkbox"/> Fast Flow/Pace				
<input type="checkbox"/> Tumbling Technique/Performance		<input type="checkbox"/> Stunting Technique/Performance				
SUBTOTAL SCORE						
LEGIBLY SIGN YOUR FULL NAME						
OFFICIAL 1 SIGNATURE		OFFICIAL 2 SIGNATURE				

Panel B - Tumbling

The officials need to see what the squad can do as a team.

- Teams should tumble in sections of the routine as a squad and not randomly throughout the routine.
- If squads reuse/repeat the same tumbler, officials will not be able to distinguish what the squad can do as a group.
- An official will assume that if an athlete performs a higher-level skill, then that athlete can also perform the lower-level skill and give credit for that skill.
- Split the floor with your partner and use the floor safety to verify your numbers.

Examples

- If an athlete performs a round off back handspring full, then an official must assume that the athlete can also perform a round off back handspring tuck or layout.
- If an athlete performs a standing tuck, an official must assume that the athlete can also perform a standing back handspring.

Definitions

Term	Description
Standing Tumbling	A tumbling skill (series of skills) performed from a standing position without any previous forward momentum. Any number of steps backward prior to execution of tumbling skill(s) is defined as standing tumbling. (Source: <i>usasf.net</i>)
Running Tumbling	Tumbling that is performed with a running start and/or involves a step or a hurdle (etc.) used to gain momentum as an entry to another skill. Any type of forward momentum/movement prior to execution of the tumbling skill(s) is defined as running tumbling. (Source: <i>usasf.net</i>)
Entry	Officials will watch the entry into the skill. <ul style="list-style-type: none"> • Cartwheel: Defined as standing tumbling because that is what initiates the skill. • Round-off: Defined as running tumbling because of the momentum it generates. • A step hurdle into a cartwheel will be judged as running.
Full thru to Full	A team member performing a full through to full tumbling pass will count as <u>2</u> fulls. <ul style="list-style-type: none"> • Two (2) will be the maximum credit given per athlete.
Specialty Pass	Running tumbling across the mat that contains skills from the following during the pass. <ol style="list-style-type: none"> 1. Contains possibly: back handspring, step outs, whips, Arabians, front walk-over/handspring, aerial, or punch front 2. Ends: A tuck or higher.

Any forward movement before executing a skill is considered running tumbling, not standing tumbling.

Hops, hurdles, sashays, or any movement thereof makes the skill running tumbling.

Execution – Fall

When a team member executes a back-handspring with the hands touching the floor the judge cannot assume that the team member intended to execute a tuck. Placing one's hands on the floor during the execution of a tuck is not a fall to the floor. It is an execution error. Based on how the skill is executed, it may be scored as a back-handspring. When tumbling, a fall is considered a fall to the floor when the tumbler lands on their legs, knees, back, head, rear, elbows, and so on, that was not considered a part of the original landing.

Credit Examples

Scoring will lack accuracy if elements are scattered out in several segments of the routine. These examples apply to both running and standing tumbling. The tumbling DOD for a routine is not cumulative

Team	Example	The officials give credit for...
A	A team executes 3 standing fulls on the 2nd eight count of the routine, then during the 10th eight count into the routine the team executes 15 standing tucks and 1 standing full.	3 standing fulls, not 4, plus 15 standing tucks.
B	A team executes 2 standing fulls on the 3rd eight count of the routine. Later in the routine, the team executes 1 standing full and 15 standing tucks.	2 standing fulls, not 3, plus 15 standing tucks.
C	A team executes one standing full in the first eight count of the routine. 15 eight counts later, the team executes 3 back handsprings-to-fulls and 12 standing tucks.	3 back handsprings-to-fulls, plus 12 standing tucks. Not 4 fulls.
D	A team executes 2 running fulls-through-to-fulls (total of 4 fulls) in the 2nd eight count of the routine. 12 eight counts later, the team executes 2 round-off handspring fulls and 14 round-off handspring layouts.	4 full plus 14 layouts.
E	A team executes 1 round-off full in the 1st eight count of the routine. 7 eight counts later, the team executes 3 round-off fulls and 13 round-off tucks.	3 fulls plus 13 round-off tucks.



Panel B – Standing/Running Tumbling Rubric

Standing Tumbling						
DOD	1	2	3	4	5	6
	Forward rolls, back extension rolls, standing cartwheels.			<u>Total Team # - 6</u> Tucks or handspring tucks or handsprings to layouts including 1 standing series to full/ standing full.	<u>Total Team # - 4</u> including 2 standing series to full/ standing full(s).	<u>Total Team # - 2</u> including 3 or more standing series to full/ standing full(s).
				<u>Total Team # - 4</u> Tucks and/or handspring tucks or handsprings to layouts.	<u>Total Team # - 2</u>	
		<u>Less than majority</u> Handsprings, Tucks or handspring tucks or higher skill.	<u>Majority</u>	<u>Total Team # - 0</u> Handsprings		
EXE	1-2	3-4	5-6	7-8		
	Poor form, technique, timing, synchronization, and precision. Majority bent legs/body	Below average-to-average form, technique, timing, synchronization, and precision. Multiple bent legs/body	Average to above average form, technique, timing, synchronization, and precision. Minimal bent legs/body	Above average to excellent form, technique, timing, synchronization, and precision. No bent legs/body		
	Falls or missed tumbling; majority athletes taking a step on landings; multiple/majority or more hands-down	Falls or missed tumbling; half of athletes taking a step on landings; multiple-to-few hands-down	Falls or missed tumbling; 2-4 athletes taking a step on landings; a few to minimal hands-down	0 falls or missed tumbling; 0-1 athlete taking a step on landing; minimal to no hands-down		
Running Tumbling						
DOD	1	2	3	4	5	6
	Running cartwheels and round-offs.			<u>Total Team # - 6</u> Round off tucks or handspring tucks or layouts or specialty passes including 1 full.	<u>Total Team # - 4</u> including 2-3 fulls.	<u>Total Team # - 2</u> including 4 or more fulls.
		<u>Total Team # - 6</u>	<u>Total Team # -4</u> Round off tucks and/ or handspring tucks	<u>Total Team # - 2</u>	<u>Total Team # - 0</u>	
		<u>Total Team # - 8</u>	<u>Total Team # - 6</u>	<u>Total Team # - 4</u>	<u>Total Team # - 2</u>	
		<u>Less than majority</u> Round off handsprings, limited tucks.	<u>Majority</u>	<u>Total Team # - 0</u> Round off handsprings		
EXE	1-2	3-4	5-6	7-8		
	Poor form, technique, timing, synchronization, and precision. Majority bent legs/body	Below average-to-average form, technique, timing, synchronization, and precision. Multiple bent legs/body	Average to above average form, technique, timing, synchronization, and precision. Minimal bent legs/body	Above average to excellent form, technique, timing, synchronization, and precision. No bent legs/body		
	Falls or missed tumbling; majority athletes taking a step on landings; multiple/majority or more hands-down	Falls or missed tumbling; half of athletes taking a step on landings; multiple-to-few hands-down	Falls or missed tumbling; 2-4 athletes taking a step on landings; a few to minimal hands-down	0 falls or missed tumbling; 0-1 athlete taking a step on landing; minimal to no hands-down		



2025 Panel B - Standing/Running Tumbling Scoresheet

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"/> Synchronized/Timing	DOD	6	
<input type="checkbox"/> Choreography	<input type="checkbox"/> Precision	<input type="checkbox"/> Straighten Legs	<input type="checkbox"/> Hands Down			
<input type="checkbox"/> Legs Apart	<input type="checkbox"/> Formation/Spacing	<input type="checkbox"/> Missed Tumbling	<input type="checkbox"/> Multiple Steps	EXE	8	
<input type="checkbox"/> Height	<input type="checkbox"/> Falls			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"/> Synchronized/Timing	DOD	6	
<input type="checkbox"/> Choreography	<input type="checkbox"/> Precision	<input type="checkbox"/> Straighten Legs	<input type="checkbox"/> Hands Down			
<input type="checkbox"/> Legs Apart	<input type="checkbox"/> Formation/Spacing	<input type="checkbox"/> Missed Tumbling	<input type="checkbox"/> Multiple Steps	EXE	8	
<input type="checkbox"/> Height	<input type="checkbox"/> Falls	<input type="checkbox"/> Use of Floor		Decimal of .5 permitted		
SUBTOTAL SCORE						
LEGIBLY SIGN YOUR FULL NAME						
OFFICIAL 3 SIGNATURE			OFFICIAL 4 SIGNATURE			



Panel C – Partner Stunt/Pyramids

The officials need to see what the squad can do as a team. If squads re-use/repeat stunts elsewhere in the routine, officials will not be able to distinguish what the squad can do as a group. Therefore, it is imperative that teams' stunt in sections of the routine as a squad and not randomly throughout the routine.

Definitions

Term	Description
Fall	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. <ul style="list-style-type: none"> A stunt group falling to the floor will count as 1 fall.
Drop	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.
Missed Stunt	A skill is attempted but does not hit the appropriate position or height as the other stunts. <ul style="list-style-type: none"> Failure to hit a heel stretch and instead remain in a platform or liberty.
Bobble	When a flyer hits a stunt/skill and wobbles, shakes, swings their arms; but the stunt remains in the air.
True Full up	Bases remain stationery and flyer rotates 360.
Stunt Movement	When a stunt is moved due to an unintended and un-choreographed shift or adjustment by the bases(s).
Structure	A place in a pyramid where 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>)

DOD – Intended Height

A judge will give credit for those stunts that go to the intended height of the stunts. Stunts that do not go to the intended height will be factored into the scoring of the Degree of Difficulty. This is in Primary and Secondary Stunts as well as Pyramids.

- A team attempts to execute four liberty heel stretches. One does not make it up and the second one dismounts to the floor prior to hitting the highest point. Hence, two of the four of the stunts did not make it to the intended height. Thus, the team is only given credit for the two stunts that reach the intended height/hit.

Partner Stunts/Tosses

All groups must **demonstrate stability** at the extended point of the executed stunt. This **cannot** be a show & go style execution.

All stunts must have the required spotters and bases.

Level	Description																					
Primary Stunts	<p>A squad’s best and most creative stunts. More than one person working together as a team to execute the skill.</p> <ul style="list-style-type: none">All required elements should be executed during one section of the routine to receive full credit.																					
Secondary Stunts	<p>Basic two-legged stunts, to one-legged extended stunts, and high-flying basket tosses.</p> <ul style="list-style-type: none">Examples – Coed style extensions, extended single leg stunts.																					
Tosses	<p>Tosses can be used in place of the Secondary Stunt.</p> <table><tr><th colspan="3">Tosses</th></tr><tr><th>Basic</th><th>Intermediate</th><th>Advanced</th></tr><tr><td>Straight rides</td><td>Single full</td><td>Kick single or 1 ¼</td></tr><tr><td>Blow outs</td><td>X-outs</td><td>Hitch-kick single or 1 ¼</td></tr><tr><td>Pose</td><td>Toe touch</td><td>Star single or 1 ¼</td></tr><tr><td></td><td>Pike</td><td>Toe touch full down</td></tr><tr><td></td><td>Ball up star</td><td>Full up toe-touch</td></tr></table>	Tosses			Basic	Intermediate	Advanced	Straight rides	Single full	Kick single or 1 ¼	Blow outs	X-outs	Hitch-kick single or 1 ¼	Pose	Toe touch	Star single or 1 ¼		Pike	Toe touch full down		Ball up star	Full up toe-touch
Tosses																						
Basic	Intermediate	Advanced																				
Straight rides	Single full	Kick single or 1 ¼																				
Blow outs	X-outs	Hitch-kick single or 1 ¼																				
Pose	Toe touch	Star single or 1 ¼																				
	Pike	Toe touch full down																				
	Ball up star	Full up toe-touch																				
Dismounts	<p>The ending movement from a stunt or pyramid to a cradle or the performing surface. Movements are only considered dismounts if released to a cradle or released and assisted to the performing surface. Movement from a cradle to the ground is not considered a dismount. (Source: USAF)</p> <ul style="list-style-type: none">Specific dismounts are not necessary in secondary stunts or pyramids.																					
Load-in	<p>A stunting position in which the top person has at least one foot in the base(s) hands. The base(s) hands are at waist level. (USASF: 2025-26 Cheer Glossary) The manner by which you get the flyer to the top. Load-in Position: the two-foot entry position for an elevator; a hang drill.</p> <ul style="list-style-type: none">Only at the beginning of the routine, a flyer must have one foot on the floor ready to begin the stunt and in preparation of the signal to begin. Routines cannot begin in a stunt per GHSA rules.																					

Secondary and coed stunts must be held for at least **four (4) counts** once it reaches the intended height.

Stunt Skills

If a squad performs the **same** skill multiple times it will still 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.
- Coed entries: walk-ins or tosses.
- All groups must perform the same skill(s) to receive credit.
- Any release skill to the extended position that is not fully released is considered an intermediate skill.

The table below represents a **limited list** of stunt skills a squad may perform. The officials are responsible for determining the level of difficulty for any stunt skills not listed.

Stunt Skills		
Basic	Intermediate	Advanced
Straight -up stunt to prep level (single or double leg)	Faux full-up to extended position (all bases turning, ruby slipper grip)	True full-up (cross-leg/traditional grip) to extended position
Half up to prep stunt	True full-up (cross-leg/traditional grip) to prep level	1 ¼ full up to extended position
Prep level stunts	Half-up to extended position (two leg or 1 leg)	Released inversion from waist level or prep level to extended stunt
Double leg extension	1 1/4 full up to prep level	Prep level hand in hand to extended stunt
Inversion from <ul style="list-style-type: none"> • waist or prep level to prep level stunt or below • ground to prep level stunt 	Straight up single leg extended position	Back handspring, roundoff, front handspring, cartwheel, etc. released up to extended stunt
	Prep level hand in hand to prep level stunt	
	Non released to extended level <ul style="list-style-type: none"> • Example: low-to-high with back spot grabbing the ankle 	Release to extended position <ul style="list-style-type: none"> • switch up from ground • quick toss • ball-up • full switch-up • low-to-high tick tock (waist or prep level to extended) • high-to-high tick tock (extended to extended)
	Inversion (no release) from <ul style="list-style-type: none"> • waist or prep level to extended stunt • ground to extended stunt 	
	Release to prep level <ul style="list-style-type: none"> • switch up from ground • quick toss • ball-up • full switch-up • low-to-high tick-tock (waist to prep) • high-to-high tick-tock (prep to prep) 	
	Back handspring, roundoff, front handspring, cartwheel, etc. up to prep level stunt	

A low to high performed from the waist or prep level to extended position is considered the same skill and will only count once.

A combination skill receives credit for only one skill. A combination skill is two (2) or more skills performed at the same time.

Example: If a team performs a full switch up and later performs a switch up, the officials will count the full-up in the combination skill, allowing the team to have completed two different skills.



Body Positions/Flexibility Skills

Body Positions	Non-Body Positions
Stretch (Side/Front)	Liberty
Bow & Arrow	Torch
Scale	Dangle/Platform
Scorpion	
Chin Chin/Cry Baby	
Needle	
Cobra/ Paper Clip	
Arabesque	
Free Stretch (hands out)	

A front and side stretch counts as **only** one body position. They will **no** longer be considered two different positions.

Dismounts

Dismounts		
Basic	Intermediate	Advanced
Straight cradles from any skill/level	1 - 1 ¼ rotation (twist) from prep level single leg position	1 - 1 ¼ rotation (twist) from extended single leg position
Pop downs	360 down (corkscrew) from extended (two-legged, dangle, platform) position to a squish or floor	360 down (corkscrew) from extended (single leg, liberty or body position to a squish or floor
Squish	360 down (corkscrew) from prep level to a squish or floor	Power press prep level kick/toe/pike full
Prone from prep level	Full down from prep or extended position	
❖ Half turn cradle from prep	Forward suspended roll	
	Prone from extended level	
	❖ Fold over	
	❖ Half turn cradle from extended	
	❖ Downward inversion from below prep level to performing surface	

❖ Is a transition that receives credit for a dismount.



Maxing Out in Primary Partner Stunt

- A team with 16 members will be expected to stunt 4 primary stunts executing the max DOD requirements to receive an 8.
- A team of 16 members stunt 3 primary stunt groups, if the squad maxes DOD requirement, the highest DOD the squad will receive is a 7. The groups must complete all the skills outlined in the rubric to receive the highest score in DOD.
- If a team has a total of 15 members, they are expected to stunt 3 primary stunt groups. 3 stunt groups executing the max DOD requirement would receive a 7. However, if a team has a total of 15 members and stunt 4 main groups with the required skills, they can receive a maximum of 8 for DOD points.

Maxing out in Secondary Partner Stunt/Tosses

- To max out DOD in secondary stunt/tosses, a team of 16 will be expected to do 5 secondary extended single leg stunts or throw 4 advanced tosses to receive a 5.
- If a team has a total of 15 members, they are expected to stunt 4 secondary extended single leg stunts or throw 3 advanced tosses to receive a maximum score of 4 for DOD.
- A team of 15 could max out DOD of 5 if they perform 5 single leg extended stunts. However, a team of 15 members would be unable to legally complete 4 tosses.



Coed

A coed squad consists of both males and females, or individuals of the opposite sex. In a coed stunt, a male serves as the primary base (group of 3). Coed group of 3 includes male as primary base of support with a spotter and flyer.

Unassisted/Assisted

For the Coed Secondary Stunts, Unassisted and Assisted will be defined as the following:

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.

Stability

All coed stunts must **demonstrate stability** for the executed stunt before receiving assistance.

To receive credit for an unassisted coed stunt, the coed stunt(s) must show stability before a person starts assisting. If assistance is provided before stability is shown, full credit will not be given.

Scoring Coed

Coed stunt groups are their own section on the scoresheet. Coed stunts can score up to an extra 5-points on the scoresheet provided the team executes the required skills with the required number of coed stunt groups based upon the number or males on the team.

Use these steps when judging Coed.

Step	Action
1	Determine the number of males on the team. <ul style="list-style-type: none"> Reference <i>Coed Stunt Groups</i> chart to determine how many males must stunt.
2	Identify the skills performed by the required males on the team.
3	Locate the lowest level skill performed by the males on the squad on the rubric, this identifies the highest possible Coed DOD.

Coed Stunt Groups

Males serve as the primary base in a Coed stunt group. The chart identifies the required number of Coed stunts to execute to receive credit.

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

Coed stunts can occur at any part of the routine, either with the squad secondary stunts or separately. Coed stunts will receive their own DOD.

EXE is cumulative for all secondary stunts including Coed stunts.

Coed DOD

For a coed team to receive DOD points, they must show their required number of coed stunts at any point of the routine. Squads can choreograph the stunt exactly the way it is listed or if they have skilled male athletes, they can choose to skip the prep portion if they show the harder skill, **fully unassisted**.

DOD Examples

All examples are assuming the other required criteria is met with the number of stunt groups and number of required males completing the stunt.

DOD	A Coed team performs...
5	<ul style="list-style-type: none"> Walk in or toss to a single leg extended stunt with no assistance or perform it exactly the way it is stated in the rubric. Unassisted extensions to the top, not stopping at prep first, then transition to an unassisted extended one-arm cupie. A toss to a one-arm cupie or directly to an extended single-leg stunt with no assistance.
4	<ul style="list-style-type: none"> A toss to an unassisted extension, then is assisted to a single-leg stunt.
3	<ul style="list-style-type: none"> Unassisted to prep, then transition to an assisted extended one-arm cupie or single leg. Walk in or toss to prep with no assistance, then assisted to a single leg. Toss to an unassisted extended double leg.
2	<ul style="list-style-type: none"> An unassisted toss to hands, then assisted to an extension. An assisted toss to hands, then assisted to an extension.
1	<ul style="list-style-type: none"> An assisted toss to hands. Under the 1 DOD, everything can be assisted. To receive higher than a 1 they must extend the stunt.

Coed - Scoring Zero

A squad could score a zero in the following scenarios.

- 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 **minimum** requirements of the rubric of assisted or unassisted to hands/prep level.
- 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, or the stunt does not hit.
- The male athletes drop all required stunts that day.

Stunting Execution

When stunting, a fall is considered to the floor by a stunt team member, including bases, flyers, and spotters. When a flyer or stunt group falls, a team member must fall to the floor landing on a part of the body such as the hands, legs, knees, back, head, rear, elbow, hand, and so on. *See Fall definition.*

- If a person lands on their feet, it is not considered a fall. It would be considered an early dismount and/or an execution error. This should be factored into the execution score.
- The secondary stunt must show stability at the top before coming down, not show-and-go style. The stunt cannot just pass thru the top.

Basket Tosses

Will be scored in the Secondary Stunt skill area on the scoresheet. They are not required. A basket toss can be considered a high-level stunt when it is executed appropriately and safely. A team may score the top score for DOD or EXE without the execution of any basket tosses.

Pyramids

Two or more connected stunt groups built no more than two body lengths high. A squad of 16 will likely have a more intricate pyramid than a squad of 12.

Skills

If a squad performs the **same** skill multiple times it will still only count as one skill. The full up is the repeated 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.

Pyramid Skills		
Basic	Intermediate	Advanced
Straight-up stunt to prep level or extension	Faux full-up to extended position (all bases turning, ruby slipper grip)	True full-up (cross-leg/traditional grip) to extended position
Prep level stunts	True full-up (cross-leg/traditional grip) to prep level	1 ¼ full up to extended position
Half-up to prep	Half-up to extended position (two leg or 1 leg)	Released inversion from waist level or prep level to extended stunt
Show and go	1 1/4 full up to prep level	Prep level hand in hand to extended stunt
Single leg show-and-go	Straight up single leg extended position	1½ around back to squish
Straddle sit	Prep level hand in hand to prep level stunt	Front flip
Half around back to squish	Non released to extended level <ul style="list-style-type: none"> • Example: low-to-high with back spot grabbing the ankle 	Back flip
Flat back into stunt	Inversion (no release) from <ul style="list-style-type: none"> • waist or prep level to extended stunt • ground to extended stunt 	Side-sumi
Inversion from <ul style="list-style-type: none"> • waist or prep level to prep level stunt or below • ground to prep level stunt 	Release to prep level <ul style="list-style-type: none"> • switch up from ground • quick toss • ball-up • full switch-up • low-to-high tick-tock (waist to prep) • high-to-high tick-tock (prep to prep) 	Back handspring, roundoff, front handspring, cartwheel, etc. released up to extended stunt
	Release to extended position <ul style="list-style-type: none"> • switch up from ground • quick toss • ball-up • full switch-up • low-to-high tick tock (waist or prep level to extended) • high-to-high tick tock (extended to extended) 	
	One or two-handed suspended roll	
	Helicopter	
	Full around to back squish	
	Up and over (leapfrog)	
	1 ¼ full up to prep level	
	Release to smoosh or cradle <ul style="list-style-type: none"> • Example: straddle-to-smoosh, kick, kick-kick to cradle 	
	Power press and similar skills	
	Prep level hand in hand to prep level	
	Back handspring, front handspring, cartwheel, etc. up to prep level stunt	

A suspended roll (intermediate skill) is when the hand is in contact with someone with both feet on the performing surface.

**Pyramid Execution**

When a pyramid is attempted, and part of the pyramid is executed appropriately, then the team is given credit for any portion of pyramid that hits. Provided the pyramid reached the intended height, a fall in one stunt group of a pyramid would not prevent the team from scoring a Degree of Difficulty (DOD) score. Spacing issues, falls/missed elements on one side, and timing issues would be an example of elements that would be scored in the execution of the pyramid. Either side falling may result in a fall deduction if the fall goes to the floor.



Panel C – Partner Stunts Rubric

Primary Partner Stunts								
DOD	1	2	3	4	5	6	7	8
		<u>2 Total Groups</u> Less than majority squad basic dismounts	<u>3 Total Groups</u> Squad intermediate dismounts	<u>4 Total Groups</u> Must include 1 basic skill plus 2 body positions	<u>2 Total Groups</u> Majority squad advanced dismounts	<u>3 Total Groups</u> Must include 3 advanced skills to the extended position plus 3 body positions executed at extended position	<u>3 Total Groups</u> Squad advanced dismounts	<u>4 Total Groups</u> Must include 2 advanced skills to the extended position plus 2 body positions executed at extended position
	<u>1/2 Total Groups</u> Must include 1 basic skill with limited or no body positions	<u>3/4 Total Groups</u> Must include 2 intermediate skills plus 2 body positions	<u>2 Total Groups</u> Majority intermediate dismount	<u>3 Total Groups</u> Must include 2 intermediate skills plus 2 body positions	<u>4 Total Groups</u> Majority advanced dismounts			
			<u>2 Total Groups</u> Majority intermediate dismount	<u>3 Total Groups</u> Must include 2 intermediate skills plus 2 body positions	<u>4 Total Groups</u> Majority advanced dismounts			
EXE	1-2		3-5		6-8		9-10	
	Poor technique and timing, poor synchronization, poor dismounts, lacks flexibility of body positions, poor precision		Below average-to-average technique, good timing and synchronization, not very clean dismounts, average flexibility of body positions, average/fair precision		Average to above average technique, timing, and synchronization; very good precision, very clean dismounts, above average flexibility of body positions		Above average to excellent technique, timing, synchronization, and precision; perfect flexibility of body positions, majority perfectly clean dismounts	
	3 or more dropped stunts; 7+ bobbles, falls, or missed stunts. Lots of stunt movement		1-2 dropped stunts; 5-6 bobbles, multiple falls, or missed stunts. Some stunt movement		0-1 dropped stunt; 3-4 bobbles, minimal falls, or missed stunts. Minimal stunt movement		0 dropped stunts; 1-2 bobbles; no falls or missed stunts. Minimal to no stunt movement	
Secondary Stunts/ Tosses								
DOD	1	2	3	4	5			
	<u>1 Total Group</u> extended single leg	<u>2 Total Groups</u> extended single leg	<u>3 Total Groups</u> extended single leg	<u>4 Total Groups</u> extended single leg	<u>5 Total Groups</u> extended single leg			
	<u>1-2 Total Groups</u> double leg extended	<u>3 Total Groups</u> double leg extended	<u>4 Total Groups</u> double leg extended	<u>5 Total Groups</u> double leg extended				
	<u>1-2 Total Groups</u> prep-level	<u>3-4 Total Groups</u> prep-level	<u>5 Total Groups</u> prep-level					
		<u>1 Total Group</u> advanced tosses	<u>2 Total Groups</u> advanced tosses	<u>3 Total Groups</u> advanced tosses	<u>4 Total Groups</u> advanced tosses			
	<u>1 Total Group</u> intermediate tosses	<u>2 Total Groups</u> intermediate tosses	<u>3 Total Groups</u> intermediate tosses	<u>4 Total Groups</u> intermediate tosses				
	<u>1-2 Total Groups</u> basic tosses	<u>3 Total Groups</u> basic tosses	<u>4 Total Groups</u> basic tosses					
DOD COED Secondary Stunts								
The team must execute the required number of coed stunt groups to receive the points in the category below.								
	1	2	3	4	5			
	Assisted or unassisted to hands/prep level.	Assisted or unassisted to hands/prep level. Then assisted or unassisted extension .	Fully unassisted to hands/prep level. Then assisted or unassisted extended single leg/one-arm skill. OR Fully unassisted completed to extended double-leg position.	Fully unassisted completed to the extended position. Then assisted to extended single leg/one-arm skill.	Fully unassisted completed to the extended position. then unassisted extended single leg/one-arm skill. Can walk-in or toss directly to extended single leg/one-arm skill.			
EXE	1	2-3	4-5	6				
	Poor technique and timing, poor synchronization, poor dismounts, lacks flexibility of body positions, poor precision	Below average-to-average technique, good timing and synchronization, not very clean dismounts, average flexibility of body positions, average/fair precision	Average to above average technique, timing, and synchronization; very good precision, very clean dismounts, above average flexibility of body positions	Above average to excellent technique, timing, synchronization, and precision; perfect flexibility of body positions, majority perfectly clean dismounts				
	3 or more dropped stunts; 7+ bobbles, falls, or missed stunts. Lots of stunt movement	1-2 dropped stunts; 5-6 bobbles, multiple falls, or missed stunts. Some stunt movement	0-1 dropped stunt; 3-4 bobbles, minimal falls, or missed stunts. Minimal stunt movement	0 dropped stunts; 1-2 bobbles; no falls or missed stunts. Minimal to no stunt movement				



Panel C – Pyramids Rubric

Pyramids								
DOD	1	2	3	4	5	6	7	8
	Basic pyramid that includes		Intermediate pyramid that includes		Advanced Pyramid that includes		Highly advanced pyramid that includes	
	1 structure with	2 or more structures with	1 or more structures with	2 or more structures with	2 or more structures with	3 or more structures with	3 or more structures with	4 or more structures with
	1 basic skills to the prep level position or above, lacking complexity Synchronized flyers not required	2 or more basic skills to the prep level position or above, lacking complexity Synchronized flyers not required OR 1 intermediate skill to the prep level position or above Synchronized flyers not required	2 or more intermediate skills to the prep level position or above Synchronized flyers not required OR 1 advanced skill performed with 1 flyer being executed to the extended position	3 or more intermediate skills performed to the prep level position performed by 2 or more synchronized flyers OR 2 advanced skills performed with 1 flyer 1 of the 2 skills being executed to the extended position	2 advanced skills performed with 2 flyers 1 of the 2 skills being executed to the extended position by 2 or more synchronized flyers OR 3 advanced skills performed with 1 flyer 2 of the 3 skills being executed to the extended position	2 advanced skills with 2 of the 2 skills being executed to the extended position all performed by 2 or more synchronized flyers	3 advanced with 2 of the 3 skills being executed to the extended position all performed by 2 or more synchronized flyers	4 advanced skills with 3 of the 4 skills being executed to the extended position all performed by 2 or more synchronized flyers
EXE	1-2		3-5		6-8		9-10	
	Poor technique and timing, poor synchronization, poor dismounts, lacks flexibility of body positions, poor precision Poor transitions		Below average-to-average technique, good timing and synchronization, not very clean dismounts, average flexibility of body positions, average/fair precision Not very clean transitions		Average to above average technique, timing, and synchronization; very good precision, very clean dismounts, above average flexibility of body positions Very clean transitions		Above average to excellent technique, timing, synchronization, and precision; perfect flexibility of body positions, majority perfectly clean dismounts Perfectly clean transitions	
	3 or more dropped stunts; 7+ bobbles, falls, or missed stunts. Lots of stunt movement.		1-2 dropped stunts; 5-6 bobbles, multiple falls, or missed stunts. Some stunt movement.		0-1 dropped stunt; 3-4 bobbles, minimal falls, or missed stunts. Minimal stunt movement.		0 dropped stunts; 1-2 bobbles; no falls or missed stunts. Minimal to no stunt movement.	



2025 Panel C – Partner Stunts & Pyramids Scoresheet

SCHOOL				NUMBER ON SQUAD	CLASS/ REGION	PANEL
						C
PRIMARY PARTNER STUNTS						
Areas of EXE Improvement						SCORE
<input type="checkbox"/> Missed Stunts	<input type="checkbox"/> Bobbles	<input type="checkbox"/> Flyer Form	<input type="checkbox"/> Formations	DOD	8	
<input type="checkbox"/> Dropped Stunts	<input type="checkbox"/> Precision	<input type="checkbox"/> Flexibility	<input type="checkbox"/> Synchronized/Timing			
<input type="checkbox"/> Cleanup Dismounts	<input type="checkbox"/> Lacks Stability	<input type="checkbox"/> Stunt Movement	<input type="checkbox"/> Stunt Technique	EXE	10	
<input type="checkbox"/> Missed Dismounts	<input type="checkbox"/> Falls	<input type="checkbox"/> Missed Body Position		Decimal of .5 permitted		
SECONDARY STUNTS/ TOSSES/COED						
Areas of EXE Improvement						
<input type="checkbox"/> Missed Stunts	<input type="checkbox"/> Bobbles	<input type="checkbox"/> Flyer Form	<input type="checkbox"/> Formations	SQUAD DOD	5	
<input type="checkbox"/> Dropped Stunts	<input type="checkbox"/> Precision	<input type="checkbox"/> Flexibility	<input type="checkbox"/> Synchronized/Timing			
<input type="checkbox"/> Cleanup Dismounts	<input type="checkbox"/> Lacks Stability	<input type="checkbox"/> Stunt Movement	<input type="checkbox"/> Stunt Technique	EXE	6	
<input type="checkbox"/> Falls	<input type="checkbox"/> Toss Height	<input type="checkbox"/> Toss Technique		Decimal of .5 permitted		
<input type="checkbox"/> Did Not Meet Coed Requirements	<input type="checkbox"/> Coed Technique	<input type="checkbox"/> Required Hold Count Not Met		COED DOD	5	
PYRAMIDS						
Areas of EXE Improvement						
<input type="checkbox"/> Flyer Form	<input type="checkbox"/> Formations	<input type="checkbox"/> Cleanup Releases	<input type="checkbox"/> Synchronized/Timing	DOD	8	
<input type="checkbox"/> Precision	<input type="checkbox"/> Drops	<input type="checkbox"/> Slow Flow/Pace	<input type="checkbox"/> Improve Transitions			
<input type="checkbox"/> Lacks Stability	<input type="checkbox"/> Bobbles	<input type="checkbox"/> Fast Flow/Pace	<input type="checkbox"/> Connections	EXE	10	
<input type="checkbox"/> Missed Elements	<input type="checkbox"/> Falls	<input type="checkbox"/> Stunt Movement	<input type="checkbox"/> Stunt Technique	Decimal of .5 permitted		
SUBTOTAL SCORE						
LEGIBLY SIGN YOUR FULL NAME						
OFFICIAL 5 SIGNATURE		OFFICIAL 6 SIGNATURE				



Section 6

Region and State Tournaments

**Regional, Sectional, State Dates**

The table below identifies the dates for region, sectionals, and state finals.

Date	Event
November 8, 2025	Region Tournaments
November 8, 2025	All Sectionals
November 14, 2025: 10:00 AM	State Championship Finals: 2A & 4A
November 14, 2025: 3:00 PM	State Championship Finals: 1A & Private
November 15, 2025: 10:00 AM	State Championship Finals: 3A & 5A
November 15, 2025: 3:00 PM	State Championship Finals: 6A & Coed

All state competition rotations for all divisions are assigned by the GHSA office

**State Championship Finals
Macon Coliseum
200 Coliseum Drive
Macon, GA 31217**



Regional and Sectional Competitions

Region and Sectionals for all divisions will occur on **November 8, 2025**.

- Only teams which have competed in at least three (3) sanctioned tournaments during the season in the division they declared are eligible to enter post season competition (See GHSA Constitution and By-Laws; Regional/Sectional Competition, pages 54).
- Each school is allowed to enter one team in the regional or sectional competition.
- There are no regional competitions for Coed and Class 1A.
- Region secretaries must draw their own order of appearance prior to the competition to submit to the host.
- Hosts are responsible for the independent drawing to determine the order of appearance for each division, if not provided by the Region Secretary.

Regional and Sectional Procedures

The following table outlines the procedures to be followed for regionals and sectionals.

Step	Action								
1	By October 1 all rosters must be updated to ensure placements at region and state rotations. <ul style="list-style-type: none"> • Roster substitutions may be made after this date with approval by the GHSA Director plus the Tournament Host should be notified. 								
2	All regions of each division will compete at the same location. Region champions will be named and the top 16 teams in that division will advance to finals. The results will be posted online by 8:00 PM .								
3	The top sixteen teams in Coed and Class 1A Sectionals will advance to the State Championship.								
4	<p>A panel of officials to be used at invitationals, region, sectional, and state competitions will consist of six officials and one safety official. More than one panel of officials may be used, if necessary, based upon the number of participating divisions. A division must be judged by a single panel. A single division may not be split between two panels.</p> <table> <tr> <th>Step</th><th>Action</th></tr> <tr> <td>1</td><td>Regions and Sectionals will be assigned to a booking agent and officials will be assigned by the booking agent with the approval by the Competitive Cheerleading Liaison.</td></tr> <tr> <td>2</td><td>State Officials will be assigned by the Competitive Cheerleading Liaison with the assistance of the Booking Agents from each association.</td></tr> <tr> <td>3</td><td>Officials for region, sectionals, and state must meet all requirements of the GHSA and completed proper training approved by the GHSA Associate Director.</td></tr> </table>	Step	Action	1	Regions and Sectionals will be assigned to a booking agent and officials will be assigned by the booking agent with the approval by the Competitive Cheerleading Liaison.	2	State Officials will be assigned by the Competitive Cheerleading Liaison with the assistance of the Booking Agents from each association.	3	Officials for region, sectionals, and state must meet all requirements of the GHSA and completed proper training approved by the GHSA Associate Director.
Step	Action								
1	Regions and Sectionals will be assigned to a booking agent and officials will be assigned by the booking agent with the approval by the Competitive Cheerleading Liaison.								
2	State Officials will be assigned by the Competitive Cheerleading Liaison with the assistance of the Booking Agents from each association.								
3	Officials for region, sectionals, and state must meet all requirements of the GHSA and completed proper training approved by the GHSA Associate Director.								
5	Five percent (5%) of the gross receipts from the region/sectional competition must be paid to the GHSA office in a timely manner.								
6	All music should be cleared through the school administration and copyright portal.								

**Regional and Sectional Assignments**

The following table shows the Regional, Single A Sectional, and COED Sectional Assignments. COED and Single-A, Sectional mixed panels will be assigned by GHSA. Four (4) regions and Coed will compete in a morning session, then another four (4) regions in an afternoon session.

Regional / Sectional Assignments				
Class	Host	Contact	Cell	Email
1A	Commerce High School	Beverly Sailors	706.207.5535	beverly.sailors@commercecitieschools.org
2A	Crisp County High School	Shelby Hughes	229.313.5865	shughes@crispschools.org
3A	West Laurens High School	Hollie Beale	478.697.3678	wlhsbeale@gmail.com
4A	Walnut Grove High School	Rebecca Brown	478.397.9627	rebecca.brown@walton.k12.ga.us
5A	Houston County High School	Jessica Leaptrot	478.278.6273	jessica.leaptrot@hcbe.net
6A	Buford Arena	Rebecca Powell	678.997.1468	rebecca.powell@bufordcityschools.org
Coed	East Coweta High School	Bri Lannom	404.398.9370	brionna.lannom@cowetaschools.net

Top 16 advancing to finals will be posted on GHSA website by 8:00 pm.



Sectional and State Championship Competition

Sectionals

- A random order of appearance will be drawn for the rotation of teams. The random order will be based upon the alternating rotations of each division.
- During the Non-Coed divisions in each competitive session, the routines will alternate classifications. The top eight (8) teams from each class advance to the State Championships.

State Championship

- Coed order is based upon results at sectionals.
- In each competitive session, the routines will alternate classifications. *Rotations available following Regions.*

Flash Photography

Flash cameras or any other electronic equipment such as cell phones or iPads will not be allowed during competition.

- Signs will be posted at all entrances stating: **No Flash Photography or Filming.**
- No flashlights, spotlights, cell phone, or iPad lights of any kind can be used during the time a team is competing on the floor.
- Anyone using flash photography whether on a phone, camera or iPad may be removed from the competition.

Finances

- Admission cost is per session.
- Net receipts, after expenses have been paid, will be divided with the GHSA receiving 40% and 60% divided among the participating schools.