



# Cheerleading Rules & Regulations Manual

*Kentucky Cheerleading Competitions will run according to the rules within this manual.*



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## **SPECIAL OLYMPICS KENTUCKY CHEERLEADING SPORT MANAGEMENT TEAM**

SOKY would like to recognize the following individuals for serving on the Cheerleading SMT. Team members will be assisting at the Regional and State Competitions, evaluating the Cheerleading program and assisting in the future development of SOKY Cheerleading.

Please feel free to call any member of the Team if you should have any questions or comments.

Kim Satterwhite	(Frankfort)	(502) 695-8222
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# SPECIAL OLYMPICS KENTUCKY CHEERLEADING

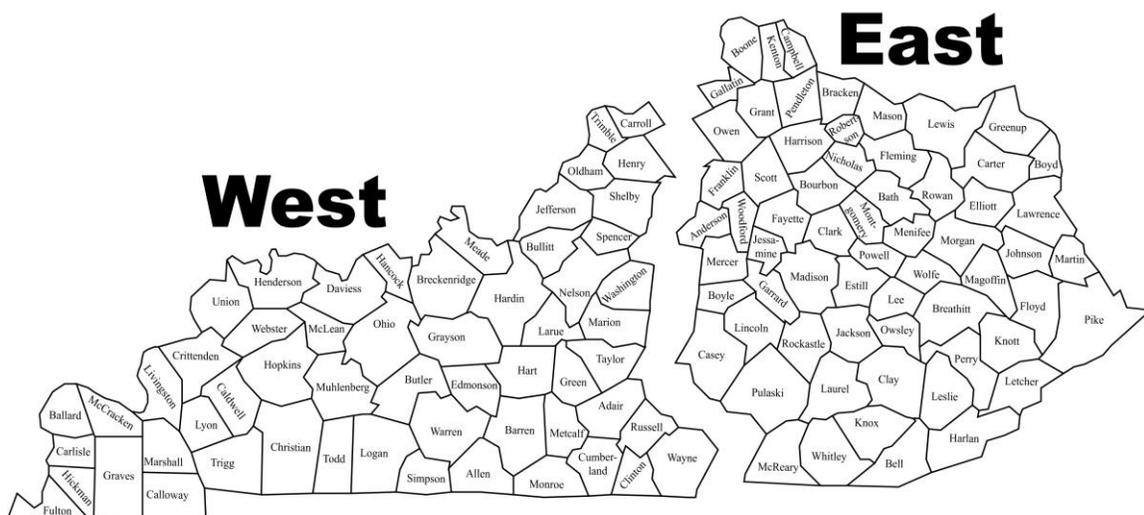
## PURPOSE:

The purpose of Cheerleading is to be a supportive unit to the basketball team and to show leadership, sportsmanship and pride for the team.

The competition is open to all cheerleading squads - even those who do not have a basketball team to support.

All squads **must** participate in their assigned Regional Cheerleading Competition, in order to qualify for the State Cheerleading Competition. Typically the Regional Cheerleading Competition will be held in late January/early February. Squads must register with the **State** Office in advance.

The State Competition is usually held on a Saturday in late February/early March. Squads must register with the **State** Office in advance.



# DIVISIONS/ DIVISION REQUIREMENTS

Sponsors/coaches are to register their squads in one of the following divisions:

1) Beginner 2) Intermediate 3) Advanced 4) Unified **OR** 5) Elite

## **1) BEGINNER DIVISION – Level 1**

- a. Squads in this division must perform a **non-gymnastic** cheer (refer to definition of non-gymnastics cheer).
- b. There will be no time limit in this division.
- c. **NO** music will be allowed during the performance of this cheer.
- d. **NO** signs or props may be used during the cheer.
- e. Pom-Pons are not allowed during the cheer.
- f. Coach/Sponsor may place the athletes in their proper position on the floor, but may **NOT** be on the floor once the performance begins. Coach/Sponsor may give **verbal or physical** cues from the sideline if needed. (Coaches/Sponsors must be out of the judges' view).
- g. Squad size is limited to a minimum of 5 up to a maximum of 16.
- h. All squads **must** participate in a Regional Cheerleading Competition, in order to qualify for the State Cheerleading Competition held in March.
- i. 'One squad' divisions must score within 20% of the judge's maximum points possible (five judges and you automatically drop the lowest and highest score) to receive first place. A score less than the minimum will earn second place.

## **2) INTERMEDIATE DIVISION**

- a. Squads in this division must perform one **sideline chant (performed first)** and either a **gymnastic cheer** or a **non-gymnastic cheer**. (Refer to definitions) ***Must have at least one formation change during the cheer.***
- b. There will be no time limit in this division.
- c. **NO** music will be allowed during the performance of the sideline chant or the cheer.
- d. **NO** signs or props may be used during the cheer.
- e. Pom-Pons are not allowed during the cheer.
- f. Coach/Sponsor may place the athletes in their proper positions on the floor but may **NOT** be on the floor once the performance begins. Coach/Sponsor may give **verbal** cues from the sideline if needed. (Coach/Sponsor **must** be out of the judge's view).
- g. Squad size is limited to a minimum of 5 up to a maximum of 16.
- h. All squads **must** participate in a Regional Cheerleading Competition, in order to qualify for the State Cheerleading Competition held in March.
- i. 'One squad' divisions must score within 20% of the judge's maximum points possible (five judges and you automatically drop the lowest and highest score) to receive first place. A score less than the minimum will earn second place.

### **3) ADVANCED DIVISION – Level 2**

- a. Squads in this division must perform one cheer, either a gymnastic or a non-gymnastic cheer and a pom-pon routine. (Refer to definitions) ***Must have at least one formation change during the cheer and the pom-pon routine.***
- b. Squads may choose their own music and must be suitable for family listening. Music must be operated by a coach from your squad. Timing of the music will be on the first motion by squad member(s) not when the music starts.
- c. The pom-pon routine **must** be performed to music and pom-pons **must** be used. (Music of choice)
- d. **Signs may be used in the cheer only.**
- e. There will be a 1 minute time limit on the cheer and a 2-minute time limit on the Pom-Pon routine.
- f. Coach/Sponsor may place the athletes on the floor but may **NOT** prompt or cue their squad in any way once the performance begins.
- g. Squad size is limited to a minimum of 5 up to a maximum of 16.
- h. All squads **must** participate in a Regional Cheerleading Competition, in order to qualify for the State Cheerleading Competition held in March.
- i. 'One squad' divisions must score within 20% of the judge's maximum points possible (five judges and you automatically drop the lowest and highest score) to receive first place. A score less than the minimum will earn second place.

#### **Advanced Division Penalty Points**

- a. Any squad exceeding the time limit of two minutes on the pom-pon routine will lose 15 points per judge.
- b. Any squad exceeding the time limit of one minute on the cheer portion of the routine will lose 15 points per judge.

## 4) UNIFIED DIVISION – Level 3

**Unified Sports** is a program, which provides individuals with intellectual disabilities and individuals without intellectual disabilities have the opportunity to train and compete together on sports teams. The purpose of the program is to provide an environment in which all participants can improve sports skills through training and competition. Unified Sports is most successful when athletes and partners are matched according to ability and age. Unified Sports is an important program because it expands sports opportunities for athletes and partners seeking new challenges. In addition, Unified Sports increase inclusion in the community by helping to break down barriers that have historically kept people with and without mental retardation apart. Unified Sports was created and developed by Special Olympics to help further the overall mission of Special Olympics.

- 1) Squads must perform a two minute routine that incorporates both music and a cheer. The routine may include gymnastics, pyramids and a sideline chant. Squads may choose their own music and must be suitable for family listening. Music must be operated by a coach from your squad. Timing of the music will be on the first motion by squad member(s) not when the music starts. The music portion of the routine must **not** exceed one minute, but must be at **least** 45 seconds long.
  - a. The make-up of the routine is at the coach's discretion, (i.e. whether to start with the dance or cheer).
  - b. There **must** be a sideline chant incorporated to make the transition from cheer to dance or vice versa.
  - c. The cheer **must** be a gymnastic cheer and follow the gymnastic cheer guidelines defined in this manual.
  - d. There **must** be a jump in the cheer.
  - e. **Signs may be used in the cheer only.**
  - f. You may choose your own music. It must be put together and operated by a coach from your squad.
  - g. Timing of the music will be on the first motion by squad member(s) not when the music starts.
  - h. There will be **NO verbal or physical** coaching from the sideline. Partners can assist in placing athletes on the floor in the first formation, if needed.
  - i. All squads **must** participate in a Regional Cheerleading Competition, in order to qualify for the State Cheerleading Competition held in March.
  - j. **NO** mount can be more than 2 people high (safety purposes).
  - k. A jump **MUST** be performed in both the non-gymnastic cheer and the gymnastic cheer. One person or everyone can do the jump.
  - l. No gymnastics or props can be used in the Pom-Pon Routine. You can use motions, jumps and dance steps. (Refer to definitions).
  - m. Signs may be used in the cheer only.
  - n. At State Competition, athletes may **NOT** participate in both Unified and Traditional divisions.
  - o. 'One squad' divisions must score within 20% of the judge's maximum points possible (five judges and you automatically drop the lowest and highest score) to receive first place. A score less than the minimum will earn second place.

### **Unified Division Penalty Points**

- a. Any squad exceeding the time limit of two minutes will lose 15 points per judge.
- b. Any squad failing to have at least 45 seconds of music will lose 15 points per judge.
- c. Any squad who participates with more partners than Special Olympics Athletes will receive participation ribbons and will not be considered for place awards.
- d. Any coach, parent or assistant demonstrating the routine while the squad is performing, will result in 25 points per judge deduction to the squad.
- e. Any squad failing to perform a jump in the cheer portion of the routine will lose 10 points per judge.
- f. Any squad failing to perform a sideline chant in their routine will lose ten points per judge.
- g. Coaches, parents and/or assistants are **NOT** allowed on the floor once the squad has been called to the floor. If this occurs, a 10 point deduction per judge will be deducted. (In cases of an emergency, a coach and/or parent may come to the floor).

### **Squad Members**

A maximum of 11 athletes and a maximum of 10 unified partners (21 total per quad). SOKY athletes must exceed or be equal to the number of unified partners.

***Any squad that does not abide by this ruling, will be disqualified and receive participation ribbons at Regional and/or State Competition. Rosters that are not in compliance will not be accepted.***

**Squad size is limited to a minimum of 5 up to a maximum of 21.**

1. If at any time during competition, the number of Unified Partners exceeds the number of Special Olympics athletes; the squad will compete for participation ribbons only. There will be **NO** exceptions to this rule! **Registration forms will not be accepted without the proper ratio of athletes and unified partners.**

## **5) Elite Division – Level 4**

***This level is intended for squads who train year-round and are committed to the additional practice needed to prepare for competition at this level. These squads MUST also have sufficient and qualified personnel who understand and practice safety protocol.***

- 1) Squads must perform a two and a half-minute routine that incorporates both music and a cheer. The routine must have gymnastics, pyramids and a transition sideline. Squads may choose their own music and must be suitable for family listening. Music must be operated by a coach from your squad. Timing of the music will be on the first motion by squad member(s) not when the music starts. The music portion of the routine must not exceed the two and a half minutes, but must be at least 45 seconds long.
  - a. The make-up of the routine is at the coaches discretion, (i.e. whether to start with the dance or cheer).
  - b. There must be a sideline chant incorporated to make the transition from cheer to dance or vice versa.

- c. The cheer must be a gymnastic cheer and follow the gymnastic cheer guidelines defined in this manual.
- d. AT LEAST TWO jumps MUST be performed in the routine.
- e. You may choose your own music. It must be put together and operated by a coach from your squad.
- f. Timing of the music will be on the first motion by squad member(s) not when the music starts.
- g. COACH MAY COACH FROM THE SIDELINE AND YOU MUST HAVE AT LEAST 2 SPOTTERS ON THE FLOOR AT ALL TIMES.
- h. There will be NO flip dismounts.
- i. All squads must participate in a Regional Cheerleading Competition, in order to qualify for the State Cheerleading Competition held in March.
- j. NO mount can be more than 2 people high (safety purposes).
- k. Signs and pom-poms can be used in the routine.
- l. Squads must be associated with a gym. (A facility that focuses on health, wellness, gymnastics, cheerleading, etc.)
- m. Athletes can only participate on one squad.
- n. 'One squad' divisions must score within 20% of the judge's maximum points possible (five judges and you automatically drop the lowest and highest score) to receive first place. A score less than the minimum will earn second place.

### **Safety Issues**

- a. Must have at least two spotters on the floor at all times.
- b. All coaches must be certified in the sport of Cheerleading by Special Olympics Kentucky.

### **Squad Members**

1. Squad members must be composed of all Special Olympics athletes.
2. Squad size is limited to a minimum of 10 up to a maximum of 24.

### **Elite Penalty Points**

- a. Any squad exceeding the time limit of two and a half minutes will lose 15 points per judge.
- b. Any squad failing to have at least forty five seconds of music will lose 15 points per judge.
- c. Any squad failing to perform two jumps in the routine will lose 10 points per judge.
- d. Any squad failing to perform a transition sideline chant in their routine will lose 10 points per judge.
- e. Any squad not having at least two spotters on the floor at all times will lose 25 points per judge.

# GENERAL RULES

\* All squads **must** participate in their assigned Regional Cheerleading Competition, in order to qualify for the State Cheerleading Competition held in March. The Regional Competition will be used to assure that squads are competing in appropriate divisions and that division requirements are being met.

1. Refer to specific divisions for minimum and maximum number of squad members.
2. A Pom-Pon routine can **NOT** be used as a choice of cheer in either the Beginner or Intermediate Divisions.
3. A jump **must** be performed in both the non-gymnastic cheer and the gymnastic cheer. One person or everyone can do the jump.
4. No gymnastics or props can be used in the Pom-Pon Routine. You can use motions, jumps and dance steps. (Refer to definitions).
5. No mounts or gymnastics can be performed in a non-gymnastic cheer.
6. No music will be used in either a non-gymnastic cheer or a gymnastic cheer. *This includes the beginner and intermediate divisions.*
7. No mount can be more than 2 people high. (This is for safety purposes).
8. One point will be deducted from a squad's total score for every infraction of the rules committed.
9. Coach/Sponsor is **NOT** allowed on the floor during the performances of any routine. This rule is enforced for four divisions (i.e., beginner, intermediate, advanced and unified) (Please refer to the DIVISION REQUIREMENTS Section concerning verbal and physical cues by Coaches/ Sponsors). A 15 point total deduction (5 pts. each judge) will be taken from the squads final total score for infraction of this rule.
10. Elite division only – MUST use spotters during their routine. (A coach may be considered as a spotter).
11. Medals and ribbons will be awarded to each squad according to placement, (gold, silver, bronze, fourth, fifth, etc.)
12. ALL judges sheets will be used to break a tie.
13. No signs or props can be used in the following divisions: beginner and intermediate.
14. No pom-pons can be used in the following divisions: beginner and intermediate.
15. Music can not be used in the following divisions: beginner and intermediate.

# CHEERING GUIDELINES

## UNIFORM

A uniform constitutes wearing outfits that are alike; shorts, skirts, stretch pants, tops, shoes.

- make sure uniforms are clean and pressed
- shoes should be clean and polished and alike
- lollies should be worn under skirts
- must be appropriate for the size of the athlete. Shirts should be long enough to cover all body parts when arms are extended above the head.
- hats are not considered as a part of the uniform; they can be considered as a prop.

## HAIR

For safety reasons, long hair should be out of the face and secured.

## JEWELRY

Jewelry of any kind including but not limited to ear, nose, tongue, belly button and facial rings, clear plastic jewelry, bracelets, necklaces and pins on uniform are prohibited. Jewelry must be removed and may not be taped over. (Exception: medical ID tags/bracelets, and uniform rhinestones. Rhinestones are illegal when adhered to the skins as opposed to a uniform. Temporary tattoos are also allowed).

## SUPPORT

- Talk with your administration (special education coordinator)
- Work with your community to get sponsors for your athletes.
- Utilize high school cheerleaders and coaches.
- Work with your Sponsor/Associate gym.

## CASTS

Casts that are hard and unyielding or have rough edges must be appropriately covered with a padded material. Clarification: The appropriately padded material must be such that it protects both the athlete and fellow athletes from injury.

# DEFINITIONS

**Gymnastic Cheer** - A cheer performed using any type of gymnastics, mount or partner stunt.

**Non-gymnastic Cheer** - A cheer using only jumps and motions.

**Pom-Pon Routine** - A routine performed to music using pom-poms. A Pom-Pon Routine is **not** a cheer, so it will **NOT** be accepted in the Beginner or Intermediate Division. **NO GYMNASTICS** will be performed in the Pom-Pon Routine.

**Sideline Chant** - Any cheer of a repetitious nature using motions or jumps. (Ex: Go Big Blue, Go Big Blue, etc.)

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

**Mount** - Any type of stunt that uses two persons supported by one or more persons. (Mounts can only be 2 people high)

**Partner Stunts** - Any type of stunt that uses two persons and one of those persons is using the other person for support.

**Jump** - A spring from one or both feet with a landing on one or both feet.

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

**Prop** - Any type of hat, flags, hand-held ribbons, etc. Props are **NOT** allowed in a Pom-Pon Routine or Cheer. Only Pom-Poms are allowed in a Pom-Pon routine. Signs can be used in the cheer for the Advanced and Unified Division and in the routine for the Elite Division.

**Formation** – Moving from one set position to another within the cheer (includes the intermediate, advanced, unified and elite divisions). This does not mean that only one person moves.

# INDEX

# JUDGING SHEET EXPLANATION

## I. PERSONAL APPEARANCE & UNIFORM

- A. **Hair** - neat. Style and length are optional. However, we recommend that, for safety reasons, long hair
- B. is secured in some way.
- C. **Uniforms** - pressed, clean and neat. Length should be proportioned according to height.
- D. **Socks, shoes** - neat and clean.
- E. **Jewelry - None**

## II. CHEERS

- A. **Execution** - Refers only to the actual performance of motions, stunts or gymnastics and formation changes that are planned.
- B. **Spacing and Motions** - A variety of motions adds interest to any cheer including motions of the legs, arms, head, etc. Both spacing of the entire squad on the floor and spacing between squad members should be considered. A variety of formations within a cheer is more pleasing than one.
- C. **Timing and Voice** - The speed of a cheer should be fast enough to be peppy, but slow enough to understand the words.
- D. **Jumps** - Should be well executed and synchronized.
- E. **Pep and Enthusiasm** - Both should be continuous and sincere.
- F. **Poise and Confidence**
- G. **Originality**
- H. **Sportsmanship** - Each squad will be judged continually throughout the competition. In other words, a squad which is not performing may still have points deducted for unsportsmanlike conduct.

## OFFICIAL SPECIAL OLYMPICS KENTUCKY AT LARGE JUDGING SHEET



Squad	Division <b>Beginner</b>
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Judge's Signature	Date
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Type of competition (circle):	Regional	State
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### PERSONAL APPEARANCE & SPORTSMANSHIP

		Possible Score	Squad Score
A	Hair - neat	5	
B	Uniforms – pressed and clean	5	
C	Socks and shoes - clean	5	
D	Jewelry (none)	5	
E	Sportsmanship	10	
<b>SUB TOTAL</b>		<b>30</b>	

### CHEER

		Possible Score	Squad Score
A	Execution	10	
B	Spacing and Motions	10	
C	Timing and Voice	10	
D	Jumps	10	
E	Pep and Enthusiasm	10	
F	Poise and Confidence	10	
G	Originality	10	
<b>SUB TOTAL</b>		<b>70</b>	

### SCORESHEET TOTALS

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

GRAND TOTAL

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

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COACH'S INITIALS \_\_\_\_\_

## OFFICIAL SPECIAL OLYMPICS KENTUCKY AT LARGE JUDGING SHEET



Squad	Division <b>Intermediate</b>
Judge's Signature	Date
Type of competition (circle):          Regional          State	

### PERSONAL APPEARANCE & UNIFORM

		Possible Score	Squad Score
A	Hair - neat	5	
B	Uniforms – pressed and clean	5	
C	Socks and shoes - clean	5	
D	Jewelry (none)	5	
<b>SUB TOTAL</b>		<b>20</b>	

### SIDELINE CHANT

		Possible Score	Squad Score
A	Appropriateness of Chant	5	
B	Voice	5	
C	Execution	5	
D	Timing & Rhythm	5	
E	Overall Quality	5	
<b>SUB TOTAL</b>		<b>25</b>	

### CHEER

		Possible Score	Squad Score
A	Execution	10	
B	Spacing and Motions	5	
C	Timing and Voice	5	
D	Jumps	5	
E	Pep and Enthusiasm	5	
F	Poise and Confidence	5	
G	Originality	5	
H	Safety	5	
I	Sportsmanship	5	
J	Overall Quality	5	
<b>SUB TOTAL</b>		<b>55</b>	

### SCORESHEET TOTALS

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

**GRAND TOTAL**

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

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COACH'S INITIALS \_\_\_\_\_

**OFFICIAL SPECIAL OLYMPICS KENTUCKY AT LARGE JUDGING SHEET**



Squad	Division <b>Advanced</b>
Judge's Signature	Date
Type of competition (circle):          Regional          State	

**PERSONAL APPEARANCE & UNIFORM**

		Possible Score	Squad Score
A	Hair - neat	5	
B	Uniforms – pressed and clean	5	
C	Socks and shoes - clean	5	
D	Jewelry (none)	5	
<b>SUB TOTAL</b>		<b>20</b>	

**CHEER**

		Possible Score	Squad Score
A	Execution	5	
B	Spacing and Motions	5	
C	Timing and Voice	5	
D	Jumps	5	
E	Pep and Enthusiasm	5	
F	Poise and Confidence	5	
G	Originality	5	
H	Safety	5	
I	Sportsmanship	5	
<b>SUB TOTAL</b>		<b>45</b>	

**POM-PON ROUTINE**

		Possible Score	Squad Score
A	Execution	5	
B	Spacing and Motions	5	
C	Timing and Rhythm	5	
D	Creativity	5	
E	Effective Use of Pom-Pons	5	
F	Peppy	5	
G	Overall Quality	5	
<b>SUB TOTAL</b>		<b>35</b>	

**PENALTY POINTS (TO BE REMOVED FROM TOTAL)**

		Possible Penalty Points	Actual Penalty Points
A	Pom-Pon Routine Overtime Limit	15	
B	Cheer Routine Overtime Limit	15	
C	Coaching from Sideline	25	
<b>Total Penalty Points (To be removed from total)</b>		<b>55</b>	

**SCORESHEET TOTALS**

	Possible Score	Squad Score
<b>TOTAL SCORE</b>	<b>100</b>	
<b>PENALTY POINTS DEDUCTED</b>	<b>55</b>	<b>-</b>

**GRAND TOTAL**



COACH'S INITIALS \_\_\_\_\_

**OFFICIAL SPECIAL OLYMPICS KENTUCKY AT LARGE JUDGING SHEET**



Squad	Division <b>Unified</b>
Judge's Signature	Date
Type of competition (circle):          Regional          State	

**CHEERLEADING SKILLS**

		Possible Score	Squad Score
A	Execution	10	
B	Variation of Motions	5	
C	Timing and Rhythm	5	
D	Voice	5	
E	Jump(s)	5	
F	Spacing	5	
G	Formation Changes	5	
<b>SUB TOTAL</b>		<b>40</b>	

**COMPOSITION & PRESENTATION**

		Possible Score	Squad Score
A	Degree of Difficulty	10	
B	Transition (Sideline Chant)	5	
C	Incorporation of dance and cheer	5	
D	Safety Technique	10	
E	Pep and Enthusiasm	10	
F	Facial Expression	5	
G	Poise and Confidence	5	
<b>SUB TOTAL</b>		<b>50</b>	

**PERSONAL APPEARANCE & UNIFORM**

		Possible Score	Squad Score
A	Hair	1	
B	Make-up	1	
C	Posture	1	
D	Uniform/Socks/Shoes	1	
E	Jewelry (none)	1	
F	Sportsmanship	5	
<b>SUB TOTAL</b>		<b>10</b>	

**PENALTY POINTS (TO BE REMOVED FROM TOTAL)**

		Possible Penalty Points	Actual Penalty Points
A	Routine Overtime Limit	15	
B	Music Too Short	15	
C	Coaching from Sideline	25	
D	No Jump	10	
E	No Sideline	10	
F	Coach/parent/helper on the floor after squad is called	10	
<b>Total Penalty Points (To be removed from total)</b>		<b>85</b>	

Continued



## OFFICIAL SPECIAL OLYMPICS KENTUCKY AT LARGE JUDGING SHEET



Squad	Division <b>Elite</b>
Judge's Signature	Date
Type of competition (circle):          Regional          State	

### CHEERLEADING SKILLS

		Possible Score	Squad Score
A	Execution	10	
B	Variation of Motions	5	
C	Timing and Rhythm	5	
D	Voice	5	
E	Jumps	10	
F	Spacing	5	
G	Formation Changes	5	
<b>SUB TOTAL</b>		<b>45</b>	

### COMPOSITION & PRESENTATION

		Possible Score	Squad Score
A	Degree of Difficulty	10	
B	Transition (Sideline Chant)	5	
C	Incorporation of dance and cheer	5	
D	Safety Technique	10	
E	Pep and Enthusiasm	10	
F	Facial Expression, poise and confidence	5	
<b>SUB TOTAL</b>		<b>45</b>	

### PERSONAL APPEARANCE & UNIFORM

		Possible Score	Squad Score
A	Hair	1	
B	Make-up	1	
C	Posture	1	
D	Uniform/Socks/Shoes	1	
E	Jewelry (none)	1	
F	Sportsmanship	5	
<b>SUB TOTAL</b>		<b>10</b>	

### PENALTY POINTS (TO BE REMOVED FROM TOTAL)

		Possible Penalty Points	Actual Penalty Points
A	Routine Overtime Limit	15	
B	Music Too Short	15	
C	Not having 2 jumps	10	
D	No transition sideline	10	
E	Not having at least two spotters on the floor at all times	25	
<b>Total Penalty Points (To be removed from total)</b>		<b>75</b>	

Continued

