

# FHSAA Competitive Cheerleading Rules and Regulations

## I. GUIDELINES

- A. SQUAD SIZE – All-Girl divisions: Small may have up to 12 female participants, Medium may have 13-16 female participants, Large may have 17-20 female participants, and Extra-Large may have 21-26 female participants. Coed divisions: Small may have 1-4 male squad members, Large may have 5+ male squad members. At no time may a squad exceed 26 participants. Non-tumbling and Non-mount divisions may have up to 26 participants.
- B. All members of the cheerleading squad must be current members of the official school spirit squad and have participated in at least four (4) sideline cheerleading events. In addition, all participants must meet the eligibility standards listed in the FHSAA Handbook.

## II. General Rules

- A. All NFHS Spirit Rules as found in the 2007-2008 NFHS Spirit Rules Book are applicable.
- B. Each squad's presentation must include at least one cheer or sideline chant. The musical portion must not **exceed one minute and thirty seconds**, total time is **two minutes and thirty seconds**. Timing will begin with the first movement, voice, or note of music, whichever comes first.
- C. If a squad exceeds either time limit, a five (5) point per judge penalty will be assessed for each violation. **BECAUSE PENALTIES ARE SEVERE, IT IS RECOMMENDED THAT ALL SQUADS TIME THEIR PERFORMANCE SEVERAL TIMES PRIOR TO ATTENDING THE COMPETITION AND LEAVE A SEVERAL SECOND CUSHION TO ALLOW FOR VARIATIONS IN SOUND EQUIPMENT.**
- D. Participants must start in the competition area with at least one foot on the ground. Squads may line up anywhere inside the competition area. The tournament director according to the size of the facility being used will determine the competition area. Approximate floor size will be fifty-four feet wide by forty-two feet deep (9 strips).
- E. All organized introductions (tumbling, entrances, chants, spell-outs, etc.) are considered part of the routine and are timed as part of the performance. There should

not be any organized exits or other activities after the official ending of the routine.

- F. Any squad in violation of the General Rules or Specific Safety Regulations will be assessed a ten point (10) per judge deduction for each violation unless otherwise noted.

## III. UNIFORM GUIDELINES

All NFHS Spirit Rules apply. Any squad in violation of the uniform guidelines will be assessed a **five (5) point per judge deduction and/or be subject to disqualification.**

## IV. INTERRUPTION OF PERFORMANCE

- A. If, in the opinion of the competition officials, a squad's routine is interrupted because of failure of the competition equipment, facilities, or other factors attributable to the competition rather than the squad, the squad affected should stop the routine. The squad will be allowed to present its routine from the place in the routine where the interruption occurred. The competition officials will determine the degree and effect of the interruption.
- B. In the event a squad's routine is interrupted because of failure of the squad's own equipment, the squad must either continue the routine or withdraw from the competition.
- C. In the event that an injury causes the squad's routine to be interrupted, the squad must either continue the routine or withdraw from the competition. Competition officials reserve the right to stop the routine if an injury occurs. The competition officials will determine if the squad will be allowed to perform again from the point of interruption. If the squad is allowed to begin again they will be evaluated only from the point in the routine where the interruption occurred.

## V. HOW TO HANDLE PROCEDURAL QUESTIONS

Any questions concerning the rules or procedures of the competition will be handled exclusively by the head coach of the squad

and will be directed to the Tournament Director. Such questions should be made prior to the squad's competition performance. Any questions concerning the squad's performance should be made to the Tournament Director immediately after the squad's performance and/or following the outcome of the competition.

## VI. INTERPRETATIONS AND/OR RULINGS

The Rules Committee will render any interpretation of any aspect of these Rules and Regulations or any decision involving any other aspect of the competition. The Rules Committee will render a judgment in an effort to ensure that the competition proceeds in a manner consistent with the general spirit and goals of the competition. The Rules Committee will consist of the Tournament Director, Head Judge, and designated competition official.

## VII. FINALITY OF DECISIONS

By participating in this championship, each squad agrees that the decisions by the judges will be final and will not be subject to review. Each squad acknowledges the necessity for the judges to make prompt and fair decisions in this competition and each squad therefore expressly waives any legal, equitable, administrative or procedural review of such decisions. **Protests will not be permitted.**

## VIII. SPORTSMANSHIP

All participants agree to conduct themselves in a manner displaying good sportsmanship throughout the competition with positive presentation upon entry and exit from the performance area as well as throughout the routine. The head coach/school administrator of each squad is responsible for seeing that squad members, coaches, parents and any other persons affiliated with the squad conduct themselves accordingly. Cases of unsportsmanlike conduct are grounds for disqualification.

## IX. DEDUCTIONS AND DISQUALIFICATIONS

Any squad in violation of the "Rules and Regulations" will be assessed a ten point (10) per judge deduction for each violation. Any squad that does not adhere to the terms and conditions in the "FHSAA Competitive Cheerleading Rules and Regulations" may be disqualified from the competition and automatically forfeit the right to any awards and is subject to further sanctions or penalties.

## X. SCORES AND RANKINGS

Individual judges score sheets are for the exclusive use of each particular judge. Each judge has the responsibility and authority to review and submit his/her final scores and rankings prior to the final tally of the scores for all squads. Scores and rankings will be available only to head coaches at the conclusion of the competition.

## XI. Judging Criteria

The judges will score the squads according to the judging criteria on a 100-point system. In keeping with the proper role of cheerleading, emphasis will be placed on practicality of material.

### JUDGING SHEET (ALL GIRL & CO-ED)

#### CHEER SECTION:

<b>Crowd Leading:</b>	<b>35 POINTS</b>
1. Use of stunts/pyramids	10 points
2. Motion (sharpness & placement)	5 points
3. Use of signs/poms/megaphones	5 points
4. Voice (pace and use of words)	5 points
5. Tumbling/Jumps	5 points
6. Formations/Spacing	5 points

#### MUSIC SECTION:

<b>Fundamental Skills:</b>	<b>45 POINTS</b>
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1. Stunts (execution)	10 points
Stunts (difficulty)	5 points
2. Pyramids/Transitions (execution)	10 points
Pyramids/Transitions (difficulty)	5 points
3. Tumbling/Jumps	10 points
4. Dance/Formation/Spacing	5 points

#### OVERALL PRESENTATION:

<b>Sportsmanship:</b>	<b>5 points</b>
<b>Synchronization:</b>	<b>5 points</b>
<b>Choreography/Visual Effect:</b>	<b>5 points</b>
<b>Overall Effect:</b>	<b>5 points</b>

<b>Total Points Possible:</b>	<b>100 POINTS</b>
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NOTE: THE ENDING OF THE ROUTINE SHOULD BE HELD FOR A FEW SECONDS AND SAFELY DISMOUNTED WITH NO EXCESSIVE CELEBRATION.

### NON-MOUNT JUDGING SHEET

#### CHEER SECTION:

<b>Crowd Leading:</b>	<b>35 POINTS</b>
1. Tumbling	10 points
2. Motions (sharpness & placement)	5 points
3. Use of signs/poms/megaphones	5 points
4. Voice (pace and use of words)	5 points
5. Formations/Spacing	5 points
6. Jumps	5 points

#### MUSIC SECTION:

<b>Fundamental Skills:</b>	<b>45 POINTS</b>
1. Tumbling (execution)	10 points
Tumbling (difficulty)	5 points
2. Jumps	10 points
3. Dance	10 points
4. Formations/Spacing	10 points

#### OVERALL PRESENTATION:

<b>Sportsmanship:</b>	<b>5 points</b>
<b>Synchronization:</b>	<b>5 points</b>
<b>Choreography/Visual Effect:</b>	<b>5 points</b>
<b>Overall Effect:</b>	<b>5 points</b>

<b>Total Points Possible:</b>	<b>100 POINTS</b>
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NOTE: THE ENDING OF THE ROUTINE SHOULD BE HELD FOR A FEW SECONDS WITH NO EXCESSIVE CELEBRATION.

### NON-TUMBLING JUDGING SHEET

#### CHEER SECTION:

<b>Crowd Leading:</b>	<b>35 POINTS</b>
1. Use of stunts/pyramids	10 points
2. Motion (sharpness & placement)	5 points
3. Use of signs/poms/megaphones	5 points
4. Voice (pace and use of words)	5 points
5. Jumps	5 points
6. Formations/Spacing	5 points

#### MUSIC SECTION:

<b>Fundamental Skills:</b>	<b>45 POINTS</b>
1. Stunts (execution)	10 points
Stunts (difficulty)	5 points
2. Pyramids/Transitions (execution)	10 points
Pyramids/Transitions (difficulty)	5 points
3. Jumps	10 points
4. Dance/Formation/Spacing	5 points

#### OVERALL PRESENTATION:

<b>Sportsmanship:</b>	<b>5 points</b>
<b>Synchronization:</b>	<b>5 points</b>
<b>Choreography/Visual Effect:</b>	<b>5 points</b>
<b>Overall Effect:</b>	<b>5 points</b>

<b>Total Points Possible:</b>	<b>100 POINTS</b>
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