



GIRLS COMPETITIVE

Rules and Regulations

Cheer
Cheer
Cheer

MANUAL
2004 - 2005

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*Term Expires December 2004
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Any individual who is a representative of a member school (faculty member or Board of Education member) may become a candidate for the MHSAA Representative Council. Please contact the MHSAA Executive Director for an outline of procedures.

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PURPOSES OF THE MICHIGAN HIGH SCHOOL ATHLETIC ASSOCIATION, INC.

1. Increase and promote the educational value of interscholastic athletic programs throughout the state.
2. Assist member institutions in their regulation of interscholastic athletic eligibility and competition.
3. Promote uniformity, predictability and competitive equity in the application of eligibility rules for athletic contests.
4. Promote the physical welfare of participating students.

PURPOSE OF COMPETITIVE CHEER MANUAL

This manual has been prepared to provide coaches, judges and administrators of Competitive Cheer a comprehensive guide in which to locate general information regarding regular season limitations and procedures of Competitive Cheer.

In addition, the rules, procedures, and format of the MHSAA Competitive Cheer Tournament Series are described herein.

ATHLETIC CODE FOR COACHES

The coach is the official representative of the school at interscholastic athletic activities. In this important capacity, these standards should be practiced:

1. Develop an understanding of the role of interscholastic athletics and communicate it to players, parents and the public.
2. Develop an up-to-date knowledge of the rules, strategies, safety precautions, and skills of the sport and communicate them to players and parents.
3. Develop, communicate and model policies for athletes' conduct and language in the locker room, at practice, during travel, during competition, and at other appropriate times.
4. Develop fair, unprejudiced relationships with all squad members.
5. Allow athletes to prove themselves anew each season and do not base team selections on previous seasons or out-of-season activities.
6. Allow athletes time to develop skills and interests in other athletic and non-athletic activities provided by the school and community groups.
7. Give the highest degree of attention to athletes' physical well-being.

8. Teach players, by precept and example, respect for school authorities and contest officials, providing support for them in cases of adverse decisions and refraining from critical comments in public or to the media.
9. Teach players strict adherence to game rules and contest regulations.
10. Present privately, through proper school authorities, evidence of rule violations by opponents; and counteract rumors and unproven allegations of questionable practices by opponents.
11. Attend required meetings, keep abreast of MHSAA policies regarding the sport, and be familiar with MHSAA eligibility and contest regulations.
12. Present a clean and professional image in terms of personal appearance and provide a positive role model in terms of personal habits, language and conduct. Use of tobacco within sight of players and spectators and use of alcohol any time before a contest on the day of the contest is not acceptable.

CODE FOR ATHLETES

1. Know and adhere to the athletic code of the school.
2. Exceed all attendance and academic requirements as practical evidence of loyalty to school and team and a proper philosophy of school-sponsored athletics.
3. Observe completely all policies regarding conduct, doing so as a duty to school, team and self.
4. Counsel with the athletic director over questions of eligibility.
5. Practice and play fairly, giving complete effort in all circumstances and credit in victory to teammates and to opponents in defeat.
6. Accept favorable and unfavorable decisions, as well as victory and defeat, with equal grace.
7. Demonstrate respect for opponents and officials before, during and after contests.

CODE FOR ATHLETIC OFFICIALS

1. Register with the MHSAA each year on a timely basis (by July 1) and attend all required meetings. Work no interscholastic contests with officials who do not hold current registration in the sport.

2. Join and actively participate in an **"Approved Association"** for officials.
3. Accept contracts for and officiate only contests for which you are qualified and experienced. Execute and honor contracts in a timely and ethical manner. Complete reports and follow-up all obligations resulting from a contest.
4. Be prepared, physically and mentally, to officiate according to the principles and philosophy promoted by the MHSAA.
5. Refrain from use of tobacco or alcohol within sight of players and spectators and avoid use of alcohol any time before a contest on the day of the contest.
6. Cultivate professional relationships with partners, players, coaches, administrators, and spectators. Refrain from comment to the media.
7. Commit to a personal lifestyle which avoids sexual misconduct, use of illicit drugs, and public abuse of alcohol and will not in other ways impinge upon your perception in the community to fulfill the obligations and standards of the MHSAA "Code for Athletic Officials."
8. Officiate according to the rules and manuals adopted for MHSAA competition. Admit and correct one's own errors, hold to correct but unpopular decisions, and support the decisions of other officials.
9. Exercise self-control at all times. Guard against baiting or taunting which may generate a loss of poise or demeanor which can erode the professionalism expected of officials in even the most difficult circumstances.
10. Hold to and maintain the basic tenets of officiating which include honesty, integrity, neutrality, respect, sensitivity, professionalism, discretion and tactfulness.

SPORTSMANSHIP

The mission of educational athletics is to promote lifetime skills and values. There must be **learning** within these contests. There is no single lesson more important in this classroom than **sportsmanship**.

A true sport shows a combination of values and attitudes, all in a positive light. Respect, fairness,

courtesy and graceful acceptance of the results are all characteristics of good sportsmanship. A good sport reflects “fair play” in every area of life.

Without sportsmanship, our athletes lose a great opportunity to learn elements such as integrity, fairness and respect for others. Without sportsmanship, our games are not worth having.

Some may consider sportsmanship an over-used term. Yet what could be more important in life than good conduct and sportsmanship — whether it be in law, business, neighborhoods, education, athletics or any other human interaction? Respect and the Golden Rule are what we expect from others, and it is something we must give in order to receive.

MHSAA POLICIES THAT GOVERN COMPETITIVE CHEER

1. **ATHLETIC ELIGIBILITY** — The current MHSAA HANDBOOK, Regulation I — Essential Eligibility Requirements for Senior High School Students are minimum requirements for member school Competitive Cheer teams. Regulation III would pertain to Junior high/middle school sponsored competitive cheer teams.
2. **RULES OF THE SPORT** — The current edition of the National Federation Spirit Rules contain the safety guidelines which will be followed at all regular season and MHSAA Competitive Cheer events. The Spirit Rules Book clarifies legal and illegal stunts and skills and specifies required spotting techniques for each type of stunt, prep and dismount approved in Michigan* Please note that the Spirit Rules Book is written for sideline cheerleaders as well as other ‘participants’ as referenced in Rule 2. Therefore, references to sideline cheerleaders — such as the statement of philosophy and Rule 2, Section 1, Articles 1, 7, 9 & 11 — do not pertain to Competitive Cheer teams. The actual Competitive Cheer format and policies of the sport will be provided later in this manual.

* **SPOTTING** — The responsibilities of a spotter are described on page 66-67 of the National Federation Spirit Rules Book. In Michigan, the TOUCH, WATCH and AWAY procedure will be required when spotting extension stunts.

The following information more clearly describes the responsibilities of a spotter and the TOUCH, WATCH and AWAY procedure which

will be required at Competitive Cheer events:

Coaches should be knowledgeable about proper spotting techniques for various Competitive Cheer skills and should train all team members in the techniques. Knowing how to perform a skill does not guarantee knowledge how to spot that skill during the mastery process. A person is still considered a spotter when bracing, lifting, or balancing a stunt or pyramid provided they are not the base providing primary support for the stunt or flyer in a pyramid/mount.

- a) A spotter is required until a tumbling skill, partner stunt or pyramid/mount is mastered.
- b) A spotter is required for stunts in which the supporting arm(s) of the base(s) is fully extended above the head. The spotter must touch, watch, and assume a correct position.
 - (1) The spotter must TOUCH either the base and/or the top when performing a stunt in which the supporting arm(s) of the base(s) is fully extended above the head.
 - (2) During the stunt and the dismount, the spotter must be WATCHING for possible errors and ACTING to prevent injuries with special emphasis on the head, neck, and back areas of the top.
 - (3) While TOUCHING, the spotter must be sufficiently AWAY from the stunt so as to not be a primary support.

3. **RULES GOVERNING COMPETITIVE CHEER TEAMS** — The current MHSAA HANDBOOK Regulation II & IV — Rules for Contests Involving Senior High Schools and Junior High/Middle School — contain information pertaining to member school-sponsored Competitive Cheer teams and must be followed.
4. **ELIGIBILITY** — All Competitive Cheer team members must be eligible in all categories listed in MHSAA HANDBOOK Regulations I or III and listed on the Competitive Cheer Master Eligibility List.
5. **JUDGES** — All Competitive Cheer events must be judged by officials who are registered Competitive Cheer judges with the MHSAA for the current year.
6. **NUMBER OF CONTESTS** — A Competitive Cheer season will consist of no fewer than 4 but no more than 12 days of competition in order to qualify for MHSAA tournament competition.

7. **SPORT SEASON** — Competitive Cheer practice may begin no earlier than three Mondays prior to Thanksgiving (November 8, 2004). Dates and procedures for tryouts shall be decided by individual schools. Tryouts must be conducted during the Competitive Cheer season; therefore, cannot be held before Monday, November 8.

Competition may begin on Monday of Thanksgiving week (November 22, 2004).

The Competitive Cheer season ends with the MHSAA Finals which will be held on the second Saturday in March in 2005.

When a member school has sponsored a competitive cheer team and one or more of the same student-athletes comprise any sideline and the competitive cheer squad; then that school may not enter a sideline cheerleading competition during the school year after the MHSAA competitive cheer season has ended.

8. **APPROVED MEETS** — Can only be scheduled during the Competitive Cheer season.
 - a) Member schools do not need written approval from MHSAA to conduct a Competitive Cheer event. It is expected that a member school would conduct the event using MHSAA registered judges and follow the prescribed Round 1, 2 and 3 format.
 - b) Agencies other than member schools who wish to conduct an MHSAA approved Competitive Cheer event must receive approval by the MHSAA. Approval may be requested in writing and should include the following information:
 - assurance that the event will follow the prescribed Round 1, 2 and 3 format.
 - date of event.
 - approximate number of teams that will be invited.
 - if a fee will be charged, give amount to be charged.
 - assurance that MHSAA registered cheer judges will be contracted.
 - name of a school representative, coach or athletic director whom you will call upon if MHSAA related questions arise.

Requests for approval by the MHSAA should arrive in the MHSAA office at least 30 days prior to the event.

MHSAA TOURNAMENT POLICIES

A minimum of 4 regular season competitions will be required in order to enter a team in the MHSAA Competitive Cheer Tournament Series.

MHSAA REGIONALS

MHSAA staff has determined that tournament competition will begin at the Regional level. The number of schools that indicate sponsorship of Competitive Cheer as of September 2003 school year was the determining factor.

In addition, MHSAA Representative Council has determined that schools will be placed in Class A, B, and C-D for Tournament Competition. MHSAA staff will follow the guidelines that a minimum of 32 schools must sponsor the sport in a class in order for that classification to have separate tournament representation.

MHSAA FINALS

The second Saturday in March (March 12, 2005) will be the date in which MHSAA Competitive Cheer Finals will be held.

- A Master Eligibility List must be submitted listing all of the eligible athletes who may compete. During MHSAA competition, a minimum of 4 and a maximum of 16 team members are allowed on the floor for competition in any round.
- An Entry Blank must be submitted DECLARING THE PROBABLE NUMBER of competitors that will compete in any of the three rounds of competition along with the names of the athletes who will likely compete.

MHSAA TOURNAMENT WITHDRAWAL POLICY

Tournament management is to contact the MHSAA office if a school withdraws or fails to show for scheduled competition after the draw is completed for team sports or the pairings, heat assignments or flights are determined for individual sports of the first level of the MHSAA tournament in a sport.

The MHSAA staff person responsible for the sport will request from the school principal a written explanation for the no-show/withdrawal. If the reason is determined to be unacceptable by MHSAA

staff, the MHSAA Executive Director will place the school on probation for the next two years. A second offense within the two-year probationary period will cause the school to be prohibited from tournament play in that sport for the two years following the second offense.

- During MHSAA tournaments, boys will not be allowed to compete (see HANDBOOK, Interpretation #222).
- Any combination of competitors can compete in each round of competition as long as no more than a 2 competitor differential occurs in any round.
- If a team begins a competition with 4 or more competitors and because of illness or injury can only complete the meet with 3 or fewer, the team will be allowed to finish and be scored.
- When the number of competitors is declared for competition in a round, that number cannot decrease except for illness or injury.
- Routines performed at MHSAA Competitive Cheer Tournaments will be on a MATTED SURFACE.

The performance area shall be padded with mats of uniform thickness which shall cover a recommended minimum area of 38' x 38'. The matted area can be exercise mats, a wrestling mat, a floor exercise mat (with the exception of a spring-loaded floor), or a gymnastics base mat. Any of these surfaces must be at least the thickness of a mat which has the shock-absorbing qualities of one-inch PVC vinyl-covered foam.

A four-inch gymnastics landing mat is **not** considered appropriate for Competitive Cheer routines.

The surface of the Competitive Cheer area should be one piece. If this is not possible, each padded section shall be fastened together securely to create a smooth and uniform surface.

The National Federation Spirit Rules Book Rule 2, Section 1, Article 2 indicates mats should be available for practice sessions. In addition, the current Michigan Cheerleading Coaches Association Handbook further states that "proper progression, spotting techniques and matting shall be used until each skill is mastered.

MHSAA COMPETITIVE CHEER PROCEDURES

- **Illness or Injury** — In case of illness or injury after the start of Round 1 competition, a coach may choose to enter a substitute or compete with less than the number declared in a subsequent round. The ill or injured competitor may not; however, return to any subsequent round that day.
- If fewer compete in a subsequent round, with the allowance of no more than 16 competitors in any Round and no more than a two competitor differential in any Round, the team with an illness or injury, **will be** allowed to perform with the number of competitors intended in the next round.
- If a team must perform a routine without a competitor because of an illness or injury that occurs after the start of competition in Round 1, and loss of the competitor creates a "hole" in the routine, the coach **shall** notify the cheer judges in advance of the routine. A 7 point penalty will be assessed when a coach fails to notify the cheer judges that the team will perform with a "hole" because of illness or injury. This notification will alert the judges so that the routine will be properly judged. The team will receive no more than 8 points in General Impression.
- **Competition Area** — Non-competitive cheerers who sit near the competition mat and perform vocals (other than crowd response) throughout their teams performance will receive a 7 point penalty.
- **Coaching Area** — A coaching area will be designated by the host management for coaches during their teams performances. No more than 3 coaches are allowed in the coaching area during a performance. No one other than coaches are allowed in this area. A 3 point penalty will be assessed for excessive number of coaches or non-coaches in the coaches area.
- **Order of Competition** — The Meet Manager will conduct a blind draw for each round to determine the order in which teams will perform. No team shall compete first or last more than once in the three rounds.

- **Procedure for Team to Enter and Exit Competition Floor for a Performance** — A standard entrance and exit for all teams will allow consistency and equity in judging each team as well as eliminate confusion and time wasting at any Competitive Cheer Meet.

The following procedure will be used by all competing teams:

- a) The announcer will request the team, by school name or nickname, to enter the competition area and take its position behind the mat. At this time the team must move without delay to this area. The announcer shall request the team to enter the competition mat. While entering onto the competition mat, vocal and arm movements only are allowed. A team that enters the competition mat performing kicks, jumps, or tumbling will receive a 3 point penalty.
- b) The announcer will verbalize when the routine may begin.
- c) Upon completion of the routine, the team may exit the competition area from either side of the mat or the rear of the mat, but not off the front of the mat. PENALTY - mat violation.
- d) The team must complete the routine once it has begun. Exception — In the case of a severe injury of a competitor during the routine, a judge will stop the routine. See Spirit Rule Book - Rule 2-1-12 and 13 on pages 13 & 14.
- **Competitor Injury During a Routine** — Judges will stop competition when an injury/blood warrants stoppage of the performance. The team/coach will be given the following options; 1) The team can be scored up to that point and need not repeat the round. OR 2) The team may be allowed to repeat the round at the end of the rotation. If the team's first performance was at the end of the rotation, the team must be given 10 minutes of recovery time before the routine is performed again.
- **Procedure** — The entire routine will be performed with the judges scoring from the point of stoppage to the end of the routine. This score will be added to the score of the performance up until the stoppage and will be submitted to the scoretable. Once the routine is

performed the second time, the coach cannot elect Option 1.

- **Timer Responsibilities** — An official timer will be required to time each routine performed in each round of competition.
- **Timing a Routine** — The timer will begin timing Round 1, 2 and 3 routines with the first word or motion of the routine (whichever occurs first) by a team member on the competition floor and judging begins. (The ready set call is a part of the routine.) The timer will end timing the routine when the last team member steps off the competition mat; at which time judging is also completed. A visible timing device is encouraged.
- **Coaches Inquiries** — A coach is allowed to question the addition of scores or check for areas left blank on the scoresheet. Coaches ARE NOT ALLOWED TO REFUTE PENALTIES IMPOSED BY A SAFETY JUDGE or a TIME INFRACTION.

Coaches are allowed to check at the score table to determine violations penalized BUT ARE NOT ALLOWED TO REMOVE SCORESHEETS FROM THE SCORE TABLE AREA. A coach may approach the score table area to review scoresheets anytime after the routine is completed but no later than 10 minutes after all scores are recorded for that round.

Coaches are allowed to review previous round scoresheets up until 10 minutes after Round 3 is completed.

- **Scores Are Final** — All scores are final after the allowable 10 minutes for coaches to review score sheets after Round 3 and at least one judge has signed the master score sheet. *(If the time is to be shortened between rounds, all coaches must agree in advance to the change.)*

MHSAA TOURNAMENT QUALIFICATION AND AWARDS

- To be eligible for MHSAA sponsored tournaments a school must have a bona fide Competitive Cheer team, which is one that has an actual schedule and has participated in four or more meets in which the competition consists

of the Round 1, 2 and 3 MHSAA Competitive Cheer format.

- **Qualification from MHSAA Regionals to Finals** — Two teams per class per tournament site will qualify from one tournament level to the next UNLESS such a progression in the series would result in less than 10 teams per class at the Finals Tournament.
- **Awards — Trophies** — One Regional trophy will be awarded at each site per class. A Champion and Runner-Up trophy will be awarded per class at the State Finals.
- **Medals** — 20 team medals will be awarded to each Regional winning team at each site. At the State Finals, 20 team medals will be awarded to the Champion and Runner-Up teams in each class.
- **Regional Tournament, Tie for Second Place** — should there be a tie for second place at Regional tournament competition, both second place teams will qualify for Finals competition.
- **Tie Breaker Procedure at Finals** — Should there be a tie for first place at Finals tournament competition, a tie breaker procedure will be instituted. A tie will be broken by checking the final score of the OPEN ROUND, if a tie still remains.

Co-champions will be named and the 3rd place team will receive the runner-up awards.

COMPETITIVE CHEER UNIFORMS

Uniforms shall be identical and matching and shall consist of:

Tops — Sweaters or warm-up jackets or button down vests or T-shirts or vest/shell

Bottoms — Skirts with briefs, or pants, or jumpers with briefs, or shorts

Footwear shall consist of appropriate athletic-type shoes (no hard soles) of the same color. Socks or footies are required and must be matching in color. Each team member must wear the same **style** of sock; knee high, calf length, ankle or footie.

Allowable Optional Accessories

Turtle necks

Body suits

Leotards

Suspenders under the uniform top

Hair — Hair shoulder length or longer must be tied back and secured for safety reasons.

Hair Control/Adornment Devices — must be secure in hair and must be made of soft material.

Tattoos — If a judge(s) finds a tattoo to be offensive, it is appropriate for a judge to request a tattoo be covered during competition.

JEWELRY, GUM, FACE & BODY GLITTER, UNSAFE FINGERNAILS AND SAFETY PINS ARE PROHIBITED — PATCHES, SPIRIT BUTTONS OR CHEVERONS ON UNIFORMS ARE PROHIBITED

All violations will result in SJ deductions.

DEFINITIONS

Formation — A position on the cheer surface identified by viewing the placement of all team members and their relationship to each other.

Therefore, if the distance between team members change but the relationship to each other, front to back or side to side, does not, a different formation was not created.

A different formation is created when team members placement on the cheer surface have changed in relationship to each other.

X X X → X X X No change
X X X X X X

* * * → * * * Formation change
* * *

Illegal Skill/Stunt — Is a stunt not allowed by the National Federation of State High School Association which is declared in the Spirit Rule Book or the MHSAA Competitive Cheer Manual. It is also an illegal stunt if a spotter is not used when a spotter is required for the stunt.

This is a 14 point safety judge penalty listed under Illegal Skill Performed on the scoresheet.

Incorrect Spotting — When a stunt is performed in which a spotter is required but the spotter is not touching or watching or away as required. When this occurs, an Incorrect spotting techniques penalty of 7 points will be assessed by safety judges.

Incorrect Performance of a Round 2 Skill or Requirement — Round 2 requires the performance of the 10-count Precision Drill and five skills. The precision drill and the skills are illustrated. The proper body position, hand placement, beginning and ending moves, etc., are described for the Precision Drill and skills. Judging proper performance is based on following the description provided in the Competitive Cheer Manual.

If an entire team is performing part of the precision drill or the beginning, middle or end of a required skill differently than described, then it has been choreographed incorrectly and is penalized 14 points by the safety judges for “incorrect performance of a Round 2 Skill/Requirement.” However, if one or some team members perform improper hand/arm placement or improper feet or leg placement, it should be judged as an execution error.

COMPETITIVE FORMAT AND SCORING SYSTEM

A competition will consist of 3 rounds per team. Music and props of any kind are prohibited in all rounds of competition. The team which accumulates the most points over three rounds of competition will be declared the winner.

Description of each round as well as categories judged and the scoring system follows.

Round 1 — REQUIRED ROUND

Time Limitation — Round 1 must be performed within 1 minute and 30 seconds.

Requirements — Round 1 shall be a choreographed routine containing 2 different jumps performed in unison by every team member. The two required jumps must be the first two jumps performed in the routine. All jumps performed in round 1 receive the same maximum value as given in the Round 2 listing, up to 10 points. Each competitor must execute the requirements in order for credit to be awarded to the team.

In addition, a minimum of five floor movements (6 **different** formations) are required. The formation of the team at the beginning of the routine will count as one of the required formations.

The routine performed in Round 1 may contain jumps, kicks, level changes, peel-offs, arm mo-

tions. Anything that requires the support of another person is **illegal** in this round. To further clarify, stunts, mounts, tumbling, heel stretches, splits, music and props are prohibited.

The essence of the Round 1 routine is to create a routine with different arm motions, floor movement, and level changes. When choreographing a Round 1 routine and incorporating the enhancements listed in the cheer manual, apply the following 3 conditions; many, different and difficult.

<u>Category</u>	<u>Possible Points Per Judge</u>
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Floor Mobility	10 points
Effectiveness, ease of transitions, transition moves, visual patterns, purpose of movement from formation to formation, spacing	

Vocals	10 points
Voice inflection, clarity, squad volume and appropriate choice of words	

Jumps	20 points
Technique, level of difficulty, unison of timing and proper execution. (The first 2 jumps, which must be different, and performed in unison will be scored)	

Team Coordination	10 points
Precision and execution of all motions.	

Difficulty and Variety	10 points
Movements, motions, peel offs, levels, enhancements, arm whips, ripples, etc.	

General Impression	10 points
Creativity, continuity, team confidence, overall impression	

Round 2 — COMPULSORY ROUND

Time Limitation — A Round 2 routine must be performed within 1 minute and 30 seconds.

Requirements — At the beginning of the routine each team must perform a **10-count precision drill** in unison consisting of ten different arm motions performed in two staggered lines. During the precision drill, the team will be allowed to change levels, but cannot change their formation.

Also, Round 2 shall be a choreographed cheer containing 5 different skills and only five may be selected from the following list of twenty-four. See Round 2 — Skills List and requirements on next page.

The selected skills and their sequence must be presented in writing to the judges in advance of the performance. A 7 point penalty will be assessed for skills not submitted in the order performed.

When selecting the five skills which will be performed in Round 2, at least one skill from each category must be performed; Flexibility, Jumping and Tumbling. Also, no more than 3 skills from the 12 point level may be selected OR one skill from the 14 point level and two from the 12 point level may be selected. A maximum of 58 points can be earned from the 5 skills selected.

When selecting five skills to perform in this Round, a team cannot perform the switch splits and/or side split and/or triple splits for two of the five skills allowed. The same rule applies to the cartwheel, near arm and far arm cartwheel. Only one of the three skills may be performed in Round 2.

Every team member must perform the five selected skills from start to finish in unison. **Unison** refers to direction of skills as well as arm, leg, and body position when performing the five selected skills. Every competitor must face the same direction in order to meet the unison requirement. The position of the shoulders is a good indication of the direction. In addition, unison in Round 2 refers to every aspect of the routine, including formations and vocals. Unison is **NOT** required when setting the beginning or the ending of the routine.

Vocals in Round 2 must be in unison except for calling the beginning or to end the cheer, a 7 point penalty will be assessed for vocals not performed in unison.

In order to maintain the unison requirement while making formation changes, it is expected that each team member maintain the same body position while a transition is taking place. While making formation changes in Round 2, the judges will recognize that individual team members must take varying numbers of steps to reach their new position while other team members may stay stationary. Maintaining unison during a formation change may require all team members to move to their new positions in a circling pattern or for all team members to be bent forward at the waist or all team members with hands on hips and elbows

out to the side. If formation changes do not maintain a unison pattern (are not choreographed in unison) safety judges will assess a 35 point penalty.

Each competitor must **attempt** to execute the skills or requirements in order for credit to be awarded to the team. If an attempt is not made by a team member, the safety judge will void the requirement.

To further clarify what is allowed, a team can perform level changes and lunges in unison and can make formation changes. In Round 2 a team cannot perform peel-offs, *additional* kicks, (see description of kick on page 14), create varying levels or perform log rolls. Only the five selected skills can be the skills performed in Round 2.

In addition, 10 possible points will be awarded for General Impression. In this category, judges will evaluate execution, (other than skills), transition moves, floor mobility, vocals, skill placement, and use of spacing within the routine. Also, creativity, continuity and team confidence will be judged.

***Round 2 — REQUIREMENT AND SKILLS LIST**

Five skills shall be selected from the list of 25 skills; at least 1 skill from each category must be performed; flexibility, jumping and tumbling. No more than 3 skills from the 12 point level can be selected **OR** 1 skill from the 14 point level and 2 from the 12 point level for a maximum total of 58 points for skills.

Pt. Value	Flexibility Category	Jumping Category	Tumbling Category
1-5	Any kick	Spread eagle, tuck	Forward roll
1-7	Side split	Double hook	Backward roll, cartwheel
1-10	Heel stretch, switch splits	Double 9, Herkie, front hurdler, pike, toe touch, universal	Near arm or far arm cartwheel, round off
1-12	Triple splits, *valdez	— — — — — — — —	Back handspring, *back walkover
1-14		— — — — — — — —	Aerial cartwheel, standing back tuck

**The Valdez and Back walkover can be used in the flexibility or tumbling category depending on the needs of the team. One or both skills may be used, but cannot double in both categories for credit. 5 skills must be performed.*

Round 3 — OPEN ROUND

Time Limitation — Round 3 must be performed within 2 minute and 30 seconds.

Round 3 shall be a choreographed cheer and may include jumps, mounts, gymnastic skills or any other legal cheer skills. A minimum of **any** 7 movements (8 floor formations) are required. The formation at the beginning of the round will count as one of the required formations.

Routine Description

The coach is required to submit in writing, all gymnastic skills, tumbling, jumps and stunts that will be performed in the order in which they will be performed with difficulty and variety indicated numerically. A 35 point penalty will be assessed when a coach fails to submit a Round 3 Description. A 7 point penalty will be assessed for not providing difficulty and variety points expected. A sample “Routine Description” Form appears in this manual.

In the GENERAL IMPRESSION category, judges are required to not favor any particular style but to judge the style presented.

<u>Category</u>	<u>Possible Points</u> <u>Per Judge</u>
Floor Mobility	10 points
Accuracy of formations, spacing, effectiveness, transition moves, purpose of movement from formation to formation	
Vocals	10 points
Voice inflection, clarity, squad volume and appropriate choice of words	
Team Coordination	10 points
Precision and execution of all motions	
Skills	
Jumps, stunts, tumbling, gymnastics or other stunt options:	
• Tumbling, flairs, transitions, stunts & jumps	15 points
• Degree of difficulty of skills	20 points
• Execution of skills	20 points
• Execution Bonus	3 points
• Choreography	10 points
General Impression	10 points
Creativity, continuity, overall impression, team confidence, floor presence	

JUDGES

Qualifications

Prior to judging any Competitive Cheer event, a judge must register with the MHSAA for the current year and be able to identify herself/himself with an MHSAA ID number.

Uniform and Emblem

Judges of Competitive Cheer are required to wear a white blouse/shirt or top and navy blue skirt or dress slacks. Any additional garments such as a blazer shall be navy blue. Judges must wear their MHSAA OFFICIALS EMBLEM in the area of the left pocket of the blouse or jacket/blazer or on a lanyard worn around the neck.

Judging Descriptions

Safety Judges — Safety judges are responsible to detect, record and report violations committed

during each round of competition. During competition, safety judges will identify illegal skills, use of improper spotting techniques, steps or touches off the mat, time infractions reported by the timer, miscellaneous violations and violations that jeopardize the integrity of Competitive Cheer. Such violations receive an appropriate deduction whenever it occurs. During each round of competition, each safety judge is required to record violations detected for each team competing.

Safety judges are also responsible to count the number of floor formations each team performs in Rounds 1 and 3. Round 1 requires at least 6 different formations; Round 3 requires at least 8 formations. If the minimum number of formations are not performed, a 7 point deduction is taken by the safety judge panel. See Safety Judges Scoresheet on page 33.

In addition, the SJ will also be responsible for counting the number of competitors on each team when a team begins each round of competition. If there are more competitors than the number declared by the coach for the round, a 35 point penalty will be assessed by the safety judges.

Cheer Judge — A cheer judge is responsible for evaluating the elements prescribed in Round 1, 2 and 3 routines performed by each team at a competition. Each round consists of skills, floor formations, transition moves and/or stunts in which each judge must evaluate these elements listed in categories per round. See descriptions of each round and cheer judges' scoresheets provided in this manual for more detailed information.

When a team performs with a "hole" in a routine because of illness, injury or unexpected absence at the event, the coach must notify the cheer judge panel so that the team's routine can be properly judged. NOTE: The maximum possible number of points in General Impression will be reduced 2 points per judge per hole.

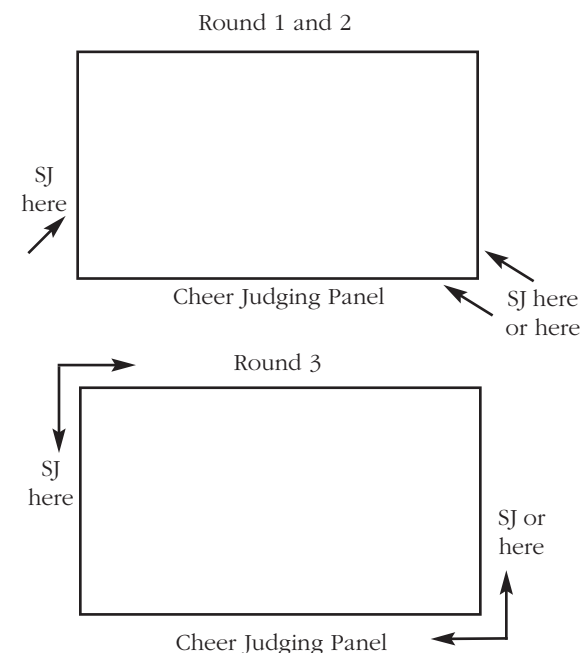
Judging Mechanics — In order to carry out their responsibilities properly, a **safety judge** must be mobile. Safety judges must work in a partnership atmosphere. **Cheer Judge** — A cheer judge will be a part of a cheer judging panel, all of whom will be seated on one side of the competition floor.

JUDGING GUIDELINES

SAFETY JUDGE

A safety judge is responsible to detect, record and report violations committed during each round of competition.

These illustrations indicate the best positioning of safety judges and cheer judges in order to best view the routines as they are being performed.



VIOLATIONS AND PENALTIES

These are the descriptions of violations and penalties that will be assessed. These are to be recorded on the Safety Judges scoresheet.

Time Infractions

A routine that is not completed with the last team member off the mat within the maximum time limit allotted each round will receive the following penalty per time infractions: 1 second to 5 seconds over the time limit — 10 points will be deducted from the score of that round. If the time infraction is 6 seconds or more beyond the maximum time limit, the team will receive a 20 point deduction from their score in that round.

Mat Violation

Stepping off the mat or any body part that touches the floor off the competition mat during a performance — 3 points will be deducted from the total points earned in the round each time the infraction occurs. Therefore, if more than one person steps off the mat at the same time, it is a 3 point deduction. If competitors step off the mat at different times during the routine, it is a 3 point deduction each time someone steps off or touches the floor off the mat. Stepping off the front of the mat when exiting is also a mat violation.

Miscellaneous Violations

Seven points will be deducted from the total points earned in the round each time the infraction occurs. Examples of miscellaneous violations include: gum chewing during competition, wearing illegal hair devices or a safety pin or an illegal uniform during competition, wearing jewelry during competition, wearing badges or buttons during competition. For example, if more than one competitor is wearing jewelry it is a 7 point deduction. However, if one competitor is wearing an illegal hair device and another competitor is chewing gum, 14 points will be deducted in this round of competition.

Detached Hair Devices

Legal hair devices worn during competition must remain secure. Loss of a hair device onto the competition surface becomes a safety concern. There will be a 3 point deduction assessed for each occurrence by the safety judges. This category appears on the Safety Judges Scoresheet.

Use of Incorrect Spotting Techniques

Spotting techniques are described in the National Federation Spirit Rule Book and must be adhered to along with Michigan's requirement of TOUCH, WATCH and AWAY and additional safety clarifications provided with the Rule Book. Seven points will be deducted from the total points earned in the round each time the infraction occurs.

Team Member Contact – All Rounds

Safety judges will be responsible to recognize and take the appropriate 7 point deduction (except splits) when team members make inappropriate unsafe contact with each other when executing gymnastic skills, tumbling, jumps and stunts.

Collapsed Tumbling Skill — When a 2.0 execution deduction is given by cheer judges for a collapsed skill in Round 2 or 3, a 7 point safety penalty will be assessed.

A Fall That Receives No Assistance

It is paramount that spotters understand their responsibility to protect the flyer when the stunt is falling apart and she may sustain a neck, head or back injury. If a stunt is falling apart the spotter(s) must attempt to touch, hold or break the fall. If there is no attempt to assist the flyer by anyone, the safety judge(s) will assess a 7 point deduction each time the infraction occurs. This category appears on the Safety Judges Scoresheet.

Three 2.0 Falls Occur

Safety judges are not responsible to determine whether a 2.0 fall or collapsed skill occurs. Once a routine is completed, the safety judge must seek that information from the cheer panel. If the cheer judges agree that 3 (2.0) falls occurred, the safety judge will check the appropriate category on the SJ scoresheet.

Performance of an Illegal Stunt/Skill

Illegal stunts/skills are indicated in the National Federation Spirit Rules Book. This shall be the guide for judges and coaches as to what stunts/skills are or are not legal. Fourteen points will be deducted from the total points earned in the round each time the infraction occurs.

Incorrect Performance of Round 2 Skill/Requirement as Prescribed in Skills Text

Five of the 25 possible skills shall be performed in Round 2 and an 10-count precision drill. The skills are described in illustration and written form in this manual. Each skill shall be performed as prescribed, i.e. facing the proper direction and with the proper beginning and ending positions. If the skill is not performed in the prescribed manner, 14 points will be deducted from the total points earned in the round.

Formations

Safety judges are also responsible to count the number of floor formations each team performs in Rounds 1 and 3. Round 1 requires at least 6 **different** formations; Round 3 requires at least 8 formations. If the minimum number of formations are not performed, a 7 point deduction is taken by the safety judge panel. See Safety Judges Scoresheet on page 33. Please note this requirement has been taken out of the cheer judges responsibility in the category of Floor Mobility.

Unsportsmanlike Conduct

Unsportsmanlike conduct includes but is not limited to:

- A coach/athlete making an unauthorized approach to a judge concerning a score or rules infraction.
- Undisciplined or inappropriate conduct of an athlete/coach.
- Verbally abusing or disrespectfully addressing a judge/meet official.
- Using profane or foul language.
- Taunting.
- Delay of meet.

Penalty — The first offense by an individual will be penalized by a safety judge and the coach will be notified. The penalty will be a 14 point deduction and it will appear on the safety judges scoresheet. The second offense by the same coach/athlete will disqualify the coach/athlete from the contest and the next day of competition disqualification procedure will apply. An MHSAA Officials Report Form must be filed.

VOID Requirement

In Round 1 and 2 there are requirements that must be performed by each team member. Should one or more team member not at least attempt to perform the requirement necessary in that round, the safety judges will use the Void Requirement category on the scoresheet. This penalty will result in no points earned by that team for the requirement.

35 Point Deductions

Examples include:

1. When a required skill in Round 1 or 2 is not performed.
 2. A skill was performed in Round 1 or Round 2 that is not allowed.
 3. An extra skill is performed in Round 2.
 4. The skills in Round 2 are not performed in choreographed unison.
 5. The skills in Round 2 are not performed by all team members in the same direction.
 6. At least one skill in each category in Round 2 was not performed.
 7. Too many 12 or 14 point skills were performed.
 8. Failure to submit, in writing, the 5 skills that will be performed in Round 2.
 9. Failure to submit Round 3 description.
 10. An incorrect number of competitors performed in this round.
 11. Music/props or a mascot was used.
- See page 33 for sample Safety Judges Scoresheet.

ROUND 1 — JUDGING

Floor Mobility

Note all errors in accuracy of formation. Evaluate the effectiveness of the moves as to whether they flow with the cheer, enhance the cheer, and provide a smooth transition.

Vocals

Throughout the cheer evaluate voice inflection, clarity, appropriate choice of words as it relates to sportsmanship, squad volume appropriate for number of competitors' diction (are words understood throughout cheer). Evaluate throughout the cheer.

Jumps

Evaluate each of the jumps as to: **Technique** — form, toes pointed, backs straight, arm positions, landing with feet together, etc. **Togetherness** — preps are the same, all go up together, reach heights together, same height, land together, style the same (hand, arms, legs, etc.). **Ease** — is completed without evidence of difficulty, height attained by entire squad.

Team Coordination

Evaluate precision and synchronization in position of hands/arms/legs, feet/body/head. Keep in mind that the execution is precise for the team's style. Keep track of errors and rate performance based on the number of errors compared to the volume of movements.

Difficulty and Variety

Assign difficulty and variety points to movements, motions, peel offs, level changes, and ripples, etc.

Judges must keep track of what a team performs. However, the categories are not limited to these elements of difficulty or examples of variety:

<u>Examples of VARIETY</u>	<u>DIFFICULT VARIETY</u>
Additional formation changes	Arm whips
Arm motion while transitioning	Blades
Below waist foot/leg work	Diagonal Spins
Diagonal arm motions	Difficult Oppositions
Levels	Dips
Oppositions	Extra jumps (in addition to required number)
Ripples	High kicks
Waist level kicks	Hopping
	Intricate Transitions
	Knee level movements
	Moving backwards
	Side stepping formation changes
	Spinning

Awarding 10 points in variety and Difficulty for a Round 1 routine should include 12-15 **different** skills AND should include 33%-50% of the DIFFICULT enhancements. Example: if 12 skills are performed 50% must be DIFFICULT. If 15 skills are performed then 33% must be DIFFICULT.

General Impression

Evaluate routine based its uniqueness and *creativity. Also judge continuity, overall impression of entire performance, team confidence.

*Creativity

A judge's opinion of creativity, evaluated in the General Impression category, may include unusual formations, difficult flairs, transitions and preps. Overall impression allows credit to be given for a team that has given the judge a feeling of excitement, goose bumps or a WOW! Impression.

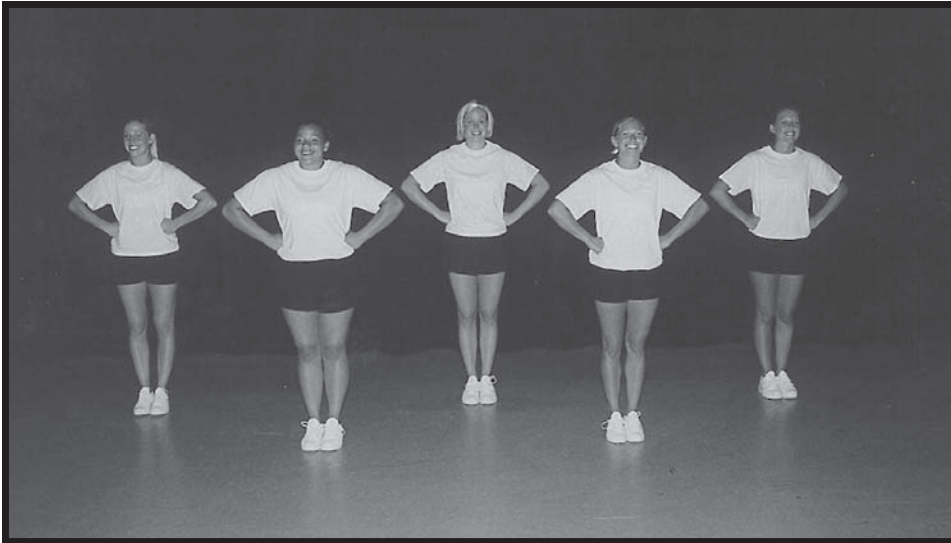
ROUND 2 — JUDGING

10-COUNT PRECISION DRILL

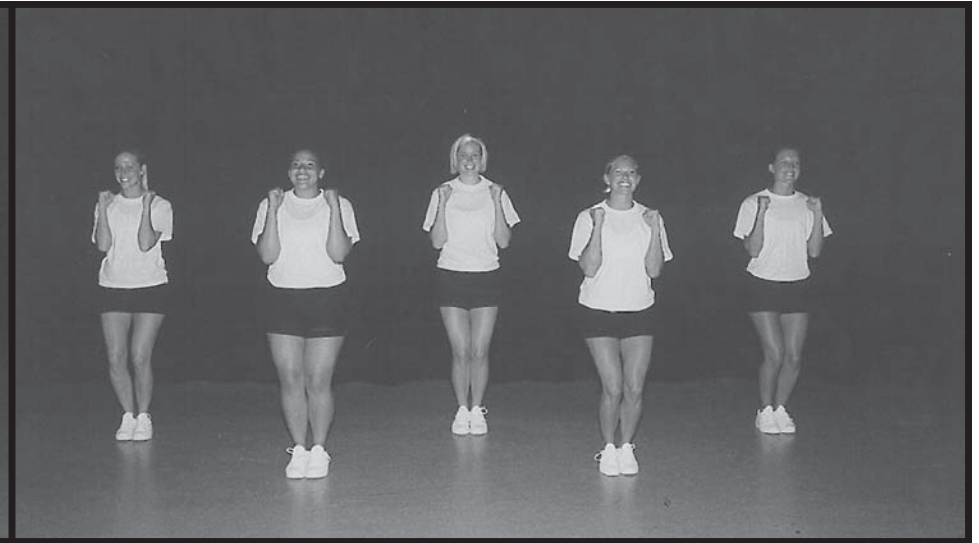
The 10-count precision drill is a **requirement** and

- ... must be performed at the beginning of Rd 2 routine
- ... must contain the 10 arm motions as written and described
- ... must be performed in the order given
- ... must be performed in 2 staggered lines (4 to 12 competitors)
13 to 16 competitors must be 3 staggered lines
- ... must be performed facing the panel of cheer judges
- ... must be performed in same arm, leg and body positions as illustrated
- ... rhythm (tempo) and vocals are your choice
- ... head position and head movement is your choice

PRECISION DRILL



Starting Position — Fists on hips, facing forward, feet together.



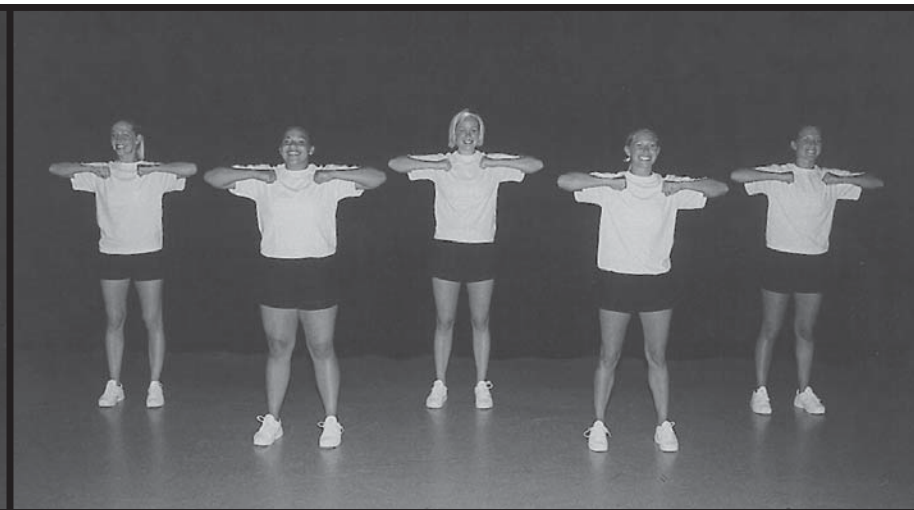
1 — While bending knees, move arms straight up to daggers.



2 — Simultaneously, the right arm hits a fight motion as the left arm hits a low “V”, hands in fists, and the right foot steps out shoulder-width apart, in a straight leg position.

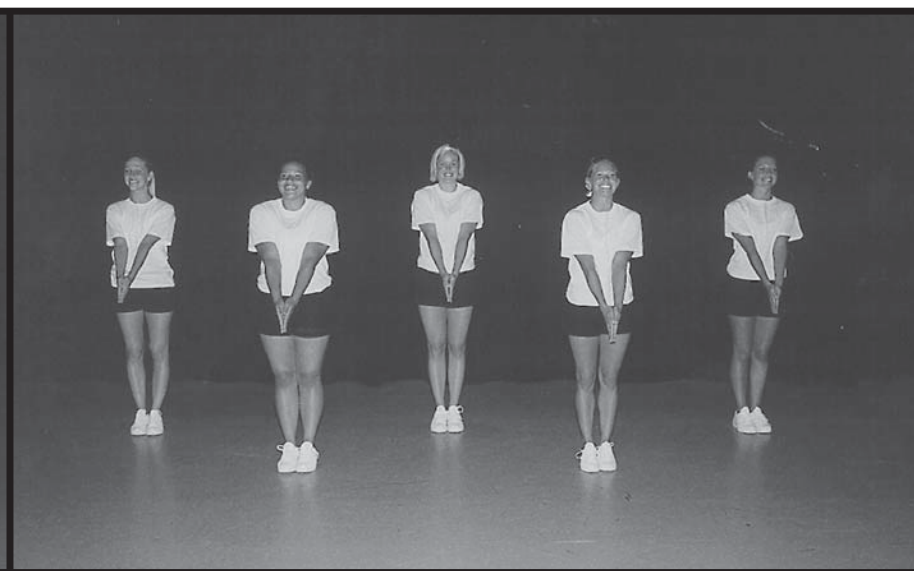
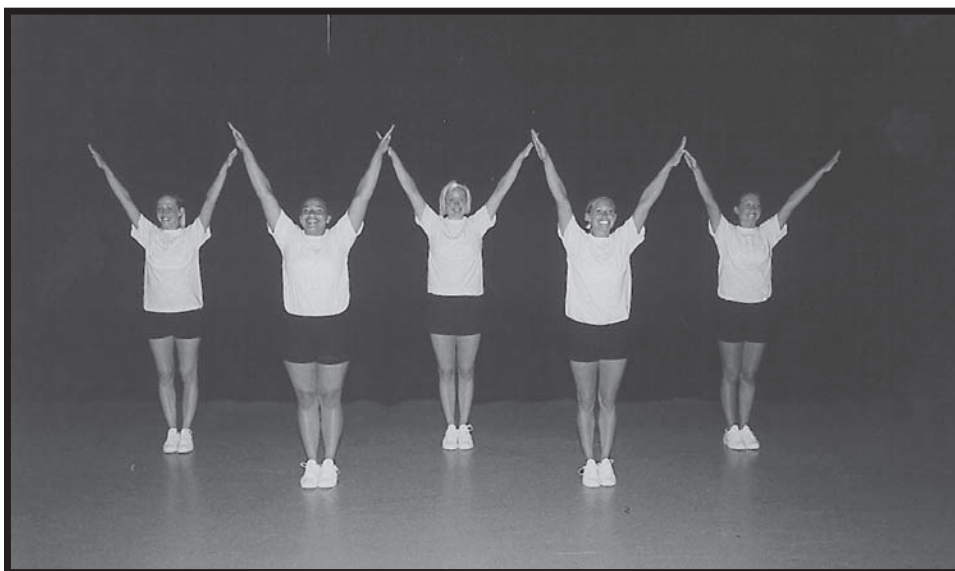


3 — Right arm swings “clockwise” one and a half times to hit on top of the left hand, which swings under to a low clap on the right side.



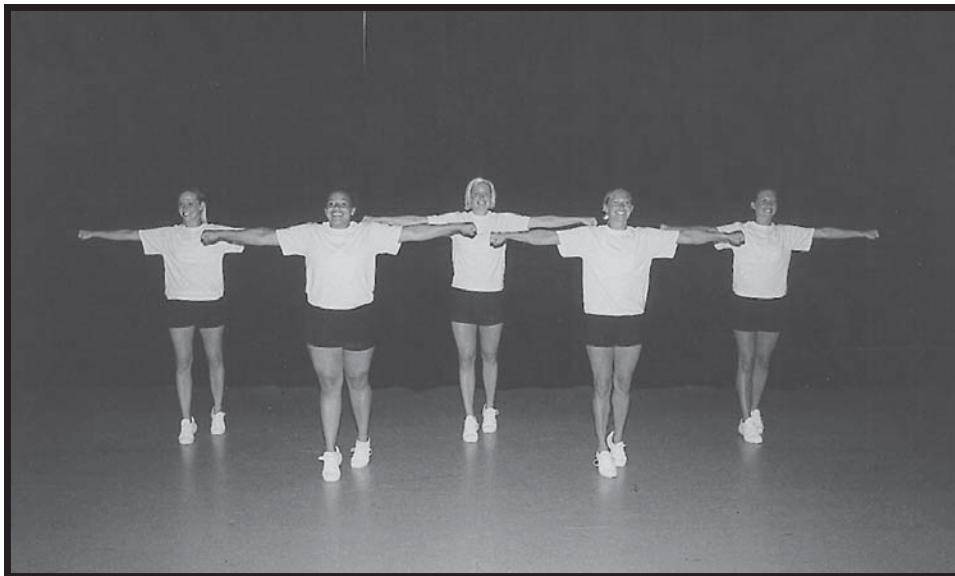
4 — Slice the left arm to a high “V” while the right arm hits a low “V” in fists.

5 — Pull both arms to a half “T” position in fists.

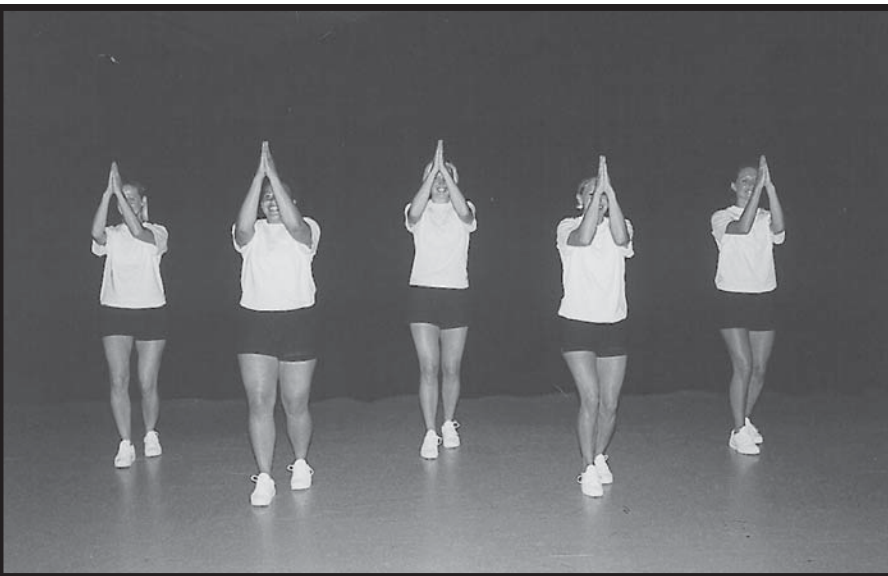


6 — Arms hit a high “V” position in blades while right foot is pulled into the left foot.

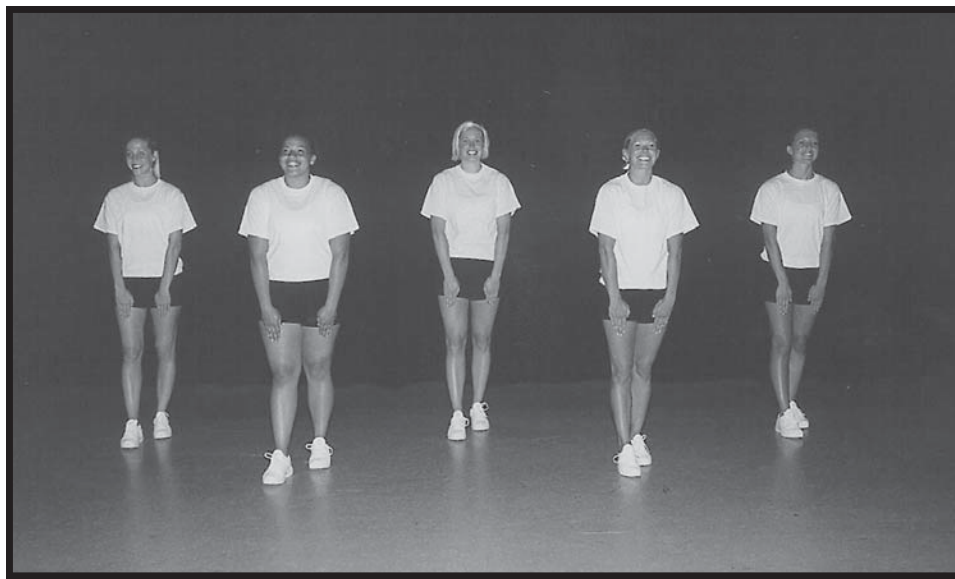
7 — Arms simultaneously swing down each side to hit a low clap in the center.



8 — Move arms out and up to a “T” position while right foot steps straight forward, right heel in line with top of left foot, raised on toes.



9 — Simultaneously pull arms to a California clap, bending knees, feet flat.



10 — Keeping feet in same position, simultaneously stand upright and slap both hands on the front of thighs.

NOTE: Stomps, slaps and claps on contact with precision drill motions are at coaches discretion.

Round 2 —

COMPULSORY SKILL DESCRIPTIONS

Compulsory — Every team member must perform identical skills from start to finish in unison. Unison refers to directions of skills and arm, leg and body position.

The written description of each skill and how it is to be performed is provided with each skill illustration. Incorrect performance of a skill as it is prescribed in this skills text will result in a 14 point deduction from the total points earned in Round 2.

The splits, switch splits, center splits, cartwheel, near arm or far arm cartwheel, aerial cartwheel and roundoff that are performed parallel to the judges also require the torso to be facing the judges.

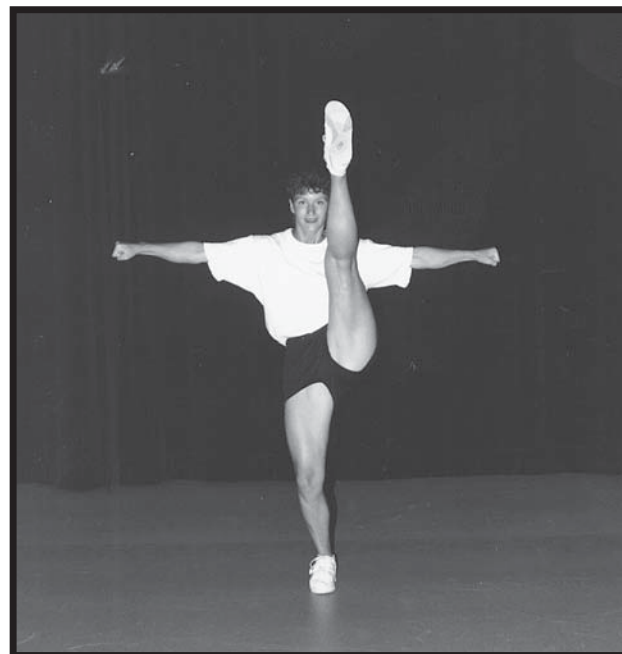
Only the specific skill is compulsory. THE ENTRANCE AND EXIT OF THE SKILL IS LEFT TO THE DISCRETION OF COACHES, but must still be identical. A required skill can directly follow another when either skill is completed via the description provided.

Coaches are advised to consider the visibility of each team member to the judges when choreographing formations of compulsory skills.

Valued at 1-5 points

KICK — flexibility

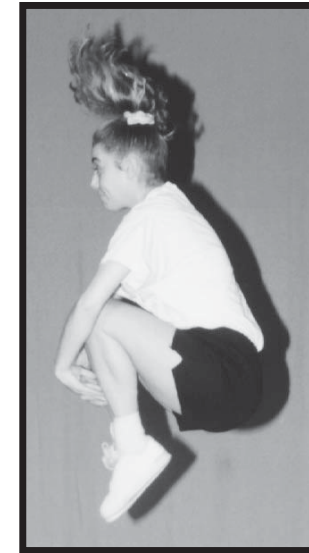
A kick is a swinging, straight-leg motion that reaches waist high or higher. Arm positions are optional. The squad may either face the judging panel or can be sideward to the judging panel. The skill begins when the foot leaves the cheering surface and is completed when return contact is made with the cheering surface. A kick can be directly in front of the torso or to the right or left, but cannot be directly to the side of the torso.





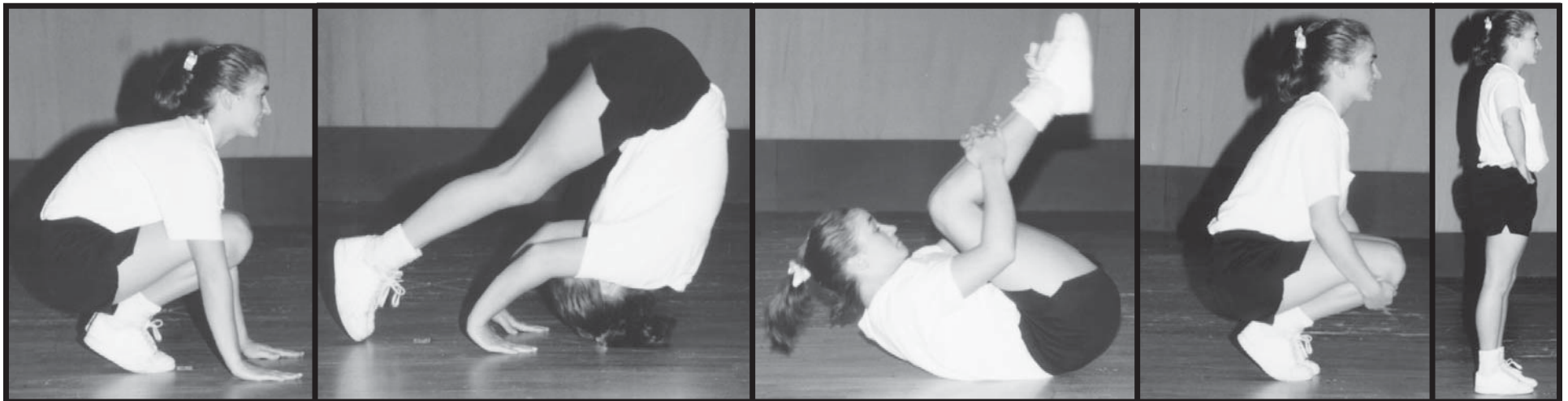
SPREAD EAGLE JUMP

At the peak of the jump the body is in a straight torso position. Arms are extended in a high V position and legs are extended with an inverted V position. Body should show an “X-like” position. Competitors must face judges.



TUCK JUMP

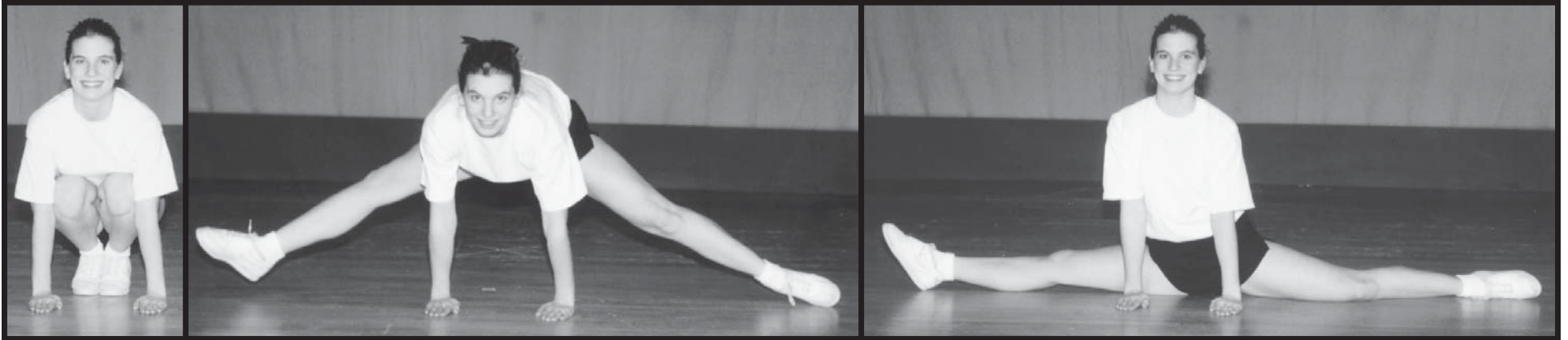
At the peak of this jump legs are in a knee-to-chest position. Arm positions are optional. Competitors may either face judges or can be sideward to judges.



FORWARD ROLL — tumbling

Begins in squat position. Arm position optional. Hands placed on cheering surface as tucked rotation occurs. Front roll ends in standing position. The skill can be performed either parallel to or toward the judges.

Valued at 1-7 points



SIDE SPLITS — flexibility

Begins in squat position with hands placed on cheering surface. Legs are extended parallel to the judges. Hands during split must be removed from the cheering surface. Splits are completed by returning to the squat position.



OR



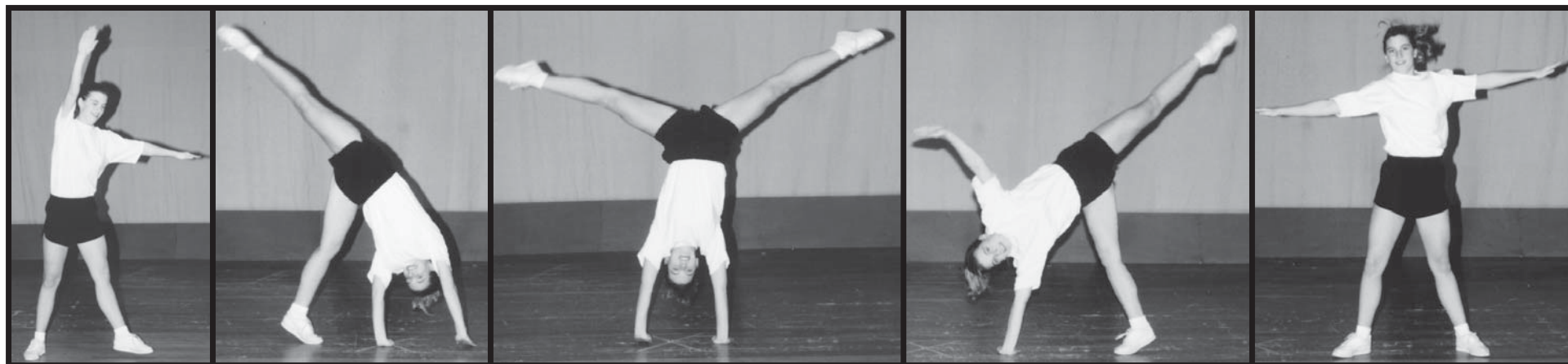
DOUBLE HOOK JUMP

Keeping torso straight, bring knees and legs up as pictured. At the peak of the jump, the legs are bent at the knee and hip in the same direction and parallel to cheering surface. It is optional to bend legs to the left or right. Hand/arm position is optional. The jump must be performed facing the judges.



BACKWARD ROLL — tumbling

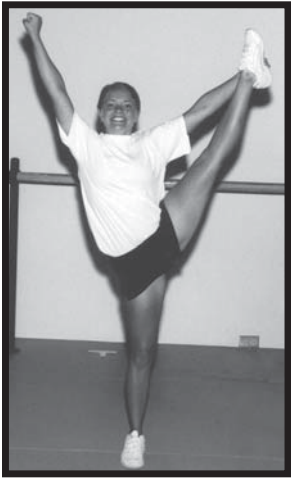
This skill must begin in a squat position. Arm position optional. Hands are placed on the cheering surface as the tucked back rotation occurs. The backward roll ends in a squat position. The skill can be performed either parallel to or facing the judging panel.



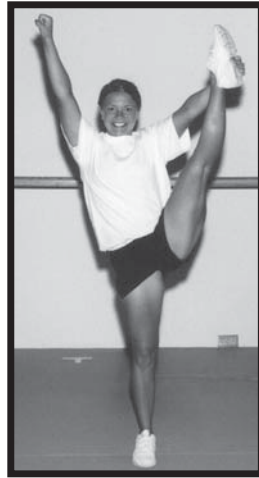
CARTWHEEL — tumbling

Begins when lead foot initiates inverted rotation. While inverted legs extend in "X" position. Skill is completed when trail foot contacts the cheering surface. Cartwheel must be performed parallel to the judges. Arm positioning is optional at the end of the stunt.

Valued at 1-10 points



OR



HEEL STRETCH — flexibility

Skill must face judges. A leg is fully extended to a 45° to 90° position to the side. The angle of the leg must be the same for all team members. Arms are in a “V” position. Hand-to-foot (to arch, toes, heel or in-step) contact must occur in a **held** position.

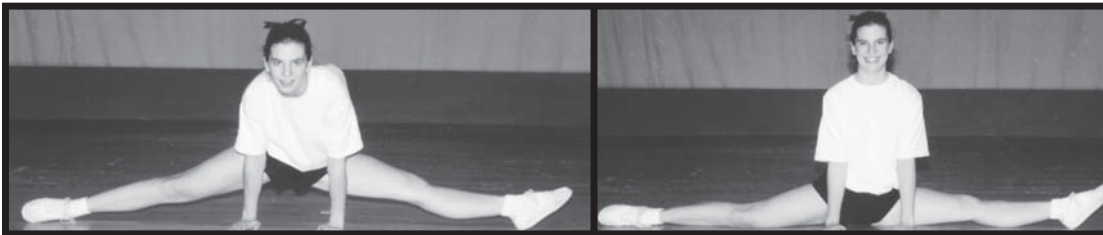


SWITCH SPLITS — flexibility

Begins in the squat position with hands placed on the cheering surface. First split is completed when position is reached and hands/fists are removed from the cheering surface.

While in the first splits, hips are

switched so that the lead leg is opposite from the original split. The splits must be performed parallel to the judges. The hands must be removed from the cheering surface when in the first and second split positions. The skill ends in squat position.





TOE TOUCH JUMP

At the peak of the jump, the legs are extended in a full forward straddle. Arms are extended and hands reach for top of foot and toe. Head is up and back is straight. Upper torso must face judges.



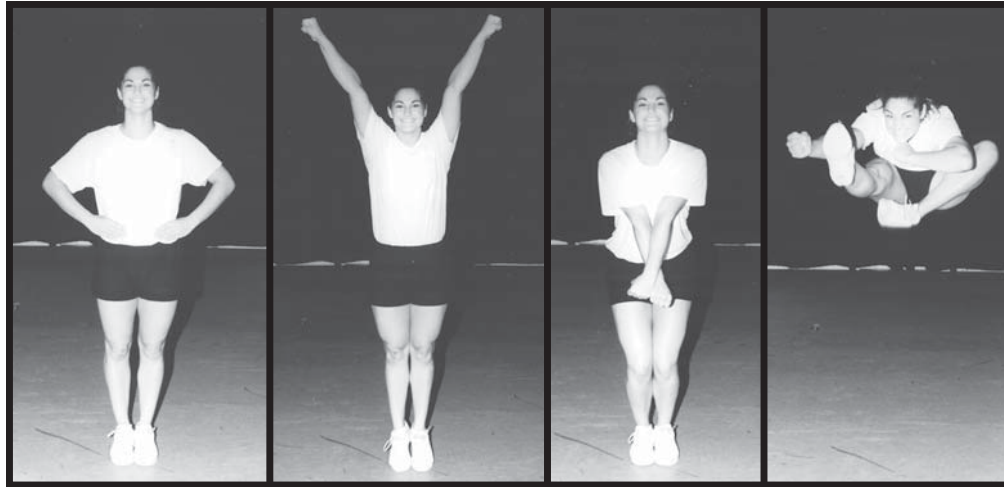
HERKIE JUMP

At the peak of the jump, front leg is extended above, parallel to the cheering surface and extended to 45°-60° straddle position, the upper torso facing the judges. Back leg is bent (knee to ground, toe to ceiling). Arm and hand positions are optional.



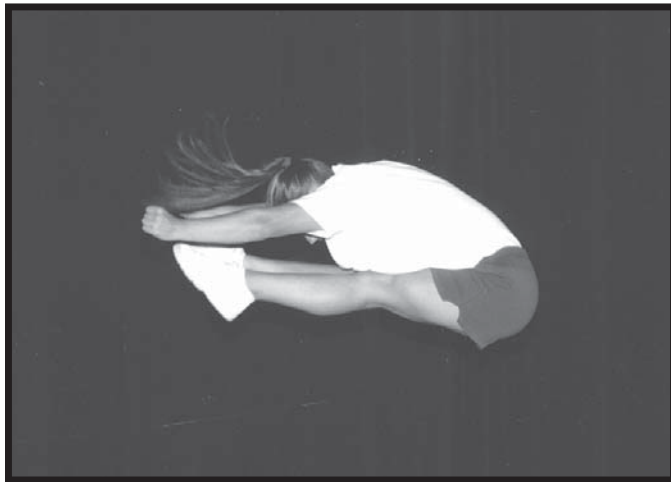
FRONT HURDLER JUMP

At the peak of the jump, the front leg is extended more than parallel to the cheering surface and is in front of the torso. The back leg is bent in a flat, hurdle position, parallel to the cheering surface OR in a back leg, bent knee to surface and toe to ceiling position. The upper torso must be performed parallel to the judging panel showing the hurdle leg to the judging panel. Arm positions are optional.

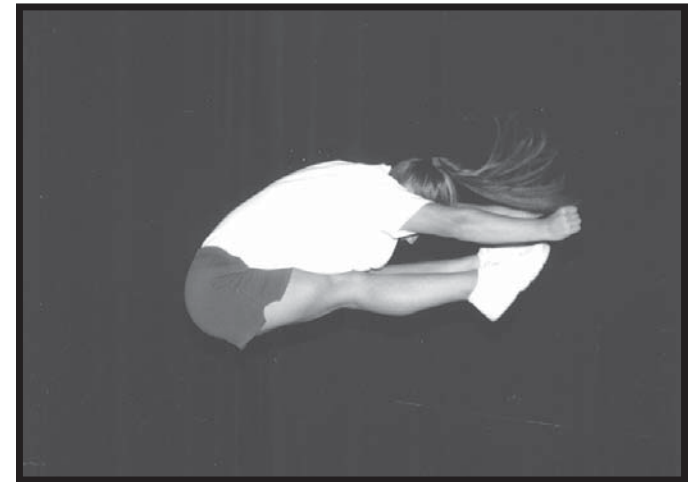


DOUBLE NINE JUMP

At the peak of the jump, one leg and arm of the same side of body are fully extended in front of the body and parallel to the cheering surface. The other leg and arm are bent at the knee/elbow reaching horizontally toward the inside of the knee/elbow of the extended limbs. The bent leg and arm should also be parallel to the cheering surface. The skill may be performed facing or parallel to the judges. When performed parallel to the judges, the bent leg and arm must be the side closest to the judges. The skill ends when the jump has landed.

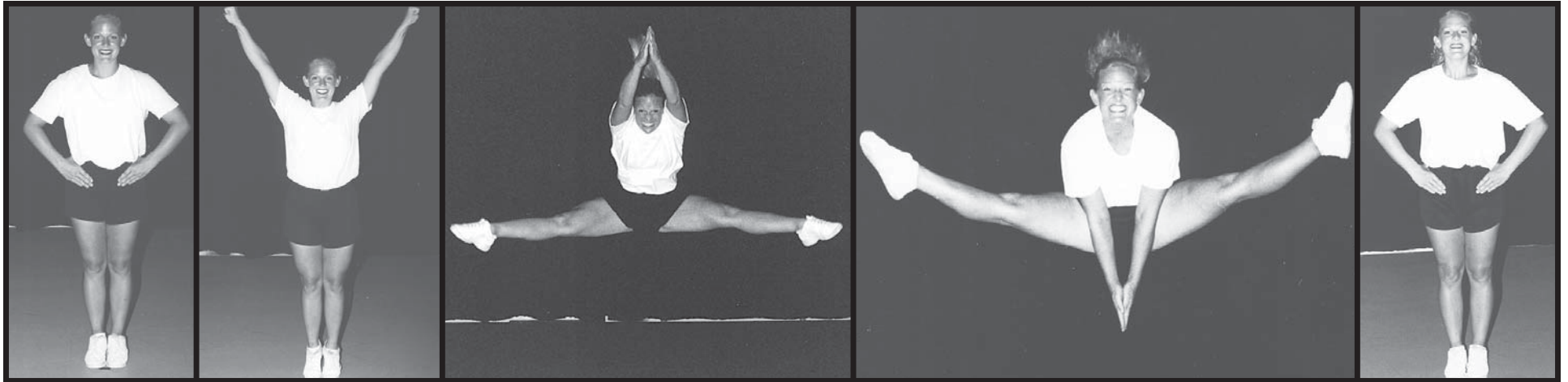


OR



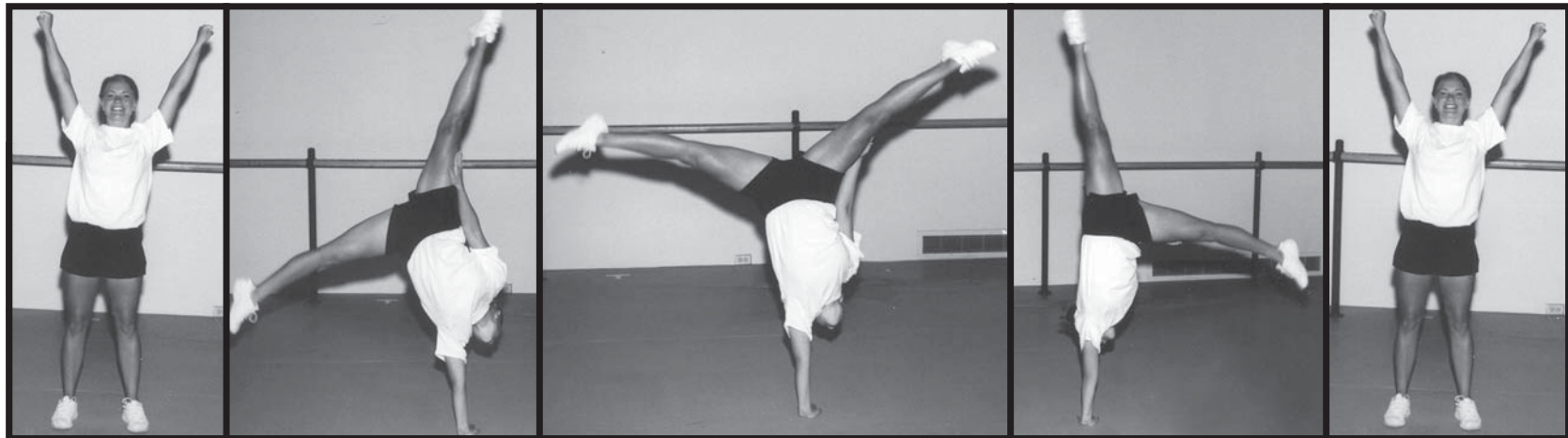
PIKE JUMP

Kick legs up parallel to the ground. At the peak of the jump, legs are together and extended in front of the body, parallel to the cheering surface. The jump must be performed parallel to the judging panel showing the extended legs and arms. Hands and head must reach for the pointed toes.



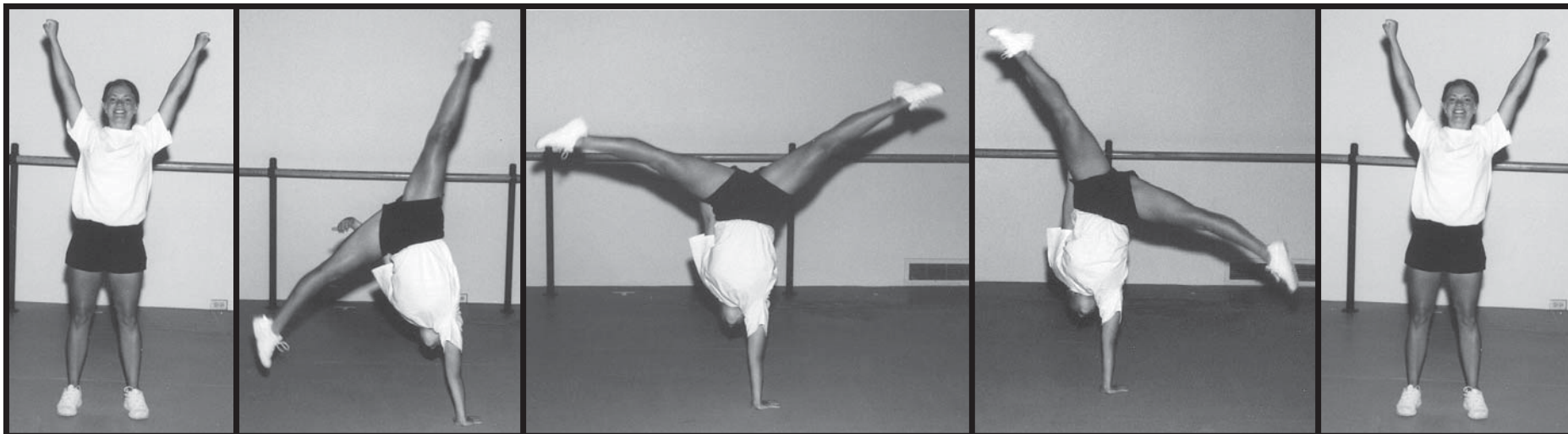
UNIVERSAL JUMP

The arms reach up as the jump thrusts up; at the peak of the jump, the legs are extended in a full forward straddle; the hands touch above the head and slice down at the peak of the jump with the hands together as pictured. The upper torso must face the judges with head up.



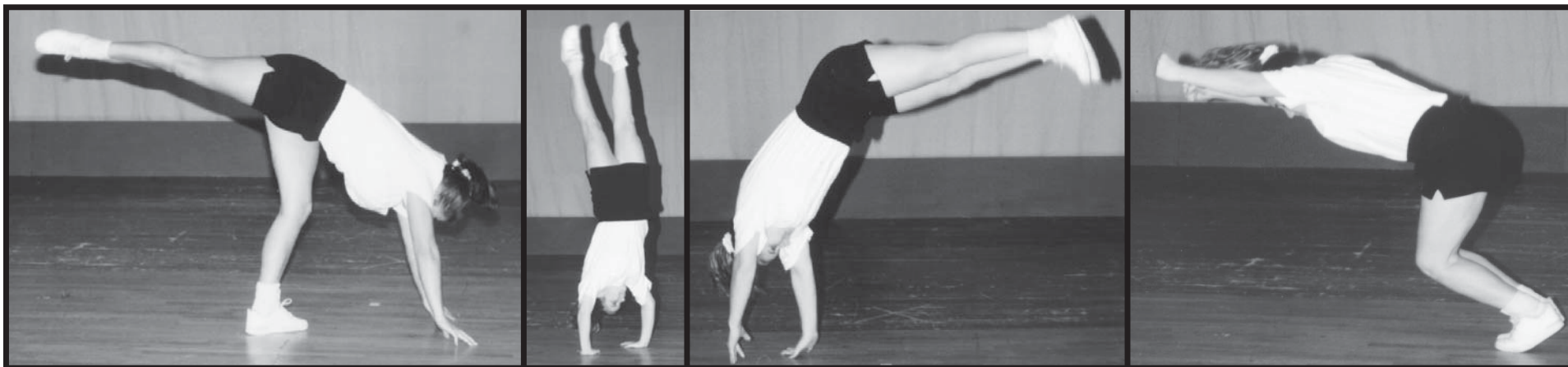
NEAR ARM CARTWHEEL — tumbling

The skill begins when the lead foot initiates inverted rotation. Only the lead hand contacts the cheer surface. While inverted, legs extend in “X” position. The skill’s completed when the trail foot contacts the cheering surface. The near arm cartwheel must be performed parallel to the cheer judges. Arm position is optional at the beginning and end of the skill.



FAR ARM CARTWHEEL — tumbling

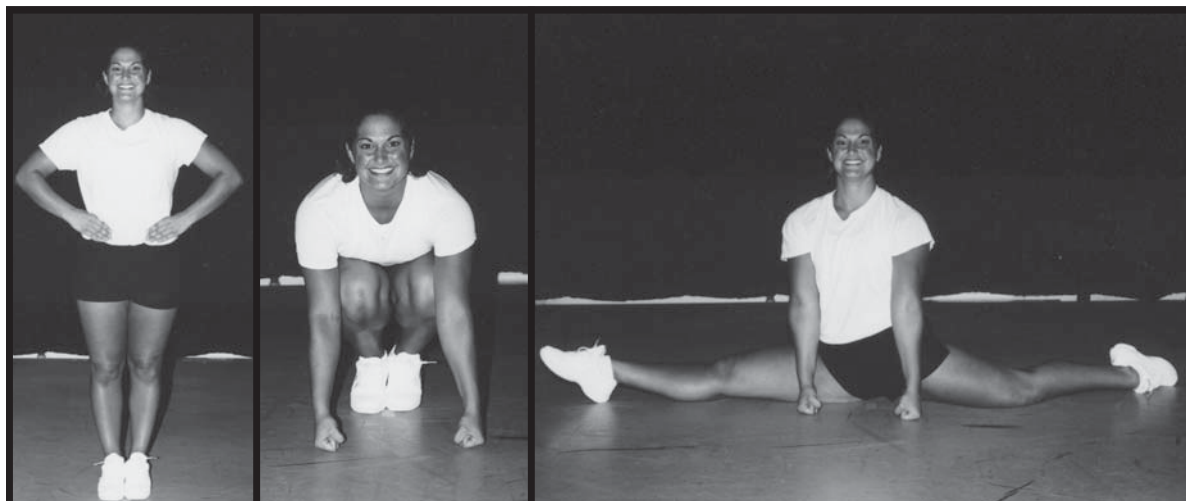
Begins when lead foot initiates inverted rotation. The trail hand only contacts the cheer surface. While inverted, legs extend in “X” position. The skill is completed when trail foot contacts the cheering surface. The far arm cartwheel must be performed parallel to the cheer judges. Arm position is optional at the beginning and end of the skill.



ROUND-OFF — tumbling

Begins when hands touch cheering surface. Legs must come together at top of skill. Skill ends when feet touch the cheering surface. The round-off must be performed parallel to the judges.

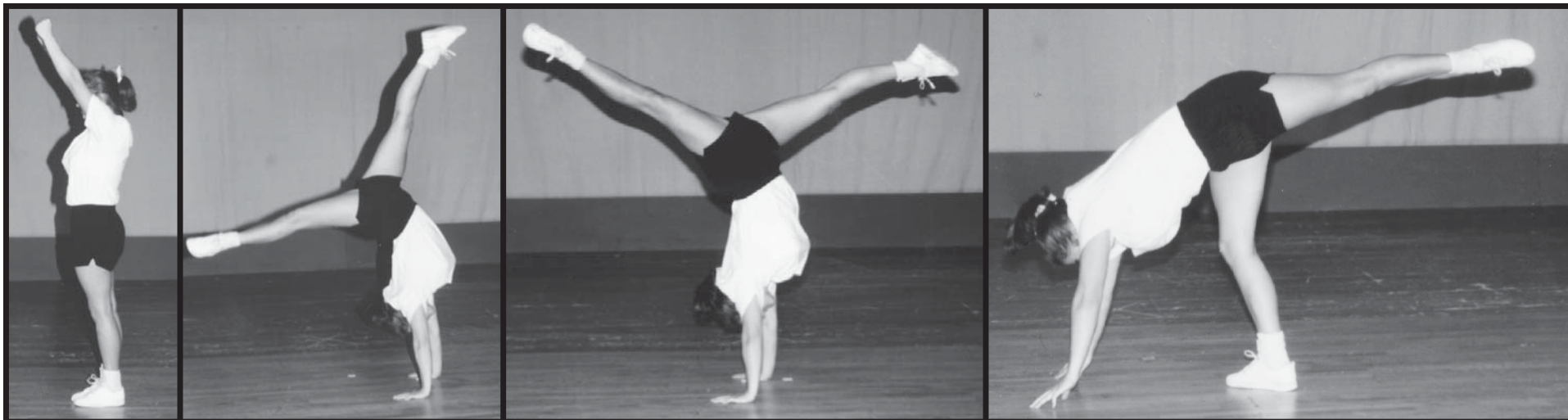
Valued at 1-12 points



TRIPLE SPLITS — flexibility

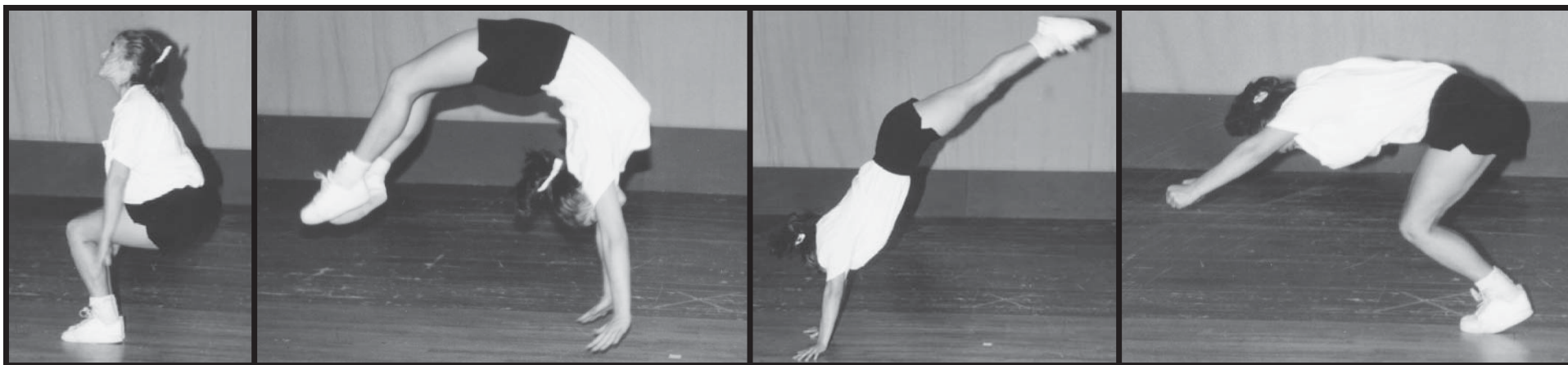
The skill begins in a squat position with hands on the cheering surface. The triple splits must show the left, right and center positions. Each split is completed when the position is reached and hands/fists are removed from the cheering surface. The center splits position shall be the third splits shown. Knees and shoelaces may be forward or upward as long as the entire team is performing the same. The skill must be performed parallel to the judges. The skill ends in a squat position.





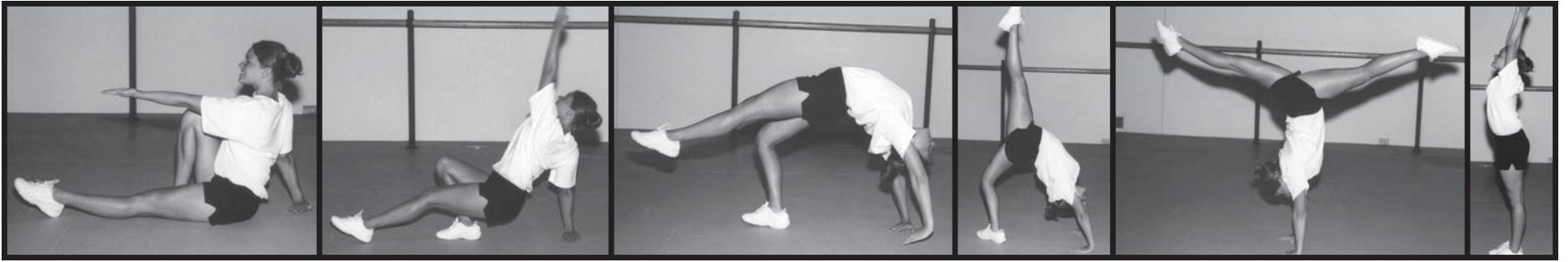
BACK WALKOVER — flexibility or tumbling

At beginning of skill, arm positions are optional. Begins in standing position. Lead leg starts continuous rotation, hands are placed on cheering surface, rotation occurs with legs in extended inverted split position. Skill ends when lead leg touches cheering surface. Skill is performed parallel to the judges.



BACK HANDSPRING — tumbling

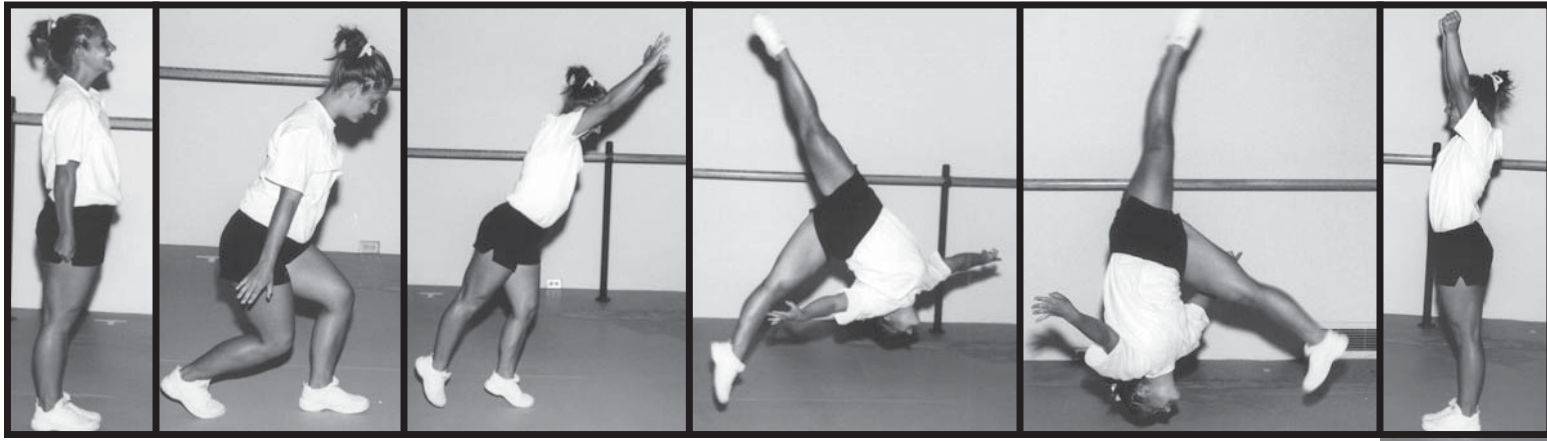
Begins in half squat position. Back rotation occurs as hands are placed on cheering surface. Skill is completed when both feet touch cheering surface. Skill must be performed parallel to the judges.



VALDEZ — flexibility or tumbling

The skill begins sitting on the floor with one leg outstretched forward and the other in a foot-to-floor bent knee position. The backward inverted position begins with the outstretched leg leading the body in the rotation followed by the trail leg in an outstretched position. The skill ends with both feet on the floor in a standing position. Hands & arm position at end of skill optional. The skill must be performed parallel to the cheer judges.

Valued at 1-14 points



AERIAL CARTWHEEL — tumbling

The skill begins in a standing position, arm position optional, the arms are free of the surface during the inverted rotation. Legs will be inverted straddle position. The skill is completed when both feet are in contact with the floor. Arm position is optional at the end of the skill. The ariel cartwheel must be performed parallel to the cheer judges.



STANDING BACK TUCK — tumbling

The skill begins in a standing position, arm position optional. The cheerer performs an uplift, tuck and inverted rotation of the body clear of the cheering surface before landing in a standing position. Arm position at the end of the skill is optional. The skill is performed parallel to the cheer judges.

ROUND 3 — JUDGING

Floor Mobility, Vocals, Team Coordination and General Impression Categories, shall be judged as described in the Round 1 Judging section.

Variety of Skills - Each cheer judge will evaluate variety of skills in the routine on a 1 to 15 point scale. The number of different tumbling skills, jumps, stunts and flairs performed must be counted. Each **different** tumbling skill, jump, stunt and flair will be valued at 1 point. No variety points are given for preps or transitions.

To further clarify when variety points are assessed:

- A flair performed from floor level and the same flair performed in a stunt will receive one variety point in each position, i.e. heel stretch on floor, heel stretch by flyer. Two variety points would be earned.
- A flair that is performed by a flyer at knee level, shoulder level, or extension level will receive a variety point once only.
- An elevator receives a variety point only when it is a stunt.
- The splits receive one variety point; a switch splits or center splits would receive an additional variety point.
- In order to receive a variety point for tumbling, more than one competitor must perform the tumbling skill simultaneously.

Difficulty of Skills - Each cheer judge will evaluate the difficulty of the tumbling, gymnastic skills, stunts, flairs, transitions and jumps performed in the routine on a 1 to 20 point scale. The difficulty factoring chart is on the next page.

Execution - Each cheer judge will evaluate tumbling, jumps, gymnastic skills, flairs, transitions, floor up preps and stunts for proper execution in the routine on a 1 to 20 point scale for 12 or fewer competitors. The maximum execution value increases to 20.5 for 13, 21.0 for 14, 21.5 for 15 and 22.0 for 16 competitors.

DEFINITIONS

Prep - a motor skill (movement) that initiates the start of a jump, tumbling or a stunt.

Stunt - a skill that requires a base(s) and flyer(s).

Flair - an enhancement to a stunt.

Transition - a motor skill initiated by the base(s) to move the flyer from one stunt to the same or another stunt without the flyer bearing weight on/to the floor. A transition could involve changing bases.

Transition Terminology

Sponge -a flyer is lowered from shoulder level or higher to a crouched position; feet are in the hands of the bases. The bases hands are held at waist to knee level.

Reload - a flyer in a cradle catch is popped to a position in the hands of the bases to go to another stunt.

Retake - a flyer is lowered to the floor, from shoulder level or higher, with one foot remaining in the hands of the bases. The supporting weight of the flyer must continuously remain with the bases who instantly lift the flyer to the next stunt.

DIFFICULTY VALUES OF GYMNASTICS SKILLS - TUMBLING - JUMPS

Difficulty points will be earned per competitor for gymnastic skills, tumbling, and jumps performed. These skills will receive credit by an established formula based on difficulty so that consistency in judging is maintained. The difficulty of these skills are separated into the following point ranges:

1 point per competitor

Backward roll
Cartwheel
Forward roll
Handstand
Headstand
Heel stretch on floor
Jumps
Kicks
Push up
Round off
Splits on floor

2 points per competitor

Back bend
Center split
Handstand to Forward roll
Limber (front or back)
Far arm cartwheel
Near arm cartwheel
Switch split

3 points per competitor

Arabian (front or back)
Back handspring
Crabstand
Front handspring
Headspring
Look through
Press handstand forward roll
Triple splits
Valdez
Walkover (front or back)

5 points per competitor

2 foot front tuck
Aerial cartwheel
Aerial walkover
Back layout
Back pike
Back tuck
Twisting handspring
Whipback

DIFFICULTY VALUES OF STUNTS

A Round 3 performance will be awarded difficulty points for stunts, preps, flairs and transitions and the number of sets performed.

- Any stunt that is **EXTENSION LEVEL** (top is standing in hands of base) will receive 10 points per set with bases arms fully extended.
- Any stunt that is **EXTENDED** (bases arms are fully extended) will receive 7 points per set.
- Any stunt that is shoulder level will receive 7 points per set.
- Any stunt where the top persons feet are below shoulder level will receive 4 points per set.
- Flairs, transitions and preps* directly to an extension will receive 4 points in difficulty. **Prep must start below knee level of base and end in extension to earn credit. A 180° vertical turn prep to shoulder or extension level earns 4 difficulty points.*

<u>Stunts</u>	<u>Difficulty Points</u>
Below shoulder level	4
Extended	7
Shoulder level.....	7
Show and go.....	7
Swedish lift	7
Single twist to cradle	8
Extensions.....	10
Basket toss to cradle catch.....	10
Extended suspended splits	10
Double twist to cradle.....	12
1/2 pendulum	14
Full pendulum	18
Hanging pyramid	7 for shoulder level; 4 for each hanging person

<u>FLAIRS</u> (4 difficulty pts.)	<u>TRANSITIONS</u> (4 difficulty pts.)	<u>PREP (directly to extension)</u> (4 difficulty pts.)
Arabesque	Changing bases	180° vertical turn -
Basket Toss flairs	Reload*	to shoulder
Ball out	Retake*	or extension level
Pike	Sponge*	Floor up
Straddle		Step up - knee level
Box out	*except "Show	or below
Cupie	'n Go"	
Dismounts:		
Cradle catch		
Shoot through		
Suspended roll		
Heel stretch		
Liberty		
Log roll		
Moving a stunt (at least 5 steps)		
Rotating a stunt (at least 180° to 360°)		
Scorpion		
Single arm extension		
Single based extension		
Waist level kick out		

In order to more equitably score teams with a different number of competitors, the total difficulty points earned for tumbling, gymnastic skills, stunts, flairs, preps, transitions and jumps will be determined by the number of competitors on the team competing in Round 3 compared to the total number of points earned for each element performed as determined by each cheer judge and reflected on each Routine Description. Award difficulty points based on points earned. Do NOT round up. The Difficulty Factoring Chart is as follows:

Difficulty Points Earned	DIFFICULTY FACTORING CHART												
	Number of Competitors												
	16	15	14	13	12	11	10	9	8	7	6	5	4
20.0	800	750	700	650	600	550	500	450	400	350	300	250	200
19	760	717	665	622	570	527	475	432	380	337	285	233	190
18	720	684	630	594	540	504	450	414	360	324	270	216	180
17	680	646	595	561	510	476	425	391	340	306	255	204	170
16	640	608	560	528	480	448	400	368	320	288	240	192	160
15	600	570	525	495	450	420	375	345	300	270	225	180	150
14	560	532	490	462	420	392	350	322	280	252	210	168	140
13	520	494	455	429	390	364	325	299	260	234	195	156	130
12	480	456	420	396	360	336	300	276	240	216	180	144	120
11	440	418	385	363	330	308	275	253	220	198	165	132	110
10	400	380	350	330	300	280	250	230	200	180	150	120	100
9	360	342	315	297	270	252	225	207	180	162	135	108	90
8	320	304	280	264	240	224	200	184	160	144	120	96	80
7	280	266	245	231	210	196	175	161	140	126	105	84	70
6	240	228	210	198	180	168	150	138	120	108	90	72	60
5	200	190	175	165	150	140	125	115	100	90	75	60	50
4	160	152	140	132	120	112	100	92	80	72	60	48	40
3	120	114	105	99	90	84	75	69	60	54	45	36	30
2	80	76	70	66	60	56	50	46	40	36	30	24	20
1	40	38	35	33	30	28	25	23	20	18	15	12	10

If a team performs Round 3 with a competitor missing, a "hole," the difficulty points earned will be based on the number that actually compete.

EVALUATE EXECUTION

Each cheer judge will evaluate tumbling, jumps, gymnastic skills, stunts, flairs, preps and transitions for proper execution.

Gymnastic Skills - Tumbling - Jumps

Deductions

-1 to 1.0 will be assessed for each execution error.*
- ... 2.0 will be assessed for a skill that collapses. A collapse is a landing to the mat on head, neck or shoulder(s).

Stunts - Flairs - Prep - Transitions

Deductions

-1 to 1.0 will be assessed for each execution error by a flyer or base.*
-1 to 1.0 will be assessed for a flyer that lands on her feet assisted.
-5 will be assessed for EACH stunt, flair, prep or transition that was started but did not go up.
- ... 2.0 will be assessed for EACH stunt, flair, prep or transition that was completed but falls to the floor. A fall occurs when flyer lands on her face, shoulders, hands, arms, knees or butt, while feet/legs are being held. It is also a fall when a flyer lands on her feet when completely unassisted.
- ... 2.0 will be assessed for a base or spotter who takes a major fall either for cushioning a flyer or was knocked down by the flyer.

*Guidelines to Evaluate Execution Errors

0.1 Deductions: Generally a VERY MINOR mistake that takes away from the overall look of the skill or jump. It just isn't "pretty." Examples are bent knees, flexed toes, or a base or flyer whose feet are too far apart.

0.2-0.4 Deductions: Generally a MINOR mistake where the base or flyer must make a slight adjustment to maintain balance but at no time appears to be losing control. Examples are when the bases must take a step out or the flyer must "balance check."

0.5-0.8 Deductions: Generally a MODERATE mistake where the bases and flyers are clearly adjusting to keep the stunt under control. The difference between the .2-.4 and .5-.8 is in the degree of wobble: the judge believed (however briefly) that the flyer was in danger.

0.9-1.0 Deductions: Generally a MAJOR mistake where the flyer has to change position/level to avoid falling. Often the flyer "bails out" of the stunt - by being lowered from the extension stunt to shoulder level or lower or cradles early.

NOTE: Execution errors are not to be confused with spotting errors. Safety judges deduct for spotting errors when a stunt falls and the spotter does not **attempt to** catch the flyer or break the flyer's fall. A safety judge penalty of 7 points will be assessed. Team member contact that is unsafe when cheerers are executing gymnastic skills, tumbling, jumps and stunts is a 7 point safety judge deduction. Contact during the splits is not considered unsafe.

Execution Bonus -This category rewards teams that execute skills with very few errors. A team can earn up to 3 points in this category if its execution is 17.5 or above. This category has been added to encourage good execution.

Execution Points	17.5	18.0	18.5	19.0	19.5-22
Points Earned	1	1.5	2	2.5	3

CHOREOGRAPHY

A team may receive a maximum of 10 points in this category. There are 5 possible skills/stunts to perform. Each of the 5 are valued at 2 points and will be credited to the team's Round 3 score when performed the required number of times.

The number of times a skill or stunt must be performed is based on a sliding scale according to the number of competitors representing a team on the floor. Therefore, a team with fewer competitors in Round 3 will be required to perform the skill/stunt fewer times to earn 2 points.

To further clarify, judges are required to count the number of times a skill or stunt is performed. It is not a requirement that different competitors perform the skill/stunt.

The skills/stunts are:

- 1 leg extension stunts — credit will be given when the skill originates from the elevator level or below. Braced leg extensions will also receive credit.
- Team tumbling — rolls will not count. Tumbling must begin on the same count but does not have to be the same skill by all competitors.
- Full twist to cradle or 360° flair — a team may perform both skills. A 360° flair refers to a vertical twist performed by a flyer, up or down.
- Back tucks — the skill may be performed from a standing position or as a part of a tumbling combination. Back layouts or whip backs with a 2 foot take off will receive credit.
- Double twist to cradle.

A chart follows to provide coaches and judges with specific requirements in order to earn choreography points.

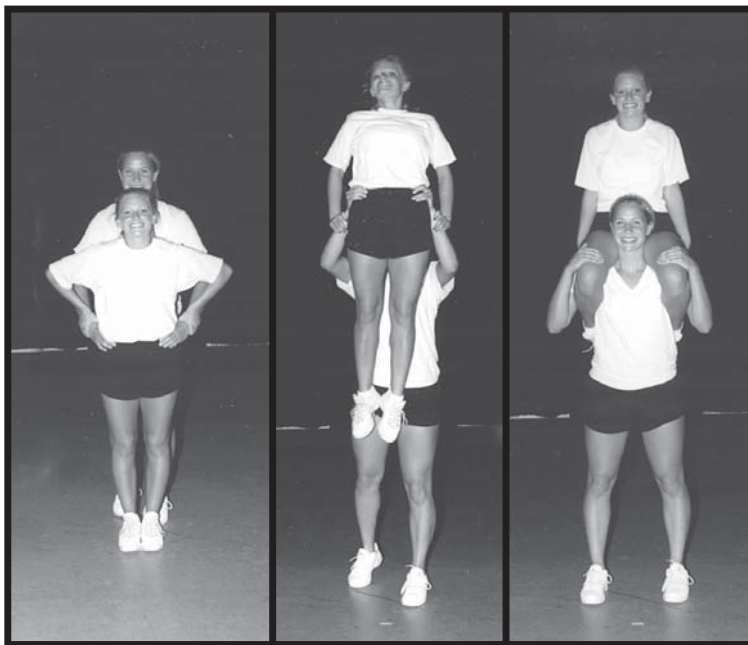
CHOREOGRAPHY CHART

Number Of Competitors	One-Leg Extension Stunts Originating From Elevator Or Below	Team Tumbling (No Rolls) Performed Simultaneously	Full Twist To Cradle And/ Or 360° Flair	Back Tucks Standing Or With Tumbling	Double Twist To Cradle	Points Earned
	NUMBER THAT MUST BE PERFORMED					
4-5	1	ALL	1	2	1	2
6-7	2	ALL	2	3	1	2
8-9	4	ALL	4	4	1	2
10-11	5	ALL	5	5	2	2
12-13	6	ALL	6	6	2	2
14-15	7	ALL	7	7	3	2
16	8	ALL	8	8	3	2

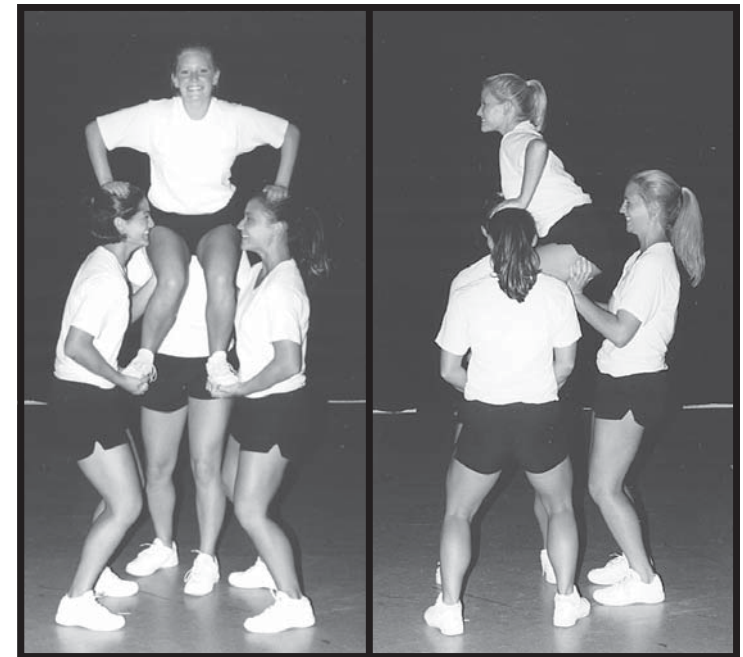
ILLEGAL SKILLS

By MHSAA Competitive Cheer Committee and Representative Council action, the following skills are illegal and penalized with a 14 point deduction by the safety judges.

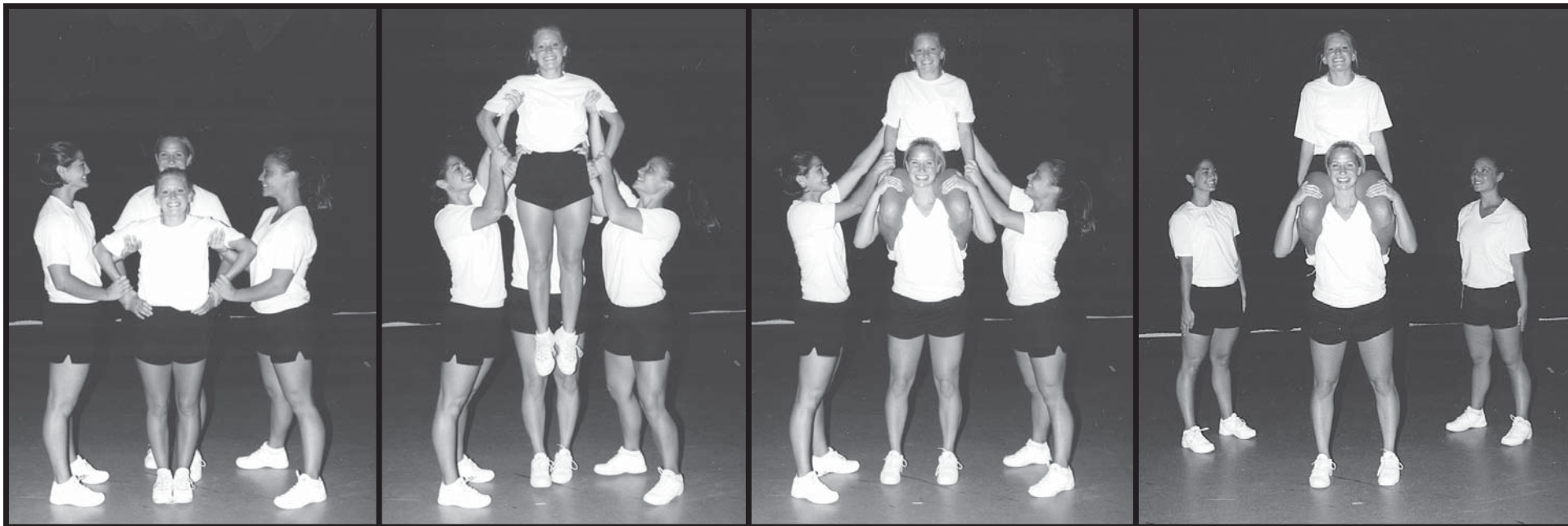
- 1) Single based power lift to a shoulder sit.
- 2) Head Sponging and pushing off the head.



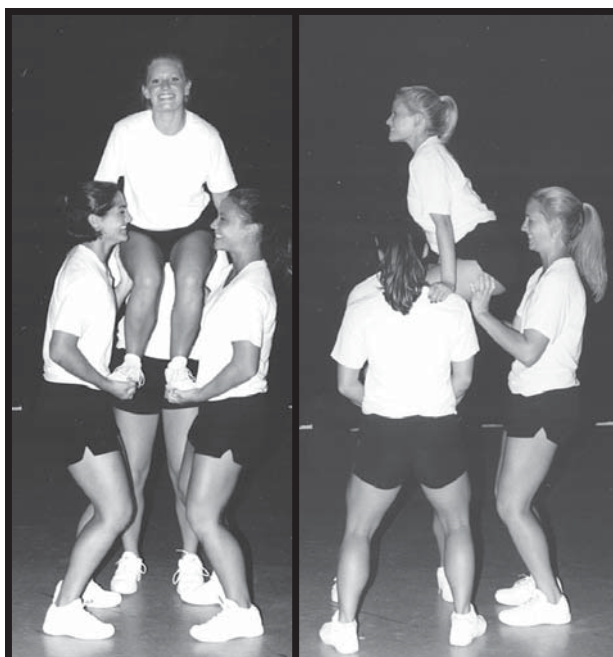
SINGLE BASED POWER LIFT TO SHOULDER SIT - ILLEGAL



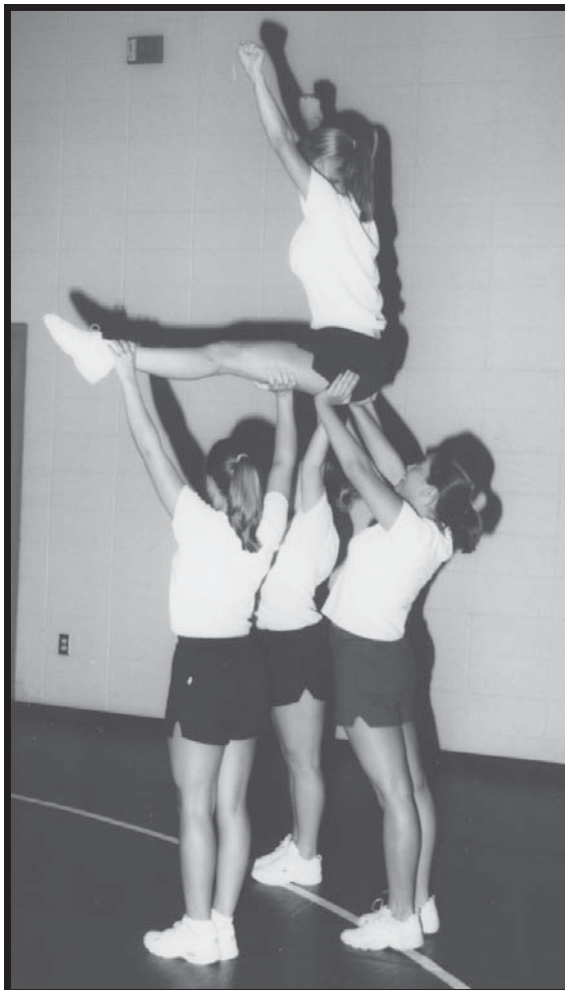
HEAD SPONGING or PUSHING OFF THE HEAD - ILLEGAL



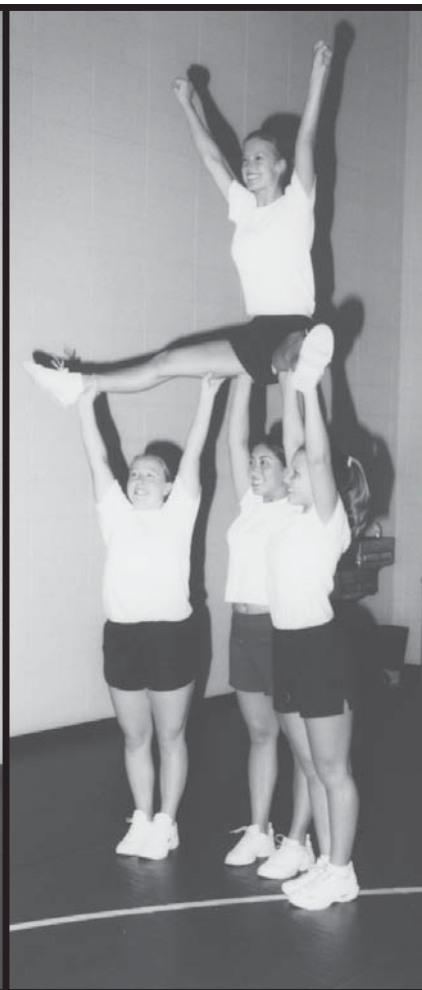
TRIPLE BASED POWER LIFT TO SHOULDER SIT - LEGAL



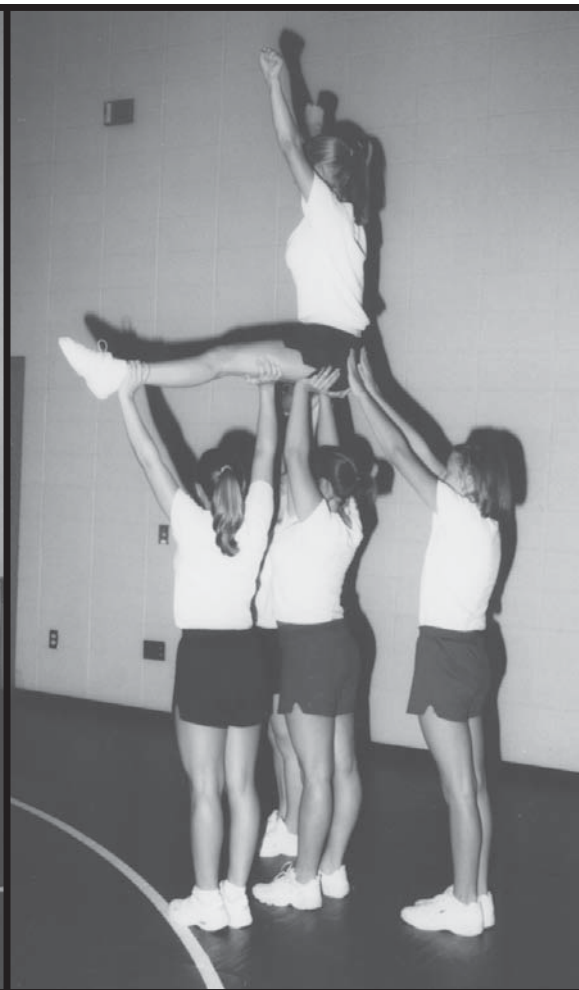
SPONGING - LEGAL



1 — legal



2 — illegal - middle
base under flyer



3 — legal with spotter, when
middle base is under flyer

NOTE: Middle School — spotter
always required — picture #3

TRIPLE BASE STRADDLE

ROUND _____ JUDGE _____

ROUND 2 SKILLS

ROUND 2 SKILLS		Points Per Infraction	No. of Infractions	TOTAL
Time Infraction — number of seconds over the limit: _____				
1. _____ 1 to 5 seconds over time limit.....		10 pts.		
2. _____ 6 seconds or more over time limit.....		20 pts.		
3. _____ Mat Violation.....		3 pts.		
4. _____ Detached Hair Control Devices, Eyeglasses, Shoe, etc.....		:		
5. _____ Illegal Team Entrance/Exit Off Mat.....		:		
6. _____ Coaching Area Violation.....		:		
7. _____ Illegal Hair Device; hair on shoulders		7 pts.		
8. _____ Illegal Uniform, uncovered brace/support.....		:		
9. _____ Badges/Buttons, Gum, Jewelry, Safety Pin, Glitter, Unsafe Fingernails..		:		
10. _____ Incorrect Spotting Techniques		:		
11. _____ Team member contact/collapse during a tumbling/gymnastic skill or jump		:		
12. _____ A fall by the flyer that received no assistance.....		:		
13. _____ Skills in Round 2 were not performed in the order submitted.....		:		
14. _____ Min. # of formations not performed in Rd. 1 or 3.....		:		
15. _____ Round 2 Vocals intentionally not in unison		:		
16. _____ Lack of Notification of "Hole" in Performance		:		
17. _____ Non-Competitive Cheerers Violation		:		
18. _____ Difficulty/Variety points not provided with Rd. 3 Routine Description .		:		
19. _____ 3 (2.0) falls occurred		10 pts.		
20. _____ Illegal Skill Performed per Spirit Rule Book/Comp. Cheer Manual		14 pts.		
21. _____ Incorrect Performance of Round 2 Skill/Requirement.....		:		
22. _____ Round 1 required jumps not in unison.....		:		
23. _____ Unsportsmanlike Conduct		:		
• A requirement in Round 1 or 2 was not at least attempted by All competitors.		Void Requirement		
_____ One or more of the required skills in Round 1, 2 were not performed..... _____ A skill was performed in Round 1 or Round 2 that is not allowed..... _____ An extra skill is performed in Round 2		35 pts.		
_____ Skills in Round 2 were not performed in choreographed unison. _____ The skills in Round 2 were not performed by all team members in the same direction..... _____ At least one skill in each category in Round 2 was not performed..... _____ Too many 12 or 14 point skills were performed..... _____ Failure to submit in writing the 5 skills that will be performed in Round 2. _____ Failure to submit a Round 3 Routine Description..... _____ An incorrect number of competitors performed in this Round. _____ Music Used..... _____ Props/Mascot Used.....		:		
GRAND TOTAL _____				

_____ 2 point falls observed _____

ROUND 1 — REQUIRED ROUND — SCORESHEET

SCHOOL _____ NO. OF COMPETITORS _____ JUDGE I.D.# _____

JUMPS

Level 1 - All tuck jumps, spread eagle, straight jump, 5 pts. banana, slap jump, back clap

Level 2 - Double hook, c-jump, hitch kick, front thigh 7 pts. slap

Level 3 - Herkie, hurdle, toe touch, stag sit, double 9, 10 pts. head whip, pike, universal

FLOOR MOBILITY

Accuracy of formations, spacing, effectiveness, ease of transitions, transition moves, visual patterns, from formation to formation.

1 1.5 2 2.5 3 3.5 4 4.5 5 5.5 6 6.5 7 7.5 8 8.5 9 9.5 10

VOCALS

Voice inflection, clarity, squad volume, appropriate choice of words.

1 1.5 2 2.5 3 3.5 4 4.5 5 5.5 6 6.5 7 7.5 8 8.5 9 9.5 10

JUMPS

The first 2 jumps (must be different)

will be scored;1 1.5 2 2.5 3 3.5 4 4.5 5 5.5 6 6.5 7 7.5 8 8.5 9 9.5 10

(1st jump)

technique, level of difficulty, timing and execution

1 1.5 2 2.5 3 3.5 4 4.5 5 5.5 6 6.5 7 7.5 8 8.5 9 9.5 10

(2nd jump)

TEAM COORDINATION

Precision and execution of all motions.

1 1.5 2 2.5 3 3.5 4 4.5 5 5.5 6 6.5 7 7.5 8 8.5 9 9.5 10

DIFFICULTY AND VARIETY

Movements, motions, peel offs, levels, enhancements, arm whips, ripples, etc.....

1 2 3 4 5 6 7 8 9 10

GENERAL IMPRESSION

Creativity, continuity, team confidence, overall impression.....

1 1.5 2 2.5 3 3.5 4 4.5 5 5.5 6 6.5 7 7.5 8 8.5 9 9.5 10

Maximum points possible 70 TOTAL _____

ROUND 2 — COMPULSORY ROUND — SCORESHEET

SCHOOL _____ NO. OF COMPETITORS _____ JUDGE I.D.# _____

Requirements - 5 skills shall be selected from the list below, at least one skill from each category **must** be performed; Flexibility, Jumping, and Tumbling. No more than 3 skills from the 12 point level may be selected **OR** one skill from the 14 point level and two from the 12 point level for a total of 58 points maximum from skills.

Pt Value	<u>Flexibility Category</u>	<u>Jumping Category</u>	<u>Tumbling Category</u>
1-5	Any kick	Spread eagle, tuck	Forward roll
1-7	Side split	Double hook	Backward roll, cartwheel
1-10	Heel stretch, switch splits	Double 9, Herkie, front hurdler, pike, toe touch, universal	Near arm cartwheel, round off, far arm cartwheel
1-12	Triple splits, *valdez	— — — — — — — — — —	Back handspring, *back walkover
1-14	— — — — — — — — — —	— — — — — — — — — —	Aerial cartwheel, standing back tuck

*The back walkover and valdez skills may be used as a tumbling or flexibility skill. One skill cannot count for both categories. 5 skills must be performed.

10 Count Precision Drill	1	1.5	2	2.5	3	3.5	4	4.5	5	5.5	6	6.5	7	7.5	8	8.5	9	9.5	10	
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LIST SKILLS IN ORDER PERFORMED

Skill 1 _____	1	1.5	2	2.5	3	3.5	4	4.5	5	5.5	6	6.5	7	7.5	8	8.5	9	9.5	10	10.5	11	11.5	12	12.5	13	13.5	14	
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Skill 2 _____	1	1.5	2	2.5	3	3.5	4	4.5	5	5.5	6	6.5	7	7.5	8	8.5	9	9.5	10	10.5	11	11.5	12	12.5	13	13.5	14	
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Skill 3 _____	1	1.5	2	2.5	3	3.5	4	4.5	5	5.5	6	6.5	7	7.5	8	8.5	9	9.5	10	10.5	11	11.5	12	12.5	13	13.5	14	
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Skill 4 _____	1	1.5	2	2.5	3	3.5	4	4.5	5	5.5	6	6.5	7	7.5	8	8.5	9	9.5	10	10.5	11	11.5	12	12.5	13	13.5	14	
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Skill 5 _____	1	1.5	2	2.5	3	3.5	4	4.5	5	5.5	6	6.5	7	7.5	8	8.5	9	9.5	10	10.5	11	11.5	12	12.5	13	13.5	14	
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General Impression	1	1.5	2	2.5	3	3.5	4	4.5	5	5.5	6	6.5	7	7.5	8	8.5	9	9.5	10	
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Maximum points possible 78 TOTAL _____

ROUND 3 — OPEN ROUND — SCORESHEET

SCHOOL _____ NO. OF COMPETITORS _____ JUDGE I.D.# _____

FLOOR MOBILITY

Accuracy of formations, spacing, effectiveness, transition moves, purpose of movement from formation to formation.

1 1.5 2 2.5 3 3.5 4 4.5 5 5.5 6 6.5 7 7.5 8 8.5 9 9.5 10.....

VOCALS

Voice inflection, clarity, squad volume, appropriate choice of words

1 1.5 2 2.5 3 3.5 4 4.5 5 5.5 6 6.5 7 7.5 8 8.5 9 9.5 10.....

TEAM COORDINATION

Precision and timing of all motions, tumbling, stunt skills, effective use of all team members

1 1.5 2 2.5 3 3.5 4 4.5 5 5.5 6 6.5 7 7.5 8 8.5 9 9.5 10.....

SKILLS

Tumbling and gymnastic skills, stunts, flairs, jumps, transitions:

+ Variety of skills

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15

+ Degree of difficulty

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

+ Execution

1 1.5 2 2.5 3 3.5 4 4.5 5 5.5 6 6.5 7 7.5 8 8.5 9 9.5 10 10.5 11 11.5 12 12.5 13 13.5 14 14.5 15 15.5
16 16.5 17 17.5 18 18.5 19 19.5 20 20.5 21 21.5 22

Execution bonus

1 1.5 2 2.5 3 3 3 3 3 3

Choreography

OLE - 2 pts. TT - 2 pts. FT/360 - 2 pts. BT - 2 pts. DT - 2 pts.

***GENERAL IMPRESSION**

Creativity, continuity, team confidence, overall impression, floor presence

1 1.5 2 2.5 3 3.5 4 4.5 5 5.5 6 6.5 7 7.5 8 8.5 9 9.5 10.....

Maximum points possible 110 TOTAL _____

* Judges are not to favor any particular style but to judge the style presented.

ROUTINE DESCRIPTION FORM -- Round 3

School Name: _____ Date: _____ No. of Competitors: _____ Coaches Signature: _____

Type, IN ORDER, all tumbling skills, jumps, stunts, and preps that will receive credit and additional options your team will perform. Highlight choreography credited skills. By rule, difficulty and variety must be given a numerical value on this form.

Choreography	Description	Variety	Difficulty
TOTAL			

	# One Leg Extensions	Team Tumbling	# Full Twists / 360°	# Back Tucks	# Double Twists	Difficulty	Points
NEED		ALL					
HAVE							

SAMPLE -- ROUTINE DESCRIPTION FORM -- Round 3

School Name: Lansing High

Date: 1-1-2004

No. of Competitors: 12

Coaches Signature: _____

Type, IN ORDER, all tumbling skills, jumps, stunts, and preps that will receive credit and additional options your team will perform. Highlight choreography credited skills. By rule, difficulty and variety must be given a numerical value on this form.

Choreography	Description	Variety	Difficulty
2FT	2 Elevators (2x7=14) 1 Extensions (10) 3 Cradles (3x4=12) 2 with a Full Twist (2x4=8)	4	44
2 OLE 2 FT	2 Floor up one leg extensions to Liberties (2x[10+4+4]=36) and 2 full twist cradles (2x[4+4]=16) 4 Back Handsprings (4x3=12)	2	64
3 OLE 3 FT	3 Extensions (3x10=30) 3 Rotating stunts (3x4=12) 3 retakes (3x4=12) to 3 One leg extensions Arabesques (3x[10+4]=42) 3 full twist cradles (3x[4+4]=24)	2	120
TT	12 Back Walkovers (12x2=24)	1	24
	Basket Toss with Toe Touch (10+4=14)	2	14
	3 Elevators (3x7=21) 3 sponges (3x4=12) to 3 Extensions (3x10=30) 3 Cradles (3x4=12) 3 reloads (3x4=12) to 3 Extensions (3x10=30) 3 Cradles (3x4=12)		129
1 OLE	2 Round off-back handsprings-back tucks (2x[1+3+5]=18) 2 Shoulder Stands (2x7=14) 1 Floor up one leg extension Heel Stretch cradle (10+4+4+4=22)	4	54
	3 Extensions (3x10=30) 3 cradles (3x4=12)		42
TOTAL		15	491

	# One Leg Extensions	Team Tumbling	# Full Twists / 360°	# Back Tucks	# Double Twists	Difficulty	Points
NEED	6	ALL	6	6	2	491	16
HAVE	6	ALL	7	2	0		

PLAYER, COACH DISQUALIFICATION

MHSAA REGULATION V, SECTION 3(D)

The following policies for disqualification shall apply in all sports:

1. When a student is disqualified during a contest for flagrant or unsportsmanlike conduct, that student shall be withheld by his/her school for at least the next day of competition for that team.
2. When a coach is disqualified during a contest for unsportsmanlike conduct, that coach shall be prohibited by his/her school from coaching at or attending at least the next day of competition for that team.
3. Failure of the school for any reason to enforce this regulation will prohibit the school from entry in the next MHSAA tournament for that sport, or from the remainder of the current tournament if the disqualification occurs during an MHSAA tournament or during the last regular season contest.
4. Disqualifications from one season carry over to the next season in that sport for undergraduates and coaches, or the next season in any sport for seniors.
5. If the playing rules for a sport specify an additional penalty or more rapid progression, or use of such a progression for other violations, the playing rules apply.
6. Any coach who is disqualified for unsportsmanlike conduct two or more times during a season and any player who is disqualified for unsportsmanlike conduct three or more times during a season is not eligible to participate in the MHSAA tournament for that sport that season. If the tournament disqualifying ejection for that individual occurs during the MHSAA tournament, that player or coach is ineligible for the remainder of that tournament.

“TAUNTING”

REGULATION V, SECTION 3 — SPORTSMANSHIP

- #257. “Taunting includes any actions or comments by coaches, players or spectators which are intended to bait, anger, embarrass, ridicule or demean others, whether or not the deeds or words are vulgar or racist. Included is conduct that berates, needles, intimidates or threatens based on race, gender, ethnic origin or background, and conduct that attacks religious beliefs, size, economic status, speech, family, special needs or personal matters.
- “Examples of taunting that would lead to ejection include but are not limited to, ‘trash talk’; physical intimidation outside the spirit of the game; reference to sexual orientation; ‘in the face’ confrontation by one player to another; standing over/straddling a tackled or fallen player.
- #258. “In all sports, officials are to consider taunting a flagrant unsportsmanlike foul that disqualifies the offending bench personnel or contestant from that contest/day of competition (and the next contest/day of competition). A warning may be given but is not required before ejection.
- #259. “At all MHSAA tournament venues, tournament management may give spectators one warning for taunting. Thereafter, spectators who taunt others are to be ejected by security.”

Comment

All National Federation rule books give officials/umpires/judges authority to penalize what is generally considered taunting. The purpose of the MHSAA’s action is to be more specific in the definition, more emphatic in the penalty of disqualification, and more uniform in the application of the definition and enforcement from sport to sport.

MHSAA HANDBOOK REGULATION II, SECTION 6

#169e. When a member school has elected to sponsor competitive cheer and one or more of the same student-athletes comprise the sideline and the competitive cheer squads, then the 600 mile travel limitation must be upheld by both squads.

#170b. When a member school has elected to sponsor competitive cheer and one or more of the same student-athletes comprise the sideline and the competitive cheer squads, then the national competition prohibition will apply to both squads.

JUNIOR HIGH/MIDDLE SCHOOL STUNTING LIMITATIONS

In May 1995, the MHSAA Representative Council approved the recommendation of the MHSAA Junior High/Middle School Committee with regards to 7th and/or 8th grade sideline and competitive cheer squads. The following information and limitations were adopted and revised in May 1998, and 2003, and shall be the rules of junior high/middle member school teams:

- The National Federation Spirit Rule Book shall be used, along with the MHSAA rule book insert, as the guide for safety regulations.
- More *restrictive stunting limitations* shall be followed by 7th and/or 8th grade teams.

PROHIBITED STUNTS

- Shoot throughs
- Suspended rolls
- Basket tosses
- Basket toss to any flair
- Single base extension
- Single leg extension
- Toe touch cradle from extension
- Twist to cradle from extension
- No flairs at extension level
- Double twist to cradle
- A spotter must be used when performing all stunts.
- TOUCH, WATCH & AWAY - Required Spotting Technique
 1. The spotter must TOUCH either the base and/or the top when performing a stunt shoulder level or above..
 2. During the stunt and dismount, the spotter must be WATCHING for possible errors and ACTING to prevent injuries with special emphasis on the head, neck, and back areas of the top.
 3. While TOUCHING, the spotter must be sufficiently AWAY from the stunt so as to not be a primary support.
- Procedures to assure SAFETY - the following procedures are recommended to member schools to enhance the level of safety when skills and stunts are taught.
 1. When skills are being taught and practiced, it is recommended that mats be used.
 2. When stunts are being taught and practiced, matting should be a requirement.
 3. **All** stunts should be taught with the use of spotters.
 4. Beginning skills and stunts should be taught and mastered before intermediate skills are introduced; intermediate skills and stunts should be taught and mastered before advanced skills and stunts are introduced.

- The following chart lists beginning, intermediate and advanced skills and stunts. This list is not complete but should serve as a guideline for coaches to use when practice is conducted so that skills are practiced and mastered in a progressive order according to difficulty:

BEGINNING

Skills

Forward roll
Kicks
Spread eagle jump
Tuck jump

INTERMEDIATE

Skills

Backward roll
Cartwheel
Front hurdle jump
Round off
Sidesplits
Double hook jump

ADVANCED

Skills

Back handspring
Back walkover
Heel stretch
Herkie jump
Switch splits
Toe touch jump

ALL STUNTS REQUIRE A SPOTTER

Stunts

Pony stand
Thigh stand
Double base
Ponystand
Elevator
Shoulder stand
Double base
shoulder stand
Double base
split catch
Suspended splits

Stunts

Russian lift-spotter on waist
Triple base Deadman lift
Double based Elevator
Boxed Out
Shoulder sit

Stunts

Triple base straddle lift/V-sit
Chair
Torch
Extended suspended splits
Pop to a stunt
Extension with two bases,
one front spotter &
two back spotters
Half pendulum
Pendulum
Show and Go

JUNIOR HIGH/MIDDLE SCHOOL COMPETITIVE CHEER TEAM LIMITATIONS

1. Competitive Cheer teams are limited to a maximum of four competitions during their competitive cheer season.
2. A team is limited to one competition per day.
3. A team is limited to no more than 2 competitions per week (Monday through Sunday).

COMPETITIVE CHEER FORMAT CONDITIONS

The tournament policies listed in the senior high MHSAA Girls Competitive Cheer Manual shall be enforced with the following modifications:

. . . The junior high/middle school competitive cheer format will consist of two rounds.

. . . During competition a minimum of 4 and; a maximum of 16 team members are allowed on the floor for competition in either round.

. . . Any combination of competitors can compete in each round as long as the number that competed in the Compulsory Round is no fewer than 4 used in the Open Round. Exception: This number may decrease due to illness or injury.

. . . Junior high/middle school competitive cheer competitions shall be conducted on a matted surface with a recommended minimum size of 38' x 38'.

COMPETITIVE CHEER FORMAT

1st Cheer — Compulsory Round — The high school Round 2 requirements listed in the Competitive Cheer Manual, including the 10-count precision drill, and is to be performed in unison, shall be followed with these exceptions: Require any 4 skills from the possible 25 to be performed. When more than 12 competitors are on the floor, the Precision Drill may be performed in 3 staggered lines.

2nd Cheer — Open Round — This round shall be a choreographed routine containing one required jump performed in unison. The first jump in the routine shall be the required jump. In addition, the routine must include at least four (4) floor formations (3 movements). The routine may include jumps, stunts, tumbling skills or any other legal junior high/middle school cheer skills.

FIRST CHEER – JUNIOR HIGH SCORESHEET

SCHOOL _____ JUDGE I.D.# _____

Requirements - Four (4) skills shall be selected from the list of 25 skills, at least one skill from each category **must** be performed; Flexibility, Jumping, and Tumbling. No more than three (3) skills from the 12-point level may be selected **OR** one skill from the 14-point level and two from the 12-point level for a total of 48 points maximum from skills.

<u>Pt Value</u>	<u>Flexibility Category</u>	<u>Jumping Category</u>	<u>Tumbling Category</u>
1-5	Any kick	Spread eagle, tuck	Forward roll
1-7	Side split	Double hook	Backward roll, cartwheel
1-10	Heel stretch, switch splits	Double 9, Herkie, front hurdler, pike, toe touch, universal	Near-arm or far-arm cartwheel, round off
1-12	Triple splits, *valdez	— — — — —	Back handspring, *back walkover
1-14	— — — — —	— — — — —	Aerial cartwheel, standing back tuck

*The back walkover and valdez skills may be used as a tumbling or flexibility skill. One skill cannot count for both categories. 5 skills must be performed.

10 Count Precision Drill	1	1.5	2	2.5	3	3.5	4	4.5	5	5.5	6	6.5	7	7.5	8	8.5	9	9.5	10.....	<input type="text"/>								
LIST SKILLS IN ORDER PERFORMED																												
Skill 1	1	1.5	2	2.5	3	3.5	4	4.5	5	5.5	6	6.5	7	7.5	8	8.5	9	9.5	10	10.5	11	11.5	12	12.5	13	13.5	14.....	<input type="text"/>
Skill 2	1	1.5	2	2.5	3	3.5	4	4.5	5	5.5	6	6.5	7	7.5	8	8.5	9	9.5	10	10.5	11	11.5	12	12.5	13	13.5	14.....	<input type="text"/>
Skill 3	1	1.5	2	2.5	3	3.5	4	4.5	5	5.5	6	6.5	7	7.5	8	8.5	9	9.5	10	10.5	11	11.5	12	12.5	13	13.5	14.....	<input type="text"/>
Skill 4	1	1.5	2	2.5	3	3.5	4	4.5	5	5.5	6	6.5	7	7.5	8	8.5	9	9.5	10	10.5	11	11.5	12	12.5	13	13.5	14.....	<input type="text"/>
General Impression	1	1.5	2	2.5	3	3.5	4	4.5	5	5.5	6	6.5	7	7.5	8	8.5	9	9.5	10.....	<input type="text"/>								

Maximum Points Possible 68 TOTAL _____

SECOND CHEER – JUNIOR HIGH SCORESHEET

SCHOOL _____ NO. OF COMPETITORS _____ JUDGE I.D.# _____

FLOOR MOBILITY

Accuracy of formations, spacing, effectiveness, transition moves, purpose of movement from formation to formation.

1 1.5 2 2.5 3 3.5 4 4.5 5 5.5 6 6.5 7 7.5 8 8.5 9 9.5 10.....

VOCALS

Voice inflection, clarity, squad volume, appropriate choice of words

1 1.5 2 2.5 3 3.5 4 4.5 5 5.5 6 6.5 7 7.5 8 8.5 9 9.5 10.....

TEAM COORDINATION

Precision and timing of all motions, tumbling, stunt skills, effective use of all team members

1 1.5 2 2.5 3 3.5 4 4.5 5 5.5 6 6.5 7 7.5 8 8.5 9 9.5 10.....

SKILLS

Tumbling and gymnastic skills, stunts, flairs, jumps, transitions:

+ Variety of skills

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15

+ Degree of difficulty

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

+ Execution

1 1.5 2 2.5 3 3.5 4 4.5 5 5.5 6 6.5 7 7.5 8 8.5 9 9.5 10 10.5 11 11.5 12 12.5 13 13.5 14 14.5 15 15.5
16 16.5 17 17.5 18 18.5 19 19.5 20 20.5 21 21.5 22

Execution bonus

1 1.5 2 2.5 3 3 3 3 3 3

Choreography

TT - 2 pts. FT/360 - 2 pts. BT - 2 pts.

*GENERAL IMPRESSION

Creativity, continuity, team confidence, overall impression, floor presence

1 1.5 2 2.5 3 3.5 4 4.5 5 5.5 6 6.5 7 7.5 8 8.5 9 9.5 10.....

Maximum points possible 108 TOTAL _____

* Judges are not to favor any particular style but to judge the style presented.

NOTES



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