

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

2010 CHEERLEADING CHAMPIONSHIPS

ALERT

The Connecticut Association of Schools (CAS) along with the Connecticut Student Activities Conference (CSAC) Cheerleading Committee are committed to having all spirit teams, coaches, parents and spectators act in a sportsmanlike manner at all times during games and competitions.

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.

NOTE: In accordance with the National Federation of State High School Associations, the CAS and CSAC Cheerleading Committee disapprove 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 CSAC Cheerleading Committee has decided that should in the event that any of the above occurs, from the time a team enters the competition site to the time the team exits the competition site, that a 25 point penalty will be assessed by the competition officials. This may result in the team placing in a different position and plaques and medals being returned after the results have been announced.

PLEASE NOTE: Coaches are respectfully reminded that the decisions of the competition judges and officials are final when rendered and not subject for discussion or change. Questions or concerns may be addressed to the CSAC Committee in writing. Harassment of any kind, verbal or written will not be tolerated and may result in sanctions against a school or coach. Coaches are asked to remind their team, parents and fans to cheer for their team and not against another team.

A cheerleader will not be allowed to perform if she/he does not appear on the entry form. Only 22 cheerleaders and three (3) coaches will be allowed to enter via the cheerleaders entrance. All other team members and coaches must enter through the main spectator entrance and pay the entrance fee. They will not be allowed to enter the New Haven Field House at the same time as the competing cheerleaders. They must wait for the doors to open for the spectators.

Since each team is warming up approximately 30 minutes before their assigned performance time there will not be open tumbling. All tumblers will be able to warm-up as their team is warming up.

During the team warm-ups a CD player/bloom box will be provided. Teams do not have to bring their own CD player for their warm-up.

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE
30 Realty Drive, Cheshire, Connecticut 06410
Telephone (203) 250-1111 / Fax (203) 250-1345

Sponsored by IGA

TO: Cheerleading Coach/Advisor
FROM: Cheerleading Committee
DATE: February 2010
RE: **2010 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 12, 2010 or Saturday, March 13, 2010. 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 P.M. ON FRIDAY, MARCH 12, 2010, 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 – 687 and above |
| 2) | Class L | Enrollment – 520 - 686 |
| 3) | Class M | Enrollment – 387 - 519 |
| 4) | Class S | Enrollment – 386 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 ATHLETIC CENTER
on Friday, March 12, 2010
or Saturday, March 13, 2010***

The first championship on **Friday will involve Class S schools and the Co-ed divisions**. The second championship on **Saturday morning will involve Class LL schools and Class L schools**. 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 basketball tournament games. **If a team needs to go earlier than their assigned time in order to attend a school sporting event they need to call Sherrie Zembrzuski to make arrangements for a change of order.**

Friday, March 12, 2010**1st Championship -- Class S and Co-ed**

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 13, 2010**2nd Championship -- Class LL and Class L**

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 14, 2010 is the snow date. If the competition on Friday, March 12, 2010 is cancelled the time schedule will be as follows:

1st Championship -- Class S and Co-ed

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 14, 2010 is the snow date. If the competition on Saturday, March 13, 2010 is cancelled, the time schedule will be as follows:

2nd Championship -- Class LL and L

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.	Competition ends

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 12, 2010. A decision will be made very early on the morning of March 13, 2010 for the Saturday competition. In addition you can check the CAS web site, 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 within this information packet. 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 several Class S teams will perform followed by Co-ed team. In the second session a Class LL team will perform followed by a Class L and in the third session all Class m teams will perform.
3. Practice times will be assigned as squads arrive at the New Haven City-Wide Athletic Field House. 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 WARM-UP TIME.** A safety judge **WILL NOT** be present at this time. A CD player/boom box will be available in 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 Zembruski, 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 teams arrive at the New Haven Athletic 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 intent-to-enter form that has been submitted. **A CHEERLEADER WILL NOT BE ALLOWED TO PERFORM IF SHE/HE DOES NOT APPEAR ON THE ENTRY FORM. ONLY 22 CHEERLEADERS AND THREE (3) COACHES WILL BE ALLOWED TO ENTER VIA THE CHEERLEADERS' ENTRANCE. ALL OTHER TEAM MEMBERS AND COACHES MUST ENTER THROUGH THE MAIN SPECTATOR ENTRANCE AND PAY THE ENTRANCE FEE.**
6. The site at the New Haven Athletic Field House 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 Field House 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 Field House 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 Field House.
9. No food or drinks are permitted in the New Haven City-Wide Athletic Field House. 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. Please 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.

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13. **PERFORMANCE AREA** – See attached gym floor plan which indicated the area of the basketball court which will be the performance area. It will be half court. The performing surface will be a 42' by 42' (seven (7) panels) 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 10 point deduction.**
14. Seating at the New Haven City-Wide Athletic Field House is on a first come, first serve basis. Seats cannot be saved for spectators.
15. **SIGNS, NOISEMAKERS AND BANNERS FORBIDDEN** -- Please stress to pupils over your public address system the regulation that the use of confetti, glitter, signs, banners, placards, and streamers are 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 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 Athletic 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: Children five (5) and under are free; Senior Citizens (age 65 and older) \$5.00; Students (grades 1-12) \$5.00; Adults (All others not in the above categories) \$8.00.
19. Once a spectator leaves the competition during the competition or after the competition they will not be allowed to re-enter unless another entry fee is paid.
20. Check the Connecticut Association of Schools web site on Monday, March 8, 2010 or 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 20, 2010 at the Providence Career and Technical Academy, 91 Fricker Street, Providence, RI 02903. The winners of Class M, Class S and Co-ed will compete at the session that starts at 10:00 a.m. and the winners of Class LL and Class L will compete at the session that begins at 3:00 p.m.

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 Regionals:

- 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 ATHLETIC FIELD HOUSE

480 Sherman Parkway, New Haven, CT 06511

From I-95 North and South -- Take Exit 47 to Rt. 34 to where the highway ends, go straight for 3/4 of a mile to Sherman Avenue. Take the right onto Sherman Avenue, go straight through 6 lights, the Field House is on the left. As you proceed towards the field house make your first left onto Munson Street and then into the main parking lot.

From I-91 South -- Take Rt. 34 exit. Follow Rt. 34 to where the highway ends, go straight for 3/4 of a mile to Sherman Avenue. Take the right onto Sherman Avenue, go straight through 6 lights, the Field House is on the left. As you proceed towards the field house make your first left onto Munson Street and then make your first left into the main parking lot.

From Rt 15 (Wilbur Cross Parkway) -- Take Exit 59, take a right onto Whalley Avenue (toward New Haven). Then turn left onto Ella Grasso Boulevard. Continue straight until the end and then make a right onto Crescent Street. Field House will be ½ mile down on your left. As you proceed towards the field house, make your first left onto Munson Street and then make your first left into the main parking lot.

From Rt 15 South -- Take Exit 60, take a right onto Dixwell Avenue. Continue on Dixwell Avenue until you see Burger King on the left and Dunkin Donuts on your right. * At the light (St. Ann’s Church) make a right onto Arch Street. At first light take a left onto Bowen Street -- continue on Bowen -- street name will change to Sherman Avenue, then Sherman Parkway -- after baseball field on right -- take a right onto Munson Street then make your first right into the main parking lot.

* When you make the right onto Arch Street you may also follow to the second light -- take a left onto Fitch Street -- pass Southern Connecticut State University (left) cemetery (right) -- follow Fitch Street until you go under overpass -- after overpass take a left at light -- Crescent Street -- follow Crescent Street which will bring you to New Haven Athletic Field House on your left.

ORDER OF PERFORMANCE**Friday, March 12, 2010**

4:30 p.m. Gym opens for participants

6:30 p.m. Competition begins

Class S and Co-ed

- 1) Wamogo (Class S)
- 2) Simsbury (Co-ed)
- 3) Tourtellotte (Class S)
- 4) Granby Memorial (Co-ed)
- 5) Trinity Catholic (Class S)
- 6) Torrington (Co-ed)
- 7) Northwest Catholic (Class S)
- 8) Windsor (Co-ed)
- 9) Oxford (Class S)
- 10) Waterford (Co-ed)
- 11) St. Paul Catholic (Class S)
- 12) Brien McMahon (Co-ed)
- 13) East Windsor (Class S)
- 14) Naugatuck (Co-ed)
- 15) Sacred Heart, Wtby (Class S)
- 16) Darien (Co-ed)
- 17) Ansonia (Class S)
- 18) Wilby (Co-ed)
- 19) East Hampton (Class S)
- 20) Bolton (Co-ed)
- 21) Thomaston (Class S)
- 22) Wm. Hall (Co-ed)
- 23) Woodland (Class S)
- 24) Stamford (Co-ed)
- 25) North Branford (Class S)
- 26) Wolcott (Co-ed)
- 27) Notre Dame, Fairfield (Class S)
- 28) Enrico Fermi (Co-ed)
- 29) Gilbert (Class S)
- 30) Putnam (Co-ed)
- 31) Derby (Class S)
- 32) Stratford (Co-ed)
- 33) Haddam-Killingworth (Class S)
- 34) Branford (Co-ed)
- 35) Wheeler (Class S)
- 36) Norwich Free Academy (Co-ed)
- 37) Immaculate (Class S)
- 38) Coventry (Co-ed)
- 39) Cromwell (Class S)

AM Saturday, March 13, 2010

9:00 a.m. Gym opens for participants

10:30 a.m. Competition begins

Class LL and Class L

- 1) Shelton (Class LL)
- 2) New Canaan (Class L)
- 3) Norwalk (Class LL)
- 4) North Haven (Class L)
- 5) Trumbull (Class LL)
- 6) Bassick (Class L)
- 7) Conard (Class LL)
- 8) Farmington (Class L)
- 9) Southington (Class LL)
- 10) Fairfield Warde (Class L)
- 11) Cheshire (Class LL)
- 12) East Lyme (Class L)
- 13) Hamden (Class LL)
- 14) Middletown (Class L)
- 15) South Windsor (Class LL)
- 16) Wilton (Class L)
- 17) Glastonbury (Class LL)
- 18) East Haven (Class L)
- 19) Newington (Class LL)
- 20) RHAM (Class L)
- 21) Westhill (Class LL)
- 22) Bunnell (Class L)
- 23) New Milford (Class LL)
- 24) Daniel Hand (Class L)
- 25) Pomperaug (Class LL)
- 26) Lyman Hall (Class L)
- 27) Ridgefield (Class LL)
- 28) Ledyard (Class L)
- 29) Mercy (Class LL)
- 30) Foran (Class L)
- 31) Greenwich (Class LL)
- 32) Bethel (Class L)
- 33) Staples (Class LL)
- 34) Masuk (Class L)
- 35) Fairfield Ludlowe (Class LL)
- 36) Rockville (Class L)
- 37) Newtown (Class LL)
- 38) Guilford (Class L)
- 39) East Hartford (Class LL)
- 40) Jonathan Law (Class L)
- 41) West Haven (Class LL)
- 42) Danbury (Class LL)
- 43) Fitch (Class LL)

PM Saturday, March 13, 2010

3:00 p.m. Gym opens for participants

5:00 p.m. competition begins

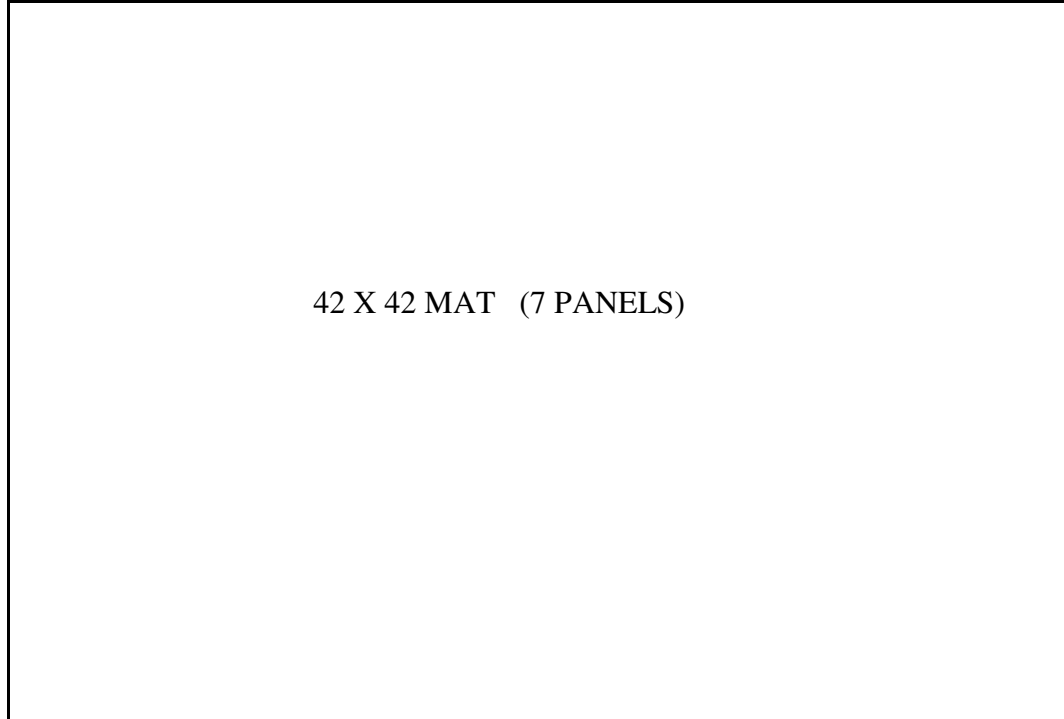
Class M

- 1) New London (Class M)
- 2) Montville (Class M)
- 3) Plainfield (Class M)
- 4) Plainville (Class M)
- 5) Seymour (Class M)
- 6) Holy Cross (Class M)
- 7) Joel Barlow (Class M)
- 8) Berlin (Class M)
- 9) Nonnewaug (Class M)
- 10) Sacred Heart Ac., Hamden (M)
- 11) Watertown (Class M)
- 12) Rocky Hill (Class M)
- 13) St. Joseph (Class M)
- 14) Lewis Mills (Class M)
- 15) Bacon Academy (Class M)
- 16) Killingly (Class M)
- 17) Brookfield (Class M)
- 18) Tolland (Class M)
- 19) Career Magnet (Class M)
- 20) Luralton Hall (Class M)
- 21) Griswold (Class M)
- 22) Weston (Class M)
- 23) New Fairfield (Class M)
- 24) Enfield (Class M)
- 25) Ellington (Class M)

CHEERLEADING CHAMPIONSHIPS

March 12 & 13, 2010

GYM SET-UP



BLEACHERS FOR
SPECTATORS

DJ

JUDGES

BLEACHERS FOR SPECTATORS

2010 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 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)

<u>Rule Infraction</u>	<u>Page #</u>	<u>Category</u>	<u>Rule #</u>	
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

4) **Time**

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

Time of Routine _____
(Minimum time is 2 minutes (120 seconds) and
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

VOICE (5 points) Volume, Tone, Pitch, Clarity, Appropriate Inflections, Appropriate Use of Words

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

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

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

OVERALL EFFECT / OVERALL APPEAL (5 points) 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 stunt groups
- 9 or under – 1 or 2 stunt groups

<u>Level</u>	<u>Point Range</u>	<u>Skills</u>
Elite	9 - 10	<p>Elite Stunts 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.</p> <p>* All stunts performed with a high level of execution, perfection and flexibility.</p> <p>* Maximum participation.</p> <p>Dismounts:</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>Advanced Stunts 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.</p> <p>* All stunts performed with a high level of execution, perfection and flexibility.</p> <p>* And/or Elite Stunts performed with sub-standard level of technique and execution</p> <p>* Maximum participation.</p> <p>Dismounts:</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 students 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>Intermediate Stunts include traditional two-leg extended stunts or any combination thereof: chairs, liberty with a front spot.</p> <p>* All students performed with a high level of execution, perfection and flexibility.</p> <p>* And/or Advanced stunts performed with a sub-standard level of technique and execution.</p> <p>Dismounts:</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>Beginner Stunts include prep (half extension), thigh stand shoulder stand, shoulder sit, pop up splits, straddle press, liberty and liberty variations at the prep level.</p> <p>* And/or Intermediate stunts performed with a sub-standard level of technique and execution.</p> <p>Dismounts:</p> <ul style="list-style-type: none">• <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.

PYRAMIDS

Pyramids

A group 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	<ul style="list-style-type: none">* 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	<ul style="list-style-type: none">* 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	<ul style="list-style-type: none">* 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	<ul style="list-style-type: none">* 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.

OVERALL EFFECT / OVERALL APPEAL (5 points) 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

<u>Level</u>	<u>Point Range</u>	<u>Skills</u>
Elite	9 - 10	<ul style="list-style-type: none">* 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	<ul style="list-style-type: none">* 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	<ul style="list-style-type: none">* 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	<ul style="list-style-type: none">* 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.

<u>Level</u>	<u>Point Range</u>	<u>Skills</u>
Elite	8 - 10	<ul style="list-style-type: none">* 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	<ul style="list-style-type: none">* Advanced jumps include level toe touches, hurdlers, and herkies, pikes and 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	<ul style="list-style-type: none">* 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	<ul style="list-style-type: none">* 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.

Overall Effect/Overall Appeal (5 points): Impression that the judge is left with upon completion of the entire routine. 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.

Overall Effect / Overall Appeal (5 points): Impression that the judge is left with upon completion of the entire routine. Must consider all skills performed, the execution and how they are presented.

CONNECTICUT ASSOCIATION OF SCHOOLS
CHEERLEADING SCORE SHEET

Team _____ Division _____ Judge Number _____

	Max Score	Score	Comments
JUDGES 1 & 5			
Voice Volume, tone, Pitch, Clarity, Appropriate Inflections, Appropriate use of words	5		
Expression and Enthusiasm Smiles, Spirit, Naturalness, Showmanship maintained throughout entire routine	5		
Formations and Spacing Use of floor, Varied, Interesting, Properly Aligned and Symmetrical (when appropriate)	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, technique, dismounts, execution	10		
Pyramids Skill Level, % of Team involved, Timing, Technique, Dismounts, Execution	10		
Overall Effective/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, execution	10		
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		
Overall Effect/Overall Appeal Exciting, entertaining, dynamic, confident, visually effective. Consider all skills performed, execution and how they are performed.	5		
TOTAL	100		