

**CHEERLEADING COMPETITION  
STATE 2010 SUPPLEMENTARY RULES**

1. Each squad must be under the supervision of a coach or other qualified adult who will be responsible for the conduct of the team at all times.
2. This competition will follow National Federation of State High School Association Spirit Rules. Copies of the NFSHSA Spirit Rules (2009-2010) can be obtained by calling the NFSHSA at 317.972.6900 or by visiting their website at [www.nfs.org/rules-spirit.htm](http://www.nfs.org/rules-spirit.htm) .
3. All routines shall not exceed three minutes. A 10-point deduction will be assessed for routines that exceed time limitations. Routines should be no less than 1½ minutes. Timing will begin with the first organized word, movement or note of music after the team is officially announced. Timing will end with the last organized word, movement or note of music. The squad must exit the performance area immediately following their routine.
4. Teams may use music for up to 1½ minutes of their routine. Music must be supplied on a cassette tape or CD. LSA will provide a sound system. It is recommended that each squad bring two copies of their music.
5. All teams are expected to dress uniformly. No jewelry is allowed on any part of the body with the exception of medical and/or religious medallions, which must be taped to the body underneath the uniform. NFSHSA rules will be followed with regard to fingernail length, hair, nail polish and glitter. Teams will be assessed a 25-point deduction for failure to adhere to these safety rules.
6. Unsportsmanlike conduct by competitors or their fans, on and off the floor, may cause for a deduction of 25 points from the team score or disqualification. Teams must remain orderly while the other teams are performing.
7. Practice Floor times will be given before the competition. Teams waiting for floor time should be courteous to the squads on the floor. Floor time will be limited to 1½ minutes.
8. Questions pertaining to the rules should be directed to John Kelm, preferably by e-mail. Please refer to STATE 2010 Cheerleading mailing for contact info.

9. Score sheets will be collected after each performance. Judges will initial any changes. No more than the maximum allowed points in a category will be awarded. Score sheets will be given to head coaches at the conclusion of each day of competition.
10. Music tapes must be cued to start. A representative from the team will be responsible for starting and stopping the music for the team. A staff person will be nearby to help with equipment instructions. Music problems resulting from equipment failure will entitle the performing squad to begin from any part of the routine as determined by the team head coach. Music problems resulting from other difficulties can be brought to the LSA Director for consideration.
11. There will be one panel of judges. Judges decisions are final. All routines will be videotaped and may be reviewed by the judging panel for rules violations.

### **STATE 2010 JUDGING CRITERIA**

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

#### **CHEER & MUSIC ROUTINES**

##### **Communication: 10 POINTS**

- Practicality of material in routine (use of signs, effectiveness of skills during words, effectiveness of cheer and sideline chant words)
- Voice inflection, eye contact, facial expression

##### **Fundamental Skills: 50 POINTS**

- Motions (strong, sharp, arm levels, synchronization) (10 points)
- Dance (rhythm, creativity, synchronization) (10 Points)
- Tumbling (10 Points)
- Partner stunts, pyramids, jumps (20 Points)

##### **Group Techniques: 15 POINTS**

- Synchronization (group timing in motions, stunts, tumbling, jumps and dance) (10 Points)
- Formations and spacing (use of the floor, formation changes, and symmetrical spacing) (5 Points)

##### **Overall Effect: 20 POINTS**

- Difficulty (degree of difficulty and execution of completed skills) (10 Points)
- Crowd appeal (choreography, continuity, transitions and visual effect) (10 Points)

##### **Sportsmanship: 5 POINTS**

- This is the style the cheerleaders demonstrate. The team should be enthusiastic about the material, but should refrain from taunting or bragging gestures that are inconsistent with the team's ability to lead the crowd in support of the athletic team.

Total Points Possible: 100 POINTS

**NOTE: THE ENDING OF THE ROUTINE SHOULD BE HELD FOR A FEW SECONDS AND SAFELY DISMOUNTED WITH NO EXCESSIVE CELEBRATION.**



Lutheran Sports Association of Illinois  
Cheerleading Competition  
**OFFICIAL CHEER SCORE SHEET**



<b>SCHOOL</b> _____	<b>TEAM TOTAL</b> _____
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CITY \_\_\_\_\_ PLACEMENT \_\_\_\_\_

	POINTS	TEAM SCORE	
<b>I. COMMUNICATION</b>	<b>10</b>	//////////	<b>COMMENTS</b>
(Practicality of Material, Effectiveness of skits with music or words, Eye Contact, Facial Expressions, Crowd involvement)	<b>10</b>		
<b>II. FUNDAMENTAL SKILLS</b>	<b>50</b>	//////////	<b>COMMENTS</b>
<b>[A] MOTIONS</b> - (strong, sharp, arm levels, synchronization)	<b>10</b>		
<b>[B] DANCE</b> - (Rhythm, Creativity, Synchronization)	<b>10</b>		
<b>[C] TUMBLING / JUMPS</b>	<b>10</b>		
<b>[D] PARTNER STUNTS, PYRAMIDS</b>	<b>20</b>		
<b>III. GROUP TECHNIQUES</b>	<b>15</b>	//////////	<b>COMMENTS</b>
<b>[A] SYNCHRONIZATION</b> - (Group Timing in Motions, Stunts, Tumbling, Jumps & Dance)	<b>10</b>		
<b>[B] FORMATIONS/SPACING</b> - (Use of floor, Formation, Changes, Symmetrical Spacing )	<b>5</b>		
<b>IV. OVERALL EFFECT</b>	<b>20</b>	//////////	<b>COMMENTS</b>
<b>[A] DIFFICULTY</b> - (Degree of difficulty of Completed Skills)	<b>10</b>		
<b>[B] CROWD APPEAL</b> - (Choreography, Continuity, Transitions, Visual Effect)	<b>10</b>		
<b>V. SPORTSMANSHIP</b> - (This is the style the team demonstrates. The team should be enthusiastic about the material, but should refrain from taunting or bragging gestures.)	<b>5</b>		<b>COMMENTS</b>
<b>PENALTY</b>			<b>PENALTY POINTS ASSESSED</b>

**COMMENTS:**

Score check 1 \_\_\_\_\_ Score check 2 \_\_\_\_\_ Score check 3 \_\_\_\_\_ Judge's initials \_\_\_\_\_