



SDHSAA Cheer Officials

JUDGING HINTS AND TECHNIQUES

UNDERSTANDING THE SCORE SHEET & RUBRIC

Cheerleading Fundamentals

- ▶ Jump Execution
 - ▶ Pointed toes
 - ▶ Chest up
 - ▶ Arms in the correct position
 - ▶ Reach for the inside of the foot, not the top.
 - ▶ Head up
 - ▶ Snap legs
 - ▶ No double/prep jump
 - ▶ Straight legs
 - ▶ Timing

JUMPS

Degree of difficulty: 5 points

Beginning Level: 1-2 points

Spread Eagle

Front Hurdler

No jump connections

Intermediate Level: 2.5-3.5 points

Side Hurdlers

Toe-Touch

Pike

Double Nine

Any two Intermediate Connected Jumps

Advanced Level: 4-5 points

Any three Connected Jumps

KEY POINTS TO REMEMBER:

Ratio of team performing the jump (#jumping one at a time vs. # on the team)

Jumps

- ▶ What to look for...
 - ▶ Best jumpers are in the focal points
 - ▶ Repetitive jump patterns

<https://www.youtube.com/watch?v=319okmi-a1A>

<https://www.youtube.com/watch?v=EqAPJBF3Ghs>

Cheerleading Fundamentals

▶ Tumbling Execution

- ▶ FINISH
- ▶ Straight legs
- ▶ Squeeze legs
- ▶ Arms at ears
- ▶ Toes pointed
- ▶ Height
- ▶ Stretch tumbling
- ▶ No piking
- ▶ Timing
- ▶ Tumbling placement

TUMBLING

Degree of difficulty: 5 points

Beginning Level: 1-2 points

Forward & Back Rolls
Handstand
Cartwheel
Round-Off
Walkovers

No combination and/or variation with the EXCEPTION of handstand-roll down

Any jump in combination with any beginning tumbling skill

Intermediate Level: 2.5-3.5 points

Back Extension
Single Standing Back Handspring
Round-off followed by a single back handspring
Ariel

Any two skill variation and/or combination of intermediate and advance level skills

Any jump in combination with any intermediate tumbling skill

Advanced Level: 4-5 points

Tucks
Layouts
Fulls

Any three skill variation and/or combination of intermediate and advance level skills

Any jump in combination with any multiple intermediate or a single advanced tumbling skill

KEY POINTS TO REMEMBER:

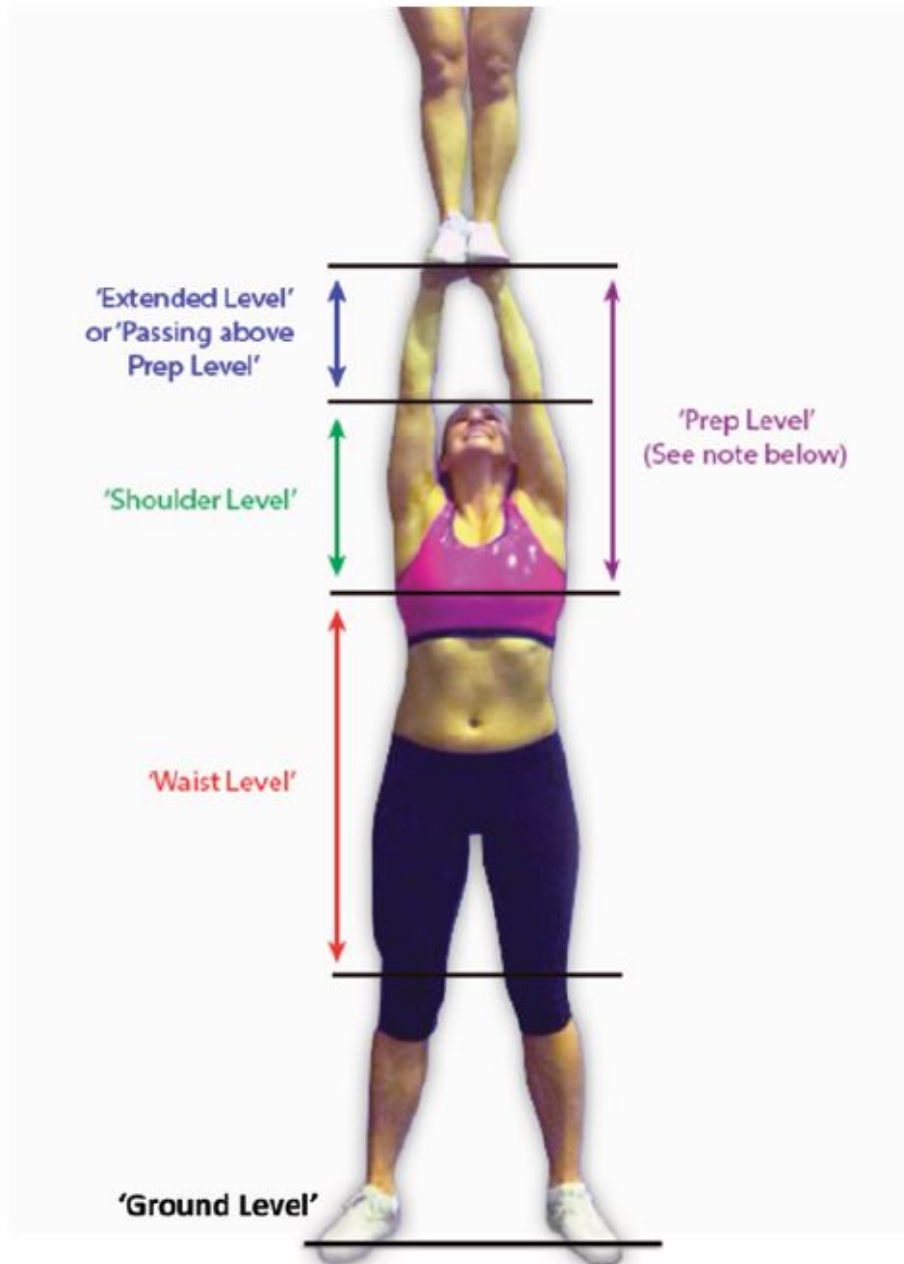
If less than half of the team performs the skill, the team gets the lower of the score range. If the team has half or more people doing the skill, then the team should be awarded the higher range.

Tumbling

- ▶ What to look for...
 - ▶ Sloppy tumbling (Cartwheels that don't look good, round offs that aren't controlled and forward rolls that are unsafe)
 - ▶ Every good skill is a strength
 - ▶ Position of tumblers (same person doing skills)
 - ▶ Different variations of skills
 - ▶ Combination skills
 - ▶ Utilized tumbling for transitions

https://www.youtube.com/watch?v=TeO1Aaq_MDs

<https://www.youtube.com/watch?v=wnFFnPfXgV0>



Note: You must consult the glossary, and rules, for further specifications, explanations and restrictions when interpreting the stunt levels.

Cheerleading Fundamentals

- ▶ Stunting/Tosses Execution
 - ▶ Roosters
 - ▶ Suck & Tuck
 - ▶ Smooth transitions
 - ▶ Tight/Squeeze
 - ▶ No movement or traveling
 - ▶ Heads up
 - ▶ Arms
- ▶ Timing
- ▶ Ride all tosses
- ▶ Point Range
 - ▶ 1 Falling
 - ▶ 2 Bobbles
 - ▶ 3 Executing
 - ▶ 4 Clean
 - ▶ 5 Perfect

STUNTS/TOSSES

Degree of difficulty: 5 points

Beginning Level: 1-2 points

At or below prep level
No transitional stunts
No tosses
Straight ride cradle

Intermediate Level: 2.5-3.5 points

Two leg extended stunts
One leg stunts at prep level
Two transitional sequences
Twisting up transitions into stunt
Single twist dismount from prep level stunt
Single Skill Tosses
Single Inversions

Advanced Level: 4-5 points

Majority extended one leg stunts
Power press twists from one leg stunt
Single twist dismount from extended stunt
Twisting up transitions into stunt
Double skill tosses (i.e. toe-touch-twist), kick full, 1-1/4 twisting toss
Multiple Inversions

KEY POINTS TO REMEMBER:

Single leg vs. Double leg
Minimal Use of Bases
Variety of Load-Ins, Reloads, Transitions, and Dismounts
Number of athletes vs. number of stunts in air at a time

Stunting/Tosses

- ▶ What to look for...
 - ▶ If the stunt is too hard it shouldn't be performed
 - ▶ Stunts that are not working should be reevaluated
 - ▶ Athletes should be in the right positions
 - ▶ Only perform the stunts your team is capable of!!!

<https://www.youtube.com/watch?v=GZaOCUVdnXI>

<https://www.youtube.com/watch?v=ClS3-ulX8Zo>

Cheerleading Fundamentals

- ▶ Pyramids Execution
 - ▶ Smooth transitions
 - ▶ Good connections
 - ▶ No movement or traveling
 - ▶ Heads up
 - ▶ Establish pyramids
 - ▶ Timing

- ▶ Point Range
 - ▶ 1 Falling
 - ▶ 2 Bobbles
 - ▶ 3 Executing
 - ▶ 4 Clean
 - ▶ 5 Perfect

PYRAMIDS

Degree of difficulty: 5 points

Beginning Level: 1-2 points

Prep Level and below
Bump down/Retake
No transitional stunts

Intermediate Level: 2.5-3.5 points

Two legged extended stunt
Straight ride cradle
Single twist cradle from prep level
Two transitional sequences
Single Inversions
Single leg extensions

Advanced Level: 4-5 points

Extended single twisting stunts
Three or more transitional sequences
Single twist dismount from extended stunt
Multiple Inversions

KEY POINTS TO REMEMBER:

Number used vs Number on team
Number of transitions vs release moves
Speed/Pace of transitions
Minimal Use of Bases

Pyramids

- ▶ What to look for...
 - ▶ All routines must have a pyramid of some type = CONNECTION
 - ▶ Variety of levels and movement
 - ▶ Look for a pyramid that involves ALL athletes
 - ▶ If the pyramid is too complexed to mastered it shouldn't be performed

<https://www.youtube.com/watch?v=hR3gwarWZLA>

<https://www.youtube.com/watch?v=HvdIF7NnVHI>

Cheer

- ▶ Motion Technique
 - ▶ Sharp motions
 - ▶ Don't whip motions
 - ▶ Arms/Lines
 - ▶ Thumbs in
 - ▶ Wrists straight
 - ▶ FINISH

***This should be the easiest 5 points of the entire routine!!!**

Cheer

- ▶ Execution
 - ▶ Energy
 - ▶ Spirit
 - ▶ Props
 - ▶ Formations/Angles
 - ▶ Smiles/Facials
 - ▶ Levels

Cheer

- ▶ Timing
 - ▶ Synchronization
 - ▶ Words
 - ▶ Motions
 - ▶ Speed

Cheer

- ▶ Voice Control
 - ▶ Pitch
 - ▶ Volume
 - ▶ Fading
 - ▶ Energy
 - ▶ Finish
 - ▶ Appropriate words/sportsmanship
 - ▶ Breathy

Dance

- ▶ Execution
 - ▶ Clean
 - ▶ Finish/Strong motions
 - ▶ Confidence
 - ▶ Levels
 - ▶ Formations
 - ▶ Difficulty

Dance

- ▶ Timing
 - ▶ Motions are on beat
 - ▶ Synchronization
 - ▶ Speed

Dance

- ▶ Facial Expression
 - ▶ Confidence
 - ▶ Facials
 - ▶ Genuine energy
 - ▶ Cute & encouraging
 - ▶ No taunting/vulgar
 - ▶ Eye contact
 - ▶ Smile

Appeal & Perfection of Routine

- ▶ Flow of routine & use of floor/spacing
 - ▶ Choreography clean and unique
 - ▶ Smooth transitions
 - ▶ Use of entire floor
 - ▶ Spacing/Formations
 - ▶ No breaks in the routine

Appeal & Perfection of Routine

- ▶ Creativity
 - ▶ Good ideas
 - ▶ Unusual formation
 - ▶ Difficulty flares
 - ▶ Use of squad skills
 - ▶ Rotate team members
 - ▶ Combination of skills

Appeal & Perfection of Routine

- ▶ Showmanship/Spirit
 - ▶ Inviting
 - ▶ Energizing
 - ▶ Neat & clean appearance
 - ▶ Confident
 - ▶ Age appropriate
 - ▶ Enthusiasm

Appeal & Perfection of Routine

- ▶ Overall Impression of Performance
 - ▶ Fun & Inviting
 - ▶ Performed without stiffness, awkwardness, anxiety
 - ▶ Poise
 - ▶ Ease of performance
 - ▶ Creativity in moving from one skill to another
 - ▶ Center/Spacing

- ▶ Point Range
 - ▶ 1-2 Needs a lot of work
 - ▶ 3-4 Needs work
 - ▶ 5-6 Average
 - ▶ 7-8 Good
 - ▶ 9-10 Excellent

“A CLEAN routine is a WINNING routine”

Judging Pointers

- ▶ Things to look for:
 - ▶ Tight transitions
 - ▶ Clean stunts
 - ▶ Choreography that doesn't break the flow
 - ▶ Creative formations that are desirable and useful

Judging Pointers

- ▶ Watch travel paths
 - ▶ Transitions overall should have the appearance of athletes making only a few steps to a new spot
 - ▶ Do not cross center
 - ▶ Choreography should not have the feel of the athletes “running around”
- ▶ Utilization motions & tumbling for transitions
- ▶ Use of fun levels and ripples

Safety

- ▶ Rule Book
 - ▶ Static = Staying or remaining at the same level
 - ▶ Page 23 Rule 3.4.13 = Anything not completely vertical
 - ▶ Page 25 Rule 3.5.5.c = Insert
 - ▶ The top person and each bracer who is at shoulder level or below have a separate spotter with the exception of the bracers in shoulder sits and thigh stands.
 - ▶ Page 28 Rule 3.7.3 = The spotter must stay in place
 - ▶ Page 72 Rule 3.5.5b and 4.5.3 = "LEGAL" not illegal

Safety

- ▶ Common Safety Deductions
 - ▶ Unnecessary Delay
 - ▶ Entire team must be on deck or in the hole performance ready when announced.
 - ▶ Music must be ready to be played when team is announced to perform.
 - ▶ Hair
 - ▶ Must not touch the face or shoulders/back
 - ▶ Boundary
 - ▶ Foot may touch the white line, but may not go over
 - ▶ Signs/Poms
 - ▶ Not stepped on or thrown (snapping of the wrist)

Safety

- ▶ Common Safety Deductions continued
 - ▶ Inversions
 - ▶ Inattentive Spotting
 - ▶ Pay attention to the flyer at all times
 - ▶ Illegal bracers/supports
 - ▶ During a pyramid the flyer from another stunt must not provide the primary support of another flyer (connection only).
 - ▶ Unsportsmanlike conduct
 - ▶ Music lyrics, gestures, unfavorable movement, etc.

Final Points

- ▶ Watch all angles of the routine
 - ▶ Athletes that are not “bringing it” will stand out consistently but it is easy to miss them when you are always watching from the front.
- ▶ Know who the “performers” are
 - ▶ Key people will be in the visual lines of the judges & crowd, keep your eyes moving.
- ▶ Perfection before progression!!!!
- ▶ A disciplined/prepared team entrance & spirited exit will give the judges a positive impression.
- ▶ Watch the 3 T’s!!!
 - ▶ Timing, Transitions and Technique!

Final Points

- ▶ No one person or one team is “Perfect”
 - ▶ There is always room to improve and grow.
- ▶ Not all judges are alike and see the same thing.
- ▶ Consistency varies from:
 - ▶ Judge to Judge
 - ▶ Competition to Competition
- ▶ The routines will change according to what happened and what the judges said. Your opinion matters!
- ▶ Judges have their areas of expertise. Go outside your comfort zone and learn all elements of the sport.
- ▶ Keep all your notes!