

CONNECTICUT ASSOCIATION OF SCHOOLS  
CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE  
30 Realty Drive, Cheshire, Connecticut 06410  
Telephone (203) 250-1111 / Fax (203) 250-1345

TO: CAS/CSAC Member Secondary School Cheerleading Coaches  
FROM: CAS/CSAC Cheerleading Committee  
RE: 22nd Annual CAS-CIAC/CSAC Cheerleading Championships

The information in this packet covers in detail the 2012 CAS-CIAC/CSAC Cheerleading Championships.

Your school is encouraged to participate in this activity which has been well received in the last twenty-one years. If you intend to enter, please do the following:

1. Complete the **Entry Form** and submit via the password-protected online eligibility center by **Friday, January 6, 2012**. Mail the \$75 entry fee, payable to CAS, to CAS-CIAC office, 30 Realty Drive, Cheshire, CT 06410.

NOTE: An intent-to-enter form is no longer required. Place all cheerleaders in your cheerleading program, varsity, junior varsity or freshmen on the entry form. There is no limit to the number of cheerleaders who may be on the entry form, but, only twenty (20) of those listed will be able to compete on the day of the competition

The CAS-CIAC/CSAC Cheerleading Committee encourages your school to participate and support this program. These championships are a worthwhile activity for all high school youth.

## 2011-12 NFHS SPIRIT RULES CHANGES

- 2-4-9d Add d.
- 3-3-5c d. Hold objects in her/his hand(s).
- 2-5-5g Delete (c)  
Delete last phrase in (g) ....". Therefore, all full pendulums require two bases."
- 2-5-13c Add EXCEPTION: A backward leapfrog to a prone position is permitted provided there are at least two catchers and the top person maintains continuous hands-to-hands contact with the post throughout the transition. The original bases, post and catchers must remain stationary.
- 2-6-2 Basket tosses, elevator tosses and similar multi-base tosses are permitted only on grass (real or artificial) or a mat.
- 2-6-4c Quick/load-in tosses that begin with the top person in weight-bearing contact with the performing surface and end in a stunt or pyramid are legal provided all the following conditions are met.
- a. Same
  - b. Same
  - c. The top person does not twist during the release unless it is performed on grass (real or artificial) or a mat.
- 2-7-7c Add c. and add Note
- c. The top person begins from a cradle or the performing surface.
- Note: A slight downward swing to prepare for an upward swing is permitted.
- 2-8-9b A twist to a cradle is permitted only on grass (real or artificial) or a mat.
- 2-9-5 Add new: Airborne twisting tumbling skills are permitted only on grass (real or artificial) or a mat, with the exception of roundoffs and aerial cartwheels.
- 2-14 Remove rule pertaining to vaults.
- 3-1-5 Dance, drill and pom teams must wear footwear that is appropriate for the activity involved. At a minimum, footwear must cover the ball of the foot. EXCEPTION: Dancers performing on a floor cover may be barefoot.
- 3-2-10 When a prop used as a base has wheels, rounded surfaces (e.g., balls, barrels, etc.) Or a flat bottom covered with fabric and is moving, a spotter is required.

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TO: CIAC Member Schools  
FROM: Connecticut Interscholastic Athletic Conference  
RE: CAS-CIAC/CSAC Cheerleading Competition

The Connecticut Student Activities Conference under the authority of the Connecticut Association of Schools will for the twenty-second time conduct an Association cheerleading competition. In order to more accurately estimate the number of schools competing, the CAS-CIAC/CSAC requests that you complete the enclosed **Entry Form**, if you intend to enter.

Please submit the **Entry Form** to CAS-CIAC, via the password-protected online eligibility center by **January 6, 2012**. Your promptness is appreciated.

The competition that is planned will be as follows:

- A. **State Championship** -- Friday, March 9, 2012 and Saturday, March 10, 2012  
Site - Floyd Little Athletic Center  
(formerly known as the New Haven Athletic Center)  
480 Sherman Parkway  
New Haven, CT 06511  
(Snow date -- Sunday, March 12, 2012)
- B. **Entry fee:** \$75 per team will be charged. Make checks payable to CAS.
- C. Each squad of not more than **20 cheerleaders** will be required to **PERFORM A 2 TO 2½ MINUTE ROUTINE**. Music will be allowed. There will be, in addition to the all girl divisions, a co-ed division.
- D. 2011-2012 National Federation Rules will be followed.
- E. The number of classes such as Co-ed, LL, L, M, and S will be determined based upon the number of schools that enter the competition.
- F. Teams entering will perform once. Regional competitions **will not** be held.
- G. Appropriate awards similar to CIAC awards will be presented to the champion, first and second runner-up teams in each Class.

Questions or concerns may be addressed to the CAS-CIAC office - telephone (203) 250-1111 or Fax (203) 250-1345.

**\*\* Please share this information with your cheerleader coach/advisor. \*\***

CONNECTICUT ASSOCIATION OF SCHOOLS  
CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE  
30 Realty Drive, Cheshire, Connecticut 06410

**22nd ANNUAL CAS-CIAC/CSAC CHEERLEADING CHAMPIONSHIP 2012**

Sponsored by IGA

1. **AUTHORITY**

The decisions of the CAS-CIAC/CSAC Cheerleading Committee and/or Meet Directors relative to the operation of the competition shall be final.

2. **AWARDS**

In each class a plaque and 22 individual medals will be awarded to each of the champion, 1st, and 2nd runner-up teams.

3. **DATE OF COMPETITION / SITE / STARTING TIMES**

**DATE:** State Championship -- **Friday, March 9, 2012 & Saturday, March 10, 2012**  
Snow Date -- Sunday, March 11, 2012

**TIME:** To be announced with a follow-up communication

**SITE:** **Floyd Little Athletic Center** (formerly known as New Haven Athletic Center)

The CAS/CSAC Cheerleading Committee will determine the starting time for each division competing and a follow-up letter will be mailed to participating schools indicating the starting time.

4. **DIVISIONS**

The 2012 Cheerleading Championship divisions will be determined when the entry forms are submitted to the CAS office.

5. **ENTRY FEE / ENTRY FORM**

Each cheerleading team entering the Championships will be assessed an entry fee of \$75 which must be mailed to CAS, 30 Realty Drive, Cheshire, CT 06410. The entry form and fee must be in the CAS office not later than January 6, 2012. Entry forms are to be submitted via the CAS web site.

6. **LATE ENTRY POLICY**

- No tournament entries will be accepted after the established deadline except those approved by the CIAC Board of Control.
- Corrections requested by a school to an entry form that was submitted by the established deadline, but prior to seeding/pairing data being published on the web site, will be assessed a fee of \$50 per correction to a maximum of \$250.
- All requests for corrections must be submitted on a support ticket via the online eligibility center. **No phone request will be considered.**

7. **MEET REGULATIONS**

- A. Only member schools of CAS/CSAC may enter these championships.
- B. **EACH CHEERLEADING SQUAD MUST PERFORM FOR AT LEAST 2.0 MINUTES BUT NOT MORE THAN 2.5 MINUTES.** Performing less than the required time or performing more than the required time will result in points being deducted. Two points will be deducted for each 5-second violation or any part thereof. **TIME OF PERFORMANCE FOR EACH TEAM WILL START WHEN THE COACH OR HIS/HER DESIGNEE SIGNALS THE TIMER THAT THEY ARE READY TO PERFORM AFTER BEING ANNOUNCED. TIMING WILL STOP WHEN THE COACH OR HIS/HER DESIGNEE HAND SIGNALS THE TIMER THAT THEY HAVE COMPLETED THEIR ROUTINE.**
- C. Dance will be permitted in the routine. The dance portion of the routine may not exceed more than **one minute and thirty seconds (90 seconds)**. A disc jockey equipped with a tape and CD player will be provided at the site, however, a team may use their own tape player if they so choose. *It is highly recommended that each squad bring a back up copy of their music.*
- D. Eight performance judges and two safety judges will score each team. If two divisions are competing at the same time there will be two sets of judges. Technical difficulties will be adjudicated by the judges.
- Sherrie Zembruski, Notre Dame Catholic High School, 220 Jefferson Street, Fairfield, CT 06825 is the Tournament Official Coordinator -- Home phone (203) 574-5639 (after 5:00 p.m.) / Work phone (203) 372-6521 (6:45 a.m. - 3:00 p.m.) / e-mail: [missz14@sbcglobal.net](mailto:missz14@sbcglobal.net) Sherrie will hire and assign judges with the assistance of a subcommittee of the CAS/CSAC Cheerleading Committee. Safety judges **will not** preview the squads.
- E. The 2011-12 National Federation Rules for Spirit squads must be followed. Team stunts or actions judged to be illegal by the National Federation Rules **will result in penalty points assessed**. If you are in doubt about the legality of a stunt or pyramid, submit a picture or video tape to Sherrie Zembruski **at least two weeks before the competition**. A decision will be made within three days of receipt of the picture or video.
- F. **"Props" which are permitted in this competition are megaphones, poms, signs, flags, banners, etc.**
- G. Judges decisions on scoring will be final and binding on all entries. Technical difficulties, such as music stopping, will be adjudicated by the judges.
- H. The Cheerleading Committee will determine the "order of performance" for the championship prior to the competition and will mail this order to those member schools entered.
- I. Only one squad per member school may enter the competition.
- J. All competitors must be enrolled in grade 9, 10, 11 or 12.

- K. Each team will receive five complimentary tickets (**only if the entry fee has been paid**). These complimentary tickets are to be used for school personnel and spouses, **NOT parents**.

There will be no pre-sale tickets. Ticket prices will be: Children five (5) and under are free; Senior Citizens (age 65 and older) \$5.00; Students (Grades 1-12) \$5.00; Adults (All others not in the above categories) \$10.00.

- L. Cheerleading coaches are expected to maintain discipline among the competitors and make certain that good sportsmanship prevails in both winning and defeat. Schools will be held liable for actions of their competitors which may include but is not limited to property damage or assault.
- M. Competitors will not be permitted to compete without the presence of their cheerleading coach/advisor, or having in writing from the Principal of the school a statement designating an adult replacement.
- N. Coaches are to bring a large plastic bag so that what their team "packs in" may be packed out.
- O. Score sheets will be presented to each coach at the conclusion of the competition. Also available to coaches will be an order of finish and point totals for their division.
- P. Scoring will be done in the accordance with the score sheet. A detailed score sheet will be mailed to those entered in January 2012.

8. **TEAM COMPOSITION**

Each team may have up to but not more than **twenty (20) cheerleaders** performing. No alternates. **Schools must be represented by a squad of winter cheerleading members as long as each member of the competition team is actively cheering at current winter athletic events.**

9. **TRAVELING EXPENSES**

Competing schools must provide their own transportation at their expense.

10. **WARM-UP AREA**

A warm-up area will be provided at the competition site for use by the teams prior to the start of competition. A 42' by 42' (seven panels) mat will be provided in the practice and competition areas.

11. **DRESSING FACILITIES**

Facilities will be available at the site.

12. **PERFORMANCE AREA**

See attached gym floor plan which indicates the area of the basketball court that will be the performance area. It will be half court. The performing surface will be a 42' by 42' mat (seven (7) panels) mat. Stepping off the mat will **NOT** result in point deduction. **Tumbling off the mat or a body part other than the feet landing off the mat will result in a point deduction.**

13. **MEDICAL SERVICE**

Medical personnel will be on site at the competition to attend to emergency needs of competitors, coaches and spectators. Each coach is responsible for his/her own team .

14. **NEW ENGLAND REGIONAL CHEERLEADING COMPETITION**

- Only three teams from each division are allowed to compete at the New England Regional Cheerleading Competition.
- In the event that teams are tied, in any division, at the conclusion of the Connecticut State Championships, the following procedure will be used to determine the top three teams eligible to advance to the New England Regionals:
  - A. The points awarded from each judge in the category for “overall effect / overall appeal” will be totaled and the team with the highest score in that category will be eligible to advance.
  - B. If a tie remains, the highest and lowest score from each judge will be deleted and the remaining scores will be tabulated with the team awarded the highest point total given the higher rank.

2012 CONNECTICUT HIGH SCHOOL CHEERLEADING CHAMPIONSHIPS

Sponsored by CAS-CIAC / CSAC

**Form to be submitted via the password protected online eligibility center.  
For the attention of the Principal as well as the Athletic Director**

**2012 Cheerleading Entry Form**

1. The entry form must be submitted to the CAS-CIAC via the password-protected online eligibility center no later than 4:00 p.m. on Friday, January 6, 2012. The \$75 entry fee must be mailed to the CAS office, 30 Realty Drive, Cheshire, CT 06410. A late fee of \$50 will be charged if the entry form is not in the CAS office by 4:00 p.m. on January 6, 2012.
2. Only twenty (20) competitors may be admitted to perform during the competition.
3. If schools require a P.O. for fee payment, indicate that payment of the entry will be forthcoming.

**Please fill in the school information requested on the entry form and submit via the password protected online eligibility center by January 6, 2012.**

**List ALL THE MEMBERS of your cheerleading squad on this entry form (including JV and freshmen members).  
Only twenty (20) competitors may compete during the performance.**

**REMINDER: In order to compete the cheerleaders must cheer for the winter season and must be actively cheering at current winter athletic events.**

The principal certifies that the individuals listed on this official entry form have satisfied the State health Statutes and local regulations regarding physical examinations and are physically fit to participate in this competition.

School \_\_\_\_\_ City/Town \_\_\_\_\_

Principal \_\_\_\_\_ Principal's School Phone ( ) \_\_\_\_\_

Principal's Home Phone ( ) \_\_\_\_\_

Athletic Director \_\_\_\_\_ Ath. Director's School Phone ( ) \_\_\_\_\_

Ath. Director's Home Phone ( ) \_\_\_\_\_ AD's E-mail \_\_\_\_\_

Coach/Advisor \_\_\_\_\_ Coach/Advisor School Phone ( ) \_\_\_\_\_

Coach/Advisor Home Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Coach/Advisor Home Phone ( ) \_\_\_\_\_ E-mail \_\_\_\_\_

Coach/Advisor Cell Phone ( ) \_\_\_\_\_

Please list area code with all telephone numbers.

( ) ALL GIRL SQUAD

( ) CO-ED SQUAD

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## CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE

### CONCUSSION MANAGEMENT AND RETURN TO PLAY REQUIREMENTS

#### “WHEN IN DOUBT – SIT IT OUT”

*A concussion is a type of traumatic brain injury or (TBI), “that changes how the cells in the brain normally work. A concussion is caused by a blow to the head or body that causes the brain to move rapidly inside the skull. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious. Concussions can also result from a fall or from players colliding with each other or with obstacles, such as a goalpost” (Centers for Disease Control and Prevention, 2009).*

#### **PART I -- SIGNS AND SYMPTOMS OF A CONCUSSION**

**– A concussion should be suspected if any one or more of the following signs or symptoms are present, or if the coach/evaluator is unsure.**

- **Signs of a concussion may include (what the athlete looks like):**
  - Confusion / disorientation / irritability
  - Trouble resting / getting comfortable
  - Lack of concentration
  - Slow response / drowsiness
  - Incoherent / slurred speech
  - Slow / clumsy movements
  - Loss of consciousness
  - Amnesia / memory problems
  - Act silly / combative / aggressive
  - Repeatedly ask same questions
  - Dazed appearance
  - Restless / irritable
  - Constant attempts to return to play
  - Constant motion
  - Disproportionate / inappropriate reactions
  - Balance problems
- **Symptoms of a concussion may include (what the athlete reports):**
  - Headache or dizziness
  - Nausea or vomiting
  - Blurred or double vision
  - Over sensitivity to sound / light / touch
  - Ringing in ears
  - Feeling foggy or groggy

**Note: Public Act No. 10-62 requires that a coach MUST immediately remove a student-athlete from participating in any intramural or interscholastic athletic activity who (A) is observed to exhibit signs, symptoms or behaviors consistent with a concussion following a suspected blow to the head or body, or (B) is diagnosed with a concussion, regardless of when such concussion or head injury may have occurred.**

#### **PART II – RETURN TO PARTICIPATION (RTP)**

**– Currently, it is impossible to accurately predict how long concussions will last. There must be full recovery before someone is allowed to return to participation. Connecticut Law now requires that no athlete may resume participation until they have received written medical clearance from a licensed health care professional (Physician, Physician Assistant, Advanced Practice Registered Nurse, Athletic Trainer) trained in the evaluation and management of concussions.**

#### **Concussion management requirements:**

1. No athlete SHALL return to participation (RTP) on the same day of concussion.
2. Any loss of consciousness, vomiting or seizures the athlete MUST be immediately transported to the hospital.
3. Close observation of an athlete MUST continue following a concussion. This should be monitored for an appropriate amount of time following the injury to ensure that there is no escalation of symptoms.

4. Any athlete with signs or symptoms related to a concussion MUST be evaluated from a licensed health care professional (Physician, Physicians Assistant, Advanced Practice Registered Nurse, Athletic Trainer) trained in the evaluation and management of concussions.
5. The athlete MUST obtain written clearance from one of the licensed health care professionals mentioned above directing them into a well defined RTP stepped protocol similar to one outlined below. If at any time signs or symptoms should return during the RTP progression the athlete should cease activity\*.
6. After the RTP protocol has been successfully administered (no longer exhibits any signs or symptoms or behaviors consistent with concussions), final written medical clearance is required by one of the licensed health care professionals mentioned above for them to fully return to unrestricted participation in practices and competitions.

**Medical Clearance RTP Protocol (Recommended one full day between steps)**

<b>Rehabilitation stage</b>	<b>Functional exercise at each stage of rehabilitation</b>	<b>Objective of each stage</b>
1. No activity	Complete physical and cognitive rest until asymptomatic. School may need to be modified.	Recovery
2. Light aerobic activity	Walking, swimming or stationary cycling keeping intensity, <70% of maximal exertion; no resistance training	Increase Heart Rate
3. Sport Specific Exercise	Skating drills in ice hockey, running drills in soccer; no head impact activities	Add Movement
4. Non-contact training drills	Progression to more complex training drills, i.e., passing drills in football and ice hockey; may start progressive resistance training	Exercise, coordination and cognitive load
5. Full Contact Practice	Following medical clearance, participate in normal training activities	Restore confidence and assess functional skills by coaching staff

\* If at any time symptoms should return during the RTP progression the athlete should stop activity that day. If the athlete’s symptoms are gone the next day, s/he may resume the RTP progression at the last step completed in which no symptoms were present. If symptoms return and don’t resolve, the athlete should be referred back to their medical provider.

References:

- NFHS. Concussions. 2008 NFHS Sports Medicine Handbook (Third Edition). 2008: 77-82.  
<http://www.nfhs.org>
- McCrory, Paul MBBS, PhD; Meeuwisse, Willem MD, PhD; Johnston, Karen MD, PhD; Dvorak, Jiri MD; Aubry, Mark MD; Molloy, Mick MB; Cantu, Robert MA, MD. Consensus Statement on Concussion in Sport 3rd International Conference on Concussion in Sport held in Zurich, November 2008. Clinical Journal of Sport Medicine: May 2009 - Volume 19 - issue 3 - pp 185-200  
[http://journals.www.com/cjsportsmed/Fulltext/2009/05000/Consensus\\_Statement\\_on\\_Concussion\\_in\\_Sport\\_3rd.1.aspx](http://journals.www.com/cjsportsmed/Fulltext/2009/05000/Consensus_Statement_on_Concussion_in_Sport_3rd.1.aspx)
- Centers for Disease Control and Prevention. *Heads Up: Concussion in High School Sports*.  
[http://www.cdc.gov/NCIPC/tbi/Coaches\\_Tool\\_Kit.htm](http://www.cdc.gov/NCIPC/tbi/Coaches_Tool_Kit.htm).
- U.S. Department of Health and Human Services Centers for Disease Control and Prevention. *A Fact Sheet for Coaches*. (2009). Retrieved on June 16, 2010. [Http://www.cdc.gov/concussion/pdf/coaches\\_Engl.pdf](http://www.cdc.gov/concussion/pdf/coaches_Engl.pdf)
- American Academy of Pediatrics - Healthychildren. *Symptom Check: Head Injury*. Retrieved on June 16, 2010.  
[Http://www.healthychildren.org/english/tips-tools/symptom-checker/pages/Head-Injury.aspx](http://www.healthychildren.org/english/tips-tools/symptom-checker/pages/Head-Injury.aspx)

Resources:

- Centers for Disease Control and Prevention. *Injury Prevention & Control: Traumatic Brain Injury*. Retrieved on June 16, 2010.  
<http://www.cdc.gov/TraumaticBrainInjury/index.html>
- Centers for Disease Control and Prevention. *Heads Up: Concussion in High School Sports Guide for Coaches*. Retrieved on June 16, 2010.

**CONNECTICUT ASSOCIATION OF SCHOOLS  
CHEERLEADING PENALTY SHEET**

**SCHOOL** \_\_\_\_\_ **DIVISION** \_\_\_\_\_ **JUDGE'S INITIALS** \_\_\_\_\_

VIOLATION

PENALTY POINTS

1). Apparel – **wearing jewelry, long fingernails, unsafe hair devices, improperly covered braces** (10 points per violation)

\_\_\_\_\_

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\_\_\_\_\_

2). Performance Mistakes – **stepping on poms or signs, inattentive spotter, improperly performed legal stunts** (10 points)

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3). Safety Violations (25 points)  
**Rule Infraction**                      **Page #**                      **Category**                      **Rule #**

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4). Time

**Time of Music** \_\_\_\_\_

**Maximum time is 1 minute 30 seconds (90 seconds)**

\_\_\_\_\_

**Time of Routine** \_\_\_\_\_

\_\_\_\_\_

- Minimum time is 2 minutes (120 seconds)**
- Maximum time is 2 minutes 30 seconds (150 seconds)**
- 1 - 5 seconds over or under deduct 2 points**
- 6 - 10 seconds over or under deduct 4 points**
- 11 - 15 seconds over or under deduct 6 points**
- 16 - 20 seconds over or under deduct 8 points**
- 21 - 25 seconds over or under deduct 10 points**

**TOTAL PENALTY POINTS :** \_\_\_\_\_

# CONNECTICUT ASSOCIATION OF SCHOOLS CHEERLEADING SCORE SHEET

TEAM/NUMBER OF CHEERLEADERS \_\_\_\_\_ DIVISION \_\_\_\_\_ JUDGE NUMBER \_\_\_\_\_

<i>Judge 4 &amp; Judge 8</i>	<b>Scoring Range/Categories</b>	<u>Score</u> Max Score	<b>Comments</b>												
<p><b>Motions In Cheer/Stunts</b> Technique, Controlled, Timing, Sharp, Tight, Varied, Speed</p> <p>Motions = V's, T's, Touchdowns, or Variations.</p>	<p>____ <b>0</b>: No Motions</p> <p>____ <b>1 – 3</b>: 1-3 motions performed by majority of the team. Motions not together. Poor sharpness and precision. Levels off. Lack of technique. Slow. No Variation.</p> <p>____ <b>4 – 6</b>: 4-5 motions performed by majority of team. Average sharpness and precision. Majority of motions and motion levels together/could be better. Motions exhibit good technique. Limited speed.</p> <p>____ <b>7 – 8</b>: 6-7 motions performed by majority of team. Good speed. Good sharpness and precision. Good synchronization. Levels together. Good technique.</p> <p>____ <b>9 – 10</b>: 8+ motions performed by majority of team. Good Speed. Very sharp and precise. Extremely strong motions. Great synchronization. Great levels. Motions exhibit superior technique.</p>	<b>10</b>	<hr/> <p><b>Comments:</b></p> <table style="width: 100%; border: none;"> <tr> <td><input type="checkbox"/> Good Precision</td> <td><input type="checkbox"/> Synchronization Off</td> </tr> <tr> <td><input type="checkbox"/> Good Variety</td> <td><input type="checkbox"/> Flying Arms</td> </tr> <tr> <td><input type="checkbox"/> Good Motion Placement</td> <td><input type="checkbox"/> Bent Wrists</td> </tr> <tr> <td><input type="checkbox"/> Good Levels</td> <td><input type="checkbox"/> Timing Off</td> </tr> <tr> <td><input type="checkbox"/> Good Synchronization</td> <td><input type="checkbox"/> Motion Placement Off</td> </tr> </table>	<input type="checkbox"/> Good Precision	<input type="checkbox"/> Synchronization Off	<input type="checkbox"/> Good Variety	<input type="checkbox"/> Flying Arms	<input type="checkbox"/> Good Motion Placement	<input type="checkbox"/> Bent Wrists	<input type="checkbox"/> Good Levels	<input type="checkbox"/> Timing Off	<input type="checkbox"/> Good Synchronization	<input type="checkbox"/> Motion Placement Off		
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<input type="checkbox"/> Good Levels	<input type="checkbox"/> Timing Off														
<input type="checkbox"/> Good Synchronization	<input type="checkbox"/> Motion Placement Off														
<p><b>Dance</b> % of Team Involved, Innovative, Fast Paced, Exciting, Timing, Rhythm, Appropriate Selection and Use of Music/Movement, Visually Effective, Execution.</p> <p>Co-Ed Teams: Male participants do not have to dance but should be utilized during the dance.</p>	<p>____ <b>0</b>: No Dance</p> <p>____ <b>1 – 3</b>: Only 1 8-count/Less than majority of team incorporated. Low energy. Slow. Synch, rhythm, and timing off. No footwork. No levels used.</p> <p>____ <b>4 – 6</b>: 1-2 8-counts/Less than majority of team incorporated. Limited energy level. Speed, synch, rhythm and timing off. Limited footwork. Some levels used.</p> <p>____ <b>7 - 8</b>: 2-3 8-counts/Majority of team incorporated. Good energy and speed. Good synch, rhythm and timing. Good footwork. Good and varied levels.</p> <p>____ <b>9 – 10</b>: 3+ 8-counts/100% of team incorporated. Superior energy and speed. Great synch, rhythm and timing. Great footwork. Good and varied levels.</p>	<b>10</b>	<hr/> <p><b>Comments:</b></p> <table style="width: 100%; border: none;"> <tr> <td><input type="checkbox"/> Good Precision</td> <td><input type="checkbox"/> Timing Off</td> </tr> <tr> <td><input type="checkbox"/> Good Variety</td> <td><input type="checkbox"/> More Floor Work Needed</td> </tr> <tr> <td><input type="checkbox"/> Good Choreography</td> <td><input type="checkbox"/> Not Age Appropriate</td> </tr> <tr> <td><input type="checkbox"/> Good Floor Work</td> <td><input type="checkbox"/> Inappropriate Music Selection</td> </tr> <tr> <td><input type="checkbox"/> Good Synchronization</td> <td><input type="checkbox"/> Improve Team Synchronization</td> </tr> <tr> <td><input type="checkbox"/> Good Rhythm</td> <td></td> </tr> </table>	<input type="checkbox"/> Good Precision	<input type="checkbox"/> Timing Off	<input type="checkbox"/> Good Variety	<input type="checkbox"/> More Floor Work Needed	<input type="checkbox"/> Good Choreography	<input type="checkbox"/> Not Age Appropriate	<input type="checkbox"/> Good Floor Work	<input type="checkbox"/> Inappropriate Music Selection	<input type="checkbox"/> Good Synchronization	<input type="checkbox"/> Improve Team Synchronization	<input type="checkbox"/> Good Rhythm	
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<input type="checkbox"/> Good Rhythm															
<p><b>Overall Effect/ Overall Appeal</b></p> <p>Exciting, Entertaining, Dynamic, Confident, Visually effective.</p> <p>Consider execution of all skills performed and how they were incorporated.</p>	<p>Overall effect that motions and dance contributed to the routine. Consider the types of motions, speed, difficulty and variety.</p>	<b>5</b>													
<b>TOTAL</b>		<b>/25</b>													

**CONNECTICUT ASSOCIATION OF SCHOOLS  
CHEERLEADING SCORE SHEET**

TEAM /NUMBER OF CHEERLEADERS \_\_\_\_\_ DIVISION \_\_\_\_\_ JUDGE NUMBER \_\_\_\_\_

<i>Judge 3 &amp; Judge 7</i>	<b>Scoring Range/Categories</b>	<b>Score Max Score</b>	<b>Comments</b>														
<p><b>Standing Tumbling</b> Skill Level, % of Team Involved, Timing, Technique, Execution.</p> <p>Majority of team's skill level determines starting point range. Additional tumbling skills may move score into the next scoring range</p> <p>Majority = 1 over 50%</p>	<p>____ <b>0</b>: No tumbling performed.</p> <p>____ <b>1 – 2</b>: Basic: Forward/Back rolls, Splits, Cartwheels, Front/Back Walkovers.</p> <p>____ <b>2 – 3</b>: Intermediate: Backhand springs performed by majority of team.</p> <p>____ <b>3 – 4</b>: Advanced: Back Tucks, Arabians, Full Twists, X-Outs, Layouts, Jump/Back Handspring combination or combination of intermediate and advanced skills performed by majority of team.</p> <p>____ <b>5</b>: Elite: Advanced skills performed by the entire team at a superior level. Jump/Back Tuck combinations. Tumbling at a superior level of technique.</p>	<b>5</b>	<p><b>Comments:</b></p> <table style="width: 100%; border: none;"> <tr> <td><input type="checkbox"/> Good Incorporation</td> <td><input type="checkbox"/> Touchdowns/Falls</td> </tr> <tr> <td><input type="checkbox"/> Good Use Of Skills</td> <td><input type="checkbox"/> Synch Off</td> </tr> <tr> <td><input type="checkbox"/> Strong Tumbling</td> <td><input type="checkbox"/> Legs/Toes Sloppy</td> </tr> <tr> <td><input type="checkbox"/> Good Timing</td> <td><input type="checkbox"/> Need To Perfect</td> </tr> <tr> <td><input type="checkbox"/> Good Synchronization</td> <td><input type="checkbox"/> Skills</td> </tr> </table>	<input type="checkbox"/> Good Incorporation	<input type="checkbox"/> Touchdowns/Falls	<input type="checkbox"/> Good Use Of Skills	<input type="checkbox"/> Synch Off	<input type="checkbox"/> Strong Tumbling	<input type="checkbox"/> Legs/Toes Sloppy	<input type="checkbox"/> Good Timing	<input type="checkbox"/> Need To Perfect	<input type="checkbox"/> Good Synchronization	<input type="checkbox"/> Skills				
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<p><b>Running Tumbling</b> Skill Level, % of Team Involved, Timing, Technique, Execution.</p> <p>Majority of team's skill level determines starting point range. Additional tumbling skills may move score into the next scoring range</p> <p>Majority = 1 over 50%</p>	<p>____ <b>0</b>: No tumbling performed.</p> <p>____ <b>1 – 2</b>: Basic: Cartwheels, Round offs.</p> <p>____ <b>2 – 3</b>: Intermediate: Backhand springs, Aerials, or combination of basic &amp; intermediate skills performed by majority of team.</p> <p>____ <b>3 – 4</b>: Advanced: Back Tucks, Punch Fronts, Arabians, Full Twists, X-Outs, Layouts, or combination of intermediate &amp; advanced skills performed by majority of team.</p> <p>____ <b>5</b>: Elite: Advanced skills performed by the entire team at a superior level.</p>	<b>5</b>	<p><b>Comments:</b></p> <table style="width: 100%; border: none;"> <tr> <td><input type="checkbox"/> Good Incorporation</td> <td><input type="checkbox"/> Touchdowns/Falls</td> </tr> <tr> <td><input type="checkbox"/> Good Use Of skills</td> <td><input type="checkbox"/> Synch Off</td> </tr> <tr> <td><input type="checkbox"/> Strong Tumbling</td> <td><input type="checkbox"/> Legs/Toes Sloppy</td> </tr> <tr> <td><input type="checkbox"/> Good Timing</td> <td><input type="checkbox"/> Need To Perfect</td> </tr> <tr> <td><input type="checkbox"/> Good Synchronization</td> <td><input type="checkbox"/> Skills</td> </tr> </table>	<input type="checkbox"/> Good Incorporation	<input type="checkbox"/> Touchdowns/Falls	<input type="checkbox"/> Good Use Of skills	<input type="checkbox"/> Synch Off	<input type="checkbox"/> Strong Tumbling	<input type="checkbox"/> Legs/Toes Sloppy	<input type="checkbox"/> Good Timing	<input type="checkbox"/> Need To Perfect	<input type="checkbox"/> Good Synchronization	<input type="checkbox"/> Skills				
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<input type="checkbox"/> Good Timing	<input type="checkbox"/> Need To Perfect																
<input type="checkbox"/> Good Synchronization	<input type="checkbox"/> Skills																
<p><b>Jumps</b> Skill Level, % of Team Involved, Timing, Technique, Height, Execution.</p> <p>Skills performed by less than a majority of the team may move the score into a lower range.</p>	<p>____ <b>0</b>: No jumps</p> <p>____ <b>1 – 3</b>: Basic - 1 Jump performed by majority of team. Tuck, Straddle, Eagle jumps.</p> <p>____ <b>4 – 6</b>: Intermediate – 1-2 Jumps performed by majority of team. Herkie, Toe Touch, Front Hurdler, Side Hurdler, or a combination of 2 or more intermediate and/or basic jumps.</p> <p>____ <b>7 – 8</b>: Advanced – 2-3 Jumps performed by majority of team. Pike, Double Nine, Around the World, or a combination of 2 or more advanced and/or intermediate jumps.</p> <p>____ <b>9 - 10</b>: Elite – 3 or more jumps with at least 2 intermediate or advanced connected jumps, and at least 1 other intermediate or advanced jump performed by majority of team with a superior level of technique.</p>	<b>10</b>	<p><b>Comments:</b></p> <table style="width: 100%; border: none;"> <tr> <td><input type="checkbox"/> Strong Jumps</td> <td><input type="checkbox"/> Jumps Need Height</td> </tr> <tr> <td><input type="checkbox"/> Good Height</td> <td><input type="checkbox"/> Need Variety</td> </tr> <tr> <td><input type="checkbox"/> Good Incorporation</td> <td><input type="checkbox"/> Point Toes</td> </tr> <tr> <td><input type="checkbox"/> Good Variety</td> <td><input type="checkbox"/> Knees Bent</td> </tr> <tr> <td></td> <td><input type="checkbox"/> Sloppy Landings</td> </tr> <tr> <td></td> <td><input type="checkbox"/> Watch Arms</td> </tr> <tr> <td></td> <td><input type="checkbox"/> Timing Off</td> </tr> </table>	<input type="checkbox"/> Strong Jumps	<input type="checkbox"/> Jumps Need Height	<input type="checkbox"/> Good Height	<input type="checkbox"/> Need Variety	<input type="checkbox"/> Good Incorporation	<input type="checkbox"/> Point Toes	<input type="checkbox"/> Good Variety	<input type="checkbox"/> Knees Bent		<input type="checkbox"/> Sloppy Landings		<input type="checkbox"/> Watch Arms		<input type="checkbox"/> Timing Off
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<p><b>Overall Effect/ Overall Appeal</b> Exciting, Entertaining, Dynamic, Confident, Visually effective.</p> <p>Consider execution of all skills performed and how they were incorporated.</p>	<p>Overall work on tumbling and jumps. Consider the degree of difficulty, the execution of skills, the combining of jump and tumbling skills, and the overall effect of these elements in the routine.</p>	<b>5</b>															
<b>TOTAL</b>		<b>/25</b>															

**CONNECTICUT ASSOCIATION OF SCHOOLS  
CHEERLEADING SCORE SHEET**

TEAM /NUMBER OF CHEERLEADERS \_\_\_\_\_ DIVISION \_\_\_\_\_ JUDGE NUMBER \_\_\_\_\_

<i>Judge 2 &amp; Judge 6</i>	<b>Scoring Range/Categories</b>	<b>Score Max Score</b>	<b>Comments</b>								
<p><b>Partner Stunts</b> Skill Level, % of Team Involved, Timing, Variety, Technique, Dismounts</p>	<p>____ <b>0</b>: No partner stunts. ____ <b>1 – 3</b>: Shoulder height stunts or below. Straight cradles. <i>If Applicable</i>: No Co-Ed Stunts ____ <b>4 – 7</b>: Extensions, single body position/single trick basket tosses. Liberty, torch, heel stretches. 1 body position in single leg stunts. Single twisting dismounts from single leg stunts. Double twisting dismounts from prep level. Advanced stunts with front spotters. Majority of participants used in stunts. <i>If Applicable</i>: Co-Ed Stunts at shoulder height or extended ____ <b>8 – 10</b>: Bow &amp; Arrows, arabesque, scorpion, single based stunts. 2+ body positions in single leg stunts. Double twisting dismounts from single leg extended stunts. Transitional stunts, release partner stunts, basket tosses with more than 1 body position or trick. Maximum participants used. <i>If Applicable</i>: Single Leg Co-Ed Stunts</p>	<p>____ <b>10</b></p>	<p><b>Comments:</b></p> <table border="0"> <tr> <td><input type="checkbox"/> Solid Stunts</td> <td><input type="checkbox"/> Stunts Not Steady</td> </tr> <tr> <td><input type="checkbox"/> Good Incorporation</td> <td><input type="checkbox"/> Needs Polish</td> </tr> <tr> <td><input type="checkbox"/> Clean Dismounts</td> <td><input type="checkbox"/> Shaky Dismounts</td> </tr> <tr> <td><input type="checkbox"/> Proper Technique</td> <td><input type="checkbox"/> Improper Technique</td> </tr> </table>	<input type="checkbox"/> Solid Stunts	<input type="checkbox"/> Stunts Not Steady	<input type="checkbox"/> Good Incorporation	<input type="checkbox"/> Needs Polish	<input type="checkbox"/> Clean Dismounts	<input type="checkbox"/> Shaky Dismounts	<input type="checkbox"/> Proper Technique	<input type="checkbox"/> Improper Technique
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<input type="checkbox"/> Proper Technique	<input type="checkbox"/> Improper Technique										
<p><b>Pyramids</b> Skill Level, % of Team Involved, Timing, Variety, Technique, Clean Dismounts</p>	<p>____ <b>0</b>: No pyramids. ____ <b>1 – 3</b>: Shoulder height stunts or below. ____ <b>4 – 7</b>: Extended, liberty, torch, heel stretch, 1 body position in single leg stunt. Intermediate release transition. ____ <b>8 – 10</b>: Arabesque, scorpion, single base stunts, 2+ body positions in single leg stunts. Advanced release transitions (example: Tick Tocks, Star overs, tuck through, etc.).</p>	<p>____ <b>10</b></p>	<p><b>Comments:</b></p> <table border="0"> <tr> <td><input type="checkbox"/> Solid Stunts</td> <td><input type="checkbox"/> Stunts Not Steady</td> </tr> <tr> <td><input type="checkbox"/> Good Incorporation</td> <td><input type="checkbox"/> Needs Polish</td> </tr> <tr> <td><input type="checkbox"/> Clean Dismounts</td> <td><input type="checkbox"/> Shaky Dismounts</td> </tr> <tr> <td><input type="checkbox"/> Proper Technique</td> <td><input type="checkbox"/> Improper Technique</td> </tr> </table>	<input type="checkbox"/> Solid Stunts	<input type="checkbox"/> Stunts Not Steady	<input type="checkbox"/> Good Incorporation	<input type="checkbox"/> Needs Polish	<input type="checkbox"/> Clean Dismounts	<input type="checkbox"/> Shaky Dismounts	<input type="checkbox"/> Proper Technique	<input type="checkbox"/> Improper Technique
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<input type="checkbox"/> Proper Technique	<input type="checkbox"/> Improper Technique										
<p><b>Overall Effect/ Overall Appeal</b> Exciting, Entertaining, Dynamic, Confident, Visually Effective.  Consider execution of all skills performed and how they were incorporated.</p>	<p>Overall work on partner stunts and pyramids. Consider the execution, variety and difficulty of the partner stunts and pyramids performed and the overall effect they had in the routine.</p>	<p>____ <b>5</b></p>									
<b>TOTAL</b>		<b>/25</b>									

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CHEERLEADING SCORE SHEET**

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<i>Judge 1 &amp; Judge 5</i>	<b>Scoring Range/Categories</b>	<b>Score Max Score</b>	<b>Comments</b>								
<p><b>Voice</b> Volume, Tone, Pitch, Clarity, Appropriate Inflections, Appropriate Use of Words.</p>	<p>____ <b>1 – 2:</b> Poor enunciation, weak voices, minimal team cheering. ____ <b>3 – 4:</b> Good enunciation, average voices, partial team cheering. ____ <b>5:</b> Excellent enunciation, strong voices, full team cheering.</p>	<p>____ <b>5</b></p>	<hr/> <p><b>Comments:</b></p> <table border="0"> <tr> <td><input type="checkbox"/> Strong Voices</td> <td><input type="checkbox"/> Be Louder</td> </tr> <tr> <td><input type="checkbox"/> Good Expression</td> <td><input type="checkbox"/> Difficult To Understand</td> </tr> <tr> <td><input type="checkbox"/> Clear/Consistent</td> <td><input type="checkbox"/> Keep Volume</td> </tr> <tr> <td></td> <td><input type="checkbox"/> Not All Cheering</td> </tr> </table>	<input type="checkbox"/> Strong Voices	<input type="checkbox"/> Be Louder	<input type="checkbox"/> Good Expression	<input type="checkbox"/> Difficult To Understand	<input type="checkbox"/> Clear/Consistent	<input type="checkbox"/> Keep Volume		<input type="checkbox"/> Not All Cheering
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<input type="checkbox"/> Clear/Consistent	<input type="checkbox"/> Keep Volume										
	<input type="checkbox"/> Not All Cheering										
<p><b>Expression and Enthusiasm</b>  Smiles, Spirit, Naturalness.  Showmanship maintained throughout entire routine.</p>	<p>____ <b>1 – 2:</b> Limited smiles, eye contact &amp; facial expression. Enthusiasm Un-sustained throughout routine. ____ <b>3 – 4:</b> Good smiles, eye contact &amp; facial expression. Enthusiasm sustained through majority of routine. ____ <b>5:</b> Excellent smiles, eye contact &amp; facial expression. Spirit &amp; enthusiasm sustained through entire routine.</p>	<p>____ <b>5</b></p>	<hr/> <p><b>Comments:</b></p> <table border="0"> <tr> <td><input type="checkbox"/> Excellent Spirit</td> <td><input type="checkbox"/> Everyone Needs To Smile</td> </tr> <tr> <td><input type="checkbox"/> Good Expression</td> <td><input type="checkbox"/> Maintain Spirit</td> </tr> <tr> <td><input type="checkbox"/> Nice Natural Smiles</td> <td><input type="checkbox"/> Keep Energy Up</td> </tr> <tr> <td><input type="checkbox"/> Good Showmanship</td> <td><input type="checkbox"/> Avoid Expression Over-Kill</td> </tr> </table>	<input type="checkbox"/> Excellent Spirit	<input type="checkbox"/> Everyone Needs To Smile	<input type="checkbox"/> Good Expression	<input type="checkbox"/> Maintain Spirit	<input type="checkbox"/> Nice Natural Smiles	<input type="checkbox"/> Keep Energy Up	<input type="checkbox"/> Good Showmanship	<input type="checkbox"/> Avoid Expression Over-Kill
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<input type="checkbox"/> Good Showmanship	<input type="checkbox"/> Avoid Expression Over-Kill										
<p><b>Formations &amp; Spacing</b>  Use of Floor, Varied, Interesting, Properly Aligned &amp; Symmetrical (when appropriate).</p>	<p>____ <b>1 – 2:</b> Poor spacing. 1-2 varied formations. ____ <b>3 – 4:</b> Some spacing off. Some formation changes. At least 3-4 varied formations. ____ <b>5:</b> Good/Perfect spacing. Great variety of formations. 4+ varied formations.</p>	<p>____ <b>5</b></p>	<hr/> <p><b>Comments:</b></p> <table border="0"> <tr> <td><input type="checkbox"/> Good Formations</td> <td><input type="checkbox"/> Include More Levels</td> </tr> <tr> <td><input type="checkbox"/> Good Variety</td> <td><input type="checkbox"/> Need Variety</td> </tr> <tr> <td><input type="checkbox"/> Good Use Of Floor</td> <td><input type="checkbox"/> Watch Spacing</td> </tr> <tr> <td><input type="checkbox"/> Good Visual Effect/Incorp</td> <td><input type="checkbox"/> Limited Use Of Floor</td> </tr> </table>	<input type="checkbox"/> Good Formations	<input type="checkbox"/> Include More Levels	<input type="checkbox"/> Good Variety	<input type="checkbox"/> Need Variety	<input type="checkbox"/> Good Use Of Floor	<input type="checkbox"/> Watch Spacing	<input type="checkbox"/> Good Visual Effect/Incorp	<input type="checkbox"/> Limited Use Of Floor
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<input type="checkbox"/> Good Visual Effect/Incorp	<input type="checkbox"/> Limited Use Of Floor										
<p><b>Transitions</b> Cheerleaders move smoothly &amp; cleanly from one segment of the routine to the next avoiding bumping &amp; unnecessary crossing. Skills are incorporated into transitions.</p>	<p>____ <b>1 – 2:</b> No Variety in Transitions, Sloppy, Poor Use of Floor ____ <b>3 – 4:</b> Limited Variety in Transitions, Some Confusion, Average Use of Floor ____ <b>5:</b> Multiple Variations of Transitions, Clean, Good Flow, Good Use of Floor</p>	<p>____ <b>5</b></p>	<hr/> <p><b>Comments:</b></p> <table border="0"> <tr> <td><input type="checkbox"/> Good Transitions</td> <td><input type="checkbox"/> Sloppy Transitions</td> </tr> <tr> <td><input type="checkbox"/> Good Flow</td> <td><input type="checkbox"/> Choppy/Doesn't Flow</td> </tr> <tr> <td></td> <td><input type="checkbox"/> Avoid Bumping</td> </tr> </table>	<input type="checkbox"/> Good Transitions	<input type="checkbox"/> Sloppy Transitions	<input type="checkbox"/> Good Flow	<input type="checkbox"/> Choppy/Doesn't Flow		<input type="checkbox"/> Avoid Bumping		
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<p><b>Overall Effect/ Overall Appeal</b>  Exciting, Entertaining, Dynamic, Confident, Visually Effective.</p>	<p>Overall effect that voice, enthusiasm, spacing, formations &amp; transitions contributed to the routine. Consider variety &amp; execution throughout routine.</p>	<p>____ <b>5</b></p>									
<b>TOTAL</b>		<b>/25</b>									

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<i><b>DEDUCTION JUDGE</b></i>	<b>Explanation</b>	<b>Deduction Per Occurrence</b>	<b>Number of Occurrences</b>	<b>Total Deduction</b>
<b>Bobbles in Stunts/ Touchdowns in Tumbling/Mistakes</b>	<input type="checkbox"/> Stunts/pyramids that almost drop/fall but are saved. <input type="checkbox"/> Early dismount from stunts. <input type="checkbox"/> Incomplete twisting cradles. <input type="checkbox"/> Knees/ hands touching ground during cradle or dismount. <input type="checkbox"/> Memory mistakes involving obvious execution of incorrect moves. <input type="checkbox"/> Tripping on the floor while transitioning. <input type="checkbox"/> Severe balance checks. <input type="checkbox"/> Severe timing issues. <input type="checkbox"/> Hands down on tumbling. <input type="checkbox"/> Knees touch ground in back handspring/back tucks.	<b>0.5</b>		_____
<b>Falls (Major)</b>	<input type="checkbox"/> Fall from individual stunt(s) to the ground.	<b>1.0</b>		_____
<b>Collapse</b>	<input type="checkbox"/> Entire pyramid falls/collapses.	<b>2.0</b>		_____
<b>TOTAL DEDUCTION</b>				No Single Pyramid can have more than a 2 point deduction.

*Approved 09/21/11*