

SOUTH DAKOTA

HIGH SCHOOL ACTIVITIES ASSOCIATION



804 N. Euclid / PO Box 1217 - Pierre SD 57501
Telephone: 605-224-9261 – Fax: 224-9262

Dr. Daniel Swartos
Executive Director

COMPETITIVE/SIDELINE CHEER AND COMPETITIVE DANCE MINUTES

Meeting: October 24, 2018

SDHSAA Office, Pierre

10:30 a.m.

Competitive/Sideline Cheer and Competitive Dance Advisory Committee Members:

	<u>CHEER</u>		<u>DANCE</u>	
Athletic Director	Naomi Hatfield, Douglas	2020(1)	Jim Altenburg, Harrisburg	2021(1)
Principal	Belinda Miller, Sioux Valley	2021(1)	Jennifer Johnke, Yankton	2020(2)
Class "A" Coach	Val Ewing, Winner	2021(1)	Cyndy Demers, Winner	2020(2)
Class "AA" Coach	Bruce Kleinsasser, Ab.Cen.	2020(2)	Angela Nieman, SFW	2019(*)
Official	Carrie Wieman, Madison	2019(1)	Kelsey Freidel, Sioux Falls	2020(*)
Native American Rep.	Tricia Tyon-Brewer, Pine Ridge	2021(1)		

1. Call Meeting to Order- Auch called the Cheer and Dance Advisory Meeting to order at 10:30. All were present with the exception of Naomi Hatfield and Tricia Tyon-Brewer.
2. Select Recording Secretary- Auch will record notes for the Dance Advisory and Ewing will record for the Cheer meeting.
3. Approval of Agenda – Auch reviewed the agenda and explained that we would keep the two groups together to go over generic information on the agenda and then split into two room, with Cheer in one room and Dance in another for discussions for each sport. We will then bring the two groups together to formulate any proposals moving forward.
Motion to approve Kleinsasser, Second by Johnke. Motion passed 9-0
4. Complete Expense Statements- Auch reviewed and collected expense statements for the group.
5. Review Duties/Responsibilities
Auch reviewed the duties and responsibilities of each member on the advisory. Terms eligible for renewal for 2nd term: Carrie Wieman agreed to renew for 2nd term, Angela Nieman agreed to renew as well.
6. Review Rule Changes for 2018-19
Auch went over the NFHS rule changes, along with the SDHSAA changes that were passed by our member schools from last year:
 - a. SDHSAA Rule Changes - Cheer
 - i. Eliminated the step out deduction- the step out deduction was intended for recovery, not boundary lines.

- ii. Required all head coaches to take Heat Illness Prevention Course PRIOR to coaching.
 - b. SDHSAA Rule Changes – Dance
 - i. Length of skirts shall be no longer than mid-calf for safety reasons
 - ii. If wearing sheer material, you need two layers, one of which is not nude color.
 - iii. Eliminate the step-out deduction on the score sheet. (recovery, not boundary)
 - iv. Suspend the restriction of requirement that only females may compete in competitive dance for the 18-19 school year.
 - v. Require all coaches to take the Heat Illness Prevention Course PRIOR to coaching.
 - c. NFHS Rule Changes
 - i. Number of them that simplified things for cheer
 - ii. Not many for Dance.
7. Review List of Deviations in Competitive/Sideline Cheer and Competitive Dance
- a. No glitter hairspray
 - b. Hair must be worn up, away from face, and off the shoulders for Comp. Cheer and Dance.
 - c. Only t-lifts and fan lifts are allowed for dance.
 - d. When midriff or skin is showing below the bra-line, a leo or body tight must be worn to cover the exposed area.
 - e. Any uniform worn in competition where the midriff and skin is showing below bra-line, a leo or body tight must be worn to cover the exposed area. Uniform must cover midriff and anything below bra line when standing at attention before dance starts. Body tights cannot be a substitute for the sheer material. If wearing sheer material, you need two layers, one of which is not nude.
- The committee agreed to continue with the deviations as listed.
8. Report on State Event- Auch reviewed the State Cheer and Dance Competition that was held in Brandon this past year. Everything seemed to run very well and on time. Auch thanked Brandon Valley High School and Randy Marso for opening up their school to the event, and for doing such a great job in running the event.
9. Breakout sessions for Cheer and Dance:
Report from Committee Members; Proposal of recommendations for submission to the Athletic Directors/Board of Directors for further consideration
- a. A and AA Dance Coaches Representatives- Cyndy Demers and Angela Nieman
 - i. Judging consistency- judging scores point differential being more than 10 points. Needs to be a checklist for AD's that is current and not what was used in the past.
 - ii. AD's need to contract judges much in advance and not wait last minute for judges. Auch will visit with AD's about that issue at the AD conference. Auch also explained the shortage of judges in specific areas of the state that makes it challenging for hiring judges.
 - iii. As soon as cheer music is done, you need to be wrapping up comments. Judges need to be more diligent. Make part of the initial training.
 - iv. Discussed the possibility of possible audio comments score sheets, (talk to text). Auch wondered how we get equipment to make that work and other technicalities that might be involved as well.
 - v. Discussion on the 3 to 1 category for cheer and dance. Some suggestions were:
 - Keep all styles of dance and perform in 2.
 - Keep 3 styles of dance and perform 2.
 - Survey was to keep 4 and participate in 2 during regular season and state.
 - vi. Discussion about the having a Grand Champion continue if it were to go to two categories. The vote of the coaches was 10 - 4 in favor to eliminate the grand champion, if it were to go to two categories.

vii. The next discussion was about keeping all 4 categories and keeping the grand champion and trying to even out the judges responsibilities in judging events. All year long, the cheer judges tend to judge the Pom Category for Dance due to time factors in the expediency of the event. As we looked at the number of teams participating in Pom at State, almost all the teams do, so the suggestion was to have all teams participate in the Pom Category and have them all be judged by the same panel (cheer panel), thus eliminating the argument that we have different judges judging different events. Teams would still be allowed to pick their other two categories from the remaining 3. The only difference is that EVERY TEAM would be required to participate in the POM category to be considered for the Grand Champion. Committee felt that this would help expediate the meets and give us the ratio's needed to help move the meets along.

DANCE PROPOSAL: Teams must complete in 3 of the 4 categories to be considered for a Grand Champion, one of which must be Pom. Cheer panel of judges will judge the pom category. Motion Demers, second by Nieman- motion passed 5-0.

Incorporate Carrie's idea, which was during the regular season to have one cheer judge go to the dance side and vice versa when beginning the Pom category. This will help cheer judges with the dance category, if they are not always primarily dance judges.

- viii. Rubric revisions: Committee had a discussion pertaining to the rubric and whether or not adjustments need to be made. The committee feels comfortable with where things are presently. Auch asked Dance Coaches Association to put a committee together to study and review the rubric and report next year at advisory.
- ix. Most felt that the judges training is beneficial and felt we need to make it mandatory for judges to attend. Auch explained that this was the first year we did not have a judges training and that it is mandatory when offered. The problem is when offered, what do we do with those that cannot attend due to illness/weddings that are planned, etc. Video is not a great option because the quality is just not there. We also discussed the possibility of adding region meetings for judges. We discussed the possibility of using state competition video and using it to help train at the judges meeting. We also discussed as a make-up training for officials, if you can't attend the training in August your make-up date would be at the Aberdeen competition and you would have to attend that with no pay, to make up the requirement.
- x. In/out season: need to do something to help non-competitive performance for studio. Out of season waiver to help clinic/camps.

Auch stated we would come back to this and discuss when both Cheer and Dance are together.

b. A and AA Cheer Coach Representatives- Valerie Ewing and Bruce Kleinsasser

- i. The biggest issue needing to be dealt with in cheer is the rubric. The group worked on rubric changes to make the scoring more black and white and not so subjective. Difficulty will now be black and white and will be taught in the judges training. Score sheets will reflect the rubric as well and will better match what the intent of the rubric and score sheets should be.

CHEER PROPOSAL: Approve the attached Cheer Rubric and Score sheet. See Exhibit #2. Motion by Kleinsasser, second by Ewing. Motion passed 5-0.

- c. Principal Representatives – Belinda Miller and Jennifer Johnke: nothing to add, items have already been discussed. Johnke asked that we make a recommendation to the in/out of season committee to help address performance and dance studio technique class issues.
- d. Athletic Directors Representatives - Jim Altenburg- nothing to add, items have already been discussed.
- e. Official Representatives- Carrie Wieman and Jasper Diegel/Kelsey Nelson.
1. Wieman suggested exchanging on judge from Cheer and Dance each competition, as a learning tool, for regular season to help mentor judges to be better prepared for both cheer and dance. We all know that we have some judges that are stronger at judging one

area over another. We feel this would be a great way to help develop the pool of judges to be better suited to judge various competitions.

2. Coordinate videos to help show difficulty for cheer and dance- Christina Bennett/Jasper Diegel will help develop these videos to be used for trainings.

f. Sideline cheer/Native American Rep.- no report

g. SDHSAA Rep.- Jo Auch

1. We had suspended the rule pertaining to female only participation Dance section of handbook so we need to look at the verbiage and see what the wishes of the advisory group might be. Most felt that there is not a real advantage to male participation in Dance, however were concerned if this would become a male dominated sport and if we were to have, for example, an all-male team that entered and would be competing against an all-female team. We are concerned about what the perception of that might be to the grandpa and grandma's sitting in the stands, and how they might not feel that it is fair to have an all-male team competing against a female team. The committee does not think that is going to happen, but will monitor over the next several years and if that is the case, then we would have to possibly create a co-ed division or a male division.

DANCE PROPOSAL: Eliminate female only language from the Dance Handbook and revisit number of male participation on a yearly basis to decide upon extended categories to accommodate male participation. Motion by Demers second by Johnke, Motion passed 5-0.

- Cheer had the same discussion pertaining to male participation in Competitive Cheer. There used to be a Co-ed category for Competitive Cheer and due to no teams participating in that category, the category was eliminated. Although the SDHSAA has not received any requests for males to participate in Competitive Cheer, the committee is willing to bring back the Co-ed Division, if needed. The Co-ed Division would have to have at least two male team members and there would be one only one division to include both Class A and Class AA.

Motion by Val, Belinda 5-0

ii. Out of season rules-what can we live with, without going to extremes?

- The discussion centered on trying to incorporate language to delineate from formal competition and dance performances.
- Dances need the ability to improve techniques in studios much like a football players needing to go the weight room to develop strength. Finding a way to make that that happen, and also trying to find a way to allow dancers the ability to perform at recitals and try out for plays in which they would be performing dances in the event.
- Wayne Kindle, Ryan Mors, (Supt./ Athletic Director at Yankton High School) spoke to the issue as well, and encouraged the out of season committee to try and find a way for these dancers to be able to perform (not compete) at events during the season, which our present rules do not allow at this time. Mors and Kindle thanked the association for listening and trying to do something to help the state in Cheer and Dance. Johnke presented a revision to the in/out of season rules as they apply to Private Lessons and Dance Studios. That document can be found as Exhibit #1 at the end of the minutes. Auch will work with Krogstrand to review the language and revise language to reflect the wishes of the Cheer and Dance groups prior to the Out-of-Season Committee meeting. Auch also encouraged the group to have representation at the January 30th Out-of-Season Advisory meeting to express their concerns and help all to understand how to incorporate new language.
- The other concern was that of dance athletes not be able to attend clinics where collegiate dance team membership is being considered. Our rules do not make allowances for athletes to attend. Dance athletes do not have the ability to be scouted

like other sports do, so the thought is to allow a waiver for Jr. and Sr. dance athletes to apply for to allow them to attend such an event two times/year. The waiver would have to be approved by the SDHSAA before athletes would be eligible to attend. No waiver would constitute a violation to the rule.

- iii. Inquiry process- Auch discussed her frustration with the many emails and phone calls after meets to complain about judging scores for difficulty and/or safety deductions. Auch expressed that maybe it is time to go to an Inquiry process so coaches can have immediate feedback on certain things. Auch expressed that she did not want this to become a complaining session because a coach/team did not receive the score they wanted but to ask about specific deductions, etc. The committee felt this might be a step in the right direction and felt that safety deductions (to start) would be the only thing a coach could inquire about. Many felt that judges should preventatively help teams in the on-deck area, if you see something, even though coaches know they are to have their team properly equipped by the time they reach that area, to help solve the problem prior to deducting.

CHEER AND DANCE PROPOSAL: Upon completion of each routine, the safety judge will meet with a designated coach in front of the judges table to inform coach of any safety violations. A brief explanation will be shared with the coach. If conference becomes confrontational, an unsporting deduction may be assessed. Motion by Miller, second by Kleinsasser. Motion passed 10-0.

- iv. There was a discussion held about when to have the judges training. Auch expressed her frustration with coaches wanting a judges training. Auch explained that every year, we have had a judges training, minus this year, and she has invited all teams to come and bring routines and share in the training so we can all learn, but only a hand full of coaches/teams attend. We understand that this is not mandatory for coaches, but then do not complain when things do not go the way you want them too. Auch invited coaches and team to be a part of the solution and not a part of the problem. If you want judges to get better, then come and help in the training, by bringing routines they can judge. Alternatively, simply come, ask questions, and help everyone understand how routines will be judged in the upcoming year.
- v. The Coaches Clinic is July 9-10 in Mitchell. Discussion was could we incorporate the Judges Training (Mitchell) alongside of the coaches clinic. The only problem is that those dates are on a Tuesday and Wednesday and I am guessing, jobs may interfere during the workweek to allow that to happen.

10. Review recommendations; additional opportunity for proposals following group discussion.

CHEER PROPOSALS:

- i. **Rubric/Score sheet** Approve the attached Cheer Rubric and Score sheet. See Exhibit #2.

CHEER AND DANCE PROPOSAL:

- ii. **Inquiry Process:** Upon completion of each routine, the safety judge will meet with a designated coach in front of the judges table to inform coach of any safety violations. A brief explanation will be shared with the coach. If conference becomes confrontational, an unsporting deduction may be assessed.

DANCE PROPOSAL:

- i. Male Participation: Eliminate female only language from the Dance Handbook and revisit number of male participation on a yearly basis to decide upon extended categories to accommodate male participation.

- ii. Dance Routines: Teams must complete in 3 of the 4 categories to be considered for a Grand Champion, one of which must be Pom. Cheer panel of judges will judge the pom category.

Recommendations for Out of Season Committee:

- i. Exhibit #1- Dance Studio and Performance dance recommendation.
- ii. Waiver recommendation

11. Adjournment: Motion to adjourn at 3:35 p.m. by Jennifer Johnke, Angela Nieman with the second. Motion passed, 10-0

Exhibit #1: SDHSAA Athletic Handbook – In & Out of Season Rules and Regulations: Pages 7 & 8

VIII. Club Teams & Dance Studios

a. A Club Team is defined as a team that plays a schedule of multiple events with one another, with a minimum of three events. Members for this team are chosen by invitation or selected outright by some predetermined process.

b. A Dance Studio shall not be considered a Club Team as the studio does not play a schedule of multiple events against another dance studio; but rather is performance based. Members of Dance Studios are not chosen by invitation or selected outright by some predetermined process, rather members simply pay tuition to belong to a dance studio.

B c. Students and Club Teams

- i. Students may participate on club teams on an unlimited basis outside of that sport's given season
- ii. During a specific SDHSAA Sport Season, students may not participate on any level with a club team. This participation includes a restriction on any/all club team games, practices, try-outs or other like activities.

€ d. Coaches and Club Teams

- i. Coaches may coach a club team from the end of their individual sport season through July 31st given that the roster of that club team contains no more than the following number of students from any member school: basketball – 3, cheer – 4, cross country - 3, dance – 5, 11-man football – 7, 9-man football – 6, golf – 3, gymnastics – 3, soccer – 7, tennis – 3, track & field – 3, volleyball – 4, and wrestling – 3.
- ii. Any team that has more than that given number of athletes and is coached by a SDHSAA member school coach during the Summer Time Period would be considered a “team contact (see next section).”

IX. Private Lessons

a. Private lessons are defined as the teaching of fundamental skills and techniques of a specific sport. Furthermore, private lessons are not to be competitive in nature and therefore must be limited in the number of athletes involved and the schools from which those athletes attend.

i. Dance Classes at Dance Studios shall not be considered private lessons; as dance studios provide classes that are performance based.

ii. Community or local performance events, which are not competitive in nature, scored or judged and the rehearsals for community or local performance events, shall not be considered private lessons.

iii. Dance Clinics at colleges and universities that may result in potential scholarships or collegiate dance team membership, shall not be considered private lessons or defined as a club team.

b. The maximum number of participating athletes in a private lesson at any one time is limited as follows: basketball – 3, cheer – 4, cross country – 3, dance – 5, 11-man football – 7, 9-man football – 6, golf – 3, gymnastics – 3, soccer – 7, tennis – 3, track & field – 3, volleyball – 4, and wrestling – 3.

c. Students and Private Lessons

- i. Students may participate in private lessons at any point during the school year, except as prohibited by the maximum number of participating athletes.
- ii. Students involved in private lessons may not have any form of competition in that lesson, including but not limited to, direct competition or drills with/against students from another school.

d. Coaches and Private Lessons

- i. Coaches may only be involved in private lesson instruction during their individual sport season and the summer time periods.
- ii. Coaches may receive compensation for their services of providing private lessons Revised 8/18 In/Out of Season - 8
- iii. Coaches may teach fundamental skills to athletes outside of the given time boundaries only if they are the employee of a club or non-profit entity operated separately from the school.
- iv. There is no restriction on a coach being able to provide private lesson instruction to his or her son or daughter at any time of the year.

Exhibit #2- Cheer Rubric and Score sheets

	Jumps	Standing Tumbling	Running Tumbling	Stunting	Tosses	Pyramids
1 Point	Single Jump	Forward & Backwards Rolls	Cartwheel/Roundoff	Prep Level Double Leg Stunts Basic Load-ins, Transitions & Dismounts (Straight Cradle)	Straight Toss Basket	Prep Level Double or Single Leg Structure with... -one structure
2 Points	2 connected jumps	Cartwheels, Round-Offs, Back Walkovers	Aerial & Roundoff	Prep Level Sing Leg Stunts Extended Double Leg Stunts- Basic Load-ins, Transitions & Dismounts (½ up to prep, Full Downs)	One Skill, Non-Twisting Basket	Extended Double Leg Structure with... -a top person in an extended position - one structure
3 Points	3 connected jumps (with at least one repeating) (3.5 if any connected to tumbling)	Back Handspring & Back Handspring Series (3.5 for Aerial)	BH Series/ Front-Hand Series	Extended Single Leg Stunt & Two-Man Prep-Level Stunts with Some Variety in Load-ins, Transitions & Dismounts (Liberty, Full-up to Prep, Full Downs, Tumbling into Stunts w/o rebound in, etc).	Full Twist Basket	Extended Single Leg Structures with... - a top person in an extended position - one release transitions - one inversion - one structure
4 Points	3 different connected jumps (4.5 if majority connected to back handspring)	Back Tuck	Roundoff- BH Tuck Roundoff- Front Tucks	Advanced Extended Single Leg Stunts & Two-Man Extended Level Stunts with Advanced Transitions/Dismounts- (Stretch, Scale, Scorpion, Arabesque, Bow & Arrow) (1/2 up to extension, Full Downs, Tumbling with rebound in, etc)	Two Skills, Non-Twisting Basket	Extended Single Leg Structures with... - a top person in an extended position -two release transitions - two inversions -two structure changes
5 Points	3 different connected jumps connected to Back-hand Tucks or Standing Tucks (majority of squad)	Back-Hand Tuck Sequence	Roundoff- BH Layout Roundoff- BH Full	<u>Connected</u> Advanced Extended Single Leg Stunts & Two-Man Extended Level Single Leg Stunts with Elite Transitions/Dismounts (Full-ups, Switch-ups, Fold-Overs, Kick-Fulls, etc)	One Skill + Full Twist Basket	Extended Single Leg Structures with... - a variety of top people in extended positions - two release transitions - three or more inversions -three or more structure changes - quick transitions
NOTES:		*NOTE: Teams doing a majority of a skill, but with some advanced skills will receive an additional .5	*NOTE: Teams doing a majority of a skill, but with some advanced skills will receive an additional .5	Teams doing the above 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	Teams doing the above 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	Teams maximizing the number of team members doing a skill or structure without front spots will receive an additional .5 for the skill(s) performed.

Cheerleading Fundamentals		Areas Needing Improvement	Difficulty
Jumps Execution Difficulty	5 5	<input type="checkbox"/> Point toes <input type="checkbox"/> Work on height <input type="checkbox"/> Snap legs together <input type="checkbox"/> Synchronization <input type="checkbox"/> Arm Placement <input type="checkbox"/> Body Position in Jump	<input type="checkbox"/> One Jump <input type="checkbox"/> Two Jumps <input type="checkbox"/> 3 Connected w/ Repeating Jump <input type="checkbox"/> 3 Different Connected w/ Tumbling <input type="checkbox"/> 3 Different Connected w/ Tumbling w/ additional jump
Standing Tumbling Execution Difficulty	5 5	<input type="checkbox"/> Legs not together <input type="checkbox"/> Touch downs <input type="checkbox"/> Perfection before progression <input type="checkbox"/> Synchronization	<input type="checkbox"/> Forward/Backwards Rolls <input type="checkbox"/> Cartwheels, Roundoffs, & Backwalkovers <input type="checkbox"/> Back Handspring/ BH Series <input type="checkbox"/> BH Tuck, BH Tuck Series <input type="checkbox"/> BH Layout, BH Full
Running Tumbling Execution Difficulty	5 5	<input type="checkbox"/> Legs not together <input type="checkbox"/> Touch downs <input type="checkbox"/> Perfection before progression <input type="checkbox"/> Synchronization	<input type="checkbox"/> Cartwheel/Roundoff <input type="checkbox"/> Ariel/Roundoff Backhand Series <input type="checkbox"/> Roundoff- BH Tuck <input type="checkbox"/> Roundoff- BH Layout <input type="checkbox"/> Roundoff- BH Full
Partner Stunts Execution Difficulty	5 5	<input type="checkbox"/> Dismounts shaky <input type="checkbox"/> Stunts not strong <input type="checkbox"/> Perfection before progression <input type="checkbox"/> Stunt timing off <input type="checkbox"/> Falls <input type="checkbox"/> Bobbles/Shaky in air	<input type="checkbox"/> Prep Level Stunts <input type="checkbox"/> Extended Double Leg <input type="checkbox"/> Extended Liberty <input type="checkbox"/> 2-Man Prep Level <input type="checkbox"/> Heel-Stretch <input type="checkbox"/> Scale <input type="checkbox"/> Scorpion <input type="checkbox"/> Arabesque <input type="checkbox"/> Bow & Arrow <input type="checkbox"/> Full-up to Extension <input type="checkbox"/> Switch-up <input type="checkbox"/> Straight Cradle <input type="checkbox"/> Full Downs <input type="checkbox"/> ½ up to prep <input type="checkbox"/> Tumbling in- no rebound <input type="checkbox"/> Tumbling in w/ rebound <input type="checkbox"/> Full up to Prep <input type="checkbox"/> ½ up to Extension <input type="checkbox"/> Full-up to One Leg <input type="checkbox"/> Fold-Over Dismounts <input type="checkbox"/> Kick-Full Dismounts
Tosses Execution Difficulty	5 5	<input type="checkbox"/> Improper technique <input type="checkbox"/> Perfection before progression <input type="checkbox"/> Timing Off <input type="checkbox"/> More Height	<input type="checkbox"/> Straight Toss <input type="checkbox"/> Twist <input type="checkbox"/> Toe-Touch <input type="checkbox"/> Switch-Kick <input type="checkbox"/> Toe-Full <input type="checkbox"/> Kick-Full <input type="checkbox"/> Ball-X <input type="checkbox"/> Pike <input type="checkbox"/> Hitch-Kick
Pyramids Execution Difficulty	5 5	<input type="checkbox"/> Falls/Bobbles <input type="checkbox"/> Improper technique <input type="checkbox"/> Perfection before progression <input type="checkbox"/> Dismounts shaky	<input type="checkbox"/> Prep-Level <input type="checkbox"/> Extended Double Leg <input type="checkbox"/> Extended Single Leg <input type="checkbox"/> Quick Transitions <input type="checkbox"/> Release Transitions # _____ <input type="checkbox"/> Inversions # _____ <input type="checkbox"/> Structure Changes # _____
Cheer		Areas Needing Improvement	Difficulty
Crowd Effective Material (Voice, Pace, Flow)	5	<input type="checkbox"/> Not together/timing off <input type="checkbox"/> Watch angles <input type="checkbox"/> Needs to be sharper <input type="checkbox"/> More smiles <input type="checkbox"/> Be louder <input type="checkbox"/> Watch pitch <input type="checkbox"/> Voices fade <input type="checkbox"/> Energy level low	<input type="checkbox"/> Variety of Transitions <input type="checkbox"/> Variety of Formations
Energy/Spirit	5		
Creativity	5		
Proper Use of Skill Incorporations (Jumps, Stunts, Props, Tumbling)	5		
Motion Technique	5		
Spacing, Formations, Synchronization	5		
Dance		Areas Needing Improvement	Difficulty
Timing/Execution	5	<input type="checkbox"/> Not together <input type="checkbox"/> Add difficulty <input type="checkbox"/> Add dance moves <input type="checkbox"/> Add more levels <input type="checkbox"/> Add more formation changes	<input type="checkbox"/> Variety of Transitions <input type="checkbox"/> Variety of Formations
Levels/Formations	5		
Total		100	

SDHSAA Cheer Safety Score Sheet

School: _____ AA A Category: _____ Small
 Large

Circle One

Circle One

Infractions	Points (per occurrence)	Location of Violation (stage left)	Explanation/ Rule Reference	Deductions
Tumbling/Dance Fall(s) – Individual Athlete Examples: fall/land to weight bearing position during tumbling, jumps or other skills	1 point			
Jewelry or Improper Uniforms Illegal braces, supports, casts, undergarments	5 points			
Fingernails, hair, glitter	1 point			
Shoelace/Bow Infractions	1 point			
Boundary Violation ONE ENTIRE hand, foot or body part is completely outside of the performance surface	1 point	__Left __Right __Front __Back		
Props Thrown/Blatant Stepping on (1); Slipping & Falling (5)	1 or 5 point /occurrence	___L ___C ___R		
Collision	1 point	___L ___C ___R		
Unnecessary Delay Team is in the on-deck area when announced No chants/cheers in on-deck area	10 point			
Time Limits (Music & Overall) 1-3 seconds over time 4-8 seconds over time 9 or more seconds over time	Warning 5 points 10 points			
Minor Fall(s) – Stunting Drop from an individual stunt to load in, cradle, prone or flatback. The top becoming weight bearing on the spot, a base or spot landing on the ground, or if the top is brought to the performance surface in a controlled manner.	2 points	___L ___C ___R		
Major Fall(s) – Stunting Drop from an individual stunt to a compromising position. The top person falling to the ground in an uncontrolled manor or multiple bases or base and spot landing on the ground.	10 points	___L ___C ___R		
Safety Violation Incorrect/Illegal skill performed Inattentive spotting Illegal braces/supports/posts	10 points	___L ___C ___R		
Unacceptable conduct Being disrespectful (profanity not direct towards someone, etc.)	40pts	___L ___C ___R		
Unsportsmanlike Conduct Vulger or suggestive choreography, unsuitable music, using profanity. Must be suitable for family viewing and listening	Team DQ day of competition			
TOTAL:				