
2018-2019

Oregon School Activities Association
Cheerleading Handbook



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How to find information in the Cheerleading Handbook

*This handbook can be found on the OSAA website. Wording that has been changed from previous years is indicated by **bold italic** lettering. Linked references to other sections are **shaded** and Questions and Answers are shaded.*

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1. Cheerleading State Championships Rules and Procedures

1.1. Eligibility.

- 1.1.1. School.** Schools that are registered with the OSAA to compete in cheerleading activities are eligible to participate in the Cheerleading State Championships.
- 1.1.2. Student.** Students wishing to participate in the Cheerleading State Championships must satisfy the current OSAA eligibility rules. See OSAA Handbook, [Rules, Rule 8, "Individual Eligibility"](#) for more information.
- 1.1.3. Alternates.** Each squad may bring two alternates to the Cheerleading State Championships in addition to the maximum number of participants allowed by the division constraints. Alternates must be listed on the Registration Form and shall satisfy the same eligibility requirements as other Cheerleading State Championships participants, except that alternates may be members of the junior varsity or freshman squads.
- 1.1.4. Coaches Certification.** Coaches must meet all OSAA Certification requirements, including the yearly OSAA Spirit Safety Clinic in order for their teams to be eligible. See OSAA Handbook, [Executive Board Policies, "Certification – Athletic Directors and Coaches"](#) for more information.
- 1.1.5. Penalty for use of an ineligible student.** Any school for which an ineligible student performs shall be disqualified from consideration for awards, and reported to the OSAA Executive Board for possible further sanctions and penalties.
- 1.1.6. School Representation.** Only one varsity squad from each Oregon high school shall be allowed to compete. The squad may be a combination of two or more varsity squads (i.e., football and basketball squads may be combined for the Cheerleading State Championships.)
- 1.1.7. Varsity Level Only.** In order to represent a school as a participant at the Cheerleading State Championships, a cheerleader must have participated on squads at a majority of VARSITY games for at least one season for the year.
- (a)** A cheerleader who participates on the varsity during the Winter sport season only must have participated on squads at a majority of the entire Winter sport season's contests prior to the Cheerleading State Championships in order to be eligible to represent the school at the Cheerleading State Championships.
- (b) EXCEPTION.** Alternates may be members of a school's junior varsity or freshman squad, and may replace a varsity squad member due to special circumstances (i.e., injury, illness, ineligibility of a varsity team member) if the substitution is reported to and approved by the OSAA prior to participation.
- 1.1.8. Previous Qualifying Competition.** All squads entering the Cheerleading State Championships must have competed in at least two OSAA sanctioned competitions during the school year of that Cheerleading State Championships unless a specific exception to this rule has been granted in writing by the OSAA. Performing in an exhibition does not satisfy this requirement.

The routine performed at the qualifying competition must include all or most of the team's planned two and one-half minute Cheerleading State Championships routine, including stunts and gymnastics, so that they may be reviewed by a **safety** judge prior to the Cheerleading State Championships. Neither the OCCA All-State Individual and Stunt Team Competition nor any other invitational competition allowing routines of fewer than two and one-half minutes in length or routines that do not include stunts and gymnastics may be used to satisfy the "previous qualifying competition" requirement.

1.2. State Championship Registration.

- 1.2.1.** Registration materials to be submitted include the
- (a)** Registration Form.
- (b)** Team roster.
- (c)** Team picture.
- (d)** A list of two completed OSAA sanctioned competitions with full routine.

- 1.2.2.** AD's / Coaches are responsible to meet the registration deadline, including submission of registration form, required support material and verifying accuracy of all materials prior to submission.
- 1.2.3. Deadline.** The deadline for online receipt by the OSAA of Registration Forms and supplemental materials for the Cheerleading State Championships shall be clearly marked on the Registration Forms available on the OSAA website, <http://www.osaa.org/activities/che/>
- 1.3. Entry Fees.** Neither team nor individual entry fees shall be charged to schools competing in the Cheerleading State Championships. Funds for administration of the Cheerleading State Championships shall be generated from school membership dues, activity fees, contest gate receipts and corporate sponsorship agreements.
- 1.4. Divisions.** The divisions at the Cheerleading State Championships shall include varsity level squads based upon school classification and squad gender as indicated below. NOTE: Squads with one or more male squad members shall participate in a Coeducational Division. Once Divisions have been established, changes will not be permitted.

<u>Division Title</u>	<u>Squad Size</u>	<u>Squad Gender</u>	<u>Minimum Division Entry</u>
3A/2A/1A	20 or fewer	Females	5
4A	20 or fewer	Females	5
5A	20 or fewer	Females	8
6A	20 or fewer	Females	8
Coed (Small; 1-2 males)	20 or fewer	Coeducational	8
Coed (Large; 3 or more males)	20 or fewer	Coeducational	8

- 1.5. Minimum Division Entry.** If fewer than the designated number of entries registers to compete in any given division, the division shall be combined with another division.
- 1.6. Performance Requirements.**
- 1.6.1. Content of the Routine.** Each squad shall perform a routine containing at least the following elements within the specified time limit. Elements may be presented in any order.
- (a) One cheer.
 - (b) Music Portion.
 - (c) **Penalty for Violation.** Any squad that performs a routine that does not include both of the required elements shall be disqualified from consideration for awards.
- 1.6.2. Time Limit.** A two and one-half minute maximum time limit shall be allowed each squad; there shall be no minimum time limit. The timing shall begin at the first word, motion or note of music; timing shall end when the advisor or designee signals the timekeeper.
- (a) Entrances on to the performance floor are neither timed nor judged. To help keep the Cheerleading State Championships on schedule, it is requested that teams be prepared to take the floor immediately when introduced, and to vacate the floor quickly at the conclusion of the performance.
 - (b) **Penalty for Violation.** Any squad whose performance exceeds the maximum time limit shall have points deducted from the final average score prior to determining placement based on the following graduated scale:
 - (1) 1-3 seconds over = 3-point deduction from the final average score.
 - (2) 4-6 seconds over = 5-point deduction from the final average score.
 - (3) More than 6 seconds over = 10-point deduction from the final average score.
- 1.6.3. Safety Rules.** Squads are required to conform to the rules set forth in the current National Federation Spirit Rules Book. Copies of the Rules Book are available for purchase from the OSAA, and should be reviewed carefully prior to the Cheerleading State Championships.
- (a) **Penalty for Violation.** Any squad that performs a stunt in violation of the rules set forth in the current National Federation Spirit Rules Book shall have 10 points, 5 points, or 3 points deducted at the discretion of the *safety* judges from the final average score prior to determining placement.

(b) Tumbling and Stunt Faults. The *safety* judges shall deduct 1 for each fall from a stunt, deduct 1 for each landing of tumbling on anything other than the feet and deduct 1 for each head or body part hitting the floor during or after a tumbling trick. Tumbling and stunt fault deductions shall be subtracted from the total score prior to determining placement.

(c) Toss Faults. The *safety* judges shall deduct 1 for each toss fault. Toss fault deductions shall be subtracted from the total score prior to determining placement.

1.6.4. Participation Requirements. Squad members performing at the Cheerleading State Championships must start and remain on the competition mat during the performance. No member may exit the mat unless they are removing themselves from the performance. Once a participant exits the performance area, they cannot return to the competition.

1.6.5. Sportsmanship/Conduct Rules. Squads are required to conform to the Sportsmanship/Conduct rules set forth in the current National Federation Spirit Rules Book. Copies of the Rules Book are available for purchase from the OSAA, and should be reviewed carefully prior to the Cheerleading State Championships.

Penalty for Violation. If the *safety*

judges or competition staff determine that a participant, coach, substitute, trainer or other person affiliated with a team commits an unsporting act as set forth in the current National Federation Spirit Rules Book. The team shall have 10 points deducted from the final total score prior to determining placement.

1.6.6. Props. Pom-poms, megaphones, hand-held signs and flags or the equivalent are the only acceptable props.

Penalty for Violation. Any school using props other than pom-poms, megaphones, hand-held signs and flags or the equivalent shall have 10 points deducted from the final total score prior to determining placement.

1.6.7. Spotters. Qualified and experienced spotters shall be provided on the performance floor to help reduce the chance of injury to participants.

1.6.8. Practice Area. When feasible, a supervised practice area shall be maintained at which all squads shall be scheduled for equal practice time. A separate supervised practice area shall be available for warming up tosses.

(a) Teams shall not practice stunts in the team rooms, nor shall teams practice on the actual performance floor prior to the Cheerleading State Championships or during breaks.

(b) Penalty for Violation. Any team practicing stunts in the team rooms, or practicing on the actual performance floor prior to the Cheerleading State Championships or during breaks shall have 10 points deducted from the final total score prior to determining placement.

1.7. Determination of Rules Violations. The OSAA representative (or designee) at the Cheerleading State Championships has the authority and responsibility to determine if the Cheerleading State Championships rules have been violated. If it is determined that a Cheerleading State Championships rule has been violated, the consequence listed in the "Penalty for Violation" section following each rule shall be imposed upon the offending school.

The decision by the OSAA representative (or designee) regarding violations and deductions is final and is not open to review, debate or appeal.

1.8. Performance Procedures.

1.8.1. Music. Music should be recorded on a high-quality CD or iPod. Recordings should be labeled with the name of the school, and the music should start at the beginning. A squad representative shall be responsible for starting and stopping the recording during the routine; the volume shall be controlled by the venue technician. The squad representative should have a "back-up" recording in-hand in case of the failure of the original.

1.8.2. Performance Order. The order of performances shall be randomly drawn by the OSAA prior to the Cheerleading State Championships and posted on the OSAA website, <http://www.osaa.org/activities/che/>

1.8.3. Performance Surface. A cheerleading mat shall be required for all levels of competition.

1.9. Judges**1.9.1. Qualifications**

- (a) Judges must be out of high school for at least three years or have been recommended by their coach.
- (b) Judges must be currently unaffiliated with any participating squad in the division they are judging.
- (c) Judges must have experience as cheerleading coaches, squad members and / or camp instructors and must have completed the OCCA Judges' Workshop.

1.9.2. Selection. Judges for the Cheerleading State Championships shall be nominated by the OCCA and approved by the OSAA.

1.10. Determination of Winners. The Official Scorer shall compute the score for each squad by computing the total of the judges' scores.

1.10.1. Deductions due to violations, if any, shall be subtracted from the total score prior to determining placement.

1.10.2. The highest total score in each division shall be first, the second highest score shall be second, and so on.

1.10.3. In the case of a tie, duplicate trophies shall be awarded for that position, and the following position shall not receive an award.

1.11. Awards. School awards shall be provided to 50% of the teams in a division up to a maximum of five awards per division. Individual medallions shall be provided to the members of the top two squads in each division.

2. Other Cheerleading Competitions

2.1. Sanctioning. Any organization wishing to host a cheerleading competition in the state of Oregon must apply for sanction of the competition by the OSAA. Form is available for download from the OSAA website, <http://www.osaa.org/activities/che/>.

2.1.1. NO OSAA MEMBER SCHOOL MAY ATTEND A CHEERLEADING COMPETITION IN OREGON, WHICH HAS NOT RECEIVED OFFICIAL SANCTION BY THE OSAA PRIOR TO THE CONTEST. Schools wishing to confirm sanction of a specific event may consult the "OSAA Sanctioned Cheer Competition Calendar" on the OSAA website, <http://www.osaa.org/activities/che/>.

2.1.2. Timeline. Any school or organization may submit a single Sanction Application for the following school year by March **29** of the preceding school year after which the OSAA shall post a preliminary calendar on the OSAA website with events received prior to March **29** being the only events listed. If more than one sponsor has requested the same date, sanctions shall be granted using the criteria listed below. Following the release of the preliminary calendar, OSAA will consider other requests for sanctioned events to be added to the calendar.

Incomplete sanction applications (missing location, etc.) shall not be accepted.

2.1.3. Maximum number of events per date. The OSAA shall grant a maximum of TWO event sanctions for any particular date with the option of a third competition on a particular date at the discretion of the OSAA and the Advisory OCCA Calendar Subcommittee.

If more than two contest sponsors request sanction for events on the same date, sanctions shall be granted to only two contests except as indicated above using the following criteria the order of priority listed:

- (a) Priority shall be given to events for which the sponsor has previously hosted a contest on that date. In order to receive priority, the event must have actually been held the previous year (with the exception of a weather-related cancellation), and the previous host shall be required to apply for an event sanction by April 1 prior to the school year during which the event is to be held.
- (b) To the extent possible, avoid sanctioning more than one contest in the same region of the state on the same date.
- (c) Priority shall be given to sponsors from whom the fewest requests for sanction have been received this season.

- 2.1.4. Advisory OCCA Calendar Subcommittee.** A subcommittee of the Oregon Cheerleading Coaches Association (OCCA) Executive Board shall advise the OSAA in resolving cheerleading date conflicts, but the OSAA shall retain final decision-making authority.
- 2.2. Required Contest Conditions.** Organizations applying for OSAA sanction shall agree to the following contest conditions.
- 2.2.1. Safety Rules.** Participating squads must be required to conform to the rules set forth in the current National Federation Spirit Rules Book.
- 2.2.2. Eligibility.** Participating squads must represent high schools registered with the OSAA to compete in cheerleading, and the individual squad members must satisfy the OSAA student eligibility rules for cheerleading. The signature of the school principal on the Registration Form for the competition shall constitute fulfillment of this requirement.
- 2.2.3. Rules Interpretations.** An OSAA representative or designee shall be named as **Safety** Judge prior to the competition. That person or a committee formed by that person shall be the only and final interpreter of the safety rules at the competition.
- A decision of the Safety Judge is final and is not open to review, debate or appeal.**
- 2.2.4. Judges.** Judges for locally sponsored contests (including the **Safety** Judge) shall be assigned from the "OCCA Judges List" available from the current OCCA Judge Coordinator. Any exception must be granted in writing by the OSAA.
- Scores assigned by the Performance Judges are final and are not open to review, debate or appeal.**
- 2.2.5. Spotters.** At least two qualified and experienced spotters shall be provided on the performance floor by the competition sponsor to help reduce the chance of injury to participants, and shall be assigned from the "OCCA Spotter List" available from the OCCA Spotter Coordinator. In addition, a team with multiple stunt groups may also provide a designated team member or coach to serve as a spotter to help reduce the chance of injury to participants so long as the additional spotter does not coach the team from the floor while serving as a spotter.
- 2.2.6. Performance Surface.** A wrestling or cheerleading mat is required for all levels of competition.
- 2.2.7. Awards.** Students may only accept awards of a symbolic nature without resale value such as letters, medals, ribbons, certificates, plaques, trophies and other emblems. Awards with monetary or resale value must be presented to the school.
- 2.3. Contest Recommendations.** The following are suggestions which sponsoring organizations may wish to include in their competitions.
- 2.3.1.** Coaches appreciate a short meeting on the morning of the competition to introduce competition personnel, answer last minute questions, etc.
- 2.3.2.** Depending upon the quantity of squads entered, divisions may be subdivided based upon school size, squad size and / or squad gender.
- 2.3.3.** Coaches appreciate having score sheets and specific competition results available to them immediately following the competition.

OSAA/OCCA Building Rubric

STUNT DIFFICULTY

0.0-1.9					
Inversions	Stunts	Twisting Transitions	Other Transitions	Dismounts	Partner Stunts
non-released inversion FROM below prep level stunt (load, shoulder sit, etc)	2-footed prep level and below group stunt	up to 1/4 twist TO 2-footed prep level stunt		straight cradle from group stunt	shoulder sits or other comparable partner stunt
	1-footed prep level and below group stunt (lib/torch or arabesque)	up to 1/2 twist (non-released) FROM prep level group stunt		up to 1/4 twist dismount from prep level group stunt	
				up to 1/2 twist dismount from below prep level group stunt	
2.0-3.9					
Inversions	Stunts	Twisting Transitions	Other Transitions	Dismounts	Partner Stunts
non-released inversion TO below prep level stunt	2-footed extended group stunt	up to 1/2 twist TO 2-footed prep level stunt		full twist dismount from 2-footed prep level group stunt	chair sits or other comparable partner stunt
	1-footed prep level group stunt variations (stretch, scorpion, scale, bow, etc)	full twist FROM 2-footed prep level group stunt		up to 1/2 twist dismount from 1-footed prep level group stunt	
		up to 1/2 twist (non-released) FROM 1-footed prep level group stunt			
4.0-5.9					
Inversions	Stunts	Twisting Transitions	Other Transitions	Dismounts	Partner Stunts
non-released inversion TO 2-footed prep level group stunt	1-footed extended group stunt (lib/torch or arabesque)	up to 1/2 twist TO 2-footed extended level group stunt	tic/switch up TO 1-footed prep level group stunt	full twist dismount from 2-footed extended level group stunt	hands/prep level and other comparable partner stunt
released inversion TO below prep level group stunt		full twist TO 2-footed prep level group stunt		up to 1/2 twist dismount from 1-footed extended level group stunt	
foldover non-released inversion FROM up to extended level group stunt		full around FROM any prep level group stunt TO any prep level group stunt		full twist dismount from prep level partner stunt	
		up to 1/2 twist TO 1-footed prep level stunt			
		full twist (non-released) FROM 2-footed extended level group stunt			
		up to 1/2 twist (non-released) FROM 1-footed extended level group stunt			
		full twist (non-released) FROM 1-footed prep level group stunt			
6.0-7.9					
Inversions	Stunts	Twisting Transitions	Other Transitions	Dismounts	Partner Stunts
non-released inversion TO 2-footed extended level group stunt	1-footed extended group stunt variation (stretch, scorpion, scale, bow, etc)	full twist TO 2-footed extended group stunt	tic/switch up TO extended 1-footed group stunt	full twist dismount from 1-footed extended level group stunt	2-footed extended and other comparable partner stunts
non-released inversion TO 1-footed prep level group stunt		up to 1/2 twist TO 1-footed extended group stunt	tic/switch up with up to 1/2 twist TO extended 1-footed group stunt	full twist dismount from 2-footed extended level partner stunt	
released inversion TO 2-footed prep level group stunt		full around FROM any prep level group stunt TO any extended level group stunt			
		full twist (non-released) FROM 1-footed extended level group stunt			
		up to 1 1/2 twist (non-released) FROM 2-footed extended level group stunt			
8.0-10.0					
Inversions	Stunts	Twisting Transitions	Other Transitions	Dismounts	Partner Stunts
non-released inversion TO 1-footed extended level group stunt		full twist TO 1-footed extended group stunt	low to high tic toc TO extended 1-footed group stunt	full twist with additional skill dismount from 1-footed group stunt	1-footed extended and other comparable partner stunt
released inversion TO 1-footed prep level group stunt		1 1/2 twist TO 2-footed group stunt	tic/switch up with more than 1/2 twist TO extended 1-footed group stunt	full twist dismount from 1-footed extended partner stunt	
		full around FROM any extended level group stunt TO any extended level group stunt			
		More than one twist (non-released) FROM 1-footed extended level group stunt			
		more than 1 1/2 twist (non-released) FROM 2-footed extended level group stunt			

* At least three skills from the majority of the stunt groups must be performed in order to score in that difficulty range. Skills may not be repeated to get into that range. The variety and creativity of load-ins, transitions, stunts, and dismounts will move the score through that range. The paced/speed of skills performed can affect difficulty.

* Stunt majority is 51% of the maximum number of stunts that can be performed based on a traditional group of four people. Teams of eight or nine have a stunt majority of one group.

* Majority of the team (51%) will get a team into range. Most of the team (75%) will get a team further through the range and All of the team (100%) will drive a team through the range.

OSAA/OCCA Building Rubric

PYRAMID DIFFICULTY

0.0-1.9	At least 1 STRUCTURE and 1 TRANSITION, transition must be a twist, release or inversion (one of these skills)
2.0-3.9	At least 1 STRUCTURE and 2 TRANSITIONS, transitions must be a twist, release or inversion (two out of three of these skills), all structures need to include a 2 footed extended level stunt
4.0-5.9	At least 2 STRUCTURES and 2 TRANSITIONS, transitions must be a twist, release or inversion (two out of three of these skills), at least one structure needs to include a 1 footed extended level stunt
6.0-7.9	At least 2 STRUCTURES and 3 TRANSITIONS, transitions must be a twist, release or inversion (all three of these skills), all structures need to include either a 1 footed extended level stunt or connected extended stunts
8.0-10.0	At least 3 STRUCTURES and 4 TRANSITIONS, transitions must be a twist, release or inversion (all three of these skills), all structures need to include a 1 footed extended stunt and one structure needs to include a majority of the stunts to be 1 footed extended stunts

- * Exact skills may not be repeated to get into that range. Transitions also include load ins and dismounts. The pace/speed of skills performed can affect difficulty.
- * Stunt majority is 51% of the maximum number of stunts that can be performed based on a traditional group of four people. Teams of eight or nine have a stunt majority of one group.
- * Skills with comparable difficulty can be used to score in a certain range (i.e. an extended two footed partner stunt can be used in place of an extended 1-footed group stunt)
- * Majority of the team (51%) will get a team into range. Most of the team (75%) will get a team further through the range and All of the team (100%) will drive a team through the range.

TOSS DIFFICULTY

0.0-1.9	Basic straight ride toss
2.0-3.9	Single Skill Toss
4.0-5.9	Multi Skill Toss without a Twist, 360 toss (Single Twist group)
6.0-7.9	Single Skill Toss with a Single Twist
8.0-10.0	Multi Skill Toss with a Single Twist

- * A team must perform one group toss that includes at least majority (51%) of the and ONE additional toss in order to score in the high end of the range. Majority is the maximum number of tosses that can be performed based on a traditional group of four people. A team with LESS than 10 members only has to perform a group toss to score in the high range. A group toss happens in the same section of a routine (at the same time or rippled).
- * Tosses in the group toss do not have to be the same skill, but the least difficult toss performed in the group toss determines the difficulty range. The additional toss does not have to be of the same difficulty to continue scoring in that range. A variety of tosses will score higher than doing the same tosses throughout the routine.
- * Majority of the team (51%) will get a team into range. Most of the team (75%) will get a team further through the range, and All of the team (100%) will drive a team through the range.

BUILDING (STUNT, PYRAMID, TOSSES) EXECUTION

1-7	Poor technique, placement, flexibility and synchronization. Tosses have low height and poor body control, synchronization and execution
8-11	Standard technique, placement, flexibility and synchronization. Tosses have standard height and average body control, synchronization, and execution
12-15	Nearly perfect to perfect technique, placement, flexibility and synchronization. Tosses have strong height and above average body control, synchronization and execution

- * If you do not meet the requirements to score in a range, you will score 0.50 in difficulty and be accurately rewarded for the execution of the skills performed.
- * Judges may use creativity in transitions and dismounts to influence scores within point ranges. Full participation from maximum number of possible stunt groups could increase value of skill within the range.
- * Group stunts have 3+ bases and partner stunts have 1-2 bases
- * Scores are based on performances at that day's event compared to other teams in each division. Scores may change from event to event

OSAA/OCCA Cheerleading Score Sheet



BUILDING SKILLS



Team: _____ Division: _____ Judge # _____

STUNT DIFFICULTY
 0...1...2...3...4...5...6...7...8...9...10 Total (25)

STUNT EXECUTION
 0...1...2...3...4...5...6...7...8...9...10...11...12...13...14...15

PYRAMID DIFFICULTY
 0...1...2...3...4...5...6...7...8...9...10 Total (25)

PYRAMID EXECUTION
 0...1...2...3...4...5...6...7...8...9...10...11...12...13...14...15

TOSS DIFFICULTY
 0...1...2...3...4...5...6...7...8...9...10 Total (25)

TOSS EXECUTION
 0...1...2...3...4...5...6...7...8...9...10...11...12...13...14...15

Total (75)

COMMENTS

OSAA/OCCA Tumbling & Jump Rubric

STANDING TUMBLING DIFFICULTY

0.0-1.9
Skills such as forward rolls, backward rolls, cartwheels
2.0-3.9
Skills such as front walkovers, back walkovers, back extension rolls, handstand forward rolls
4.0-5.9
Skills such as BHS, series BHS
6.0-7.9
Skills such as series BHS to tuck, standing tucks
8.0-10.0
Skills such as series BHS to layout/layout variations, series BHS to fulls, standing fulls

* TWO standing tumbling sections are required in order to drive through the range, one of which must be a jump/tumble combination. The standing tumbling not connected to a jump determines the difficulty range and the jump/tumble combination drives a team through that range. The jump/tumble combo does not have to be of the same difficulty to keep a team in a range. The jump/tumble combo can be used to hit the criteria for the jump section as well.

* The point ranges are for specific skill sets performed by the MAJORITY of the team. Recycling of skills can be done in order for teams to hit majority.

* Majority of the team (51%) will get a team into range, Most of the team (75%) will get a team further through the range, and All of the team (100%) will drive a team through the range.

* A jump/tumble combo does not count as a recycled tumbling skill to hit your standing tumbling range.

RUNNING TUMBLING DIFFICULTY

0.0-1.9
Skills such as cartwheels, roundoffs
2.0-3.9
Skills such as front walkovers, round off + skill (i.e. jump, bwo, rebound turn forward roll, ect)
4.0-5.9
Skills such as round off BHS or series BHS or front tumbling through round off BHS or series BHS
6.0-7.9
Skills such as round off tuck, round off BHS tuck, specialty skills through to round off BHS tuck
8.0-10.0
Skills such as round off BHS layout/layout variations, specialty skills through to round off BHS layout/layout variations, round off BHS full, specialty skills through to round off BHS full

* The point ranges are for specific skill sets performed by a MAJORITY of the team. Specialty skills include front walkovers, front handsprings, whips, arabians, bounding skills, etc. Recycling of skills can be done in order for teams to hit majority.

* Majority of the team (51%) will get a team into range, Most of the team (75%) will get a team further through the range, and All of the team (100%) will drive a team through the range.

JUMP DIFFICULTY

0.0-1.9
Beginner jumps such as straight jumps, tucks, stars, etc.
2.0-3.9
Single intermediate/advanced jumps with no combinations or connections
4.0-5.9
Two connected intermediate/advanced jumps with variety
6.0-7.9
Three connected intermediate/advanced jumps with variety OR two connected intermediate/advanced jumps with variety and one additional jump
8.0-10.0
Four connected intermediate/advanced jumps with variety OR three connected intermediate/advanced jumps with variety and one additional jump

* Intermediate jumps include side hurdler, herkie, toe touch. Advanced jumps include front hurdler, pike, double nine (difficulty and variation scores higher).

* Variety means at least two different jumps

* The point ranges are for specific skill sets performed by a MAJORITY of the team. If a team fails to do one component in a difficulty range, their score will drop to the next lowest difficulty range.

* In order to be considered connected, a whip (continuous) approach must be used.

* Majority of the team (51%) will get a team into range, Most of the team (75%) will get a team further through the range, and All of the team (100%) will drive a team through the range.

* Jumps cannot be recycled to get into a specific difficulty range.

TUMBLING & JUMP EXECUTION

1-7
Poor technique, precision, low power, slow and/or weak strength. Majority of the team struggles with technique and execution. Jumps have poor height & chest position, below level flexibility, poor landing position & motion placement. Majority of the team displays technique and/or timing issues.
8-11
Standard technique, precision, power, speed, and strength. Several team members struggle with technique and execution. Jumps have standard height & chest position, level flexibility, standard landing position & motion placement. Some of the team displays technique and/or timing issues.
12-15
Nearly perfect to perfect technique & precision with advanced power, speed and strength. Few to no team members struggle with technique and execution. Jumps have strong height & chest position, hyper extended flexibility, strong landing position & motion placement. Few to no team members display technique and/or timing issues.

* If you do not meet the requirements to score in a range, you will score 0.50 in difficulty and be accurately rewarded for the execution of the skills performed.

* Scores are based on performances at that day's event compared to other teams in each division. Scores may change from event to event

OSAA/OCCA Cheerleading Score Sheet



TUMBLING/JUMPS



Team: _____ Division: _____ Judge # _____

STANDING TUMBLING DIFFICULTY
 0...1...2...3...4...5...6...7...8...9...10 Total (25)

STANDING TUMBLING EXECUTION
 0...1...2...3...4...5...6...7...8...9...10...11...12...13...14...15

RUNNING TUMBLING DIFFICULTY
 0...1...2...3...4...5...6...7...8...9...10 Total (25)

RUNNING TUMBLING EXECUTION
 0...1...2...3...4...5...6...7...8...9...10...11...12...13...14...15

JUMP DIFFICULTY
 0...1...2...3...4...5...6...7...8...9...10 Total (25)

JUMP EXECUTION
 0...1...2...3...4...5...6...7...8...9...10...11...12...13...14...15

Total (75)

COMMENTS

OSAA/OCCA Overall Rubric

FORMATIONS/TRANSITIONS

1-3
Basic formations with little to no variety and multiple spacing issues. Basic transitions, little to no creativity and choppy flow across sections.
4-7
Intermediate formations with little variety and some spacing issues. Standard transitions with some creativity. Some issues with the flow of the routine.
8-10
Advanced formations with a good amount of variety and little to no spacing issues. Advanced transitions that include strong creativity. Flow has few to no issues.

ROUTINE MOTIONS

1-3
Basic motions with little variety. Poor technique and/or placement issues.
4-7
Advanced motions with some variety. Standard technique and/or placement issues.
8-10
Advanced motions with much variety. Few to no technique and/or placement issues.

** Motions are being judged throughout the routine. This could include, but is not limited to, stunts, jumps, motion sections, and/or cheer.*

CROWDLEADING

1-3
Little to no attempt to lead the crowd. Ineffective use of props. Basic pace/flow. Low vocal level and clarity.
4-7
Some crowdleading. Average effectiveness of props. Intermediate pace/flow. Standard vocal level and clarity.
8-10
Strong crowdleading. Effective use of props. Advanced pace/flow. Strong vocal level with clear, understandable words.

** Props can include, but are not limited to, signs, poms, flags, megaphones, etc. All forms of props are not necessary to score high in this category.*

CHEER INCORPORATIONS

1-3
Little to no incorporation of skills. Ineffective use of skills. Basic visual effects.
4-7
Some incorporation of skills. Average effectiveness of skills. Intermediate visual effects.
8-10
Strong incorporation of skills. Effective use of skills. Advanced visual effects.

** Skills can include, but are not limited to, stunts, jumps and tumbling. All types of skills are not necessary to score high in this category.*

DANCE

1-3
Basic skills with little use of total body, floor work, and level changes. Performed at a slow pace. Poor technique, placement and synchronization.
4-7
Intermediate skills with some use of total body, floor work, level changes and formation changes. Performed at a moderate pace. Standard technique, placement, and synchronization.
8-10
Advanced skills using total body, floor work, level changes and formation changes with some creative and visual elements. Performed at a fast pace. Nearly perfect to perfect technique, placement, and synchronization.

SHOWMANSHIP/PERFORMANCE

1-3
Little to no facial projection, eye contact, energy, confidence and/or recoveries.
4-7
Some facial projection, eye contact, energy, confidence and/or recoveries.
8-10
Strong facial projection, eye contact, energy, confidence and/or recoveries.

ROUTINE CREATIVITY

1
Little to no creative elements throughout routine.
2-3
Some creative elements throughout routine.
4-5
Strong creative elements throughout routine.

** Scores are based on performances at that day's event compared to other teams in each division. Scores may change from event to event*

OSAA/OCCA Cheerleading Score Sheet



OVERALL ROUTINE



Team: _____ Division: _____ Judge # _____

FORMATIONS/TRANSITIONS
0...1...2...3...4...5...6...7...8...9...10

ROUTINE MOTIONS
0...1...2...3...4...5...6...7...8...9...10

CROWDLEADING
0...1...2...3...4...5...6...7...8...9...10

CHEER INCORPORATIONS
0...1...2...3...4...5...6...7...8...9...10

DANCE
0...1...2...3...4...5...6...7...8...9...10

SHOWMANSHIP/PERFORMANCE
2...1...2...3...4...5...6...7...8...9...10#

ROUTINE CREATIVITY
0...1...2...3...4...5

COMMENTS

Total (65)