



**CHEERLEADING**

[www.cy-fairsports.org](http://www.cy-fairsports.org)

# Coaches Guide



Dear Cheerleading Coaches:

Welcome to yet another new and exciting year of Cheerleading with Cy-Fair Sports Association. I speak on behalf of CFSA Cheerleading, when I say we are honored to have each and every one of you with us. If you are new to cheering with CFSA, we are so excited that you have chosen to be a part of the CFSA cheer program! If you are returning to CFSA cheer, thank you for your continued enthusiasm and support. You are the foundation and building blocks of CFSA tradition!

After the squad and parents, the coach is the most influential person that will help shape the participant's love and future passion for cheerleading. The coach ensures that the squad has fun, learns cheer fundamentals, becomes a strong teammate, and builds passion full of pride and spirit. The coach also plays a major role in guiding parents during their cheerleader's journey in CFSA and building a strong cheer family.

The Executive Board and Cheer Committee would like to congratulate you and thank you for your willingness to be a coach. You have taken on a significant challenge! But, don't worry, we will help you every step of the way. We have developed this guide to ensure you understand and know the association's rules and guidelines, as well as provide tools that will help you to have a successful season.

As you begin this new season, please use this guide to assist you in setting up your squad and preparing to begin practices. You will find ideas on coaching, how to lead your parents, how to build a successful cheer squad, and information that will help you through Cheer Off. This guide will give you a place to start. You have the support of the entire CFSA Cheer Committee, so please reach out to us with any questions or needs you may have.

The CFSA committee has been formed specifically to organize and carry out cheerleading business and to help each coach be an effective leader. Please feel free to contact your Division Commissioner with any questions or problems that arise. You should also direct parent questions, that you cannot answer to your Division Commissioner. Any unresolved issues or problems should be directed to the Cheerleading Commissioner in writing (a letter or email). Committee members and their contact information can be found on the CFSA website (<http://www.cy-fairsports.com>). Contact information for all committee members can be found on the CFSA website (select CFSA Sports, scroll to Cheerleading, click Committee.)

Welcome to the CFSA Cheer coaching family. Your experience promises to be enriching, challenging, and rewarding.

Finally, I would like to thank our wonderful new committee that has grown in size and spirit this year. As a committee, we have worked hard to increase our customer service and satisfaction along with increasing cheerleader and adult participation! And we can't wait to share it with you!

Sincerely,

Megan Nowak  
CFSA Cheer Commissioner

## **WHERE TO BEGIN?**

This guide is filled with the Rules, Regulations, & Guidelines that govern CFSA Cheerleading. By reading this guide and all that is presented, you are ensuring that you and your squad are in full compliance with CFSA Cheerleading policies. Several sections from the official CFSA Cheerleading Rules, Regulations, & Guidelines have been pulled out in order to highlight their importance and to provide more background and information. After reading this guide, attending the first coaches meeting and receiving your squad roster, you will begin to prepare for the first parent meeting.

### ***Parent Meeting***

Before your first cheer practice of the season, **each coach must hold a parent meeting**. Prepare and share the meeting's agenda with parents prior to or at the very beginning of the meeting.

### ***What to include during Parent Meeting***

Remind them that you are a **volunteer**, as is all members of the Cheer Committee. If you do not have an assistant coach or team mom, solicit assistance. The assistant coach role is just as important as the head coach and will help the head coach in all coaching duties along with leading the squad in the absence of the head coach. Team Mom, provides a very crucial role of communication, organization of special events/activities, coordinates the snack schedule, etc. and anything else the head coach can use help with so that she/he can concentrate on coaching the squad. Stress the importance of working together as a team; everyone, coaches, team mom and most important the parents. Be sure to communicate important information from this guide, the rules & regulations, along with your personal expectations of the parents and their cheerleader(s), and events/activities to expect throughout the season. Below are other important items you will want to touch base on at the first parent meeting.

### **Squad Rules & Discipline**

As the head coach, determine rules that the squad should follow. Discuss the squad rules and methods for discipline. Remind the parents that you are the head coach, in charge and will not tolerate rude behavior from the cheerleaders directed at the coaches, team mom or their fellow squad members. It is very important to be consistent with discipline among all squad members. Document any discipline and all behavioral problems that arise. Inform parents that repeated problems will result in the cheerleader(s) sitting out to the possibility of being removed from the squad. Stress to them the need to be kind to one another and work together as a TEAM; this applies to the parents as well. Remember you can always consult the division Commissioner for help with any persistent issues that arise.

### **Events/Activities**

Each squad is limited to four (4) events/activities per week **BEFORE** the school year begins.

Once the Cypress Fairbanks ISD school year begins, events/activities are limited to three (3) per week. An event/activity is as a "gathering of the squad where more than half of the entire squad is in attendance." Examples of an event/activity: cheer practice, football game, spirit night (with the football team), squad only fundraiser or squad get together. Any CFSA Cheer organization fundraiser or spirit night will not count as one of the squad's weekly events/activities. The "cheer week" begins on Sunday and ends on Saturday. The week leading up to Cheer Off, each squad is allowed four (4) events/activities (meaning 1 extra practice is permitted).

### **Practice**

It will be up to the head coach, assistant(s), and squad to find an appropriate location to hold cheerleading practice. Regular practice is important for each cheerleader and squad, not only for the unity of the squad but for the learning of fundamentals, proper spacing, and performance content. Practices may not be held any earlier than 5:00 p.m. and no later than 9:00 p.m., Monday through Friday. Practice should be limited to no more than 2 hours and should not be held in heavy rain or lightening. All games will be played on Saturday's at Schiel Road, thus making practicing Saturday mornings, not good for the squad.

Over the years, Sunday practices have been discouraged, so not to disrupt all "family time; however, **cheer off** is held on the first or second Sunday of November. If a squad is participating in cheer off they may have Sunday practices as well. **if considering Sunday practice for non-cheer off events, a vote of ALL PARENTS MUST BE TAKEN and the vote to practice on Sunday, MUST BE UNANIMOUS.**

Prepare a schedule for each practice in order to utilize the time you have with your squad. Cheerleaders should wear comfortable clothing, such as a t-shirt, stretch shorts/leggings, socks, and tennis shoes. Restrictive clothing can be harmful and thus should be discouraged. It is encouraged that all cheerleaders wear cheer shoes for practice; however, you or parents may want to preserve those for games. Practice shoes should definitely have a flat sole (especially for flyers, so their shoes do not hurt their bases when climbing). Jewelry other than stud earrings should NOT be allowed to be worn

at practice or games. Gum should not be chewed during practice or games as well.

### **Attendance**

Emphasize to the parents the importance of good attendance. Share with parents the CFSA Cheer Attendance Guidelines. This document is to assist coaches with attendance issues and provide some structures and consistency to be followed with your squad, as well as give you support if a severe attendance issue arises. It is very important to take roll each practice/game and document attendance issues. ***See last page of this section for the CFSA Cheer Attendance Guidelines.***

### **Uniforms**

The official CFSA cheerleading uniforms consist of CFSA supplied pom-poms, two-piece uniform (sleeveless shell and matching skirt), color coordinated stretch briefs, and bow. CFSA cheerleading requires an all-white tennis shoes/cheer shoe (at parent's expense). Uniforms should be neat, clean, and pressed for all games and Cheer Off. Uniform accessories that must match among the entire squad, but are not provided by CFSA are socks, white colored tennis/cheer shoes, turtle necks, leggings, and jacket. These extra uniform items should be voted on by a majority. It is mandatory that the entire squad is uniformed, all dressed alike when performing at games and Cheer Off. The same brand is not required, but all the same color and style of these uniform accessories is mandatory for shoes, leggings, turtleneck, etc.

Uniforms for all late registrants and/or a cheerleader who missed uniform fitting, will not be ordered until the end of August and may not be delivered in time for the first game. At which point, the squad as a whole can decide to wear t-shirts/spirit shirts/CF clinic shirts and shorts, until all squad members have their official uniform. Anyone out of uniform and not matching the rest of the squad should not be allowed to perform at the game(s).

**Note: The glitter material on uniforms is more fragile than standard metallic twill. Therefore, uniforms should be washed inside out, in cold water, on a gentle or hand wash cycle and hung to dry. Uniform should not be dried in a dryer for any reason or taken to a dry cleaner.**

### **Extra Costs**

Items such as cheer buckets, bags, specialty bows, chairs, water bottles, stickers/decals, bling on uniforms, Cheer Off routine choreography and instruction, etc. are all considered extra costs. Additional items for purchase must be voted on by the entire squad and will be purchased or not purchased based on the majority vote, but coaches will provide recommendations and/or choices for parents.

Getting additional sponsorships or item donations can really help out with additional costs. These extra cost items can be donated by a bakery, donut shop, BBQ place, Home Depot, a local insurance company, etc. A sponsor could "buy" the squad cold weather clothing or extra bows, pink out items for October, as long as the sponsor pays for the same item for the entire squad.

### **Sponsorships**

There is a mandatory \$300.00 sponsorship due to the CFSA office on or before CFSA Picture Day (TBD) and located on the CFSA website under Cheerleading. In addition, if the mandatory sponsorship is not turned in by CFSA Picture Day and/or the squad does not participate in the CFSA hosted pictures, the squad will be required to turn in **\$300.00 in sponsorship money**, and will not be allowed to perform in playoffs, Super Bowl or Cheer Off.

Once the mandatory sponsorship has been obtained and turned into the CFSA office, any additional sponsorship funds given in the name of the Cheer Squad can be used to help alleviate the costs of cheerleading activities and extra cost items. All voluntary sponsorship funds should also be turned into the CFSA office and towards the end of the season, the squad can request reimbursement for additional items purchased for the squad. The only items that these voluntary funds can be used to reimburse parents, are items that are used by the entire squad, such as specialty bows, cheer buckets, bags, water bottles, bling, or stickers/decals, etc.

When obtaining sponsorship funds the following procedures should be followed:

- Sponsors should make check payable to CFSA (not the Squad Leader)
- Sponsor should indicate on check the following information: Cheer, squad mascot, division level (example: Cheer, Sophomore Vikings). This information will help ensure that the appropriate funds are credited to the correct Cheer Squad and not to the corresponding football team.
- Team Mom or Coach, takes sponsorship check(s) to the CFSA office so that a sponsor form/receipt for the squad and sponsor can be issued by the CFSA office.
- Checks should be turned into the CFSA office as soon as they are received.
- In order to receive reimbursement from the squad's voluntary sponsorship(s) which were obtained and submitted, all itemized receipts must be kept and turned into the CFSA Office **no later than November 1<sup>st</sup>**. There will be NO EXCEPTIONS to this procedure and deadline. Each head coach is required to maintain a log of all

original receipts and expenses along with itemizing expenses per squad member, as well as the squad as a whole. In order to receive any reimbursement, the log and original receipts must be presented to the CFSA office.

- Squads will only receive 80% of a voluntary sponsorship. The CFSA organization will retain the other 20%. Therefore, all reimbursable funds will be in the amount of the sponsorship check minus 20%, if proper receipts and logs are turned into the CFSA office by the appropriate deadline. If a sponsor needs the CFSA's tax ID #, they are required to email/contact the office at [office@cy-fairsports.org](mailto:office@cy-fairsports.org) to obtain that number. It will not be given out to head coaches or team moms.

**Note:** Checks can be mailed to the CFSA office, but you run the risk of not receiving proper credit. It is best if the coach or someone on the squad receives the check(s) and then the team mom or coach submits the check(s) to the CFSA office.

### **Fundraisers**

CFSA is a nonprofit organization which aims to help students in and around the Cypress area, better develop their athletic skills and sportsmanship. It is required that each sport raise funds to support this organization which is the largest youth sports association in the Houston area.

All cheerleaders and their families are highly encouraged to participate in any and all fundraisers sponsored by CFSA Cheer. Cheer fundraisers may change from year to year. All Cheer participants and squads are asked and encouraged to participate in CFSA Cheer Spirit Nights and Pink Out accessory packages as well as attend and participate on CFSA Picture Day. All Coaches are encouraged to support the CFSA hosted Pictures because this is a major fundraiser for the organization, as the CFSA photographer is a vendor contracted with CFSA both relying on parent picture sells to maximize their earnings, which helps to maximize the incentive funds given back to CFSA by the picture vendor. As stated above in the **Sponsorship** section, those squads who choose not to use the CFSA picture vendor for cheerleader/squad pictures will be required to collect an additional \$50 in sponsorship funds.

### **Sound Systems**

Portable sound systems may be used by cheer squads during football games. However, coaches must play music at a level that does not interfere or inhibit the football game or parents on the sidelines watching the game. Football players should not be able to hear the music from the field and the music should not be bothersome to fans. Under no circumstances can extension cords be used to supply electricity to the sound systems. Music played during football games should be age level appropriate and not offensive to parents. Music should be played during appropriate times during the game as well. Noisemakers are prohibited to be used at football games by the parents or siblings on the sidelines. Cheer squads may use noisemakers while in their sideline formations.

Sound systems are a cost of the squad and cannot be covered or reimbursed by sponsorship funds, because the item is not shared and possession resides with one individual.

### **Half-Time Routines**

Half-time routines should be prepared and choreographed before the first game. The half-time routine is the choice of the Coaches. Routines may consist of a group cheer, chant or dance using pom-poms and/or props. Routines should be no longer than 3 minutes in length, including the time it takes the squad to enter and exit the field. The cheer squad not performing should sit on the sidelines and watch in support of the performing squad. The visiting squad will perform their half-time routine first each game. Tasteful music is required, no profanity or sexual innuendos please. If you need assistance in creating a half-time routine, a great resource can be your local high school cheerleaders; they often need volunteer hours. Another option available is to contract DEA (or any other Cheer business) to choreograph routines. This option of course will be an additional cost for the squad and must be agreed upon by a majority vote among the parents.

In years past, squads choreograph/learn half-time routines before the football season begins and the routine is created based on Cheer Off criteria, if your squad chooses to participate in Cheer Off. Half-time is an excellent opportunity for extra Cheer Off practice throughout the season in a performance environment. Please perform only one routine each half-time. However, performing Cheer Off routines during half-time is not mandatory.

### **Stunts**

There are specific approved stunts that each cheer division may perform. There will be certain stunts that will be required to be performed per cheer division for squads participating in Cheer Off. Proper demonstration of the required stunt will be awarded points. Please refer to the **Cheer Off Rules and Regulations** section for complete information on approved stunts.

### **Games**

There will be eight (8) football games at which each squad will be expected to attend and perform. During each game,

each cheer squad must stay between the 15 and 30 yard lines (not to go beyond the 15 yard marker), on the spectator's side of the field, which should be at the same end of the field as their respective football team (so the cheerleaders will be across the field from their football team). The "Home Team" is typically on the end of the field closest to the score board. The squad must give the chain gang ample room to work the sidelines. Coaches should help guide the cheerleaders where to stand and how to appropriately watch for and move out of the way of the chain gang and referees.

Only registered CFSA cheerleaders and coaches (1 head coach and up to 2 assistant coaches) are allowed on the sidelines. Siblings and parents are NOT allowed on the sidelines at any time. Coaches should stay seated on the sidelines, except during their half-time routine at which time they may escort their squad on the field and position their sound system so that the cheerleaders can best hear the music. If a player is injured, no matter what team he/she is on, all cheerleaders should stop cheering and kneel in recognition of the injured player; clapping once and/or saying a cheer for the player when he/she rises and returns to the game or sideline, is most appropriate.

### **Banners**

Run-through banners are only allowed if already broken with Velcro middle at CFSA football games.

### **Snacks**

A snack schedule should be created to allow each cheerleader the opportunity to bring snacks to the game for the squad at least once during the season. Snacks should be provided following the completion of the football game or during half-time after both cheer squads have performed their half-time routines. Each cheerleader should receive at least one snack per game, unless otherwise agreed upon by the parents. It is recommended that non-colored drinks, snow cones, sugary drinks or gum should not be given out. All drinks consumed by cheerleader while in uniform should be clear in nature. It is recommended that all cheer coaches bring trash bags with them to each game so that you can collect your squad's snacks and disposable water bottles.

### **Game and Field Information**

Starting in the 2018 season, all football games will be played at Schiel Road Sports Complex on Saturdays. The following is information sent directly from the CFSA Board:

#### **Cy-Fair Sports Association Complex Rules & Regulations**

Violation of CFSA Sports Complex policies and rules are grounds for sanctions against offending teams, it's managers, coaches, player's parents or fans. Teams found violating these policies face potential disqualification from the current event and possible suspensions from future CFSA or CFSA sanctioned events or practices.

- **NO TRESPASSING. AUTHORIZED USERS ONLY.** You must have a reservation or be participating in a CFSA league activity to use CFSA facilities.
- **NO ALCOHOL** allowed at any time on any CFSA property
- **NO TOBACCO PRODUCTS** allowed at anytime
- **NO PETS** allowed other than service animals
- **NO ELECTRONIC CIGARETTES** allowed at anytime
- **NO FIREARMS** allowed at any time, not even with CHL Permits
- **ABUSIVE OR VULGAR** language prohibited
- **NO ARTIFICIAL NOISE MAKERS** allowed at any games at anytime
- **NO OUTSIDE FOOD OR DRINKS** allowed at any time. Teams may bring one cooler for water.
- **NO GLASS** allowed anywhere in facility
- No throwing or bouncing of any balls against any fencing or buildings in the facility
- **Coaches make sure your team picks up all trash after each game or practice. Failure to do so may result in a cleaning fee as assessed by the CFSA Board**
- Parking is at your own risk. Please follow all parking rules and instructions. Parallel parking is not allowed anywhere in the complex at any time. Please do not park in no parking zones. Violators are subject to towing at their own expense.

Please share the above policy with your parents. It is recommended that all cheer coaches bring trash bags with them to each game so that you can collect your squad's snacks and disposable water bottles. If you take the trash bag with you we do not anticipate a problem with the above CFSA Complex Rules & Regulations.

### **Playoffs/Super Bowl**

Cheerleading squads cheer and support their respective football team throughout the entire season. If the football team make the playoffs and ultimately to Super Bowl, the cheerleading squad is expected to be there cheering for their team. Therefore, the length of the cheerleading season is directly dependent upon their respective football team's performance

during the regular season. Make sure to tell your parents, that they need to keep this in mind when making weekend plans as the season progresses into weeks 8-10. Some head coaches automatically add the playoff game schedule and Super Bowl game on the squad's schedule at the beginning of the season so everyone is aware of the possibility of post season play.

### **Cheer Off**

Cheer Off is a cheerleading competition for CFSA Cheer Squads only. This is a Sunday event that will occur on the first or second Sunday of November. Events for this event are allowed to happen on Sundays. This is a fun way for all squads to come together in the spirit of competition and good sportsmanship to show off what all they have learned and accomplished throughout the season.

The purpose of the ***Cheer Off Rules and Regulations*** section is to clearly define expectations and appropriate approved stunts for each division and outlining judging criteria. All stunts listed in this section will be demonstrated during CFSA's Cheer Clinics located at Cheer Factory in August. All coaches must attend their respective CFSA Cheer Clinic. Cheer Factory instructors will demonstrate and "certify" that coaches and squads have received proper stunting instruction how to safely execute stunts with proper techniques.

# **CFSA CHEERLEADING ATTENDANCE GUIDELINES**

## **(Applies to all levels, Flag through Varsity)**

Although CFSA Cheerleading is an introductory level organization which seeks to teach the fundamentals of cheerleading as a sport, with emphasis on participation, sportsmanship & physical fitness, it is not an individual activity. Cheerleading is a unique sport in which each athlete's safety & knowledge is dependent upon teamwork, trust & responsibility of every member on the squad. A CFSA cheerleading squad is a group of girls about the same age working together towards common goals: supporting the football team to which they are assigned, developing their cheerleading skills, learning teamwork & participating in an organization wide cheer competition.

Squads cannot have effective practices or perform successfully with absent participants. Due to the nature of the sport, a practice missed by one cheerleader has a significant impact on the squad; particularly on that cheerleader's stunt group, who are unable to stunt without every member present. In addition, when the coach must reteach material to those who have been absent, the whole squad's practice time suffers.

As a result, attendance at all practices & games is a must, especially if practice is held at Cheer Factory or other contracted cheer facility for choreography or gym use. Absences should be avoided as much as possible. Squads may begin practicing as of August 1<sup>st</sup>. Thus, making August a critical month where skill sets are established, preparation for game sideline material is taught & choreography for Cheer Off routine(s) are being developed & learned. Please keep this in mind when scheduling family vacations and/or weekend trips.

### **Excused Absences**

Certain circumstances are unavoidable & understandable; however, communication is key. It is most important that coaches are notified of a cheerleader's absence as soon as possible so the coach can adjust & better plan for practices & games based on which cheerleaders will be in attendance. The following are considered to be excused absences, as long as the head coach has been notified prior to the activity (practice, game or event).

- Illness or injury
- Death in the family
- Religious instruction class
- Other extenuating situations (to be discussed on an "as required" basis)

\* Excessive Absences may result in reduced participation.

### **The following attendance guidelines will apply consistently to all cheerleaders on the squad.**

1. All absences are unexcused unless communicated with the Head Coach **PRIOR** to the practice, game or event being missed. (Each squad is allowed 3 activities a week during the regular season & 4 activities a week before school starts as well as the week before Cheer off.)
2. Being on-time is just as important as being at practice or game. Arriving more than 15 minutes late to a practice or game will be counted as a tardy. Four tardies will equal one absence.
3. A cheerleader with one or more excused or unexcused absences during a week (Sunday – Saturday) will sit in full uniform, on the sideline with the coach(es) for one quarter of the next scheduled football game.
4. A cheerleader with more than 6 absences during August & September may lead to a change in position within the competition routine(s) as not to adversely affect the rest of the squad & integrity of the routine(s). Changes that might occur are:
  - a. Removal from stunt or stunt position in routine
  - b. Position in formations
  - c. Being removed from a competition routine
5. More than 6 excused or unexcused absences may make the cheerleader ineligible for competition based on the coach's evaluation of the cheerleader's ability to perform.
6. Practice days, times & locations will be based on coach and/or location availability & could change throughout the season. Coaches will do their best to accommodate the majority of the squad.
7. If a coach feels a cheerleader's absences are affecting the squad negatively & any of the previous guidelines apply, the coach must notify the division commissioner & supply proper documentation, such as absence dates, times & reasons. If excessive absences are determined, it will be up to the division commissioner & coach to make a determination in regards to the cheerleader's ability to perform at Cheer Off.



# Rules & Regulations for Stunts & Cheer Off



# FLAG DIVISION



Rules & Regulations for

Stunts &  
Cheer Off



# Flag

## CHEER ROUTINE SCORING RUBRIC

CFSA CHEER OFF  
FLAG DIVISION



### Smile/Facial Expression ~ 1-6 pts

- 5-6 Entire squad is exhibiting facial expressions/smiles throughout the whole performance
- 3-4 Half/Majority of the squad demonstrates facial expressions/smiles but the squad is not consistent with smiles throughout the whole performance
- 1-2 Few cheerleaders show facial expressions/smiles during the performance

### Formations (Spacing, Use of Floor and Formation Changes) ~ 0-5 pts

- 4-5 Cheer routine contains multiple formation changes. Formations look purposeful, clear and evenly spaced throughout cheer routine
- 2-3 Cheer routine contains some formation changes. Formations are clear and somewhat evenly spaced, but could be more polished
- 0-1 Cheerleaders are unsure of formations and/or look lost. Formations are lacking or need improvements.

### Motions (Technique and Placement) ~ 0-3 pts

- 3 Entire squad demonstrates correct placement of motions throughout cheer routine
- 2 Half/Majority of squad demonstrates correct placement of motions throughout the cheer routine
- 1 Few cheerleaders demonstrate correct placement of motions throughout the cheer routine
- 0 Correct placement of motions is not observed

### Motions (Precision and Sharpness) ~ 0-3 pts

- 3 The entire squad demonstrates precise, sharp motions throughout the cheer routine
- 2 Half/Majority of squad demonstrates precise, sharp motions throughout the cheer routine, little polishing needed
- 1 Few cheerleaders demonstrate precise, sharp motions throughout the cheer routine, much improvement needed
- 0 Precise, sharp motions are not observed

### Motions (Synchronization) ~ 0-3 pts

- 3 The entire squad is synchronized throughout the entire cheer routine
- 2 Half/Majority of squad is synchronized throughout the cheer routine, little polishing needed
- 1 The squad has very little synchronization during the cheer routine, much improvement needed
- 0 There is no squad synchronization performed or observed during cheer routine

### Jumps ~ 1-4 pts

Appropriate jumps for this level are the following: tuck, spread eagle, herkie, toe touch, or side hurdler. To earn jump points, the entire squad must jump at the same time. Synchronization will apply to the execution of the jump(s) present in the routine.

- 4 The entire squad demonstrates proper jump technique
- 3 Half/Majority of the squad demonstrates proper jump technique
- 2 Proper technique is not demonstrated
- 1 Jumps are not observed during cheer routine

### Difficulty Level of Jumps ~ 0-3 pts\*

- 3 Jumps are synchronized, entire squad attempts and executes a jump combination with a smooth transition
- 2 Entire squad attempts and executes the same jump with synchronization
- 1 Entire squad attempts and executes the same jump but synchronization needs improvement
- 0 There is no difficulty to the jump(s) performed



# Flag

## CHEER ROUTINE SCORING RUBRIC

CFSA CHEER OFF  
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### Tumbling ~ 0-5 pts

A tumbling skill is any gymnastic or acrobatic movement. (i.e. forward roll, back walk-over, cartwheel, roundoff, back handspring, or back flip). Tumbling must be present to obtain tumbling points. All cheerleaders must perform a synchronized tumbling skill at the same time, this is a requirement. Mixed skills are allowed in addition to the requirement, as long as they are executed at the same time.

- 5 The entire squad performs the same tumbling skill at the same time with synchronization
- 3-4 The squad performs a tumbling skill; all the same skill or multiple tumbling skills are performed in synch with little skill improvement needed
- 1-2 The squad performs a tumbling skill; all the same skill or multiple tumbling skills are performed with little skill improvement needed but timing of skills was not fully in synch
- 0 No tumbling is performed during cheer routine

### Stunts ~ 0-6 pts

A Double Base Thigh Stand (kneeling only) is the required stunt. (The required stunt as defined on pg. 4, must be performed during cheer routine, to earn points in stunt category. No points will be given for category, if required stunt is not performed by definition.)

- 5-6 The squad performs the required stunt, using proper stunting technique
- 3-4 The required stunt is present in cheer routine but lacks proper stunting technique
- 1-2 The squad performs a stunt, but does not perform the required stunt
- 0 No stunt is performed during the cheer routine

### Difficulty Level of Stunts ~ 0-4 pts\*

- 4 Additional stunt groups included with smooth transitions, excellent synchronization & timing, proper climbing and dismounting techniques exhibited.
- 3 Additional stunt groups included, transitions were good, synchronization & timing need improvement, proper climbing and dismounting techniques attempted
- 2 Stunt(s) are very basic, lack creativity, exhibited sloppy climbing and dismounting techniques
- 1 Attempted only the required stunt

### Crowd Involvement ~ 0-6 pts

Crowd participates in cheer routine by yelling with the cheerleaders appropriately.

- 5-6 Cheer routine leads crowd by voice, energy, enunciation, motions, and proper flow and pacing
- 3-4 Cheer routine leads crowd by voice, energy, motions but lacks word enunciation or proper flow & pacing
- 1-2 Cheer routine attempts to get crowd involved, but is unclear and confusing
- 0 Does not get crowd involved

### Props ~ 0-6 pts

Appropriate props for use in cheer routine are signs, poms, and/or megaphones.

- 5-6 Cheer routine has excellent use of props
- 3-4 Cheer routine has some use of props
- 1-2 Use of props during cheer routine are awkward and break the flow of overall routine
- 0 No props are used during cheer routine

### Expression, Showmanship, & Overall Entertainment ~ 1-6 pts\*

- 5-6 Cheer routine has great enthusiasm, excitement, crowd appeal, creativity & is entertaining to the crowd
- 3-4 Cheer routine has enthusiasm & excitement, but lacks crowd appeal, creativity or does not entertain
- 1-2 Cheer routine has spirit and creativity, but lacks excitement and entertainment for the crowd

*\* These 3 categories will be averaged together to determine an overall tiebreaker score.*



# Flag CHEER ROUTINE DEDUCTIONS RUBRIC

CFSA CHEER OFF  
FLAG DIVISION



Point Deductions	Legal or Illegal elements allowed
<b>Disqualification</b>	<b>No tumbling skill will be preformed with pom poms or props</b> in the hands of a cheerleader. This is too dangerous to cheerleaders and will disqualify a squad from competition if present in cheer routine.  <i>Tumbling is any presence of a tumbling skill by any one or more members of the squad. A tumbling skill is any gymnastic or acrobatic movement. (i.e. forward roll, cartwheel, roundoff, back handspring, or back flip)</i>
<b>.5 point per item</b>	All props (pom poms, signs or megaphones) or uniform items (bows, shoes, shoe poms) <b>must be cleared from the floor</b> prior to the entire squad exiting the mat.
<b>1.5 points per item</b>	<b>Pom poms, signs or megaphones</b> are the only props allowed to be used during cheer routine.
<b>.5 point per occurence</b>	<b>Squads must stay on the mat.</b> Once the squad has entered the mat to begin routine, any squad member(s) who steps off of the mat at any time will be penalized .5 points per occurence.
<b>1 point</b>	<b>Squads must perform on the mat.</b> Failure to perform routine on the mat provided in the gym will result in a penalty.
<b>1 point</b>	<b>Time limit for cheer routine is 3 minutes in length.</b> The 3 minutes includes entering the mat and exiting the mat. The entire squad must be completely off the mat within the 3 minute time frame or deductions will be awarded.
<b>6 points</b>	<b>Coaches may not “do” cheer routine motions while sitting in front of the squad during routine.</b>  <i>Coaches are allowed to help squad get set on the floor in beginning formation and then sit in front of the squad while they perform, but they CANNOT provide any assistance with motions or mouthing the words which would assist the squad.</i>



## Flag STUNTS APPROVED AND REQUIRED FOR CHEER OFF

CFSA CHEER OFF  
FLAG DIVISION



Flag squads may perform any of the stunts listed below.

**The Double Base Thigh Stand (Kneeling only) is required to be included in the cheer routine for Cheer Off.**

### Double Base Thigh Stand (Kneeling only) \*\*CHEER OFF REQUIREMENT\*\*

- ❖ Back spot required at all times
- ❖ Signs or props are **prohibited** to be in the hands of cheerleaders while building stunt
  - Flyers, bases, and back spots all included
  - (i.e. pom poms, signs, megaphone, etc.)

### Single Base Thigh Stand (Kneeling only)

- ❖ Back spot required at all times
- ❖ Signs or props are **prohibited** to be in the hands of cheerleaders while building stunt
  - Flyers, bases, and back spots all included
  - (i.e. pom poms, signs, megaphone, etc.)
- ❖ Liberty is allowed **without** extension

### Pyramids

- ❖ Hitch pyramid
  - Base/cheerleader on ground holds the bent/hitched foot of flyer
- ❖ Heel stretch
  - Flyer's hand is connected with base/cheerleader on the ground and extends her leg with other hand

### Human Pyramid

- ❖ May only be 3 athletes wide and 2 athletes high



# CFSA CHEER OFF SCORE SHEET

CFSA CHEER OFF  
FLAG DIVISION



## Flag CHEER ROUTINE

**SQUAD Name:**

SCORING CRITERIA		POINTS	JUDGE'S COMMENTS AND NOTES
Smile/Facial Expressions	(1-6 pts)		
Formations (spacing, changes, use of floor)	(0-5 pts)		
Motions (technique and placement)	(0-3 pts)		
Motions (precision and sharpness)	(0-3 pts)		
Motions (synchronization)	(0-3 pts)		
Jumps (all jump together & are division appropriate)	(1-4 pts)		
Difficulty Level of Jumps*	(0-3 pts)		
Tumbling (all execute tumbling skill together)	(0-5 pts)		
Stunts (required: double base thigh stand, kneeling only) (Required stunt must be performed as defined in rubric, to earn points in stunt category. No points will be given for category, if required stunt is not performed by definition in cheer routine.)	(0-6 pts)		
Difficulty Level of Stunts*	(0-4 pts)		
Crowd Involvement (crowd participates)	(0-6 pts)		
Props (appropriate use of)	(0-6 pts)		
Expression, Showmanship, & Overall Entertainment*	(1-6 pts)		
<b>TOTAL SCORE:</b>		/60 max possible points	

Squads with a participant who has an injury or is in a cast, but has the ability to perform, will in no way adversely affect or penalize the squad. (i.e. If cast requires the marking of a jump, injury prevents the straightening of an elbow, prevents tumbling skill to be performed, or the presence of a special needs child.) All are welcome to participate in CFSA Cheerleading & to perform in Cheer Off.

**Tiebreaker Score:**

*\*These 3 categories will be averaged together to determine an overall tiebreaker score.*



# CFSA CHEER OFF ROUTINE DEDUCTIONS SHEET

CFSA CHEER OFF  
FLAG DIVISION



## Flag CHEER ROUTINE

**SQUAD Name:**

Point Deductions	Legal or Illegal elements allowed	SQUAD DEDUCTIONS
<b>Disqualification</b>	<p><b>No tumbling skill will be preformed with pom poms or props</b> in the hands of a cheerleader. This is too dangerous to cheerleaders and will disqualify a squad from competition if present in cheer routine.</p> <p><i>Tumbling is any presence of a tumbling skill by any one or more members of the squad. A tumbling skill is any gymnastic or acrobatic movement. (i.e. forward roll, cartwheel, roundoff, back handspring, or back flip)</i></p>	
<b>.5 point per item</b>	All props (pom poms, signs or megaphones) or uniform items (bows, shoes, shoe poms) <b>must be cleared from the floor</b> prior to the entire squad exiting the mat.	
<b>1.5 points per item</b>	<b>Pom poms, signs or megaphones</b> are the only props allowed to be used during cheer routine.	
<b>.5 point per occurence</b>	<b>Squads must stay on the mat.</b> Once the squad has entered the mat to begin routine, any squad member(s) who steps off of the mat at any time will be penalized .5 points per occurence.	
<b>1 point</b>	<b>Squads must perform on the mat.</b> Failure to perform routine on the mat provided in the gym will result in a penalty.	
<b>1 point</b>	<b>Time limit for the cheer routine is 3 minutes in length.</b> The 3 minutes includes entering the mat and exiting the mat. The entire squad must be completely off the mat within the 3 minute time frame or deductions will be awarded.	
<b>6 points</b>	<p><b>Coaches may not "do" cheer routine motions while sitting in front of the squad during routine.</b></p> <p><i>Coaches are allowed to help squad get set on the floor in beginning formation and then sit in front of the squad while they perform, but they CANNOT provide any assistance with motions or mouthing the words which would assist the squad.</i></p>	
<b>TOTAL DEDUCTIONS:</b>		





# Flag DANCE ROUTINE SCORING RUBRIC

CFSA CHEER OFF  
FLAG DIVISION



## **Smile/Facial Expression ~ 1-6 pts**

- 5-6 Entire squad is exhibiting facial expressions/smiles throughout the whole performance
- 3-4 Half/Majority of the squad demonstrates facial expressions/smiles but the squad is not consistent with smiles throughout the whole performance
- 1-2 Few cheerleaders show facial expressions/smiles during the performance

## **Formations (Spacing, Use of Floor and Formation Changes) ~ 0-4 pts**

- 3-4 Dance routine contains multiple formation changes. Formations look purposeful, clear and evenly spaced
- 1-2 Dance routine contains some formation changes. Formations are clear and somewhat evenly spaced, but could be more polished
- 0 Cheerleaders are unsure of formations and/or look lost. Formations are lacking or need improvements.

## **Use of floor & Formation transitions ~ 0-6 pts**

- 5-6 Dance routine contains multiple formation transitions which excellently utilize the floor, are purposeful and do not disrupt the flow of the dance routine
- 3-4 Dance routine contains multiple formation transitions that do utilize the floor well, but need improvement and/or disrupt the flow of the dance routine
- 1-2 Dance routine contains few formation transitions but show little purpose & significantly disrupt the routine flow
- 0 Formation transitions within the dance routine are not observed

## **Motions (Technique and Placement) ~ 0-6 pts**

- 5-6 Entire squad demonstrates correct placement of motions throughout dance routine
- 3-4 Half/Majority of squad demonstrates correct placement of motions throughout the dance routine
- 1-2 Few cheerleaders demonstrate correct placement of motions throughout the dance routine
- 0 Correct placement of motions is not observed

## **Motions (Precision and Sharpness) ~ 0-5 pts**

- 5 The entire squad demonstrates precise, sharp motions throughout the dance routine
- 3-4 Half/Majority of squad demonstrates precise, sharp motions throughout the dance routine, little polishing needed
- 1-2 Few cheerleaders demonstrate precise, sharp motions throughout the dance routine, much improvement needed
- 0 Precise, sharp motions are not observed

## **Motions (Synchronization) ~ 0-6 pts\***

- 5-6 The entire squad is synchronized throughout the entire dance routine
- 3-4 Half/Majority of squad is synchronized throughout the dance routine, little polishing needed
- 1-2 The squad has very little synchronization during the dance routine, much improvement needed
- 0 There is no squad synchronization performed or observed during dance routine



# Flag

## DANCE ROUTINE SCORING RUBRIC

CFSA CHEER OFF  
FLAG DIVISION



### Jumps ~ 1-7 pts

Appropriate jumps for this level are the following: tuck, spread eagle, herkie, toe touch, or side hurdler. To earn jump points, the entire squad must jump at the same time. Synchronization will apply to the execution of the jump(s) present in the routine.

- 6-7 The entire squad demonstrates proper jump technique
- 4-5 Half/Majority of the squad demonstrates proper jump technique
- 2-3 Proper technique is not demonstrated
- 1 Jumps are not observed during dance routine

### Overall Impression ~ 1-10 pts\*

- 9-10 Squad worked hard together, all cheerleaders demonstrated proper technique/skills and presented a very memorable routine
- 7-8 Squad worked hard together, most cheerleaders demonstrated proper technique/skills
- 5-6 The squad worked together, but needed more time to improve overall dance routine
- 3-4 Dance routine needs improvement and cheerleaders are still developing proper technique and skills
- 1-2 Cheerleaders look lost & confused about dance routine sequence, it lacks memorization

### Entertainment Value ~ 1-10 pts\*

- 9-10 The entire squad has good showmanship and gives their all to the audience. The audience is entertained and connects well to the routine and would enjoy watching it again.
- 7-8 Most of the squad has good showmanship and gives their all to the audience. The audience is entertained and connects to the routine somewhat.
- 5-6 Some of the squad has good showmanship, but do not totally seem into the routine. The audience somewhat enjoyed the routine.
- 3-4 Few squad members have good showmanship, most seem to just be going through the motions. The audience could not connect to the routine.
- 1-2 Cheerleaders look uncomfortable while performing the dance routine.

*\* These 3 categories will be averaged together to determine an overall tiebreaker score.*



## Flag DANCE ROUTINE DEDUCTIONS RUBRIC

CFSA CHEER OFF  
FLAG DIVISION



Point Deductions	Legal or Illegal elements allowed
<b>Disqualification</b>	<b>No tumbling at all during dance routine.</b> Any presence of tumbling during the dance routine will result in a deduction. This includes but is not limited to a forward roll.  <i>Tumbling is any presence of a tumbling skill by any one or more members of the squad. A tumbling skill is any gymnastic or acrobatic movement. (i.e. forward roll, dive roll, cartwheel, roundoff, back handspring, or back flip)</i>
<b>.5 point per item</b>	All props (pom poms, signs or megaphones) or uniform items (bows, shoes, shoe poms) <b>must be cleared from the floor</b> prior to the entire squad exiting the mat.
<b>.5 point per occurrence</b>	<b>Squad members are not allowed to mouth words during the dance routine.</b> This includes mouthing/singing the words to the song(s), counting to stay in sync, or speaking to each other.  <i>The only exception is counting out loud to enter mat and get set for performance. Once music begins if speaking occurs (as listed above) points will be deducted per occurrence.</i>
<b>.5 point per occurrence</b>	<b>Squads must stay on the mat.</b> Once the squad has entered the mat to begin routine, any squad member(s) who steps off of the mat at any time will be penalized .5 point per occurrence.
<b>1 point</b>	<b>Squads must perform on the mat.</b> Failure to perform routine on the mat provided in the performance area will result in a penalty.
<b>1 point</b>	<b>Time limit for the dance routine is 2:30 minutes in length.</b> The 2:30 time limit includes entering the mat and exiting the mat. The entire squad must be completely off the mat within the 2:30 minute time frame or deductions will be awarded.
<b>6 points</b>	<b>Coaches may not do dance routine motions at any time, of while sitting in front of the squad during routine.</b>  <i>Coaches are allowed to help squad get set on the floor in beginning formation and then sit in front of the squad while they perform, but they CANNOT provide any assistance with motions or counting which would assist the squad.</i>



CFSA CHEER OFF SCORE SHEET

Flag

DANCE ROUTINE

CFSA CHEER OFF  
FLAG DIVISION



SQUAD Name:

SCORING CRITERIA		POINTS	JUDGE'S COMMENTS AND NOTES
Smile/Facial Expressions	(1-6 pts)		
Formations (spacing, changes, use of floor)	(0-4 pts)		
Use of floor & Formation transitions (spacing, changes, use of floor)	(0-6 pts)		
Motions (technique and placement)	(0-6 pts)		
Motions (precision and sharpness)	(0-5 pts)		
Motions* (synchronization)	(0-6 pts)		
Jumps (all jump together & are division appropriate)	(1-7 pts)		
Overall Impression* (technique/skill level, memorable routine)	(1-10 pts)		
Entertainment Value* (audience is entertained & connects to routine)	(1-10 pts)		
TOTAL SCORE:		/60 max possible points	

Squads with a participant who has an injury or is in a cast, but has the ability to perform, will in no way adversely affect or penalize the squad. (i.e. If cast requires the marking of a jump, injury prevents the straightening of an elbow, prevents tumbling skill to be performed, or the presence of a special needs child.) All are welcome to participate in CFSA Cheerleading & to perform in Cheer Off.

Tiebreaker Score:

\* These 3 categories will be averaged together to determine an overall tiebreaker score.



# CFSA CHEER OFF ROUTINE DEDUCTIONS SHEET

## Flag DANCE ROUTINE

CFSA CHEER OFF  
FLAG DIVISION



**SQUAD Name:**

Point Deductions	Legal or Illegal elements allowed	SQUAD DEDUCTIONS
<b>Disqualification</b>	<p><b>No tumbling during dance routine.</b> Any presence of tumbling during the dance routine will result in a deduction. This includes but is not limited to a forward roll.</p> <p><i>Tumbling is any presence of a tumbling skill by any one or more members of the squad. A tumbling skill is any gymnastic or acrobatic movement. (i.e. forward roll, dive roll, cartwheel, roundoff, back handspring, or back flip)</i></p>	
<b>.5 point per item</b>	All props (pom poms, signs or megaphones) or uniform items (bows, shoes, shoe poms) <b>must be cleared from the floor</b> prior to the entire squad exiting the mat.	
<b>.5 point per occurrence</b>	<p><b>Squad members are not allowed to mouth words during the dance routine.</b> This includes mouthing/singing the words to the song(s), counting to stay insync, or speaking to each other.</p> <p><i>The only exception is counting out loud to enter mat and get set for performance. Once music begins if speaking occurs (as listed above) points will be deducted per occurrence.</i></p>	
<b>.5 point per occurrence</b>	<b>Squads must stay on the mat.</b> Once the squad has entered the mat to begin routine, any squad member(s) who steps off of the mat at any time will be penalized .5 point per occurrence.	
<b>1 point</b>	<b>Squads must perform on the mat.</b> Failure to perform routine on the mat provided in the performance area will result in a penalty.	
<b>1 point</b>	<p><b>Time limit for the dance routine is 2:30 minutes in length.</b></p> <p>The 2:30 time limit includes entering the mat and exiting the mat. The entire squad must be completely off the mat within the 2:30 minute time frame or deductions will be awarded.</p>	
<b>6 points</b>	<p><b>Coaches may not do dance routine motions at any time, of while sitting in front of the squad during routine.</b></p> <p><i>Coaches are allowed to help squad get set on the floor in beginning formation and then sit in front of the squad while they perform, but they CANNOT provide any assistance with motions or counting which would assist the squad.</i></p>	
	<b>TOTAL DEDUCTIONS:</b>	

# FRESHMAN DIVISION



Rules & Regulations for

Stunts &  
Cheer Off



# Freshman CHEER ROUTINE SCORING RUBRIC

CFSA CHEER OFF  
FRESHMAN DIVISION



## **Smile/Facial Expression ~ 1-6 pts**

- 5-6 Entire squad is exhibiting facial expressions/smiles throughout the whole performance
- 3-4 Half/Majority of the squad demonstrates facial expressions/smiles but the squad is not consistent with smiles throughout the whole performance
- 1-2 Few cheerleaders show facial expressions/smiles during the performance

## **Formations (Spacing, Use of Floor and Formation Changes) ~ 0-5 pts**

- 4-5 Cheer routine contains multiple formation changes. Formations look purposeful, clear and evenly spaced throughout cheer routine
- 2-3 Cheer routine contains some formation changes. Formations are clear and somewhat evenly spaced, but could be more polished
- 0-1 Cheerleaders are unsure of formations and/or look lost. Formations are lacking or need improvements.

## **Motions (Technique and Placement) ~ 0-3 pts**

- 3 Entire squad demonstrates correct placement of motions throughout cheer routine
- 2 Half/Majority of squad demonstrates correct placement of motions throughout the cheer routine
- 1 Few cheerleaders demonstrate correct placement of motions throughout the cheer routine
- 0 Correct placement of motions is not observed

## **Motions (Precision and Sharpness) ~ 0-3 pts**

- 3 The entire squad demonstrates precise, sharp motions throughout the cheer routine
- 2 Half/Majority of squad demonstrates precise, sharp motions throughout the cheer routine, little polishing needed
- 1 Few cheerleaders demonstrate precise, sharp motions throughout the cheer routine, much improvement needed
- 0 Precise, sharp motions are not observed

## **Motions (Synchronization) ~ 0-3 pts**

- 3 The entire squad is synchronized throughout the entire cheer routine
- 2 Half/Majority of squad is synchronized throughout the cheer routine, little polishing needed
- 1 The squad has very little synchronization during the cheer routine, much improvement needed
- 0 There is no squad synchronization performed or observed during cheer routine

## **Jumps ~ 1-4 pts**

**Appropriate jumps for this level are the following: tuck, spread eagle, herkie, toe touch, pike, or side hurdler. To earn jump points, the entire squad must jump at the same time. Synchronization will apply to the execution of the jump(s) present in the routine.**

- 4 The entire squad demonstrates proper jump technique
- 3 Half/Majority of the squad demonstrates proper jump technique
- 2 Proper technique is not demonstrated
- 1 Jumps are not observed during cheer routine

## **Difficulty Level of Jumps ~ 0-3 pts\***

- 3 Jumps are synchronized, entire squad attempts and executes a jump combination with a smooth transition
- 2 Entire squad attempts and executes the same jump with synchronization
- 1 Entire squad attempts and executes the same jump but synchronization needs improvement
- 0 There is no difficulty to the jump(s) performed





# Freshman

## CHEER ROUTINE SCORING RUBRIC

CFSA CHEER OFF  
FRESHMAN DIVISION



### Tumbling ~ 0-6 pts

A tumbling skill is any gymnastic or acrobatic movement. (i.e. forward roll, back walk-over, cartwheel, roundoff, back handspring, or back flip). Tumbling must be present to obtain tumbling points. All cheerleaders must perform a synchronized tumbling skill at the same time, this is a requirement. Mixed skills are allowed in addition to the requirement, as long as they are executed at the same time.

- 5-6 The entire squad performs the same tumbling skill at the same time with synchronization
- 3-4 The squad performs a tumbling skill; all the same skill or multiple tumbling skills are performed in synch with little skill improvement needed
- 1-2 The squad performs a tumbling skill; all the same skill or multiple tumbling skills are performed with little skill improvement needed but timing of skills was not fully in synch
- 0 No tumbling is performed during cheer routine

### Stunts ~ 0-7 pts

A Double Base Thigh Stand (standing only) is the required stunt. (The required stunt as defined on pg. 4, must be performed during cheer routine, to earn points in stunt category. No points will be given for category, if required stunt is not performed by definition.)

- 6-7 The squad performs the required stunt, stunt is solid with proper stunting technique
- 4-5 The squad performs the required stunt, using proper stunting technique
- 2-3 The required stunt is present in cheer routine, but lacks proper stunting technique
- 1 The squad performs a stunt, but does not perform the required stunt
- 0 No stunt is performed during the cheer routine

### Difficulty Level of Stunts ~ 0-7 pts\*

- 6-7 Additional stunt groups included with smooth transitions, excellent synchronization & timing, proper climbing and dismounting techniques exhibited.
- 4-5 Additional stunt groups included, transitions were good, synchronization & timing need improvement, proper climbing and dismounting techniques attempted
- 2-3 Stunt(s) are very basic, lack creativity, exhibited sloppy climbing and dismounting techniques
- 0-1 Attempted only the required stunt

### Crowd Involvement ~ 0-6 pts

Crowd participates in cheer routine by yelling with the cheerleaders appropriately.

- 5-6 Cheer routine leads crowd by voice, energy, enunciation, motions, and proper flow and pacing
- 3-4 Cheer routine leads crowd by voice, energy, motions but lacks word enunciation or proper flow & pacing
- 1-2 Cheer routine attempts to get crowd involved, but is unclear and confusing
- 0 Does not get crowd involved

### Props ~ 0-6 pts

Appropriate props for use in cheer routine are signs, poms, and/or megaphones.

- 5-6 Cheer routine has excellent use of props
- 3-4 Cheer routine has some use of props
- 1-2 Use of props during cheer routine are awkward and break the flow of overall routine
- 0 No props are used during cheer routine

### Expression, Showmanship, & Overall Entertainment ~ 1-6 pts\*

- ❖ 5-6 Cheer routine has great enthusiasm, excitement, crowd appeal, creativity & is entertaining to the crowd
- ❖ 3-4 Cheer routine has enthusiasm & excitement, but lacks crowd appeal, creativity or does not entertain
- ❖ 1-2 Cheer routine has spirit and creativity, but lacks excitement and entertainment for the crowd

\* These 3 categories will be averaged together to determine an overall tiebreaker score.





## Freshman CHEER ROUTINE DEDUCTIONS RUBRIC

CFSA CHEER OFF  
FRESHMAN DIVISION



Point Deductions	Legal or Illegal elements allowed
<b>Disqualification</b>	<b>No tumbling skill will be preformed with pom poms or props</b> in the hands of a cheerleader. This is too dangerous to cheerleaders and will disqualify a squad from competition if present in cheer routine.  <i>Tumbling is any presence of a tumbling skill by any one or more members of the squad. A tumbling skill is any gymnastic or acrobatic movement. (i.e. forward roll, cartwheel, roundoff, back handspring, or back flip)</i>
<b>1 point per item</b>	All props (pom poms, signs or megaphones) or uniform items (bows, shoes, shoe poms) <b>must be cleared from the floor</b> prior to the entire squad exiting the mat.
<b>2 points per item</b>	<b>Pom poms, signs or megaphones</b> are the only props allowed to be used during cheer routine.
<b>1 point per occurence</b>	<b>Squads must stay on the mat.</b> Once the squad has entered the mat to begin routine, any squad member(s) who steps off of the mat at any time will be penalized 1 point per occurence.
<b>2 points</b>	<b>Squads must perform on the mat.</b> Failure to perform routine on the mat provided in the gym will result in a penalty.
<b>2 points</b>	<b>Time limit for cheer routine is 3 minutes in length.</b> The 3 minutes includes entering the mat and exiting the mat. The entire squad must be completely off the mat within the 3 minute time frame or deductions will be awarded.



## Freshman STUNTS APPROVED AND REQUIRED FOR CHEER OFF

CFSA CHEER OFF  
FRESHMAN DIVISION



Freshman squads may perform any of the Flag division stunts, along with those listed below.

**The Double Base Thigh Stand (Standing Only) is required to be included in the cheer routine for Cheer Off.**

### **Double Base Thigh Stand (Standing Only) \*\*CHEER OFF REQUIREMENT \*\***

- ❖ Back spot required at all times
- ❖ Signs or props are **prohibited** to be in the hands of cheerleaders while building stunt
  - Flyers, bases, and back spots all included
  - (i.e. pom poms, signs, megaphone, etc.)

### **Human Pyramid**

- ❖ May only be 3 athletes wide and 2 athletes high
- ❖ Pyramid may walk

### **Pony Mount**

- ❖ Back spot required at all times
- ❖ Signs or props are **prohibited** to be in the hands of cheerleaders while building stunt
  - Flyers, bases, and back spots all included
  - (i.e. pom poms, signs, megaphone, etc.)

### **Single Base Thigh Stand (Kneeling or Standing)**

- ❖ Back spot required at all times
- ❖ Signs or props are **prohibited** to be in the hands of cheerleaders while building stunt
  - Flyers, bases, and back spots all included
  - (i.e. pom poms, signs, megaphone, etc.)
- ❖ Liberty is allowed (**without** extension)
- ❖ Single leg stunts may not include extended leg
  - No arabesque, heel stretch, scorpions, etc.

### **Pyramids**

- ❖ Hitch pyramid
  - Base/cheerleader on ground holds the bent/hitched foot of flyer
- ❖ Heel stretch
  - Flyer's hand is connected with base/cheerleader on the ground and extends her leg with other hand
- ❖ Heel stretch or Single Thigh with Liberty
  - Single thigh stand w/lib, double base thigh stand, single thigh stand w/lib
    - (this pyramid could be switched to double base thigh stands on the out sides, with a single thigh stand w/lib in the middle)
  - Flyers would be connected by arms and each flyer must have a back spot



# CFSA CHEER OFF SCORE SHEET

## Freshman

### CHEER ROUTINE

CFSA CHEER OFF  
FRESHMAN DIVISION



**SQUAD Name:**

SCORING CRITERIA		POINTS	JUDGE'S COMMENTS AND NOTES
Smile/Facial Expressions	(1-6 pts)		
Formations (spacing, changes, use of floor)	(0-5 pts)		
Motions (technique and placement)	(0-3 pts)		
Motions (precision and sharpness)	(0-3 pts)		
Motions (synchronization)	(0-3 pts)		
Jumps (all jump together & are division appropriate)	(1-4 pts)		
Difficulty Level of Jumps*	(0-3 pts)		
Tumbling (all execute tumbling skill together)	(0-6 pts)		
Stunts (required: double base thigh stand, standing only) (Required stunt must be performed as defined in rubric, to earn points in stunt category. No points will be given for category, if required stunt is not performed by definition in cheer routine.)	(0-7 pts)		
Difficulty Level of Stunts*	(0-7 pts)		
Crowd Involvement (crowd participates)	(0-6 pts)		
Props (appropriate use of)	(0-6 pts)		
Expression, Showmanship, & Overall Entertainment*	(1-6 pts)		
<b>TOTAL SCORE:</b>		/65 max possible points	

Squads with a participant who has an injury or is in a cast, but has the ability to perform, will in no way adversely affect or penalize the squad. (i.e. If cast requires the marking of a jump, injury prevents the straightening of an elbow, prevents tumbling skill to be performed, or the presence of a special needs child.) All are welcome to participate in CFSA Cheerleading & to perform in Cheer Off.

**Tiebreaker Score:**

\* These 3 categories will be averaged together to determine an overall tiebreaker score.



# CFSA CHEER OFF ROUTINE DEDUCTIONS SHEET

CFSA CHEER OFF  
FRESHMAN DIVISION

## Freshman CHEER ROUTINE



**SQUAD Name:**

Point Deductions	Legal or Illegal elements allowed	SQUAD DEDUCTIONS
Disqualification	<b>No tumbling skill will be preformed with pom poms or props</b> in the hands of a cheerleader. This is too dangerous to cheerleaders and will disqualify a squad from competition if present in cheer routine.  <i>Tumbling is any presence of a tumbling skill by any one or more members of the squad. A tumbling skill is any gymnastic or acrobatic movement. (i.e. forward roll, cartwheel, roundoff, back handspring, or back flip)</i>	
1 point per item	All props (pom poms, signs or megaphones) or uniform items (bows, shoes, shoe poms) <b>must be cleared from the floor</b> prior to the entire squad exiting the mat.	
2 points per item	<b>Pom poms, signs or megaphones</b> are the only props allowed to be used during cheer routine.	
1 point per occurence	<b>Squads must stay on the mat.</b> Once the squad has entered the mat to begin routine, any squad member(s) who steps off of the mat at any time will be penalized 1 point per occurence.	
2 points	<b>Squads must perform on the mat.</b> Failure to perform routine on the mat provided in the gym will result in a penalty.	
2 points	<b>Time limit for the cheer routine is 3 minutes in length.</b> The 3 minutes includes entering the mat and exiting the mat. The entire squad must be completely off the mat within the 3 minute time frame or deductions will be awarded.	
	<b>TOTAL DEDUCTIONS:</b>	



## Freshman DANCE ROUTINE SCORING RUBRIC

CFSA CHEER OFF  
FRESHMAN DIVISION



### **Smile/Facial Expression ~ 1-6 pts**

- 5-6 Entire squad is exhibiting facial expressions/smiles throughout the whole performance
- 3-4 Half/Majority of the squad demonstrates facial expressions/smiles but the squad is not consistent with smiles throughout the whole performance
- 1-2 Few cheerleaders show facial expressions/smiles during the performance

### **Formations (Spacing, Use of Floor and Formation Changes) ~ 0-5 pts**

- 4-5 Dance routine contains multiple formation changes. Formations look purposeful, clear and evenly spaced throughout cheer routine
- 2-3 Dance routine contains some formation changes. Formations are clear and somewhat evenly spaced, but could be more polished
- 1 Dance routine contains a couple formation changes. Formations are lacking or need improvements.
- 0 Cheerleaders are unsure of formations and/or look lost. Formations are lacking or need improvements.

### **Use of floor & Formation transitions ~ 0-8 pts**

- 7-8 Dance routine contains multiple formation transitions which are very clean, utilize the floor well, are purposeful, well-paced and do not disrupt the flow of the dance routine
- 5-6 Dance routine contains variety & multiple formation transitions that are clean and utilize the floor well, with good pacing and little disruption to dance routine flow
- 3-4 Dance routine contains multiple formation transitions that utilize the floor, are fairly clean, but need improvement, and/or disrupt the flow of the dance routine
- 1-2 Dance routine contains a few formation transitions which show little purpose, are slow paced, need improvement, and/or significantly disrupt the flow of the dance routine
- 0 Formation transitions within the dance routine are not observed

### **Motions (Technique and Placement) ~ 0-6 pts**

- 5-6 Entire squad demonstrates correct placement of motions throughout dance routine
- 3-4 Half/Majority of squad demonstrates correct placement of motions throughout the dance routine
- 1-2 Few cheerleaders demonstrate correct placement of motions throughout the dance routine
- 0 Correct placement of motions is not observed

### **Motions (Precision and Sharpness) ~ 0-6 pts**

- 5-6 The entire squad demonstrates precise, sharp motions throughout the dance routine
- 3-4 Half/Majority of squad demonstrates precise, sharp motions throughout the dance routine, little polishing needed
- 1-2 Few cheerleaders demonstrate precise, sharp motions throughout the dance routine, much improvement needed
- 0 Precise, sharp motions are not observed

### **Motions (Synchronization) ~ 0-6 pts\***

- 5-6 The entire squad is synchronized throughout the entire dance routine
- 3-4 Half/Majority of squad is synchronized throughout the dance routine, little polishing needed
- 1-2 The squad has very little synchronization during the dance routine, much improvement needed
- 0 There is no squad synchronization performed or observed during dance routine



## Freshman DANCE ROUTINE SCORING RUBRIC

CFSA CHEER OFF  
FRESHMAN DIVISION



### Jumps ~ 1-8 pts

Appropriate jumps for this level are the following: tuck, spread eagle, herkie, toe touch, or side hurdler. To earn jump points, the entire squad must jump at the same time. Synchronization will apply to the execution of the jump(s) present in the routine.

- 7-8 The entire squad demonstrates proper jump technique
- 5-6 Half/Majority of the squad demonstrates proper jump technique
- 3-4 Proper technique is not demonstrated
- 1-2 Jumps are not observed during dance routine

### Overall Impression ~ 1-10 pts\*

- 9-10 Squad worked hard together, all cheerleaders demonstrated proper technique/skills and presented a very memorable routine
- 7-8 Squad worked hard together, most cheerleaders demonstrated proper technique/skills
- 5-6 The squad worked together, but needed more time to improve overall dance routine
- 3-4 Dance routine needs improvement and cheerleaders are still developing proper technique and skills
- 1-2 Cheerleaders look lost & confused about dance routine sequence, it lacks memorization

### Entertainment Value ~ 1-10 pts\*

- 9-10 The entire squad has good showmanship and gives their all to the audience. The audience is entertained and connects well to the routine and would enjoy watching it again.
- 7-8 Most of the squad has good showmanship and gives their all to the audience. The audience is entertained and connects to the routine somewhat.
- 5-6 Some of the squad has good showmanship, but do not totally seem into the routine. The audience somewhat enjoyed the routine.
- 3-4 Few squad members have good showmanship, most seem to just be going through the motions. The audience could not connect to the routine.
- 1-2 Cheerleaders look uncomfortable while performing the dance routine.

*\* These 3 categories will be averaged together to determine an overall tiebreaker score.*



## Freshman DANCE ROUTINE DEDUCTIONS RUBRIC

CFSA CHEER OFF  
FRESHMAN DIVISION



Point Deductions	Legal or Illegal elements allowed
<b>Disqualification</b>	<b>No tumbling at all during dance routine.</b> Any presence of tumbling during the dance routine will result in a deduction. This includes but is not limited to a forward roll.  <i>Tumbling is any presence of a tumbling skill by any one or more members of the squad. A tumbling skill is any gymnastic or acrobatic movement. (i.e. forward roll, dive roll, cartwheel, roundoff, back handspring, or back flip)</i>
<b>1 point per item</b>	All props (pom poms, signs or megaphones) or uniform items (bows, shoes, shoe poms) <b>must be cleared from the floor</b> prior to the entire squad exiting the mat.
<b>1.5 points per occurrence</b>	<b>Squad members are not allowed to mouth words during the dance routine.</b> This includes mouthing/singing the words to the song(s), counting to stay in sync, or speaking to each other.  <i>The only exception is counting out loud to enter mat and get set for performance. Once music begins if speaking occurs (as listed above) points will be deducted per occurrence.</i>
<b>1 point per occurrence</b>	<b>Squads must stay on the mat.</b> Once the squad has entered the mat to begin routine, any squad member(s) who steps off of the mat at any time will be penalized 1 point per occurrence.
<b>2 points</b>	<b>Squads must perform on the mat.</b> Failure to perform routine on the mat provided in the performance area will result in a penalty.
<b>2 points</b>	<b>Time limit for the dance routine is 2:30 minutes in length.</b> The 2:30 time limit includes entering the mat and exiting the mat. The entire squad must be completely off the mat within the 2:30 minute time frame or deductions will be awarded.



# CFSA CHEER OFF SCORE SHEET

## Freshman

## DANCE ROUTINE

CFSA CHEER OFF  
FRESHMAN DIVISION



**SQUAD Name:**

SCORING CRITERIA		POINTS	JUDGE'S COMMENTS AND NOTES
Smile/Facial Expressions	(1-6 pts)		
Formations (spacing, changes, use of floor)	(0-5 pts)		
Use of floor & Formation transitions (spacing, changes, use of floor)	(0-8 pts)		
Motions (technique and placement)	(0-6 pts)		
Motions (precision and sharpness)	(0-6 pts)		
Motions* (synchronization)	(0-6 pts)		
Jumps (all jump together & are division appropriate)	(1-8 pts)		
Overall Impression* (technique/skill level, memorable routine)	(1-10 pts)		
Entertainment Value* (audience is entertained & connects to routine)	(1-10 pts)		
<b>TOTAL SCORE:</b>		/65 max possible points	

Squads with a participant who has an injury or is in a cast, but has the ability to perform, will in no way adversely affect or penalize the squad. (i.e. If cast requires the marking of a jump, injury prevents the straightening of an elbow, prevents tumbling skill to be performed, or the presence of a special needs child.) All are welcome to participate in CFSA Cheerleading & to perform in Cheer Off.

**Tiebreaker Score:**

\* These 3 categories will be averaged together to determine an overall tiebreaker score.





CFSA CHEER OFF ROUTINE DEDUCTIONS SHEET  
**Freshman**  
**DANCE ROUTINE**

CFSA CHEER OFF  
FRESHMAN DIVISION



**SQUAD Name:**

Point Deductions	Legal or Illegal elements allowed	SQUAD DEDUCTIONS
<b>Disqualification</b>	<b>No tumbling during dance routine.</b> Any presence of tumbling during the dance routine will result in a deduction. This includes but is not limited to a forward roll.  <i>Tumbling is any presence of a tumbling skill by any one or more members of the squad. A tumbling skill is any gymnastic or acrobatic movement. (i.e. forward roll, dive roll, cartwheel, roundoff, back handspring, or back flip)</i>	
<b>1 point per item</b>	All props (pom poms, signs or megaphones) or uniform items (bows, shoes, shoe poms) <b>must be cleared from the floor</b> prior to the entire squad exiting the mat.	
<b>1.5 points per occurrence</b>	<b>Squad members are not allowed to mouth words during the dance routine.</b> This includes mouthing/singing the words to the song(s), counting to stay insync, or speaking to each other.  <i>The only exception is counting out loud to enter mat and get set for performance. Once music begins if speaking occurs (as listed above) points will be deducted per occurrence.</i>	
<b>1 point per occurrence</b>	<b>Squads must stay on the mat.</b> Once the squad has entered the mat to begin routine, any squad member(s) who steps off of the mat at any time will be penalized 1 point per occurrence.	
<b>2 points</b>	<b>Squads must perform on the mat.</b> Failure to perform routine on the mat provided in the performance area will result in a penalty.	
<b>2 points</b>	<b>Time limit for the dance routine is 2:30 minutes in length.</b> The 2:30 time limit includes entering the mat and exiting the mat. The entire squad must be completely off the mat within the 2:30 minute time frame or deductions will be awarded.	
	<b>TOTAL DEDUCTIONS:</b>	

# SOPHOMORE DIVISION



Rules & Regulations for

Stunts &  
Cheer Off



## Sophomore CHEER ROUTINE SCORING RUBRIC



### Smile/Facial Expression ~ 1-7 pts

- 6-7 Entire squad has great facial expressions, eye contact, smiles, attitude, & personality throughout cheer performance.
- 4-5 Half/Majority of the squad is exhibiting facial expressions/smiles throughout the whole performance
- 2-3 Half/Majority of the squad demonstrates facial expressions/smiles but the squad is not consistent with smiles throughout the whole performance
- 1 Few cheerleaders show facial expressions/smiles during the performance

### Formations (Spacing, Use of Floor and Formation Changes) ~ 0-5 pts

- 4-5 Cheer routine contains multiple formation changes. Formations look purposeful, clear and evenly spaced throughout cheer routine
- 2-3 Cheer routine contains some formation changes. Formations are clear and somewhat evenly spaced, but could be more polished
- 0-1 Cheerleaders are unsure of formations and/or look lost. Formations are lacking or need improvements.

### Motions (Technique and Placement) ~ 0-3 pts

- 3 Entire squad demonstrates correct technique & placement of motions throughout cheer routine
- 2 Half/Majority of squad demonstrates correct technique & placement of motions throughout the cheer routine
- 1 Few cheerleaders demonstrate correct placement of motions throughout the cheer routine
- 0 Correct placement of motions is not observed

### Motions (Precision and Sharpness) ~ 0-3 pts

- 3 The entire squad demonstrates precise, sharp, crisp motions throughout the cheer routine
- 2 Half/Majority of squad demonstrates precise, sharp motions throughout the cheer routine, little polishing needed
- 1 Few cheerleaders demonstrate precise, sharp motions throughout the cheer routine, much improvement needed
- 0 Precise, sharp motions are not observed

### Motions (Synchronization) ~ 0-4 pts

- 4 The entire squad has excellent synchronization and unity throughout the entire cheer routine
- 3 The entire squad is synchronized during most of the routine, very little polishing needed
- 2 Half/Majority of squad is synchronized throughout the cheer routine, little polishing needed
- 1 The squad has very little synchronization during the cheer routine, much improvement needed
- 0 There is no squad synchronization performed or observed during cheer routine

### Jumps ~ 1-4 pts

Appropriate jumps for this level are the following: herkie, toe touch, side hurdler, front hurdler or pike. To earn jump points, the entire squad must jump at the same time. Synchronization will apply to the execution of the jump(s) present in the routine.

- 4 The entire squad demonstrates proper jump technique
- 3 Half/Majority of the squad demonstrates proper jump technique
- 2 Proper technique is not demonstrated
- 1 Jumps are not observed during cheer routine

### Difficulty Level of Jumps ~ 0-3 pts\*

- 3 Jumps are synchronized, entire squad attempts and executes a jump combination with a smooth transition
- 2 Entire squad attempts and executes the same jump with synchronization
- 1 Entire squad attempts and executes the same jump but synchronization needs improvement
- 0 There is no difficulty to the jump(s) performed



## Sophomore CHEER ROUTINE SCORING RUBRIC

CFSA CHEER OFF  
SOPHOMORE DIVISION



### Tumbling ~ 0-6 pts

A tumbling skill is any gymnastic or acrobatic movement. (i.e. forward roll, back walk-over, cartwheel, roundoff, back handspring, or back flip). Tumbling must be present to obtain tumbling points. All cheerleaders must perform a synchronized tumbling skill at the same time, this is a requirement. Mixed skills are allowed in addition to the requirement, as long as they are executed at the same time.

- 5-6 The entire squad performs the same tumbling skill at the same time with synchronization
- 3-4 The squad performs a tumbling skill; all the same skill or multiple tumbling skills are performed in synch with little skill improvement needed
- 1-2 The squad performs a tumbling skill; all the same skill or multiple tumbling skills are performed with little skill improvement needed but timing of skills was not fully in synch
- 0 No tumbling is performed during cheer routine

### Stunts ~ 0-8 pts

A Single Base Thigh Stand (in standing position) is the required stunt. (The required stunt as defined on pg. 4 & 5, must be performed during cheer routine, to earn points in stunt category. No points will be given for category, if required stunt is not performed by definition.)

- 7-8 The squad performs the required stunt, stunt is solid with proper stunting technique
- 5-6 The squad performs the required stunt, using proper stunting technique
- 3-4 The required stunt is present in cheer routine, but lacks proper stunting technique
- 1-2 The squad performs a stunt, but does not perform the required stunt
- 0 No stunt is performed during the cheer routine

### Difficulty Level of Stunts ~ 0-7 pts\*

- 6-7 Additional stunt groups included with smooth transitions, excellent synchronization & timing, proper climbing and dismounting techniques exhibited.
- 4-5 Additional stunt groups included, transitions were good, synchronization & timing need improvement, proper climbing and dismounting techniques attempted
- 2-3 Stunt(s) are very basic, lack creativity, exhibited sloppy climbing and dismounting techniques
- 0-1 Attempted only the required stunt

### Crowd Involvement ~ 0-6 pts

Crowd participates in cheer routine by yelling with the cheerleaders appropriately.

- 5-6 Cheer routine leads crowd by voice, energy, enunciation, motions, and proper flow and pacing
- 3-4 Cheer routine leads crowd by voice, energy, motions but lacks word enunciation or proper flow & pacing
- 1-2 Cheer routine attempts to get crowd involved, but is unclear and confusing
- 0 Does not get crowd involved

### Props ~ 0-6 pts

Appropriate props for use in cheer routine are signs, poms, and/or megaphones.

- 5-6 Cheer routine has excellent use of props
- 3-4 Cheer routine has some use of props
- 1-2 Use of props during cheer routine are awkward and break the flow of overall routine
- 0 No props are used during cheer routine

### Expression, Showmanship, & Overall Entertainment ~ 1-8 pts\*

- 7-8 There is a high level of energy, enthusiasm, excitement, crowd appeal, creativity in cheer routine, it is very entertaining to the crowd & the words are very clear/understandable
- 5-6 Cheer routine has great enthusiasm, excitement, crowd appeal, creativity & is entertaining to the crowd & the words are clear/understandable throughout routine
- 3-4 Words in cheer routine are clear/understandable through most of routine, there is enthusiasm & excitement, with an average amount of crowd appeal, creativity or entertainment for the crowd
- 1-2 Words in cheer routine are hard to understand, there is spirit and creativity, but routine lacks excitement and entertainment for the crowd

*\* These 3 categories will be averaged together to determine an overall tiebreaker score.*



## Sophomore CHEER ROUTINE DEDUCTIONS RUBRIC

CFSA CHEER OFF  
SOPHOMORE DIVISION



Point Deductions	Legal or Illegal elements allowed
<b>Disqualification</b>	<b>No tumbling skill will be preformed with pom poms or props</b> in the hands of a cheerleader. This is too dangerous to cheerleaders and will disqualify a squad from competition if present in cheer routine.  <i>Tumbling is any presence of a tumbling skill by any one or more members of the squad. A tumbling skill is any gymnastic or acrobatic movement. (i.e. forward roll, dive roll, cartwheel, roundoff, back handspring, or back flip)</i>
<b>1.5 points per item</b>	All props (pom poms, signs or megaphones) or uniform items (bows, shoes, shoe poms) <b>must be cleared from the floor</b> prior to the entire squad exiting the mat.
<b>3 points per item</b>	The only props allowed to be used in a cheer routine are <b>pom poms, signs or megaphones</b> .
<b>2 points per occurence</b>	<b>Squads must stay on the mat.</b> Once the squad has entered the mat to begin routine, any squad member(s) who steps off of the mat at any time will be penalized 2 points per occurence.
<b>3 points</b>	<b>Squads must perform on the mat.</b> Failure to perform routine on the mat provided in the gym will result in a penalty.
<b>3 points</b>	<b>Time limit for the cheer routine is 3 minutes in length.</b> The 3 minutes includes entering the mat and exiting the mat. The entire squad must be off the mat within the 3 minute time frame in order to not receive a deduction.



## Sophomore STUNTS APPROVED AND REQUIRED FOR CHEER OFF



Sophomore may perform any of the Flag and Freshman division stunts along with those listed below. **A Single Base Thigh Stand in standing position is the required stunt to be included in cheer routine for Cheer Off.**

### Single Base Thigh Stand (Standing Only) \*\*CHEER OFF REQUIREMENT \*\*

- ❖ Back spot required at all times (except in regular Liberty position)
- ❖ Single Leg extension allowed
  - Must be braced on at least 1 side
  - Heel stretch stunt must connect arms with 1 person standing on the ground.
- ❖ Signs or props are **prohibited** to be in the hands of cheerleaders while building stunt
  - Flyers, bases, and back spots all included
  - (i.e. pom poms, signs, megaphone, etc.)
- ❖ **Switch Liberty allowed:** A stunt in which the top person begins on the performing surface with one foot in the hands of the bases in a load position, is then released from the bases and lands in a stunt on the other foot.

### Human Pyramid

- ❖ May only be 3 athletes wide and 2 athletes high
- ❖ Pyramid may walk

### Pony Mount

- ❖ Back spot required only for building
- ❖ Signs or props are **prohibited** to be in the hands of cheerleaders while building stunt
  - Flyers, bases, and back spots all included
  - (i.e. pom poms, signs, megaphone, etc.)

### Double Base Thigh Stand (Kneeling or Standing)

- ❖ Back spot is **not** required
- ❖ Signs or props are **prohibited** to be in the hands of cheerleaders while building stunt
  - Flyers, bases, and back spots all included
  - (i.e. pom poms, signs, megaphone, etc.)



## Sophomore STUNTS APPROVED AND REQUIRED FOR CHEER OFF



### Single Leg Stunt with Extension

- ❖ Allowed, **only IF** the athlete is executing skill on the ground
  - Heel stretch, scorpion, scale
  - May be braced or not braced, based on the ability of the athlete
  - Pom pom use is allowed for this stunt only, based on the ability of the athlete

### Shoulder Sit (Sitting position only)

- ❖ Back spot required at all times
- ❖ Flyer must remain in seated position
- ❖ Signs or props are **prohibited** to be in the hands of cheerleaders while building stunt
  - Flyers, bases, and back spots all included
  - (i.e. pom poms, signs, megaphone, etc.)

### Half Prep

*This is a leg stunt where base holds flyer's feet at "hip height" while flyer stands on 2 feet.*

- ❖ Back spot required at all times
- ❖ Bases are **not allowed** to walk this stunt
- ❖ Signs or props are **prohibited** to be in the hands of cheerleaders while building stunt
  - Flyers, bases, and back spots all included
  - (i.e. pom poms, signs, megaphone, etc.)

### Pyramids

- ❖ Hitch pyramid
  - Base/cheerleader on ground holds the bent/hitched foot of flyer
- ❖ Heel stretch
  - Flyer's hand is connected with base/cheerleader on the ground and extends her leg with other hand
- ❖ Heel stretch or Single Thigh with Liberty
  - Single thigh stand w/lib, double base thigh stand, single thigh stand w/lib
    - (this pyramid could be switched to double base thigh stands on the out sides, with a single thigh stand w/lib in the middle)
    - (this pyramid could be switched to double base thigh stands on the out sides, with a half prep in the middle)
    - (this pyramid could be switched to half prep on the out sides, single thigh stand w/lib in the middle)
    -
  - Flyers would be connected by arms and each flyer must have a back spot



# CFSA CHEER OFF SCORE SHEET

## Sophomore

### CHEER ROUTINE



**SQUAD Name:**

SCORING CRITERIA		POINTS	JUDGE'S COMMENTS AND NOTES
Smile/Facial Expressions	(1-7 pts)		
Formations (spacing, changes, use of floor)	(0-5 pts)		
Motions (technique and placement)	(0-3 pts)		
Motions (precision and sharpness)	(0-3 pts)		
Motions (synchronization)	(0-3 pts)		
Jumps (all jump together & are division appropriate)	(1-4 pts)		
Difficulty Level of Jumps*	(0-3 pts)		
Tumbling (all execute tumbling skill together)	(0-6 pts)		
Stunts (required: Single base thigh stand, standing only) (Required stunt must be performed as defined in rubric, to earn points in stunt category. No points will be given for category, if required stunt is not performed by definition in cheer routine.)	(0-8 pts)		
Difficulty Level of Stunts*	(0-7 pts)		
Crowd Involvement (crowd participates)	(0-6 pts)		
Props (appropriate use of)	(0-6 pts)		
Expression, Showmanship, & Overall Entertainment*	(1-8 pts)		
<b>TOTAL SCORE:</b>		<b>/70 max possible points</b>	

Squads with a participant who has an injury or is in a cast, but has the ability to perform, will in no way adversely affect or penalize the squad. (i.e. If cast requires the marking of a jump, injury prevents the straightening of an elbow, prevents tumbling skill to be performed, or the presence of a special needs child.) All are welcome to participate in CFSA Cheerleading & to perform in Cheer Off.

**Tiebreaker Score:**





\* These 3 categories will be averaged together to determine an overall tiebreaker score.

## CFSA CHEER OFF SCORE SHEET CHEER ROUTINE



**SQUAD Name:**

Point Deductions	Legal or Illegal elements allowed	SQUAD DEDUCTIONS
<b>Disqualification</b>	<b>No tumbling skill will be preformed with pom poms or props</b> in the hands of a cheerleader. This is too dangerous to cheerleaders and will disqualify a squad from competition if present in cheer routine.  <i>Tumbling is any presence of a tumbling skill by any one or more members of the squad. A tumbling skill is any gymnastic or acrobatic movement. (i.e. forward roll, cartwheel, roundoff, back handspring, or back flip)</i>	
<b>1.5 points per item</b>	All props (pom poms, signs or megaphones) or uniform items (bows, shoes, shoe poms) <b>must be cleared from the floor</b> prior to the entire squad exiting the mat.	
<b>3 points per item</b>	The only props allowed to be used in a cheer routine are <b>pom poms, signs or megaphones</b> .	
<b>2 points per occurence</b>	<b>Squads must stay on the mat.</b> Once the squad has entered the mat to begin routine, any squad member(s) who steps off of the mat at any time will be penalized 2 points per occurence.	
<b>3 points</b>	<b>Squads must perform on the mat.</b> Failure to perform routine on the mat provided in the gym will result in a penalty.	
<b>3 points</b>	<b>Time limit for the cheer routine is 3 minutes in length.</b> The 3 minutes includes entering the mat and exiting the mat. The entire squad must be off the mat within the 3 minute time frame in order to not receive a deduction.	
	<b>TOTAL DEDUCTIONS:</b>	



## Sophomore DANCE ROUTINE SCORING RUBRIC

CFSA CHEER OFF  
SOPHOMORE DIVISION



### **Smile/Facial Expression ~ 1-8 pts**

- 7-8 Great eye contact, smiles, attitude, personality, and facial expressions by entire squad which coincide with music
- 5-6 Entire squad is exhibiting facial expressions/smiles throughout the whole performance
- 3-4 Half/Majority of the squad demonstrates facial expressions/smiles but the squad is not consistent with smiles throughout the whole performance
- 1-2 Few cheerleaders show facial expressions/smiles during the performance

### **Formations (Spacing, Use of Floor and Formation Changes) ~ 0-6 pts**

- 5-6 Dance routine contains multiple formation changes. Formations look purposeful, clear and evenly spaced throughout cheer routine
- 3-4 Dance routine contains some formation changes. Formations are clear and somewhat evenly spaced, but could be more polished
- 1-2 Dance routine contains a couple formation changes. Formations are lacking or need improvements.
- 0 Cheerleaders are unsure of formations and/or look lost. Formations are lacking or need improvements.

### **Use of floor & Formation transitions ~ 0-8 pts**

- 7-8 Dance routine contains multiple formation transitions which are very clean, utilize the floor well, are purposeful, well-paced and do not disrupt the flow of the dance routine
- 5-6 Dance routine contains variety & multiple formation transitions that are clean and utilize the floor well, with good pacing and little disruption to dance routine flow
- 3-4 Dance routine contains multiple formation transitions that utilize the floor, are fairly clean, but need improvement, and/or disrupt the flow of the dance routine
- 1-2 Dance routine contains a few formation transitions which show little purpose, are slow paced, need improvement, and/or significantly disrupt the flow of the dance routine
- 0 Formation transitions within the dance routine are not observed

### **Motions (Technique and Placement) ~ 0-6 pts**

- 5-6 Entire squad demonstrates correct placement of motions throughout dance routine
- 3-4 Half/Majority of squad demonstrates correct placement of motions throughout the dance routine
- 1-2 Few cheerleaders demonstrate correct placement of motions throughout the dance routine
- 0 Correct placement of motions is not observed

### **Motions (Precision and Sharpness) ~ 0-6 pts**

- 5-6 The entire squad demonstrates precise, sharp motions throughout the dance routine
- 3-4 Half/Majority of squad demonstrates precise, sharp motions throughout the dance routine, little polishing needed
- 1-2 Few cheerleaders demonstrate precise, sharp motions throughout the dance routine, much improvement needed
- 0 Precise, sharp motions are not observed



## Sophomore DANCE ROUTINE SCORING RUBRIC

CFSA CHEER OFF  
SOPHOMORE DIVISION



### **Motions (Synchronization)\* ~ 0-6 pts**

- 5-6 The entire squad is synchronized throughout the entire dance routine
- 3-4 Half/Majority of squad is synchronized throughout the dance routine, little polishing needed
- 1-2 The squad has very little synchronization during the dance routine, much improvement needed
- 0 There is no squad synchronization performed or observed during dance routine

### **Jumps ~ 1-8 pts**

Appropriate jumps for this level are the following: herkie, toe touch, side hurdler, front hurdler or pike. To earn jump points, the entire squad must jump at the same time. Synchronization will apply to the execution of the jump(s) present in the routine.

- 7-8 The entire squad demonstrates proper jump technique
- 5-6 Half/Majority of the squad demonstrates proper jump technique
- 3-4 Proper technique is not demonstrated
- 1-2 Jumps are not observed during dance routine

### **Overall Impression ~ 1-10 pts\***

- 9-10 Squad worked hard together, all cheerleaders demonstrated proper technique/skills and presented a very memorable routine
- 7-8 Squad worked hard together, most cheerleaders demonstrated proper technique/skills
- 5-6 The squad worked together, but needed more time to improve overall dance routine
- 3-4 Dance routine needs improvement and cheerleaders are still developing proper technique and skills
- 1-2 Cheerleaders look lost & confused about dance routine sequence, it lacks memorization

### **Entertainment Value ~ 1-12 pts\***

- 11-12 The entire squad has great showmanship and gives their all to the audience. The audience is very Entertained, connects well to the routine & would enjoy watching the routine again.
- 9-10 The entire squad has good showmanship and gives their all to the audience. The audience is entertained and connects to the routine and would enjoy watching it again.
- 7-8 Most of the squad has good showmanship and gives their all to the audience. The audience is entertained and connects to the routine somewhat.
- 5-6 Some of the squad has good showmanship, but do not totally seem into the routine. The audience somewhat enjoyed the routine.
- 3-4 Few squad members have good showmanship, most seem to just be going through the motions. The audience could not connect to the routine.
- 1-2 Cheerleaders look uncomfortable while performing the dance routine.

*\* These 3 categories will be averaged together to determine an overall tiebreaker score.*



## Sophomore DANCE ROUTINE DEDUCTIONS RUBRIC

CFSA CHEER OFF  
SOPHOMORE DIVISION



Point Deductions	Legal or Illegal elements allowed
<b>Disqualification</b>	<b>No tumbling at all during dance routine.</b> Any presence of tumbling during the dance routine will result in a deduction. This includes but is not limited to a forward roll.  <i>Tumbling is any presence of a tumbling skill by any one or more members of the squad. A tumbling skill is any gymnastic or acrobatic movement. (i.e. forward roll, dive roll, cartwheel, roundoff, back handspring, or back flip)</i>
<b>1.5 points per item</b>	All props (pom poms, signs or megaphones) or uniform items (bows, shoes, shoe poms) <b>must be cleared from the floor</b> prior to the entire squad exiting the mat.
<b>3 points per occurrence</b>	<b>Squad members are not allowed to mouth words during the dance routine.</b> This includes mouthing/singing the words to the song(s), counting to stay insync, or speaking to each other.  <i>The only acceptance is counting out to enter mat and get set for performance. Once music begins if speaking occurs (as listed above, points will be deducted per occurrence.</i>
<b>2 points per occurrence</b>	<b>Squads must stay on the mat.</b> Once the squad has entered the mat to begin routine, any squad member(s) who steps off of the mat at any time will be penalized 2 points per occurrence.
<b>3 points</b>	<b>Squads must perform on the mat.</b> Failure to perform routine on the mat provided in the gym will result in a penalty.
<b>3 points</b>	<b>Time limit for the dance routine is 2:30 minutes in length.</b> The 2:30 time limit includes entering the mat and exiting the mat. The entire squad must be off the mat within the 2:30 minute time frame in order to not receive a deduction.



**CFSA CHEER OFF SCORE SHEET**  
**Sophomore**  
**DANCE ROUTINE**



**SQUAD Name:**

SCORING CRITERIA		POINTS	JUDGE'S COMMENTS AND NOTES
Smile/Facial Expressions	(1-8 pts)		
Formations (spacing, changes, use of floor)	(0-6 pts)		
Use of floor & Formation transitions (spacing, changes, use of floor)	(0-8 pts)		
Motions (technique and placement)	(0-6 pts)		
Motions (precision and sharpness)	(0-6 pts)		
Motions* (synchronization)	(0-6 pts)		
Jumps (all jump together & are division appropriate)	(1-8 pts)		
Overall Impression* (technique/skill level, memorable routine)	(1-10 pts)		
Entertainment Value* (audience is entertained & connects to routine)	(1-12 pts)		
<b>TOTAL SCORE:</b>		<b>/70 max possible points</b>	

Squads with a participant who has an injury or is in a cast, but has the ability to perform, will in no way adversely affect or penalize the squad. (i.e. If cast requires the marking of a jump, injury prevents the straightening of an elbow, prevents tumbling skill to be performed, or the presence of a special needs child.) All are welcome to participate in CFSA Cheerleading & to perform in Cheer Off.

**Tiebreaker Score:**

\* These 3 categories will be averaged together to determine an overall tiebreaker score.



# CFSA CHEER OFF ROUTINE DEDUCTIONS SHEET

CFSA CHEER OFF  
SOPHOMORE DIVISION

## Sophomore DANCE ROUTINE



**SQUAD Name:**

Point Deductions	Legal or Illegal elements allowed	SQUAD DEDUCTIONS
<b>Disqualification</b>	<b>No tumbling at all during dance routine.</b> Any presence of tumbling during the dance routine will result in a deduction. This includes but is not limited to a forward roll.  <i>Tumbling is any presence of a tumbling skill by any one or more members of the squad. A tumbling skill is any gymnastic or acrobatic movement. (i.e. forward roll, dive roll, cartwheel, roundoff, back handspring, or back flip)</i>	
<b>1.5 points per item</b>	All props (pom poms, signs or megaphones) or uniform items (bows, shoes, shoe poms) <b>must be cleared from the floor</b> prior to the entire squad exiting the mat.	
<b>3 points per occurrence</b>	<b>Squad members are not allowed to mouth words during the dance routine.</b> This includes mouthing/singing the words to the song(s), counting to stay insync, or speaking to each other.  <i>The only acceptance is counting out to enter mat and get set for performance. Once music begins if speaking occurs (as listed above, points will be deducted per occurrence.</i>	
<b>2 points per occurrence</b>	<b>Squads must stay on the mat.</b> Once the squad has entered the mat to begin routine, any squad member(s) who steps off of the mat at any time will be penalized 2 points per occurrence.	
<b>3 points</b>	<b>Squads must perform on the mat.</b> Failure to perform routine on the mat provided in the gym will result in a penalty.	
<b>3 points</b>	<b>Time limit for the dance routine is 2:30 minutes in length.</b> The 2:30 time limit includes entering the mat and exiting the mat. The entire squad must be off the mat within the 2:30 minute time frame in order to not receive a deduction.	
	<b>TOTAL DEDUCTIONS:</b>	

# JV DIVISION



Rules & Regulations for

J

Stunts &  
Cheer Off



## JV CHEER ROUTINE SCORING RUBRIC

CFSA CHEER OFF  
JV DIVISION



### Smile/Facial Expression ~ 1-7 pts

- 6-7 Entire squad has great facial expressions, eye contact, smiles, attitude, & personality throughout performance
- 4-5 Half/Majority of the squad is exhibiting facial expressions/smiles throughout the whole performance
- 2-3 Half/Majority of the squad demonstrates facial expressions/smiles but the squad is not consistent with smiles throughout the whole performance
- 1 Few cheerleaders show facial expressions/smiles during the performance

### Formations (Spacing, Use of Floor and Formation Changes) ~ 0-6 pts

- 6 Cheer routine contains multiple, complex formation changes. Formations are purposeful, clear, & superbly spaced
- 4-5 Cheer routine contains multiple formation changes. Formations look purposeful, clear and evenly spaced throughout cheer routine
- 2-3 Cheer routine contains some formation changes. Formations are clear and somewhat evenly spaced, but could be more polished
- 0-1 Cheerleaders are unsure of formations and/or look lost. Formations are lacking or need improvements.

### Motions (Technique and Placement) ~ 0-4 pts

- 4 Entire squad demonstrates excellent technique & placement of motions throughout cheer routine
- 3 Entire squad demonstrates correct technique & placement of motions throughout cheer routine
- 2 Half/Majority of squad demonstrates correct technique & placement of motions throughout the cheer routine
- 1 Few cheerleaders demonstrate correct placement of motions throughout the cheer routine
- 0 Correct placement of motions is not observed

### Motions (Precision and Sharpness) ~ 0-4 pts

- 4 The entire squad demonstrates very precise, sharp, crisp motions throughout the cheer routine
- 3 The entire squad demonstrates precise, sharp, crisp motions throughout the cheer routine
- 2 Half/Majority of squad demonstrates precise, sharp motions throughout the cheer routine, little polishing needed
- 1 Few cheerleaders demonstrate precise, sharp motions throughout the cheer routine, much improvement needed
- 0 Precise, sharp motions are not observed

### Motions (Synchronization) ~ 0-4 pts

- 4 The entire squad has excellent synchronization and unity throughout the entire cheer routine
- 3 The entire squad is synchronized during most of the routine, very little polishing needed
- 2 Half/Majority of squad is synchronized throughout the cheer routine, little polishing needed
- 1 The squad has very little synchronization during the cheer routine, much improvement needed
- 0 There is no squad synchronization performed or observed during cheer routine

### Jumps ~ 1-4 pts

Appropriate jumps for this level are the following: herkie, toe touch, side hurdler, front hurdler or pike. To earn jump points, the entire squad must jump at the same time. Synchronization will apply to the execution of the jump(s) present in the routine.

- 4 The entire squad demonstrates proper jump technique
- 3 Half/Majority of the squad demonstrates proper jump technique
- 2 Proper technique is not demonstrated
- 1 Jumps are not observed during cheer routine

### Difficulty Level of Jumps ~ 0-4 pts\*

- 4 Jumps are very synchronized, with a great jump combination that is executed in unity with a smooth transition
- 3 Jumps are synchronized, entire squad attempts and executes a jump combination with a smooth transition
- 2 Entire squad attempts and executes the same jump with synchronization
- 1 Entire squad attempts and executes the same jump but synchronization needs improvement
- 0 There is no difficulty to the jump(s) performed





## CHEER ROUTINE SCORING RUBRIC

### Tumbling ~ 0-6 pts

A tumbling skill is any gymnastic or acrobatic movement. (i.e. forward roll, back walk-over, cartwheel, roundoff, back handspring, or back flip). Tumbling must be present to obtain tumbling points. All cheerleaders must perform a synchronized tumbling skill at the same time, this is a requirement. Mixed skills are allowed in addition to the requirement, as long as they are executed at the same time.

- 5-6 The entire squad performs the same tumbling skill at the same time with synchronization
- 3-4 The squad performs a tumbling skill; all the same skill or multiple tumbling skills are performed in synch with little skill improvement needed
- 1-2 The squad performs a tumbling skill; all the same skill or multiple tumbling skills are performed with little skill improvement needed but timing of skills was not fully in synch
- 0 No tumbling is performed during cheer routine

### Stunts ~ 0-8 pts

A Prep in standing position is the required stunt. (The required stunt as defined on pg. 4 & 5, must be performed during cheer routine, to earn points in stunt category. No points will be given for category, if required stunt is not performed by definition.)

- 7-8 The squad performs the required stunt, stunt is solid with proper stunting technique
- 5-6 The squad performs the required stunt, using proper stunting technique
- 3-4 The required stunt is present in cheer routine, but lacks proper stunting technique
- 1-2 The squad performs a stunt, but does not perform the required stunt
- 0 No stunt is performed during the cheer routine

### Difficulty Level of Stunts ~ 0-8 pts\*

- 7-8 All stunts executed are superb in synchronization, timing, building technique, with very smooth transitions (stunts leave a lasting impression)
- 5-6 Additional stunt groups included with smooth transitions, excellent synchronization & timing, proper climbing and dismounting techniques exhibited
- 3-4 Additional stunts included, transitions were good, synchronization & timing need improvement, proper climbing and dismounting techniques attempted
- 1-2 Stunt(s) are very basic, lack creativity, exhibited sloppy climbing and dismounting techniques
- 0 Attempted only the required stunt

### Crowd Involvement ~ 0-6 pts

Crowd participates in cheer routine by yelling with the cheerleaders appropriately.

- 5-6 Cheer routine leads crowd by voice, energy, enunciation, motions, and proper flow and pacing
- 3-4 Cheer routine leads crowd by voice, energy, motions but lacks word enunciation or proper flow & pacing
- 1-2 Cheer routine attempts to get crowd involved, but is unclear and confusing
- 0 Does not get crowd involved

### Props ~ 0-6 pts

Appropriate props for use in cheer routine are signs, poms, and/or megaphones.

- 5-6 Cheer routine has excellent use of props
- 3-4 Cheer routine has some use of props
- 1-2 Use of props during cheer routine are awkward and break the flow of overall routine
- 0 No props are used during cheer routine

### Expression, Showmanship, & Overall Entertainment ~ 1-8 pts\*

- 7-8 There is a high level of energy, enthusiasm, excitement, crowd appeal, creativity in cheer routine, it is very entertaining to the crowd & the words are very clear/understandable
- 5-6 Cheer routine has great enthusiasm, excitement, crowd appeal, creativity & is entertaining to the crowd & the words are clear/understandable throughout routine
- 3-4 Words in cheer routine are clear/understandable through most of routine, there is enthusiasm & excitement, with an average amount of crowd appeal, creativity or entertainment for the crowd
- 1-2 Words in cheer routine are hard to understand, there is spirit and creativity, but routine lacks excitement and entertainment for the crowd

*\* These 3 categories will be averaged together to determine an overall tiebreaker score.*



## JV STUNTS APPROVED AND REQUIRED FOR CHEER OFF



JV squads may perform any of the Flag, Freshman, Sophomore, or JV approved stunts along with those listed below.

**The Prep stunt (in standing position) is required to be included in the cheer routine for Cheer Off.**

Signs or props are **prohibited** to be in the hands of cheerleaders while building any stunt unless indicated below. Including but not limited to pom poms, sign, megaphone, etc. and flyers, bases, and back spots are all included.

### Prep (Standing Position) \*\*CHEER OFF REQUIREMENT\*\*

*(in order to perform dismounts listed, squad and coaches must attend Cheer Factory stunt clinics)*

- ❖ This is a leg stunt where bases hold flyer's feet at "chest" level while flyer stands on 2 feet
- ❖ Back spot required at all times
- ❖ Bases are not allowed to walk this stunt
- ❖ Once stunt is built, everyone in place and stable, flyer may be handed a sign or prop from a cheerleader on the ground
- ❖ Cradle or tummy dismount is allowed only if taught & cleared by DEA
  - Stunt variation: Split transition to and from a prep

### Human Pyramid

- ❖ May only be 3 athletes wide and 2 athletes high
- ❖ Pyramid may walk

### Pony Mount

- ❖ Back spot required only for building

### Double Base Thigh Stand (Kneeling or Standing)

- ❖ Back spot is not required

### Single Base Thigh Stand (Kneeling or Standing)

- ❖ Back spot required at all times (except in regular Liberty position)
- ❖ Single Leg extension allowed
  - Must be braced on at least 1 side
  - Heel stretch stunt must connect arms with 1 person standing on the ground.
- ❖ Switch Liberty allowed: A stunt in which the top person begins on the performing surface with one foot in the hands of the bases in a load position, is then released from the bases and lands in a stunt on the other foot.

### Single Leg Stunt with Extension

- ❖ Allowed, only IF the athlete is executing skill on the ground
  - Heel stretch, scorpion, scale
  - May be braced or not braced, based on the ability of the athlete
  - Pom pom use is allowed for this stunt only, based on the ability of the athlete



## JV STUNTS APPROVED AND REQUIRED FOR CHEER OFF



### Shoulder Sit

- ❖ Stunt where the flyer steps up into the bases lounge and swings opposite leg over the shoulder of the base, as base is standing up
- ❖ Flyer tucks feet behind bases back and base puts hands on the thighs of the flyer holding flyer securely in place
  - Back spot required at all times
  - Flyer must remain in seated position

### Straddle Sit (Teddy Bear Sit)

- ❖ Back spot required at all times
- ❖ Held at shoulder height (prep level) or may be extended
  - Bases **may** extend arms above head
  - Bases must support under the bottom, thigh, and foot of flyer (especially when extending above the head)

### Half Prep (Standing Position)

- ❖ This is a leg stunt where base holds flyer's feet at "hip height" while flyer stands on 2 feet
- ❖ Back spot required at all times
- ❖ Bases are **not allowed** to walk this stunt
- ❖ Once stunt is built, everyone in place and stable, flyer may be handed a sign or prop from a cheerleader on the ground

### Pyramids

- ❖ *Hitch pyramid*
  - Base/cheerleader on ground holds the bent/hitched foot of flyer
- ❖ *Heel stretch*
  - Flyer's hand is connected with base/cheerleader on the ground and extends her leg with other hand
- ❖ *Heel stretch or Single Thigh with Liberty*
  - Single thigh stand w/lib, double base thigh stand, single thigh stand w/lib
    - (this pyramid could be switched to double base thigh stands on the out sides, with a single thigh stand w/lib in the middle)
    - (this pyramid could be switched to double base thigh stands on the out sides, with a half prep in the middle)
    - (this pyramid could be switched to half prep on the out sides, single thigh stand w/lib in the middle)
  - Flyers would be connected by arms and each flyer must have a back spot
- ❖ *Preps*
  - Prep, Liberty Prep, Prep (cheerleaders must be connected at all times)
  - Prep, Should Sit, Prep (cheerleaders must be connected at all times)



# CFSA CHEER OFF SCORE SHEET

## JV

### CHEER ROUTINE



**SQUAD Name:**

SCORING CRITERIA		POINTS	JUDGE'S COMMENTS AND NOTES
Smile/Facial Expressions	(1-7 pts)		
Formations (spacing, changes, use of floor)	(0-6 pts)		
Motions (technique and placement)	(0-4 pts)		
Motions (precision and sharpness)	(0-4 pts)		
Motions (synchronization)	(0-4 pts)		
Jumps (all jump together & are division appropriate)	(1-4 pts)		
Difficulty Level of Jumps*	(0-4 pts)		
Tumbling (all execute tumbling skill together)	(0-6 pts)		
Stunts required: Prep (Standing Position) (Required stunt must be performed as defined in rubric, to earn points in stunt category. No points will be given for category, if required stunt is not performed by definition in cheer routine.)	(0-8 pts)		
Difficulty Level of Stunts*	(0-8 pts)		
Crowd Involvement (crowd participates)	(0-6 pts)		
Props (appropriate use of)	(0-6 pts)		
Expression, Showmanship, & Overall Entertainment*	(1-8 pts)		
<b>TOTAL SCORE:</b>		<b>/75 max possible points</b>	

Squads with a participant who has an injury or is in a cast, but has the ability to perform, will in no way adversely affect or penalize the squad. (i.e. If cast requires the marking of a jump, injury prevents the straightening of an elbow, prevents tumbling skill to be performed, or the presence of a special needs child.) All are welcome to participate in CFSA Cheerleading & to perform in Cheer Off.

**Tiebreaker Score:**

\* These 3 categories will be averaged together to determine an overall tiebreaker score.



# CFSA CHEER OFF ROUTINE DEDUCTIONS SHEET

## JV

### CHEER ROUTINE



**SQUAD Name:**

Point Deductions	Legal or Illegal elements allowed	SQUAD DEDUCTIONS
<b>Disqualification</b>	<p><b>No tumbling skill will be preformed with pom poms or props</b> in the hands of a cheerleader. This is too dangerous to cheerleaders and will disqualify a squad from competition if present in cheer routine.</p> <p><i>Tumbling is any presence of a tumbling skill by any one or more members of the squad. A tumbling skill is any gymnastic or acrobatic movement. (i.e. forward roll, dive roll, cartwheel, roundoff, back handspring, or back flip)</i></p>	
<b>2 points per item</b>	<b>All props</b> (pom poms, signs or megaphones) <b>or uniform items</b> (bows, shoes, shoe poms) <b>must be cleared from the floor</b> prior to the entire squad exiting the mat.	
<b>4 points per item</b>	The only props allowed to be used in a cheer routine are <b>pom poms, signs or megaphones</b> .	
<b>3 points per occurence</b>	<b>Squads must stay on the mat.</b> Once the squad has entered the mat to begin routine, any squad member(s) who steps off of the mat at any time will be penalized 3 points per occurence.	
<b>4 points</b>	<b>Squads must perform on the mat.</b> Failure to perform routine on the mat provided in the gym will result in a penalty.	
<b>4 points</b>	<b>Time limit for the cheer routine is 3 minutes in length.</b> The 3 minutes includes entering the mat and exiting the mat. The entire squad must be off the mat within the 3 minute time frame in order to not receive a deduction.	
	<b>TOTAL DEDUCTIONS:</b>	



## JV DANCE ROUTINE SCORING RUBRIC



### **Smile/Facial Expression ~ 1-8 pts**

- 7-8 Great eye contact, smiles, attitude, personality, and facial expressions by entire squad which coincide with music
- 5-6 Entire squad is exhibiting facial expressions/smiles throughout the whole performance
- 3-4 Half/Majority of the squad demonstrates facial expressions/smiles but the squad is not consistent with smiles throughout the whole performance
- 1-2 Few cheerleaders show facial expressions/smiles during the performance

### **Formations (Spacing, Use of Floor and Formation Changes) ~ 0-8 pts**

- 7-8 Dance routine contains multiple, complex formation changes. Formations are purposeful, clear, superbly spaced and creative with music
- 5-6 Dance routine contains multiple formation changes. Formations look purposeful, clear and evenly spaced throughout cheer routine
- 3-4 Dance routine contains some formation changes. Formations are clear and somewhat evenly spaced, but could be more polished
- 1-2 Dance routine contains a couple formation changes. Formations are lacking or need improvements
- 0 Cheerleaders are unsure of formations and/or look lost. Formations are lacking or need improvements

### **Use of floor & Formation transitions ~ 0-8 pts**

- 7-8 Dance routine contains multiple formation transitions which are very clean, utilize the floor well, are purposeful, well-paced and do not disrupt the flow of the dance routine
- 5-6 Dance routine contains variety & multiple formation transitions that are clean and utilize the floor well, with good pacing and little disruption to dance routine flow
- 3-4 Dance routine contains multiple formation transitions that utilize the floor, are fairly clean, but need improvement, and/or disrupt the flow of the dance routine
- 1-2 Dance routine contains a few formation transitions which show little purpose, are slow paced, need improvement, and/or significantly disrupt the flow of the dance routine
- 0 Formation transitions within the dance routine are not observed

### **Motions (Technique and Placement) ~ 0-6 pts**

- 5-6 Entire squad demonstrates correct placement of motions throughout dance routine
- 3-4 Half/Majority of squad demonstrates correct placement of motions throughout the dance routine
- 1-2 Few cheerleaders demonstrate correct placement of motions throughout the dance routine
- 0 Correct placement of motions is not observed

### **Motions (Precision and Sharpness) ~ 0-7 pts**

- 7 The entire squad demonstrates very precise, clean, sharp motions throughout the dance routine
- 5-6 The entire squad demonstrates precise, sharp motions throughout the dance routine
- 3-4 Half/Majority of squad demonstrates precise, sharp motions throughout the dance routine, little polishing needed
- 1-2 Few cheerleaders demonstrate precise, sharp motions throughout the dance routine, much improvement needed
- 0 Precise, sharp motions are not observed



# JV

## DANCE ROUTINE SCORING RUBRIC



### **Motions (Synchronization)\* ~ 0-6 pts**

- 5-6 The entire squad is synchronized throughout the entire dance routine
- 3-4 Half/Majority of squad is synchronized throughout the dance routine, little polishing needed
- 1-2 The squad has very little synchronization during the dance routine, much improvement needed
- 0 There is no squad synchronization performed or observed during dance routine

### **Jumps ~ 1-8 pts**

Appropriate jumps for this level are the following: herkie, toe touch, side hurdler, front hurdler or pike. To earn jump points, the entire squad must jump at the same time. Synchronization will apply to the execution of the jump(s) present in the routine.

- 7-8 The entire squad demonstrates above average jump technique & height
- 5-6 The entire squad demonstrates proper jump technique
- 3-4 Half/Majority of the squad demonstrates proper jump technique
- 1-2 Proper technique is not demonstrated
- 0 Jumps are not observed during dance routine

### **Overall Impression ~ 1-12 pts\***

- 11-12 Squad worked hard together to refine routine, all cheerleaders demonstrated excellent & proper technique/skills and presented a very memorable routine
- 9-10 Squad worked hard together, all cheerleaders demonstrated proper technique/skills and presented a memorable routine
- 7-8 Squad worked hard together, most cheerleaders demonstrated proper technique/skills
- 5-6 The squad worked together, but needed more time to improve overall dance routine
- 3-4 Dance routine needs improvement and cheerleaders are still developing proper technique and skills
- 1-2 Cheerleaders look lost & confused about dance routine sequence, it lacks memorization

### **Entertainment Value ~ 1-12 pts\***

- 11-12 The entire squad has great showmanship and gives their all to the audience. The audience is very Entertained, connects well to the routine & would enjoy watching the routine again.
- 9-10 The entire squad has good showmanship and gives their all to the audience. The audience is entertained and connects to the routine and would enjoy watching it again.
- 7-8 Most of the squad has good showmanship and gives their all to the audience. The audience is entertained and connects to the routine somewhat.
- 5-6 Some of the squad has good showmanship, but do not totally seem into the routine. The audience somewhat enjoyed the routine.
- 3-4 Few squad members have good showmanship, most seem to just be going through the motions. The audience could not connect to the routine.
- 1-2 Cheerleaders look uncomfortable while performing the dance routine.

\* These 3 categories will be averaged together to determine an overall tiebreaker score.



**CFSA CHEER OFF SCORE SHEET**  
**JV**  
**DANCE ROUTINE**

**CFSA CHEER OFF**  
**JV DIVISION**



**SQUAD Name:**

SCORING CRITERIA		POINTS	JUDGE'S COMMENTS AND NOTES
Smile/Facial Expressions	(1-8 pts)		
Formations (spacing, changes, use of floor)	(0-8 pts)		
Use of floor & Formation transitions (spacing, changes, use of floor)	(0-8 pts)		
Motions (technique and placement)	(0-6 pts)		
Motions (precision and sharpness)	(0-7 pts)		
Motions* (synchronization)	(0-6 pts)		
Jumps (all jump together & are division appropriate)	(1-8 pts)		
Overall Impression* (technique/skill level, memorable routine)	(1-12 pts)		
Entertainment Value* (audience is entertained & connects to routine)	(1-12 pts)		
<b>TOTAL SCORE:</b>		<b>/75 max possible points</b>	

Squads with a participant who has an injury or is in a cast, but has the ability to perform, will in no way adversely affect or penalize the squad. (i.e. If cast requires the marking of a jump, injury prevents the straightening of an elbow, prevents tumbling skill to be performed, or the presence of a special needs child.) All are welcome to participate in CFSA Cheerleading & to perform in Cheer Off.

**Tiebreaker Score:**

*\* These 3 categories will be averaged together to determine an overall tiebreaker score.*





CFSA CHEER OFF ROUTINE DEDUCTIONS SHEET  
JV  
DANCE ROUTINE



SQUAD Name:

Point Deductions	Legal or Illegal elements allowed	SQUAD DEDUCTIONS
Disqualification	<b>No tumbling at all during dance routine.</b> Any presence of tumbling during the dance routine will result in a deduction. This includes but is not limited to a forward roll.  <i>Tumbling is any presence of a tumbling skill by any one or more members of the squad. A tumbling skill is any gymnastic or acrobatic movement. (i.e. forward roll, dive roll, cartwheel, roundoff, back handspring, or back flip)</i>	
2 points per item	<b>All props</b> (pom poms, signs or megaphones) <b>or uniform items</b> (bows, shoes, shoe poms) <b>must be cleared from the floor</b> prior to the entire squad exiting the mat.	
4 points per occurrence	<b>Squad members are not allowed to mouth words during the dance routine.</b> This includes mouthing/singing the words to the song(s), counting to stay insync, or speaking to each other.  <i>The only acceptance is counting out to enter mat and get set for performance. Once music begins if speaking occurs (as listed above, points will be deducted per occurrence.</i>	
3 points per occurrence	<b>Squads must stay on the mat.</b> Once the squad has entered the mat to begin routine, any squad member(s) who steps off of the mat at any time will be penalized 3 points per occurrence.	
4 points	<b>Squads must perform on the mat.</b> Failure to perform routine on the mat provided in the gym will result in a penalty.	
4 points	<b>Time limit for the dance routine is 2:30 minutes in length.</b> The 2:30 time limit includes entering the mat and exiting the mat. The entire squad must be off the mat within the 2:30 minute time frame in order to not receive a deduction.	
	<b>TOTAL DEDUCTIONS:</b>	

# VARSITY DIVISION



Rules & Regulations for

Stunts &  
Cheer Off



## VARSITY CHEER ROUTINE SCORING RUBRIC

**CFSA CHEER OFF  
VARSITY DIVISION**



### **Smile/Facial Expression ~ 1-7 pts**

- 6-7 Entire squad has great facial expressions, eye contact, smiles, attitude, & personality throughout performance
- 4-5 Half/Majority of the squad is exhibiting facial expressions/smiles throughout the whole performance
- 2-3 Half/Majority of the squad demonstrates facial expressions/smiles but the squad is not consistent with smiles throughout the whole performance
- 1 Few cheerleaders show facial expressions/smiles during the performance

### **Formations (Spacing, Use of Floor and Formation Changes) ~ 0-7 pts**

- 6-7 Cheer routine contains multiple, complex formation changes. Formations are purposeful, clear, & superbly spaced
- 4-5 Cheer routine contains multiple formation changes. Formations look purposeful, clear and evenly spaced throughout cheer routine
- 2-3 Cheer routine contains some formation changes. Formations are clear and somewhat evenly spaced, but could be more polished
- 0-1 Cheerleaders are unsure of formations and/or look lost. Formations are lacking or need improvements.

### **Motions (Technique and Placement) ~ 0-4 pts**

- 4 Entire squad demonstrates excellent technique & placement of motions throughout cheer routine
- 3 Entire squad demonstrates correct technique & placement of motions throughout cheer routine
- 2 Half/Majority of squad demonstrates correct technique & placement of motions throughout the cheer routine
- 1 Few cheerleaders demonstrate correct placement of motions throughout the cheer routine
- 0 Correct placement of motions is not observed

### **Motions (Precision and Sharpness) ~ 0-5 pts**

- 5 The entire squad demonstrates extreme precision, sharp, & crisp motions throughout the cheer routine
- 4 The entire squad demonstrates very precise, sharp, crisp motions throughout the cheer routine
- 3 The entire squad demonstrates precise, sharp, crisp motions throughout the cheer routine
- 2 Half/Majority of squad demonstrates precise, sharp motions throughout the cheer routine, little polishing needed
- 1 Few cheerleaders demonstrate precise, sharp motions throughout the cheer routine, much improvement needed
- 0 Precise, sharp motions are not observed

### **Motions (Synchronization) ~ 0-4 pts**

- 4 The entire squad has excellent synchronization and unity throughout the entire cheer routine
- 3 The entire squad is synchronized during most of the routine, very little polishing needed
- 2 Half/Majority of squad is synchronized throughout the cheer routine, little polishing needed
- 1 The squad has very little synchronization during the cheer routine, much improvement needed
- 0 There is no squad synchronization performed or observed during cheer routine

### **Jumps ~ 1-4 pts**

Appropriate jumps for this level are the following: herkie, toe touch, side hurdler, front hurdler or pike. To earn jump points, the entire squad must jump at the same time. Synchronization will apply to the execution of the jump(s) present in the routine.

- 4 The entire squad demonstrates proper jump technique
- 3 Half/Majority of the squad demonstrates proper jump technique
- 2 Proper technique is not demonstrated
- 1 Jumps are not observed during cheer routine

### **Difficulty Level of Jumps ~ 0-5 pts\***

- 5 Jumps are superbly synchronized, exceptional jump combination(s), executed in total unity with a smooth transition
- 4 Jumps are very synchronized, great jump combination(s) executed in unity with a smooth transition
- 3 Jumps are synchronized, entire squad attempts and executes jump combination(s) with a smooth transition
- 2 Entire squad attempts and executes the same jump with synchronization
- 1 Entire squad attempts and executes the same jump but synchronization needs improvement
- 0 There is no difficulty to the jump(s) performed



## VARSITY CHEER ROUTINE SCORING RUBRIC

**CFSA CHEER OFF  
VARSITY DIVISION**



### **Tumbling ~ 0-6 pts**

A tumbling skill is any gymnastic or acrobatic movement. (i.e. forward roll, back walk-over, cartwheel, roundoff, back handspring, or back flip). Tumbling must be present to obtain tumbling points. All cheerleaders must perform a tumbling skill at the same time. Mixed skills are allowed as long as they are executed all at the same time.

- 5-6 The entire squad performs the same tumbling skill at the same time with synchronization
- 3-4 The squad performs a tumbling skill; all the same skill or multiple tumbling skills are performed in synch with little skill improvement needed
- 1-2 The squad performs a tumbling skill; all the same skill or multiple tumbling skills are performed with little skill improvement needed but timing of skills were not fully in synch
- 0 No tumbling is performed during cheer routine

### **Stunts ~ 0-8 pts**

An Extension Prep is the required stunt. (The required stunt as defined on pg. 4 & 5, must be performed during cheer routine, to earn points in stunt category. No points will be given for category, if required stunt is not performed by definition.)

- 7-8 The squad performs the required stunt, stunt is solid with proper stunting technique
- 5-6 The squad performs the required stunt, using proper stunting technique
- 3-4 The required stunt is present in cheer routine, but lacks proper stunting technique
- 1-2 The squad performs a stunt, but does not perform the required stunt
- 0 No stunt is performed during the cheer routine

### **Difficulty Level of Stunts ~ 0-8 pts\***

- 7-8 All stunts executed are superb in synchronization, timing, building technique, with very smooth transitions (stunts leave a lasting impression)
- 5-6 Additional stunt groups included with smooth transitions, excellent synchronization & timing, proper climbing and dismounting techniques exhibited
- 3-4 Additional stunts included, transitions were good, synchronization & timing need improvement, proper climbing and dismounting techniques attempted
- 1-2 Stunt(s) are very basic, lack creativity, exhibited sloppy climbing and dismounting techniques
- 0 Attempted only the required stunt

### **Crowd Involvement ~ 0-6 pts**

Crowd participates in cheer routine by yelling with the cheerleaders appropriately.

- 5-6 Cheer routine leads crowd by voice, energy, enunciation, motions, and proper flow and pacing
- 3-4 Cheer routine leads crowd by voice, energy, motions but lacks word enunciation or proper flow & pacing
- 1-2 Cheer routine attempts to get crowd involved, but is unclear and confusing
- 0 Does not get crowd involved

### **Props ~ 0-6 pts**

Appropriate props for use in cheer routine are signs, poms, and/or megaphones.

- 5-6 Cheer routine has excellent use of props
- 3-4 Cheer routine has some use of props
- 1-2 Use of props during cheer routine are awkward and break the flow of overall routine
- 0 No props are used during cheer routine

### **Expression, Showmanship, & Overall Entertainment ~ 1-10 pts\***

- 9-10 Superior level of energy, confidence, enthusiasm, excitement, and exceptional crowd appeal, it is very entertaining to the crowd & the words are extremely clear/understandable
- 7-8 There is a high level of energy, enthusiasm, excitement, crowd appeal, creativity in cheer routine, it is very entertaining to the crowd & the words are very clear/understandable
- 5-6 Cheer routine has great enthusiasm, excitement, crowd appeal, creativity & is entertaining to the crowd & the words are clear/understandable throughout routine
- 3-4 Words in cheer routine are clear/understandable through most of routine, there is enthusiasm & excitement, with an average amount of crowd appeal, creativity or entertainment for the crowd
- 1-2 Words in cheer routine are hard to understand, there is spirit and creativity, but routine lacks excitement and entertainment for the crowd

\* These 3 categories will be averaged together to determine an overall tiebreaker score.



## VARSITY CHEER ROUTINE DEDUCTIONS RUBRIC

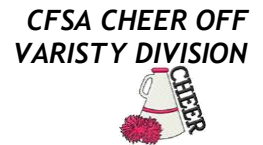
CFSA CHEER OFF  
VARSITY DIVISION



Point Deductions	Legal or Illegal elements allowed
<b>Disqualification</b>	<p><b>No tumbling skill will be preformed with pom poms or props</b> in the hands of a cheerleader. This is too dangerous to cheerleaders and will disqualify a squad from competition if present in cheer routine.</p> <p><i>Tumbling is any presence of a tumbling skill by any one or more members of the squad. A tumbling skill is any gymnastic or acrobatic movement. (i.e. forward roll, dive roll, cartwheel, roundoff, back handspring, or back flip)</i></p>
<b>3 points per item</b>	<p><b>All props</b> (pom poms, signs or megaphones) <b>or uniform items</b> (bows, shoes, shoe poms) <b>must be cleared from the floor</b> prior to the entire squad exiting the mat.</p>
<b>5 points per item</b>	<p>The only props allowed to be used in a cheer routine are <b>pom poms, signs or megaphones</b>.</p>
<b>4 points per occurence</b>	<p><b>Squads must stay on the mat.</b> Once the squad has entered the mat to begin routine, any squad member(s) who steps off of the mat at any time will be penalized 4 points per occurence.</p>
<b>5 points</b>	<p><b>Squads must perform on the mat.</b> Failure to perform routine on the mat provided in the gym will result in a penalty.</p>
<b>5 points</b>	<p><b>Time limit for the cheer routine is 3 minutes in length.</b> The 3 minutes includes entering the mat and exiting the mat. The entire squad must be off the mat within the 3 minute time frame in order to not receive a deduction.</p>



## VARSITY STUNTS APPROVED AND REQUIRED FOR CHEER OFF



Varsity squads may perform any of the Flag, Freshman, Sophomore, or JV approved stunts along with those listed below.

**The Extension stunt is required to be included in the cheer routine for Cheer Off.**

Signs or props are **prohibited** to be in the hands of cheerleaders while building any stunt unless indicated below. Including but not limited to pomp oms, sign, megaphone, etc. and flyers, bases, and back spots are all included.

In order for squad to perform an extension, the squad and its coaches must attend Cheer Factory's stunt clinic to receive proper stunting technique instruction.

### **Extension Prep \*\*CHEER OFF REQUIREMENT\*\* (in order to perform, squad and coaches must attend Cheer Factory's stunt clinics)**

- ❖ Back spot required at all times
- ❖ Bases will hold flyer at shoulder (prep\_ level while flyer stands on 2 feet
- ❖ Cradle or tummy dismounts are **prohibited** from an extended position

### **Human Pyramid**

- ❖ May only be 3 athletes wide and 2 athletes high
- ❖ Pyramid may walk

### **Pony Mount**

- ❖ Back spot required only for building

### **Double Base Thigh Stand (Kneeling or Standing)**

- ❖ Back spot is **not** required

### **Single Base Thigh Stand and Half Prep @ waist Single Leg Thigh Stand**

- ❖ All leg extensions allowed
  - Heel stretch, liberty, scorpion, arabesque, etc.
  - No connection needed/no back spot needed

### **Switch Liberty on the ground:**

- ❖ A stunt in which the flyer begins on the performing surface (ground) with one foot in the hands of the bases in a load position, is then released from the bases and lands in a stunt on the other foot
- ❖ NO leg extensions allowed
  - Foot must stay in liberty position

### **Single Leg Stunt with Extension**

- ❖ Allowed, only IF the athlete is executing skill on the ground
  - Heel stretch, scorpion, scale
  - May be braced or not braced, based on the ability of the athlete
  - Pom pom use is allowed for this stunt only, based on the ability of the athlete

### **Assisted Prep Liberty from the ground**

- ❖ This stunt will be properly taught by DEA and must be properly executed in order for it to be performed

### **Shoulder Sit**

- ❖ Stunt where the flyer steps up into the bases lounge and swings opposite leg over the shoulder of the base, as base is standing up
- ❖ Flyer tucks feet behind bases back and base puts hands on the thighs of the flyer holding flyer securely in place
  - Back spot required at all times
  - Flyer must remain in seated position



## VARSITY STUNTS APPROVED AND REQUIRED FOR CHEER OFF

CFSA CHEER OFF  
VARSITY DIVISION



### Straddle Sit (Teddy Bear Sit)

- ❖ Back spot required at all times
- ❖ Held at shoulder height (prep level) or may be extended
  - Bases **may** extend arms above head
  - Bases must support under the bottom, thigh, and foot of flyer (especially when extending above the head)

### Half Prep (Standing Position)

- ❖ This is a leg stunt where base holds flyer's feet at "hip height" while flyer stands on 2 feet
- ❖ Back spot required at all times
- ❖ Bases are **not allowed** to walk this stunt
- ❖ Once stunt is built, everyone in place and stable, flyer may be handed a sign or prop from a cheerleader on the ground

### Prep (Standing Position) *(in order to perform dismounts listed, squad and coaches must attend Cheer Factory's stunt clinics)*

- ❖ This is a leg stunt where bases hold flyer's feet at "chest" level while flyer stands on 2 feet
- ❖ Back spot required at all times
- ❖ Bases are not allowed to walk this stunt
- ❖ S
- ❖ Once stunt is built, everyone in place and stable, flyer may be handed a sign or prop from a cheerleader on the ground
- ❖ Cradle or tummy dismount is allowed only if taught & cleared by DEA
  - Stunt variation: Split transition to and from a prep

### Straight Ride or Pretty Girl (with bended knee) Basket Toss

- ❖ Back spot required at all times
- ❖ Toe touches, twists, etc. are **prohibited**
- ❖ Signs or props are **prohibited to be in the hands of cheerleaders at any time during stunt**
  - Flyers, bases, and back spots all included
  - (i.e. pom poms, signs, megaphone, etc.)

### Pyramids

- ❖ *Hitch pyramid*
  - Base/cheerleader on ground holds the bent/hitched foot of flyer
- ❖ *Heel stretch*
  - Flyer's hand is connected with base/cheerleader on the ground and extends her leg with other hand
- ❖ *Heel stretch or Single Thigh with Liberty*
  - Single thigh stand w/lib, double base thigh stand, single thigh stand w/lib
    - (this pyramid could be switched to double base thigh stands on the out sides, with a single thigh stand w/lib in the middle)
    - (this pyramid could be switched to double base thigh stands on the out sides, with a half prep in the middle)
    - (this pyramid could be switched to half prep on the out sides, single thigh stand w/lib in the middle)
  - Flyers would be connected by arms and each flyer must have a back spot
- ❖ *Extension*
  - Extension, Prep, Extension (cheerleaders must be connected at all times)
  - Prep, Extension, Prep (cheerleaders must be connected at all times)





**CFSA CHEER OFF SCORE SHEET**  
**VARSITY**  
**CHEER ROUTINE**

**CFSA CHEER OFF**  
**VARSITY DIVISION**



**SQUAD Name:**

SCORING CRITERIA		POINTS	JUDGE'S COMMENTS AND NOTES
Smile/Facial Expressions	(1-7 pts)		
Formations (spacing, changes, use of floor)	(0-7 pts)		
Motions (technique and placement)	(0-4 pts)		
Motions (precision and sharpness)	(0-5 pts)		
Motions (synchronization)	(0-4 pts)		
Jumps (all jump together & are division appropriate)	(1-4 pts)		
Difficulty Level of Jumps*	(0-5 pts)		
Tumbling (all execute tumbling skill together)	(0-6 pts)		
Stunts (required: Extension Prep) <small>(Required stunt must be performed as defined in rubric, to earn points in stunt category. No points will be given for category, if required stunt is not performed by definition in cheer routine.)</small>	(0-8 pts)		
Difficulty Level of Stunts*	(0-8 pts)		
Crowd Involvement (crowd participates)	(0-6 pts)		
Props (appropriate use of)	(0-6 pts)		
Expression, Showmanship, & Overall Entertainment*	(1-10 pts)		
<b>TOTAL SCORE:</b>		<b>/80 max possible points</b>	

Squads with a participant who has an injury or is in a cast, but has the ability to perform, will in no way adversely affect or penalize the squad. (i.e. If cast requires the marking of a jump, injury prevents the straightening of an elbow, prevents tumbling skill to be performed, or the presence of a special needs child.) All are welcome to participate in CFSA Cheerleading & to perform in Cheer Off.

**Tiebreaker Score:**

*\* These 3 categories will be averaged together to determine an overall tiebreaker score.*





# CFSA CHEER OFF ROUTINE DEDUCTIONS SHEET

## VARSITY

### CHEER ROUTINE

CFSA CHEER OFF  
VARSITY DIVISION



**SQUAD Name:**

Point Deductions	Legal or Illegal elements allowed	SQUAD DEDUCTIONS
<b>Disqualification</b>	<p><b>No tumbling skill will be preformed with pom poms or props</b> in the hands of a cheerleader. This is too dangerous to cheerleaders and will disqualify a squad from competition if present in cheer routine.</p> <p><i>Tumbling is any presence of a tumbling skill by any one or more members of the squad. A tumbling skill is any gymnastic or acrobatic movement. (i.e. forward roll, dive roll, cartwheel, roundoff, back handspring, or back flip)</i></p>	
<b>3 points per item</b>	<b>All props</b> (pom poms, signs or megaphones) <b>or uniform items</b> (bows, shoes, shoe poms) <b>must be cleared from the floor</b> prior to the entire squad exiting the mat.	
<b>5 points per item</b>	The only props allowed to be used in a cheer routine are <b>pom poms, signs or megaphones</b> .	
<b>4 points per occurrence</b>	<b>Squads must stay on the mat.</b> Once the squad has entered the mat to begin routine, any squad member(s) who steps off of the mat at any time will be penalized 4 points per occurrence.	
<b>5 points</b>	<b>Squads must perform on the mat.</b> Failure to perform routine on the mat provided in the gym will result in a penalty.	
<b>5 points</b>	<b>Time limit for the cheer routine is 3 minutes in length.</b> The 3 minutes includes entering the mat and exiting the mat. The entire squad must be off the mat within the 3 minute time frame in order to not receive a deduction.	
<b>TOTAL DEDUCTIONS:</b>		



## VARSITY DANCE ROUTINE SCORING RUBRIC

CFSA CHEER OFF  
VARSITY DIVISION



### **Smile/Facial Expression ~ 1-8 pts**

- 7-8 Great eye contact, smiles, attitude, personality, and facial expressions by entire squad which coincide with music
- 5-6 Entire squad is exhibiting facial expressions/smiles throughout the whole performance
- 3-4 Half/Majority of the squad demonstrates facial expressions/smiles but the squad is not consistent with smiles throughout the whole performance
- 1-2 Few cheerleaders show facial expressions/smiles during the performance

### **Formations (Spacing, Use of Floor and Formation Changes) ~ 0-8 pts**

- 7-8 Dance routine contains multiple, complex formation changes. Formations are purposeful, clear, superbly spaced and creative with music
- 5-6 Dance routine contains multiple formation changes. Formations look purposeful, clear and evenly spaced throughout cheer routine
- 3-4 Dance routine contains some formation changes. Formations are clear and somewhat evenly spaced, but could be more polished
- 1-2 Dance routine contains a couple formation changes. Formations are lacking or need improvements
- 0 Cheerleaders are unsure of formations and/or look lost. Formations are lacking or need improvements

### **Use of floor & Formation transitions ~ 0-8 pts**

- 7-8 Dance routine contains multiple formation transitions which are very clean, utilize the floor well, are purposeful, well-paced and do not disrupt the flow of the dance routine
- 5-6 Dance routine contains variety & multiple formation transitions that are clean and utilize the floor well, with good pacing and little disruption to dance routine flow
- 3-4 Dance routine contains multiple formation transitions that utilize the floor, are fairly clean, but need improvement, and/or disrupt the flow of the dance routine
- 1-2 Dance routine contains a few formation transitions which show little purpose, are slow paced, need improvement, and/or significantly disrupt the flow of the dance routine
- 0 Formation transitions within the dance routine are not observed

### **Motions (Technique and Placement) ~ 0-6 pts**

- 5-6 Entire squad demonstrates correct placement of motions throughout dance routine
- 3-4 Half/Majority of squad demonstrates correct placement of motions throughout the dance routine
- 1-2 Few cheerleaders demonstrate correct placement of motions throughout the dance routine
- 0 Correct placement of motions is not observed

### **Motions (Precision and Sharpness) ~ 0-7 pts**

- 7 The entire squad demonstrates very precise, clean, sharp motions throughout the dance routine
- 5-6 The entire squad demonstrates precise, sharp motions throughout the dance routine
- 3-4 Half/Majority of squad demonstrates precise, sharp motions throughout the dance routine, little polishing needed
- 1-2 Few cheerleaders demonstrate precise, sharp motions throughout the dance routine, much improvement needed
- 0 Precise, sharp motions are not observed



## VARSITY DANCE ROUTINE SCORING RUBRIC

CFSA CHEER OFF  
VARSITY DIVISION



### **Motions (Synchronization)\* ~ 0-6 pts**

- 5-6 The entire squad is synchronized throughout the entire dance routine
- 3-4 Half/Majority of squad is synchronized throughout the dance routine, little polishing needed
- 1-2 The squad has very little synchronization during the dance routine, much improvement needed
- 0 There is no squad synchronization performed or observed during dance routine

### **Jumps ~ 1-8 pts**

Appropriate jumps for this level are the following: herkie, toe touch, side hurdler, front hurdler or pike. To earn jump points, the entire squad must jump at the same time. Synchronization will apply to the execution of the jump(s) present in the routine.

- 7-8 The entire squad demonstrates above average jump technique & height
- 5-6 The entire squad demonstrates proper jump technique
- 3-4 Half/Majority of the squad demonstrates proper jump technique
- 1-2 Proper technique is not demonstrated
- 0 Jumps are not observed during dance routine

### **Overall Impression ~ 1-12 pts\***

- 11-12 Squad worked hard together to refine routine, all cheerleaders demonstrated excellent & proper technique/skills and presented a very memorable routine
- 9-10 Squad worked hard together, all cheerleaders demonstrated proper technique/skills and presented a memorable routine
- 7-8 Squad worked hard together, most cheerleaders demonstrated proper technique/skills
- 5-6 The squad worked together, but needed more time to improve overall dance routine
- 3-4 Dance routine needs improvement and cheerleaders are still developing proper technique and skills
- 1-2 Cheerleaders look lost & confused about dance routine sequence, it lacks memorization

### **Entertainment Value ~ 1-12 pts\***

- 11-12 The entire squad has great showmanship and gives their all to the audience. The audience is very Entertained, connects well to the routine & would enjoy watching the routine again.
- 9-10 The entire squad has good showmanship and gives their all to the audience. The audience is entertained and connects to the routine and would enjoy watching it again.
- 7-8 Most of the squad has good showmanship and gives their all to the audience. The audience is entertained and connects to the routine somewhat.
- 5-6 Some of the squad has good showmanship, but do not totally seem into the routine. The audience somewhat enjoyed the routine.
- 3-4 Few squad members have good showmanship, most seem to just be going through the motions. The audience could not connect to the routine.
- 1-2 Cheerleaders look uncomfortable while performing the dance routine.

\* These 3 categories will be averaged together to determine an overall tiebreaker score.



## VARSITY DANCE ROUTINE DEDUCTIONS RUBRIC

CFSA CHEER OFF  
VARSITY DIVISION



Point Deductions	Legal or Illegal elements allowed
<b>Disqualification</b>	<b>No tumbling at all during dance routine.</b> Any presence of tumbling during the dance routine will result in a deduction. This includes but is not limited to a forward roll.  <i>Tumbling is any presence of a tumbling skill by any one or more members of the squad. A tumbling skill is any gymnastic or acrobatic movement. (i.e. forward roll, dive roll, cartwheel, roundoff, back handspring, or back flip)</i>
<b>3 points per item</b>	<b>All props</b> (pom poms, signs or megaphones) <b>or uniform items</b> (bows, shoes, shoe poms) <b>must be cleared from the floor</b> prior to the entire squad exiting the mat.
<b>5 points per occurrence</b>	<b>Squad members are not allowed to mouth words during the dance routine.</b> This includes mouthing/singing the words to the song(s), counting to stay insync, or speaking to each other.  <i>The only acceptance is counting out to enter mat and get set for performance. Once music begins if speaking occurs (as listed above, points will be deducted per occurrence.</i>
<b>4 points per occurrence</b>	<b>Squads must stay on the mat.</b> Once the squad has entered the mat to begin routine, any squad member(s) who steps off of the mat at any time will be penalized 4 points per occurrence.
<b>5 points</b>	<b>Squads must perform on the mat.</b> Failure to perform routine on the mat provided in the gym will result in a penalty.
<b>5 points</b>	<b>Time limit for the dance routine is 2:30 minutes in length.</b> The 2:30 time limit includes entering the mat and exiting the mat. The entire squad must be off the mat within the 2:30 minute time frame in order to not receive a deduction.



# CFSA CHEER OFF SCORE SHEET

## VARSITY

### DANCE ROUTINE



**SQUAD Name:**

SCORING CRITERIA		POINTS	JUDGE'S COMMENTS AND NOTES
Smile/Facial Expressions	(1-8 pts)		
Formations (spacing, changes, use of floor)	(0-8 pts)		
Use of floor & Formation transitions (spacing, changes, use of floor)	(0-8 pts)		
Motions (technique and placement)	(0-6 pts)		
Motions (precision and sharpness)	(0-7 pts)		
Motions* (synchronization)	(0-6 pts)		
Jumps (all jump together & are division appropriate)	(1-8 pts)		
Overall Impression* (technique/skill level, memorable routine)	(1-12 pts)		
Entertainment Value* (audience is entertained & connects to routine)	(1-12 pts)		
<b>TOTAL SCORE:</b>		<b>/80 max possible points</b>	

Squads with a participant who has an injury or is in a cast, but has the ability to perform, will in no way adversely affect or penalize the squad. (i.e. If cast requires the marking of a jump, injury prevents the straightening of an elbow, prevents tumbling skill to be performed, or the presence of a special needs child.) All are welcome to participate in CFSA Cheerleading & to perform in Cheer Off.

**Tiebreaker Score:**

\* These 3 categories will be averaged together to determine an overall tiebreaker score.



CFSA CHEER OFF ROUTINE DEDUCTIONS SHEET  
VARSITY  
DANCE ROUTINE

CFSA CHEER OFF  
VARSITY DIVISION



SQUAD Name:

Point Deductions	Legal or Illegal elements allowed	SQUAD DEDUCTIONS
Disqualification	<b>No tumbling at all during dance routine.</b> Any presence of tumbling during the dance routine will result in a deduction. This includes but is not limited to a forward roll.  <i>Tumbling is any presence of a tumbling skill by any one or more members of the squad. A tumbling skill is any gymnastic or acrobatic movement. (i.e. forward roll, dive roll, cartwheel, roundoff, back handspring, or back flip)</i>	
3 points per item	<b>All props</b> (pom poms, signs or megaphones) <b>or uniform items</b> (bows, shoes, shoe poms) <b>must be cleared from the floor</b> prior to the entire squad exiting the mat.	
5 points per occurrence	<b>Squad members are not allowed to mouth words during the dance routine.</b> This includes mouthing/singing the words to the song(s), counting to stay insync, or speaking to each other.  <i>The only acceptance is counting out to enter mat and get set for performance. Once music begins if speaking occurs (as listed above, points will be deducted per occurrence.</i>	
4 points per occurrence	<b>Squads must stay on the mat.</b> Once the squad has entered the mat to begin routine, any squad member(s) who steps off of the mat at any time will be penalized 4 points per occurrence.	
5 points	<b>Squads must perform on the mat.</b> Failure to perform routine on the mat provided in the gym will result in a penalty.	
5 points	<b>Time limit for the dance routine is 2:30 minutes in length.</b> The 2:30 time limit includes entering the mat and exiting the mat. The entire squad must be off the mat within the 2:30 minute time frame in order to not receive a deduction.	
	<b>TOTAL DEDUCTIONS:</b>	

# CFSA

## CHEERLEADING

### Rules, Regulations & Guidelines



# **CFSA Cheerleading Rules, Regulations & Guidelines**

## **1.0 PURPOSE**

CFSA Cheer is an introductory-level division that teaches the fundamentals of cheerleading as a sport with an emphasis on participation, sportsmanship, and physical fitness.

CFSA Cheerleading's mission is to teach the fundamentals of cheerleading; including jumps, stunts and motions with an emphasis on participation, the principles of good sportsmanship and physical fitness. CFSA Cheerleading will assist the cheerleaders in developing cheering and dancing skills while promoting sportsmanship. CFSA is dedicated to providing a safe, fun and fair environment to encourage positive learning to children throughout the CFISD and surrounding areas. Any questions regarding CFSA Rules and Regulations should be direct to your Division Commissioners.

## **2.0 GENERAL PROGRAM RULES**

Each team is required to have at least one adult leader at all times who is 21 years or older. The Head Coach will be appointed by the CFSA Cheerleading committee. The head coach is responsible for conducting the team in an orderly and sportsman like manner.

Cheerleader safety is our utmost priority in league governance. As such, some rules have been amended to safeguard cheerleaders while still maintaining a high level of skill.

The Cheer Committee is the Governing Body over the Cheer Program, subject to appeals processes made to the Executive Board of CFSA, and have the authority to govern and rule on all elements of the program including, but not limited to, rules interpretation, coach conduct, cheerleader conduct, spectator conduct, rules violations, punishments, Cheer Off, Spirit Pin Awards, etc.

All proposed rule changes must be submitted in writing to the Cheer Commissioner for review and consideration. Legitimate rule revisions will be voted on at the monthly Cheer Committee membership meetings. A 2/3 majority or a quorum of the voting members is required to approve any rule change.

## **3.0 PLAYER ELIGIBILITY**

To be eligible to participate in this program, a child must be at least 5 years old, but not yet 14 years old by 11:59 pm, September 1st of the current season. A birth certificate or other approved document will be required at the time of registration in order to establish proof of age. It is the player's responsibility to provide age verification prior to September 1st of current season. If a cheerleader does not provide such documentation, he/she will not be allowed to participate in games until his/her age has been verified and is on file at the CFSA office.

Eligible cheerleaders must reside within the CFISD, attend a private school within the CFISD or attend a public/private school within a Public School District adjacent/adjoining to CFISD. Private school cheerleaders within CFISD will register at the school they would normally attend if attending CFISD public schools based on their current residence. All non- CFISD registrants are eligible to cheer on teams needing cheerleaders after initial team formation.

No youth that are considered to be in the 9th Grade (public, private or home school) are eligible to cheer in the program regardless of age.

To be eligible, each cheerleader must register to participate within the prescribed registration periods published by the league. Registration can be accomplished either on-line at [www.cy-fairsports.org](http://www.cy-fairsports.org) or by participating in walk-in Registration.

To maintain eligibility, each cheerleader must comply with the code of conduct, anti- bullying policy, and sportsmanship agreement and program rules. Failure to comply with this policy may result in expulsion from the league after repeated abuses and offenses are documented according to the CFSA Incident Policy. These rules must be read and agreed to at the time of registration.

## **4.0 REGISTRATION AND REFUND PROCESS**

On-line Registration will open in April and close before the end of July for the current season. Specific dates and times are advertised on [www.cy-fairsports.org](http://www.cy-fairsports.org).



Registration Fees will be charged in the following amounts:

FALL CHEERLEADING Fees \$245 with discounts offers with early registration					
Grades	Cheer Divisions	May	June	July	Late
K,1	Flag	\$225	\$235	\$245	\$260
2,3	Freshman	\$225	\$235	\$245	\$260
4	Sophomore	\$225	\$235	\$245	\$260
5	Junior Varsity	\$225	\$235	\$245	\$260
6,7,8	Varsity	\$225	\$235	\$245	\$260

For the Current Version of Refund request please see the registration section of the CFSA web page. All refund requests must be submit by filling out the refund request form and terms and conditions will apply.

Exceptions to this policy are limited to the following reasons and are subject to approval by the Operational Board, Sports Commissioner and CFSA Treasurer:

- A cheerleader submits proof of making their school's team within the same CFSA registered sport.
- CFSA fails to perform the duty of placing the child on a team. This does not include placing the child on a team other than the one desired, not liking the coach, or any other issues other than CFSA not offering the child a spot within the sport for which registration was submitted.

Cheerleaders who registered during regular registration are not eligible for late registration.

A Late Registration period may be held at the discretion of the Cheer Committee. Late Registration Fees will apply.

No late registrants will be accepted after the Cheerleading Committee declares the registration process to be completed and team rosters to be final.

### **5.0 CHEERLEADER AND PARENT/LEGAL GUARDIAN RESPONSIBILITIES AND DUTIES**

Each cheerleader and their parent/legal guardian must sign and agree to comply with the Code of Conduct, anti- bullying policy and Sportsmanship Agreement. Failure to sign by either party will result in the cheerleader being ineligible to participate in our league. Failure by cheerleaders or their parents/legal guardians to comply with the rules of our league, the Code of Conduct, anti-bullying policy and the Sportsmanship Agreement may result in suspension or expulsion at the discretion of the Cheer Committee.

Each cheerleader, their legal/guardian and guests shall comply with all relevant Texas State Laws, CFISD policies and rules, CFSA Cheer program rules, Codes of Conduct, and Sportsmanship Agreement terms while in attendance at any CFSA Cheer program event (practice, team events, games, etc.). Failure to comply may result in suspension from participation and repeat offenses may result in expulsion from the program.

Each cheerleader and their parent/legal guardian are responsible for their own actions and may be held accountable, and possibly liable, for acts of violence, taunting, abuse, physical force and any other acts considered to be outside the spirit of youth sports and friendly competition.

### **6.0 TEAM FORMATION RULES**

All cheerleaders must register to play on the team affiliated with their CFISD school attendance zone. Cheerleaders who attend a different CFISD school by CFISD policy may register at the school of actual attendance. This exception must be noted by completing the **CFSA-CHEER Attendance Verification** document at the time of registration and is subject to verification by the CFSA Committee.

Private school cheerleaders within CFISD boundaries must register to cheer on the team affiliated with the school they would normally attend based on their home residence.

All teams will be formed using the registration date/time stamp and cheerleaders will be assigned to their school/team based on a first-come, first-assigned basis using the date/time stamp in the registration system. When necessary, and at the discretion of the Cheer Committee, schools (or portions of school registrants) may be combined to form teams when

registration numbers are insufficient to form a school based team based on one attendance zone. When possible cheerleaders should be moved as a group to another single team, however some situations require that the cheerleaders be divided into 2 or more groups. Each group should be in time stamped order with the largest group going to the nearest team. Cheerleaders being assigned to teams outside of their home attendance zone will first be assigned to attendance zones directly adjacent to theirs, next to schools within a 5 mile radius and then to the next closest team needing cheerleaders. Cheer Committee reserves the right to adjust team rosters to allow for the assignment of a Head Coach to a team along with their respective daughter(s) to cheer on their assigned team.

At the time of registration, both Varsity and JV division cheer registrants are able to “lock-in” their previous teammates and therefore forming a squad if all requirements within this section are met. Varsity Division cheer registrants cannot lock in a specific coach and/or mascot. Lock-in means that the girls that cheered together the year before can choose to all be together the coming year. → so that the girls can stay together on the same squad

In the event that a school has the required numbers to assign cheerleaders to multiple teams (full and/or partial) then the rosters will be formed by placing the first 16 registered cheerleaders (by date/time stamp) on the roster for the first team and subsequent teams will be formed using the same method.

All eligible non-CFISD cheerleaders will be placed on an out-of-district roster and then placed on the closest team needing cheerleaders after the initial formation of teams.

Cheerleaders may not move from one team to another. Cheerleaders whose families move after team formation MUST remain on the original team to which that cheerleader was assigned.

The Cheer Committee highly recommends that each cheerleader register for and play in their age group, however, a parent may elect to have their daughter play up or down one year. The election must be made at the time of registration by completing the **CFSA-CHEER Sibling Request** document and may not be changed after the start of team formation. The Cheer committee will make every effort to accommodate these requests, but such requests may not be possible based on the number of registered participants. If a cheerleader elects to cheer up or down, that cheerleader will forfeit their timestamp and be placed on a team when available.

If a child is held back a grade level or advanced a grade level, they may be placed on a team of their attended grade level. In order to be placed due to advancement/being held back, a current year report card must be presented at the time of registration. Otherwise the cheerleader will be placed based on date of birth.

Team Divisions will be established as follows:

Fall Cheerleading Levels	
Grades	Cheer Divisions
K,1	Flag
2,3	Freshman
4	Sophomore
5	Junior Varsity
6,7,8	Varsity

A team must have a minimum of 6 cheerleaders and no more than 17 cheerleaders. No team will have fewer than the minimum number of cheerleaders by the end of team formation based on cheerleaders who participated in the regular registration period.

The Division Commissioner shall assign any cheerleader registering after team formation but before final closing of rosters, to a team based on available space.

A period of late registration will be established after the close of regular registration and extend for up to one week at the discretion of the Cheer Committee. This is the only means of registering after the close of regular registration.

Cheerleaders will be allocated to teams needing cheerleaders.

## **7.0 HEAD COACH SELECTION, RESPONSIBILITIES AND DUTIES**

Head Coaches for each squad are appointed by the Division Commissioners and approved by the Cheer Committee Executive Board immediately following squad formation.

Every Head Coach candidate must submit an application to serve as a Head Coach.

Where two or more qualified candidates exist, the Cheer Commissioner may, in the best interest of the program, allow a Head Coach to coach another school's team and transfer their child to that school.

All Head Coaching appointments are subject to the successful completion of a criminal background check. At the discretion of the Cheer Committee, an individual with a criminal record may be permitted to coach in our league. However, any individual having a criminal record must also have CFSA Executive Board approval prior to being allowed Head Coaching responsibilities in our cheer program.

Any Head Coach Candidate unwilling to submit to a criminal background check or the requirements set forth by the Cheer Committee will not be allowed to coach.

The Head Coach is responsible for ensuring that they, their assistant coaches, their cheerleaders and their cheerleader supporters comply with all the program rules and they conduct themselves in a way that reflects the purpose, objectives and goals of the CFSA Cheer Program.

Verified Head Coaches should select qualified Assistant Coaches who have the necessary experiences and skills to teach the fundamentals of cheer and who possess the character and patience necessary to work with young athletes. Head Coaches should consult with their Division Commissioner when they are made aware of concerns regarding a coaching candidate for their team. Head Coaches will be allowed, at the time of registration, to elect one Assistant Coach and one Team Mom. This selection will secure the cheerleading registrant (if applicable) for each titled selection a spot on the Head Coaches squad. No more than four cheerleaders can be secured to a team.

The Head Coach is responsible for knowing and understanding the sport of cheerleading and the rules that govern our league.

The Head Coach is responsible for all operations of the team. Such responsibilities may include, but are not limited to: establishing practice dates and times; organizing practice events; parent communications; cheer team interactions and communications; and sideline management.

Each Head Coach is responsible for attending the Mandatory Coaches Meeting in its entirety at the beginning of the season, as well as the mid-season Coaches Meeting. At the discretion of the Division Commissioner, the Head Coach may assign an Assistant Coach to attend if a conflict occurs. If a squad is not represented at the mid-season coaches meeting that squad shall be disqualified from participating in the annual CFSA Cheer-off competition, unless other disciplinary actions are agreed to by the Executive Board of Cheer.

It is the duty of each Head Coach to always put the safety of each cheerleader at the top of her priorities; to teach cheer fundamentals and skills; to strive for growth and progress more than just winning; to teach discipline and commitment to team; and, to recognize and reward successes no matter how small.

The Head Coach sets the 'tone' for the team. Our program expects great things from our Head Coaches and will hold them accountable for incidents, situations, behaviors and any other form of incident that is not appropriate in youth cheerleading. The Head Coach is responsible for obtaining and submitting a mandatory \$300.00 team sponsorship by the date established by the Cheer Committee.

## **8.0 PRACTICE**

Practice will be conducted as follows:

- The safety and welfare of each cheerleader is to be maintained at all times.
- Practice sessions may not exceed 2 hours in duration from actual starting time.
- No teams or cheerleaders may practice before the start date established by the Cheer Committee.
- Before the week in which school starts, teams may have four activities a week. A week begins at 12:01 AM (Midnight) Monday Morning.
- Starting the week school starts, each team may participate in no more than three (3) activities per week, which includes practice sessions and games. If for scheduling purposes, a squad is scheduled to play 3 games in a seven-day period, they may have one additional practice. This additional practice must be approved by the cheer commissioner prior to the extra practice taking place.
- Any organized drills, warm-ups, or other physical activities which begin prior to 60 minutes before a scheduled game time are considered a practice session.
- Practices canceled due to bad weather or any other reason can only be made up during the week they were canceled. Any practice session conducted for more than 45 minutes is considered a full practice and cannot be made up.

## **9.0 PARTICIPATION RULES**

Cheerleading is a team sport which requires a team commitment. Your Squad depends on you as a part of their team! ABSENCES CAN BE THE DOWNFALL OF A GREAT CHEERLEADING SQUAD. If one or more squad members are absent from practice or game, the other members are forced to make last minute changes, or cancel performances. This can be both stressful and dangerous to squad members.

A cheerleader who misses more than three practices before the first game will not cheer for the first game.

If a cheerleader misses a game/practice due to illness, being out of town, or just not able to make it, it is the parent's responsibility to call the Coach BEFORE the missed game/practice to let her know of the intended absence.

## **10.0 CFSA CHEER RULES**

**SPECTATORS** – At all times during a game, all spectators and cheerleader supporters MUST remain behind the first row of bleacher seats for the length of the football field. Attendees at our games are NOT permitted to stand on or walk up and down the sidelines of the field in front of the first row of the bleacher seats. Spectators are required to stay in-between the 20 yard lines at all times during play. Game Officials shall give one warning per game. After the initial warning, the Game Officials may stop play until the violators move away from the sidelines and are within the prescribed area noted above. At the discretion of the Official, the game clock shall run until order is restored on the sideline.

**TEAM SIDELINES** – Only three coaches (Head Coach and 2 Assistant Coaches) and cheerleaders in uniform will be permitted in the team areas and on the team sideline of the field during a game.

Head Coaches are responsible for maintaining order on their sidelines at all times. All team members and coaches are required to remain between the 20 and 40 yard lines, on the bleachers side of the field, and on the same end as their respective team. For younger divisions playing on a half field, squads should remain in-between the 20-30 yard lines and the 30-40 yard lines. The Home team is closest to the scoreboard. The squad must give the chain gang ample room to work the sidelines. It is encouraged for the head coaches from each squad for applicable divisions to discuss set up before each game.

Only registered CFSA cheerleaders will be allowed on the sidelines. Siblings or children that are not registered with CFSA are not permitted on the sidelines at any time; they are to remain in the stands with an adult. Coaches should stay seated on the sidelines, except during half-time activities at which time they may escort their squad on the field. A team may receive a major penalty for not maintaining order on their sidelines and enforcing the sideline rules as prescribed herein.

**UNIFORMS** – All players MUST wear a CFSA league issued uniform. Uniforms may not be altered except to include cheerleader's name, bling or to improve uniform fit. Uniforms should be neat, cleaned, and pressed for all games. Uniform consists of CFSA provided skirt, shell, and briefs. Uniform accessories that must match but are not provided by CFSA are socks, white tennis shoes, turtle necks/tights (during cold weather), and bow if squad chooses to have one.

Anyone out of uniform will not perform at games. Matching of uniforms does not mean by brand, it means by style and color. Jewelry is not allowed be worn during practices and games, with the exception of studded earrings.

Please inform your parent's that the cheerleaders are not allowed to wear their uniform to school unless approved by school Principal.

**STUNTS** – *See section titled Rules & Regulations for Stunts & Cheer Off.* Any coach that allows an illegal stunt to be performed during halftime, practice, or Cheer-off will be suspended from coaching for 1 week, including a game. The coach may resume coaching duties after the illegal stunt has been removed from the routine. If a squad continues to perform the illegal stunt, the Head Coach will be removed and ineligible to coach in following season of CFSA in Cheerleading and or other sports. Only coaches who attended, or who had a team representative at the CFSA cheer clinics may use the "new" stunts. NO EXCEPTION. In order to be eligible to perform and coach the required or new stunts, the coach must attend a clinic, taught by a professional approved by the Cheer Committee. There may be an additional fee for this "make-up" coaching session.

**HALF-TIME ROUTINES** – Half-time performances are limited to those performed by registered CFSA cheerleaders. The following guidelines will be used for half-time routines:

- Routines will be no longer than **3 minutes in length, including the time it takes the squad to enter and leave the field.**
- Half-routines may consist of a group cheer, chant, or dance using pom-poms or props.
- Visitors will perform first at each game, or as instructed by CFSA Officials.
- The squad that is not performing should sit on the sidelines and watch the performing team.
- Each squad should be kind and courteous of the other squad at all times.
- Tasteful music is required, no profanity or sexual innuendos.

**APPROACHING AN OFFICIAL** – All coaches, assistant coaches, cheerleaders and cheerleader supporters are not allowed to approach, harass or verbally confront any game official at any time prior to, during or after a game) . If an official is approached at any time during, before or after a game, that person may be banned from attending future CFSA games and activities. Further explanation may be found in Appendix A.

**REPORTING INJURIES** – Should a cheerleader sustain an injury that requires an ambulance or emergency room treatment, the Head Coach will report the incident to their Division Commissioner immediately following the game/practice. The report should include a description of the injury, the events leading to the injury, individual cheerleader's name, hospital where cheerleader was treated. The Division Commissioner shall report each injury to the Cheer Commissioner and the Executive Board.

**RUN THROUGH BANNERS** – Run through banners are prohibited. All posters, signs, pom-poms, and all trash must be picked up after each game. We are using CFISD property and are expected to keep all areas clean.

**ARTIFICIAL NOISE MAKERS & SOUND SYSTEMS** – All artificial noise makers are prohibited from use in the stands. These noise makers include but are not limited to whistles, air horns, shakers (cans or bottles filled with rice, corn or gravel), cow bells or thunder sticks. Use of such devices can result in the removal of the individual from the event by the officials or committee member. CFSA Cheerleading squad participants may use shakers. No music should be played once the offensive team breaks their huddle or in the case of a no huddle offensive once the QB assumes a position to receive the snap. All sounds systems must be kept at a 3 row noise level unless during the halftime routine.

**UNSPORTSMANLIKE BEHAVIOR** – All Head Coaches, assistants, and cheerleaders will conduct themselves in a sportsmanlike manner before, during, and after the game. This also includes half-time performances and practice sessions. Foul language, distasteful cheers, and poor sportsmanship will not be allowed. Derogatory cheers towards the opposing team or cheerleaders will not be allowed. This goes for parents, coaches and cheerleaders.

### **11.0 REGULAR SEASON**

The regular season shall consist of 10 scheduled games. All games will be played at the CFSA Shiel Road Sports Complex as directed/assigned by the Football Committee. All games will be played at on Saturday's at the time and date scheduled by the CFSA VP of Scheduling or his/her designee. Generally, games are scheduled at 9:00 am, 11:00 am and 1:00 pm. All times are Central Time Zone.

Games may be postponed or cancelled at the discretion of the Cheer Committee. CFISD Facilities Management and Grounds Departments have ultimate authority in field closure decisions. Games stopped due to inclement weather may be rescheduled and will resume at the point at which it was stopped. EXCEPTION: If the game is in the second half and the losing football coach concedes, the game is official and final at the stopping point. If the game is rescheduled for any reason, the Head Coaches for each team shall be given at least a 48-hour notice.

### **12.0 CHEER OFF**

All Head Coaches are required to attend the mid-season Coaches Meeting to participate in Cheer Off. At the discretion of the Division Commissioner, the Head Coach may assign an Assistant Coach to attend if a conflict occurs.

Participation in Cheer Off is required. Squads will participate in the dance and cheer.

Cheer Off Outline and Rules will be handed out at the mid-season's coaches meeting.

### **13.0 PLAYOFFS**

Playoffs for each Division will commence upon completion of the regular season games, on the date(s) and locations to be announced by the Cheer Committee. Squads attending playoffs are based solely upon advancement of their respective football team.

### **14.0 LEAGUE ADMINISTRATION**

Any complaints by parents or coaches other than game protests addressed above shall be communicated to the Division Commissioner. If the complaint is not addressed to the satisfaction of the complaining party, then he or she may direct the complaint to the Cheer Commissioner. Cheer Committee action on any complaint shall be subject to review by the Executive Board if the issue is raised at the next Executive Board meeting.

### ***CONDUCT VIOLATION TABLE***

Per Article II Section 3, any exception/modification to the penalties below can only be granted by the Cheer Committee. The Cheer Committee will only consider such exception/modification to the rules below following a request in writing. In addition to the violations listed below, the Cheer Committee may review any violation and vote to increase or decrease the penalty depending on the circumstances involved in the violation. Any squad member or coach ejected from a game is automatically suspended from the next regularly scheduled game unless the Division Commissioner, after consultation with the Committee Chairman, has evidence that would overturn the suspension. Any modification of the rules may be reviewed by the Executive Board following proper notification per the procedure stated in the CFSA general rules. The Executive Board may decide to accept such modification or reject and return to the penalty stated in the table located on the next page.

### CONDUCT VIOLATION TABLE

VIOLATION	1ST OFFENSE	2ND OFFENSE	3RD OFFENSE
Knowingly Violating Player Eligibility Rules – each game will be considered one violation	Player Expulsion, Game Forfeiture & 1-Game Head Coach Suspension	Player Expulsion, Playoff Forfeiture & Season Suspension of Head Coach	Same as 2nd Offense
Violating Mandatory Sponsorship	1-Game Head Coach Suspension & Ineligibility to participate in Cheer Off and Playoffs	After agreed deadline, 2- Game Head Coach Suspension & Ineligibility to participate in Cheer Off and Playoffs	After agreed deadline, Season Suspension of Head Coach & Ineligibility to participate in Cheer Off and Playoffs
Illegal Stunts	1-Week Head Coach Suspension	Season Suspension of Head Coach	Season Suspension of Head Coach
Inappropriate Music	Warning to Head Coach by Division Commissioner	1-Game Head Coach Suspension	2-Game Head Coach Suspension
Excessive music level during football play	Warning to Head Coach by Division Commissioner	1-Game Head Coach Suspension	2-Game Head Coach Suspension
Spectators on the Sidelines during the Same Game	Warning to Head Coach by Head Official	Loss of Time-out and 15-yard Penalty to respective Football Team	Official Calls Game and Spectator's Team Forfeits Game
Coaches not staying between their 20 yard lines in the same game	Warning to Violating Coach by Head Official.	Coach must leave stadium	Same as 2nd Offense
More than 3 coaches on the sideline during a game	Warning to Head Coach	1 5-yard Penalty Assessed	15-yard Penalty & 1-Game Head Coach Suspension
Any player with improperly altered uniform	Player is Ineligible (See Violating Player Eligibility Rules)	Player is Ineligible (See Violating Player Eligibility Rules)	Player is Ineligible (See Violating Player Eligibility Rules)
Any player without a CFSA issued uniform	Player is Ineligible (See Violating Player Eligibility Rules)	Player is Ineligible (See Violating Player Eligibility Rules)	Player is Ineligible (See Violating Player Eligibility Rules)
Having more than 3 activities per week	Warning to Head Coach by Division Commissioner	1-Game Head Coach Suspension	2-Game Head Coach Suspension
Failure to report serious injuries by Head Coach of injured player	Warning to Head Coach by Division Commissioner	\$25 Fine or 1 game suspension	\$50 Fine or 2 game suspension
Abusive language by a player	Warning to Player	Removal from Game & 1-Game Suspension of Player	Removal from Game & 2-Game Suspension of Player
Abusive language by a Coach	Warning to Coach	Removal from Game & 1 -Game Suspension of Coach	Removal from Game & 2-Game Suspension of Coach
Abusive language by a spectator	Warning by Head Official	15-yard Penalty & Delay of Game Until Spectator Leaves Stadium	15-yard Penalty & Delay of Game Until Spectator Leaves Stadium
Fighting by a player	Removal from Game & 1-Game Suspension	Removal from Game, appearance before cheer committee & 2-Game Suspension	Removal from Game & Season Suspension
Fighting by a Coach	Removal from Game, appearance before cheer committee & Season Suspension	Removal from Game, appearance before cheer committee & Season Suspension	Removal from Game & Season Suspension
Fighting by a spectator	Call Police and have order reinstated.	Call Police and have order reinstated.	Call Police and have order reinstated
Coach approaching an official after a game (reported by official)	1 -Game Coach Suspension	2-Game Coach Suspension	Suspended for the remainder of season
Coach harassment of an official during the same game	Warning by Official to Violating Coach	15-yard Penalty	15-yard Penalty and Ejection of Violating Coach from Game
Holding practice more than 2 hours	Warning to Head Coach by Division Commissioner	1-Game Head Coach Suspension	2-Game Head Coach Suspension

# Cheerleading



COACHES  
RESOURCES



## **RUNNING PRACTICE**

The first few practices should be spent getting to know the cheerleaders and their capabilities while the cheerleaders get to know each other. Observe the cheerleaders so that the overall level of expertise can be determined for the group as well as each individual cheerleader. Practices may be no longer than 2 hours in length. Make sure to have cheerleaders take frequent breaks and drink lots of water during practice, especially during hot months.

Prepare for practice ahead of time with an outline of activities. Sticking closely to a scheduled routine, will ensure practices run more smoothly and are more productive. The following format may be useful for the first few practices:

- When cheerleaders arrive, have them place any snacks and/or water bottles in a designated area
- Start practice on-time. (Don't wait for late-comers, as this will encourage cheerleaders to be on time.)
- Have cheerleaders spread out and begin stretching exercises (you should lead the stretches or at the very least model the stretches you want the cheerleaders to do.)
- Stretch for 5-10 minutes
- Practice the basics, such as:
  - Getting set in formation (Start with placing the taller cheerleaders in the back rows and the shorter ones towards the front. It's a good idea to rotate lines at half-time, so everyone has a chance to be on the frontrow.)
  - Standing with hands on hips, behind the back or by their sides (set and ready for a chant/cheer to be called)
  - Starting a chant/cheer: "Ready O.K.", "Cheerleaders ready. . . Ready" (whatever technique you plan to use for starting a chant/cheer)
  - Correct clapping motions, correct arm placement/extensions, leg extensions, and head movements
    - Reviewing basic cheerleader techniques, movements, jumps, etc. will help each cheerleader develop a good understanding of these concepts and fundamentals which will help in the building of routines.
  - Practice the cheerleader "jog" or a "prance" (to be used during chants).
  - Make decisions on how certain chants/cheers will be performed, ended, how many times will chant be said, etc.
  - Provide a 5 - 10-minute break
  - Practice cheerleading jumps; working on technique and height
  - If tumbling is customary for your squad the following is a sample activity to have cheerleaders complete:
    - Have cheerleaders do five left-handed cartwheels followed by five right-handed cartwheels.
    - Have cheerleaders do five round-offs in each direction.
    - If any cheerleaders can perform handsprings or flips, they should be encouraged to practice, but under no circumstances should they ever attempt to teach these to other cheerleaders. (It would also be a good idea to spot the tumbling move the first few times you see it in order to determine the confidence and ability of the cheerleader and the skill. Remember, we are volunteers, so please use GOOD judgment where tumbling is concerned.)
    - If you do practice tumbling, please practice SAFETY (Make sure the space and ground are level and in good condition).
  - Provide a 5 - 10-minute break
  - Practice pyramids and/or group "poses" for ending special cheers.
  - Practice cheers. Make a list of the cheers that are to be covered each practice. This will assist the coaches and cheerleaders in remembering both the current and existing cheers. Repetition really helps with memorization. It's a good idea to provide a list of chants/cheers with the words and motions, to each cheerleader.
  - Save the last 5 - 10 minutes of the practice for announcements, passing out documents, etc., doing a fun team building activity, or determining the next practice schedule/outline.

## **SAMPLE PRACTICE SCHEDULE**

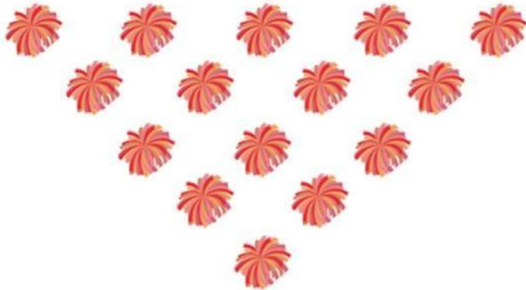
Time	Activity
Arrival of girls	Place drinks in designated area
5-10 minutes	Stretch using appropriate music (for fun)
5 minutes	Review proper arm motions, leg motions, clapping motions, etc.
5 minutes	Practice jumps
5 minutes	Practice tumbling
5 minutes	Break time
20 minutes	Review chants/cheers
5 minutes	Break time
40-50 minutes	Practice half-time (Cheer Off) routines ( <i>take breaks several times</i> )
5-10 minutes	A short fun activity to help with team building
5 minutes	Announcements & dismissal

## SAMPLE FORMATIONS

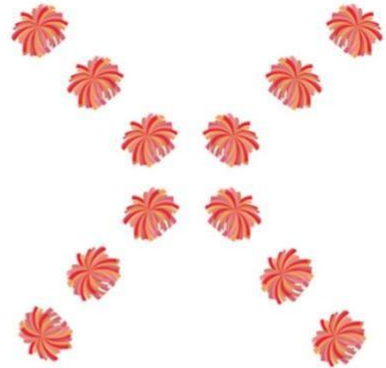
Windows



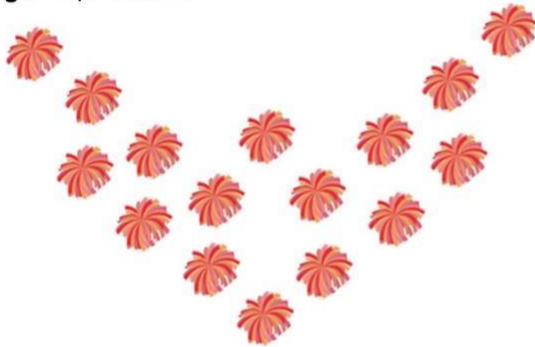
Bowling Pin



Cross/X



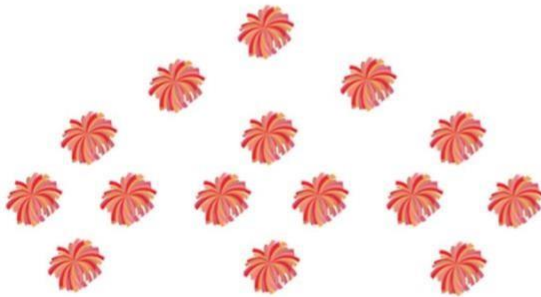
Diagonals/Double V



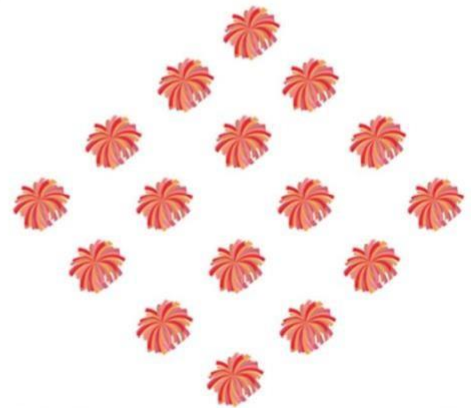
X's



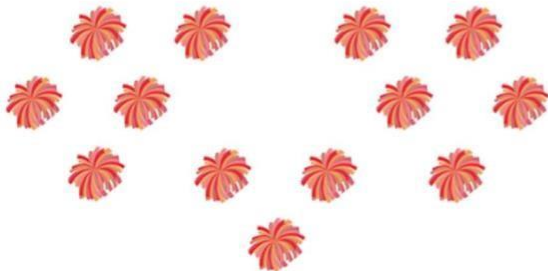
Pyramid



Diamond



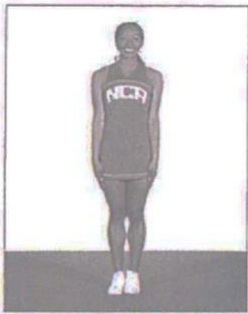
Formation #8



Formation #9

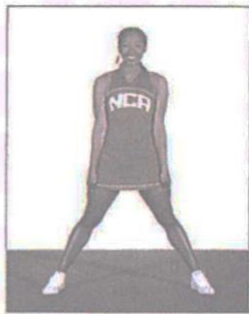


## BASIC CHEER MOTIONS



### **BEGINNING STANCE**

Feet together, hands by the side in blades



### **CHEER STANCE**

Feet more than shoulder width apart, hands by the sides in blades



### **SIDE LUNGE**

Lead leg bent with the knee over the ankle, leg straight, feet perpendicular to each other



### **FRONT LUNGE**

Lead leg bent with the knee over the ankle, back leg straight, feet perpendicular to each other



### **CLAP**

Hands in blades, at the chin, elbows in, should make noise



### **CLASP**

Hands clasped, at the chin, elbows in, should make noise



### **HIGH CLASP**

Arms straight over the head in a clasp and slightly in front of the face



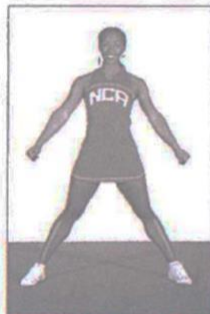
### **LOW CLASP**

Arms extended straight down, in a clasp and slightly in front of the body



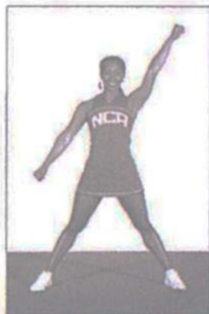
### **HIGH V**

Arms extended up forming a "V" slightly in front of the face, relax the shoulders



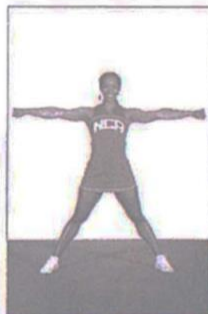
### **LOW V**

Arms extended down forming a "V" slightly in front of the body



### **DIAGONAL**

One arm extended in a high "V" and the other arm extended in a low "V" (right Diagonal shown)



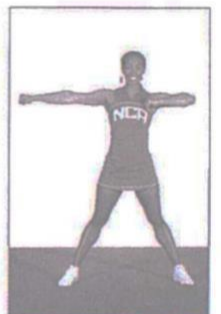
### **T MOTION**

Both arms extended straight out to the side and parallel to the ground, relax the shoulders



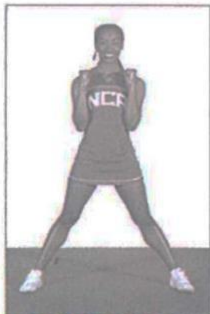
### **HALF T**

Both arms parallel to the ground and bent at the elbows



### **BOW AND ARROW**

One arm extended to side with other arm bent at elbow in a half "T" motion



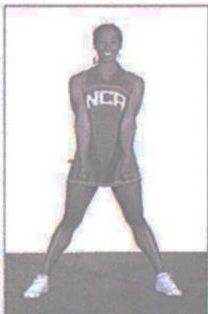
### **TABLETOP**

Arms bent at elbow, fists in front of shoulders



### **TOUCHDOWN**

Arms extended straight and parallel to each other, fists facing in



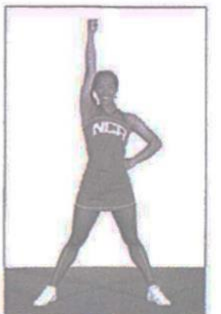
### **LOW TOUCHDOWN**

Arms extended straight down and parallel to each other, fists facing in



### **L MOTION**

One arm in a "T" motion and one in a punch (left L shown)



### **PUNCH**

One arm extended straight up, one arm on the hip in a fist



## BASIC JUMPS

### **A • APPROACH**

Whip or Clasp

### **L • LIFT**

Use the arms to create lift through the chest

### **E • EXECUTION**

Hit the positions listed below

### **L • LANDING**

Land on the balls of the feet, absorb with the legs, head and chest up

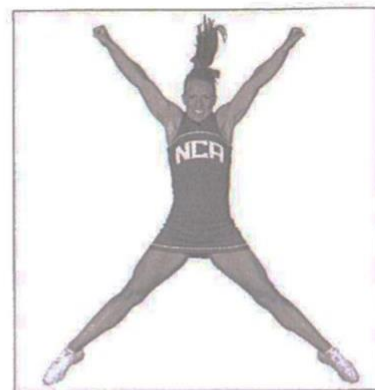
### **S • STAMINA**

Connected in a consecutive series



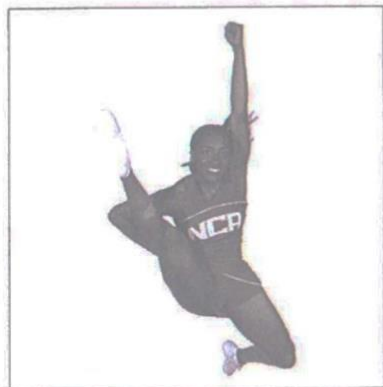
#### **TUCK JUMP**

Bring knees to chest, keep knees together, arms hit a high V



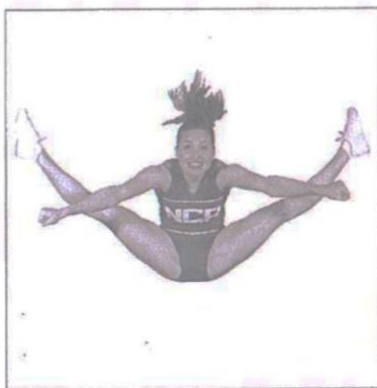
#### **SPREAD EAGLE**

Keep knees forward, keep a straight body without piking, arms hit a high V



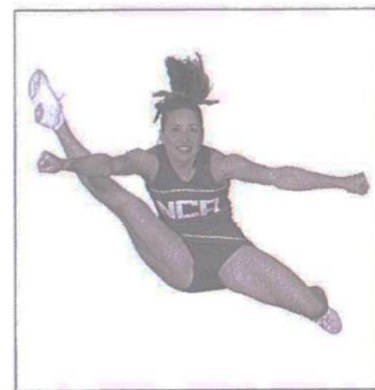
#### **HERKIE**

Bent knee faces down, keep knee on straight leg facing upwards, bent leg, straight arm, straight leg, bent arm



#### **TOE TOUCH**

Keep head and chest up, pull legs behind the arms, reach for the arch of the foot, not the toes, hands in fist



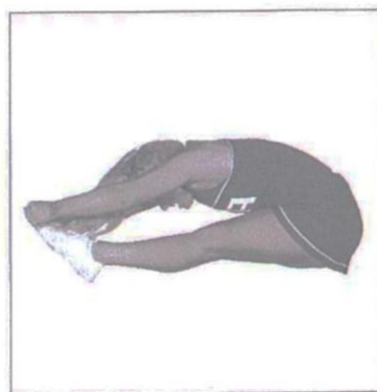
#### **SIDE HURDLER**

Bent knee is flat and faces forward, keep knee on straight leg facing upwards, arms in a T motion in fists



#### **FRONT HURDLER**

Bring straight leg up to chest and between the arms, back knee points towards the ground, land with feet together at the same time



#### **PIKE**

Keep head up, bring legs to arms, arms parallel to the ground, hands in candle sticks

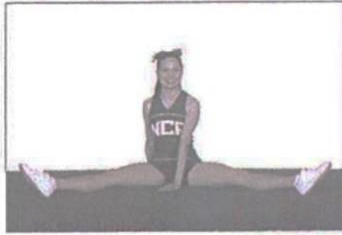


#### **DOUBLE NINE**

Arms and legs in same "9" position, bring legs to arms, keep head up, hands in candle sticks

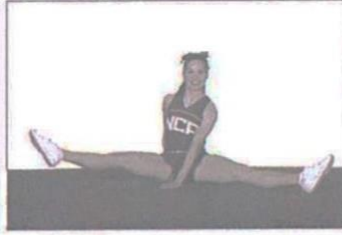
## **JUMPS EXERCISES**

*(to help improve technique & height)*



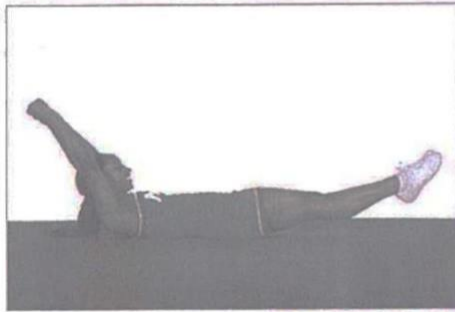
### **LEG LIFT – 1 LEG**

Sitting up straight with a hand on each side of the leg.  
Lift and repeat 10 - 20 times.



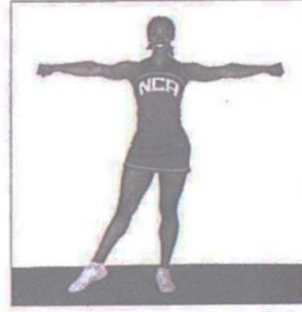
### **LEG LIFT – 2 LEGS**

Sitting up straight with both hands in front.  
Lift both legs and repeat 10 - 20 times.



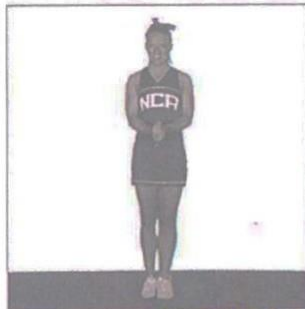
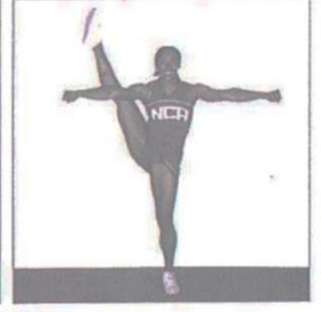
### **TOE TOUCH V-UPS**

Keep the shoulders and feet off the floor.  
Sit up and perform a toe touch in the middle. Repeat 10 - 20 times.



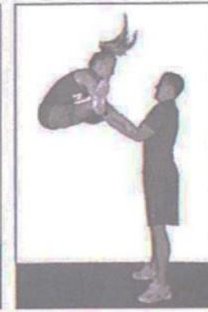
### **T-KICKS**

Arms slightly in front, toe pointed, snap leg to the highest point.  
Return to starting position. Repeat 10 - 20 times.



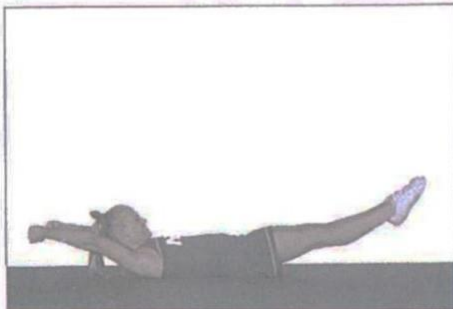
### **SPREAD EAGLE BOUNDERS**

Clasp hands at the stomach, push through the toes,  
snap legs out and back in as fast as possible.  
Repeat 10 - 20 times.



### **FOREARM LIFTS**

Support at the forearms with the feet apart.  
Provide resistance during the jump.  
Repeat 10 - 20 times.



### **PIKE V-UPS**

Keep the shoulders and feet off the floor.  
Sit up and perform a pike in the middle.  
Repeat 10 - 20 times.

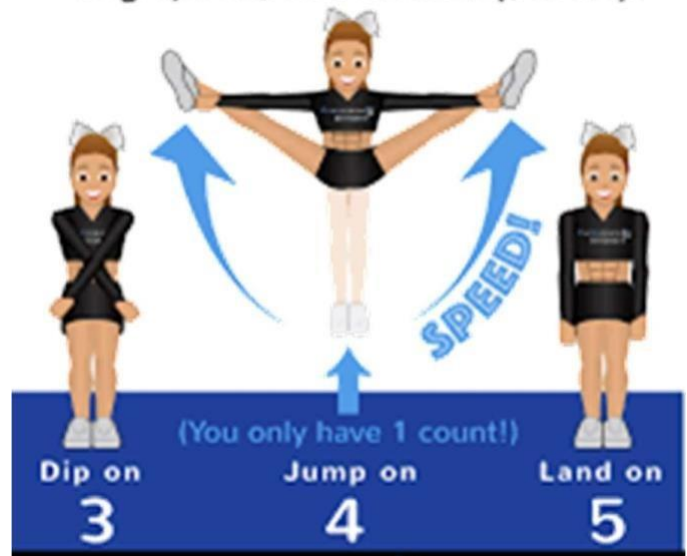


## Toe Touch: Hips under, Heels up.



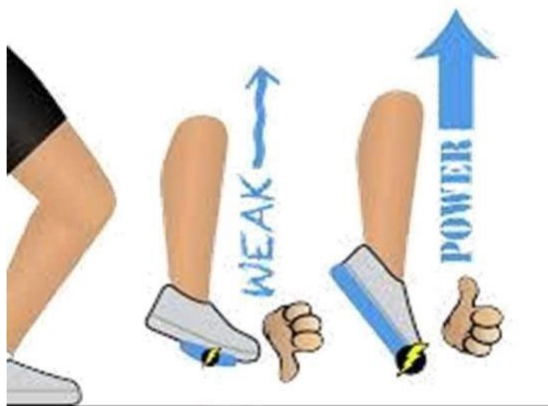
[Cheermoji.com](http://Cheermoji.com), [cheerconditioningacademy.com](http://cheerconditioningacademy.com)

## Leg speed, not flexibility, is key.



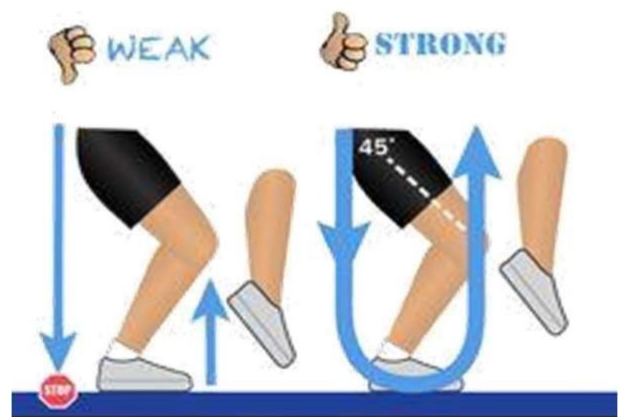
[Cheermoji.com](http://Cheermoji.com), [cheerconditioningacademy.com](http://cheerconditioningacademy.com)

## Push through toes for more power.



[Cheermoji.com](http://Cheermoji.com), [cheerconditioningacademy.com](http://cheerconditioningacademy.com)

## Fluid non-stop dip = more power & lift.



[Cheermoji.com](http://Cheermoji.com), [cheerconditioningacademy.com](http://cheerconditioningacademy.com)

# CHEERS & CHANTS

Below: X=clap; Words in bold are to be said

**"1, 2, 3, 4, 5"**

1, 2, 3, 4, 5

My name is \_\_\_\_\_ and I say HI

6, 7, 8, 9, 10

Back it up and meet my friend.

(Repeat above until all girls have introduced them)

(Last time)

1, 2, 3, 4, 5

We're the "MASCOT" and we say HI

6, 7, 8, 9, 10

Back it up and watch us WIN!!

## CHITTY-CHITTY

Chitty Chitty bang-bang

Watch \_\_\_\_\_ do her thing!

Cheerleader: I can't!

Squad: Why not?

Cheerleader: I just can't!

Squad: Why not?

Cheerleader: Cause my back is achin' and my skirts  
too tight and my head is shakin' from the left to the  
right, from the left to the right.

(repeat for all cheerleaders)

## Hi! HELLO!

Hi! Hello!

And how do you do?

We're the "MASCOT"

And we're here to welcome you

With an "H" And "E"

A double "L", "O"!

That's the way we say hello!

## HELLO!

And, we're here to say hello

"(Other team MASCOT)" we're glad you're here

And we'll welcome you with this cheer

Good luck! Good game!

And we'll end this with our names

(each girl does a jump or flip and says her name)

Good luck "(Other team MASCOT)"

## PLAYER INJURED CHANTS

### PROUD OF YOU

We are proud of you, say we are proud of you! [XXX]

(repeat 3 times)

### ROUGH

He's rough, He's tough

He's got that football stuff

(repeat 3 times)

## OFFENSE CHANTS

### TD

WE

Pointing @chest

A

½ T

WHAT'S

Rt hand out/palm up

A

table top elbows dip

(repeat 3 times)

WANT [XX]

Pointing @ chest

T-D [XX]

full T

THAT

left hand out/palm up

TOUCH DOWN!

high touchdown

### TOUCHDOWN

TOUCH

Tabletop

TOUCH

Tabletop

TOUCH

Tabletop

(repeat 3 times)

DOWN [XX]

high touchdown

DOWN [XX]

high touchdown

DOWN [XX]

high touchdown

### MAKE THAT POINT

Make that point "Mascot"

Make that point [X]

(repeat until play is over)

Standing feet a part clapping  
or using poms

### HEY HEY

Hey hey what do you say

Score "Mascot" score

(repeat until play is over)

Standing feet a part  
clapping or using poms

### SCORE

S-C-O-R-E

Score "Mascot" score

(repeat until play is over)

Standing feet a part  
clapping or using poms

### ALL THE WAY

front line:

ALL THE WAY

Feet a part, left hand on hip, punch out  
across body, break through to ½ T

back line:

ALL THE WAY

Feet a part, left hand on hip, punch out  
across body, break through to ½ T

everyone:

GO GO

Left hand on hip, pump right in an  
upward diagonal

(repeat 3 times)

### OFFENSE

O - F - F - E N S E

OFFENSE, OFFENSE

VICTORY

Left hand on hip, pump right in an upward diagonal

(repeat 3 times)

Standing feet a part  
clapping or using poms



**M – O – V – E**  
**MOVE THAT BALL**  
 (repeat 3 times or until play is over)

**MOVE**

Standing feet a part  
clapping or using poms

**FIRST DOWN**  
**FIRST DOWN, FIRST DOWN**  
**ON OUR WAY TO A TOUCHDOWN!**  
 (repeat 3 times or until play is over)

**FIRST DOWN**

Standing feet a part  
clapping or using poms

**KICK HIGH**  
**DON'T YOU BE LIKE CHARLIE BROWN**  
**KICK THAT BALL HIGH OFF THE GROUND!**  
 (repeat 3 times or until kick is over)

**1<sup>st</sup> & TEN**  
**1ST AND 10**  
**DO IT AGAIN**  
**COME ON PATRIOTS, LET'S WIN**  
 (repeat 3 times or until kick is over)

## DEFENSE CHANTS

**PUSH 'EM BACK**  
**PUSH 'EM BACK**  
 Push hands out in front of chest & take small hop back  
**PUSH 'EM BACK**  
 Push hands out in front of chest & take small hop back  
**WAAAAAY BACK**  
 Hands up in front of chest (like oh I didn't do it/under arrest) &  
 lean back slightly  
 (repeat 3 times)

**D-D-DE-FENSE**  
 (repeat 3 times)

**D-D-DEFENSE**

Standing feet a part  
clapping or using poms

**BLOCK THAT KICK**

<b>BLOCK</b> x-cross arms @ chest "MASCOT" (clasp)	<b>THAT</b> low V	<b>KICK</b> x-cross arms @ chest
<b>BLOCK</b> x-cross arms @ chest (PAUSE) (clasp) (repeat until play is over)	<b>THAT</b> low V	<b>KICK</b> x-cross arms @ chest

**DE – FE – NSE**  
**GO DEFENSE GO**  
 (repeat 3 times)

**DEFENSE**

Standing feet a part  
clapping or using poms

**HOLD**  
tabletop arms @ chest  
"MASCOT"  
(clasp)

**THAT**  
½ T

**LINE**  
full T

**HOLD**  
tabletop arms @ chest  
(PAUSE)  
(clasp)  
(repeat 3 times or until play is over)

**THAT**  
½ T

**LINE**  
full T

**DE-FENSE**

<b>DE</b> candlesticks out front	<b>FENSE</b> tabletop	<b>[XX]</b>
<b>DE</b> candlesticks out front	<b>FENSE</b> tabletop	<b>[XX]</b>
<b>DE</b> candlesticks out front	<b>FENSE</b> tabletop	<b>"MASCOT"</b> [XX]
<b>DE</b> candlesticks out front	<b>FENSE</b> tabletop	

(repeat 3 times or until play is over)

**HOLD 'EM "MASCOT"**

**HOLD 'EM [XX]**  
**"MASCOT" [XX]**  
**HOLD 'EM**  
 (repeat 3 times)

Standing feet a part  
clapping or using poms

**DEFENSE GET TOUGH**

**DEFENSE**  
 Rt foot step out, Lt hand on hip, Rt arm across body left  
 diagonal, break through to high diagonal

**DEFENSE**  
 Rt arm still in high diagonal, Lt arm across body down right  
 diagonal, break through to high diagonal

<b>DEFENSE</b> Rt front lounge Wrap body, turn to left & back front quickly (repeat 3 times)	<b>GET</b> Rt front lounge forget/tough ½ high V	<b>TOUGH</b> high V
--	--	------------------------

**PUSH 'EM BACK 5**

<b>PUSH 'EM BACK</b> Push hands out front of chest & take small hop back	<b>5</b> Hold up right hand show 5
<b>PUSH 'EM BACK</b> Push hands out front of chest & take small hop back	<b>10</b> Hold up both hands show 10
<b>PICK 'EM UP</b> Make like you are picking something up	<b>DUST 'EM OFF</b> Make like you are dusting it off (with your hands)
<b>AND PUSH 'EM BACK AGAIN</b> Push hands out front of chest & take small hop back (repeat 3 times)	

**HOLD THAT LINE**

**WHAT DO YOU SAY**

Lounging jog, forward and  
clasping or using poms



HEY, HEY  
WHAT DO YOU SAY  
TAKE THAT BALL THE OTHER WAY!  
(repeat 3 times)

### **BLOCK THAT POINT**

BLOCK THAT POINT  
"MASCOT"  
BLOCK THAT POINT  
(repeat 3 times)

Standing feet a part and clasping  
on each word or using poms

### **SACK THAT QUARTERBACK**

SACK THAT QUARTERBACK  
BREAK THAT LINE  
(repeat 3 times)

Standing feet a part  
clapping or using poms

### **KNOCK 'EM DOWN**

KNOCK 'EM DOWN  
ROLL 'EM AROUND  
COME ON DEFENSE WORK [pause]  
WORK  
(repeat 3 times)

### **TAKE THAT BALL**

TAKE THAT BALL  
TAKE THAT BALL  
TAKE THAT BALL AWAY  
(repeat 3 times)

Standing feet a part and clasping  
on each word or using poms

### **GET TOUGH**

DEFENSE  
GET TOUGH, GET TOUGH  
DEFENSE [pause] GET TOUGH  
(repeat 3 times)

### **DEFENSE ATTACK**

DEFENSE, ATTACK  
"MASCOT", FIGHT BACK  
[pause]  
(repeat 3 times)

### **T-A-K-E THAT BALL**

T - A - K - E  
TAKE THAT BALL  
(repeat 3 times)

Standing feet a part and clasping  
on each word or using poms

### **HOLD THOSE "TIGERS"** (insert opposing team's mascot)

H - O - L - D  
HOLD THOSE "TIGERS"  
(repeat 3 times)

Standing feet a part and clasping  
on each word or using poms

### **TAKE IT AWAY**

TAKE-IT AWAY

Standing feet a part  
clapping or using poms

DEFENSE  
TAKE-IT AWAY  
(repeat 3 times)

## **GENERAL/ANYTIME CHANTS**

### **FIRE UP**

FIRE UP [XX]  
FIRE UP [XX]  
FIRE UP AND UP {AND UP-AND-UP-AND-UP}  
(repeat 3 times)

Last line: pump right arm up in touchdown  
motion on the word **up**, while jumping  
around in circle to the right (pumping arm  
faster on the last 3 "and up"

### **THE "BLUE" MACHINE** (insert team color & mascot)

THE BLUE MACHINE [XX]  
IS COMING THROUGH [XX]  
SO WATCH OUT "BRONCOS" [XX]  
WE'RE AFTER YOU [XX]  
THE BLUE MACHINE IS COMING THROUGH, [X]  
SO WATCH OUT "BRONCOS", [X]  
WE'RE AFTER YOU  
(repeat 3 times)

### **HERE WE GO**

HERE WE GO - "LIONS"  
HERE WE GO! [XX]  
(repeat 3 times)

### **BIG G, LITTLE O**

<b>BIG</b>	<b>G</b>
clasp	clasp
<b>LITTLE</b>	<b>O</b>
clasp	clasp
<b>GO</b>	<b>GO</b>
High v	broken low v
	low v

[pause]  
(repeat 3 times)

### **LEAN LEFT/RIGHT**

LEAN TO THE LEFT  
LEAN TO THE RIGHT  
STAND UP SIT DOWN  
Reach above head squat to ground  
FIGHT, FIGHT  
Left hand on hip, right hand high diagonal/pump 2 times  
(repeat 3 times)

### **PROUD OF YOU**

WE ARE PROUD OF YOU  
SAY WE ARE PROUD OF YOU [X X X]  
(repeat 3 times)

### **COOKIES & CREAM**

COOKIES, COOKIES, COOKIES AND CREAM  
WHAT'S THE MATTER WITH THE OTHER TEAM

**NOTHING, NOTHING, NOTHING AT ALL**  
**THEY JUST [XX]**  
**CAN'T PLAY BALL**  
*(repeat 3 times)*

### **WHO ROCKS THE HOUSE**

**WHO ROCKS THE HOUSE**  
*Step right & left, hands in low v, clapping between steps*  
**I SAID THE "VIKINGS" ROCK THE HOUSE**  
*Step right & left, hands in low v, clapping between steps*  
**AND WHEN THE "VIKINGS" ROCK THE HOUSE**  
*Step right & left, hands in low v, clapping between steps*  
**THEY ROCK IT ALL THE WAY DOWN**  
*Twist right & left, hands on waist or in table table, etc.*  
**[HUH]**  
*Jump up with hands over head or make a fist pump*  
*(repeat 3 times)*

### **BUBBLE GUM**

**BUBBLE GUM, BUBBLE GUM**  
**POP POP [X X]**  
**BUBBLE GUM, BUBBLE GUM**  
**POP POP [X X]**  
**YOUR TEAM, YOUR TEAM**  
**FALLS BACK**  
**OUR TEAM, OUR TEAM**  
**ATTACKS**  
*(repeat 3 times)*

*Standing hands on hips*  
*Front line leans to the right, back line leans to the left*  
*Standing hands on hips*  
*Front line leans to the right, back line leans to the left*  
*Pointing out in front of you, like to the other team*  
*Front line leans back, slightly, (Back line "acts" like they are catching front line*  
*Pointing to your chest (Back line puts hands on the waist of person in front of them)*  
*Front line does a spread-eagle (jumping jack) with arms in a high V*

### **WE ARE THE TEXANS**

**WE ARE THE TEXANS**  
**THE MIGHTY, MIGHTY TEXANS**  
**IF YOU CAN'T HEAR US**  
**WE'LL YELL A LITTLE LOUDER**  
*(repeat 3 times)*

*1<sup>st</sup> time: squat, with a soft voice level*  
*2<sup>nd</sup> time: come up to knees bent (with a talking voice level)*  
*3<sup>rd</sup> time: standing up straight (yell in cheerleader voicelevel)*

### **LITTLE BOX**

**I WISH I HAD A LITTLE BOX TO PUT THE "LIONS" IN**  
**I'D TAKE THEM OUT AND (kiss, kiss, kiss) AND PUT**  
**'EM BACK IN**  
**I WISH I HAD A LITTLE BOX TO PUT THE "TIGERS" IN**  
**I'D TAKE THEM OUT AND (stomp, stomp, stomp) AND**  
*(make kissing motions on kiss and stomp foot on the stomp)*  
*(repeat 3 times)*

### **COLOR SHOUT**

**WHAT ABOUT**  
**WHAT ABOUT**  
**WHAT ABOUT A COLOR SHOUT**  
**BLUE, BLUE, BLUE, BLUE** *(insert your team color)*  
**GREY, GREY, GREY, GREY, GREY** *(insert other team color)*  
*(repeat 3 times)*

### **HEY BEARS FANS**

**HEY ALL YOU BEARS FANS, LET ME SEE YOU CLAP**  
**YOUR HANDS!**  
**[XX XXX XX XXX]**

**NOW THAT YOU GOT THE BEAT, LET ME SEE YOU**  
**STOMP YOUR FEET**  
**[XX XXX XX XXX]** *(stomp feet to the beat)*  
**NOW THAT YOU GOT THE GROOVE, LET ME SEE YOUR**  
**BODY MOVE!**  
**Aaa whoo waah ah ah**  
**Aaa whoo waah ah ah**  
*(repeat 3 times)*

### **FIRE CRACKER**

**FIRECRACKER FIRECRACKER**  
*Hands on hips/move hips right then left, back and forth*  
**BOOM BOOM BOOM**  
*Clasp clasp clasp*  
**FIRECRACKER FIRECRACKER**  
*Hands on hips/move hips right then left, back and forth*  
**BOOM BOOM BOOM**  
*Clasp clasp clasp*  
**THE BOYS GOT THE MUSCLE**  
*Make a muscle motion with arms {showing the guns}*  
**THE COACHES GOT THE BRAINS**  
*Point to your temple (head)*  
**THE GIRLS GOT THE SPIRIT**  
**TO WIN THE GAME!**  
*Spread-eagle jump (or any other jump)*  
*(repeat 3 times)*

### **DYNAMITE**

**OUR TEAM IS WHAT?**  
**DYNAMITE!**  
**OUR TEAM IS WHAT?**

**OUTASIGHT!**  
**OUR TEAM IS TICK TICK TICK TICK TICK TICK HOLD UP**  
**WAIT A MINUTE**  
**GOTTA PUT SOME BOOM IN IT**  
**B – B – B – B BOOM IN IT!**  
*(repeat 3 times)*

### POWER

**P, P – O, P – O – W – E – R**  
*Jogging in place, clasp*  
**WE’VE GOT POWER**  
*Jogging in place, clasp*  
**WOOOOO, DOLPHINS POWER**  
*Slide out to the right side, right arm up in a diagonal motion*  
**SAY IT! SAY IT! SAY IT!**  
*Jump up & down, going in a circle to the right, pumping right arm in a touchdown motion, left hand on hip*  
*(repeat 3 times)*

### GO GO GET EM

**GO – GO, GET ‘EM – GET ‘EM**  
*Jogging in place, clasp*  
**GO GO, GET ‘EM – GET ‘EM**  
*Jogging in place, clasp*  
**Ooosh – AH, Ooosh – AH**  
*Slide out to the left side, left arm up in a diagonal motion*  
**Ooosh – AH, Ooosh – AH**  
*Slide out to the right side, right arm up in a diagonal motion*  
*(repeat 3 times)*

### RED HOT

**OUR TEAM IS RED HOT (X X)**  
**OUR TEAM IS RED HOT (X X)**  
**OUR TEAM IS R – E – D – HOT**  
*Make a lasso motion w/right hand, circling overhead*  
**Once they stop they can’t be stopped**  
*continue lasso motion w/right hand, circling overhead*  
*(repeat 3 times)*

### V – I – C – T – O – R – Y

**SPLIT THAT V**  
*High V*  
**DOT THAT I,**  
*Bring right knee up at same time, bend elbow & pump it down to the right knee*  
**CURL THE CTORY**  
*Put hands on hips and circle hips around to the right first*  
*(repeat 3 times)*

### DR. PEPPER

**DR. PEPPER**  
**DOC, DOC, DR. PEPPER**  
**AND SLIDE, AND SLIDE**

**AND DO THE RAVENS PRIDE**  
**I WANT YOU AND YOU**  
**TO DO IT WITH ME TOO**  
**FRONT BACK SIDE TO SIDE**  
**LET ME SEE YOUR RAVENS PRIDE**  
*(repeat 3 times)*

### TOTALLY FOR SURE

<b>TOTALLY</b>	<b>FOR SURE</b>
<i>Rt hand out, palm up</i>	<i>It hand out, palm up</i>
<b>I JUST GOT A MANICURE</b>	
<i>Rt wrist bent in front, cross over the left at wrists</i>	
<b>THE SUN I SWEAR</b>	<b>IS BLEACHING OUT MY HAIR</b>
<i>Point up to the sky</i>	<i>rt hand, prented to strok hair</i>
<b>24, 34, I DON’T KNOW THE SILLY SCORE</b>	
<i>Hands out to sides, plams up move the back and forth</i>	
<b>GO, GO</b>	<b>FIGHT FIGHT</b>
<i>Pump rt hand up In high</i>	<i>clasp clasp</i>
<i>Diagonal motion w/lt hand on hip</i>	
<b>GEE I HOPE I LOOK ALRIGHT!</b>	
<i>Swoosh rt hand out, turning body to left &amp; rocking with rt hip out (very sassy move)</i>	
<i>(repeat 3 times)</i>	

### GO RAIDERS

<b>GO</b>	<b>[X]</b>	<b>RAIDERS</b>
<i>Lt lounge/table top</i>	<i>clap</i>	<i>Rt lounge/table top</i>
<b>BEAT THOSE “PATRIOTS”</b> (insert other team mascot)		
<i>Stand up straight, feet together, lt hand on hip, rt arm table top motion, to touchdown</i>		
<i>(repeat 3 times)</i>		

### FUNKY CHICKEN

*(this chant could also be done as an introduction chant, where “MASCOT” is, just insert cheerleader’s name)*

front line:	<b>HOW FUNKY IS YOUR CHICKEN</b>
	<i>hands under arms, chicken motion</i>
back line:	<b>HOW FUNKY IS YOUR CHICKEN</b>
	<i>hands under arms, chicken motion</i>
front line:	<b>HOW LOOSE IS YOUR GOOSE</b>
	<i>egyptian motion to the left</i>
back line:	<b>HOW LOOSE IS YOUR GOOSE</b>
	<i>egyptian motion to the left</i>
front line:	<b>COME ON ALL YOU RAVENS FANS</b>
	<i>stand and clap with beat</i>
back line:	<b>COME ON ALL YOU RAVENS FANS</b>
	<i>stand and clap with beat</i>
front line:	<b>AND SHAKE YOUR CABOOSE</b>
	<i>turn around backward to audience &amp; shake your hips</i>
back line:	<b>AND SHAKE YOUR CABOOSE</b>
	<i>turn around backward to audience &amp; shake your hips</i>
<i>(repeat 3 times)</i>	

### LET’S GO BLUE

**LET’S GO BLUE**  
**LET’S GO ORANGE**  
**LET’S GO BEARS**

<i>Clasp, clasp, clasp</i> <i>Clasp, clasp, clasp</i>  <i>(on fight, fight, fight) lt hand on hip, right hand pumps the air</i>
--

**FIGHT, FIGHT, FIGHT**  
(repeat 3 times)

### **ALL MY LIFE**

**ALL MY LIFE I WANNA BE ACHEERLEADERS**  
**WORK, WORK SWEAT, SWEAT**  
**ALL MY LIFE I WANNA BE ACHEERLEADERS**  
**WORK, WORK SWEAT, SWEAT**  
**ALL MY LIFE I WANNA BE A FOOTBALLPLAYER**  
**DOWN, SET HUT, HUT, HUT**  
**ALL MY LIFE I WANNA BE A FOOTBALLPLAYER**  
**DOWN, SET HUT, HUT, HUT**  
(chant is sing songy, repeat 1-2 times is plenty)

### **ROLL IT**

**ROLL IT**  
**NOW SHAKE IT**  
**VICOTRY LET'S TAKE IT**  
(repeat 3 times)

### **DOMINATE AND DEVASTATE**

**DOMINATE AND DEVASTATE**  
**WE'LL BLOW YOU AWAY**  
**THE PANTHERS ARE NUMBER 1**  
**AND WE'RE HERE TO STAY!**  
(repeat 3 times)

### **LET'S GET A LITTLE BIT ROWDY**

**LET'S (clap) GET (clap) A LITTLE BIT (clap) ROWDY (clap)**  
**R - O - W - (clap - clap) A D - Y**  
(repeat 3 times)

### **TOTALLY FOR SURE**

**TOTALLY FOR SURE**  
*Rt hand out, palm up It hand out, palm up*  
**I JUST GOT A MANICURE**  
*Rt wrist bent in front, cross over the left at wrists*  
**THE SUN I SWEAR IS BLEACHING OUT MY HAIR**  
*Point up to the sky rt hand, prented to strok hair*  
**24, 34, I DON'T KNOW THE SILLY SCORE**  
*Hands out to sides, plams up move the back and forth*  
**GO, GO FIGHT FIGHT**  
*Pump rt hand up In high clasp clasp*  
*Diagonal motion w/lt hand on hip*  
**GEE I HOPE I LOOK ALRIGHT!**  
*Swoosh rt hand out, turning body to left & rocking with rt hip out (very sassy move)*  
(repeat 3 times)

### **CALIFORNIA ORANGES, TEXAS CACTUS**

**CALIFORNIA ORANGES**  
*Feet together, make a O at chest with hands*  
**TEXAS CACTUS**  
*Lean leftt brush off left shoulder Lean rt brush off rt shoulder*

**WE THINK YOUR TEAM NEEDS A LITTLE PRACTICE**  
*Pointing fingers out in front jog in place*

**PUT 'EM IN A HIGH CHAIR**

*Knees bent hands on knees*

**FEED 'EM WITH A SPOON**

*Act like you are eating with your right hand with a spoon*

**STUFF 'EM IN A FOOTBALL**

*Left hand on hip, right arm high diagonal*

**AND KICK 'EM TO THE MOON**

*Kick your right leg up (like kicking a football)*  
(repeat 3 times)

*OR (last two lines can be)*

**WE CAN BEAT YOU**

**ANY AFTERNOON**

(repeat 3 times)

### **WAY TO GO RAVENS**

**WAY TO GO RAVENS**

**WAY TO GO!!**

(repeat 3 times)

*Lounging jog, forward and claspig or using poms*

### **RUMBLE**

**EVERYBODY DO THE PAT-RIOTS RUMBLE**  
**EVERYBODY DO THE PAT-RIOTS RUMBLE**  
**EEEEVVVEERRYYYBOODDDDY**  
**RUUUUUMMMMMMBBBLE**  
(repeat 3 times)

### **HOT TO GO**

**H - O - TT - O - G - O**  
**THE TEXANS ARE HOT TO GO**  
**OOOSH AHHH**  
**HOT TO GO**  
**OOOSH AHHH**  
(repeat 3 times)

### **WE'RE #1**

**WE'RE #1**  
**WE CAN'T BE #2**  
**BECAUSE WE'RE GONNA BEAT**  
**THE WHOOPSIE OUT OF YOU**  
**THE WHOOPSIE OUT OF YOU**  
(repeat 3 times)

### **LET'S GO**

**LET'S GO**  
**LET'S GO**  
**L - E - T - S - G O**  
(repeat 3 times)

### **IT'S HOT**

**IT'S HOT, IT'S HOT**  
**IT'S HOT OUT HERE**  
**THERE MUST BE A DOLPHIN IN THE ATMOSPHERE**  
(repeat 3 times)

### HEY, HEY YOU

HEY, HEY YOU  
GET OUT OF MY WAY  
CAUSE TODAY IS THE DAY  
WE'RE GONNA BLOW YOU AWAY  
BLOW YOU AWAY  
(repeat 3 times)

### CLAP YOUR HANDS

CLAP YOUR HANDS EVERYBODY  
EVERYBODY CLAP YOUR HANDS  
WE'RE THE VIKINGS GOING ALL THE WAY  
THE BEST IN THE LAND  
HERE WE GO  
(CLAPS:  
up, down, up, up down, back, down, back, down, up, up)  
(repeat 3 times)

### NO COMPETITION

THERE AIN'T NO COMPETITION  
LIKE THE REAL COMPETITION  
AND THE REAL COMPETITION ARE THE PAT - RI -OTS  
(repeat 3 times)

### PHYSICAL

LET'S GET PHYSICAL  
GET DOWN, GET TOUGH, GET MEAN  
LET'S GET PHYSICAL  
AND BEAT THE OTHER TEAM!  
(repeat 3 times)

### WE ARE

WE ARE THE "STEELERS"  
AND WE CAN'T BE BEAT  
BECAUSE WE GOT THE POWER  
TO KNOCK YOU OFF YOUR FEET!  
(repeat 3 times)

### AWESOME

A - W - E - S - O - M - E  
AWESOME, AWESOME  
TO - TA - LLY  
(repeat 3 times)

### BANG BANG

(this chant could also be done as an introduction chant, where  
"MASCOT" is, just insert cheerleader's name)  
BANG BANG CHOO CHOO TRAIN  
COME ON RAVENS  
DO YOUR THING  
(repeat 3 times)

### ROCK & ROLL

"TEXANS" YOU KNOW WHAT YOU GOT TO DO  
YOU GOT TO ROCK WITH THE RED  
AND ROLL WITH THE BLUE!  
(repeat 3 times)

### RED HOT TIME

WHAT WE'VE GOT  
WE'VE GOT A LOT  
WE'VE GOT A TEAM THAT'S  
RED HOT!  
(repeat 3 times)

### SHAKE IT

SHAKE IT TO THE LEFT  
SHAKE IT TO THE RIGHT  
SHAKE IT UP AND SHAKE IT DOWN  
LET'S WIN TONIGHT!  
(repeat 3 times)

### KNOCK YOU OFF YOUR FEET

"MASCOT" GOT THE POWER  
"MASCOT" GOT THE HEAT  
"MASCOT" GOT THE SPIRIT  
TO KNOCK YOU OFF YOUR FEET!  
(repeat 3 times)

### AGGRESSIVE

A-G-G-R-E-S-S-I-V-E  
BE (pause) AGGRESSIVE  
BE, BE AGGRESSIVE  
(repeat 3 times)

### 1 WE ARE THE "RAIDERS"

1 WE ARE THE "RAIDERS"  
2 A LITTLE BIT LOUDER  
3 I STILL CAN'T HEAR YOU  
4 MORE, MORE, MORE  
(repeat 3 times)  
(Last time end saying 1)

Lounging jog, forward on  
the numbers left hand on  
hip and right arm  
touchdown or use poms

## CROWD INVOLVEMENT CHEERS/CHANTS

### LET'S GO PANTHERS

#### LET'S GO

Brush arms/hands by sides

#### "PANTHERS"

left hand on hip, right arm  
straight to touchdown

[XX - XXX]

(repeat 3 times)

### LIONS GO!

Cheerleaders: WHEN WE SAY LIONS, YOU SAY GO!

Cheerleaders: LIONS

Crowd: GO!

Cheerleaders: LIONS

Crowd: GO!

(repeat 3 times)

Last time:

Everyone: **GOOOOO LIONS!**

### **WHEN I SAY**

Cheerleaders: **WHEN WE SAY BLUE, YOU SAY ORANGE!**

Cheerleaders: **BLUE**

Crowd: **ORANGE**

Cheerleaders: **BLUE**

Crowd: **ORANGE**

Cheerleaders: **WHEN WE SAY WIN, YOU SAY TONIGHT!**

Cheerleaders: **WIN**

Crowd: **TONIGHT**

Cheerleaders: **WIN**

Crowd: **TONIGHT**

Cheerleaders: **WHEN WE SAY BOOGIE, YOU SAY DOWN!**

Cheerleaders: **BOOGIE**

Crowd: **DOWN**

Cheerleaders: **BOOGIE**

Crowd: **DOWN**

Cheerleaders: **GO, FIGHT, WIN TONIGHT, BOOGIE ON  
DOWN, ALL RIGHT ALL RIGHT!**

*(chant is sing songy & long, repeat 1-2 times is plenty)*

### **BEAT THOSE "TEXANS"**

<b>COME ON</b>	<b>CROWN</b>	<b>SAY IT</b>	<b>LOUD</b>
<i>Clasp</i>	<i>Clasp</i>	<i>Clasp</i>	<i>Clasp</i>
<b>YELL</b>	<b>BEAT</b>	<b>THOSE</b>	<b>"BEARS"</b>
<i>Left hand on hip</i>	<i>right arm ½ T</i>	<i>table top</i>	<i>punch up</i>
<b>BEAT</b>		<b>THOSE</b>	<b>"TEXANS"</b>
<i>Left hand on hip, right arm ½ T</i>		<i>table top</i>	<i>punch up</i>

*(repeat 3 times)*

### **YELL FOR THE SEAHAWKS**

Cheerleaders: **IF YOU'RE YELLING FOR THE SEAHAWKS,  
YELL GO**

Crowd: **GO**

Cheerleaders: **IF YOU'RE YELLING FOR THE SEAHAWKS,  
YELL FIGHT**

Crowd: **FIGHT**

Cheerleaders: **IF YOU'RE YELLING FOR THE SEAHAWKS,  
YELL WIN**

Crowd: **WIN**

Cheerleaders: **IF YOU'RE YELLING FOR THE SEAHAWKS,  
YELL GO, FIGHT, WIN**

Crowd: **GO, FIGHT WIN!**

Cheerleaders: **GOOOOOOO SEAHAWKS**  
*(repeat 3 times)*

### **GO FIGHT WIN**

Cheerleaders: **DOLPHINS FANS LET'S HEAR YA SAY GO**

Crowd: **GO**

Cheerleaders: **DOLPHINS FANS LET'S HEAR YA SAY FIGHT**

Crowd: **FIGHT**

Cheerleaders: **DOLPHINS FANS LET'S HEAR YA SAY WIN**

Crowd: **WIN**

Cheerleaders: **NOW YEAL GO, FIGHT, WIN**

Crowd: **GO, FIGHT WIN!**  
*(repeat 3 times)*

### **GIVE ME A "G"**

**GIVE ME A "G", G**

**GIVE ME A "O", O**

**GIVE ME A "G" (clasp)**

**GIVE ME A "O" (clasp)**

**GIVE ME A GO PATRIOTS GO**  
*(repeat 3 times)*

### **HEY ALL YOU "MASCOT" FANS**

**HEY ALL YOU BEARS FANS [ X X XXX ]**

**STAND UP AND CLAP YOUR HANDS [ X X XXX ]**

**HEY ALL YOU BEARS FANS [ X X XXX ]**

**STAND UP AND STOMP YOUR FEET [ X X XXX ]**

**CLAP YOUR HANDS [ X X XXX ]**

**STOMP YOUR FEET [ X X XXX ]**

**WE GOT A TEAM [ X X XXX ]**

**THAT CAN'T BE BEAT [ X X XXX ]**  
*(repeat 3 times)*

### **STOMP & SHAKE IT**

**HEY ALL YOU LIONS FANS**

**LET ME SEE YOU**

**STOMP AND SHAKE IT**

**STOMP AND SHAKE IT**

*(repeat 3 times)*

### **2 BITS**

**2 BITS,**

**4 BITS,**

**6 BITS A DOLLAR!**

**ALL FOR THE PANTHERS**

**STAND UP AND HOLLER!!!**

*(repeat 3 times)*

### **FANS OVER HERE**

**FANS OVER HERE SAY PURPLE – PURPLE**

**FANS OVER HERE SAY WHITE – WHITE**

**"RAVENS" FANS STAND UP & YELL PURPLE & WHITE  
COME ON – MAROON AND WHITE**

# **STUNTS & PYRAMIDS**

## **Basics, Tips, & Do's & Don'ts of Cheerleading Stunts!**

**These are visuals to help with practice after stunts have been taught by Cheer Factory and to provide you with variety and extra ideas.**

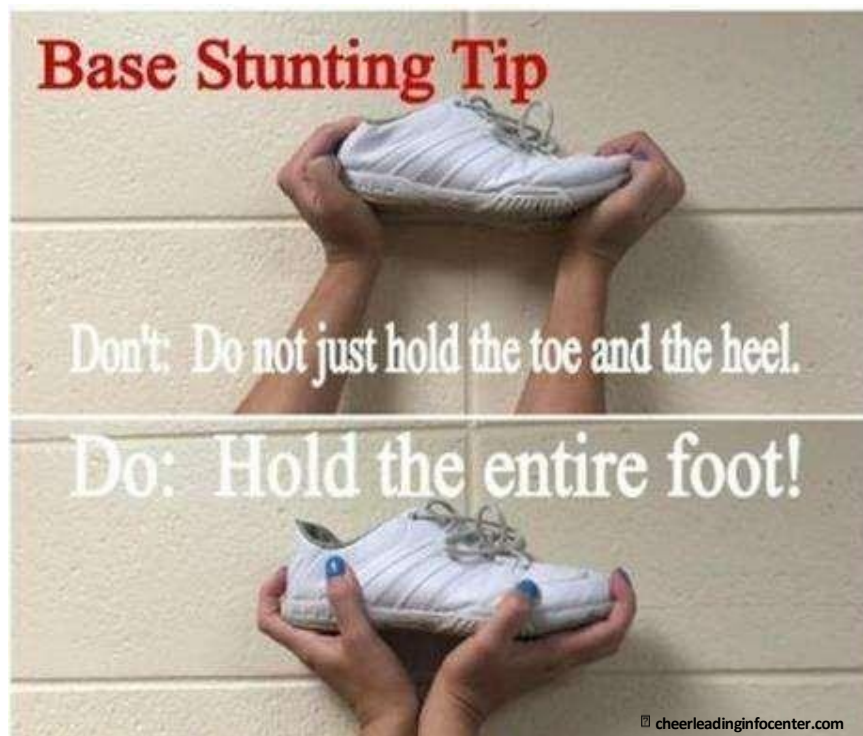
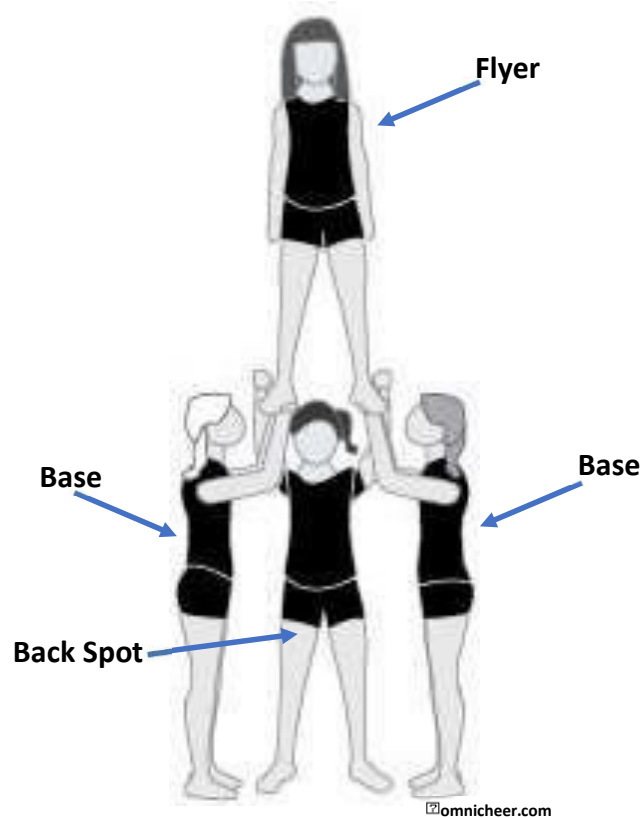
As stunting is the most serious part of cheerleading (and tons of fun), here are some tips to remember to make sure your stunting experience is awesome!

### **General Stunting Tips:**

- NEVER STUNT WITHOUT A SPOTTER!
- NEVER try a stunt that you are not ready for - Perfection before Progression!!!
- Always pay attention to your group when you are stunting. Never start the stunt when someone is not ready.
- Remember, technique is EVERYTHING!!!
- When you are starting, make sure you select your stunt position based on body size. For example, if you have really tall athlete, they would be a really good spotter. If you have a really small athlete, they would should be your first flyer. At the beginning, your athletes don't know proper technique yet so for a safety reason it is important to choose your positions by body size. Once your team progresses and all ALL aware of proper technique, you can move athletes around based on skill.
- There should be no laughing or fooling around during stunt time. Generally, if someone is playing around during your stunt practice and not paying attention, they should sit out and not participate. SAFETY FIRST!!!
- No extra talking during stunt class. Talking should be kept to giving cues to your stunting partners.

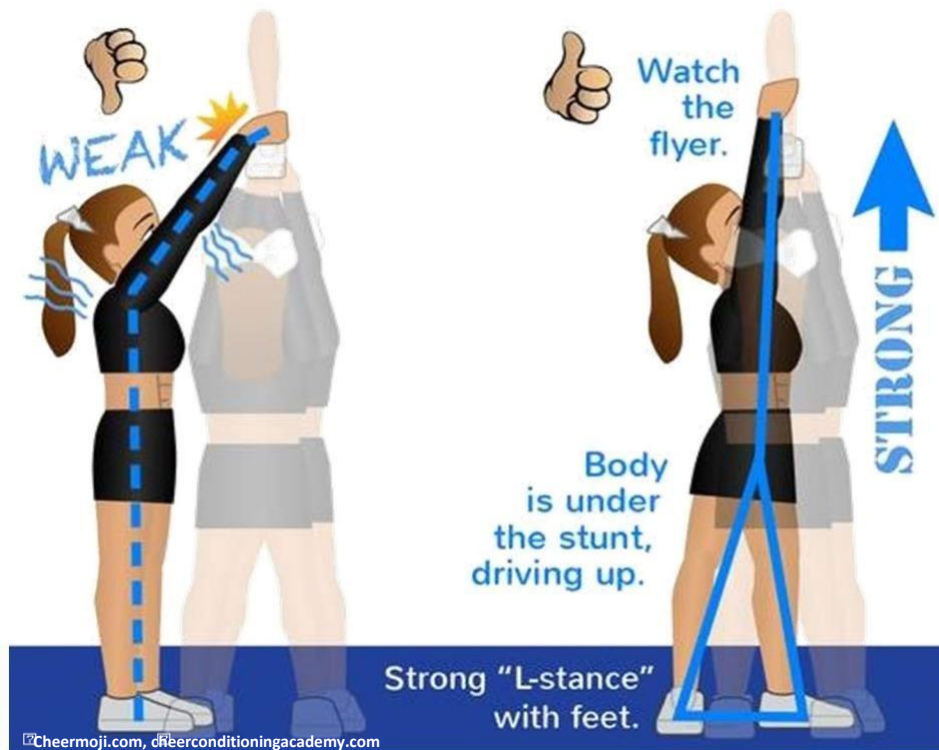
### **Safety Tips:**

- Perfection before progressions!!! Make sure ALL of your stunt group members are READY to try a new stunt before you attempt it.
- Use HANDS ON SPOTTING for all stunts to help minimize falls and injuries.  
*A spotter is a trained member of the team that watches for and works to reduce hazards during stunts and tumbling. A spotter remains grounded, and keeps their eyes locked on the tumbler or flyer at all times. Should a stunt go wrong, the spotter's job is to A.) protect the stunter from injury by doing everything possible to keep them from hitting the ground or B.) do their best to minimize the impact of a tumble so the tumbler isn't hurt.*
- Look at the area where you are stunting and make sure you have plenty of room and proper safety mats. Also, if you are outside, check to see if there are any rocks, sticks, or uneven ground that may throw your group off.
- Only stunt when every member of your team has the proper attire on! That means everyone must have athletic shoes and proper clothing with no jewelry, and hair pulled back out of the face. Please note, do not wear shorts with pockets as they can catch the flyer's feet on the way down and make them fall.





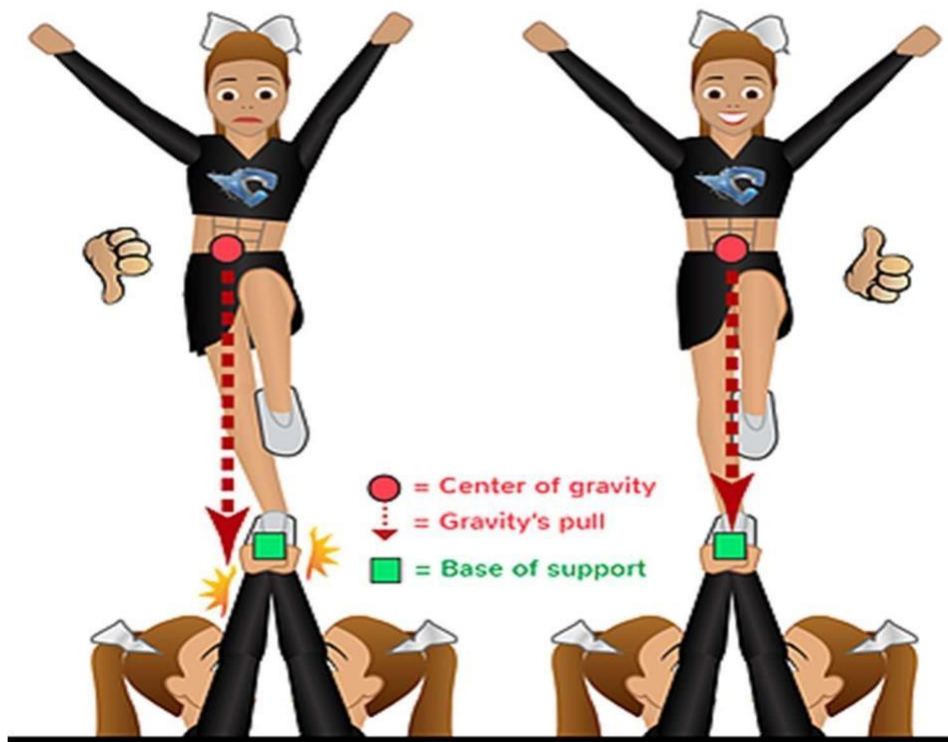
Backs, get under the stunt with your full body!



Flyers: Squeeze legs in to help bases.



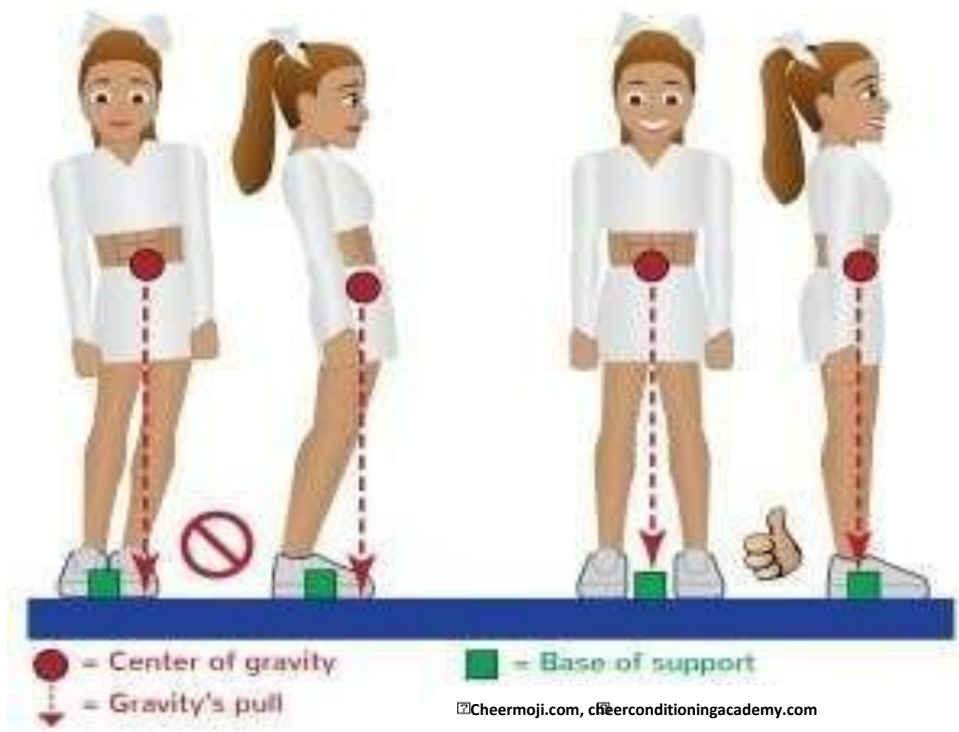
Flyers: stunt tight and vertical.



[Cheeremoji.com](http://Cheeremoji.com), [cheerconditioningacademy.com](http://cheerconditioningacademy.com)

## Flyers: Hollow Hips

Even subtle shifts move your center of gravity.



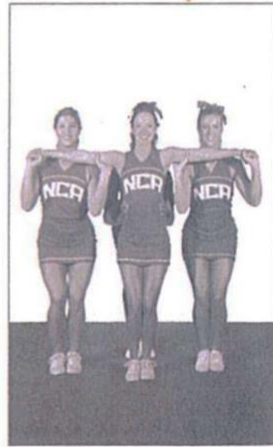
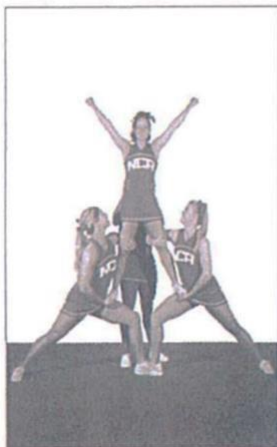
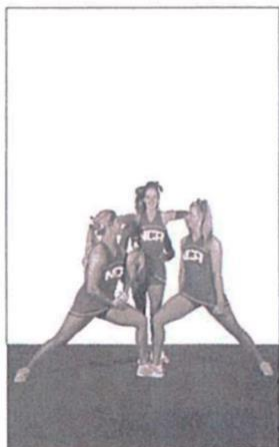
[Cheeremoji.com](http://Cheeremoji.com), [cheerconditioningacademy.com](http://cheerconditioningacademy.com)

**BASIC ~ BEGINNER STUNTS**

## All levels MAY perform

### **THIGH STAND**

- Top person uses the step and lock principle
- Bases need to support under the toe and wrap high on the leg of the top person
- When dismounting, bases and back spot want to control the top person's descent by catching under the arms



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### **To dismount:**

- Both Bases let go of the Flyer's knees and hold her arms ( preferably the armpits ) with their 4 fingers forward. With the outside hand, they "shake" hands with the Flyer.
- The Flyer jumps down and lands feet together.
- Everyone Cleans.

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# L Sit



**Load:** Stunt groups ready position:

1. The Base is facing forward in a lunging position holding the Flyer's waist.
2. The Flyer will have one bent leg resting in the thigh pocket of the Base; with the bottom of her shoe facing the crowd.
3. No spotters are required for this stunt.

Once in position the Base will call "Ready 1, 2, down, up". On the down, the Flyer's will bend (down), and kick her leg into the L position. At the same time the Flyer will hit the half a high V arm motion. The Base will catch/ receive the Flyer's leg and hold it at waist level.

**Dismount:** To dismount, the Base will bend both knees and "pop" the Flyer off and help her land with both feet together. Both athletes will clean with feet together.

## Stunt Tips:

### Base Tips:

- The Base will have one hand around the Flyer's waist. Make sure to pull the Flyer close to you and make sure there is not a lot of space between you and the Flyer.
- Make sure to lock your straight leg and stay in a deep lunge so your Flyer has a nice place to sit.

### Flyer Tips:

- Don't forget to smile!
- The Flyer's arm position should be in a half high and the other should be wrapped around the Bases' shoulders.
- The flyer's leg should be straight, extended in front.
- Point your toe.

### Spotter Tips:

- A Spotter is not required for this stunt. [cheerleadinginfocenter.com](http://cheerleadinginfocenter.com)

# Hanging Stag



**Load:** Stunt groups ready position:

1. The Bases hold the Flyer's armpits with their thumbs in front and 4 fingers in the back. The Spotter holds the Flyer's waist.
2. The call is "1 2 Down Up". All members bend and lift the Flyer in the air.

**Dismount:** To dismount, the Bases just bring the Flyer down so she lands with feet together and then the entire stunt group cleans with feet together.



## Stunt Tips:

### Base Tips:

- Make sure to hold your Flyer with your thumb in front of her arm pit.
- Make sure to lock your arms straight over your head with your arms next to your ears.
- Get under your Flyer, lock your arms and lift with your legs.
- If one Base is taller than the other, have her bend her knees so your Flyer is even ( see photo )

### Flyer Tips:

- Don't forget to smile!
- When your Bases lift you, make sure to jump off the ground straight up - not forward.
- Keep your arms locks in a T position.
- Keep your legs in a Liberty position with your toes pointed.

### Spotter Tips:

- Hold your Flyer's waist tight!
- Make sure you lift your Flyer when she jumps into the air.
- Never let go of your Flyer until she is safely on the ground. [cheerleadinginfocenter.com](http://cheerleadinginfocenter.com)

# Hand Stand Liberty



**Load:** Stunt groups ready position:

1. The Base is turned to the side in a seated position, holding the weight bearing foot in position.
2. The Flyer can either push off the Base's shoulder or hold and push from the Spotter's wrists.
3. Spotters have hands firmly on Flyer's waist.

Once in position the Back Spotter will call "Ready 1,2 Down Up". On the down, Flyers will bend (down), and push / jump straight up. The Base will bend knees (to lift) and lock legs into position once the Flyer is settled. The Spotters will assist the Flyer when jumping into the stunt, keeping their hands at the Flyer's waist the entire time.

**Dismount:** To dismount, the Base releases the Flyer's foot and gently puts her on the ground. The Spotter also helps bring the Flyer down safely.

## Stunt Tips:

### Base Tips:

- The Base's left arm will have a grip over the leg but holding under the foot. The right arm will be grasping the heel.
- The Base's back should remain straight.
- Base's legs should be in a locked position.

### Flyer Tips:

- Don't forget to smile!
- Flyer's legs should be in a liberty position with the toe should be pointed down. Flyers may choose left or right stag position.
- Flyers arm position should be in a High V.

### Spotter Tips:

- Hold your Flyer's waist tight!
- Make sure you lift your Flyer when she jumps into the air.
- Never let go of your Flyer until she is safely on the ground.

# Thigh Stand L



**Load:** Stunt groups ready position:

1. The Primary Base is facing forward in a lunging position holding the Flyer's knee and toe. The Secondary Base will be standing feet together facing forward with hands at her sides.
2. The Flyer will have the weight bearing leg in the thigh pocket of the Base. The other foot should be on the ground. The Flyer will have hands on the Primary Base's shoulder (ready to push off).
3. The Spotter will have hands on the waist of the Flyer.

Once in position the Base will call, "Ready 1,2 , down, up". On the down, the Flyer will bend (down), stand up while kicking her leg into the L position. At the same time the Flyer will hit the L arm motion. The Secondary Base will catch/ receive the Flyer's leg and hold it out to the side so that it is level forming the L.

**Dismount:** To dismount, the standing Base releases the Flyer's leg to the front and then the Flyer steps down from the Primary Base. To finish the stunt, all athletes will do a clean motion.

## Stunt Tips:

### Base Tips:

- The Primary Base holds the Flyer at the knee and toe of the weight bearing leg.
- The Base's body should be locked in a lunging position.
- The Secondary Base will hold the Flyer's leg with palms up and fingers facing the front. The Base will stand feet together.

### Flyer Tips:

- Flyers don't forget to smile!
- Flyer's arm position should be in a right or left L depending on the weight bearing leg. The L arm motion should mirror the leg L position.

### Spotter Tips:

- The Spotter's eyes should always be on the Flyer.
- The Spotter should be supporting the Flyer at the waist with feet shoulder width apart.



# Thigh Stand Hitch



**Load:** Stunt groups ready position:

1. The Primary Base is facing forward in a lunging position holding the Flyer's knee and toe. The Secondary Base will be standing feet together facing forward with hands at her sides.
2. The Flyer will have the weight bearing leg in the thigh pocket of the Base. The other foot should be on the ground. The Flyer will have hands on the Primary Base's shoulder (ready to push off).
3. The Spotter will have hands on the waist of the Flyer.

Once in position the Base will call, "Ready 1,2 , down, up". On the down, the Flyer will bend (down), stand up while kicking her leg into the hitch position. At the same time the Flyer will hit the L arm motion. The Secondary Base will catch/ receive the Flyer's foot and hold it on the toe and heel.

**Dismount:** To dismount, the standing Base releases the Flyer's foot to the front and then the Flyer steps down from the Primary Base. To finish the stunt, all athletes will do a clean motion.

## Stunt Tips:

### Base Tips:

- The Primary Base holds the Flyer at the knee and toe of the weight bearing leg.
- The Base's body should be locked in a lunging position.
- The Secondary Base will hold the Flyer's foot at the toe and heel and will stand feet together.

### Flyer Tips:

- Flyers don't forget to smile!
- Flyer's arm position can be in a right or left L or any other motion that the skill requires.

### Spotter Tips:

- The Spotter's eyes should always be on the Flyer.
- The Spotter should be supporting the Flyer at the waist with feet shoulder width apart.

# Thigh Stand Liberty



**Load:** Stunt groups ready position:

1. The Base is facing forward in a lunging position holding the Flyer's knee and toe.
2. The Flyer will have the weight bearing leg in the thigh pocket of the Base. The other foot should be on the ground. The Flyer will have hands on the Base's shoulder (ready to push off).
3. The Spotter will have hands on the waist of the Flyer.

Once in position the Base will call, "Ready 1,2 , down, up". On the down, the Flyer will bend (down), stand up on the Base and bring her other leg into the liberty position. At the same time the Flyer will hit the High V arm motion.

**Dismount:** To dismount, the Base releases the Flyer's foot and then the Flyer steps down to the front; to finish the stunt, all athletes will do a clean motion.

## Stunt Tips:

### Base Tips:

- The Base holds the Flyer at the knee and toe of the weight bearing leg.
- The Base's body should be locked in a lunging position.
- Remember, to keep the Flyer's leg close to your body and her foot in your pocket.

### Flyer Tips:

- Flyers don't forget to smile!
- Flyer's arm position can be in a high V or any other motion that the skill requires.
- Don't forget to LOCK your standing leg. If you keep your knee bent, the Base will have a hard time keeping you steady.

### Spotter Tips:

- The Spotter's eyes should always be on the Flyer.
- The Spotter should be supporting the Flyer at the waist with feet shoulder width apart.
- Never let go of your Flyer until she is safely on the ground.



## L Stand

**Load:** Stunt groups ready position:

1. The Base is facing forward in a lunging position holding the Flyer's knee and toe.
2. The Flyer will have the weight bearing leg in the thigh pocket of the Base. The other foot should be on the ground. The Flyer will have hands on the Base's shoulder (ready to push off).
3. The Spotter will have hands on the waist of the Flyer.

Once in position the Base will call, "Ready 1,2 , down, up". On the down, the Flyer will bend (down), stand up on the Base and bring her other leg into the L position over the Base's head. At the same time the Flyer will hit the L arm motion.

The Base will hold the Flyer's foot until her leg is over her head and then release the foot and then hold the Flyer's leg in the L position.

**Dismount:** To dismount, the Base releases the Flyer's leg over her head and brings the leg in front of her. The Flyer steps down to the front; to finish the stunt, all athletes will do a clean motion.

### Stunt Tips:

#### Base Tips:

- To begin, the Base holds the Flyer at the knee and toe of the weight bearing leg.
- The Base's body should be locked in a lunging position.
- Remember, to keep the Flyer's leg close to your body and her foot in your pocket.
- When you release the Flyer's foot to grab her leg, try to hold her shin or ankle.

#### Flyer Tips:

- Flyers don't forget to smile!
- Flyer's arm position can be in an L or any other motion that the skill requires.
- Don't forget to LOCK your standing leg. If you keep your knee bent, the Base will have a hard time keeping you steady.

#### Spotter Tips:

- The Spotter's eyes should always be on the Flyer.
- The Spotter should be supporting the Flyer at the waist with feet shoulder width apart.
- Never let go of your Flyer until she is safely on the ground.

## Thigh Stand Lean Over

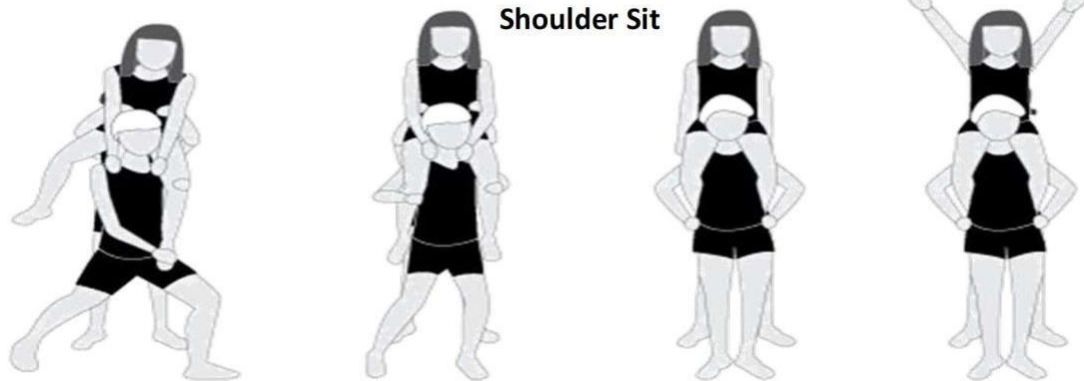


The double thigh stand lean over is a great stunt when you are building pyramids or stunt formations. This stunt is the double thigh stand with the following changes:

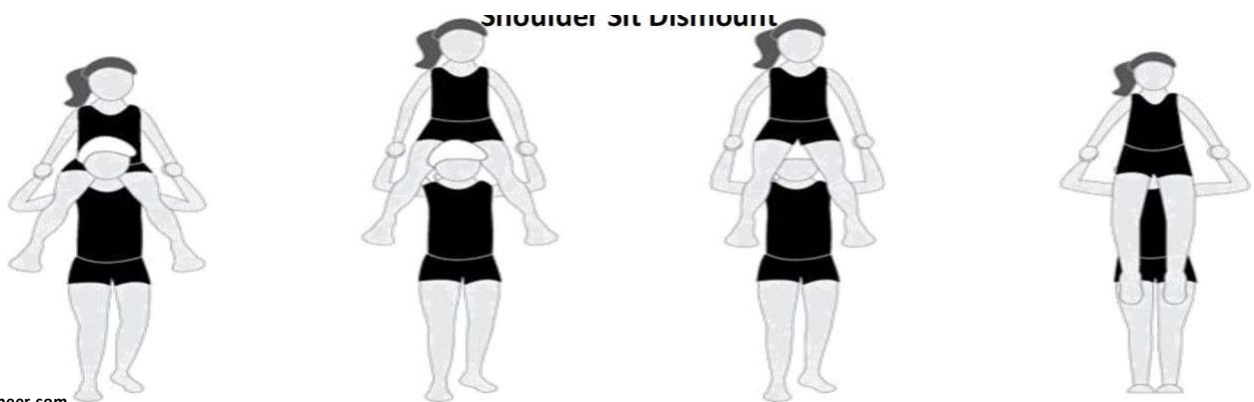
1. You have an additional Spotter in the front ( so you have 2 Spotters ).
2. When your Flyer is in the double thigh stand position, instead of hitting the high V motion, she will lean over and place her hands on the shoulders of her Front Spotter.

## INTERMEDIATE STUNTS

Sophomore, JV, & Varsity Levels MAY perform

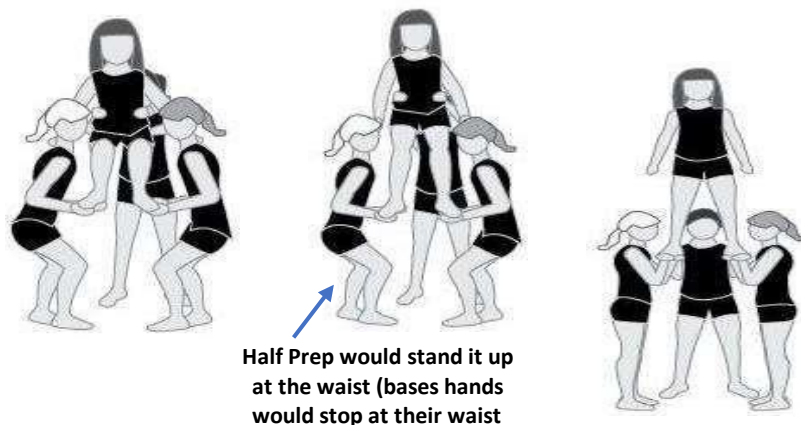
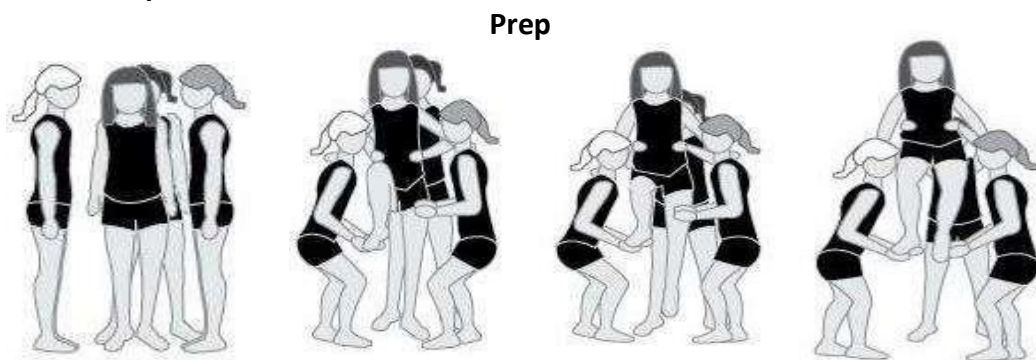


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JV & Varsity Levels MAY perform

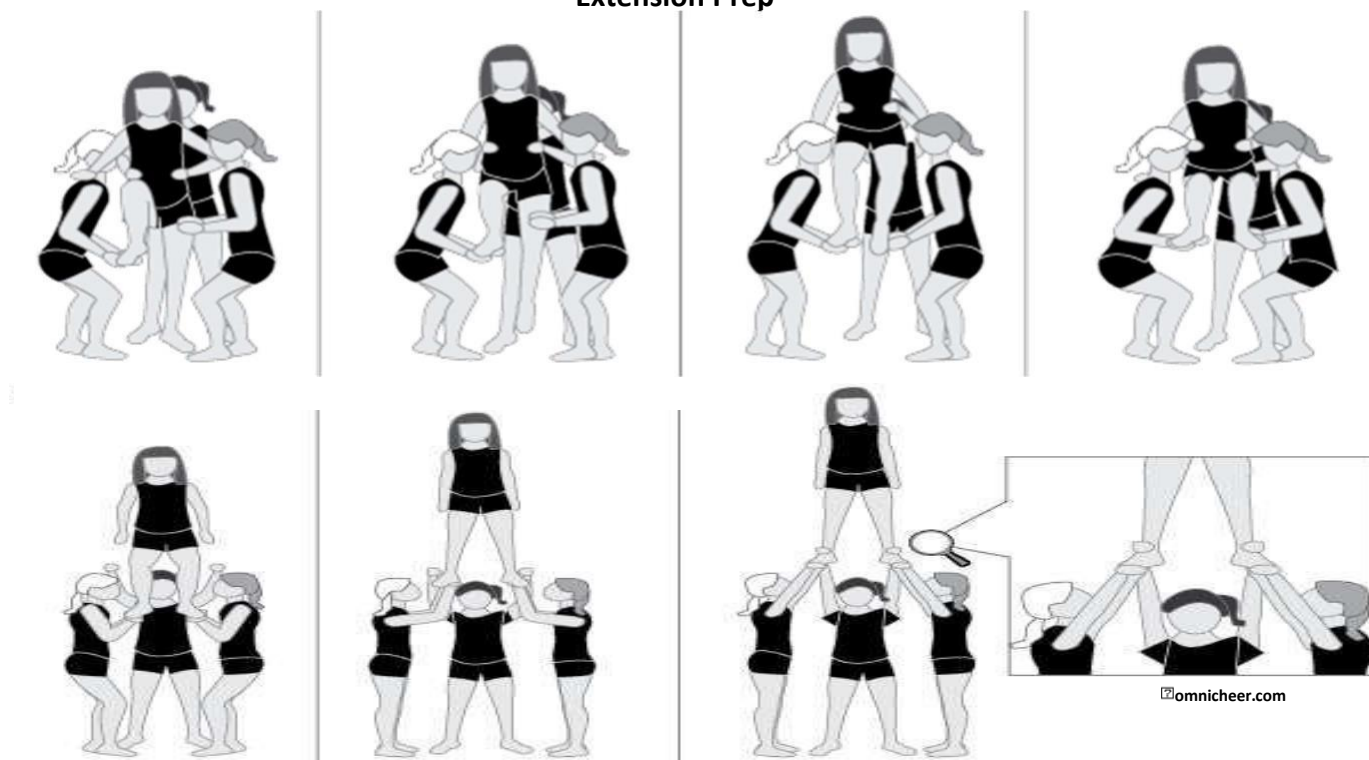


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**Varsity Level ONLY MAY perform**

### Extension Prep



### Stair Step Extension Prep



## BASIC ~ BEGINNER PYRAMIDS



**1 Double Thigh Stand and 2 Thigh Stand Hitches**

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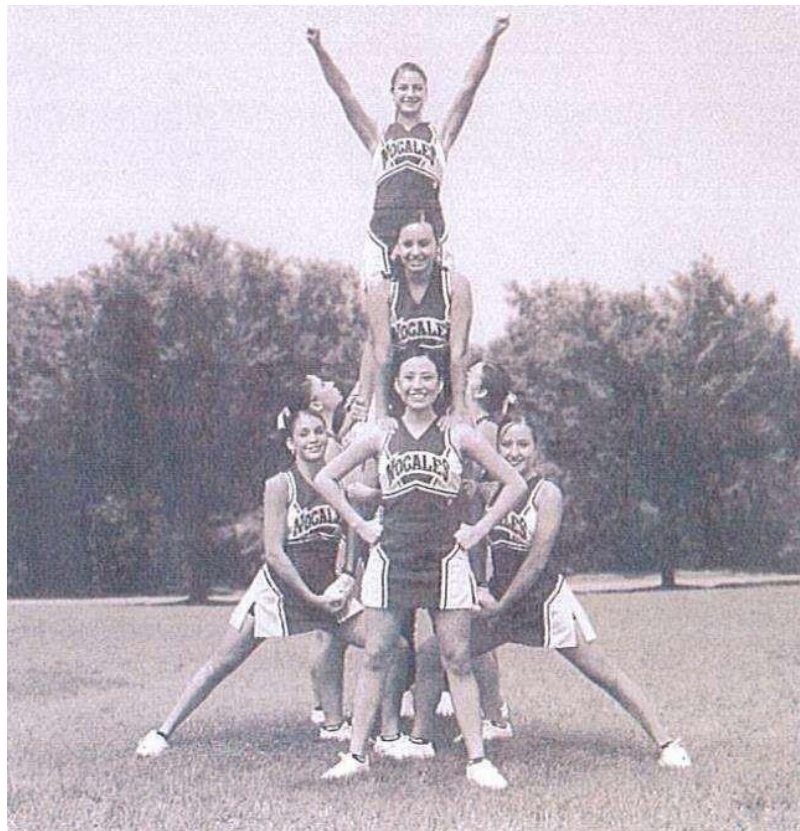
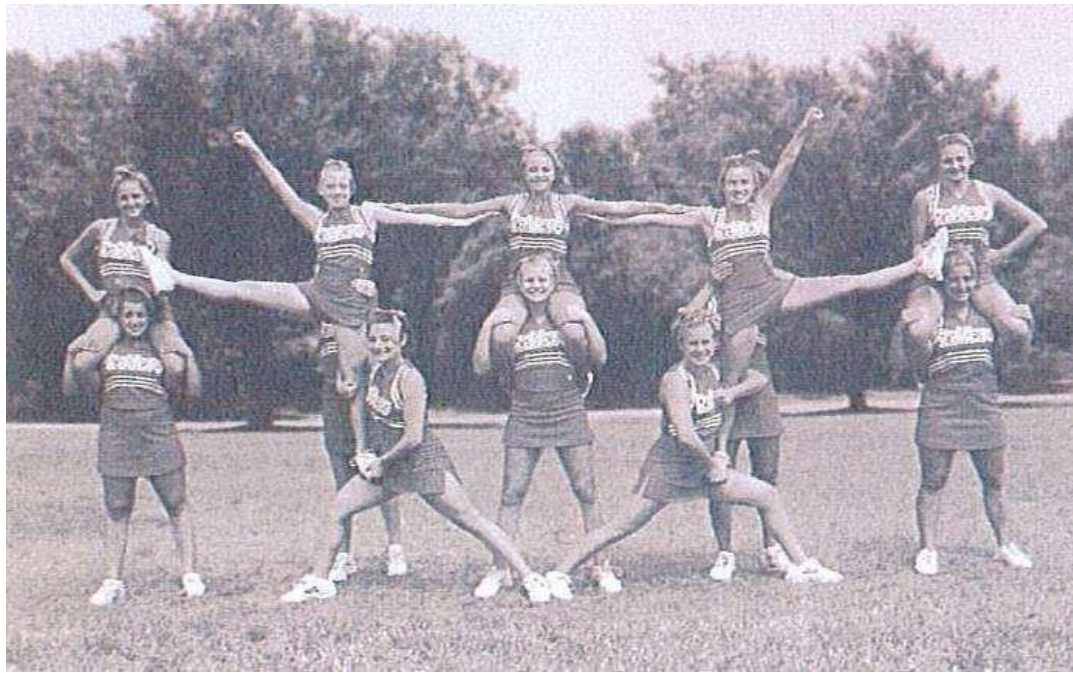
**2 Thigh Stand Hitches, 1 Double Thigh Stand and 2 L Stands**



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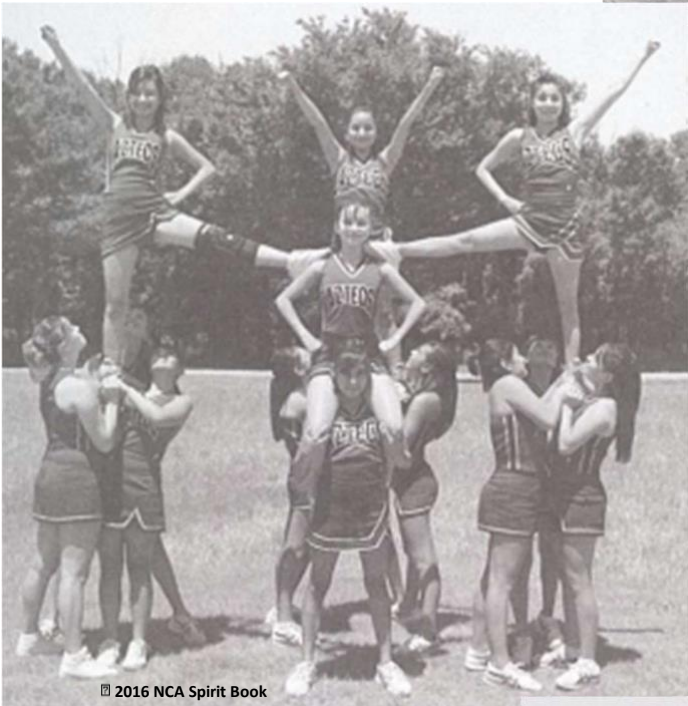
## INTERMEDIATE PYRAMIDS



**ADVANCED PYRAMIDS**



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