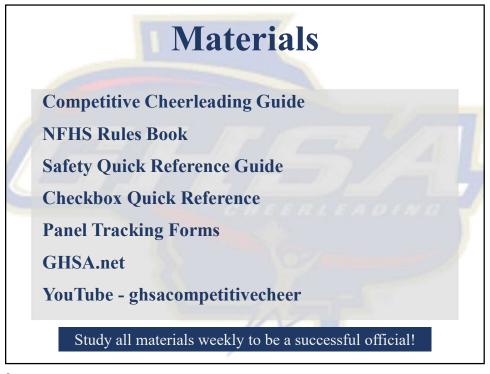


Personnel	Title	Contact	
Penny Pitts Mitchell	Associate Director	Penny@GHSA.net	
Simone Smith	Competitive Cheerleading Liaison	GHSACompetitiveCheer@gmail.com	



# Key Dates September 7<sup>th</sup> – November 9<sup>th</sup> • Competitive Invitationals November 9<sup>th</sup> • Region winners determined • Sectionals for all teams November 15<sup>th</sup> & 16<sup>th</sup> State Championships • Friday (15th): State Championships for - 2A & 4A (10:00 AM); 1A & Private (3:00 PM) • Saturday (16th): State Championships for - 3A & 5A (10:00 AM); 6A & Coed (3:00 PM)

## **Must Know**

All invitational and region tournaments must be run in the same format as the state tournament

GHSA will assign the official's association for all sanctioned events

The Booking Agent is responsible for scheduling officials for a competition

No cell phones permitted at the scoring table, judge's table, or music table unless playing music

5

# Pay

One panel is more than adequate for 40 high school teams (p. 2-2)

Officials are paid (p. 2-4)

- **\$11.50** per team up to 12 teams
- \$9.60 per team for each team over 12 teams

Updated

• \$11.14 per official regular season travel fees

Officiating is for the love of the sport!

## **Conflict of Interest**

- An affiliation with any competing team or gym that a team attends.
- A relative or close friend who is a coach or member of the team, including parents.
- Competing team(s) who are rival teams in an area school or gym where the official works.
- The parent of an athlete on a rival team or competing team.
- Attended or cheered for a competing team in the last five (5) years.
- Previously coached a competing team in the last five (5) years.
- Choreographed for a competing team in the last five (5) years.
- Employed at a competing school.

P.3-5

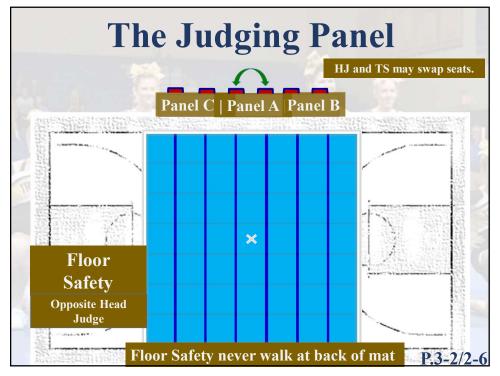
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#### **Dress**

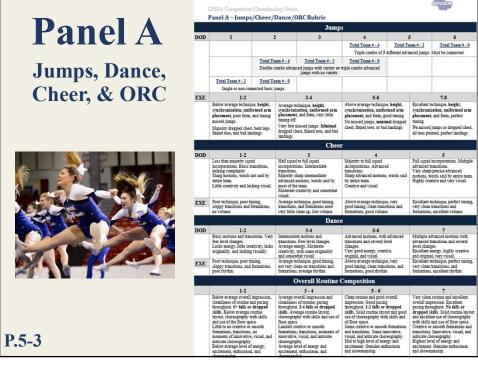
- Must wear black and/or white
- Must wear appropriate shoes

Panel	Responsible Official	Responsibility and Job
A	Official 1 Official 2	<ul> <li>Scores jumps, dance, cheer and overall composition</li> <li>Assists the Primary Safety Judge in determining violations and deductions</li> </ul>
В	Official 3 Official 4	Scores running and standing tumbling
С	Official 5 Official 6	Scores primary partner stunts, secondary partner stunts, and pyramids
Floor Safety	Official 7	<ul> <li>Serves as Primary Safety Judge and will confer with Panel A</li> <li>Assist in the counting the number of team members performing jumps, running tumbling, and standing tumbling</li> </ul>



Checkboxes	Areas of EXE Impro	
Checkboxes	30bbles	□ Flye
Areas for improvement for a team's <b>execution</b> (EXE) scores	Precision	□ Flex
Each panel should check boxes	☐ Timing	□ Stat
Ensure the boxes you check <b>match</b> your score	Areas of l	EXE Impr
and understand why they are	ght	☐ Form
receiving an EXE score  Checkbox Quick	pped Chest	☐ Forma
Reference Guide  P.5-1	ing	☐ Misse





# **Jump Definitions**

#### Combo

• Connected jumps without a pause in between

#### Connected

• No pause, step

## Variety

• Jump sequence that involves at least <u>two</u> different jumps

**Panel A- P.5-2** 

# Degree of Difficulty (DOD)

To max DOD, entire squad must do 3 different advanced connected jumps

DOD is **not** determined by jumps connected to tumbling

Tumbling can accompany jumps but will be judged in tumbling, not jumps

Panel A

15

# **Team Jumps**

Perform all jumps together

Ripple or group their jump sequence

• Same sequence: ½ squad can perform 3 connected advanced jumps; when done or almost done, the other ½ squad can perform the same three connected advanced jumps

All jumps must be done in the same combination with the same jumps

Panel A

	Exec	eution	
	Areas of	EXE Improvement	
☐ Landings	☐ Height	☐ Form	☐ Synchronized
☐ Pointed Toes	☐ Dropped Chest	☐ Formation	☐ Arm Placement
☐ Straight Legs	☐ Timing	☐ Missed Jumps	☐ Legs Not Horizontal
Never single	middle typically out a single ju ire team as qui	mper or set of	jumpers
			Panel

	<b>Jumps Scoring</b>				
EXE	1-2	3-4	5-6	7-8	
	Below average technique, height, synchronization, uniformed arm placement, poor form, and timing missed jumps.  Majority dropped chest, bent legs, flexed toes, and bad landings	Average technique, height, synchronization, uniformed arm placement, and form, very little timing off.  Very few missed jumps. Minimal dropped chest, flexed toes, and bad landings	Above average technique, height, synchronization, uniformed arm placement, and form, good timing. No missed jumps, minimal dropped chest, flexed toes, or bad landings	Excellent technique, height, synchronization, uniformed arm placement, and form, perfect timing.  No missed jumps or dropped chest, all toes pointed, perfect landings	
			1	P.5-	

Osed to deter	mine the DOD in jumps, standing and running tumblin
If the rubric reads	Then
Total Team# - 0	All team members must perform the skill.
Total Team# - 2	1 and/or 2 team members are not required to perform the skill.
Total Team# - 4	3 and/or 4 team members are not required to perform the skill.
Total Team# - 6	5 and/or 6 team members are not required to perform the skill.
Total Team# - 8	7 and/or 8 team members are not required to perform the skill.

## Cheer

#### **Cheer Requirements**

- Minimum of 3 eight counts of cheer with an incorporation(s)
- Entire team must participate in the incorporation to be eligible to receive **maximum** points
- Athletes must say the words
- Cheer words should be distinct and have a high volume

#### **Cheer Incorporations**

- One of the following must be incorporated into the cheer to be eligible to receive maximum points.
  - Jumps, tumbling, stunts, tosses, pyramids, or any combination.
- All squad members can perform different skills such as the combination of jumps, tumbling, stunts, tosses, or pyramids to meet this requirement.

  Updated

**Panel A – P.5-2** 

# **Cheer: Tips & Tricks**

All team members are expected to cheer to max out DOD Incorporations must be included

The type of incorporation does **not** impact the cheer score Short chants of an 8-count may limit the score

#### Consider:

- Sharp motions, synchronizations, pace, and transitions
- Ability to hear the entire squad saying the words, focus on the team saying the words, **not** the fans

Panel A

21

## **Dance**

Everyone must dance the entire four (4) eight counts to receive maximum points

Must have level changes, transitions, footwork, and floor choreography to max out

Lifts and rolls are permitted as part of choreography

**Panel A – P.5-2** 

# **Dance: Tips & Tricks**

#### Requires

- Energy, creative use of music and choreography
- Formation and level changes

#### Consider

- Motions, synchronization, transitions
- Visual excitement, enthusiasm!

#### Ask yourself

• Did they sell it, is it memorable, and entertaining?

**Panel A - P.5-2** 

23

# **Overall Routine Composition**

Crowd appeal

Innovative, visual, and intricate choreography

Creative formations and transitions

Energy and excitement level

Enthusiasm and showmanship

How did the routine make you feel

Pace/flow of the routine

Routine layout

Use of the floor

Falls or dropped skills throughout the routine

Tumbling

technique/performance

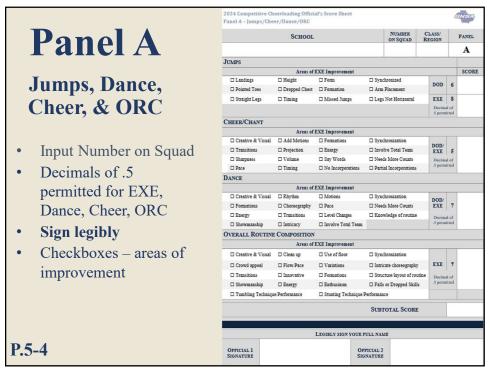
Stunting

technique/performance

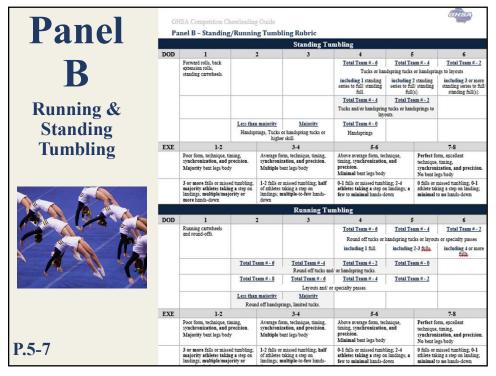
Skills or choreography that made the routine pop

Panel A (Rubric) - P.5-2









# Standing vs. Running

VS.

#### **Standing Tumbling**

Tumbling skill or series of skills performed from a standing position without any previous forward momentum.

Any number of steps **backward** prior to execution of tumbling skill(s) is defined as standing tumbling.

Source: usasf.net

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### **Running Tumbling**

Tumbling skill that is performed with a running start and/or involves a step or hurdle 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.

**Panel B - P.5-5** 

# **Tumbling Entries**

Watch the entry into the skill

Cartwheel: Standing tumbling because that is what initiates the skill

Round-off: Running tumbling because of the momentum it generates

A step hurdle into a cartwheel is running tumbling

**Panel B – P.5-5** 

# **Specialty Passes**

Running tumbling that contains skills from the following during the pass.

- Contains possibly: whips, Arabians, front walkover, aerial, or punch front.
- Ends: A tuck or higher

**Panel B - P.5-5** 

P.5-1

31

# **Majority**

Term	Description		
Majority	<ul> <li>51% or more of the team members execute a required skill. Half of the team plus one.</li> <li>15 members would need 8 members completing the skill to fall in the majority range</li> </ul>		
Less than majority	<ul> <li>50% or fewer of the team members execute a required skill.</li> <li>Half the team or less.</li> <li>A team of 15 members have 7 members complete a skill, then they would fall in the less than majority range</li> </ul>		

If the rubric reads	Then	
Total Team# - 0	All team members must perform the skill.	
Total Team# - 2	1 and/or 2 team members are not required to perform the skill.	
Total Team# - 4	3 and/or 4 team members are not required to perform the skill.	
Total Team# - 6	5 and/or 6 team members are not required to perform the skill.	
Total Team# - 8	7 and/or 8 team members are not required to perform the skill.	

# Running Tumbling DOD 6

The entire team minus 2 must tumble doing round-off tuck or **higher** 

The team must perform at least 4 fulls

- Athletes throwing the fulls can also perform the lower skill
- Two team members executing 2 fulls in one pass will count as a total of 4 fulls

**Panel B - P.5-6/7** 

# **DOD: Standing Tumbling**

Look for the highest skill the team executes as a group.

#### DOD of 3

• Majority (51% or more) performs handsprings, tucks, handspring tucks, or higher

#### DOD of 2

• Less than Majority (50% or fewer) performs handsprings, tucks, handspring tucks, or higher

#### DOD of 1

• A team who has a couple of people execute a roll or cartwheel, can still score a 1, **not 0** 

Panel B

35

## **DOD Tips & Tricks**

Tumbling is **not** cumulative, needs to be shown in **same** sections of the routine

Know the tumbling skills when performed

Split the mat with your partner front/back or left/right side of mat ensure you know the skills performed by the squad

• Ensure both officials are aware of EXE when splitting the mat

Decide with your partner prior to the competition who will look for repeat tumblers

• Teams will recycle

Panel B

# **DOD Tips & Tricks**

Keep an eye on the back row and corners for hoppers on standing tumbling

Create your own code for the tumbling skills:

- BT=Back Tuck
- S- ROBHST=Squad Round Off Back Handsprings Tucks

Count tumblers during the running tumbling section; watch for team members on the sides not tumbling

• Floor Safety will assist with the counting; at times, may be able to confirm the skill

Panel B

37

## DOD Tips & Tricks, continued

**After the routine:** First you, your partner and the floor safety determine how many did **not** tumble

Determine the highest-level skill, then use the rubric to identify DOD

If an athlete performs a higher-level skill, then that athlete can also perform the lower-level skill

• Example: If an athlete performs a round off back handspring full, then assume the athlete can also perform a round off back handspring tuck or layout

Panel B

# **EXE Tips & Tricks**

Execution score is based on all tumbling throughout the entire routine

Weak performers are typically in the back or hidden on the side

Determine if one person writes the skills down while the other watches and communicates to the other

Talk with your partner, review notes to determine EXE

Make sure you check the boxes on the score sheet to match your score

Panel B

39

## **Tumbling Execution**

Based on all tumbling throughout the entire routine Form to look for:

- Bent legs
- Bent elbows
- Steps on landings
- Hands down
- Legs apart
- Landing short
- Timing off
- Height on tumbling whip over vs. setting up

Hands down in tumbling is **not** a fall - Hands down is only deducted from the execution score

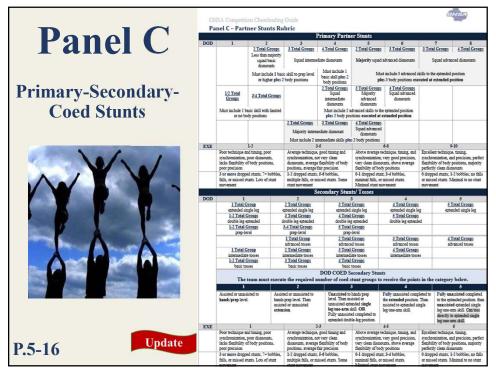
Difficulty does not equal execution!

Panel B - P.5-5/7

	<b>Tumbling Scoring</b>					
EXE	1-2	3-4	5-6	7-8		
	Poor form, technique, timing, synchronization, and precision. Majority bent legs/body	Average form, technique, timing, synchronization, and precision. Multiple bent legs/body	Above average form, technique, timing, synchronization, and precision. Minimal bent legs/body	Perfect form, excellent technique, timing, synchronization, and precision. No bent legs/body		
	3 or more falls or missed tumbling; majority athletes taking a step on landings; multiple/majority or more hands-down	1-2 falls or missed tumbling; half of athletes taking a step on landings; multiple-to-few hands-down	0-1 falls or missed tumbling; <b>2-4</b> <b>athletes</b> taking a step on landings; a few to minimal hands-down	0 falls or missed tumbling; 0-1 athlete taking a ster on landing; minima to no hands-down		
				P.5-		







<b>Definitions</b>		
Term	Description	
Fall	A body part, other than the sole of the shoe, coming into contact with the performance surface during the execution of a stunt/skill. Falling to the floor with a body part landing on the floor such as hands, knees, legs, back, head, rear, elbow, and so on.	
	A stunt group falling to the floor will count as 1 fall.  A stunt group falling to the floor will count as 1 fall.	
Drop	A stunt/skill being attempted that comes down early. It may then be put up again; however, it is clear to the officials that the stunt was not executed as intended.	
Missed Stunt	A skill is attempted but does not hit the appropriate position or height as the other stunts.  • Failure to hit a heel stretch and instead remaining in a platform or liberty.	
Bobble	When a flyer hits a stunt/skill and wobbles, shakes, swings their arms; but the stunt remains in the air.	
	Panel C – P.5-9	

Definitions		
Term	Description	
True Full up	Bases remain stationary and flyer rotates 360° and back spot stays behind the flyer.	
Stunt Movement	When a stunt is moved due to an unintended and unchoreographed shift or adjustment by the bases(s).	
Structure	A place in a pyramid when flyers connect (hand-hand or hand-foot) and pause to show a defined position. This is also known as a picture.	
Extended Stunt/ Position	The supporting hand(s) of the base(s) is/are above the head. (Source: NFHS)	

# **Intended Height**

Give credit for stunts that go to the intended height of the stunts

Stunts that do not go to the intended height will affect the scoring of the DOD

 In Primary and Secondary Stunts as well as Pyramids

**Panel C - P.5-9** 

47

## **Partner Stunts / Tosses**

All groups must demonstrate stability at the extended point of the executed stunt

- Cannot be a show & go style execution
- Secondary stunt must be held for at least **four (4) counts** once it reaches the intended height
- All stunts must have the required spotters and bases
- Specific dismounts are not necessary in secondary stunts, only primary stunts

Both all-girl and coed squads can do baskets to score secondary stunt point

Panel C - P.5-10

# **Stunt Skills**

All groups must perform the same skill(s) to receive credit

A squad who performs the <u>same</u> skill multiple times will only count as **one** skill

• A full up from load and a full up from straddle position will count as **one** advanced skill. The full up is the **repeated** skill

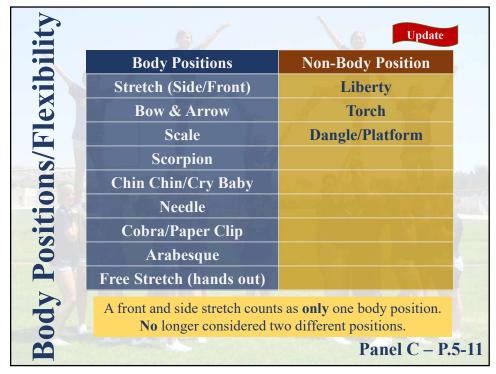
In a released skill, if it not released, then it is not considered an advanced skill

A combination skill receives credit for only one skill. A combination skill is two (2) or more skills performed at the same time

Panel C - P.5-11/16

49

Basic	Intermediate	Advanced
Prep level stunts	Faux full-up to extended position	True full-up (cross-leg/ traditional grip) to extended position
Half-up to prep	True full-up (cross-leg/traditional grip) to prep level	Ball-up (legal version) to extended position
Straight-up	Half-up to extended position	Switch-up to extended position
stunt to prep level (single or	Switch-up to prep level	Inversion to extended position
double leg)	Inversion from below prep level to prep level	Unbraced tick-tock (low-to-high) to extended position
Double leg extension	Inversion from prep level to prep level	Quick toss to the extended position
	Quick toss to prep level	High-to-high extended
	Ball-up, tick-tock, or low-to-high to prep level	1 1/4 full up to extended position
	1 ¼ full up to prep level	
	Straight up single leg extension	
	Non-released ball-up, tick-tock, or low-to-high to extended position	Panel C – P.5-



Dismount	Possible DOD
Advanced	5-8
Intermediate	3-4
Basic	2
No dismounts	1-2
nounts only count in progressing DO	rimary stunts  OD is using the dismount,
skills	

# **DOD Tips & Tricks**

#### Don't hit it, can't get it

DOD is based on Total Groups for the primary or secondary stunt

Tosses count as secondary stunts for **both** all-girl and coed

Watch hand placements and stunt set ups to determine if it will be an advanced skill versus intermediate or basic

Look for the elimination of specific skills as you read the rubric

Split the floor with your pyramid partner. It is easier to divide and score correctly

Panel C

53

## DOD Tips & Tricks, continued

A team who only puts up 3 stunt groups, cannot max out with a score of 8

Stunts that do not go to the intended height of the stunt are not given full credit

Start at the top DOD and subtract what you see and use the number of groups

Bobbles, timing, sloppy, stunt movement – **come off in EXE** 

Make notes of execution or check boxes as you judge to make sure to give more accurate execution scores

Panel C

# DOD Tips & Tricks, continued

Primary stunts require dismounts in higher DODs

Secondary stunts do **not** require a dismount

What body position and how many are pulled?

- 3 body positions while extended range is 5-8 DOD
- 2 body positions can range from 3-6 DOD

#### Primary stunts:

- If 4 groups, you start at 8 DOD and work from there
- If 3 groups, you start at 7 DOD
- If 2 groups, start at 5 DOD

Panel C

55

## **Coed Stunt**

A coed squad consists of both males and females, or individuals of the opposite sex

A male serves as the primary base (group of 3)

Coed group of 3 includes male as primary base of support with a spotter and flyer

A female cannot be the base of primary support

**Panel C - P.5-13** 

## **Scoring Coed Stunts**

Its own section on the scoresheet

Can score up to an **extra 5-points** provided the team executes the **required** skills with the required number of coed stunt groups based upon the number of males on the team

Coed stunts can occur at any part of the routine, either with the squad secondary stunts or separately. Coed stunts will receive their own DOD

EXE is **cumulative** for all secondary stunts including Coed stunts

To receive higher than a 1 they must extend the stunt

**Panel C - P.5-13** 

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# Coed: Assisted vs. Unassisted

Level	Description
Assisted	Any contact made to the stunt by any other member of the team. If another member touches the stunt prior to <b>clearly</b> hitting the intended position, then it is assisted.
Unassisted	Stunt completed by only one person and without the help of any other team member. A stunt must hit at the intended position without any assistance or contact to receive full credit.

**Panel C - P.5-13** 

Coed Stunt Groups			
Number of Males on a Team	Number of Coed Stunts to Execute		
1-2	1		
3-4	2		
5-6	3		
7-8	4		
9-10	5		
	<b>Panel</b> C – <b>P.5</b> -		

DOD		A Coed team performs				
5	•	Walk in or toss to a single leg extended stunt with no assistance or				
		performs it exactly the way it is stated in the rubric.				
	•	Unassisted extensions to the top, not stopping at prep first, then transition				
		to an unassisted extended one-arm cupie.				
	•	A toss to a one-arm cupie or directly to an extended single-leg stunt with				
		no assistance.				
4	•	A toss to an unassisted extension, then is assisted to a single-leg stunt.				
	•	Unassisted to prep, then transition to an assisted extended one-arm cupie				
3		or single leg.				
3	•	Walk in or toss to prep with no assistance, then assisted to a single leg.				
	•	Toss to an unassisted extended double leg.				
2	•	An unassisted toss to hands, then assisted to an extension.				
	•	An assisted toss to hands, then assisted to an extension.				
	•	an assisted toss to hands. Under the 1 DOD, everything can be assisted.				
1		to receive higher than a 1 they must extend the stunt				

# **Coed – Scoring Zero**

A team does not execute the number of required male stunts

• The number of required stunts from male athletes on a team **does not fulfill** the requirements of the rubric of assisted or unassisted to hands/prep level

A team with 1 male athlete is unable to:

- Perform the day of competition
- His stunt group does not fulfill the requirement of the rubric
- The stunt does not hit

The male athletes drop all required stunts that day

**Panel C - P.5-14** 

61

The team must execute the required number of coed stunt groups to receive the points in the category below.				
1	2	3	4	5
Assisted or unassisted to hands/prep level.	Assisted or unassisted to hands/prep level.  Then assisted or unassisted extension.	Unassisted to hands/prep level.  Then assisted or unassisted extended single leg/one-arm skill. OR Fully unassisted completed to extended double-leg position.	assisted to extended single leg/one-arm skill.	Fully unassisted completed to the extended position. then unassisted extended single leg/one-arm skill. Can toss directly to extended single leg/one-arm skill.

# **Coed DOD Tips & Tricks**

Coed teams are required to demonstrate single based coed stunts at any point during the routine

Coed stunts can be up to 5-extra points

#### Max DOD:

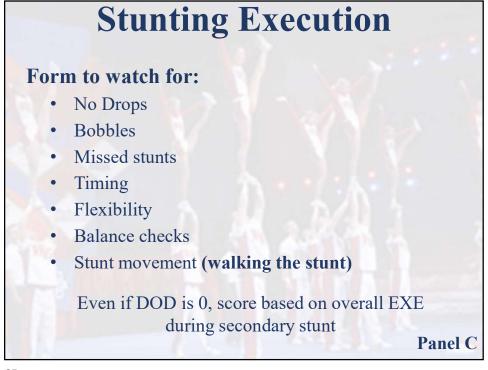
- The required number of male athletes must **first** execute to **the extended position** without assistance before going to single leg
- Coed stunts can go straight to a harder skill as long as it is unassisted

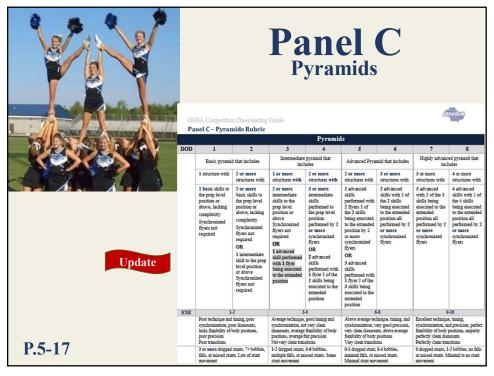
Panel C

63

# Panel C Scoring

- Any release skill to the extended position that is not fully released is considered an intermediate skill. (P. 5-11)
- A suspended roll (intermediate skill) is when the hand is in contact with someone with both feet on the performing surface. (P. 5-15)
- Coed: 3 points added OR Fully unassisted completed to extended double-leg position. (P. 5-16)





# **Pyramid Skills**

All synchronized groups must perform the same skill(s) to receive credit

A squad who performs the <u>same</u> skill multiple times will only count as one skill

Pyramid is scored based on skills

Transitions are skills in pyramids

**Panel C - P.5-15** 

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# Panel C Pyramid

Point Value	Wording Additions/Updates
2	OR 1 intermediate skill to the prep level position or above Synchronized flyers not required
3	2 or more intermediate skills to the prep level position or above Synchronized flyers not required
5	2 advanced skills performed with 2 flyers 1 of the 2 skills being executed to the extended position by 2 or more synchronized flyers

P.5-17

# **Pyramid Execution**

#### Look for:

- Missed elements
- Timing
- Drops
- Bobbles
- Stunt movement
- Synchronization
- Clean transitions
- Flow
- Flexibility

**Panel C - P.5-18** 

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# **Pyramid Tips & Tricks**

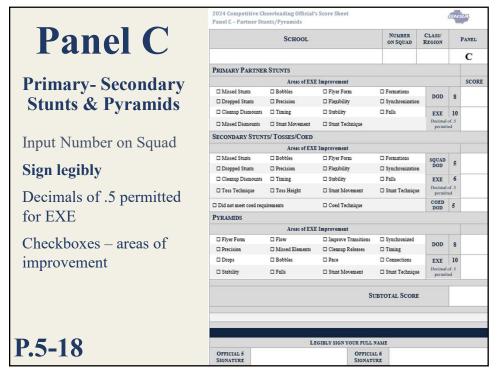
An advanced pyramid will contain advanced skills such as switch ups, full ups, and quick loads to name a few

If one or both sides of the pyramid do not reach the intended height, you must reflect that in the DOD

Dismounts are not weighed when scoring pyramids

Panel C

Score	Structures	Skills	Flyer	Sync Flyers	
8	4+	4 Adv	2 Ext	Yes	P
7	3+	3 Adv	2 Ext	Yes	
6	3+	2 Adv	2 Ext	Yes	Y
5	2+	2 Adv	1 Ext	Yes	
3		3 Adv	2 Ext	No	100
4	2+	3 Int	3 Prep	Yes	D
		2 Adv	1 Ext	No	
3	1+	1-2 Int	1-2 Prep	No	0
		1 Adv	1 Ext	No	D
2	2+	2 Bas	2 Prep	No	D
		I Int	2 Prep	No	
1	1	1 Bas	1 Prep	No	P.5-17



## **Score Sheet**

Work with your partner to determine DOD & Execution

Focus on your category, but pay attention to full routine

Score in blue or black ink

Make sure your scores can be read

Make sure your whole name is legible

If you make a mistake, initial it, strike **once** through the score and write in the new score

If you make more than 2 corrections, ask for a new sheet



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## **Score Sheets**

Ensure current year is at the top of your score sheet

Sign your score sheet and ensure your entire name is legible

Strike through mistakes only once

A maximum of 2 mistakes are permitted before a new score sheet is required

No personal comments on any of the score sheets

Decimal of .5 allowed for all EXE, Cheer, & Dance scores

Checkboxes are EXE Areas of Improvement

Safety Officials must fill out 30 sec boxes



