



COMPETITIVE CHEER

Judges & Coaches Training

2021-2022 Spirit Rule Changes

(See page 1 on SDHSAA Competitive Cheer and Dance Handbook)

- **Head Coverings (2-1-21 -- Page 15):**

- Head coverings worn for religious reasons so as not to expose ones uncovered head MAY be worn and MUST be attached in a way that it is unlikely to come off during performance. It must be made of non-abrasive, safe materials; must fit securely and not pose a danger to any other participant.

- **Shared poms with a base and top person are LEGAL and ONLY Allowed during (4-2-1 --Page 36):**

- A dismount from a THIGH STAND, SHOULDER/SIT STRADLE, SHOULDER STAND, OR PREP.

- **Inversions - Braced Inversions in a pyramid that do not flip or roll are permitted provided the following conditions are met (3-3-3 -- Page 22):**

- The bracer is connected to the top person by holding the top person's ARM, WRIST, WAIST, OR LEG.
 - **Removed** the requirement for hand-to-hand/arm contact during inversions in pyramids that do not flip or roll.

- **Suspended Stunts (3-3-6d – Page 21)**

- **In inversions where the base of support begins and remains below prep level, at least one person shall maintain contact with the top person until the top person is no longer inverted and his/her hands are on the inverted surface.**
 - **Removed** when the stunt begins in an inversion and transitions to a not inverted position, the upper body contact may be released before the top person is no longer inverted.

2021-2022 Spirit Rule Changes

(See page 1 on SDHSAA Competitive Cheer and Dance Handbook)

- **Release Transitions are permitted provided all of the following conditions are met throughout the transition (3-5-5c -- Page 26/27):**
 - The top person and at least one bracer maintain contact except for the following skills:
 - A non-braced top person in a vertical position at prep level or above may be released to the original bases to a stunt at any level provided the top person remains in a position where the upper body remains vertical, and the legs are not in a seated/pike position. Vertical releases from an extended position to an extended position may not perform more than a $\frac{1}{4}$ turn.
 - A non-braced top person in a cradle position or horizontal position at prep level or below may be released to the original bases in a loading position or stunt at any level with no more than a $\frac{1}{4}$ turn.
 - Removed the requirement for hand-to hand/arm contact during release transitions
- **A spotter is required for (4-2-8 -- Page 36):**
 - Single base prep-level STUNTS in which the foot/feet of the top person is in the hands of the base and for TOSSES to single-based shoulder stands

2021-2022 South Dakota Cheer Changes

(See page 1 on SDHSAA Competitive Cheer and Dance Handbook)

- **Co-Ed Revision:**

- If the team has more than one male competitors in the squad, the squad must compete in the Co-Ed division. For the category of Co-ed St/Tumbling to compete for the Overall Co-ed Grand Champion, there must be a minimum of 4 Co-ed teams entered.
 - Note: St/Tumbling teams during the regular season (both St/Tumbling and Co-ed St/Tumbling) will compete in one category with the team placements in one category.

- **Hair Rule:**

- Follow the NFHS rule on hair: Hair must be worn in the manner that is appropriate for the activity involved. Note the following rulings:
 - 2.1.5 Situation B (page 15): The hair of the base is long and unsecured and hair that falls in forward over the eyes is **ILLEGAL**. Long hair that is not secured or that restricts vision presents significant risk during partner stunts, pyramids, tosses and airborne tumbling.
 - NO glitter hair spay is allowed

- **Number of Judges:**

- 3 performance and 2 safety judges will be used for State Meet (local decision for regular season)



CHEER RUBRIC

Jumps



DIFFICULTY POINTS

- Majority of team is doing the skill
- Must be connected

EXECUTION POINTS

- How well the skill is being performed



EXAMPLE OF NON-CONNECTED JUMPS



EXAMPLE OF CONNECTED JUMPS

Point of Emphasis

When a jump is performed with standing tumbling it covers both categories

Standing Tumbling

Definition: A tumbling skill (series of skills) performed from a standing position without any previous forward or backward momentum.



DIFFICULTY POINTS

- Majority of team is doing the skill – If not .5 is given.
- In addition to majority skill -Some advanced skills will receive an additional .5

EXECUTION POINTS

- How well the skill is being performed



Examples of 1-5 Point Majority Standing Tumbling Skills



Example of a majority skill with additional (not majority) advanced skill

Point of Emphasis

Make it clear to the judges that majority of the team is doing the skill – any question of number of girls or skill being done could lead to missed difficulty points.

Running Tumbling

Definition: Tumbling that is performed with a running start and/or involves a punch, cartwheel, round-off, round-off handspring, etc., used to gain momentum as an entry to another skill. Any type of forward momentum/movement prior to execution of the tumbling skill(s) is defined as "running tumbling."



DIFFICULTY POINTS

- Majority of team is doing the skill – If not .5 is given.
- In addition to majority skill -Some advanced skills will receive an additional .5

EXECUTION POINTS

- How well the skill is being performed



**Examples of 1-5 Point
Majority Standing
Tumbling Skills**



**Example of a majority skill
with additional (not
majority) advanced skill**

Point of Emphasis

Make it clear to the judges that majority of the team is doing the skill – any question of number of girls or skill being done could lead to missed difficulty points.

Stunting



DIFFICULTY POINTS

- Teams doing the skills with a majority ratio of their team members will receive the given points
- Teams with a group that has additional higher skills added will receive an additional .5

EXECUTION POINTS

- How well the skill is being performed



Examples of 1 Point Stunting Skill

Prep level double leg stunts
Basic load ins,
Transitions &
Dismounts
(Basic Cradle)



Examples of 2 Point Stunting Skill

Prep level single leg stunts,
extended double leg stunts
Basic load ins,
transitions &
Dismounts
(Basic Cradle)



Examples of 3 Point Stunting Skill

Extended **LIBERTY** &
single base prep
Level Stunts
MUST CONTAIN an
advanced entry
or Transition **OR**
an advanced
Dismount (full
down, 1/2 up to
extension, tumbling
into stunts, etc.)



Examples of 4 Point Stunting Skill

Advanced Extended
single leg stunts or
Single based extended
level stunts (stretch,
scale, scorpion, arabesque,
bow & arrow etc.)
MUST CONTAIN
an advanced entry or
transition **AND** an
advanced dismount
(1/2 up to an extension,
full downs, tumbling with
rebound in, etc.)



Examples of 5 Point Stunting Skill

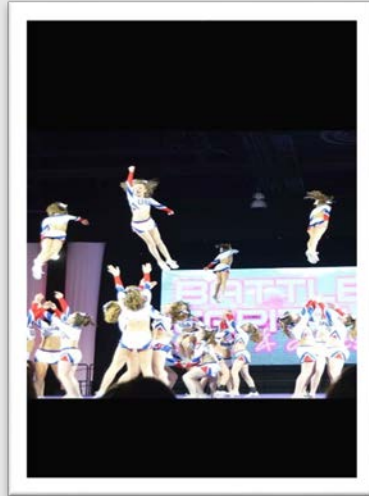
Connected
Advanced
Extended single leg
stunts or Single
Base Extended
level
MUST CONTAIN
and Elite entry or
transition **AND** an
Elite Dismount
(full-ups, switch-ups,
foldovers, kick-fulls
etc.)

Points of Emphasis:

Majority is configured by # of team members / 4.

Make it clear to the judges that majority of the team is doing the skill – any question of number of girls or skill being done could lead to missed difficulty points.

Tosses



DIFFICULTY POINTS

- Teams doing the skills with a majority ratio of their team members will receive the given points
- Teams with any additional higher skills added will receive an additional .5

EXECUTION POINTS

- How well the skill is being performed



Examples
of
1 Point
Toss Skill

Straight
Toss Basket



Examples
of
2 Point
Toss Skill

One Skill
Non-
Twisting
Basket



Examples
of
3 Point
Toss Skill

Full Twist
Basket



Examples
of
4 Point
Toss Skill

Two Skills
Non-
Twisting
Basket



Examples
of
5 Point
Toss Skill

One Skill
+
Full Twist
Basket



Examples of
Majority
Toss Skill
with
additional
(not
majority)
advanced
skill

Points of Emphasis:

Majority is configured by # of team members / 4.

Majority is NOT the same girl completing a variety of tosses.

Make it clear to the judges that majority of the team is doing the skill – any question of number of girls or skill being done could lead to missed difficulty points.

Pyramids



DIFFICULTY POINTS

- Teams doing the skills with a majority ratio of their team members will receive the given points
- Teams with any additional higher skills added will receive an additional .5

EXECUTION POINTS

- How well the skill is being performed



Example of 1 Point Pyramid Skills

Prep level or
double Single
leg structure
With
*One Structure



Examples of 2 Point Pyramid Skills

Extended
Double Leg
Structure
With
A top person
in an extended
position
*One Structure



Examples of 3 Point Pyramid Skills

Extended
Single Leg
Structure
With
A top person in
an extended
position
And
*1 Release
Transition
or
*1 Inversion
or
*1 Structure



Examples of 4 Point Pyramid Skills

Extended Single
Leg Structure
With
*a top person in an
extended position
* 2 **advanced
entries or**
released
transitions
* 2 inversions
* 2 structure
changes



Examples of 5 Point Pyramid Skills

Extended Single
Leg Structure
With
* a variety of top
people in extended
positions
* 2 **advanced
entries or**
released
transitions
* 3 or more
inversions
* 3 or more
structure
changes



CHEER
PERFORMANCE
SCORE SHEET

Cheer

Category	What to Look For
Voice, Pace, Flow	Voice: Is it coming from the diaphragm or is it screechy and high pitched? Is it clear? Pace: Is it too slow or too fast? Do the words slow down when they do stunts? Does the pace vary throughout the cheer? Flow: Do the motions go with the words?
Energy / Spirit	Does the team have energy when they perform? Are they smiling and excited to be there?
Proper Use of Skill Incorporations (Jumps, Stunts, Props, Tumbling)	Does the team incorporate a variety of skills in the cheer?
Motion Technique	Are the motions synchronized, tight, and sharp? Do they correspond with the syllables of the words in the cheer?

Point of Emphasis

Score reflects CHEER Performance not overall routine

Dance

Category	What to Look For
Timing and Execution	Are the motions synchronized, tight, and sharp?
Levels and Formations	Are there a variety of level and formation changes throughout the dance?

Point of Emphasis

Score reflects DANCE Performance not overall routine

Overall Routine

Category	What to Look For
Creativity	Are there a variety of jumps, stunts, tumbling, tosses, and props? Are there a variety of transitions?
Spacing/Formations/Synchronization	Are there a variety of spacing and formation changes throughout the routine? Is the team synchronized in their jumps, standing & running tumbling, stunting, tosses, and pyramids?

Point of Emphasis
Score reflects Overall Performance of the routine

Questions to Review

- If you have a team of 15, what is the **majority** for
 - Tumbling? Half = 7.5 **Majority = 7 (round down)**
 - Stunts/Baskets? Half 3.75 **Majority = 2**
 - How about 24?
 - Tumbling? Half = 12 **Majority = 12**
 - Stunts/Baskets? $24/4 = 6$ Half = 3 **Majority = 4**

****Good practice: put these numbers on the top of your performance sheet****

- Look at your rubric:
 - How would you score an Extended Single leg with a basic load in and dismount (majority of the groups are performing)?
 - Break it into entry/transition, skill, and dismount – where do the majority of the skills lie?
 - Entry (2 points), Skill (3 points), dismount (2 points) = Difficulty 2.5

Scoring Practice- Stunts



- Straight Up
- Scorpion, Scale, Arabesque (Level 5)
- Twist Cradle (Level 3)
- Has only 1 entry/dismount of advanced difficulty (Level 3)
- Difficulty = 3.5

- Full Up (Elite Entry – Level 5)
- Heal Stretch, Scorpion (Level 5)
- Twist Cradle (Level 4)
- Switch Up (Level 5)
- Fold Over (Level 5)
- Difficulty = 5

- Full Up (Elite Entry – Level 5)
- Switch Up (Level 5)
- Heal Stretch Only (Level 4)
- Kick Full Dismount (Level 5)
- Difficulty = 4.5 (need 1 more body position)

- Straight Up (Level 2)
- Heal Stretch, Scorpion, Scale (Level 5)
- Twist Cradle (Level 3)
- Has only 1 entry/dismount of advanced difficulty (Level 3)
- Difficulty 3.5

23 Girls? 24 Girls?

- 2 groups: show & go
- 3 Groups: Switch Ups, Arabesque, Scorpion, Twist Cradle, Full Up, Heal Stretch, Twist Cradle
- 23 Girls = $23/4 = 5$ Majority is 3 Groups
- 24 Girls = $24/4 = 6$ Majority is 4 Groups
- If 23, Difficulty = 4.5
- If 24, Difficulty = 2.5

Scoring Practice- Pyramids



- 1 Inversion (Level 3)
- Full Up (Elite Trans- Level 4)
- 4 Release (Level 5)
- 2 Structures (Level 4)
- Majority of skills in Level 4 with an additional Level 5 Skill
- Difficulty = 4.5



- 2 Inversions (Level 4)
- 4 Releases (Level 5)
- Full Up (Level 5 Trans)
- 3 Structures (Level 5)
- Majority of skills in Level 5
- Difficulty = 5



- 4 Inversions (Level 5)
- 2 Releases (Level 4/5)
- 2 Structures (Level 4)
- No Variety of top people in Ext. Positions
- Difficulty = 4.5



- Full Up (Elite Trans- Level 5)
- 2 Releases (Level 4/5)
- 3 Inversions (Level 5)
- 2 Structures (Level 4)
- Majority of Skills in Level 5
- Difficulty = 5



- Full Up (Elite Trans- Level 5)
- 2 Inversions (Level 4)
- 2 Releases (Level 4)
- 2 Structures (Level 4)
- Variety of Top People in Ext. Positions (Level 5)
- Difficulty = 4.5

Scoring Practice- Tumbling



15 Athletes

- 3 D. Back Handspring
- 5 Tucks
- 4 Layouts
- 1 Full
- Majority of Tumblers Tucked, Difficulty = 4.5



16 Athletes

- 1 D. Back Handspring
- 7 Tucks
- 4 Layouts
- Majority of Tumblers Tucked
- Difficulty 4.5



19 Athletes

- 5 D. Back Handsprings
- 5 Tucks
- 2 Layouts
- Majority of Tumblers did back handsprings
- Difficulty 3.5

Questions
or
Concerns?