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

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Materials

GHSA Competitive Cheerleading Guide

NFHS Rules Book

Safety Quick Reference Guide (Release August 30th)

Panel Tracking Forms

YouTube - @GHSACompetitiveCheer (Safety)

All materials are located on GHSA.net

Study all materials weekly to be a successful official!

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Significant Dates

September 5th – October 31st

- Competitive Invitationals

November 7th

- Region winners determined
- Sectionals for all teams

November 13th & 14th State Championships

- Friday (13th): State Championships for 3A & 4A (10:00 AM); 5A & 6A (3:00 PM)
- Saturday (14th): State Championships for 1A, 2A & Private (10:00 AM); 7A & Coed (3:00 PM)

Updated

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Eligibility Requirements

Must be 21 years of age or older

May not coach a high school cheerleading team, including spirit, competition, basketball, football, or any other high school cheerleading program

Must shadow judge **without compensation** – new officials

Must attend all mandatory training courses

Complete a background check – Will be completed in Dragonfly

Pay all fees associated with Judging

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Must Know

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

GHSA will assign the official's association for all sanctioned events

The Booking Agent is responsible for scheduling officials for a competition

The number of competitions you are assigned will depend on several factors, including the number of competitions in your area, the number of officials in your association, your availability, your area of expertise, any conflicts, and your tenure.

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Officials' Pay

One panel is more than adequate for 40 high school teams (p. 2-2)

Officials are paid (p. 2-4) Minimum pay is \$150.00

- **\$12.50** per team up to 12 teams
- **\$10.00** per team for each team over 12 teams
- **\$11.14** per official regular season travel fees

Updated

Officiating is for the love of the sport!

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Conflict of Interest

- 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.

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Dress

Must wear...

- black and/or white
- appropriate business shoes

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The Judging Panel

Panel	Responsible Official	Responsibility and Job
A	Official 1 Official 2	• Scores jumps, dance, cheer and overall composition • Assists the Primary Safety Judge in determining violations and deductions
B	Official 3 Official 4	• Scores running and standing tumbling
C	Official 5 Official 6	• Scores primary partner stunts, secondary partner stunts, and pyramids
Floor Safety	Official 7	• Serves as Primary Safety Judge and will confer with Panel A • Assist in the counting the number of team members performing jumps, running tumbling, and standing tumbling

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Judging Panel Seating

HJ and TS may swap seats.

Panel C | Panel A | Panel B

Floor Safety

Opposite Head Judge

×

Floor Safety never walk at back of mat

P.3-2/2-6

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Checkboxes

Areas for improvement for a team's **execution** (EXE) scores

Each panel should check boxes

Ensure the boxes you check **match** your score

Assist coaches to improve and understand why they are receiving an EXE score

Checkbox Quick Reference Guide

Areas of EXE Improvement

☐ Bobbles

☐ Precision

☐ Flye

☐ Flexibility

Areas of EXE Improvement

☐ Height

☐ Dropped Chest

☐ Timing

☐ Form

☐ Formation

☐ Misses

Updated

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Panel A



Jumps, Dance, Cheer, ORC

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Panel A

Jumps, Dance, Cheer, & ORC



GHSA Competition Cheerleading Guide						
Panel A – Jumps/Cheer/Dance/ORC Rubric						
Jumps						
DOD	1	2	3	4	5	6
	Total Team #.4		Total Team #.2		Total Team #.8	
	Triple combo of 3 different advanced jumps. Must be connected.					
	Total Team #.4		Total Team #.2		Total Team #.8	
	Double combo advanced jumps with variety or triple combo advanced jumps with no variety.					
	Total Team #.1		Total Team #.8			
	Single or non-connected basic jumps.					
EXE	1-2		3-4		5-6	
	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	
	Less than majority squad incorporations. Basic transitions, lacking complexity. Sluggish 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.	
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	
	Basic motions and transitions. Very few level changes. Lacks energy, little creativity, lacks originality, and lacking visual.		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.	
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.	
					Multiple advanced motions with advanced transitions and several level changes. Excellent energy, highly creative and original, very visual.	
					Excellent technique, perfect timing, very clean transitions, and formations, excellent rhythm.	
Overall Routine Composition						
	1-2		3-4		5-6	
	Below average overall impression, cleanliness of routine, 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. Good 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 excellent use of choreography with skills and use 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.	

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Total Team Minus

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

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

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Jump Definitions

Combo

- Connected jumps without a pause in between

Connected

- No pause, step

Variety

- Jump sequence that involves at least two different jumps

Panel A- P.5-2

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Degree of Difficulty (DOD)

To max DOD, entire squad must do **3 different advanced** connected jumps

DOD is **not** determined by jumps connected to tumbling

Tumbling can accompany jumps but will be judged in tumbling, not jumps

Panel A

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Team Jumps

Perform all jumps together

Ripple or group their jump sequence

- **Same sequence:** $\frac{1}{2}$ squad can perform 3 connected advanced jumps; when done or almost done, the other $\frac{1}{2}$ squad can perform the **same three** connected advanced jumps

All jumps must be done in the same combination with the **same** jumps

Panel A

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Execution Checkboxes

Average what the team does as a **whole** - all rows and sides

- The front middle typically have the strongest jumper(s)

Never single out a single jumper or set of jumpers

View the entire team as quickly as possible

Areas of EXE Improvement			
☐ Landings	☐ Height	☐ Dropped Chest	☐ Synchronized/Timing
☐ Pointed Toes	☐ Form	☐ Arm Placement	☐ Legs Not Horizontal
☐ Straight Legs	☐ Formation	☐ Missed Jumps	

Updated

P.5-2 to 5-5

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Jumps Scoring 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

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Cheer

Cheer Requirements

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

Cheer Incorporations

- One 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.

Panel A – P.5-2

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Cheer: Tips & Tricks

All team members are expected to cheer to max out DOD

Incorporations must be included

The type of incorporation does **not** impact the cheer score

Short chants of an 8-count may limit the score

Consider:

- Sharp motions, synchronizations, pace, and transitions
- Ability to hear the entire squad saying the words, focus on the team saying the words, **not** the fans

Panel A

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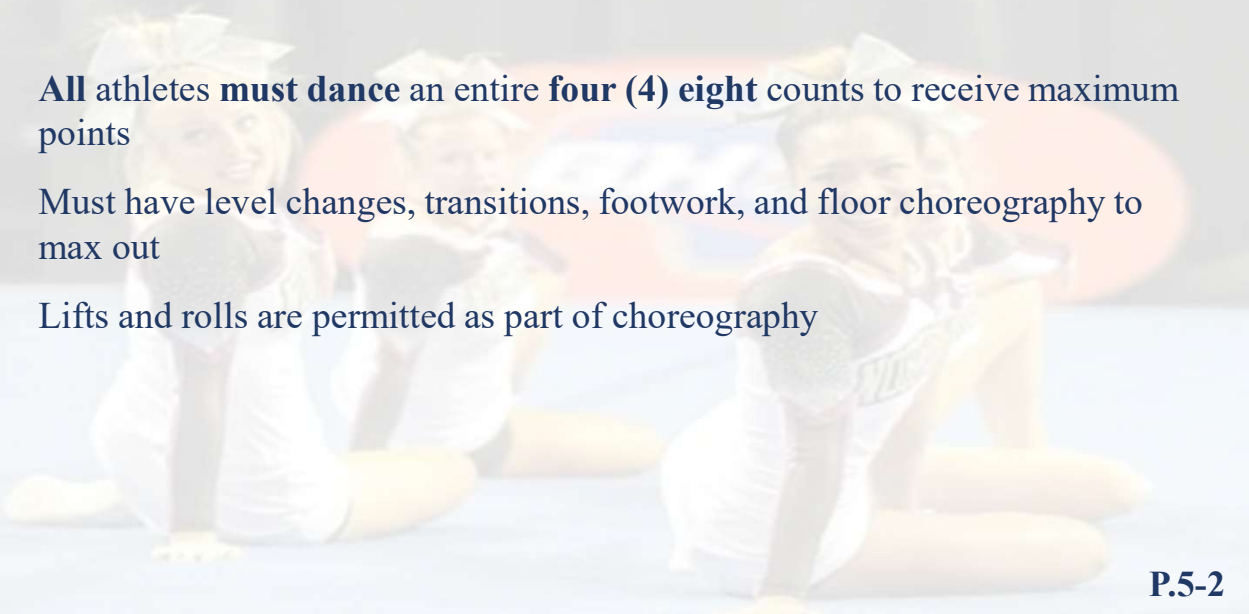
Dance

All athletes **must dance** an entire **four (4) eight** counts to receive maximum points

Must have level changes, transitions, footwork, and floor choreography to max out

Lifts and rolls are permitted as part of choreography

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Dance: Tips & Tricks

Requires

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

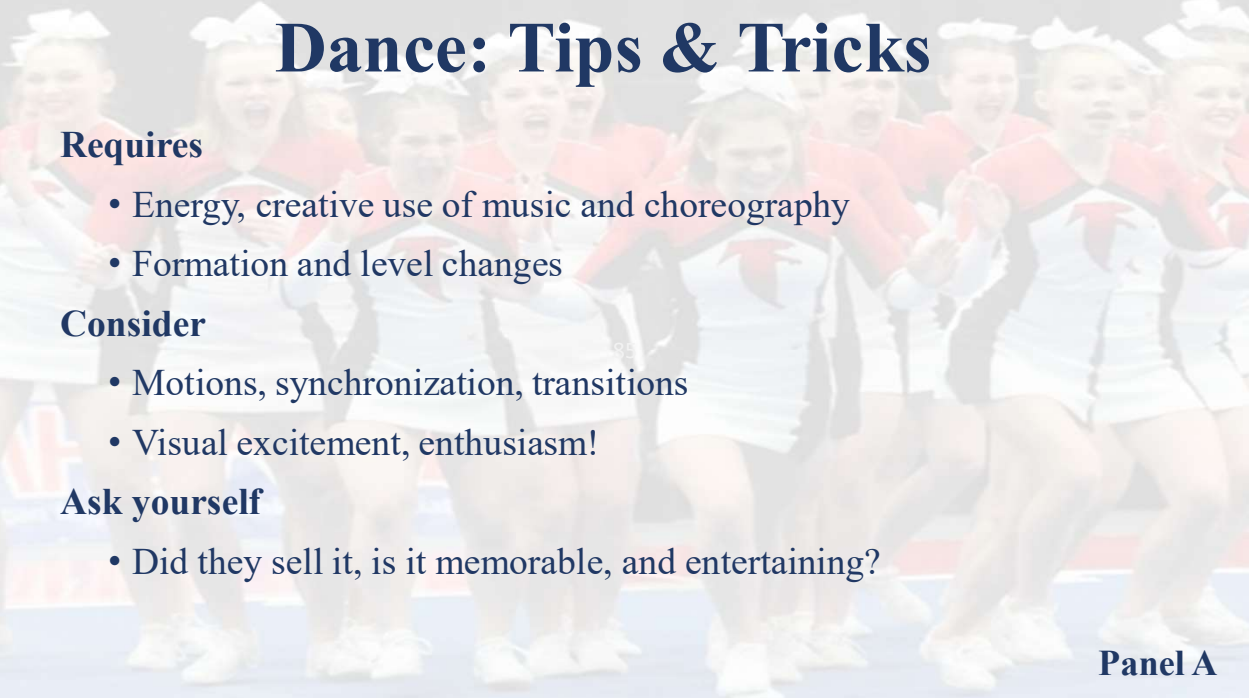
Consider

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

Ask yourself

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

Panel A



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Overall Routine Composition (ORC)

Crowd appeal

Innovative, visual, and intricate choreography

Creative formations and transitions

Energy and excitement level

Enthusiasm and showmanship

How did the routine make you feel

Pace/flow of the routine

Routine layout

Use of the floor

Falls or dropped skills throughout the routine

Tumbling technique/performance

Stunting technique/performance

Skills or choreography that made the routine pop

Panel A (Rubric) – P.5-2

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ORC Scoring			
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.

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Panel A

Jumps, Dance, Cheer, & ORC

Input Number on Squad

Decimals of .5 permitted for EXE, Dance, Cheer, ORC

Sign legibly

Checkboxes – areas of improvement

Updated

2026 Competitive Cheerleading Official's Score Sheet

2026 Panel A – Jumps/Cheer/Dance/ORC Score Sheet

SCHOOL	NUMBER ON SQUAD	CLASS/REGION	PANEL
			A
JUMPS			
Areas of EXE Improvement			SCORE
☐ Landings	☐ Height	☐ Dropped Chest	☐ Synchronization/Timing
☐ Pointed Toes	☐ Form	☐ Arm Placement	☐ Legs Not Horizontal
☐ Straight Legs	☐ Formation	☐ Missed Jumps	
			DOD 6
			EXE 8
CHEER/CHANT			
Areas of EXE Improvement			
☐ Creative & Visual	☐ Add Motions	☐ Formations	☐ Synchronization/Timing
☐ Crowd Appeal	☐ Projection	☐ Transitions	☐ No Incorporations
☐ Sharpness	☐ Low Volume	☐ Low Energy	☐ Partial Incorporations
☐ Pace	☐ Say Words	☐ Involve Total Team	☐ Needs More Counts
			DOD/EXE 5
			Decimal of 5 permitted
DANCE			
Areas of EXE Improvement			
☐ Creative & Visual	☐ Rhythm	☐ Motions	☐ Synchronization
☐ Formations	☐ Choreography	☐ Slow Flow/Pace	☐ Lacks Innovation
☐ Low Energy	☐ Transitions	☐ Fast Flow/Pace	☐ Needs More Counts
☐ Showmanship	☐ Level Changes	☐ Involve Total Team	☐ Knowledge of routine
☐ Intricacy			
			DOD/EXE 7
			Decimal of 5 permitted
OVERALL ROUTINE COMPOSITION			
Areas of EXE Improvement			
☐ Creative & Visual	☐ Clean up	☐ Dropped/Missed Skills	☐ Low Energy/Enthusiasm
☐ Showmanship	☐ Variations	☐ Synchronized Timing	☐ Structure layout of routine
☐ Falls	☐ Formations	☐ Slow Flow/Pace	☐ Intricate Choreography
☐ Lacks Innovation	☐ Transitions	☐ Fast Flow/Pace	
☐ Tumbling Technique Performance	☐ Stunting Technique Performance		
			EXE 7
			Decimal of 5 permitted
SUBTOTAL SCORE			
LEGIBLY SIGN YOUR FULL NAME			
OFFICIAL 1 SIGNATURE		OFFICIAL 2 SIGNATURE	

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Panel B

Running & Standing Tumbling

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Panel B

Running & Standing Tumbling



GHSA Competition Cheerleading Guide

Panel B - Standing/Running Tumbling Rubric

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

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Tumbling Entries

Updated

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.

Watch the entry into the skill

Round-off/Cartwheel: Running tumbling because of the momentum it generates

Panel B – P.5-9

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Tumbling Clarification

New

A **cartwheel entry into tumbling** will be classified as running tumbling.

A cartwheel is considered forward movement; therefore, **all skills** performed immediately following a cartwheel will be counted as running tumbling.

Examples include, but are not limited to:

- Cartwheel tuck
- Cartwheel full

Standing or Running Tumbling – Tuck Jump/Hop Deductions

- During a routine, tuck jumps or tuck hops **may not** be performed during group tumbling skills.
- If an athlete performs a tuck jump or hop during a group tumbling skill, the team will receive a **1-point deduction per athlete** who executes the tuck jump/hop.

Example

- A squad performs 12 standing tucks, and **two** other athletes perform a tuck jump/hop. The team will receive a **2-point deduction** (1 point per athlete).
- An athlete who performs a **round-off back handspring rebound** will **not** receive a point deduction. This will be considered an **omission or missed tumbling skill**, not a tuck jump/hop violation.

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Standing vs. Running

Standing Tumbling

Tumbling skill or 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.

VS.

Running Tumbling

Tumbling skill that is performed with a running start and/or involves a step or hurdle used to gain momentum as an entry to another skill.

Any type of **forward** momentum/movement prior to execution of the tumbling skill(s) is defined as running tumbling.

Source: usasf.net

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Specialty Passes

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

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

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Majority

Term	Description
Majority	51% or more of the team members execute a required skill. Half of the team plus one. • 15 members would need 8 members completing the skill to fall in the majority range
Less than majority	50% or fewer of the team members execute a required skill. Half the team or less. • 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

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Total Team Minus

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

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

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Running Tumbling

DOD 6

The entire team minus 2 must tumble doing round-off tuck or **higher**

The team must perform at least **4** fulls

- Athletes throwing the fulls can also perform the lower skill
- Two team members executing **2** fulls in one pass will count as a total of **4** fulls

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DOD: Standing Tumbling

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

DOD of 3

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

DOD of 2

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

DOD of 1

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

Panel B

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DOD Tips & Tricks

Know the tumbling skills when performed

Determine the highest-level skill, then use the rubric to identify DOD

After the routine: First you, your partner and the floor safety determine how many did **not** tumble

- Floor Safety** will assist with the counting; at times, may be able to confirm the skill

Count tumblers during the running tumbling section; watch for team members on the sides not tumbling

Tumbling is **not** cumulative, needs to be shown in **same** sections of the routine

- Teams will recycle

Panel B

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DOD Tips & Tricks, *continued*

Split the mat with your partner front/back or left/right side of mat ensure you know the skills performed by the squad

- Ensure both officials are aware of EXE when splitting the mat

Decide with your partner prior to the competition who will look for repeat tumblers

If an athlete performs a higher-level skill, then that athlete can also perform the lower-level skill

- **Example:** If an athlete performs a round off back handspring full, then assume the athlete can also perform a round off back handspring tuck or layout

Create your own code for the tumbling skills:

- BT=Back Tuck
- S - ROBHOST=Squad Round Off Back Handsprings Tucks

Panel B

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EXE Tips & Tricks

Execution score is based on all tumbling throughout the entire routine

Weak performers are typically in the back or hidden on the side

Determine if one person writes the skills down while the other watches and communicates to the other

Talk with your partner, review notes to determine EXE

Make sure you check the boxes on the score sheet to match your score

Panel B

40

Tumbling Execution

Based on all tumbling throughout the entire routine

Form to look for:

- Bent legs
- Bent elbows
- Steps on landings
- Hands down
- Falls
- Height on tumbling – whip over vs. setting up

- Legs apart
- Landing short
- Timing off
- Form/Stability
- Synchronization/Timing

Hands down in tumbling is **not** a fall - Hands down is only deducted from the execution score

Difficulty does not equal execution!

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Tumbling EXE Scoring

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, excellent 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

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Panel B

Running & Standing Tumbling

Input Number on Squad

Checkboxes – areas of improvement

Sign legibly

Decimals of .5 permitted for EXE

2026 Competitive Cheerleading Official's Score Sheet

Panel B – Standing/Running Tumbling

2026 Panel B – Standing/Running Tumbling Score Sheet

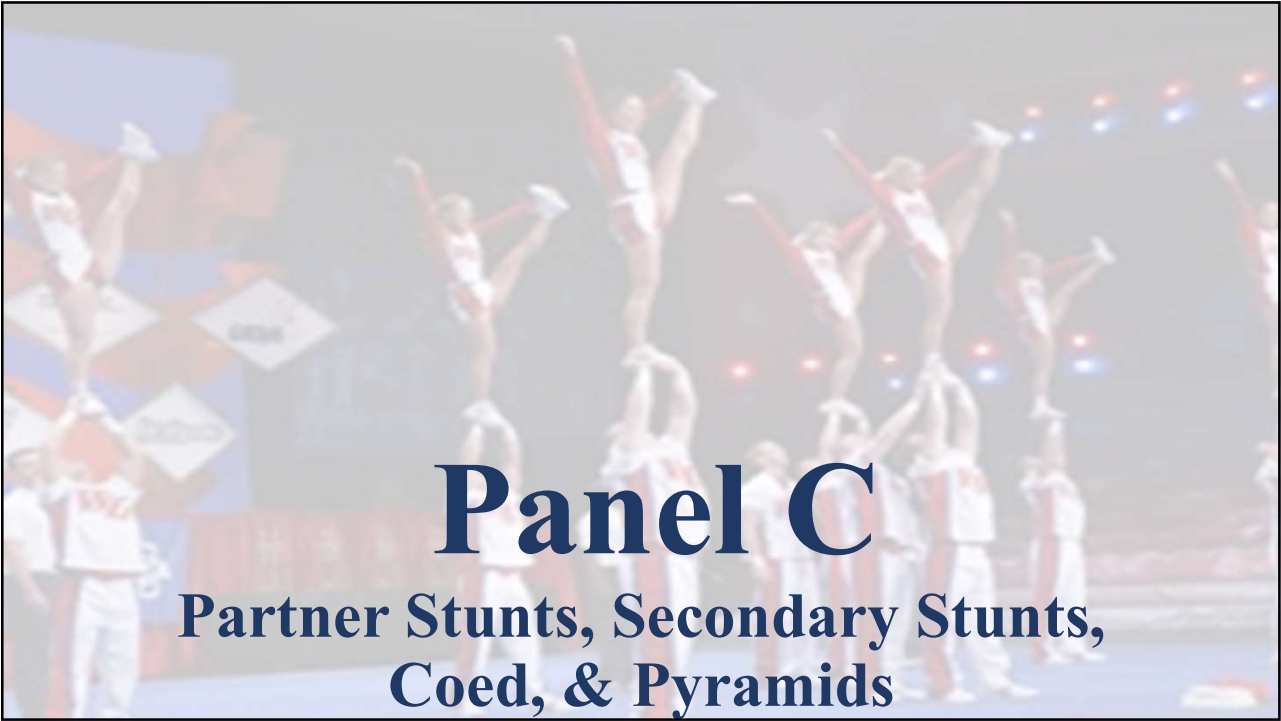
SCHOOL	NUMBER ON SQUAD	CLASS/REGION	PANEL
			B
STANDING TUMBLING			
Areas of EXE Improvement			SCORE
☐ Technique	☐ Landings	☐ Form/Stability	☐ Synchronized Timing
☐ Choreography	☐ Precision	☐ Straighten Legs	☐ Hands Down
☐ Legs Apart	☐ Formation Spacing	☐ Missed Tumbling	☐ Multiple Steps
☐ Height	☐ Falls		
			DOD 6
			EXE 8
			Decimal of .5 permitted
RUNNING TUMBLING			
Areas of EXE Improvement			
☐ Technique	☐ Landings	☐ Form/Stability	☐ Synchronized Timing
☐ Choreography	☐ Precision	☐ Straighten Legs	☐ Hands Down
☐ Legs Apart	☐ Formation Spacing	☐ Missed Tumbling	☐ Multiple Steps
☐ Height	☐ Falls	☐ Use of Floor	
			DOD 6
			EXE 8
			Decimal of .5 permitted
SUBTOTAL SCORE			
LEGIBLY SIGN YOUR FULL NAME			
OFFICIAL 3 SIGNATURE		OFFICIAL 4 SIGNATURE	

2024 Officials' Scoring Instructions & Rubric

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Panel C

Partner Stunts, Secondary Stunts, Coed, & Pyramids

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Panel C

Primary-Secondary-Coed Stunts



GHSA Competition Cheerleading Guide

Panel C – Partner Stunts Rubric

Primary Partner Stunts									
DOD	1	2	3	4	5	6	7	8	9
		1 Total Groups Less than majority equal basic dismounts Must include 1 basic skill to prep level or higher plus 2 body positions	1 Total Groups Equal intermediate dismounts	1 Total Groups Majority equal advanced dismounts	1 Total Groups Majority equal advanced dismounts	1 Total Groups Majority equal advanced dismounts	1 Total Groups Majority equal advanced dismounts	1 Total Groups Majority equal advanced dismounts	1 Total Groups Majority equal advanced dismounts
	1-2 Total Groups Must include 1 basic skill with limited or no body positions	3-4 Total Groups Must include 1 basic skill to prep level or higher plus 2 body positions	5-6 Total Groups Majority intermediate dismounts Must include 2 advanced skills to the extended position plus 2 body positions executed at extended position	7-8 Total Groups Majority advanced dismounts Must include 2 advanced skills to the extended position plus 2 body positions executed at extended position	9-10 Total Groups Majority advanced dismounts Must include 2 advanced skills to the extended position plus 2 body positions executed at extended position				
		1 Total Groups Majority intermediate dismounts Must include 2 intermediate skills plus 2 body positions	1 Total Groups Majority intermediate dismounts Must include 2 intermediate skills plus 2 body positions	1 Total Groups Majority advanced dismounts Must include 2 advanced skills plus 2 body positions					
FXE	1-2	3-4	5-6	7-8	9-10				
	Poor technique and timing, poor synchronization, poor dismounts, lacks flexibility of body positions, poor precision 3 or more dropped stunts, 5+ bobbles, falls, or missed stunts Lots of start movement	Below average to average technique, good timing and synchronization, not very clean dismounts, average flexibility of body positions, average low precision 3-4 dropped stunts, 5-6 bobbles, multiple falls, or missed stunts. Some start movement	Average to above average technique, timing, and synchronization, very good precision, very clean dismounts, above average flexibility of body positions 3-4 dropped stunts, 3-4 bobbles, minimal falls, or missed stunts. Minimal start movement	Above average to excellent technique, timing, synchronization, and precision, perfect flexibility of body positions, majority perfectly clean dismounts 3 dropped stunts, 1-2 bobbles, no falls or missed stunts. Minimal to no start movement					

Secondary Stunts/Tenues					
DOD	1	2	3	4	5
	1 Total Groups extended single leg	1 Total Groups extended single leg	1 Total Groups extended single leg	1 Total Groups extended single leg	1 Total Groups extended single leg
	1-2 Total Groups double leg extended	1-2 Total Groups double leg extended	1-2 Total Groups double leg extended	1-2 Total Groups double leg extended	1-2 Total Groups double leg extended
	1-2 Total Groups prep level	1-2 Total Groups prep level	1-2 Total Groups prep level	1-2 Total Groups prep level	1-2 Total Groups prep level
	1 Total Groups advanced tenues	1 Total Groups advanced tenues	1 Total Groups advanced tenues	1 Total Groups advanced tenues	1 Total Groups advanced tenues
	1-2 Total Groups basic tenues	1-2 Total Groups basic tenues	1-2 Total Groups basic tenues	1-2 Total Groups basic tenues	1-2 Total Groups basic tenues

DOD COED Secondary Stunts					
1	2	3	4	5	
Assisted or unassisted by hands/prep level	Assisted or unassisted by hands/prep level. Then assisted or unassisted extensions	Fully unassisted to hands/prep level. Then assisted or unassisted extended single leg/stance OR Fully unassisted completed to extended double leg position.	Fully unassisted completed to the extended position. Then assisted or unassisted single leg/stance OR Fully unassisted completed to extended single leg/stance OR Fully unassisted completed to extended single leg/stance OR Fully unassisted completed to extended single leg/stance	Fully unassisted completed to the extended position. Then assisted or unassisted extended single leg/stance OR Fully unassisted completed to extended single leg/stance OR Fully unassisted completed to extended single leg/stance OR Fully unassisted completed to extended single leg/stance	
FXE	1	3-4	4-5	5	
	Poor technique and timing, poor synchronization, poor dismounts, lacks flexibility of body positions, poor precision 3 or more dropped stunts, 5+ bobbles, falls, or missed stunts Lots of start movement	Below average to average technique, good timing and synchronization, not very clean dismounts, average flexibility of body positions, average low precision 3-4 dropped stunts, 5-6 bobbles, multiple falls, or missed stunts. Some start movement	Average to above average technique, timing, and synchronization, very good precision, very clean dismounts, above average flexibility of body positions 3-4 dropped stunts, 3-4 bobbles, minimal falls, or missed stunts. Minimal start movement	Above average to excellent technique, timing, synchronization, and precision, perfect flexibility of body positions, majority perfectly clean dismounts 3 dropped stunts, 1-2 bobbles, no falls or missed stunts. Minimal to no start movement	

5-24 | Page 7.7.2026 2026 Officials' Scoring Instructions & Rubric

P.5-24

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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. 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. Failure to hit a heel stretch and instead remaining 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.

P.5-14

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Definitions

Term	Description
True Full up	Bases remain stationary and flyer rotates 360° and back spot stays behind the flyer.
Stunt Movement	When a stunt is moved due to an unintended and unchoreographed shift or adjustment by the bases(s).
Structure	A place in a pyramid when flyers connect (hand-hand or hand-foot) and pause to show a defined position. This is also known as a picture.
Extended Stunt/ Position	The supporting hand(s) of the base(s) is/are above the head. <i>(Source: NFHS)</i>

P.5-14

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Intended Height

Give credit for stunts that go to the intended height of the stunts
Stunts that do not go to the intended height **will affect** the scoring of the DOD

- In Primary and Secondary Stunts as well as Pyramids

P.5-14

48

Partner Stunts / Tosses

All groups must **demonstrate stability** at the extended point of the executed stunt

- Cannot be a show & go style execution
- Secondary stunt must be held for at least **four (4) counts** once it reaches the intended height
- All stunts must have the required spotters and bases
- Specific dismounts are not necessary in secondary stunts, only primary stunts

Both all-girl and coed squads can do baskets to score secondary stunt point

P.5-15

49

Stunt Skills

All groups must perform the same skill(s) to receive credit

A squad who 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.

P.5-16

50

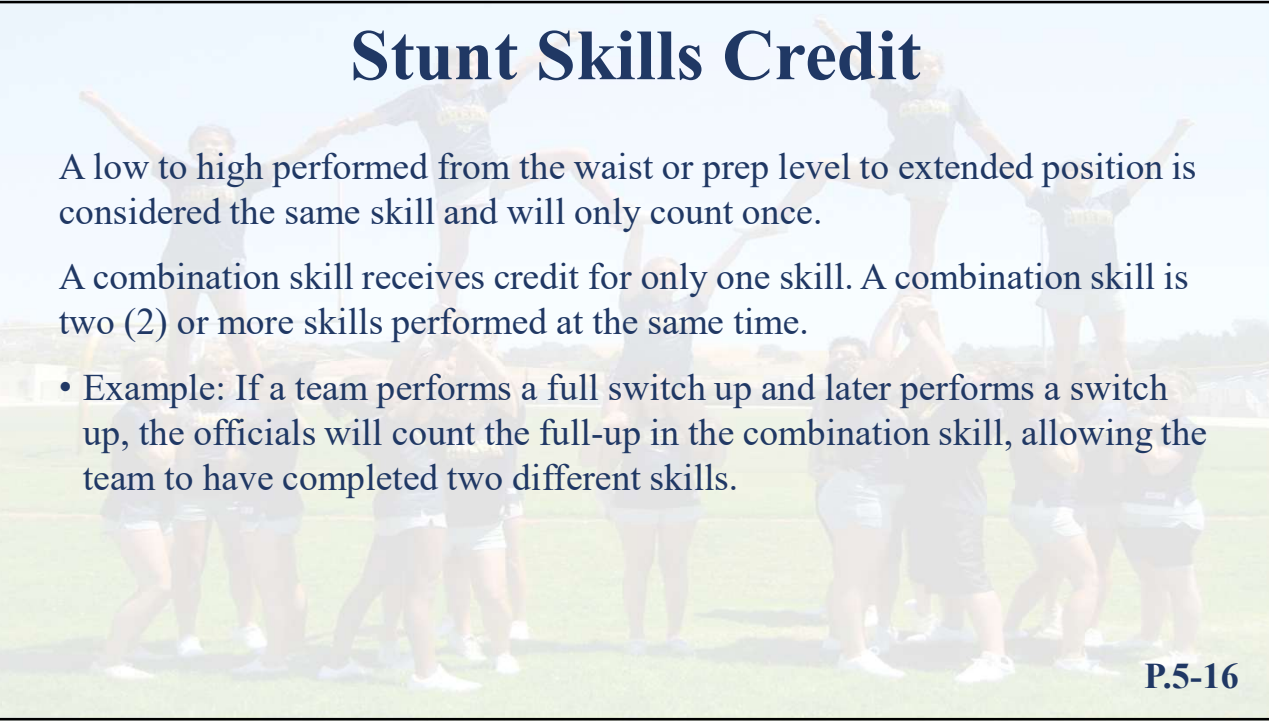
Stunt Skills Credit

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.

P.5-16



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Stunt Skills Modifications

Basic	Intermediate	Advanced
Inversion from • waist or prep level to prep level stunt or below • ground to prep level stunt	Faux full-up to extended position (all bases turning, ruby slipper grip)	Released inversion from waist level or prep level to extended stunt
	Half-up to extended position (two leg or 1 leg)	Prep level hand in hand to extended stunt
	Prep level hand in hand to prep level stunt	Released Inversion
	Non released to extended level • Example: low-to-high with back spot grabbing the ankle	Back handspring, roundoff, front handspring, cartwheel, etc. up to extended stunt
	Inversion (no release) from • waist or prep level to extended stunt • ground to extended stunt	Release to extended position • 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)
	Back handspring, roundoff, front handspring, cartwheel, etc. up to prep level stunt	
	Release to prep level • low-to-high tick-tock (waist to prep) • high-to-high tick-tock (prep to prep)	

For Detailed List

P.5-16



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Body Positions/Flexibility

Body Positions	Non-Body Position
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.
No longer considered two different positions.

P.5-17

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Dismounts

Dismounts only count in **primary** stunts

The fastest way to find DOD is using the dismount, then the skills

Basic: Straight cradles from any skill/level

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

P.5-17

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Transition - Dismounts

Transitions that receives credit for a dismount

Basic	Intermediate	Advanced
Half turn cradle from prep	Fold over	
	Half turn cradle from extended	
	Downward inversion from below prep level to performing surface	

P.5-17

55

DOD Tips & Tricks

Don't hit it, can't get it

Stunts that do not go to the intended height of the stunt are not given full credit

Tosses count as secondary stunts for **both** all-girl and coed

Watch **hand placements** and stunt set ups to determine if it will be an advanced skill versus intermediate or basic

Look for the elimination of specific skills as you read the rubric

Split the floor with your pyramid partner. It is easier to divide and score correctly

Make notes of execution or checkboxes as you judge to make sure to give more accurate execution scores

Panel C

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DOD Tips & Tricks, *continued*

DOD is based on Total Groups for the primary or secondary stunt

Start at the top DOD and subtract what you see and use the number of groups

Bobbles, timing, sloppy, stunt movement – **come off in EXE**

A team who only puts up 3 stunt groups, cannot max out with a score of 8

Primary stunts **require** dismounts in higher DODs

Secondary stunts do **not** require a dismount

Panel C

57

DOD Tips & Tricks, *continued*

What body position and how many are pulled?

- **3** body positions while extended range is 5-8 DOD
- **2** body positions can range from 3-6 DOD

Primary stunts:

- If 4 groups, you start at 8 DOD and work from there
- If 3 groups, you start at 7 DOD
- If 2 groups, start at 5 DOD

Panel C

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Coed Stunt

A coed squad consists of both males and females

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

A female cannot be the base of primary support

P.5-19

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Scoring Coed Stunts

Its own section on the scoresheet

Can score up to an **extra 5-points** provided the team executes the **required** skills with the required number of coed stunt groups based upon the number of males on the team

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

To receive higher than a 1 they must extend the stunt

P.5-19

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Coed: Assisted vs. Unassisted

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.

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.

P.5-19

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Coed Stunt Groups

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

P.5-19

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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.	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.

Cupie is an example of **one/arm stunt**

One/arm stunt does not mean that the male must hold a single leg extended stunt with one arm

P.5-24

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Coed DOD - Examples

DOD	A Coed team performs...
5	- Walk in or toss to a single leg extended stunt with no assistance or performs it exactly the way it is stated in the rubric. - 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	A toss to an unassisted extension, then is assisted to a single-leg stunt.
3	- 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	- An unassisted toss to hands, then assisted to an extension. - An assisted toss to hands, then assisted to an extension.
1	- an assisted toss to hands. Under the 1 DOD, everything can be assisted. - to receive higher than a 1 they must extend the stunt

P.5-20

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Coed – Scoring Zero

A team does not execute the number of required male stunts

- The number of required stunts from male athletes on a team **does 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
- The stunt does not hit

The male athletes drop all required stunts that day

P.5-20

65

Coed DOD Tips & Tricks

Coed teams are required to demonstrate single based coed stunts at any point during the routine

Coed stunts can be up to 5-extra points

Max DOD:

- The required number of male athletes must **first** execute to **the extended position** without assistance before going to single leg
- Coed stunts can go straight to a harder skill as long as it is unassisted

Panel C

66

Panel C Scoring

Any release skill to the extended position that is not fully released is considered an intermediate skill. (P. 5-11)

A suspended roll (intermediate skill) is when the hand is in contact with someone with both feet on the performing surface. (P. 5-15)

Coed: 3 points added - **OR** Fully unassisted completed to extended double-leg position. (P. 5-16)

Panel C

67

Stunting Execution

Form to watch for:

- No Drops
- Bobbles
- Missed stunts
- Timing
- Flexibility
- Balance checks
- Stunt movement (**walking the stunt**)

Even if DOD is 0, score based on overall EXE during secondary stunt

Panel C

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Panel C

Pyramids



GHSA Competition Cheerleading Guide

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.		0-4 dropped stunts; 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.	

P.5-25

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Pyramid Skills

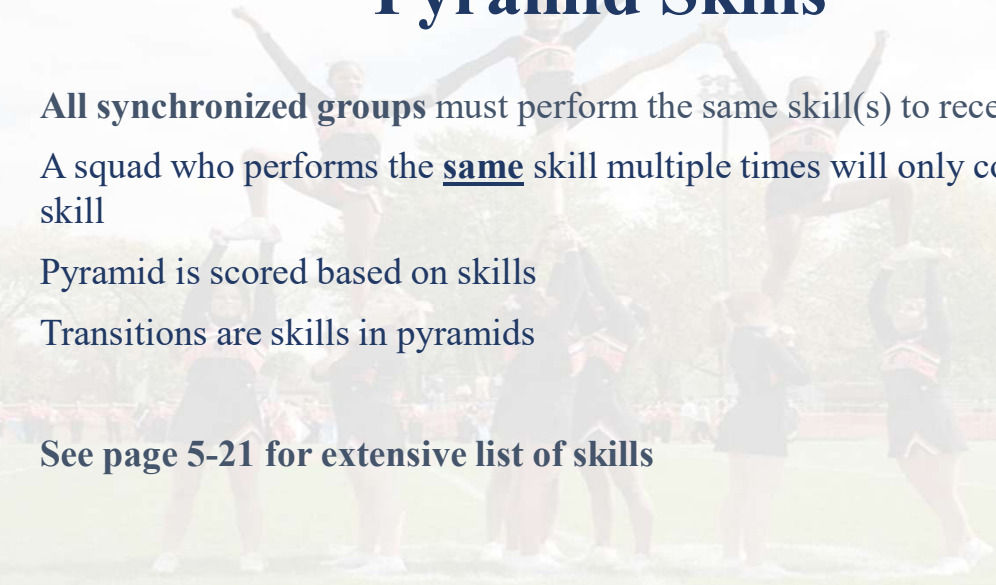
All **synchronized groups** must perform the same skill(s) to receive credit

A squad who performs the **same** skill multiple times will only count as one skill

Pyramid is scored based on skills

Transitions are skills in pyramids

See page 5-21 for extensive list of skills



P5.21

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Pyramid Execution

Look for but not limited to:

- Missed elements
- Timing
- Drops
- Bobbles
- Stunt movement
- Synchronization
- Clean transitions
- Flow
- Flexibility

P.5-22

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Pyramid Tips & Tricks

An advanced pyramid will contain advanced skills such as switch ups, full ups, and quick loads to name a few

If one or both sides of the pyramid do not reach the intended height, you must reflect that in the DOD

Dismounts are not weighed when scoring pyramids

DOD can be low, but EXE high and vice versa – give credit where credit is due

Panel C

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P
Y
D
O
D

Score	Structures	Skills	Flyer	Sync Flyers
8	4+	4 Adv	2 Ext	Yes
7	3+	3 Adv	2 Ext	Yes
6	3+	2 Adv	2 Ext	Yes
5	2+	2 Adv	1 Ext	Yes
		3 Adv	2 Ext	No
4	2+	3 Int	3 Prep	Yes
		2 Adv	1 Ext	No
3	1+	1-2 Int	1-2 Prep	No
		1 Adv	1 Ext	No
2	2+	2 Bas	2 Prep	No
		1 Int	2 Prep	No
1	1	1 Bas	1 Prep	No

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Panel C

Primary- Secondary Stunts & Pyramids

Input Number on Squad

Sign legibly

Checkboxes – areas of improvement

Decimals of .5 permitted for EXE

2026 Competitive Cheerleading Official's Score Sheet
Panel C – Partner Stunts & Pyramids

2026 Panel C – Partner Stunts & Pyramids Scoresheet

SCHOOL	NUMBER ON SQUAD	CLASS/ REGION	PANEL
			C
PRIMARY PARTNER STUNTS			
Areas of EXE Improvement			SCORE
☐ Missed Stunts	☐ Bobbles	☐ Flyer Form	☐ Formations
☐ Dropped Stunts	☐ Precision	☐ Flexibility	☐ Synchronized Timing
☐ Cleanup Dismounts	☐ Lacks Stability	☐ Stunt Movement	☐ Stunt Technique
☐ Missed Dismounts	☐ Falls	☐ Missed Body Position	
☐ Base Lacks Control	☐ Top Person Lacks Confidence		
SECONDARY STUNTS/ TOSSES/ COED			
Areas of EXE Improvement			
☐ Missed Stunts	☐ Bobbles	☐ Flyer Form	☐ Formations
☐ Dropped Stunts	☐ Precision	☐ Flexibility	☐ Synchronized Timing
☐ Cleanup Dismounts	☐ Lacks Stability	☐ Stunt Movement	☐ Stunt Technique
☐ Falls	☐ Toss Height	☐ Toss Technique	
☐ Base Lacks Control	☐ Top Person Lacks Confidence		
☐ Did Not Meet Coed Requirements	☐ Coed Technique	☐ Required Hold Count Not Met	
PYRAMIDS			
Areas of EXE Improvement			
☐ Flyer Form	☐ Formations	☐ Cleanup Releases	☐ Synchronized Timing
☐ Precision	☐ Drops	☐ Slow Flow/Pace	☐ Improve Transitions
☐ Lacks Stability	☐ Bobbles	☐ Fast Flow/Pace	☐ Connections
☐ Missed Elements	☐ Falls	☐ Stunt Movement	☐ Stunt Technique
☐ Base Lacks Control	☐ Top Person Lacks Confidence		
SUBTOTAL SCORE			
LEGIBLY SIGN YOUR FULL NAME			
OFFICIAL 5 SIGNATURE		OFFICIAL 6 SIGNATURE	

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Score Sheets

Work with your partner to determine DOD & Execution

Focus on your category, but pay attention to full routine

Score in blue or black ink

Make sure your scores can be read

Sign your score sheet and ensure your entire name is legible, **no stamps**

Write the number of participants on the score sheet

No cell phones at the table.

75

Score Sheets, *continued*

Ensure current year is at the top of your score sheet

A maximum of 2 mistakes are permitted before a new score sheet is required

- If you make a mistake, initial it, strike **once** through the score and write in the new score
- If you make more than **2** corrections, ask for a new sheet

No personal comments on any of the score sheets

Checkboxes are EXE Areas of Improvement

Check the appropriate checkboxes

Safety Officials must fill out 30 second boxes

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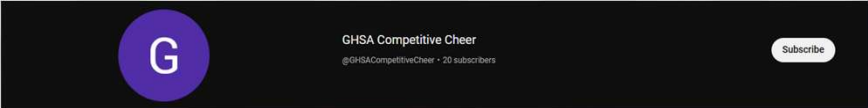
YouTube - ghsacompetitivecheer

1. Access YouTube

2. Search for: @ghsacompetitivecheer

3. Locate

4. Click Subscribe

A screenshot of the YouTube channel header for 'GHSA Competitive Cheer'. It features a purple circular profile picture with a white letter 'G'. To the right, the channel name 'GHSA Competitive Cheer' is displayed, along with the handle '@GHSACompetitiveCheer' and '20 subscribers'. A white 'Subscribe' button is on the right side of the header.

77

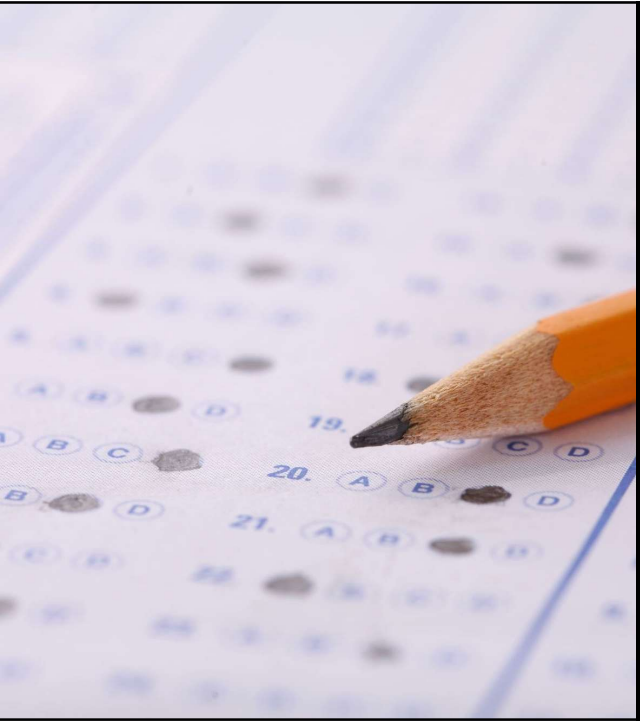
Assessment

All officials must take:

- GHSA Officials’ Assessment
- NFHS Assessment

Release TBD

Anticipate mid-August

A close-up photograph of a yellow pencil with a sharpened lead tip resting on a multiple-choice test. The test paper is white with blue text and markings. Several questions are visible, each with four circular options labeled A, B, C, and D. The pencil is positioned diagonally across the frame, pointing towards the bottom right.

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GHSA Officials Training 2026

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Section 2

Safety Training



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Safety Infractions

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

Deductions

- 1-point
- 2-points
- 5-points
- 10-points
- DQ

2026 Competitive Cheerleading Official's Score Sheet

Safety Infraction

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-Sounds	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

1-POINT INFRACTIONS			WARNINGS	
GHSA Competitive Manual: 1-point deduction per athlete who executes the back jump/step during tumbling.			Include Rule Number & Section	
RULE NUMBER	QTY	TOTAL DEDUCTION		
TUCK JUMP/STEP DURING TUMBLING				
2-POINT INFRACTIONS				
NFHS - Rule 2 Section 1; Rule 3 Section 1 and 2; GHSA Competitive Manual: Minus 2 points each				
RULE NUMBER	QTY	TOTAL DEDUCTION		
Rule: ____ Sect: ____				
Rule: ____ Sect: ____				
Rule: ____ Sect: ____				
FALLS: Total for tumbling: ____ Total for out-of-sounds: ____				
OUT-OF-SOUNDS				
5-POINT INFRACTIONS				
NFHS - Rule 3 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: ____		TYPING INFRACTIONS (5 points per 10 seconds delay)		
10-POINT INFRACTIONS				
GHSA Competitive Manual: NFHS - Rule 2 Section 2 - Sportsmanship; Minus 10 points each				
RULE NUMBER/EXPLANATION	QTY	TOTAL DEDUCTION		
Head Judge _____				
Table Safety _____				
Floor Safety _____				
		TOTAL DEDUCTIONS		

4-8 | Page

7.7.2026

Section 4 - Scoring and Deductions

80

All Officials

Out-of-bounds, uniform violation, loss of shoes/hair devices, jewelry violation, etc.

Warnings are not given for obvious violations. They are called

Inform Head Judge immediately following the routine of any violation

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Roles

Floor Safety

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

Panel A

- Assists the Primary Safety Judge in determining violations and deductions

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Hops: 1 – Point Infractions

Standing or Running Tumbling – Tuck Jump/Hop Deductions

- During a routine, tuck jumps or tuck hops **may not** be performed during group tumbling skills.
- If an athlete performs a tuck jump or hop during a group tumbling skill, the team will receive a **1-point deduction per athlete** who executes the tuck jump/hop.

Example

- A squad performs 12 standing tucks, and **two** other athletes perform a tuck jump/hop. The team will receive a **2-point deduction** (1 point per athlete).
- An athlete who performs a **round-off back handspring rebound** will **not** receive a point deduction. This will be considered an **omission or missed tumbling skill**, not a tuck jump/hop violation.

P.4-5

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Falls: 2 – Point Infractions

Partner Stunt/Toss

- Members of the stunt group are interdependent if the group has a fall it is one fall
- If three or four team members of the stunt group fall to the floor it would be one fall

Pyramid

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

Examples:

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

P.4-5

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2 – Point Infractions

NFHS – Rule 2 Section 1; Rule 3 Section 1 and 2

GHSA Performance violations

Unsafe performing surface – loss of shoe or hair device

Top person **not** beginning with one foot on the floor

Tumbling outside the routine

Falls and boundary violations

Hair secured above the waist

Hair, hair pieces/devices

Nails, jewelry, glitter

Improper uniforms

Inattentive spotter

Untied shoelaces is not a deduction



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5 – Point Infractions

NFHS – Rule 3 Sections 2 – 10; Safety Infractions

Violations of stunting rules

Delay of Meet

Time of Routine Infraction

- Routine Timing instructions in the Timer and Timing Guidelines section of manual
- 5 points per each 10-seconds



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10 – Point Infraction NFHS/GHSA

Sportsmanship	As defined by the GHSA acts of unsportsmanship will be a 10-point deduction per act. The new rules specifically give the officials the responsibility for calling unsportsmanlike acts through the competition time. Music cannot contain profanity, suggestive and inappropriate language. Music in poor taste will result in a sportsmanship deduction of ten points.
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P.4-7

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Disqualifications

Too many team members
Illegal substitutions
Ineligible student participating on the team.
Unauthorized props (Props will be defined as the use of any item other than pom-poms to initiate crowd response.) - No part of a uniforms may be used as a sign, to include briefs, socks, items worn as a part of the uniform or under the uniform such as T-shirts - No signs allowed No unauthorized props may be carried into the competition floor.
Not performing the routine full-out after returning from an injury to complete the routine. The routine must be performed full-out from the beginning of the routine. All point deductions accumulated to that point will carry over.

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Safety Calling Procedures

Major violations require **two of the three** officials to be in total agreement

Location of skills violations **must** be marked along with the block of time in the boxes

- **includes warnings**, falls, and out-of-bounds

Page or the rules plus section must be cited

If the rule cannot be cited, identify the violation, or in doubt, **only** give a warning

Any judge who sees a violation should send a note immediately to the HJ

Records should be maintained by the Head Judge and all Safety Officials

- Know the location of violations and warnings; when/where it was observed for potential inquiries

Only call what you see! Do not read into a rule

Never write personal comments on the Competitive Cheerleading Safety Infraction Sheet or any score sheet

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Safety Prep

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

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

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

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

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 **Infraction Tracking**

Due by **Sunday @ 5:00 pm** from Head Judge

Assist Safety Officials and Panel A to prepare for each competition

List rules called each week and for the season

Helps when issues arise

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Materials

Competitive Cheerleading Guide

NFHS Rules Book

Safety Quick Reference Guide

Panel Tracking Forms

GHSA.net

YouTube - @ghsacompetitivecheer

Study all materials weekly to be a successful official!

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**Prepare for a
Great Season**

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The logo for the Georgia High School Association (GHSA) Cheerleading. It features a blue silhouette of the state of Georgia. Inside the outline, the letters "GHSA" are written in a large, bold, white font with a blue outline. Below "GHSA", the word "CHEERLEADING" is written in a smaller, blue, sans-serif font. A red swoosh underline is positioned beneath the text. At the bottom of the state outline, there is a stylized figure of a cheerleader in a blue and white uniform, jumping with arms raised. A small "TM" trademark symbol is located at the bottom right of the logo.

Section 3
Tournament
Officials

97

Booking Agent

All officials must be booked through **their** official's association

Members of an association may **not** book themselves as individuals

Booking Agents work directly with the GHSA to coordinate training, membership, and assigning officials

P.3-1

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Prior to the Tournament the Booking Agent...

Serves as communication link between the GHSA State Director, Competitive Cheerleading Liaison, and the members of the association

Assigns officials to all invitationals

Ensures all events assigned by the GHSA are sanctioned and all officials are certified and have completed the GHSA requirements

P.3-1

99

Booking Agent

After making tournament assignments and assigning the panel each judge will be working with, they communicate with the Tournament Host and assign a Head Judge

Once the Head Judge is selected the Booking Agent will remain in close contact with him/her. The Booking Agent will monitor the assigned judges and if there are issues or cancellations, she will be responsible for assigning another official

The Booking Agent will review how to pay the officials, the Fee Chart and discuss with the Host how this will be handled. She will keep the Head Judge and panel informed of the process

The Booking Agent is responsible for negotiating the pay for Middle School Tournaments

P.3-1

100

Booking Agent will...

obtain all contact information for each official and will provide the contact information for the Host and the Head Judge

make sure the Host has all the correct forms

make every attempt to ensure that all officials in her association have an opportunity to officiate

coordinate continued training of the new officials

communicate with seasoned officials on the panel and with the Head Judge to determine when an official may need continued training

make every attempt to clear up all issues prior to the tournament

P.3-1

101

Head Judge

When arriving, ask for the host to show you where the emergency care is provided and introduce yourself to the personnel. They must know who you are

Check with the scorekeepers to ensure they have all information in order, understand their jobs and are ready to score

Check with the sound technicians and/or announcers to make sure they understand the procedures they should follow in announcing teams.

If there is an injury or other issues on the competition floor the Head Judge will be the person to signal the sound technician to stop the music in an emergency. Notify the Booking Agent of any major issues

P.3-1

102

Vital Points to Address with Host

No flash photography, spotlights, flashlights, cell phones, iPads or the use of lights of any kind.

Rotational schedules are determined by the Host school, however, the Booking Agent and the Head Judge should check prior to the tournament for any issues in the rotation.

All teams must compete within their division. No exceptions.

The Head Judge must be ready to communicate with the Host to determine procedures for injuries. Specific Directions are located in GHSA Competitive Cheerleading Manual. The Head Judge will determine when the team returns to the floor to compete within their division.

Teams incurring an injury must be allowed to proceed through warm-ups again.

P.3-4/5

103

All Officials...

are assigned by the Booking Agent

must be knowledgeable of the GHSA procedures and Constitution and By-Laws, NFHS Spirit Rules Manual, Spirit Cheerleading Manual
should bring the materials to officiate including the Manual, the NFHS Spirit Rules Book, and items to judge with such as pens, sticky notes, guides for scoring and rules

should review all materials and all officials are responsible for reviewing weekly reports and the ghsacheerleading.com website for updated clarifications and rulings

P.3-4/5

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Panel of 7

Panel	Responsible Official	Responsibility and Job
A	Official 1 Official 2	- Score jumps, dance, cheer and overall composition - Assist the Primary Safety Judge in determining violations and deductions
B	Official 3 Official 4	Scores running and standing tumbling
C	Official 5 Official 6	Scores primary partner stunts, secondary partner stunts, and pyramids
Floor Safety	Official 7	- Serves as Primary Safety Judge and will confer with Panel A - Assist in the counting the number of team members performing jumps, running tumbling, and standing tumbling

P.3-2

105

Thought for the Day

It is good to know a skill and be able to judge that skill, but it is even better to know two skills.

The time may come where there is an emergency, and you must step up to the plate and judge on the one panel you have been running away from.

Time to commit and prepare.

Be brave and learn.

Never limit yourself!

106

Officials

There is a specific position at the officials' table for each judge

The Primary Safety Official (Official 7) should be on the floor.

- **Never go behind the mat nor walk on the mat**

The Head Judge determines where officials who are shadowing will be seated but they should not be seated directly at the official's table

The Head Judge will determine where the timer will sit.

- **The timer must sit close to Panel A so they can easily communicate**

P.3-2

107

Scoring

Do you know the keys to scoring?

Do you know when you can give a zero?

Did you know the Head Judge can ask you to review your scores and notes?

Can you sign your name – whole name and nothing but your whole name?

Do you know your name?

**Only score today's routine performance.
Do not score last year or last week performance!
Do not score what you saw on social media!**

P.3-3

108

Prior to Competition the Head Judge will...

remain in communication with the panel informing them of tournament details and school entries

remain in communication with the Host and the Booking Agent

encourage all officials to review all guidelines for the area they are scoring and to review the www.ghsacheerleading.com website for updates and clarifications

confirm that the Host has the correct score forms, and all items are ready for the officials

always have the NFHS Spirit Rules Book, the GHSA Manual, and copies of all current scoresheets to be used if needed

P.3-4

109

Prior to Competition the Head Judge will...

Meet with the Scorekeepers to make sure the Host has reviewed directions with them and they understand the process. Remind them not to have cell phones out at their table.

Meet with the Announce/Sound Technician and go over the process of how they are to announce rotations and what will happen if there is an issue with the music or an injury on the floor. Remind them to watch for the signal to begin and the signals to stop the music.

Meet with the Timer to review procedures and the recoding of the Routine time on the Safety Infraction Sheet.

P.3-4

110

During the Competition the Head Judge will...

Signal the timer and the sound technician to begin the routine and if there are issues the clock must be stopped

Determine infractions with Panel A and the Primary Safety Judge

Ensure that the Primary Safety Judge records the violation and indicates the approximate time it occurred by marking the appropriate box and by indicating the Rule number of the page that shows the violation

Determine how to address injuries and music issues

Review all scoresheets prior to the sheets being sent to the Scorekeepers. Make sure all officials have signed and that all scores are filled in as well as boxes checked

At the end of the tournament the Head Judge will sign the Master Score Sheets indicating that the tournament is completed, and all scores are added

P.3-4

111

Head Judge

Enter all violations into the GHSA Tracking Reports form by Sunday evening

Maintain notes from the panels to respond to any questions the GHSA may have

Maintain copies of scoresheets, safety infraction sheets and the notes for review.

Keep all records till after State Championship!

Report any issues that may have occurred to the Booking Agent immediately

Report any sportsmanship calls and a full description along with the name of the coach/school to the GHSA Director **and** Booking Agent

- Always indicate the competition name and date along with the Host name

112

Routine Judges

Officials must always conduct themselves professionally.

Do not speak with any coach prior to, during, or after the tournament.

Dress professionally.

Conflict of Interest - Admit at the beginning of the season and update to the Booking Agent as needed.

Withdraws from judging when conflicts of interest exist, or the possibility exist that an official may not be able to judge a team fairly. This would include, but not limited to, affiliation with any competing team or gym where the judge works, relatives competing any team or coaching a team, teams who are rival teams in an area school or gym, the parent of an athlete on a rival team or competing team. The Booking Agent will be provided this information and will determine if the judge has a conflict of interest or may remain on the judging list. Failure to disclose all/or any of the above information can lead to dismissal from judging.

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Routine Judges

The Booking Agent will provide the Head Judge a list of the assigned officials and the panel they are to serve on.

The Host will contact the officials and secure all needed information. Officials may be asked to complete school forms and/or a W-9. Do so with a smile on your face!

The routine officials should prepare for the panel they are assigned to; review scoring, review terms, review rules/guidelines, review forms, review guides, review website.

The routine officials should have all materials with them when they arrive at the competition.

Review responsibilities and what violations all officials may call and are responsible for.

P.3-5

114

Safety Judges and Panel A

Safety Officials and Panel A must follow all GHSA procedures when citing violations.

Two of three Safety judges **must** agree on the violation that occurred.

If the Primary Safety Judge cannot cite the rule and it cannot be identified by the panel, the team should be warned and asked to contact the State Cheer Coordinator.

Never ever read into the rules or guess

P.3-5/6

115

All Officials

Can you name all the violations that any official can call?

- If you see one of these violations, send a sticky note over to the Head Judge.
- Identify when and where you saw it and if possible, the team member. If not, no problem but send a message.

These type calls are not up for debate.

They are just called.

P.3-6

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Vital to All Officials

It is vital that all officials understand the timing rules and procedures

All officials should mark key statements in the book and reference these statements/procedures when indicating a violation to a coach

It is vital that all officials understand what to do in an emergency. All officials should understand the seriousness of any injury

P.3-6 thru 9

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GHSA Constitution and By-Laws

The Constitution and By-Laws can be found on the GHSA.net website.

Section 2.70 beginning on page 33 addresses Sportsmanship.

Section 4.50 beginning on page 54 addresses the Certification of Officials.

Section 4 of Athletics address Cheerleading (pages 53 – 57)

GHSA Game Fee Chart for officials is located on Page 128.

118

The GHSA Handbook and Accountability Program

Located on the ghsa.net website

Link under Officials

Where GHSA clearly defines the Standards of Conduct

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Code of Ethics and Standards of Conduct

An Official shall not seek to influence a coach or administrator for the purpose of promoting personal officiating opportunities.

An Official shall not accept assignments to a school where he/she is currently employed, has relatives enrolled or employed at, or has attended in the previous 10 years.

An Official shall not publicly criticize fellow officials, administrators or players.

Officials shall not be in possession of any electronic device (cell phones, I-pods, I-pads, etc.) on the playing field/court, nor can they be used to render a decision on a play ruling.

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Social Media Guidelines

It is considered unprofessional and unacceptable to carry a cell phone on the field/court at any time. As such, cell phones are not allowed on the court or playing field by contest officials and shall not be used to determine a ruling during the contest.

Officials shall not communicate any information pertaining to the contest they are assigned to officiate or offer rules clarifications or interpretations on any contests through the various mediums without an expressed directive from the appropriate GHSA Office Sport Coordinator.

Officials shall refrain from the use of electronic devices (phone calls, texting and other forms of messaging) while the official has game site jurisdiction as defined by the NFHS Rules Book. Exceptions may be made for personal and/or work-related issues and emergencies but they must be addressed before, at halftime, after the competition has ended or between contests.

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Section 4

Conducting a Tournament

122

Competition Musts

All invitational and region tournaments must be conducted in the same format as the state tournament to create consistency across the state

All tournaments must provide adequate time, space, and mats for warm-ups
2 coaches limited to warm up area and chairs on the floor

Designated music person to go directly to the music area when the team enters warm-ups

P.2-1

123

The Tournament Host

Responsible for running all aspects of the competition

Appointed by the school; should not be a parent or booster parent

Works with GHSA for sanctioning

Works with Booking Agent to secure judges

Works directly with the HJ before and on competition day

Supervises tournament staff

Furnishes all materials needed and provides correct mat setup

Handles all issues with fans, coaches, spectators, security

P.2-2

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Tournament Staff

Medical personnel

Security

Scorekeepers

Timers

Gate and Ticket Personnel

Sound Personnel

Announcer

Runners

Cleanup

Staff that work directly with judges

- Timers (HJ & Safety Judge)
- Announcer (HJ)
- Runners (HJ)
- Scorekeepers (HJ)
- Medical personnel (HJ)

P.2-3

125

The Tournament Size

Highly recommended that all sanctioned events have a **minimum** of twelve (12) high school teams, excluding middle 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, excludes middle school

Should substantially more than 40 high school teams, **not including middle school**, are in attendance, then the tournament host works closely with Booking Agent to determine **if** second panel is needed

P.2-2

126

Middle School - GHSA Competition

Cannot compete in a GHSA sanctioned tournament

Must be 2 separate tournaments. Either before or after a GHSA sanctioned tournament plus a separate awards ceremony

Judges can be GHSA officials, but not required

- If GHSA judges are used, all rules for safety and rubrics are the same
- GHSA judges must adjust the skills scoring guide if more than 16 competitors

Booking agents may negotiate fees to judge MS as well as transportation based on association rules

P.2-4/7

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Order of Appearance

Head Judge (HJ) and Host work with each other on revision to Order of Appearance

All teams must compete within their division regardless of when an injury may occur

Per GHSA rules, if a team is placed later within the division, the HJ will work with the Timer to cue other judges when to resume judging a routine

P.2-7

128

Rulings

All decisions of the officials are final

The GHSA does **not** allow appeals

No reviews will occur of scores or videos from the competition of stunts or skills

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

P.2-8