

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

To: CIAC Member Schools
From: CIAC
Re: **CAS/CIAC/CSAC Cheerleading Competition**

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

Please submit the Entry Form to CAS via the password-protected online eligibility center by **January 3, 2014**. Place all cheerleaders in your cheerleading program – varsity, junior varsity or freshman 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. Your promptness is appreciated.

The information in this packet covers in detail the 2014 CAS/CIAC/CSAC Cheerleading Championships.

The competition that is planned will be as follows:

- A. **State Championship** – Friday, March 7, 2014 and Saturday, March 8, 2014
Site – Floyd Little Athletic Center, 480 Sherman Parkway, New Haven, CT 06511
Snow date – Sunday, March 9, 2014
- B. **Entry fee** of \$85 per team will be charged. Entry fee should be made payable to CAS and mailed to 30 Realty Drive, Cheshire, CT 06410.
- C. Each squad of **not more than twenty (20)** cheerleaders will be required to **PERFORM A 2 TO 2 ½ MINUTE ROUTINE**. Music will be allowed. There will be in addition to the all-girl divisions, a co-ed division.
- D. 2013-14 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 office (203) 250-1111 or fax (203) 250-1345.

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

Please share this information with your cheerleading coach/advisor.

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

24th ANNUAL CAS/CSAC CHEERLEADING CHAMPIONSHIP 2014

1. **Authority** -- The decisions of the CAS/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 7, 2014 and Saturday, March 8, 2014
Snow Date – Sunday, March 9, 2014

Time: To be announced with a follow-up communication

Site: Floyd Little Athletic Center , 480 Sherman Parkway, New Haven, CT 06511

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 2014 Cheerleading Championship divisions will be determined when the entry forms are returned to the CAS office.
5. **Entry Fee / Entry Form** – Each cheerleading team entering the Championships will be assessed an entry fee of \$85 which must be mailed to CAS, 30 Realty Drive, Cheshire, CT 06410. Entry form must be submitted by January 3, 2014 via the CAS web site. Entry fee must be submitted to the CAS office not later than February 28, 2014.

6. **Late Entry Policy**

- Tournament entries will not 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 the seeding/pairing data 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 requests 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 MINUTES BUT NOT MORE THAN 2 ½ 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 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 Zembrzuski, Notre Dame Catholic High School, 220 Jefferson Street, Fairfield, CT 06825, is the Tournament Official Coordinator – Home telephone (203) 574-5639 (after 5:00 p.m.) / Work telephone (203) 372-6521 (6:45a.m. – 3:00 p.m.) / E-mail – 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 2013-14 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 Zembrzuski 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, pon poms, signs, flags, banners, etc.**
- G. Judges decisions on scoring will be final and binding on 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 grade 9, 10, 11 or 12.
- K. Each team will receive five (5) complimentary tickets. These complimentary tickets are to be used for school personnel and spouses, **NOT PARENTS**. Complimentary tickets will be sent to those schools that have **paid** their entry fee.

There will be no presale of tickets. Ticket prices will be:

Children five (5) and under are free

Senior Citizens (age 65 and older and Students (grades 1-12 are \$5.00

Adults (all others not in any of the above categories) are \$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 accordance with the score sheet. The score sheets for this year's competition will be attached here.
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 teams prior to the start of the competition. A 42' by 42' (seven (7) panels) mat will be provided in the practice and competition areas. You will only be allowed to warm-up on the provided mats.
 11. **Dressing Facilities** – Facilities will be available at the site.
 12. **Performance Area** – See attached gym floor plan which indicated the area of the basketball court which will be the performance area. It will be half court. The performing surface will be a 42' by 42' (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 any 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 Regional.
 - 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 for each judge will be deleted and the remaining scores will be tabulated with the team awarded the highest point total given the higher rank.

The New England competition will be held on March 22, 2014 at Lawrence High School in Lawrence, Massachusetts.

2014 CONNECTICUT HIGH SCHOOL CHEERLEADING CHAMPIONSHIPS

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

2014 Cheerleading Entry Form

1. This entry form must be on file in the CAS office, via the password-protected online eligibility center no later than 4:00 p.m. on Friday, January 3, 2014. The \$85 entry fee must be mailed to the CAS office, 30 Realty Drive, Cheshire, CT 06410 by February 28, 2014.
2. Only **20** competitors may be admitted to perform during the competition.
3. If a school requires a P.O. for fee payment, indicate that payment of the entry form will be forthcoming.

Please fill in the school information requested and your statement of intent and return via the password-protected online eligibility center by January 3, 2014.

List **ALL THE MEMBERS OF YOUR CHEERLEADING SQUAD** on this entry form (including JV and Freshman members). *Only **twenty (20)** competitors may perform during the performance.* **REMINDER:** In order to compete the cheerleaders must cheer for the winter season and must be actively cheering at all team scheduled winter 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 _____ Town _____

Principal _____ Principal's School Phone () _____

Principal's Home Phone () _____

Athletic Director _____ AD's School Phone () _____

AD's Home Phone () _____ AD's Email _____

Coach/Advisor _____ Coach/Advisor School Phone () _____

Coach/Advisor Home Address _____

City _____ State _____ Zip Code _____

Coach/Advisor Home Phone () _____ Coach/Advisor Email _____

Coach/Advisor Cell Phone () _____

Please list area code with all telephone numbers.

() ALL – GIRL SQUAD OR () CO-ED SQUAD

Last Name	First Name	Grade	Last Name	First Name	Grade
1.			51.		
2.			52.		
3.			53.		
4.			54.		
5.			55.		
6.			56.		
7.			57.		
8.			58.		
9.			59.		
10.			60.		
11.			61.		
12.			62.		
13.			63.		
14.			64.		
15.			65.		
16.			66.		
17.			67.		
18.			68.		
19.			69.		
20.			70.		
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22.			72.		
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24.			74.		
25.			75.		
26.			76.		
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32.			82.		
33.			83.		
34.			84.		
35.			85.		
36.			86.		
37.			87.		
38.			88.		
39.			89.		
40.			90.		
41.			91.		
42.			92.		
43.			93.		
44.			94.		
45.			95.		
46.			96.		
47.			97.		
48.			98.		
49.			99.		
50.			100.		

2013-14 NFHS Spirit Rules Changes

- Rule 1 Revises the definition for a bracer, cradle, extended stunt/position, log roll, release transition/release pyramid transition and suspended roll/flip. The revision to extended stunt/position is significant as it now defines extended as “The supporting hand(s) of the base(s) is/are above the head.” New definitions are added for downward inversion, loading position/load and open-pike position.
- 2-4-1b Clarifies that a base can hold objects in his/her hand but only in a hand that is not providing primary support.
- 2-4-3 Clarifies the role of the bracer by simply stating that a bracer must not provide primary support for a top person.
- 2-4-7i Adds a triple-base straddle sit in which the top person has both hands in contact with a post as an extended stunt that does not require a spotter.
- 2-5 Revises and clarifies the rules regarding inverted partner stunts, suspended rolls/flips and braced flips.
- 2-6-4 Clarifies and adds to the rules regarding stunts in which the top person is moved from a vertical position to a face-up or face-down straight body position.
- 2-7-1a Clarifies that a top person must be braced or cradled in all release stunts and tosses with the exceptions of a quick toss, helicopter or log roll or from a horizontal position shoulder height or below.
- 2-7-6b Revised to allow a top person to begin and end in a face-up or face down position in all multi-base log rolls.
- 2-7-7b Adds an exception to the requirement for continuous hand-to-hand/arm contact for a multi-base non-braced (free standing) tick tock.
- 2-7-10 Deletes the rule that prohibited releasing a vertical top person from above shoulder height to a catch in a layout position as this is now governed by other rules. A new rule 2-7-10 is added which states that a top person in horizontal position shoulder height or below or in a cradle may be released to a loading position or stunt shoulder height or below.
- 2-9-3 Allows skills to be performed in dismounts to the performing surface from shoulder height or above if assisted by two bases or one base and a spotter.
- 2-10-2 Allows a one-hand cartwheel while holding pom(s) in the free hand.

2013-14 Major Editorial Changes

- 2-1-15 Adds state association authority to determine reasonable accommodations for individuals with disabilities to the rules rather than as a statement at the beginning of the rules book.
- 2-9-10g Clarifies that the bases and bracers must remain in place during a cradle dismount in which a bracer is involved after the bases release the top person.

**CONNECTICUT ASSOCIATION OF SCHOOLS
CHEERLEADING SCORE SHEET**

TEAM _____

NUMBER OF CHEERLEADERS _____ DIVISION _____ JUDGE NUMBER _____

<i>Judge 1 & Judge 5</i>	Scoring Range/Categories	<u>Score</u> Max Score	Comments								
<p>Voice Volume, tone, pitch, clarity, appropriate inflections, appropriate use of words.</p>	<p>____ 1 – 2.9: Poor enunciation, weak voices, minimal team cheering. ____ 3 – 4.9: Good enunciation, average voices, partial team cheering. ____ 5: Excellent enunciation, strong voices, full team cheering.</p>	<p>____ 5</p>	<p>Comments:</p> <table style="width: 100%; border: none;"> <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
<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										
<p>Expression & Enthusiasm Smiles, spirit, naturalness. Showmanship maintained throughout entire routine.</p>	<p>____ 1 – 2.9: Limited smiles, eye contact & facial expression. Inconsistent enthusiasm throughout routine. ____ 3 – 4.9: Good smiles, eye contact & facial expression. Enthusiasm sustained through majority of routine. ____ 5: Excellent smiles, eye contact & facial expression. Spirit & enthusiasm sustained through entire routine.</p>	<p>____ 5</p>	<p>Comments:</p> <table style="width: 100%; border: none;"> <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
<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										
<p>Formations & Spacing Use of floor, varied, interesting, properly aligned & symmetrical (when appropriate).</p>	<p>____ 1 – 2.9: Poor spacing. 1-2 varied formations. ____ 3 – 4.9: Some spacing off. Some formation changes. At least 3-4 varied formations. ____ 5: Good/Perfect spacing. Great variety of formations. 4+ varied formations.</p>	<p>____ 5</p>	<p>Comments:</p> <table style="width: 100%; border: none;"> <tr> <td><input type="checkbox"/> Good Formations</td> <td><input type="checkbox"/> Add 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"/> Add 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
<input type="checkbox"/> Good Formations	<input type="checkbox"/> Add 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										
<p>Transitions Cheerleaders move smoothly & cleanly from one segment of the routine to the next avoiding unnecessary crossing & bumping. Skills are incorporated into transitions.</p>	<p>____ 1 – 2.9: No variety in transitions, sloppy, poor use of floor. ____ 3 – 4.9: Limited variety in transitions, some confusion, average use of floor. ____ 5: Multiple variations of transitions, clean, good flow, good use of floor.</p>	<p>____ 5</p>	<p>Comments:</p> <table style="width: 100%; border: none;"> <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		
<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										
<p>Overall Effect/ Overall Appeal Exciting, entertaining, dynamic, confident, & visually effective.</p>	<p>Overall effect that voice, enthusiasm, spacing, formations & transitions contributed to the routine. Consider variety & execution throughout routine.</p>	<p>____ 5</p>									
TOTAL		/25									

**CONNECTICUT ASSOCIATION OF SCHOOLS
CHEERLEADING SCORE SHEET**

TEAM _____

NUMBER OF CHEERLEADERS _____ DIVISION _____ JUDGE NUMBER _____

<i>Judge 2 & Judge 6</i>	Scoring Range/Categories	Score Max Score	Comments												
<p>Partner Stunts Degree of Difficulty Skill level, % of team involved, variety, dismounts</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 50%;"># Members</th> <th style="width: 50%;"># of Stunts</th> </tr> </thead> <tbody> <tr> <td style="text-align: center;">20</td> <td style="text-align: center;">5</td> </tr> <tr> <td style="text-align: center;">16-19</td> <td style="text-align: center;">4</td> </tr> <tr> <td style="text-align: center;">12-15</td> <td style="text-align: center;">3</td> </tr> <tr> <td style="text-align: center;">8-11</td> <td style="text-align: center;">2</td> </tr> <tr> <td style="text-align: center;">4-7</td> <td style="text-align: center;">1</td> </tr> </tbody> </table> <p>Teams not adhering to the guidelines above will be scored in a lower range.</p>	# Members	# of Stunts	20	5	16-19	4	12-15	3	8-11	2	4-7	1	<p>____ 0: No partner stunts. ____ 1 – 2.9: Shoulder height stunts or below, chairs, straight cradle dismounts. ____ 3 – 4.9: Extensions, single body position/single trick basket tosses, liberty, torch, or heel stretches. 1 body position in single leg extended stunts. Basic transitional stunts, inversions originating from ground level. Twisting dismounts from single leg stunts, full up/down to/from prep level or below, and/or extended double leg single based stunts at shoulder level or above. ____ 5 – 7: 2+ body positions including at least 1 Bow & arrow, arabesque, scale, or scorpion in single leg extended stunts. Twisting dismounts from single leg stunts. Advanced transitional stunts, inversions originating from squish and higher, release partner stunts (giddy up/tick tock), basket tosses with more than 1 body position or trick. Single based single leg stunts, full up/down to/from extended stunts and/or. single leg single based extended stunts.</p>	<p>_____</p> <p style="font-size: 1.2em;">7</p>	<p>Comments:</p>
# Members	# of Stunts														
20	5														
16-19	4														
12-15	3														
8-11	2														
4-7	1														
<p>Partner Stunts Execution</p>	<p>____ 0: No partner stunts. ____ 1-1.9: Below Average technique, body position, flexibility. Stunts/dismounts need polish. Timing off. ____ 2-2.9: Average technique, body position, flexibility. Clean stunts/dismounts. Good timing. ____ 3: Above Average technique, body position and flexibility. Strong stunts/dismounts. Perfect timing.</p>	<p>_____</p> <p style="font-size: 1.2em;">3</p>	<p>Comments:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Solid Stunts <input type="checkbox"/> Stunts Need Polishing <input type="checkbox"/> Clean Dismounts <input type="checkbox"/> Dismounts Need Polishing <input type="checkbox"/> Proper Technique <input type="checkbox"/> Improper Technique 												
<p>Pyramids Degree of Difficulty Skill level, % of team involved,</p> <p>Average= 1-2 Body Positions and/or liberties, Stags/Hitches, Heel Stretches</p> <p>Above Average= 3+ Body Positions and/or Arabesques, Bow & Arrows, Scales, Scorpions</p>	<p>____ 0: No pyramids. ____ 1 – 2.9: Average: Shoulder height stunts, extended and one leg stunts, flat back transitions, ball ups, splits. 1-2 body position in single leg stunt, no variation of top person positioning. ____ 3 – 4.9: Above Average: Average or Above Average stunts with release transitions and inversions originating or landing in a squish, belly, cradle, prep position, and some flyer variation, ____ 5 – 7: Elite: Average or Above average stunts with inversions originating from ground or higher and landing in an extended position, varied positioning of top person in transitional pyramid(s) and/or use of multiple top persons.</p>	<p>_____</p> <p style="font-size: 1.2em;">7</p>	<p>Comments:</p>												
<p>Pyramids Execution Timing, variety, technique, clean dismounts</p>	<p>____ 0: No pyramids. ____ 1-1.9: Below Average body positions, flexibility, and technique. Low height on release and/or inversions. ____ 2-2.9: Average body positions, flexibility, and technique. Moderate height on release and/or inversions. ____ 3: Above Average body positions, flexibility, and technique. Great height on release and/or inversions.</p>	<p>_____</p> <p style="font-size: 1.2em;">3</p>	<p>Comments:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Solid Stunts <input type="checkbox"/> Stunts Need Polishing <input type="checkbox"/> Clean Dismounts <input type="checkbox"/> Dismounts Need Polishing <input type="checkbox"/> Proper Technique <input type="checkbox"/> Improper Technique 												
<p>Overall Effect/ Overall Appeal Exciting, entertaining, dynamic, confident & visually effective.</p>	<p>Overall effect of the partner stunts and pyramids on the entire routine.</p>	<p>_____</p> <p style="font-size: 1.2em;">5</p>													
<p>TOTAL</p>		<p>_____</p> <p style="font-size: 1.2em;">/25</p>													

CONNECTICUT ASSOCIATION OF SCHOOLS CHEERLEADING SCORE SHEET

TEAM _____

NUMBER OF CHEERLEADERS _____ DIVISION _____ JUDGE NUMBER _____

<i>Judge 3 & Judge 7</i>	Scoring Range/Categories	Score Max Score	Comments
<p>Tumbling Degree of Difficulty Skill level, % of team involved, timing.</p> <p>Use tenths of points to reward teams for more advanced skills that are incorporated but do not meet team percentage requirements.</p> <p>Majority = 1 over 50%</p>	<p>____ 0: No tumbling performed.</p> <p>____ 1 – 2.9: Forward/backward rolls, cartwheels, round offs, front/back walkovers, <25% of team w/standing back handsprings, round off back handspring, limited tucks.</p> <p>____ 3 – 3.9: 25%-50% of team with standing handsprings, or jump/handspring combos and/or 25%-50% of team with round off handsprings, round off tucks, round off handspring tucks.</p> <p>____ 4 – 4.9: >50% of team with standing handsprings, or jump/handspring combos and/or >50% of team with round off tucks, round off handspring tucks.</p> <p>____ 5 – 5.9: 25% - 50% of team with standing tucks, handsprings tucks, or jump/tuck combos and/or >25% of team with round off layouts, fulls, front tucks, or specialty passes ending with tuck or better.</p> <p>____ 6 - 7: >50% of team with standing tucks, handsprings tucks, or jump/tuck combos and/or >50% of team with running layouts, fulls, front tucks or specialty passes ending with tuck or better.</p>	<p>_____</p> <p>7</p>	<p>Comments:</p> <p><input type="checkbox"/> Good Incorporation</p> <p><input type="checkbox"/> Good Use Of Skills</p>
<p>Tumbling Execution</p>	<p>____ 0: No tumbling.</p> <p>____ 1-1.9: Below average execution, timing and landings.</p> <p>____ 2-2.9: Average execution, good timing, good landings, good body positions, good height.</p> <p>____ 3: Above average execution, great timing, great landings, great body positions and height.</p>	<p>_____</p> <p>3</p>	<p>Comments:</p> <p><input type="checkbox"/> Strong Tumbling</p> <p><input type="checkbox"/> Good Timing</p> <p><input type="checkbox"/> Good Synchronization</p> <p><input type="checkbox"/> Legs/Toes Sloppy</p> <p><input type="checkbox"/> Needs Polishing</p> <p><input type="checkbox"/> Synch Off</p> <p><input type="checkbox"/> Legs Not Together</p>
<p>Jumps Degree of Difficulty</p> <p>Majority = 1 over 50%</p> <p>Jumps combined with tumbling will be scored under the tumbling criteria but counted toward the total number of jumps performed.</p>	<p>____ 0: No jumps.</p> <p>____ 1 – 1.9: 1 Jump performed by 100% of team, tuck, straddle, eagle jumps.</p> <p>____ 2 – 2.9: 2 Total Jumps. 1 Jump performed by 100% of team and 1 additional jump performed by majority of team. Incorporation of herkie, toe touch, front hurdler, side hurdler, or a combination of 2 or more intermediate and/or basic jumps.</p> <p>____ 3 – 3.9: 3 Total Jumps. 1 Jump performed by 100% of team and at least 2 intermediate/advanced jumps performed consecutively with no prep in between by majority of team. Incorporation of pikes, double nines.</p> <p>____ 4 - 5: 4 Total Jumps. 1 Jump performed by 100% of team and at least 3 intermediate/advanced jumps performed consecutively with no prep in between by majority of team.</p>	<p>_____</p> <p>5</p>	<p>Comments:</p>
<p>Jumps Execution Timing, technique, height, execution.</p>	<p>____ 0: No jumps.</p> <p>____ 1 – 2.9: Below average height, poor sync, some toes not pointed, bent knees, watch arm placement and head position, sloppy.</p> <p>____ 3 - 4.9: Average height, good sync, straight legs, good arm placement, good body position, clean, feet together in landings.</p> <p>____ 5: Above average height and flexibility, great arm placement, great body position, clean, heads & chests up on landings.</p>	<p>_____</p> <p>5</p>	<p>Comments:</p> <p><input type="checkbox"/> Good Height</p> <p><input type="checkbox"/> Need Variety</p> <p><input type="checkbox"/> Sloppy Landings</p> <p><input type="checkbox"/> Watch Arms</p> <p><input type="checkbox"/> Timing Off</p> <p><input type="checkbox"/> Heads/Chests Down</p>
<p>Overall Effect/ Overall Appeal Exciting, entertaining, dynamic, confident, & visually effective.</p>	<p>Overall effect of jumps and tumbling on the entire routine.</p>	<p>_____</p> <p>5</p>	
<p>TOTAL</p>		<p>_____</p> <p>/25</p>	

CONNECTICUT ASSOCIATION OF SCHOOLS CHEERLEADING SCORE SHEET

TEAM _____

NUMBER OF CHEERLEADERS _____ DIVISION _____ JUDGE NUMBER _____

<i>Judge 4 & Judge 8</i>	Scoring Range/Categories	Score Max Score	Comments
<p>Motions Degree of Difficulty Variety and Amount of Motions</p> <p>Motions = V's, T's, touchdowns, or variations</p> <p>Motions performed by the top person of a stunt are <u>not</u> included in motion count but impact Overall Effect/Overall Appeal score.</p>	<p>____ 0: No motions.</p> <p>____ 1-1.9: 1-3 motions performed by majority of the team, no variation, no levels.</p> <p>____ 2-2.9: 4-5 motions performed by majority of team. Little variety of motions, some level changes.</p> <p>____ 3-3.9: 6-7 motions performed by majority of team, good variety, good level changes.</p> <p>____ 4-5: 8+ motions performed by majority of team, great variety, great level changes.</p>	<p>_____</p> <p>5</p>	<p>Comments:</p>
<p>Motions Execution Technique, controlled, timing, sharp, tight, speed.</p> <p>Motions performed by the top person of stunts are included in execution score.</p> <p>Technique = Wrist/Arm Placement</p>	<p>____ 0: No motions.</p> <p>____ 1 – 1.9: Motions not together, poor precision, not sharp, levels off, lack of technique, slow, no variation.</p> <p>____ 2 – 2.9: Average sharpness and precision, average levels, some variety, good technique, limited speed.</p> <p>____ 3 – 3.9: Good speed, good sharpness and precision, good synchronization, good levels, some variety, good technique.</p> <p>____ 4 – 5: Great speed, very sharp and precise, strong motions, great synchronization, great variety, great levels, strong technique.</p>	<p>_____</p> <p>5</p>	<p>Comments:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Good Precision <input type="checkbox"/> Good Variety <input type="checkbox"/> Good Motion Placement <input type="checkbox"/> Good Levels <input type="checkbox"/> Good Synchronization <input type="checkbox"/> Sharp Motions <input type="checkbox"/> Synchronization Off <input type="checkbox"/> Flying Arms <input type="checkbox"/> Bent Wrists <input type="checkbox"/> Timing Off <input type="checkbox"/> Motion Placement Off
<p>Dance Degree of Difficulty Majority = 1 over 50%</p> <p>8-count of dance = Unique/Original physical movement of arms and feet.</p> <p><i>Co-ed teams: Male participants do <u>not</u> have to dance but should be utilized during the dance or the score range can be moved down.</i></p>	<p>____ 0: No dance.</p> <p>____ 1 – 1.9: Only 1 8-count, less than majority of team incorporated, slow, no footwork, no levels used.</p> <p>____ 2 – 2.9: 1-2 8-counts, less than majority of team incorporated, average speed, limited footwork, some levels used.</p> <p>____ 3 – 3.9: 2-3 8-counts, majority of team incorporated, good speed, good footwork, good levels, good variety.</p> <p>____ 4 – 5: 4+ 8-counts, majority of team incorporated, great speed, great footwork, great levels, great variety.</p>	<p>_____</p> <p>5</p>	<p>Comments:</p>
<p>Dance Execution</p> <p><i>Co-ed teams: Male participants do <u>not</u> have to dance but should be utilized during the dance.</i></p>	<p>____ 0: No dance.</p> <p>____ 1 – 1.9: Low energy, synch off, timing off.</p> <p>____ 2 – 2.9: Inconsistent energy, synch off, timing off.</p> <p>____ 3 – 3.9: Good energy, good synch, good timing.</p> <p>____ 4 – 5: Great energy, great synch, great timing.</p>	<p>_____</p> <p>5</p>	<p>Comments:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Good Precision <input type="checkbox"/> Good Choreography <input type="checkbox"/> Good Floor Work <input type="checkbox"/> Good Synchronization <input type="checkbox"/> Timing Off <input type="checkbox"/> Not Age Appropriate <input type="checkbox"/> Inappropriate Music Selection <input type="checkbox"/> Improve Team Synchronization
<p>Overall Effect/ Overall Appeal Exciting, entertaining, dynamic, confident & visually effective.</p>	<p>Overall effect of the motions and dance on the entire routine.</p>	<p>_____</p> <p>5</p>	
TOTAL		<p>_____</p> <p>/25</p>	

**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
(any violation of NFHS Rule 2 Section 3) **(5 pts*/10 pts)**

2). Performance mistakes-inattentive spotter, improperly performed
legal stunts,stepping on poms or signs
(includes any violation of NFHS Rule 2 Section 1) **(5 pts*/10pts)**

3). Sportsmanship - (violation of NFHS Rule 2 Section 2) **(12.5 pts*/25 pts)**

4) Safety Violations: **(12.5 pts*/25 pts)**

Rule Infraction	Page #	Category	Rule #	
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

5). TIME

Time of Music (Maximum time is 1 minute 30 seconds or 90 seconds)

Time of Routine(Minimum time is 2 minutes or 120 seconds and
Maximum time is 2 minutes 30 sconds or 150 seconds)

1-5 seconds over or under deduct **1 point*/2 points**

6-10 seconds over or under deduct **2 points*/4 points**

11-15 seconds over or under deduct **3 points*/6 points**

16-20 points over or under deduct **4 points*/8 points**

21-25 seconds over or under deduct **5 points*/10 points**

TOTAL PENALTY POINTS _____

*** A COMPETITION WITH FOUR PANEL JUDGES CAN CHOOSE TO ASSESS THE REDUCED PENALTY POINTS**

**CONNECTICUT ASSOCIATION OF SCHOOLS
CHEERLEADING SCORE SHEET**

TEAM _____

NUMBER OF CHEERLEADERS _____ DIVISION _____ JUDGE NUMBER _____

<i>DEDUCTION JUDGE</i>	Explanation	Deduction Per Occurrence	Number of Occurrences	Total Deduction
Bobbles/mistakes in routine & touchdowns in tumbling	<input type="checkbox"/> Stunts/pyramids that almost drop/fall but are saved or go to a clean dismount. <input type="checkbox"/> Incomplete twisting cradles. <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"/> Hands down on tumbling. <input type="checkbox"/> Missed jump <input type="checkbox"/> Bumping during transition	0.25*/0.5		<hr/>
Falls	<input type="checkbox"/> Partner Stunts/Pyramids that fall <input type="checkbox"/> Fall from individual to the ground during routine (with exception to hands down in tumbling. See above.)	0.5*/1.0		<hr/>
Collapse	<input type="checkbox"/> Entire pyramid falls/collapses.	1.0*/2.0		<hr/> A pyramid with multiple falls/mishaps will not be assessed more than a 2 point deduction.
TOTAL DEDUCTION				

Revised 5/13

***A COMPETITION WITH FOUR PANEL JUDGES CAN CHOOSE TO ASSESS THE REDUCED DEDUCTIONS**

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.

1. 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

2. 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)

Rehabilitation stage	Functional exercise at each stage of rehabilitation	Objective of each stage
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.

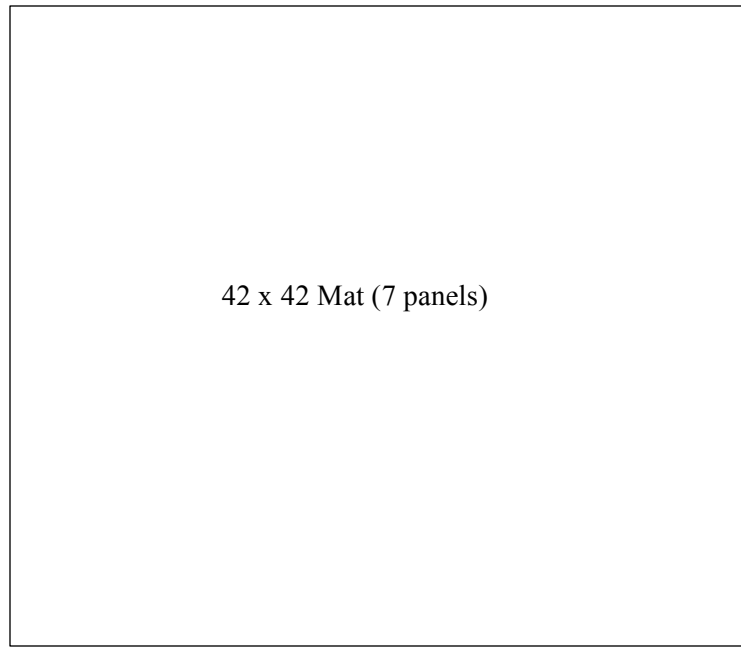
References:

1. NFHS. Concussions. 2008 NFHS Sports Medicine Handbook (Third Edition). 2008: 77-82.
<http://www.nfhs.org>
2. 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>
3. Centers for Disease Control and Prevention. *Heads Up: Concussion in High School Sports*.
http://www.cdc.gov/NCIPC/tbi/Coaches_Tool_Kit.htm.
4. 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)

Resources:

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

GYM SET-UP



42 x 42 Mat (7 panels)

DJ

Bleachers for Spectators

Judges

Bleachers for Spectators