

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

To: CIAC Member Schools  
From: CAS/CIAC Office  
Re: **CAS/CIAC/CSAC Cheerleading Competition**

The Connecticut Student Activities Conference under the authority of the Connecticut Association of Schools will for the 32<sup>nd</sup> time conduct an Association cheerleading competition. In order to more accurately estimate the number of schools competing, CAS/CSAC requests that you complete the Entry Form if you intend to enter.

The information in this packet covers in detail the 2023 CAS/CIAC/CSAC Cheerleading Championships.

Please submit the Entry Form to CAS via the password-protected online eligibility center by **January 6, 2023**. Place all cheerleaders in your cheerleading program – varsity, junior varsity or freshman on the entry form. There is no limit to the number of cheerleaders who may be on the entry form, **but only twenty (20) of those listed will be able to compete on the day of the competition and only a maximum of twenty-two (22) will be allowed into the competition via the team entrance.**

The competition that is planned will be as follows:

- A. **State Championship** – Saturday, March 4, 2023  
Site – Floyd Little Athletic Center, 480 Sherman Parkway, New Haven  
Snow date – Sunday, March 5, 2023
- B. **Entry fee** of \$100 per team will be charged. Entry fee should be made payable to CAS and mailed to 30 Realty Drive, Cheshire, CT 06410.
- C. Each squad of **not more than twenty (20)** cheerleaders will be required to **PERFORM A 2 TO 2 ½ MINUTE ROUTINE. THERE IS NO LIMIT TO THE AMOUNT OF MUSIC THAT CAN BE USED.** There will be in addition to the all-girl divisions, a co-ed division. **All music used must have the proper licensing and squads will be asked to provide a copy of their license. Please see the USA Cheer website for a list of approved music providers.**
- D. 2022-23 National Federation Rules will be followed.
- E. The number of classes such as Co-ed, LL, L, M and S will be determined based upon the number of schools that enter the competition.
- F. Teams entering will perform once. Regional competitions **will not** be held.
- G. Appropriate awards similar to CIAC awards will be presented to the champion, first and second runner-up teams in each Class.

Questions or concerns may be addressed to the CAS office (203) 250-1111 or fax (203) 250-1345.

The CAS/CIAC/CSAC Cheerleading Committee encourages you to participate and support this program. These championships are a worthwhile activity for all high school youth.

**Please share this information with your cheerleading coach/advisor.**

CONNECTICUT ASSOCIATION OF SCHOOLS  
CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE  
30 Realty Drive, Cheshire, Connecticut 06410

**32<sup>nd</sup> ANNUAL 2023 CHEERLEADING CHAMPIONSHIP**

1. **Authority** -- The decisions of the CAS/CSAC Cheerleading Committee and/or Meet Directors relative to the operation of the competition shall be final.
2. **Awards** – In each class a plaque and 22 individual medals will be awarded to each of the champion, 1<sup>st</sup> and 2<sup>nd</sup> runner-up teams.

3. **Date of Competition / Site / Starting Times**

**Date:** State Championship –Saturday, March 4, 2023  
Snow Date – Sunday, March 5, 2023

**Time:** To be announced with a follow-up communication

**Site:** Floyd Little Athletic Center  
480 Sherman Parkway  
New Haven, CT 06511

The CAS/CSAC Cheerleading Committee will determine the starting time for each division competing and a follow-up letter will be mailed to participating schools indicating the starting time.

4. **Divisions** -- The 2023 Cheerleading Championship divisions will be determined when the entry forms are submitted via the online eligibility center.
5. **Entry Fee / Entry Form** – Each cheerleading team entering the Championships will be assessed an entry fee of \$100 which must be mailed to CAS, 30 Realty Drive, Cheshire, CT 06410. Entry form must be submitted by January 6, 2023 via the CAS web site.
6. **Late Entry Policy**
  - Tournament entries will not be accepted after the established deadline except those approved by the CIAC Board of Control.
  - Corrections requested by a school to an entry form that was submitted by the established deadline, but prior to the seeding/pairing data published on the web site will be assessed a fee of \$50 per correction to a maximum of \$250.
  - All requests for corrections must be submitted on a support ticket via the online eligibility center. **No phone requests will be considered.**

7. **Meet Regulations**

- A. Only member schools of CAS-CIAC may enter these championships.
- B. Each cheerleading squad **MUST PERFORM FOR AT LEAST 2 MINUTES BUT NOT MORE THAN 2 ½ MINUTES**. Performing less than the required time or performing more than the required time will result in points being deducted. Two points will be deducted for each 5-second violation or any part thereof. Timing will begin with the first words, motions or music after the team’s name is announced when they are on the mat. **NO ORGANIZED ENTRANCES WILL BE ALLOWED CHEERING AND CHANTING MUST BE COMPLETED BEFORE THE CHEERLEADERS TAKE THE MAT.**

- C. **There is no limit to the amount of music that may be used in the routine. All music must have the proper licensing and squads will be asked to provide a copy of their music license. See USA Cheer website for a list of approved music providers.** A disc jockey equipped with a tape and CD player as well as a connection for iPhone will be provided at the site, however, a team may use their own device if they so choose. *It is highly recommended that each squad bring a back-up of their music.*
- D. Eight panel judges, a deduction judge and a safety judge will score each team. If two divisions are competing at the same time there will be two sets of judges. Technical difficulties will be adjudicated by the judges. Judges for the state competition will have attended a professional development on the scoresheet to ensure they understand the rubrics for the category they are judging.

**Sherrie Zembruski, Notre Dame Catholic High School, 220 Jefferson Street, Fairfield, CT 06825, is the Tournament Official Coordinator** – Home telephone (203) 574-5639 (after 5:00 p.m.) / Work telephone (203) 372-6521 (6:45a.m. – 3:00 p.m.) / E-mail – [missz14@sbcglobal.net](mailto:missz14@sbcglobal.net) . Sherrie will hire and assign judges with the assistance of a subcommittee of the CAS/CSAC Cheerleading Committee. Safety judges **will not** preview the squads.

- E. **The 2022-23 National Federation Rules for Spirit squads must be followed. Team stunts or actions judged to be illegal by the National Federation Rules will result in penalty points assessed. If you are in doubt about the legality of a stunt or pyramid, submit a picture or video tape to Sherrie Zembruski by February 17, 2023. A decision will be made within three days of receipt of the picture or video. RULINGS ON ANY STUNTS OR PYRAMIDS SUBMITTED AFTER FEBRUARY 17, 2023 WILL NOT BE GIVEN.**
- F. **“Props” which are permitted in this competition are megaphones, pom poms, signs, flags, banners, etc.**
- G. Judges decisions on scoring will be final and binding on entries. Technical difficulties, such as music stopping, will be adjudicated by the judges.
- H. The Cheerleading Committee will determine the “order of performance” for the championship prior to the competition and will mail this order to those member schools entered.
- I. Only one squad per member school may enter the competition.
- J. All competitors must be grade 9, 10, 11 or 12.
- K. Each team will be reimbursed for (5) tickets. These tickets are to be used for school personnel and spouses, **NOT PARENTS**. A written request must be sent to the CIAC office and will only be reimbursed to those schools that have paid their entry fee.

**ALL TICKET SALES FOR CIAC TOURNAMENT GAMES WILL BE SOLD AND REDEEMED VIA DIGITAL TICKETING.**

Children five (5) and under are free  
 Military in uniform or with I.D. are free  
 Senior Citizens (age 65 and older) and Students (grades 1-12) are \$5.00  
 Adults (all others not in any of the above categories) are \$10.00

- L. Cheerleading coaches are expected to maintain discipline among the competitors and make certain that good sportsmanship prevails in both winning and defeat. Schools will be held liable for actions of their competitors which may include but is not limited to property damage or assault.
- M. Competitors will not be permitted to compete without the presence of their cheerleading coach/advisor, or having in writing from the Principal of the school a statement designating an adult replacement.

- N. Coaches are to bring a large plastic bag so that what their team “packs in” may be packed out.
- O. Score sheets will be presented to each coach at the conclusion of the competition. Also available to coaches will be an order of finish and point totals for their division.
- P. Scoring will be done in accordance with the score sheet. The score sheets for this year’s competition will be attached here.
8. **Team Composition** – Each team may have up to but not more than **twenty (20) cheerleaders performing**. No alternates. **CO-OP TEAMS WILL BE ALLOWED. Please submit the co-op application at the end of this packet.**

According to the National Federation Spirit Rule Book: “If spirit competition is approved as part of the school’s activities, it should be placed in perspective with the total educational program, and should not interfere with the primary responsibility of spirit groups, which is to support the interscholastic athletic program.” **Therefore, schools must be represented by a squad of winter cheerleading members, as long as each member of the competition team is actively cheering/participating at winter cheerleading athletic events including practices and games.**

9. **Traveling Expenses** – Competing schools must provide their own transportation at their expense.
10. **Warm-up Area** – A warm-up area will be provided at the competition site for use by teams prior to the start of the competition. A 42’ by 42’ (seven (7) panels) mat will be provided in the practice and competition areas. You will only be allowed to warm-up on the provided mats.
11. **Dressing Facilities** – Facilities will be available at the site.
12. **Performance Area** – 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 point deduction.**
13. **Medical Service** – Medical personnel will be on site at the competition to attend to any emergency needs of competitors, coaches and spectators. Each coach is responsible for his/her own team.
14. **New England Regional Cheerleading Competition**
- Only three teams from each division are allowed to compete at the New England Regional Cheerleading competition.
  - In the event that teams are tied, in any division, at the conclusion of the Connecticut State Championships, the following procedure will be used to determine the top three teams eligible to advance to the New England Regional.
    - a. 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.
    - b. If a tie remains, the highest and lowest score for each judge will be deleted and the remaining scores will be tabulated with the team awarded the highest point total given the higher rank.

**The New England competition will take place on March 18, 2023 at Worcester State University, Worcester MA.**

2023 CONNECTICUT HIGH SCHOOL CHEERLEADING CHAMPIONSHIPS

Sponsored by CAS / CSAC

Form to be submitted via the password-protected online eligibility center.  
For the attention of the Principal as well as the Athletic Director.

**2023 Cheerleading Entry Form**

1. This entry form must be on file in the CAS office, via the password-protected online eligibility center no later than 4:00 p.m. on Friday, January 6, 2023. The \$100 entry fee must be mailed to the CAS office, 30 Realty Drive, Cheshire, CT 06410. A late fee of \$50 will be charged if the entry form is not in the CAS office by 4:00 p.m. on January 6, 2023.
2. Only **20** competitors may be admitted to perform during the competition.
3. If a school requires a P.O. for fee payment, indicate that payment of the entry form will be forthcoming.

**Please fill in the school information requested and your statement of intent and return via the password-protected online eligibility center by January 6, 2023**

List **ALL THE MEMBERS OF YOUR CHEERLEADING SQUAD** on this entry form (including JV and Freshman members). *Only **twenty (20)** competitors may perform during the performance.* **REMINDER:** In order to compete the cheerleaders must cheer for the winter season and must be actively cheering at all team scheduled winter events.

**The principal certifies that the individuals listed on this official entry form have satisfied the State health statutes and local regulations regarding physical examinations and are physically fit to participate in this competition.**

School \_\_\_\_\_ Town \_\_\_\_\_

Principal \_\_\_\_\_ Principal's School Phone ( ) \_\_\_\_\_

Principal's Home Phone ( ) \_\_\_\_\_

Athletic Director \_\_\_\_\_ AD's School Phone ( ) \_\_\_\_\_

AD's Home Phone ( ) \_\_\_\_\_ AD's Email \_\_\_\_\_

Coach/Advisor \_\_\_\_\_ Coach/Advisor School Phone ( ) \_\_\_\_\_

Coach/Advisor Home Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Coach/Advisor Home Phone ( ) \_\_\_\_\_ Coach/Advisor Email \_\_\_\_\_

Coach/Advisor Cell Phone ( ) \_\_\_\_\_

Please list area code with all telephone numbers.

( ) ALL – GIRL SQUAD OR ( ) CO-ED SQUAD

Last Name	First Name	Grade	Last Name	First Name	Grade
1.			51.		
2.			52.		
3.			53.		
4.			54.		
5.			55.		
6.			56.		
7.			57.		
8.			58.		
9.			59.		
10.			60.		
11.			61.		
12.			62.		
13.			63.		
14.			64.		
15.			65.		
16.			66.		
17.			67.		
18.			68.		
19.			69.		
20.			70.		
21.			71.		
22.			72.		
23.			73.		
24.			74.		
25.			75.		
26.			76.		
27.			77.		
28.			78.		
29.			79.		
30.			80.		
31.			81.		
32.			82.		
33.			83.		
34.			84.		
35.			85.		
36.			86.		
37.			87.		
38.			88.		
39.			89.		
40.			90.		
41.			91.		
42.			92.		
43.			93.		
44.			94.		
45.			95.		
46.			96.		
47.			97.		
48.			98.		
49.			99.		
50.			100.		

## CHEERLEADING COOPERATIVE TEAM SPONSORSHIP

The CSAC Board of Control shall have the authority to approve the formation of cooperative cheer teams of two or more member schools under the following conditions.

1. The determination of the proper set of circumstances which will allow multiple schools to form a cooperative team will depend on the issue of participant displacement. Schools having sufficient numbers of participants are advised not to request the formation of a cooperative cheer team. It is only when two or more schools are experiencing difficulty in obtaining the desired number of participants that the request for a cooperative cheer team should be initiated. Cooperative cheer teams may not be formed for financial reasons.
2. Multiple cooperative cheer teams cannot exceed two times the maximum determined limit which is standard for high school cheer teams.
3. The schools must be located in the same geographical area.
4. The schools must be members of CAS-CIAC.
5. A cooperative cheer team will be placed in the appropriate tournament classification using the combined enrollment as follows:
  - a. 100% of the 9-12 boy or girls enrollment of the largest school in the co-op.
  - b. The % of participants from the remaining school(s) in the co-op will be calculated and that % of the co-op school(s) 9-12 boy or girl enrollment will be added to the largest school enrollment.

Example:	School A	9-12 girl enrollment	500
	School B	9-12 girl enrollment	250
	Total		750
	# of participants in co-op – 15		
	10 from School A – 100% enrollment		500
	5 from School B – 33% enrollment of 250		83
	Total		583

6. Once established and approved, cooperative cheer teams shall exist for a period of two consecutive years. However, approval may be granted for one year.
7. Written assurance shall be understood that “no cut” policies shall govern cooperative cheer teams.
8. Schools wishing to form cooperative cheer teams should jointly make application to the CSAC Board. The suggested timeline shall be at the start of the winter sport season or prior to December 1. Further, it is understood that co-op cheer teams will cheer for their respective winter sports teams; thus not only competing in local or statewide competitions.
9. The CSAC Board reserves the right to investigate a co-op cheer team that appears to have a substantially different number of participants in the co-op. The board may render an immediate consequence for such disparities.

**CAS APPLICATION FOR COOPERATIVE CHEER TEAM SPONSORSHIP**  
(Cooperative team policy information can be found in the CIAC Handbook (bylaws Section 3.0))

**Application deadline: Winter sport – December 1**

Application for:       Initial               Renewal              Application Date \_\_\_\_\_

1. Names of Schools Applying    2. City/Town    3. Principal's Name

Host School (1) \_\_\_\_\_

Coop School (2) \_\_\_\_\_

Coop School (3) \_\_\_\_\_

4. Team (Girl or Co-ed) \_\_\_\_\_ Total # of athletes allowed by CIAC – 20-22

5. Effective Date of Co-op \_\_\_\_\_

6. Name of Co-op \_\_\_\_\_

7. **Potential Participation** (List number of students in each school who are expected to participate on this team.) \*\*\*

<u>Grade</u>	<u>Host School (1)</u>	<u>Co-op School (2)</u>	<u>Co-op School (3)</u>	<u>Total</u>
*9	_____	_____	_____	_____
10	_____	_____	_____	_____
11	_____	_____	_____	_____
12	_____	_____	_____	_____
Total	_____	_____	_____	_____

\*Note: This figure must include the expected participants from the incoming 9<sup>th</sup> graders if this application is submitted the previous school year.

8. **Current Program Status** (List the number of participants included in your program during the sport season preceding this application.)

<u>Grade</u>	<u>Host School (1)</u>	<u>Co-op School (2)</u>	<u>Co-op School (3)</u>	<u>Total</u>
9	_____	_____	_____	_____
10	_____	_____	_____	_____
11	_____	_____	_____	_____
12	_____	_____	_____	_____
Total	_____	_____	_____	_____

**Dissolving an active approved co-op lies solely between the schools involved.**

- Addendums to this Application:** (The following items must accompany this application in order for it to be processed.)
- A. A written statement expressing the reason for formation of this co-op.
  - B. A written statement from all schools involved that they will adopt a “no cut” policy for this co-op.
  - C. A written statement from your league or six (6) competing schools approving this co-op.
  - D. The eligibility lists of previous sport season.

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NOTE: Member schools are advised that when a cooperative team is dissolved for any reason, any and all remaining players from the school that is no longer participating in the co-op are not eligible to continue participating with the host team. For purposes of clarification, the host team is that team which was previously part of the co-op team and has increased its team membership to a level which the CIAC determines sufficient to sponsor its own school team independent of a co-op arrangement.

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**COOPERATIVE TEAM APPLICATIONS MUST BE SUBMITTED VIA THE  
ONLINE ELIGIBILITY CENTER**



**2022-23 CAS-CIAC / CSAC CHEERLEADING CHAMPIONSHIP**

**Music Copyright Compliance Form**

In order to protect the CAS-CIAC / CSAC Cheerleading Championship and its participants, we are requiring that all participating teams provide proof of music copyright compliance prior to the competition.

By signing this form, you are verifying that all copyright requirements were met prior to you obtaining your music from your producer.

I, \_\_\_\_\_, verify that all copyright permissions were properly and completely  
*Coach's Name*

obtained by \_\_\_\_\_, prior to production of the 2022-23 CAS-CIAC / CSAC  
*Music Mixer's Name*

Cheerleading Championship routine music for the \_\_\_\_\_ team from \_\_\_\_\_.  
*School's Name* *Division*

These permissions can be verified by certification document(s) **available upon request.**

I acknowledge that this form will be kept on file by the CAS, and **I will need to keep my certification documents on file** for a minimum of THREE (3) years.

By signing this form, I confirm that the information above is complete and accurate. I also acknowledge that my signing of this form releases the CAS of any liability pertaining to my use of copy written music in my routine.

Coach Name (Printed) : \_\_\_\_\_ Date \_\_\_\_\_

Coach Signature: \_\_\_\_\_ Date \_\_\_\_\_

Administrator/AD Name (Printed): \_\_\_\_\_ Date \_\_\_\_\_

Administrator/AD Signature: \_\_\_\_\_ Date \_\_\_\_\_

NOTE: A copy of the music license **AND** THIS FORM MUST BE COMPLETED AND RETURNED TO Sherrie Zembrzuski by **February 17, 2023**. Return via email ([missz14@sbcglobal.net](mailto:missz14@sbcglobal.net)) or mail: 24 Suncrest Avenue, Waterbury, CT 06708.

## 2022-23 NFHS Spirit Rule Changes

<b>Rule 1</b>	Revises definitions for airborne and headspring.
<b>2-1-11</b>	Clarifies the padding requirements of hard and soft support devices and braces.
<b>3-2-1, 4-2-1</b>	Allows an exception for poms in cheer and dance to be shared while building a stunt at prep level or below.
<b>3-3-5a</b>	Allows the connection between a bracer and the top person(s) to be with one or both hands/arms during a braced flip.
<b>3-3-5d</b>	Requires the bracer to remain stationary during a braced flip.
<b>3-5-4</b>	Allows a limited-height toss to be caught in a vertical stunt by the original bases.
<b>3-5-5c2</b>	Allows a non-braced top person in a cradle position or horizontal position at prep level or below to be <b>Released to the original bases.</b>

## 2022-23 NFHS Spirit Editorial Changes

3-3-6; 4-2-8

## 2021-22 NFHS Spirit Points of Emphasis

1. Situations and Rulings
2. Sportsmanship
3. Return to Play/Activity
4. Hair
5. Performing Surfaces

## Certifications/Coaching Certifications

- Coaching Education Overview: Required coaching certifications, including medical certifications, can be found at this link: <http://www.ctcoachinged.org/>
- Information on Coaching Permit Renewal for the State of Connecticut can be found at: <https://portal.ct.gov/SDE/Certification/Coaching-Permit-First-Time-Issuance>
- Temporary coaching permit application can be found at this link: [https://portal.ct.gov/-/media/SDE/Certification/Forms/ed\\_186.pdf](https://portal.ct.gov/-/media/SDE/Certification/Forms/ed_186.pdf)
- 5 Year coaching permit application can be found at this link: [https://portal.ct.gov/-/media/SDE/Certification/Forms/ed\\_185.pdf](https://portal.ct.gov/-/media/SDE/Certification/Forms/ed_185.pdf)
- Coaching Course Registration: <http://ctcoachinged.org/Permit.html>
- Sudden Cardiac Arrest Renewal: [https://portal.ct.gov/-/media/SDE/Certification/Coaching/coaches\\_sudden\\_cardiac\\_arrest\\_awareness\\_annual\\_review.pdf?la=en](https://portal.ct.gov/-/media/SDE/Certification/Coaching/coaches_sudden_cardiac_arrest_awareness_annual_review.pdf?la=en)
- Information on concussion training and certification can be found at this link: <http://www.ctcoachinged.org/concussionpage.html>
- Concussion Renewal Form for Coaches: <https://casci.ac/8237>
- Mandated Reporter Training: <https://portal.ct.gov/DCF/Mandated-Reporter-Training/Home>
- Epipen Training: <https://www.redcross.org/take-a-class/preview-kits/anaphylaxis-epinephrine-auto-injector>
- Coaches Guide to Dehydration and Other Heat Illnesses: <https://www.nata.org/practice-patient-care/health-issues/heat-illness>
- Heat Illness Legislation for Coaches, Parents and Students: <https://www.cga.ct.gov/2021/ACT/PA/PDF/2021PA-00087-R00HB-06492-PA.PDF>
- Exertional Heat Illness Review for Coaches: <http://www.casciac.org/pdfs/22-23HeatIllnessReview.docx>

**Volunteer Coaches** – The State of Connecticut Department of Education does not distinguish between volunteer or paid coaches when considering certifications or responsibilities. All coaches who are responsible for, or instruct students in any way must follow Connecticut State Law for certifications and responsibilities. Therefore, volunteer coaches are required to obtain the same certifications as all other coaches.

CONNECTICUT ASSOCIATION OF SCHOOLS CHEERLEADING SCORESHEET

Team Name \_\_\_\_\_

Number of Cheerleaders \_\_\_\_\_

Judge Number \_\_\_\_\_

Division \_\_\_\_\_

	Max	Score	Comments
<b><u>Scoresheet 1</u></b>			
Motions – Difficulty	5		
Motions – Execution	5		
Voice	2.5		
Expression	2.5		
Jumps – Difficulty	5		
Jumps – Execution	5		
<b><u>Scoresheet 2</u></b>			
Partner Stunts – Difficulty	10		
Partner Stunts – Execution	8		
Overall Performance / Creativity	7		
<b><u>Scoresheet 3</u></b>			
Standing Tumbling – Difficulty	5		
Running Tumbling – Difficulty	5		
Tumbling – Technique	2.5		
Tumbling – Synchronization	2.5		
Dance – Difficulty	5		
Dance – Execution	5		
<b><u>Scoresheet 4</u></b>			
Pyramids – Difficulty	10		
Pyramids – Execution	8		
Choreography / Flow of Routine	7		

**For Official Use Only:**

Tabulator: \_\_\_\_\_/25

## SCORESHEET #1

### **Motions – Difficulty (5 points)**

Basic Motions: V – high/low, T, Touchdown – high/low

Complex Motions: K, L, Diagonal, Variations of Basic Motions (examples include: broken high V, broken T, etc.)

**NOTE:** Must meet all bullets to obtain range.

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0	*	No motions
0.1 – 1.9	*	Below average paced motions
	*	Little to no variety of motions
	*	Minimal visual effects in motions, level changes, etc.
2.0 – 3.9	*	Average paced motions
	*	Average variety and incorporation of basic and complex motions
	*	Some visual effects in motions, level changes, etc.
4.0 – 5.0	*	Fast paced motions
	*	Outstanding variety in incorporation of basic and complex motions
	*	Outstanding visual effects in motions, level changes, etc.

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### **Motions – Execution (5 points)**

Considerations for execution scores includes arm placement, wrists, arm extension angles off, sharpness, precision, timing and synchronization.

0	No Motions Performed
0.1 – 0.9	Poor Execution
1.0 – 1.9	Below Average Execution
2.0 – 2.9	Average Execution
3.0 – 3.9	Above Average Execution
4.0 – 5.0	Outstanding Execution

### **Voice (2.5 points)**

Volume, voice projection, enunciation, inflection, and energy conveyed in voices throughout the cheer segment.

0.1 – 0.9	Below Average
1.0 – 1.4	Average
1.5 – 1.9	Above Average
2.0 – 2.5	Outstanding

### **Expression (2.5 points)**

Use of natural smiles and facial expression changes to express enthusiasm and excitement throughout the routine.

0.1 – 0.9	Below Average
1.0 – 1.4	Average
1.5 – 1.9	Above Average
2.0 – 2.5	Outstanding

**Jumps – Difficulty (5 points)**

Basic Jumps: Tucks, Eagles

Advanced Jumps: Toe touch, Hurdler, Herkie and Pike

Exceptional Jumps: Double Nine, Around the World

0	No Jumps
0.1 – 0.4	Majority of basic jumps only
0.5 – 0.9	Most basic jumps only
1.0 – 1.4	Majority advanced jumps, not connected
1.5 – 1.9	Most advanced jumps, not connected
2.0 – 2.4	Majority two advanced jumps, connected
2.5 – 2.9	Most two advanced jumps, connected
3.0 – 3.4	Majority three advanced jumps, connected
3.5 – 3.9	Most three advanced jumps, connected
4.0 – 4.4	Most four advanced jumps, three connected
4.5 – 5.0	Most four advanced jumps, four connected

**Tenths that can be applied to your combination within range**

0.1	Full participation
0.1	Incorp. Exceptional jumps

**Tenths that can be applied for variety within range**

0.1	2 Jumps
0.2	3 Jumps
0.3	4 Jumps

**Jumps – Execution (5 points)**

Considerations for execution scores include leg separation in approach or landing, poor arm placement, poor leg placement, flexed toes, poor extension (height, flexibility, hip position). In addition, synchronization and timing will also be taken into consideration.

0	No jumps performed
0.1 – 0.9	Poor execution
1.0 – 1.9	Below average execution
2.0 – 2.9	Average execution
3.0 – 3.9	Above average execution
4.0 – 5.0	Outstanding execution

**Majority / Most Table**

<u># of Athletes</u>	<u>Majority</u>	<u>Most</u>	<u># of Athletes</u>	<u>Majority</u>	<u>Most</u>
5	3	4	13	7	10
6	4	5	14	8	11
7	4	5	15	8	11
8	5	6	16	9	12
9	5	7	17	9	12
10	6	8	18	10	13
11	6	8	19	10	14
12	7	9	20	11	15

## SCORESHEET #2

### **Partner Stunts – Difficulty (10 points)**

Considerations for difficulty scores include pace of skills, variety, and difficulty level of entries, inversions, dismounts, and transitions. The difficulty of any skill that bumps prior to progressing to an extended stunt will be judged based on where the bump occurred.

**Note:** A show and go is considered a transitional skill and not considered a partner stunt.

**Example:** 1 skill in 3.0 – 5.4, 1 skill in 5.5-6.9, 1 skill in 7.0-8.4 will be in the high end of the 3.0-5.4 range.

**Example:** 2 skills in 5.5-6.9, 1 skill in 7.0-8.4 will be in the 5.5-6.9 range.

0 No Partner Stunts

### **Novice**

0.1 – 2.9 \* Novice stunting examples and required dismount are included on the stunt worksheet.

### **Beginner**

3.0-5.4 \* 3 or more basic skills and the required dismount executed by maximum number of athletes. Examples are included on the stunt worksheet.

### **Intermediate**

5.5-6.9 \* 3 or more intermediate skills and the required dismount executed by maximum number of athletes. Examples are included on the stunt worksheet.

### **Advanced**

7.0 – 8-4 \* 3 or more advanced skills and the required dismount executed by maximum number of athletes. Examples are included on the stunt worksheet.

### **Elite**

8.5 – 10.0 \* 3 or more elite skills and the required dismount executed by maximum number of athletes. Examples are included on the stunt worksheet.

### **Partner Stunts – Execution (8 points)**

Considerations for execution scores include flyer body control, flexibility, body positions, locked knees, pointed toes and stability. Bases/spotters should be demonstrating stability, extended arms, stable stance, stationary feet, timed Teamwork. Sequences should reflect synchronization with adequate speed in transitions and seamless flow from Skill to skill.

0.1 – 2.0 Below average execution

2.1 – 4.0 Average execution

4.1 – 6.0 Above average execution

6.1 – 8.0 Outstanding execution

### **Overall Performance/Creativity (7 points)**

A team's ability to demonstrate seamless patterns of movement performed throughout the routine with enthusiasm and Confidence. This includes innovative, visual, intricate, ideas performed in an electric way.

0.1 – 2.0 Below average

2.1 – 4.0 Average

4.1 – 5.9 Above average

6.0 – 7.0 Outstanding

## Partner Stunts – Skills / Reference Guide

To obtain the 8.5 – 10 range (Elite)

3 Elite skills must be performed by maximum number of groups.

Front spots may not be utilized (basket tosses may use a front spot).

Required dismount must be performed by the maximum number of groups. If maximum groups don't perform dismount, one point will be deducted.

For all other ranges (Novice, Beginner, Intermediate, Advanced)

Maximum number of stunt groups must be utilized. Teams that do not utilize max stunt groups will lose one point.

Teams must perform three bulleted skills from the list, (or a mix of skills in that range or the range above).

Required dismount must be performed by the maximum number of groups. If maximum groups don't perform the dismount, one point will be deducted.

### Maximum Participation

<u>Athletes</u>	<u>Stunt Groups</u>
20	5
16 to 19	4
12 to 15	3
8 to 11	2
7 or less	1

### Partner Stunt Skills

#### Novice (0.1 – 2.9)

- Thigh Stand
- Prep
- Shoulder Sit
- Straddle Press
- Thigh Stand
- Any other legal stunt not listed on this worksheet which a judge deems to be novice
- **Required dismount** – push off, pop off, shove off

#### Beginner (3.0 – 5.4)

- Liberty and liberty variations at prep level
- Extended 2 legged stunts
- Straight up extended stunts
- Suspended rolls from the performance surface
- Half up to prep level
- Switch up to prep level
- Inverted entry to below prep level
- Sponge Tosses
- Any other legal stunt not listed on this worksheet which a judge deems to be beginner
- **Required dismount** – Straight ride or quarter turn cradles from prep level or above



### **Intermediate** (5.5 – 6.9)

- Liberty and liberty variations at extended level
- Prep level single based stunts (1 base and 1 spotter)
- Half up to extended level
- Switch up to extended liberty
- Full up variation to extended 2 legged stunts (bases and flyer rotate)
- Full up or full around variation to prep level (bases and flyer rotate)
- Quick toss to prep (1 or 2 legs)
- Non-released inverted entry to prep level
- 1 trick tosses such as Arch / Pike / Toe touch
- True full up or around to prep level (bases remain stationary and flyer rotates)
- Any other legal stunt not listed on this worksheet which a judge deems to be intermediate
- **Required dismount** – Full down cradle or rewind from one legged prep level or extended 2 legged stunts

### **Advanced** (7.0 – 8.4)

- Single based (1 base and 1 spotter) extended 2 legged stunt/single based single legged extended stunt not originating from the ground
- Multiple liberty variations at extended level showing flexibility (scorpion, scale, stretch, etc.)
- Switch up to extended single leg stunt showing flexibility (scorpion, scale, stretch, etc.)
- True full up to extended 2 legged stunts (bases remain stationary and flyer rotates)
- Full up variation to extended single leg (bases and flyer rotate)
- Low to high (lib to lib) released tick tock
- Low to high non-released tick tock
- Quick toss to extended 2 legged stunt
- Inverted entry originating from ground to extended position
- Non-released inverted entry not originated from ground to 1 or 2 legged extended level stunts (i.e. K)
- Released inversion to prep level
- Twisting tosses or 2 trick tosses such as Ball Out / X Out
- Any other legal stunt not listed on this worksheet which a judge deems to be advanced
- **Required discount** – Full down cradle or rewind from single leg extended stunt

### **Elite** (8.5 – 10.0)

- Single based (1 base and 1 spotter) single leg extended stunts originating from ground
- Single based (1 base and 1 spotter) switch up single leg extended stunts originating from ground
- True Full up to extended single leg stunt (bases remain stationary and flyer rotates)
- True Full around to extended stunts (bases remain stationary and flyer rotates)
- Low to high released tick tock
- Quick toss to extended single legged stunt
- Released Inversion to non-inverted extended level stunts
- Elite twisting tosses (Kick full)
- Any other legal stunt not listed on this worksheet which a judge deems to be elite
- **Required dismount** – Full down cradle or rewind from single leg extended stunts

## SCORESHEET #3

### **Standing Tumbling – Difficulty (5 points)**

Standing Specialty – Includes a layout or a full

#### Standing Tumbling

0	No standing tumbling
0.1 – 0.4	* Some rolls / Cartwheels
0.5 – 0.9	* Majority rolls / cartwheels OR * Minimal walkovers
1.0 – 1.4	* Majority rolls / cartwheels AND Minimal walkovers OR * Most rolls / cartwheels
1.5 – 1.9	* Majority walkovers OR * Minimal handsprings
2.0 – 2.4	* Majority walkovers AND Minimal handsprings OR * Most walkovers
2.5 – 2.9	* Majority handsprings OR * Minimal tucks / layouts / Fulls
3.0 – 3.4	* Majority handsprings AND minimal tucks / layouts / Fulls OR * Most handsprings
3.5 – 3.9	* Majority tucks AND Minimal specialty OR * Most tucks
4.0 – 4.4	* Majority tucks AND Minimal specialty OR * Most tucks
4.5 – 5.0	* Most tucks AND Minimal specialty OR * Majority specialty

### **Running Tumbling – Difficulty (5 points)**

Running Specialty – Includes a full OR an airborne skill (whip / Arabian / aerial / punch front) to a layout or a full

#### Running Tumbling

0	No Running Tumbling
0.1 – 0.4	* Some roundoffs
0.5 – 0.9	* Majority roundoffs OR * Minimal walkovers
1.0 – 1.4	* Majority roundoffs AND Minimal walkovers OR * Most roundoffs
1.5 – 1.9	* Majority walkovers OR * Minimal handsprings / aerials

## Running Tumbling

- 2.0 – 2.4 \* Majority walkovers AND Minimal handsprings / Aerials OR  
\* Most walkovers
- 2.5 – 2.9 \* Majority handsprings / Aerials OR  
\* Minimal tucks / Layouts / Specialty
- 3.0 – 3.4 \* Majority handsprings / Aerials AND Minimal tucks / layouts / fulls OR  
\* Most handsprings / Aerials
- 3.5 – 3.9 \* Majority tucks
- 4.0 – 4.4 \* Majority tucks AND Minimal specialty OR  
\* Majority layouts  
\* Most tucks
- 4.5 – 5.0 \* Majority layouts AND Minimal specialty OR  
\* Majority specialty

## Tumbling – Technique (2.5 points)

- 0 – 0.4 Poor technique  
0.5 – 0.9 Below average technique  
1.0 – 1.4 Average technique  
1.5 – 1.9 Above average technique  
2.0 – 2.5 Outstanding technique

## Tumbling – Synchronization/ Timing (2.5 points)

- 0.0 – 0.4 Poor synchronization / timing  
0.5 – 0.9 Below average synchronization / timing  
1.0 – 1.4 Average synchronization / timing  
1.5 – 1.9 Above average synchronization / timing  
2.0 – 2.5 Outstanding synchronization / timing

## Minimal / Majority / Most Table

<u># of Athletes</u>	<u>Majority</u>	<u>Most</u>	<u>Minimal</u>	<u># of Athletes</u>	<u>Majority</u>	<u>Most</u>	<u>Minimal</u>
5	3	4	1	13	7	10	4
6	4	5	2	14	8	11	4
7	4	5	2	15	8	11	4
8	5	6	2	16	9	12	4
9	5	7	3	17	9	12	5
10	6	8	3	18	10	13	5
11	6	8	3	19	10	14	5
12	7	9	3	20	11	15	5

### **Dance – Difficulty (5 points)**

- |           |  |
|-----------|--|
| 0         | No dance   |
| 0.1 – 1.9 | <ul style="list-style-type: none"><li>* Below average energy, musicality, rhythm, and pace of music (“and” counts)</li><li>* Minimal to no transitional elements and level changes</li><li>* Minimal variety of movement and use of footwork, floor work, visual effects, etc.</li><li>* Basic dance choreography and/or creativity</li></ul>      |
| 2.0 – 3.9 | <ul style="list-style-type: none"><li>* Average energy, musicality, rhythm, and pace of music (“and” counts)</li><li>* Some advanced transitional elements and level changes</li><li>* Some variety of movement and use of footwork, floor work, visual effects, etc.</li><li>* Average dance choreography and/or creativity</li></ul>             |
| 4.0 – 5.0 | <ul style="list-style-type: none"><li>* High energy, musicality, rhythm, and pace of music (“and” counts)</li><li>* Multiple advanced transitional elements and level changes</li><li>* Outstanding variety of movement and use of footwork, floor work, visual effects, etc.</li><li>* Outstanding dance choreography and/or creativity</li></ul> |

### **Dance – Execution (5 points)**

- |           |   |
|-----------|---|
| 0.1 – 1.9 | <ul style="list-style-type: none"><li>* Below average quality of movement – poor placement</li><li>* Below average timing and synchronization</li></ul>                   |
| 2.0 – 3.9 | <ul style="list-style-type: none"><li>* Average quality of movement – average placement and/or control</li><li>* Average timing and synchronization</li></ul>             |
| 4.0 – 5.0 | <ul style="list-style-type: none"><li>* Outstanding quality of movement – outstanding placement and/or control</li><li>* Outstanding timing and synchronization</li></ul> |

## **SCORESHEET #4**

### **Pyramids – Difficulty (10 points)**

Pyramids incorporates connected structures showing variety, creativity and transitional elements. If a skill or transition is performed that is not on “the list”, please review skill in comparison and place in appropriate difficulty range. Dismounts from pyramid if not listed as a skill can be considered transitional elements – thereby considered in difficulty score within range.

- |   |             |
|---|-------------|
| 0 | No pyramids |
|---|-------------|

#### **Novice**

- |           |   |
|-----------|---|
| 0.1 – 2.9 | * Novice stunting examples are included on the pyramid worksheet. |
|-----------|---|

#### **Beginner**

- |           |  |
|-----------|--|
| 3.0 – 5.4 | * 3 or more basic skills executed by maximum number of athletes. Examples are included on the pyramid worksheet. |
|-----------|--|

#### **Intermediate**

- |           |  |
|-----------|--|
| 5.5 – 6.9 | * 3 or more intermediate skills by maximum number of athletes. Examples are included on pyramid worksheet. |
|-----------|--|

## Pyramids – Difficulty

### Advanced

7.0 – 8.4 \* 3 or more advanced skills executed by maximum number of athletes. Examples are included on the pyramid worksheet.

### Elite

8.5 – 10.0 \* 3 or more elite skills executed by maximum number of athletes. Examples are included on the pyramid worksheet.

### Pyramids – Execution (8 points)

Considerations for execution scores include flyer body control, flexibility, body positions, locked knees, pointed toes and stability. Bases/spotters should be demonstrating stability, extended arms, stable stance, stationary feet, timed teamwork. Sequences should reflect stunt group synchronization with adequate speed in transitions and seamless flow from skill to skill.

0.1 – 2.0	Below average execution
2.1 – 4.0	Average execution
4.1 – 6.0	Above average execution
6.1 – 8.0	Outstanding execution

### Choreography / Flow of Routine (7 points)

Consider formations with use of center as point of reference along with variety and use of floor. Transitions should be Seamless with incorporation of skills and creative elements. Consider pace and flow of routine in coordination of Routine construction.

0.1 – 2.0	Below average
2.1 – 4.0	Average
4.1 – 5.9	Above average
6.0 – 7.0	Outstanding

### Pyramid – Skills / Reference Guide

Teams must perform 3 skills in the same range to receive a score in that range. If a mix of skills is performed in various Ranges, the score will be based on the mix of skills in each range and above.

**Example** – 1 skill in 3.0 – 5.4, 1 skill in 5.5 – 6.9, 1 skill in 7.0 – 8.4 will be in the high end of the 3.0 – 5.4 range.

**Example** – 2 skills in 5.5 – 6.9, 1 skill in 7.0 – 8.4 will be in the 5.5 – 6.9 range.

To Obtain the 8.5 – 10 Range (Elite):

3 Elite skills must be performed by maximum number of groups.

Elite skills must be performed by maximum participation number (i.e. 15 athletes cannot leave one group in prep the entire pyramid and 2 groups perform the elite skills). Note: there is no one point deduction for elite range. If less than max number of groups perform elite skills, the team would score in the 7.0-8.4 range).

Front spots may not be utilized.

For All Other Ranges (Novice, Beginner, Intermediate, Advanced):

Teams must perform three bulleted skills from the list, (or a mix of skills in that range or the range above).

Maximum number of stunt groups must be utilized. Teams that do not utilize max stunt groups will lose one point.

Bracer Support:

A flyer facing a bracer and holding on with 2 arms is considered braced on 2 sides.

Back bracers need to be evaluated for support. Lifting/holding flyer up at waist level or leaning into back support is Considered braced on both sides. Consider independence of flyer during skill performance.

## Pyramid – Skills / Reference Guide

### Maximum Participation

<u>Athletes</u>	<u>Stunt Groups</u>
20	5
16 to 19	4
12 to 15	3
8 to 11	2
7 or less	1

**Note:** In skills requiring switch up / tick tock, etc., to flex, flyer must hit flex position upon switch – timing for when base catches foot. If stall and then hit to flex, skill will be considered in liberty range if the range differs.

### Novice (0.1 – 2.9)

- Prep level structures and below
- Prep level liberty / liberty variations / single leg skills
- Extended 2 legged skills
- Any other legal pyramid skill not listed on this worksheet which a judge deems to be novice.

### Beginner (3.0 – 5.4)

- Single based prep (a base and 1 spot) originating from ground
- Flipping transitions / braced flips to prep level or below braced on 2 sides
- Switch up to single leg prep level
- Inverted entry to below prep level
- Half up to prep
- Extended single leg skill braced on 1 or 2 sides
- Any other legal pyramid skill not listed on this worksheet which a judge deems to be beginner

### Intermediate (5.5 – 6.9)

- Single based extension (1 base and 1 spot) originating from ground
- Full up or full around variation to prep level (bases and flyer rotate)
- Full up variation to extended 2 legged stunts (bases and flyer rotate)
- Inverted entry to prep level (K included here)
- Release transitions to prep or extended level braced on 2 sides (ex. Quick toss)
- Inverted/horizontal stunts or braced flips to prep level
- Half up to extended positions
- Flipping transitions/braced flips to prep level or below braced on 1 side
- Non-released low to high single leg skill braced on 1 or 2 sides
- High to high tick tock to single leg skill braced on 2 sides
- Switch up to extended single leg skill braced on 2 sides
- Any other legal pyramid skill not listed on this worksheet which a judge deems to be intermediate

### Advanced (7.0 – 8.4)

- Single based single leg skill (1 base and 1 spot) originating from ground braced on 1 or 2 sides
- Single based switch up to single leg (1 base and 1 spot) originating from ground braced on 2 sides
- Single base (1 base and 1 spot) high tick tock braced on 2 sides
- Braced flips from below prep level to 1 or 2 legged extended level
- Twisting flips braced on 2 sides
- Non released inversions to extended level (K included here)
- Released transitions to extended level braced on 1 side (ex. Quick toss)
- Full up/full around variations (cross legs, bases moving) to single leg extended skill

### **Advanced**

- True full up to extension (bases remain stationary and flyer rotates to extended position)
- Side sumis or advanced braced flips/transitions (STAR over)
- Switch up to extended single leg flex braced on 1 side
- High to high tick tock to lib braced on 1 side
- Released low to high lib braced on 1 side
- Any other legal pyramid skill not listed on this worksheet which a judge deems to be advanced

### **Elite (8.5 – 10)**

- Single based (1 base and 1 spot) high to high tick tock braced on 1 side
- Single based switch up to single leg (1 base and 1 spot) originating from ground braced on 1 side
- True full up to single leg skill (bases remain stationary and flyer rotates to extended position)
- True full around to extended level (from prep to extended or extended to extended)
- Released inversions to extended position
- Flipping transitions beginning at prep level or above to extended positions (ex. High to high flip)
- Twisting flips braced on 1 side
- Release transitions involving spinning or twisting to extended level (ex. Switch up with half turn)
- High to high tick tock to flex braced on 1 side
- Released low to high to flex braced on 1 side
- Any other legal pyramid skill not listed on this worksheet which a judge deems to be elite

CONNECTICUT ASSOCIATION OF SCHOOLS CHEERLEADING SCORE SHEET

Team \_\_\_\_\_

Number of Cheerleaders \_\_\_\_\_

Judge Number \_\_\_\_\_

Division \_\_\_\_\_

**DEDUCTIONS**

Deduction Category	Explanation	Deduction Per Occurrence	Number/Time of Occurrences	Total Deductions
Bobbles/Mistakes in Routine and Touchdowns in Tumbling	<ul style="list-style-type: none"> <li>* Incomplete twisting dismount</li> <li>* Memory mistakes involving obvious execution of incorrect moves</li> <li>* Tripping on the floor while transitioning</li> <li>* Severe balance checks in stunts/pyramids</li> <li>* Hands/knees down in tumbling</li> <li>* Missed jump</li> <li>* Bumping during transition (per occurrence)</li> </ul>	.25*/.5		
Early Dismounts/ Clean Falls in Stunts / Pyramid	<ul style="list-style-type: none"> <li>* Stunts that result in an early dismount</li> <li>*Pyramids that result in an early dismount</li> <li>* No body part hits the ground (with the exception of the feet)</li> </ul>	.5*/1.0		
Falls to Ground	<ul style="list-style-type: none"> <li>* Partner Stunts / Pyramid / Tumbling that fall to the ground during routine</li> <li>* Falls from individuals to the ground During routine/tumbling</li> <li>* Body weight on the ground based on obvious performance/execution error</li> </ul>	1.0*/2.0		
Collapse	<ul style="list-style-type: none"> <li>* Entire pyramid falls/collapses (fall/collapses will be assessed at a maximum of 1.5/3.0)</li> </ul>	1.5*/3.0		

Total Deduction \_\_\_\_\_

\*A competition with four panel judges can choose to access the reduced deductions



CONNECTICUT ASSOCIATION OF SCHOOLS CHEERLEADING PENALTY SHEET

School \_\_\_\_\_ Division \_\_\_\_\_ Initials \_\_\_\_\_

Violation Penalty

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- 1) **ANY VIOLATION OF NFHS RULE 2 AND 3 SECTION 1** (per occurrence) (1 pt\*/2 pts)
- jewelry (p 17 3-1-1 and pg 18 3.1.1 Situation A and B)
  - improper length of nails/artificial nails (p 13 2-1-4)
  - hair not secure / hair needs to be up (p 13 2-1-5 and pg 15 2.1.5 Situations B and C)
  - unsafe hair devices (p 13 2-1-5 and pg 15 2.1.5 Situation A)
  - improper use of glitter (pg 18 3-1-5 and pg 18 3.1.5 Situation A)
  - when standing at attention apparel must cover the midriff (p 18 3-1-4 and pg 18 3.1.4 Situation A)
  - stunting while wearing a plaster cast or walking boot (pg 14 2-1-11 and pg 16 2.1.22 Situation A & B)

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2) **PERFORMANCE MISTAKES – INATTENTIVE SPOTTER, IMPROPERLY PERFORMED LEGAL STUNTS, STEPPING ON POMS OR SIGNS**

(includes any violation of NFHS Rule 2 Section 1) (per occurrence) (2.5pts\*/5 pts)

- tumbling off the mat (CT rule)
- surface must be free of objects (pg 13 2-1-7 a,b and pg 16 2.1.7 Situation A, C, D)
- props need to be discarded gently (pg 13 2-1-7c and pg 16 2.1.7 Situation B)
- no gum or candy allowed (pg 14 2-1-9)
- inattentive spotter (pg 18 3-2-5 and pg 19 & 20 3.2.5 Situation A, B, C)
- improperly performed legal stunt

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3) **SPORTSMANSHIP (VIOLATION OF NFHS RULE 2, SECTION 2)** (4 PTS\*/8 PTS)

- disrespectfully addressing, or contacting an official or gesturing in a manner indicating Resentment (pg 17 2-2-1 a)
- inappropriate language music, dance moves/motions) (pg 17 2-2-1 b)
- taunting (pg 17 2-2-1 c)

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4) **SAFETY VIOLATIONS** (5 pts\*/10 pts)

<u>Page #</u>	<u>Rule</u>	<u>Explanation</u>
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

---

5) **TIME**

Time of Routine (Minimum time is 2 minutes or 120 seconds and Maximum time is 2 minutes 30 seconds or 150 seconds)

- 1-5 seconds over or under deduct (0.5 pt\*/1 pt)
- 6-10 seconds over or under deduct (1 pt\*/2 pts)
- 11-25 seconds over or under deduct (3 pts\*/6 pts)

Please email a video to Sherrie Zembrzuski at [missz14@sbcglobal.net](mailto:missz14@sbcglobal.net)

Total Penalty Points \_\_\_\_\_

Teams must comply with all safety standards in the NFHS Spirit Rule Book. It is the coach’s responsibility to know the NFHS and CAS rules. CAS is the sole and exclusive source of binding rules/interpretation for CAS sanctioned events. CAS interpretations and rulings of safety judges are final and binding.

\*A competition with four panel judges can choose to access the reduced deductions.