

ALERT

The Connecticut Association of Schools and the CT Cheerleading Committee believe that the promotion of good sportsmanship is everyone's responsibility. We agree with the Connecticut Interscholastic Athletic Conference in that "athletic excellence and sportsmanship can be best achieved through respect, honor and fair play." The CIAC Sportsmanship Committee has developed the following set of standards of sportsmanship for all Connecticut high schools:

- Be positive and courteous
- Lead by example
- Maintain self-control
- Display ethical behavior
- Know, understand, appreciate and observe the rules
- Display modesty in winning and graciousness in defeat
- Show respect for all
- Always play fair

It is expected that during this competition as well as at all events Cheerleaders and their fans will:

- Cheer for your team and **not against** your opponent
- Show respect for opposing cheerleaders
- Show respect for officials and spectators
- Model exemplary behavior and sportsmanship as representatives of your school
- Lead positive cheers which praise your team without antagonizing your opponent

PLEASE NOTE: A participant, coach, substitute, trainer, or other team attendant must not commit an unsporting act. This includes, but is not limited to, acts or conduct such as:

- a. Disrespectfully addressing or contacting an official or gesturing in such a manner as to indicate resentment.
- b. Using profane or inappropriate language or gestures.
- c. Baiting or taunting an opponent.

The National Federation of State High School Associations (NFHS) "disapproves any form of taunting which is intended or designed to embarrass, ridicule or demean others under any circumstances including on the basis of race, religion, gender or national origin."

The CT Cheerleading Committee has ruled that from the time a team enters the competition site until said team exits the competition site **failure to abide by any of the above standards or expectations will result in a 25 point penalty assessed by the competition officials.** *This may result in the placing in a different position as well as plaques and medals being returned after the results have been announced.*

CONNECTICUT ASSOCIATION OF SCHOOLS
30 Realty Drive, Cheshire, Connecticut 06410
Telephone (203)250-1111/Fax (203)250-1345

TO: Cheerleading Coach/Advisor
FROM: Cheerleading Committee
Date: February, 2009
RE: 2009 CHEERLEADING CHAMPIONSHIPS

PLEASE BE SURE YOUR CHEERLEADING COACH RECEIVES THIS INFORMATION

Your school has filed a cheerleading Intent-to-Enter Form and has been scheduled to perform in the championship on Friday, March 13, 2009 or Saturday, March 14, 2009. This is the **ONLY** copy of this information being sent to your school. Please make copies for all who may need this information.

PLEASE NOTIFY THE CAS-CIAC OFFICE IMMEDIATELY IF YOU MUST WITHDRAW IF A TEAM FAILS TO NOTIFY THE CIAC THAT THEY ARE WITHDRAWING THEN THEY WILL FORFEIT THEIR ENTRANCE FEE.

IF YOU MUST WITHDRAW AFTER 2:00 PM ON FRIDAY, MARCH 13, 2009 PLEASE NOTIFY SHERRIE ZEMBRZUSKI AT (203) 233-0881

Five classes of competition have been formed. Your school has been placed in one of these classes based on girl enrollment or having both genders on the squad.

- | | |
|--------------|----------------------------------|
| 1). Class LL | Enrollment – 720 and above |
| 2). Class L | Enrollment – 719 - 498 |
| 3). Class M | Enrollment – 497 - 371 |
| 4). Class S | Enrollment – 370 and below |
| 5). Co-ed | (Both genders make up the squad) |

Three separate and distinct Championships will be held at

THE NEW HAVEN CITY-WIDE FIELD HOUSE

***On
Friday, March 13, 2009
Or
Saturday, March 14, 2009***

The first championship on Friday will involve Class L schools and Class S schools. The second championship on Saturday morning will involve Class LL schools and Coed schools and the third championship on Saturday afternoon will involve Class M schools. **NOTE:** The gym will be cleared between the second and third competition. There is a **SEPARATE** charge for **EACH** Championship.

DO NOT arrive prior to the gym opening for your session. Time is needed to make sure that the gym and lobby areas are set up and clean for each session. You will be asked to remain on your bus until the designated time. We ask for your cooperation in this matter.

Every attempt has been made to schedule the cheerleading competition so that it will not conflict with the Boys and Girls State Tournament games.

Friday, March 13, 2009

1st Championship – Class L and Class S

4:30 p.m. Gym opens for participants
5:15 p.m. Gym opens for spectators
5:30 p.m. Coaches' Meeting
6:00 p.m. Practice begins
6:15 p.m. Announcements
6:30 p.m. Competition begins
10:00 p.m. Competition ends

Saturday, March 14 2009

2nd Championship – Class LL and Coed

9:00 a.m. Gym opens for participants
9:30 a.m. Gym opens for spectators
9:45 a.m. Coaches' Meeting
10:00 a.m. Practice begins
10:15 a.m. Announcements
10:30 a.m. Competition begins
1:30 p.m. Competition ends

3rd Championship – Class M

3:00 p.m. Gym opens for participants
3:45 p.m. Gym opens for spectators
4:00 p.m. Coaches' Meeting
4:30 p.m. Practice begins
4:45 p.m. Announcements
5:00 p.m. Competition begins
7:00 p.m. Competition ends

Sunday, March 15, 2009 is the MAKE-UP DATE. If the competition on Friday March 13, 2009 is cancelled the time schedule will be as follows:

1st Championship – Class L and Class S

11:00 a.m. Gym opens for participants
11:45 a.m. Gym opens for spectators
12:00 p.m. Coaches' Meeting
12:30 p.m. Practice begins
12:45 p.m. Announcements
1:00 p.m. Competition begins
4:00 p.m. Competition ends

Sunday, March 15, 2009 is the MAKE-UP DATE. If the competition on Saturday March 14, 2009 is cancelled, the time schedule will be as follows:

2nd Championship – Class LL and Coed

9:30 a.m. Gym opens for participants
10:15 a.m. Gym opens for spectators
10:30 a.m. Coaches' Meeting
11:00 a.m. Practice begins
11:15 a.m. Announcements
11:30 a.m. Competition begins
2:30 p.m. Competition ends

3rd Championship – Class M

3:30 p.m. Gym opens for participants
4:15 p.m. Gym opens for spectators
4:30 p.m. Coaches' Meeting
5:00 p.m. Practice begins
5:15 p.m. Announcements
5:30 p.m. Competition begins
7:30 p.m. awards announced

In the event of inclement weather local radio and TV stations will be notified. A decision will be made by noon for the competition on March 13, 2009. A decision will be made very early on the morning of March 14, 2009 for the Saturday competition. In addition you can check the CAS website, www.casciac.org for any changes to the schedule.

SPECIFIC RULES RELATIVE TO THE COMPETITION

1. Schools will perform according to the order of performance listed on the next page (page 5). Please note: “Bumping up” by Class (division) will occur in each and every case for “no shows”. For example – if your school is slated to perform in Class L in the sixth position and the Class L school ahead of you doesn’t show up, then your squad will perform in the spot ahead and all schools in the Class will “bump up” one Class position.
2. In the first session a Class S teams will perform followed by a Class L team. In the second session a Class LL team will perform followed by a Coed team and in the third session all Class M teams will perform.
3. Practice times will be assigned as the squads arrive at the New Haven City-Wide Athletic Center. Each team will be allotted four (4) minutes to warm up. Warm ups for full routines will be allowed. Warm ups will take place just before a team goes on the mat. **WARM UPS WILL BE IN THE ORDER OF PERFORMANCE AND APPROXIMATELY THIRTY MINUTES BEFORE YOUR PERFORMANCE TIME. PLEASE BE ON TIME AND DO NOT MISS YOUR ASSIGNED WARMUPTIME.** A safety judge **WILL NOT** be present at this time. If you will be warming up your entire routine make sure you have your own CD or tape player since a DJ will not be present at the warm up area. Penalty points will be deducted for any infraction that occurs during the competition. (SEE ENCLOSED PENALTY SHEET) If you are in doubt about the legality of a stunt or pyramid, submit a picture or video tape at least **two weeks** prior to the competition. A decision will be made within three days of the receipt of the video or picture. Mail to Sherrie Zembrzuski, Notre Dame Catholic High School, 220 Jefferson Street, Fairfield, CT 06825.
4. In the event of a tie for first place, both teams will be awarded first place and the next team would place second. If two teams place second, both teams will be awarded second place and the next team would be third, etc.
5. When the team arrives at the New Haven Field House, the coach/advisor is asked to enter with the team and with a copy of their roster. Please make sure that this roster is typed and in alphabetical order. The roster will be verified with the entry form that has been submitted. **A CHEERLEADER WILL NOT BE ALLOWED TO PERFORM IF SHE/HE DOES NOT APPEAR ON EITHER THE INTENT-TO-ENTER FORM OR THE ENTRY FORM.**
6. The site at the New Haven City-Wide Athletic Center has several locker rooms with locker space available for your use. We ask that your gym bags be placed under the bleachers, or in the locker rooms. They may not be placed in front of doors or in the walkways. These areas need to be left free of obstructions so that participants and spectators can move about and also are accessible in the event of an emergency. You are advised that CAS-CIAC and the New Haven City-Wide Athletic Center are not responsible for items lost or stolen.
7. Spectators will not be allowed on the competition floor. Only cheerleaders and coaches with sneakers on will be allowed on the matted surface. Shoes will not be allowed on the competition area.
8. Please remind all spectators that the New Haven City-Wide Athletic Center is a smoke free facility. Smoking is not allowed inside or outside of the building. There is absolutely **NO SMOKING** at the New Haven City-Wide Athletic Center.
9. No food or drinks are permitted in the New Haven City-Wide Athletic Center. Only cheerleaders will be allowed to have plastic water bottles inside the field house.
10. A trainer will be available for injuries that occur at the competition. **You are reminded to bring your own tape if you need to be taped or have a prior injury.**
11. Squads given permission to enter after this notice will perform first in the order of performance.

12. **CONDUCT AND GOOD SPORTSMANSHIP** – For the most part, we have been exceedingly proud of our high school students and their following of adult fans. We especially request that all school personnel – administrators, faculty and coaches – give definite emphasis to the subject of good sportsmanship so that your students will conduct themselves in a manner that will reflect nothing but credit upon your school and its fine team. Any seemly or unsportsmanlike conduct on the part of students or adults is a direct reflection on the school. Please remember that you are the guests of the site school, as guests you may want to be invited back next year.

All teams are reminded that: A participant, coach, substitute, trainer or team attendant must not commit an unsporting act. This includes, but is not limited to, acts or conduct such as:

a). Disrespectfully addressing or contacting an official or gesturing in such a manner as to indicate resentment. b). Using profane or inappropriate language or gestures c). Baiting or taunting an opponent. The CAS/CIAC disapproves of any form of taunting which is intended or designed to embarrass, ridicule or demean others under any circumstances including on the basis of race, religion, gender or national origin. The CT Cheerleading Committee has ruled that from the time a team enters the competition site until said team exits the competition site failure to abide by any of the above standards or expectations will result in a 25 point penalty assessed by the competition officials. This may result in the placing in a different position as well as plaques and medals being returned after the results have been announced.

13. **PERFORMANCE AREA**

See attached gym floor plan indicating the area of the basketball court which will be the performance area. It will be half court. The performing surface will be a (seven (7) panel) 42' by 42' mat. Stepping off the mat will NOT result in point deduction. **Tumbling off the mat or a body part other than the feet landing off the mat will result in a point deduction.**

14. Seating at the New Haven City-Wide Athletic Center is on a first come, first serve basis. Seats cannot be saved for spectators.
15. **SIGNS, NOISEMAKERS AND BANNERS FORBIDDEN** – Please stress to students, via your school's public address system, the regulation that the use of confetti, glitter, signs, banners, placards, and streamers is DEFINITELY NOT ALLOWED. Bugles, horns, drums, whistles, or other noisemakers contribute nothing to the competition and they can be a source of annoyance to the other spectators as well as to the cheerleaders. **THEY WILL NOT BE PERMITTED, AND ANYONE RESPONSIBLE FOR SUCH ANNOYANCE WILL BE ASKED TO LEAVE THE COMPETITION.** We also ask that you **DO NOT** bring balloons into the New Haven City-Wide Field House. They are forbidden.
16. Tee shirts, team pictures and a professional video tape of the competition will be available for purchase on the day of the competition.
17. Included in this mailing are five (5) complimentary tickets, which are to be used for faculty, spouses or administrators. They are **NOT TO BE GIVEN TO PARENTS.**
18. Admission prices for the competition are: \$7.00 general admission, \$5.00 for senior citizens and \$3.00 for children 10 years of age and under.
19. Once a spectator leaves the competition during the competition or after the competition they will not be allowed to re-enter the facility unless another entry fee is paid.
20. **Check the Connecticut Association of Schools website on Monday, March 9, 2009 for an updated order of performance.**

NEW ENGLAND REGIONAL CHEERLEADING COMPETITION

Only three teams from each division are allowed to compete at the New England Regional Cheerleading Competition. The New England Competition is Saturday, March 21, 2009 at the University of New Hampshire

In the event that teams are tied, in any division, at the conclusion of the Connecticut State Championship, the following procedure will be used to determine the top three teams eligible to advance to the New England Regional:

- The points awarded from each judge in the category for “overall effect/overall appeal” will be totaled and the team with the highest score in that category will be eligible to advance.
- If a tie remains, the highest and lowest score from each judge will be deleted and the remaining scores will be tabulated with the team awarded the highest point total given the higher rank.

DIRECTIONS TO THE NEW HAVEN CITY-WIDE FIELD HOUSE

480 Sherman Parkway
New Haven, CT 06511

FROM I-95 NORTH: Take Exit 47 to RT 34 to where the highway ends, go straight for $\frac{3}{4}$ of a mile to Sherman Ave. Take the right onto Sherman Ave., go straight through 6 traffic lights, the Field House is on the left. As you proceed towards the field house take your first left onto Munson Street and then take your first left into the main parking lot.

FROM I-95 SOUTH: Take Exit 47 to RT 34, follow RT 34 to where the highway ends, go straight for $\frac{3}{4}$ of a mile to Sherman Ave. Take the right onto Sherman Ave., go straight through 6 traffic lights, the Field House is on the left. As you proceed towards the field house take your first left onto Munson Street and then take your first left into the main parking lot.

FROM I-91 SOUTH: Take RT 34 exit. Follow RT 34 to where the highway ends, go straight for $\frac{3}{4}$ of a mile to Sherman Ave. Take the right onto Sherman Ave., go straight through 6 traffic lights, the Field House is on the left. As you proceed towards the field house take your first left onto Munson Street and then take your first left into the main parking lot.

FROM RT 15 (WILBUR CROSS PARKWAY) Take Exit 59, take a right onto Whalley Ave. (towards New Haven). Then turn left onto Ella Grasso Boulevard. Continue straight until the end and then take a right onto Crescent Street. Field House will be $\frac{1}{2}$ mile down on your left. As you proceed towards the field house, take your first left onto Munson Street and then take your first left into the main parking lot.

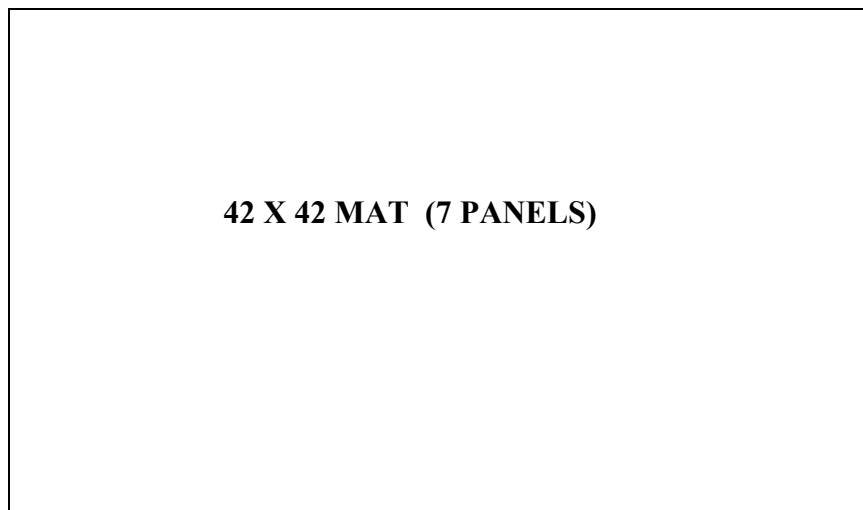
FROM RT 15 SOUTH: Take Exit 60, take a right onto Dixwell Ave. Continue on Dixwell Ave. until you see Stop and Shop on the left and Dunkin Donuts on your right. At the light (St. Ann’s Church) take a right onto Arch Street. Continue for approx. 2 miles and then make a left onto Bowen Street. After you see the baseball field on your left you then take a left onto Munson Street and take your first left into the main parking lot.

ORDER OF PERFORMANCE

FRIDAY MARCH 13, 2009 CLASS L AND CLASS S	AM SATURDAY MARCH 14, 2009 CLASS LL AND COED	PM SATURDAY MARCH 15, 2009 CLASS M
1. East Hampton (S)		
2. Bristol Eastern (L)		
3. New London (S)	1. Greenwich (LL)	1) Ansonia (M)
4. Farmington (L)	2. Westhill (LL)	2) Plainfield (M)
5. East Windsor (S)	3. Shelton (LL)	3) Killingly (M)
6. Mercy (L)	4. Brien McMahon(Coed)	4) Sheehan (M)
7. Parish Hill (S)	5. Southington (LL)	5) Seymour (M)
8. Pomperaug (L)	6. Wilby (Coed)	6) Rocky Hill (M)
9. Haddam-Killingworth (S)	7. West Haven (LL)	7) Luralton Hall (M)
10. Masuk (L)	8. Windsor (Coed)	8) Joel Barlow (M)
11. Coventry (S)	9. South Windsor (LL)	9) Watertown (M)
12. Woodstock Academy (L)	10. Branford (Coed)	10) Brookfield (M)
13. St. Bernard (S)	11. Danbury (LL)	11) St. Joseph (M)
14. RHAM (L)	12. Simsbury (Coed)	12) Plainville (M)
15. Putnam (S)	13. New Milford (LL)	13) Griswold (M)
16. Fairfield Warde (L)	14. Waterford (Coed)	14) Lewis Mills (M)
17. Thomaston (S)	15. Conard (LL)	15) Ellington (M)
18. Wilton (L)	16. Bolton (Coed)	16) Tolland (M)
19. Derby (S)	17. Norwalk (LL)	17) Holy Cross (M)
20. East Haven (L)	18. Stratford (Coed)	18) Montville (M)
21. Coginchaug (S)	19. Glastonbury (LL)	19) Woodland (M)
22. Crosby (L)	20. Torrington (Coed)	20) Nonnewaug (M)
23. Wheeler (S)	21. Hall (LL)	21) New Fairfield (M)
24. New Canaan ((L)	22. Tourtellotte (Coed)	
25. Valley Regional (S)	23. East Hartford (LL)	
26. Guilford (L)	24. Wolcott (Coed)	
27. Trinity Catholic (S)	25. Hamden (LL)	
28. Middletown (L)	26. Stamford (Coed)	
29. Cromwell (S)	27. Newington (LL)	
30. Bunnell (L)	28. Norwich Free Academy (Coed)	
31. Immaculate (S)	29. Trumbull (LL)	
32. Jonathan Law (L)	30. Naugatuck (Coed)	
33. Notre Dame Fairfield (S)	31. Newtown(LL)	
34. Sacred Heart Academy (L)	32. Bacon Academy (Coed)	
35. Granby Memorial (S)	33. Fitch (LL)	
36. Berlin (L)	34. Fairfield Ludlowe (LL)	
37. Northwest Catholic (S)	35. Staples (LL)	
38. Rockville (L)		
39. North Branford (S)		
40. Darien (L)		
41. Oxford (S)		
42. Ledyard (L)		
43. Windsor Locks (S)		
44. Daniel Hand (L)		
45. Kolbe Cathedral (S)		
46. North Haven (L)		
47. Somers (S)		
48. Foran (L)		
49. Portland (S)		

CHEERLEADING MARCH 13 & 14 2009

GYM SETUP



**BLEACHERS FOR
FOR
SPECTATORS**

DJ

JUDGES

BLEACHERS FOR SPECTATORS

2009 CHEERLEADING ROSTER

*Coaches: Please bring this COMPLETED to the New Haven City-Wide Athletic Center
(please print or type)*

Team Name _____ Town _____

Members of the Team:

- 1). _____
- 2). _____
- 3). _____
- 4). _____
- 5). _____
- 6). _____
- 7). _____
- 8). _____
- 9). _____
- 10). _____
- 11). _____
- 12). _____
- 13). _____
- 14). _____
- 15). _____
- 16). _____
- 17). _____
- 18). _____
- 19). _____
- 20). _____

Coaches: 1). _____
2). _____

CONNECTICUT ASSOCIATION OF SCHOOLS CHEERLEADING SCORE SHEET

TEAM _____ DIVISION _____ JUDGE NUMBER _____

	MAX SCORE	SCORE	COMMENTS
JUDGES 1 & 5			
Pyramids Skill Level, % of Team involved, Timing, Variety, Technique, Dismounts, Execution	10		
Flow of Routine Routine moves smoothly from one segment to the next. Cheer Moves, Effectively, Cleanly, Maintains Momentum	5		
Transitions Cheerleaders move smoothly and cleanly from one segment of the routine to the next avoiding bumping and unnecessary crossing	5		
Overall Effect/Overall Appeal Exciting, Entertaining, Dynamic, Confident, Visually effective. Consider all skills performed, execution and how they are performed.	5		
JUDGES 2 & 6			
Partner Stunts Skill Level, % of Team Involved, Timing, Variety, Technique, Dismounts, Execution	10		
Voice Volume, Tone, Pitch, Clarity, Appropriate Inflections, Appropriate use of words	5		
Expression and Enthusiasm Smiles, Spirit, Naturalness, Showmanship maintained throughout entire routine	5		
Overall Effect/Overall Appeal Exciting, Entertaining, Dynamic, Confident, Visually effective. Consider all skills performed, execution and how they are performed	5		
JUDGES 3 & 7			
Gymnastics Skill Level, % of Team Involved, Timing, Technique, Execution	10		
Jumps Skill Level, % of Team Involved, Timing, Technique, Height, Variety, Execution	10		
Formations and Spacing Use of floor, Varied, Interesting, Properly Aligned and Symmetrical (when appropriate)	5		
Overall Effect/Overall Appeal Exciting, Entertaining, Dynamic, Confident, Visually effective. Consider all skills performed, execution and how they are performed	5		
JUDGES 4 & 8			
Motions Technique, Timed, Controlled, Sharp, Tight, Varied, Difficult	10		
Dance Innovative, % of Team Involved, fast Paced, Exciting, Timing, Rhythm, Appropriate Selection and use of Music and Movement, Execution, Visually Effective	10		
Creative Use of Material Imaginative, Appropriate for all Ages, Good Incorporation and Presentations of all Elements	5		
Overall Effect/Overall Appeal Exciting, Entertaining, Dynamic, Confident, Visually effective. Consider all skills performed, execution and how they are performed	5		
TOTAL	110		

**CONNECTICUT ASSOCIATION OF SCHOOLS
CHEERLEADING PENALTY SHEET**

SCHOOL _____ **DIVISION** _____ **JUDGE'S INITIALS** _____

VIOLATION

PENALTY POINTS

1). Apparel – wearing jewelry, long fingernails, unsafe hair devices,
improperly covered braces (10 points per violation)

2). Performance Mistakes – stepping on poms or signs, inattentive
spotter, improperly performed legal stunts (10 points)

3). Safety Violations (25 points)
Rule Infraction **Page #** **Category** **Rule #**

4). Time
Time of Music _____
Maximum time is 1 minute 30 seconds (90 seconds)

Time of Routine _____

- Minimum time is 2 minutes (120 seconds)**
- Maximum time is 2 minutes 30 seconds (150 seconds)**
- 1 - 5 seconds over or under deduct 2 points**
- 6 – 10 seconds over or under deduct 4 points**
- 11 – 15 seconds over or under deduct 6 points**
- 16 – 20 seconds over or under deduct 8 points**
- 21 – 25 seconds over or under deduct 10 points**

TOTAL PENALTY POINTS : _____

NEW ENGLAND/CONNECTICUT CHEERLEADING JUDGING CRITERIA

JUDGE #1 AND JUDGE #5

PYRAMIDS

Pyramids

A groups of Stunts, braced or non-braced, in close proximity in order to form a visual effect of one unit.

Requirement: teams are required to incorporate at least one pyramid in the competition routine.

Level	Point Range	Skills
Elite	9 – 10	*Transitional Pyramid sequences using a combination of liberty variations (without the use of front spots) and/or tick tocks. *Pyramids performed with a <u>high level</u> of execution, perfection and flexibility.
Advanced	7 – 9	*Transitional Pyramid sequences using a combination of liberty/liberty variations with the use of front spots. *Pyramids performed with a <u>high level</u> of execution, perfection and flexibility. *And./or Elite level pyramids performed with a <u>sub-standard</u> level of technique and execution.
Intermediate	4-7	*Pyramid sequences using liberty/liberty variations performed from the ground up with no transitions. *Transitional 2-Legged pyramid sequences. *And/or Advanced pyramids performed with a <u>sub-standard</u> level of technique and execution.
Beginner	1-4	*Pyramid sequences built from the prep (half-extension) level and below. *And/or Intermediate pyramids performed with a <u>sub-standard</u> level of technique and execution.

FLOW OF ROUTINE (5 pts) Routine moves smoothly from one segment to the next. Cheer Moves Effectively, Cleanly, Maintains Momentum

TRANSITIONS (5pts) Cheerleaders move smoothly and cleanly from one segment of the routine to the next avoiding bumping and unnecessary crossing.

OVERALL EFFECT/OVERALL APPEAL (5 pts) Impression that the judge is left with after the entire routine is left with. Must consider all skills performed, the execution and how they are presented.

JUDGE #2 AND JUDGE #6

PARTNER STUNTS

Liberty Variations—stunts based on the traditional liberty grip, including, but not limited to, hitch, arabesque, scorpion, scaled, heel stretch, bow and arrow.

To receive maximum points a team would have to have maximum participation.

Maximum Participation –

- 20 cheerleaders – 4 or 5 stunt groups
- 16 – 19 cheerleaders – 3 or 4 stunt groups
- 15 cheerleaders – 3 stunt groups
- 12 – 14 cheerleaders – 2 or 3 stunt groups
- 10 – 11 cheerleaders – 2 stunts groups
- 9 or under – 1 or 2 stunts groups

Level	Point Range	Skills
Elite	9 – 10	<p><u>Elite Stunts</u> include liberty or liberty variations with above average flexibility, all girl single based extended stunts, extended co-ed single based stunts, basket tosses twist or two positions. *All stunts performed with a <u>high level</u> of execution, perfection and flexibility. *Maximum participation. <u>Dismounts:</u></p> <ul style="list-style-type: none"> • <u>Single Twisting Dismounts</u> from extended liberty variations without front spots and with maximum participation(i.e., 5 groups for 20 cheerleaders); • <u>Double Twisting Dismounts</u> from extended liberty variations with/without front spots; • <u>Single Twisting Dismounts</u> from extended stunt, when All-Girl Single based stunting.
Advanced	7 – 9	<p><u>Advanced Stunts</u> include liberty or liberty variation with average flexibility, basket tosses; toss to hands (co-ed), single based all-girl stunting at prep (half extension) level. *All stunts performed with a <u>high level</u> of execution, perfection and flexibility. *And/or Elite Stunts performed with sub-standard level of technique and execution *Maximum Participation. <u>Dismounts:</u></p> <ul style="list-style-type: none"> • <u>Single Twisting Dismounts</u> from extended liberty variations with/without front spots. • <u>Single Twisting Dismounts</u> for 2-Legged extended stunts without front spots. • <u>Straight Cradles</u> from extended stunts when All-Girl Single based stunting. • <u>Double Twisting Dismounts</u> from the Prep (Half-extension) level.
Intermediate	4-7	<p><u>Intermediate Stunts</u> include traditional two-leg extended stunts or any combination thereof. Chairs, Liberty with a front spot. *All stunts performed with a <u>high level</u> of execution, perfection and flexibility. *And/or Advanced stunts performed with a <u>sub-standard</u> level of technique and execution. <u>Dismounts:</u></p> <ul style="list-style-type: none"> • <u>Single Twisting Dismounts</u> from the Prep (Half-extension) level without front spots. • <u>Single Twisting Dismounts</u> from 2-Legged extended stunts performed with front spots. • <u>Straight Cradles</u> from extended liberty/liberty variations performed with front spots. • <u>Straight Cradles</u> from 2-Legged extended stunts without the use of front spots.
Beginner	1-4	<p><u>Beginner Stunts</u> include prep(half extension), thigh stand, shoulder stand, shoulder sit, pop up splits, straddle press, liberty and liberty variations at the prep level. *And/or Intermediate stunts performed with a sub-standard level of technique and execution. <u>Dismounts:</u> <u>Single Twisting Dismounts</u> from the Prep (Half-extension) level with front spots. <u>Single Twisting Dismounts</u> from liberty variations at the Prep level. <u>Straight Cradles</u> from 2-Legged stunts with the use of front spots.</p>

VOICE (5 pts) Volume, Tone, Pitch, Clarity, Appropriate Inflections, Appropriate use of words

EXPRESSION AND ENTHUSIASM (5 pts) Smiles, Spirit, Naturalness, Showmanship maintained throughout entire routine

OVERALL EFFECT/OVERALL APPEAL (5 pts) Impression that the judge is left with after the entire routine is left with. Must consider all skills performed, the execution and how they are presented.

JUDGE #3 AND JUDGE #7

TUMBLING

Level	Point Range	Skills
Elite	9 – 10	*Elite tumbling skills include standing tucks, front tumbling, X-outs, series passes with multiple advanced/elite skills, whips, layouts and full twisting layouts. *Jumps into back tucks. *100% of team with intermediate skills or above, majority of team with advanced skills or above, and numerous elite level skills performed with a high level of execution and perfection
Advanced	7– 9	*Advanced tumbling skills include round-off back tucks, round-off back handspring back tucks, standing back tucks and standing back handspring back tucks. *Jumps into back handsprings. *100% of team with intermediate skills and only some advanced skills performed with a high level of execution and perfection. *OR Majority of team with intermediate skills and several advanced/elite skills performed with a high level of execution and perfection. *And/or elite level skills performed at sub-standard level of execution and perfection.
Intermediate	4 – 7	*Intermediate tumbling skills include standing back handsprings, round-off back handsprings and round off multiple handsprings. *100% of team with intermediate skills only, performed with a high level of execution and perfection. *OR 100% of team with beginner skills or better, majority of team with intermediate skills and minimal advanced skills performed with a high level of execution and perfection. *And/or advanced level skills performed at sub-standard level of execution and perfection.
Beginner	1-4	*Basic tumbling skills include forward rolls, round-offs and cartwheels. *100% of team with basic skills performed at a high level of execution and perfection and/or some intermediate tumbling skills. *No advanced/elite tumbling skills. *And/or intermediate level skills performed at sub-standard level of execution and perfection..

JUMPS

Requirement: 2 jumps must be incorporated into the entire competition routine, one of which must be performed by 100% of the team and the second jump must be performed by the majority of the team.

Combination jumps are more than one jump performed in succession.

Level	Point Range	Skills
Elite	8 – 10	*Elite Jumps include Toe Touches, Hurdlers, and Herkies above level, pikes, around the worlds, and double nines level or above. *Combination jumps performed with no prep in between. *Jumps performed with a back handspring or back tuck attached to the jump sequence. *All Jumps performed by the majority of the team with strong execution and variety
Advanced	6– 8	*Advanced Jumps include level Toe Touches, Hurdlers, and Herkies, pikes and double double nines slightly below level. *Combination jumps performed with no prep in between. *Jumps performed with a back handspring attached to a jump sequence. *All Jumps performed by the majority of the team with strong execution and variety. *And/or Elite jumps executed with sub-standard technique and perfection.
Intermediate	3-6	*Intermediate Jumps include Toe Touches, Hurdlers, and Herkies slightly below level, pikes and double nines well below level *Combination jumps performed with a prep in between. *All Jumps performed by the majority of the team with strong execution and variety. *And/or Advanced jumps executed with sub-standard technique and perfection.
Beginner	1-3	*Beginner Jumps include Toe Touches, Hurdlers, and Herkies well below level and tuck jumps and spread eagles.. *And/or Intermediate jumps executed with sub-standard technique and perfection.

FORMATION AND SPACING (5 pts): Use of floor, Varied, Interesting, Properly Aligned and Symmetrical (when appropriate)

OVERALL EFFECT/OVERALL APPEAL (5 pts) Impression that the judge is left with after the entire routine is left with. Must consider all skills performed, the execution and how they are presented.

JUDGE #4 AND JUDGE #8

MOTIONS

Level	Point Range	Skills
Elite	9 – 10	Elite Motions performed by the majority of the team. Executed at a fast pace with several 'and' counts, strong level of technique, difficult foot and body movements during transitions, strong use of moves, motions and level changes to enhance the visual effect. Strong use of floor work with several level and formation changes
Advanced	7 – 9	Advanced Motions performed by the majority of the team. Executed at a reasonably fast pace with moderate 'and' counts, strong level of technique, moderate foot and body movements during transitions, good use of moves, motions and level changes to enhance the visual effect. Good use of floor work, with moderate level and formation changes.
Intermediate	4-7	Intermediate Motions performed by the majority of the team. Executed at an average pace with minimal 'and' counts, strong level of technique, minimal foot and body movements during transitions, moderate variety of moves, motions and level changes to enhance the visual effect. Minimal use of floor work, with minor level and formation changes.
Beginner	1-4	Beginner Motions performed by the majority of the team. Executed at a slow pace with little or no 'and' counts, low to average level of technique, lack of movement during transitions, minimal variety of moves, motions. Minimal or no use of floor work, level changes, and/or formation changes.

DANCE

Level	Point Range	Skills
Elite	9 – 10	Elite Motions performed by the majority of the team. Executed at a fast pace with several 'and' counts, strong level of technique, difficult foot and body movements during transitions, strong use of moves, motions and level changes to enhance the visual effect. Strong use of floor work with several level and formation changes
Advanced	7 – 9	Advanced Motions performed by the majority of the team. Executed at a reasonably fast pace with moderate 'and' counts, strong level of technique, moderate foot and body movements during transitions, good use of moves, motions and level changes to enhance the visual effect. Good use of floor work, with moderate level and formation changes.
Intermediate	4-7	Intermediate Motions performed by the majority of the team. Executed at an average pace with minimal 'and' counts, strong level of technique, minimal foot and body movements during transitions, moderate variety of moves, motions and level changes to enhance the visual effect. Minimal use of floor work, with minor level and formation changes.
Beginner	1-4	Beginner Motions performed by the majority of the team. Executed at a slow pace with little or no 'and' counts, low to average level of technique, lack of movement during transitions, minimal variety of moves, motions. Minimal or no use of floor work, level changes, and/or formation changes.

CREATIVE USE OF MATERIAL (5 pts) Imaginative, Appropriate for all Ages, Good Incorporation and Presentation of all Elements

OVERALL EFFECT/OVERALL APPEAL (5 pts) Impression that the judge is left with after the entire routine is left with. Must consider all skills performed, the execution and how they are presented.