



# CHEERLEADING RULES OF COMPETITION 2019

**REVISED MARCH 31, 2019**  
**ALL CHANGES ARE HIGHLIGHTED YELLOW AND IN RED**  
**ALL REFERENCE TO USASF REMOVED**

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## Special Olympics Maryland Cheerleading Rules of Competition

The Special Olympics Maryland Cheerleading Sports Rules of Competition shall govern all Special Olympics Maryland Cheer competitions. SOMD has adopted the safety guidelines and rules developed by the National Federation of State High School Associations (NFHS). The National Governing Body rules shall be employed except when they conflict with the Special Olympics Maryland Cheerleading Sports Rules for Competitive.

### Events and divisions offered include:

- Event Group One
  - Individual skills
  - Beginner division (traditional and Unified)
  - Intermediate division (traditional and Unified)
  - Advance division (traditional and Unified)
  - Elite division (traditional and Unified)
  
- Event Group Two
  - POM division (traditional and Unified)
  - Hip Hop Division (traditional and Unified)

### General Competition Rules and Information

1. Athletes may compete in a total of two events of which only one selection may be from category one events/divisions and only one may be from category two. By way of example, an Athlete may compete on one squad registered in the Intermediate Division and on one squad registered in POM.
  
2. All practice sessions during the day of competition must be supervised by a Coach and held only in designated locations specified. Athletes are prohibited from practicing skills on concrete, asphalt, or any other hard, uncovered surfaces, wet surfaces, uneven surfaces and surfaces with obstructions. If teams are encountered practicing routines in undesignated locations may be disqualified.
  
3. Coach may place the Athlete in their proper position on the floor but may not be on floor once the performance begins. Coach may give verbal or physical cues from the **front** of the mat. Coach must be out of the Judge's view.
  
4. Coach must require proficiency before skill progression. Coach must consider the athletes' skill levels regarding proper division placement.
  
5. Refer to specific divisions for minimum and maximum number of squad members.

6. Spotters are permitted on the floor but cannot coach the squad.
7. **All athletes and unified partners must have one hand or foot on the mat prior to the beginning of the routine.**
8. **Jewelry of any kind including but not limited to ear, nose, tongue, belly button and facial rings, clear plastic jewelry, bracelets, necklaces, athlete credentials, stickers, glitter and pins on uniforms are prohibited. Jewelry must be removed and may not be taped over. Acceptable jewelry for HIP HOP and POM divisions only includes small post stud earrings and hair accessories. Rhinestones are illegal when adhered to the skin as opposed to a uniform. Temporary tattoos are not allowed. Prohibited jewelry at competition is at the sole discretion of the Venue Director. Safety of the Athlete must always be considered.**
  - a. **Exception: medical ID tags/bracelets, which must be tapped over.**
9. No mounts, stunts, pyramids or gymnastics can be performed in a non-gymnastic cheer.
10. No music will be used in either a non-gymnastic cheer or a gymnastic cheer.
11. **Proper spotting techniques are mandatory and a minimum but not limited to two spotters must be provided by the squad when performing a Gymnastic Cheer, Partner Stunts and Lifts in the HIP HOP/POM divisions such as an assistant coach or trainer. Spotters must be registered with SOMD (Class A Volunteer) and 18 years of age or older.**
  - a. **Clarification: All Stunts must have a separate spotter.**
    - 1.) **Example: Three Stunts; three separate spotters are required.**
12. Proper spotting techniques are mandatory and a minimum but not limited to two spotters must be provided by the squad when performing a Gymnastic Cheer, Partner Stunts and Lifts in the HIP HOP/POM divisions such as an assistant coach or trainer. Spotters must be registered with SOMD (**Class A Volunteer**) and 18 years of age or older.
13. Individuals assisting in the placement or moving of an athlete's wheel chair or walker during competition must be registered with SOMD (**Class A volunteers**). Once the athlete is in place, the assistant must stand with hands at their sides and cannot relay any verbal or physical cues.

14. Individuals assigned as a permanent spotter for an athlete must be register with SOMD (**Class A volunteers**). During competition, the spotter must stand with hands at their sides and cannot relay any verbal or physical cues. Intervening to protect the athlete will not result in scoring deductions.
15. All routine music must comply with applicable copyright law. Teams who elect to use edited and mix music, must obtain a license from the copyright owner and will be required to turn in a copy of that license at competition.
16. Division allowing the use of music may choose their own music but must be suitable for family listening. Coach is responsible for signaling when to queue the music.
17. Teams may not compromise the integrity of the performance surface (Examples: residues from sprays, powders, oils, etc.) Teams are responsible for clearing the performance surface from debris (Examples: poms, props, etc.). No high-heel shoes are allowed on the performance surface.
18. Athletes will be prompted to "(Squad Name) You May Begin when Ready".

### **Tumbling**

- 1.) All tumbling skills must remain in physical constant contact with the performing surface for Division including Hip-Hop and POM.
  - a. Exception: Elite Division may complete a round-off and one back handspring.
- 2.) Following tumbling skills are prohibited in ALL divisions
  - a. Dive rolls
  - b. Spotted or assisted tumbling
  - c. Tumbling over, under, or through a stunt, prop or individual is allowed.
  - d. Tumbling while holding a prop of any kind including poms.
  - e. Twisting, flipping or aerial tumbling
  - f. Drops including but not limited to knee, seat, thigh, front, back, jump or stunt unless most of the weight is first borne on the hands or feet which breaks the impact.
  - g. Block cartwheels.
  - h. Consecutive tumbling over or under another athlete or unified partner is not allowed.
  - i. Landing in a push up position onto the mat is not prohibited.
- 3.) Allowable tumbling skills include
  - a. Cartwheels
  - b. Forward and backward rolls

**c. Handstands**

**Stunting**

**1.) The following stunts are prohibited in ALL divisions**

- a. Pendulum and pendulum style transitional stunts**
- b. Stunt inversions**
- c. Log and barrel rolls**
- d. Partner stunt inversions**
- e. Perpendicular inversions**
- f. Flip stunts or dismounts**
- g. Leap frogs and variations**
- h. Drops of any kind, knee, seat, front, back**
- i. Helicopters**
- j. Single leg stunts above prep level**
- k. Split catches of any kind**
- l. Basket Tosses, which include sponge, load ins or squish.**

**2.) During transitions, at least one base must remain in constant contact with the other top person.**

**3.) Stunts cannot move over or under another stunt.**

**Pyramids**

- 1) Top person must receive primary support from a base**
- 2) Pyramids cannot mover over or under another pyramid or person.**

## Choreography/Music/Uniforms

For all facets of the routine including choreography, music selection must be suitable for family viewing and listening. Routines, Music and Uniforms for all squad types must be appropriate for the age of the participants performing the routine. When standing at attention, Uniforms must cover the midriff.

Music may only be covers of popular songs or original compositions. In order to edit and mix this music, a license from the copyright owner must be obtained. All recordings mixed together in cheer, dance, Hip Hop and POM routines must be properly licensed and written confirmation of such license is required to be turned in with the team's competition roster. Recordings that have been purchase from vendors cleared by USA Cheer - who provide written confirmation of proper licensing or original compositions created or commissioned by you (i.e. an original song and recording to which you own or license the rights by written agreement). Under U.S. copyright law, no teams are permitted to create a re-mix, mash-up or medley without proper written authorization from the copyright owners. Go to [www.usacheer.net/music](http://www.usacheer.net/music) for a list of authorized providers of both licenses and/or purchase mixes.

However, if teams and coaches wish to only use a single song in their routine, they may bring a legally purchased (from iTunes, Amazon, CD etc.) copy of that recording to be used at the applicable event. Proof of purchase must be submitted with the team's competition roster. Teams may not re-mix these recordings in any way (such as adding sound effects, changing tempo or mixing with any other recordings), but may make minor edits for timing purposes only (for example, removing a chorus or bridge to fit the duration of the team's performance).

What could happen if my team or group does not follow these rules/guidelines? Given this change is the overall rules, any team which brings music which is not in compliance with these new rules **will not be able to participate in that competition**. There are no exceptions to this rule. Also, under U.S. copyright law, your team (and potentially you personally) can be sued or fined up to \$150,000 per occurrence of using music for which you do not have the appropriate permission.

1. Routines must be appropriate for family viewing. Any vulgar or suggestive movements (hip thrusting, inappropriate touching/slapping/positioning to one another, etc.), words, Uniforms or music will result in deductions. Removing improper language or words from a song and replacing with sound effects or other words constitutes inappropriate, and deductions will be made accordingly.

2. Routine choreography must be age appropriate and entertaining for all audience members. Vulgar or suggestive material is defined as any movement or choreography implying something improper or indecent, appearing offensive or sexual in content and/or relaying lewd or profane gestures or implications.
3. Repeated violations may result in disqualification for the current and future competitions. Decisions will be made at the sole discretion of the competition director or his/her designee.
4. Squad members must wear outfits alike in style and color, NO JEANS will be permitted.
5. All Uniforms must be age appropriate and acceptable for family viewing. When standing at attention, Uniforms **must** cover the midriff.
  - Women:
    - Bottoms: pants, shorts, skorts or skirts (must be at least mid-thigh in length). No slit allowed in skorts, shorts or skirts. Briefs or bloomers must be worn under all skirts
    - Tops: Shells, collared shirt or tee shirt (no pockets). No halter tops will be allowed, straps must be at least 1" in width. Spaghetti straps will not be permitted.
    - When standing at attention, apparel must cover the midriff.
  - Men:
    - Bottoms: pants or mid-thigh length shorts
    - Tops: collared shirt or tee shirt (no pockets)
6. All squad members must have white athletic shoes (e.g. tennis shoe) with non-marking soles for all divisions except HIP HOP. It is suggested that the athletic shoes be in like style. Non-marking shoes are required when competing in the HIP HOP/POM division. Bare feet, wearing "socks only" and/or "footed tights only" are prohibited. Shoes with heels/wheels are not allowed.
7. For safety reasons long hair should be out of the face and secured.
8. Poms may be used in the Individual Skills and Beginner divisions. Poms **must** be used 80% in the POM division. Signs may be used in the Intermediate, Advance and Elite Divisions for cheer only. Hand held props may be used in the HIP HOP/POM divisions only. Standing props such as chairs, stools, ladders etc., are prohibited.
9. Casts that are hard and unyielding or have rough edges must be appropriately covered with a padded material. Clarification: The appropriately padded material must be such that it protects both the athlete and fellow athletes from injury.



## **Divisioning & Registration**

One fundamental difference, which sets Special Olympics competitions apart from those of other sports organizations, is that athletes of all ability levels are encouraged to participate, and every athlete is recognized for his or her performance.

Competitions are structured so those athletes compete with other athletes of similar ability in equitable divisions. Historically, Special Olympics have recommended that divisions be created where the variance between the highest and lowest scores within that division differs by no more than 15%. This is NOT a rule but should be used as a guideline for establishing equitable divisions when there is the appropriate number of athletes.

All Special Olympics competitions are governed by National Governing Body Rules (NGB), to help ensure that all ability levels can compete and experience successful participation, Special Olympics has modified some of the NGB rules.

Ability is the primary divisioning factor in Special Olympics. All squads may participate as a traditional or unified squad

Divisioning for HIP HOP and POM will be determined based on the evaluation scores of the Judges at a sanctioned qualifier for the State Competition.

### **Scoring and Policy for One Squad Division**

Scoring in one-squad/individual divisions – The squad/individual must score within 20% of the maximum judges points possible (five judges and you automatically drop the lowest and highest score) to receive first place. If the squad does not score within 20% of the maximum points possible, second place will be awarded.

There will be an overall Official Deduction/Violation sheet and a separate judge calculation the deductions. The total deductions/violations will be subtracted from the total judges' technical scores to establish the squad's final score.

All five judges' sheets will be used to break a tie. The lowest and highest scores will be included in the calculation to establish the squad's final score.

**Division Requirements****Individual Skills**

1. Athlete must begin in a cheer stance
2. Athlete must perform (but not limited to) the following motions: High "V", Low "V", "T", and "Touch Down".
3. Must perform one sideline chant.
4. No music will be allowed during the performance.
5. There will be no time limit in this division.
6. Athlete may use pom-poms.
7. Athlete will be prompted between the skills.

**Beginner Division**

*Squad Size is limited to a minimum of 5 with a maximum of 15*

1. Must perform one sideline chant and two non-gymnastic cheers.
2. No music will be allowed during the performance.
3. There will be no time limit in this division.
4. Athletes may use pom-poms.

**Intermediate Division**

*Squad size is limited a minimum of 5 with a maximum of 20:*

1. Must perform a routine that incorporates both cheer and music (aka dance).
2. Must perform one sideline chant, one non-gymnastic cheer and one dance. The performance of the routine must be in the following order non-gymnastic cheer, sideline chant and dance.
3. There will be no time limit on the sideline chant or non-gymnastic cheer and the music portion of the routine must not exceed 30 seconds but must be at least 20 seconds long. Timing of the music will begin on the first movement by the squad member(s), not when the music starts, and the timing will end with the last beat of the music.
4. Must include a jump in the cheer with at least one Athlete performing the jump.
5. Must change formation at least once during the performance.
6. No gymnastics or props can be used in the dance routine **except poms**. You can use motions, jumps and dance steps.
7. Signs may be used for cheer only.

**Advance Division**

*Squad size is limited to a minimum of 5 to the maximum of 25.*

1. Must perform a minimum two-minute, maximum two-minute and fifteen second routine.
2. **The routine must incorporate a gymnastic cheer, chant, dance, tumbling and gymnastics and one jump. Pyramids are allowed but not required.**
3. **All stunts and pyramids are limited to the Prep Level.**
  - **Single leg stunts are only allowed at waist level.**
  - **Twisting stunts and transitions are allowed up to a total of a  $\frac{1}{4}$  twisting rotation by the top person.**
  - **Releases moves may not land in a Prone and must return to the original bases.**
4. **Pyramids**
  - **Stunts must be braced by a top person at prep level or lower with a hand-arm connection only, which must connect prior to executing the stunt. Both feet of the top person must be in base's hand. the extended stunt.**
5. **Dismounts**
  - **Cradles must have two catchers and a spotter with a minimum of one-hand-arm supporting the waist and shoulder area.**
  - **Must return to original bases and be assisted to the mat.**
  - **Straight drops or small hop offs that do not include any additional skills from waist level or below are allowed with out assistance.**
  - **Basic cradles and straight pop downs are the only allowed dismounts.**
  - **Twisting dismounts are not allowed.**
6. The make up of the routine is at the coach's discretion.
7. The music portion of the routine must no exceed one minute but must be at least forty-five seconds long.
8. Timing of the music will begin on the first movement by the squad member(s), not when the music starts and will end with the last beat of the music.
9. **Proper spotting techniques are mandatory and a minimum but not limited to two spotters must be provided by the squad when performing a Gymnastic Cheer, Partner Stunts and Lifts in the HIP HOP/POM divisions such as an assistant coach or trainer. Spotters must be registered with SOMD (Class A Volunteer) and 18 years of age or older.**
  - **Clarification: All Stunts must have a separate spotter.**
    - **Example: Three Stunts; three separate spotters are required.**
10. Signs may be used for cheer only.

**Elite Division**

*Squad size is limited to a minimum of 5 up to a maximum of 25*

1. Squads in this division must be associated with an All-Star Gym (a facility that focuses on health, wellness, gymnastic, and cheerleading), train year-round, and are committed to the additional practice needed to prepare for competition at this level.
2. **The routine must incorporate dance, tumbling, *pyramids*, *two jumps* and *gymnastics*.**
3. Routine is not to exceed two minutes and 30 seconds and can be to all music.
4. **Extended stunts and pyramids are allowed.**
  - **Single leg stunts are only allowed up to Prep level only.**
  - **Twisting stunts and transitions are allowed up to a total of a ½ twisting rotation by the top person.**
  - **A single full twisting log/barrel roll is allowed; however, it must start and end in a cradle position and assisted by the bases.**
  - **Releases moves may not land in a prone and must return to the original bases.**
5. **Pyramids**
  - **Stunts must be braced by a top person at prep level or lower with a hand-arm connection only, which must connect prior to executing the stunt. Both feet of the top person must be in base's hand. the extended stunt.**
  - **Extended stunts may not brace or be braced by any other extended stunts.**
  - **Single leg stunts are only allowed at Prep Level.**
6. **Dismounts**
  - **Cradles must have two catchers and a spotter with a minimum of one-hand-arm supporting the waist and shoulder area.**
  - **Must return to original bases and be assisted to the mat.**
  - **Straight drops or small hop offs that do not include any additional skills from waist level or below are allowed without assistance.**
7. **Proper spotting techniques are mandatory and a minimum but not limited to two spotters must be provided by the squad when performing a Gymnastic Cheer, Partner Stunts and Lifts in the HIP HOP/POM divisions such as an assistant coach or trainer. Spotters must be registered with SOMD (Class A Volunteer) and 18 years of age or older.**
  - **Clarification: All Stunts must have a separate spotter.**
    - 7.1. **Example: Three Stunts; three separate spotters are required.**
8. Timing of the routine will begin with the first motion, word, or beat of music, and will end with the last motion, word, or beat of music.
9. You may choose your own music, but it must be suitable for family listening.
- 10.
11. Signs may be used for cheer only.

**Hip Hop Division**

*Squad size is limited to a minimum of 5 up to a maximum of 25*

A Hip-Hop routine includes street movements and interpretations with emphasis on execution, style, creativity, rhythm, and musical interpretation. It can include jumps, floor work and other skills.

- 1.) Routine will have a minimum of 1 minute and 45 seconds (1:45) to a maximum of 2 minutes and 30 seconds (2:30) to demonstrate their routine.
- 2.) Routine must begin on the performance surface.
- 3.) Timing of the music will begin when the starts and the timing will end with the last beat of the music.
- 4.) Tumbling skills are allowed but are not required, refer to general rules of competition for tumbling.
- 5.) Stunting skills are allowed but are not required, refer to general rules of competition for stunting and dismounts. Pyramids are not allowed in this division.
  - a. All stunts limited to the *Prep Level*.
  - b. Single leg stunts are only allowed at waist level.
  - c. Twisting stunts and transitions are not allowed.
  - d. Releases moves may not land in a prone and must return to the original bases.
  - e. Dismounts
    - i. Cradles must have two catchers and a spotter with a minimum of one-hand-arm supporting the waist and shoulder area.
    - ii. Must return to original bases and be assisted to the mat.
    - iii. Straight drops or small hop offs that do not include any additional skills from waist level or below are allowed without assistance.
    - iv. Basic cradles and straight pop downs are the only allowed dismounts.
  - f. Twisting dismounts are not allowed.

POM Division

*Squad size is limited a minimum of 5 with a maximum of 25*

A POM routine contains important characteristics such as strong Pom technique (clean, precise and sharp motions), synchronization, and visual effects and may incorporate Pom Skills (i.e. Pom passes, jump sequences, leaps/turns, kicklines etc.)

Poms must be used 80% of the routine.

- 1.) Routine will have a minimum of 1 minute and 45 seconds (1:45) to a maximum of 2 minutes and 30 seconds (2:30) to demonstrate their routine.**
- 2.) Routine must begin on the performance surface.**
- 3.) Timing of the music will begin when the starts and the timing will end with the last beat of the music.**
- 4.) Tumbling skills are allowed but are not required, refer to general rules of competition for tumbling.**
- 5.) Stunting skills are allowed but are not required, refer to general rules of competition for stunting and dismounts. Pyramids are not allowed in this division.**
  - a. All stunts limited to the Prep Level.**
  - b. Single leg stunts are only allowed at waist level.**
  - c. Twisting stunts and transitions are not allowed.**
  - d. Releases moves may not land in a prone and must return to the original bases.**
  - e. Dismounts**
    - i. Cradles must have two catchers and a spotter with a minimum of one-hand-arm supporting the waist and shoulder area.**
    - ii. Must return to original bases and be assisted to the mat.**
    - iii. Straight drops or small hop offs that do not include any additional skills from waist level or below are allowed without assistance.**
    - iv. Basic cradles and straight pop downs are the only allowed dismounts.**
    - f. Twisting dismounts are not allowed.**
- 6.) Proper spotting techniques are mandatory and a minimum of two spotters must be present on the mat and must be provided by the squad such as an assistant coach or trainer. **Clarification: Includes all nugget stunts.**

## **Unified Division**

1. Unified Sports is a program that provides individuals with intellectual disabilities and individuals without intellectual disabilities the opportunity to train and compete together on sports squads in an environment where all participants can improve sports skills through training and competition. This program is most successful when Athletes and partners are matched according to ability and age. The importance of this program expands sports opportunities for Athletes and partners seeking new challenges and it increases inclusion in the community by helping to break down the barriers that have historically kept individuals with and without intellectual disabilities apart.
2. Typically, when forming a Unified Sports squad in Cheerleading the number of Special Olympics Athletes and Unified Partners are roughly equal. Athletes must be equal to or exceed the number of non-disabled partners (unified partners). Squads that have an odd number of members must have at least one more Special Olympic Athlete than Unified Partner participating at all times (example: a five-member squad will consist of three Special Olympic Athletes to two Unified Partners).
3. If at any time during the competition the number of Unified Partners exceeds the number of Special Olympics Athletes, the squad will be disqualified and compete for a participation ribbon. There are no exceptions to this rule.
4. Any division can be a Unified Division.



**Sportsmanship/Behavior****Sportsmanship**

- Each team will be judged continually throughout the competition. In other words, a team which is not performing may still have points deducted for unsportsmanlike conduct.
- Treat others with respect.
- Signs should create a positive spirit about your team.

**Acceptable behavior**

- Shake hands of opponent team(s)
- Applaud other teams' performances

**Unacceptable behavior**

- Refusing to shake opponents' hands
- Yelling and making noise during a performance of another squad
- Displays of anger
- Booing or heckling

## **Judging Sheet Explanation**

### **Jewelry**

All Jewelry is prohibited during practice sessions and competitions (except medical bracelets which must be taped to the body).

### **Execution**

Refers only to the actual performance of motions, stunts or gymnastics and formation changes that are planned.

### **Spacing and Motions**

A variety of motions adds interest to any cheer including motions of the legs, arms, head, etc. Both spacing of the entire squad on the floor and spacing between squad members should be considered. A variety of formations within a cheer is more pleasing than one.

### **Timing and Voice**

The speed of a cheer should be fast enough to be peppy, but slow enough to understand the words.

### **Jumps**

Should be well executed and synchronized

### **Pep, Enthusiasm, Confidence**

Both should be continuous and sincere.

### **Choreography**

Composition of routine creativity, movement, music, and skills. visual effects such as, but not limited, stunts, partner work, level changes, patterns etc.

### **Spacing**

The ability of the athletes to position themselves throughout formations changes and transitions.

### **Execution of Skills**

Demonstration of skill execution, body awareness, control balance, and form while completing selected skill(s).

### **Routine Confidence**

Judge's overall opinion of the routine.

**CHEERLEADING RULES OF COMPETITION**

**Team:**

**Division:** Individual Skills

**Judge's Signature**  **Date**

Cheerleading Skills	Possible Score	Squad Score
Cheer Stance	5	
High V	5	
Low V	5	
Front Kick	5	
Sideline Routine	10	
Enthusiasm	10	
Perfection of Routine	10	
<b>SUB TOTAL</b>	<b>50</b>	

Score Sheet Totals	Possible Score	Squad Score
<b>TOTAL</b>	<b>50</b>	

**TOTAL**

**Judge's Comments:** \_\_\_\_\_

\_\_\_\_\_

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\_\_\_\_\_

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\_\_\_\_\_

## CHEERLEADING RULES OF COMPETITION

Team:

Division:

Judge's Signature

Date

Type of Competition (Circle):  Traditional or  Unified

Cheerleading Skills	Possible Score	Squad Score
Execution	10	
Spacing and Motions	10	
Timing and Voice	10	
Pep and Enthusiasm	10	
Routine Confidence	10	
<b>SUB TOTAL</b>	<b>50</b>	

Sideline Chant	Possible Score	Squad Score
Execution	10	
Spacing and Motions	10	
Timing and Voice	10	
Pep, Enthusiasm, Routine Confidence	5	
<b>SUB TOTAL</b>	<b>35</b>	

	Possible Score	Squad Score
Overall Quality of Routine	15	

Score Sheet Totals	Possible Score	Squad Score
<b>TOTAL</b>	<b>100</b>	

TOTAL

Judge's Comments: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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## CHEERLEADING RULES OF COMPETITION

Team: <input style="width: 95%;" type="text"/>	Division: Intermediate
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Judge's Signature	Date
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Type of Competition (Circle):      Traditional      or      Unified
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Cheerleading Skills	Possible Score	Squad Score
Execution	15	
Spacing and Motions	10	
Timing and Voice	10	
Formation Change	10	
<b>SUB TOTAL</b>	<b>45</b>	

Dance Routine	Possible Score	Squad Score
Execution	10	
Spacing and Motions	10	
Timing and Rhythm	5	
Creativity	5	
Pep and Enthusiasm	5	
<b>SUB TOTAL</b>	<b>35</b>	

Overall Quality of Routine	Possible Score	Squad Score
Overall Quality of Routine	20	

Score Sheet Totals	Possible Score	Squad Score
<b>TOTAL</b>	<b>100</b>	

TOTAL	
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Judge's Comments: \_\_\_\_\_

\_\_\_\_\_

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## CHEERLEADING RULES OF COMPETITION

Team: <input style="width: 95%;" type="text"/>	Division: <b>Advance</b>
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Judge's Signature	Date
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Type of Competition (Circle): <b>Traditional</b> or <b>Unified</b>
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Cheerleading Skills	Possible Score	Squad Score
Execution	10	
Variation of Motions	5	
Timing and Rhythm	5	
Voice	5	
Jumps	5	
Spacing	5	
Routine Confidence	5	
Technique	5	
Formation Change	5	
<b>SUB TOTAL</b>	<b>50</b>	

Composition & Presentation	Possible Score	Squad Score
Degree of Difficulty	10	
Incorporation of dance and cheer	10	
Pep and Enthusiasm	5	
Facial Expression	5	
Routine Confidence	5	
<b>SUB TOTAL</b>	<b>35</b>	

Overall Quality of Routine	15	
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Score Sheet Totals	Possible Score	Squad Score
<b>TOTAL</b>	<b>100</b>	

TOTAL

Judge's Comments: \_\_\_\_\_

\_\_\_\_\_

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## CHEERLEADING RULES OF COMPETITION

Team: <input style="width: 95%;" type="text"/>	Division: <input style="width: 95%;" type="text" value="Elite"/>
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Judge's Signature <input style="width: 95%;" type="text"/>	Date <input style="width: 95%;" type="text"/>
--	---

Type of Competition (Circle):      Traditional      or      Unified
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Routine Skills	Possible Score	Squad Score
Execution	15	
Variation of Motions	5	
Timing and Rhythm	5	
Dance	5	
Jumps	5	
Spacing	5	
Technique	5	
Formation Change	5	
<b>SUB TOTAL</b>	<b>50</b>	

Composition & Presentation	Possible Score	Squad Score
Degree of Difficulty	15	
Quality Stunts	15	
Pep, Enthusiasm, Facial Expression	5	
<b>SUB TOTAL</b>	<b>35</b>	

Overall Quality of Routine	15	
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Score Sheet Totals	Possible Score	Squad Score
<b>TOTAL</b>	<b>100</b>	

<b>TOTAL</b>	
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Judge's Comments: \_\_\_\_\_

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## CHEERLEADING RULES OF COMPETITION

Team: <input style="width: 95%;" type="text"/>	Division: <b>Hip Hop</b>
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Judge's Signature	Date
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Type of Competition (Circle): <b>Traditional</b> or <b>Unified</b>
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Choreography	Possible Score	Squad Score
Composition of Routine	15	
Routine Staging/Visual Effects	10	
Degree of Difficulty	5	
<b>SUB TOTAL</b>	<b>30</b>	

Group Execution	Possible Score	Squad Score
Uniformity/Synchronization	20	
Spacing	10	
<b>SUB TOTAL</b>	<b>30</b>	

Technique	Possible Score	Squad Score
Technique of selected Hip Hop Style(s)	10	
Quality of Movement	10	
Execution of Skills	10	
<b>SUB TOTAL</b>	<b>30</b>	

Performance Impression	Possible Score	Squad Score
Projection, energy and intensity	5	
Music, costume, choreography	5	
<b>SUB TOTAL</b>	<b>10</b>	

Score Sheet Totals	Possible Score	Squad Score
<b>TOTAL</b>	<b>100</b>	

**TOTAL**

Judge's Comments: \_\_\_\_\_

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## CHEERLEADING RULES OF COMPETITION

Team:

Division: **POM**

Judge's Signature

Date

Type of Competition (Circle):      Traditional      or      Unified

Choreography	Possible Score	Squad Score
Composition of Routine	15	
Routine Staging/Visual Effects	10	
Degree of Difficulty	5	
SUB TOTAL	30	

Group Execution	Possible Score	Squad Score
Uniformity/Synchronization	20	
Spacing	10	
SUB TOTAL	30	

Technique	Possible Score	Squad Score
Motion Placement/Alignment	10	
Motion Strength/Shapness	10	
Execution of POM Skills	10	
SUB TOTAL	30	

Performance Impression	Possible Score	Squad Score
Projection, energy and intensity	5	
Music, costume, choreography	5	
SUB TOTAL	10	

Score Sheet Totals	Possible Score	Squad Score
<b>TOTAL</b>	<b>100</b>	

TOTAL

Judge's Comments: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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\_\_\_\_\_

## CHEERLEADING RULES OF COMPETITION

Special Olympics Maryland

Official Deduction/Violation Form

Team \_\_\_\_\_

Division \_\_\_\_\_

Judge \_\_\_\_\_

SAFETY VIOLATION	FREQ	POINTS	Judges Comments/Notes
SOMD	# OF	-2 Points	
NFHS/USASF	# OF	-2 Points	
ROUTINE EXECUTION	# OF	-1 Points	
ROUTINE CHOREOGRAPHY	# OF	-2 Points	
SAFE USE OF PROPS	# OF	-1 Points	
TOTAL SAFETY DEDUCTIONS	# OF	- Points	

COMPETITION GUIDELINE VIOLATION	FREQ	POINTS	Judges Comments/Notes
Choreography: Inappropriate moves and/or gestures. Vulgar or suggestive music selections, inappropriate uniforms	# OF	-2 Points	
Failure to meet divisional requirements - Sideline Chant, Cheer, Jumps, Formation Change, Spotters, Gymnastics	# OF	-10 Points	
Glitter of any kind	# OF	-10 Points	
TOTAL GUIDELINE VIOLATIONS	# OF	- Points	

TIMING GUIDELINE VIOLATION	FREQ	POINTS	Judges Comments/Notes
Timing: Actual Time: ____:____:____ Music: Outside designated Division time limits;			
6 - 10 seconds		-3 Points	
11+ seconds		-5 Points	
			Timer Initials _____
Timing: Actual Time: ____:____:____ Routine: Outside designated Division time limits;			
6 - 10 seconds		-3 Points	
11+ seconds		-5 Points	
			Timer Initials _____
TOTAL TIMING VIOLATIONS	# OF	- Points	

SPORTSMANSHIP VIOLATION	FREQ	POINTS	Judges Comments/Notes
Any participant, coach, parent, and/or spectator displaying unsportsmanlike conduct during any Special Olympics Maryland event.	# OF	-10 Points	

TECHNICAL SCORE	
TOTAL DEDUCTIONS	
FINAL SCORE	

## Cheerleading Glossary of Terms

### **Cheer**

A long phrase that involves motions, stunts, jumps and/or tumbling. Cheers can resemble a song that has a beginning, middle and end.

### **Cheer Stance**

Feet together, hands down by the sides in blades.



### **Cheer Dance**

Contains the components of motions, jumps, tumbling and stunting as allowed per division requirements; no HIP/HOP street style movements are allowed.

### **Extended Stunts**

One in which the supporting arm(s) of the base(s) is/are fully extended above the head. Extended stunts require a spotter

### **Gymnastic Cheer**

A cheer performed using any type of gymnastic, mount or partner stunt.

### **Gymnastic**

Any type of individual or partner stunt performed other than jumps and motions; such as mounts, splits, rolls, cartwheels.

### **Jump**

A spring from one or both feet with a landing on one or both feet

### **Motions**

Movements using straight and/or diagonal arms; in combination with head/foot movements.

### **Non-gymnastic Cheer**

A cheer using only jumps and motions.

### **Partner Stunt**

Any type of stunt that uses two persons and one of those persons is using the other person for support

### **Prep Position**

A skill in which the base(s) hold(s) a standing flyer at approximately chest height.

### **Prop**

Any type of hat, flags, hand-held ribbons, etc.

**Pyramid**

Multiple partner stunts that are connected.

**Sideline Chant**

A short, repetitive yell, usually in repetitions of three, using motions and/or jumps.

**Stunt**

Any tumbling skill, toss, partner stunt or pyramid.

**Transition**

Moving from one set position to another within the cheer