

ROOSEVELT SCHOOL DISTRICT CHEER COMPETITION

RULES AND REGULATIONS

*ALL RULES OF THE NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATION
ARE TO BE FOLLOWED*

PERFORMANCE CHEER DIVISION

(Cheer & formation changes, stunting)

Team: 3 (or 5 with students) to 15 persons per squad

Routine: No Musical Segment; All students must be built after time has started-no pre-built stunts; stunts may go up to an extension and may be cradled out

Time- 30 seconds to 2.5 minutes

POM & DANCE DIVISION

(Dance with poms, gloves or props)

Team: 3 to 15 persons per squad

Routine: 50% of routine with poms, gloves, or props- NO STUNTS with music

Time: 30 seconds to 2.5 minutes

SHOW CHEER DIVISION

(Cheer, stunts, dance, tumbling)

Team: 3 (or 5 with stunts) to 15 people per squad

Routine: All stunts must be built after time has started, no pre- built stunts, stunts may go up to an extension and may be cradled out; routine must include a 30 second music segment

Time: 30 seconds to 2.5 minutes

HIP - HOP CHEER DIVISION

(Hip hop music and hip hop movements.)

Team: 3 to 15 people per squad

Routine: Hip hop dance may consist of popping and locking, crumping, breaking, soda pop, or any form of hip hop movements. Movements must be clean in nature (no pelvic thrusts or vulgarity).

Time: 30 seconds to 2.5 minutes

MUSIC

Music must be provided by each squad on CD only. It is advised that each squad have a back up CD as well. CDs must be labeled with school name and event/division as well as track number if more than one track exists.

ENTRANCE AND EXIT

Judges will be looking for excitement, showmanship, and enthusiasm on the entrance and exits of floor.

PERFORMANCE AREA

All squads will perform on the regulation cheerleading mats. A practice gym will be available for warm up.

DRESSING ROOMS

Since this is a one-day event please come dressed and ready to go. Dressing space is limited.

SHOES - UNIFORMS

Athletes must wear regulation soft non - marking soled shoes. All squads must wear their school uniform (or be "uniformed"). No body glitter or jewelry of any kind. Fingernails must be cut down for safety.

School Name: _____

PERFORMANCE CHEER DIVISION

(Cheer & formation changes, stunting—optional)

Team: 3 (or 5 with stunts) to 15 persons per squad

Routine: No musical segment; all stunts must be built after time has started-no pre-built stunts;
stunts may go up to an extension and may be cradled out

Time: 30 seconds to 2.5 minutes

Execution and Synchronization	Points Possible	Points Earned
Arm/Head movements <i>*form, strong, sharp</i>	10 points	
Precision/Timing <i>*precise movements, on beat:</i>	10 points	
Uniformity <i>*squad performing in unison</i>	5 points	
Words <i>*sharp, enunciated words</i>	10 points	
Recoveries/no mistakes	5 points	
Total		

Formations and Transitions	Points Possible	Points Earned
Points are earned with good spacing, a variety of formation changes, good organization	20 points	
Total		

Showmanship	Points Possible	Points Earned
Points are earned by having good facial expressions, confidence and spirit	20 points	
Total		

Overall Effect	Points Possible	Points Earned
Points are earned by overall audience appeal, excitement and impact of routine	20 points	
Total		

Penalties	Possible Deductions	Subtractions
Over time limit	-3 points	
Jump splits, knee drops	-5 points	
Total Deductions		Minus

Extra Points	Possible Points	Extra Points Earned
Controlled/Stable stunts <i>*form, strong, tight, safe mounts and dismounts use of spotters</i> <i>*Higher points for more difficulty IF above skills are present as well</i>	+5 points	
Total Extra Points		Plus

Total Points _____
Judges Comments:

School Name: _____

POM & DANCE DIVISION

(Dance with poms, gloves or props)

Team: 3 to 15 persons per squad

Routine: must use any or all 50% of routine with poms, gloves, or props – **No stunts**

Time: 30 seconds to 2.5 minutes

Execution and Synchronization	Points Possible	Points Earned
Arm/Head movements <i>*form, strong, sharp</i>	10 points	
Precision/Timing <i>*precise movements, on beat:</i>	10 points	
Uniformity <i>*squad performing in unison</i>	5 points	
Dance Movements <i>*good interpretation of music, entertaining, flow</i>	10 points	
Recoveries/no mistakes	5 points	
Total		

Choreography:	Points Possible	Points Earned
Originality <i>*creativity/novelty</i>	10 points	
Difficulty <i>*challenging moves & transitions</i>	10 points	
Total		

Showmanship	Points Possible	Points Earned
Points are earned by having good facial expressions, confidence and spirit	20 points	
Total		

Overall Effect	Points Possible	Points Earned
Points are earned by overall audience appeal, excitement and impact of routine	20 points	
Total		

Penalties	Possible Deductions	Subtractions
STUNTS = DISQUALIFICATION	DQ (-100)	
Over time limit	-3 points	
Jump splits, knee drops	-5 points	
Total Deductions		Minus

Total Points:

Judges Comments:

School Name: _____

SHOW CHEER OPEN DIVISION –

(Cheer, stunts, dance and tumbling)

Team: 3 (or 5 with stunts) to 15 persons per squad

Routine: All stunts must be built after time has started, no pre-built stunts; routine must include a 30 second music segment

Time: 30 seconds to 2.5 minutes

Execution and Synchronization	Points Possible	Points Earned
Tumbling <i>*difficulty, exhibition, form, safety</i>	5 points	
Precision/Timing <i>*precise movements, on beat:</i>	5 points	
Dance movements <i>*good interpretation of music, entertaining, flow</i>	10 points	
Complexity/variety <i>*creativity, novelty</i>	5 Points	
Cheer Motions/Words <i>*sharp, enunciated words</i>	10 points	
Recoveries/no mistakes	5 points	
Total		

Formations and Transitions:	Points Possible	Points Earned
Points are earned with good spacing and a variety of formation changes, transitions, and spacing	10 points	
Total		

Showmanship	Points Possible	Points Earned
Points are earned by having good facial expressions, confidence and spirit	20 points	
Total		

Overall Effect	Points Possible	Points Earned
Points are earned by overall audience appeal, excitement and impact of routine	20 points	
Total		

Penalties	Possible Deductions	Subtractions
Over time limit	-3 points	
Jump splits, knee drops	-5 points	
Total Deductions		Minus

Extra Points	Possible Points	Extra Points Earned
Controlled/Stable stunts <i>*form, strong, tight, safe mounts and dismounts use of spotters</i> <i>*Higher points for more difficulty IF above skills are present as well</i>	+5 points	
Total Extra Points		Plus

Total Points _____

Judges Comments:

School Name: _____

HIP – HOP DANCE DIVISION

(Hip hop music and hip hop movements.)

Team: 3 to 15 persons per squad

Routine: Hip hop dance may consist of popping and locking, crumping, breaking, soda pop, or any form of hip hop movements. Movements must be clean in nature (no pelvic thrusts or vulgarity).

Time: 30 seconds to 2.5 minutes

Execution and Synchronization	Points Possible	Points Earned
Arm/Head movements <i>*form, strong, sharp</i>	10 points	
Precision/Timing <i>*precise movements, on beat:</i>	10 points	
Uniformity <i>*squad performing in unison</i>	5 points	
Dance Movements <i>*good interpretation of music, entertaining, flow</i>	10 points	
Recoveries/no mistakes	5 points	
Total		

Choreography:	Points Possible	Points Earned
Originality <i>*creativity/novelty</i>	10 points	
Difficulty <i>*challenging moves & transitions</i>	10 points	
Total		

Showmanship	Points Possible	Points Earned
Points are earned by having good facial expressions, confidence and spirit	20 points	
Total		

Overall Effect	Points Possible	Points Earned
Points are earned by overall audience appeal, excitement and impact of routine	20 points	
Total		

Penalties	Possible Deductions	Subtractions
STUNTS = DISQUALIFICATION	DQ (-100)	
Over time limit	-3 points	
Jump splits, knee drops	-5 points	
Total Deductions		Minus

Total Points: _____

Judges Comments: