



SSAP - Regional Cheer Rules and Guidelines



SSAP Cheer – N – More

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Regional Cheer Division

Safety Rules and Guidelines

Age Groups/Division:

Elementary:	K-3 & 4-6
Intermediate / Middle School:	7 & 8 grade
High School:	Freshman /J.V. Team (Freshman and J.V. teams compete in one division) Varsity Team Co-ed (must have 2 or more males)

Categories:

- Level 1: Beginner
- Level 2: Intermediate
- Level 3: Advanced

Total Routine Time: Maximum - 3:30 minutes Minimum - 2:00 minutes

CATEGORIES:

A. Cheer, Chant and Dance

B. Cheer and Chant only

1. Timing will begin with the first organized movement or cheer, sideline, dance or first note of music, or the building of a pyramid or stunt where the/an individual is lifted or supported off the performance floor - whichever comes first.
2. All routines should be in good taste and suitable for family viewing. Music should be age appropriate. All suggestive or vulgar elements will be penalized and may result in disqualification and are the sole discretion of the judges.
3. **Have your music ready. MUSIC SHOULD BE ON CD, USB and LABELED. If you should bring a tape, it needs to be ready to go. There will be a penalty if your music is not ready. Cell phone and YouTube are generally not permitted due to possible interference.**
4. For the safety of the participants, please limit your squad's stunts to those skills they can hit ten out of ten times. Pyramids should not go higher than 2 levels.
5. No jewelry is permitted of any kind.
6. Have hair pulled back and out of face.

Spotters are not provided by SSAP, LLC. Squads performing stunts or pyramids may provide their own spotters for additional safety.



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Sportsmanship:

SSAP, LLC. strongly believes in sportsmanship at any of our events is of the most importance and value. Because of this belief, SSAP, LLC. will assess a **10-point penalty** per infraction to any team whose coaches, team members, parents and fans display any acts of unsportsmanlike behavior during competition.

Unsportsmanlike conduct will include but is not limited to approaching the competition judges AT ANY TIME or any competition official with inappropriate comments, outbursts or gestures.

Participants:

No cheerleader may represent more than one Cheer division, or school, per competition, and no cheerleader may represent more than one cheer team per All-Star division or school. In the event of an injury or emergency, one cheerleader from another team of the same Cheer division may substitute.



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What Cheer Judges Look For?

FUNDAMENTAL SKILLS:

- **Motions** - Strong, sharp motions, proper placement (no improper fists, flying arms, etc.) and easy to follow sequences.
- **Tumbling** – Proper technique, stressing team/ group over individual tumbling, difficulty appropriate to the age level and flawless execution.
- **Jump** - Proper technique, good posture/form, stressing team/group over individual jumps, difficulty appropriate to the age level and flawless execution.
- **Dance Technique** – Style (suitable for family viewing), visual effects and creativity.
- **Stunts** – Proper form of bases, spotters and flyers, difficulty appropriate for age level and flawless execution.

GROUP TECHNIQUE:

- **Synchronization & Timing** – All elements (stunts, dismounts, motions, dance, tumbling) occurring at the same time, and polished routine.
- **Formations & Spacing** – Variety of arrangements, logical formations on the floor, and proper spacing between team members.
- **Transitions** – Creative traveling from one formation to another, smooth stunt transitions (if applicable), easy flow from cheer to music portions.

OVERALL EFFECT:

- **Voice** – High volume throughout the cheer, excitement and clarity.
- **Choreography** - Exciting, creative, well executed material that is difficult according to the age level, creativity and visual effects.
- **Crowd Leading Skills** – Using practical skills to effectively lead a crowd in cheers and chants using signs, megaphones, and/or pom poms.
- **Routine Impression** – Overall showmanship, expressions, high level of excitement and crowd appeal, as well as music and dance style which is appropriate for the age level and suitable for family viewing.



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Penalties

- A. **Ten (10) point penalties** will be assessed from the total score for each occurrence of the following:
- Safety Rule violation.
 - Inappropriate or unsportsmanlike behavior from anyone including coaches, athletes, parents or supporters.
 - Wearing jewelry on the performance surface.
- B. **Five (5) point penalties** will be assessed from the total score for every occurrence of a stunting error.
- C. **Three (3) point penalties** will be assessed from the total score for each occurrence of the following:
- Violating Total Routine Time guidelines in any SSAP, LLC. Cheer/Dance/Drill competition division per each second over in time. However, a one (1) second grace period will be in effect for every SSAP, LLC. Cheer/Dance/Drill competition.
 - Violating Dance/Music time in any SSAP, LLC. Cheer/Dance/Drill competition division.

Stunting Errors

Stunting error penalties will be assessed to each occurrence of a stunting error during the routine performance. Penalty points will be awarded at the discretion of the penalty judge. All assessed stunting errors are at the sole discretion of the penalty judge.

Tumbling Errors:

All tumbling errors will be reflected in the execution category of the score sheet and will be determined at the sole discretion of each judge.



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STRENGTH, SPEED & AGILITY PROGRAM, LLC.
OFFICIAL COMPETITION CHEER SCORE SHEET

Competition: _____ Date: _____ Judge: _____

Team/Squad: _____ Division: _____ # on Squad: _____

Category	Poor	Fair	Average	Superior	SCORE
GYMNASTICS					
Jumps	1 2	3 4 5	6 7 8	9 10	
Tumbling	1 2	3 4 5	6 7 8	9 10	
BUILDING					
Stunts	1 2	3 4 5	6 7 8	9 10	
Pyramids / Baskets Tosses	1 2	3 4 5	6 7 8	9 10	
FUNDAMENTAL SKILLS					
Motions	1 2	3 4 5	6 7 8	9 10	
Dance	1 2	3 4 5	6 7 8	9 10	
CHOREOGRAPHY					
Transitions / Flow of Routine	1 2	3 4 5	6 7 8	9 10	
Expression / Voice Projection	1 2	3 4 5	6 7 8	9 10	
Timing / Synchronization	1 2	3 4 5	6 7 8	9 10	
Crowd Appeal / Creativity	1 2	3 4 5	6 7 8	9 10	
Maximum Points = 100					TOTAL
Comments					

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STRENGTH, SPEED & AGILITY PROGRAM, LLC.
OFFICIAL COMPETITION POM SCORE SHEET

Competition: _____ Date: _____ Judge: _____

Team/Squad: _____ Division: _____ # on Squad: _____

Category	POSSIBLE POINTS	SCORE
Style (<i>Must contain 60% of kicks</i>)	60	
Level of Routine	10	
Creativity	10	
Control <i>Use of Floor, Formation, Transitions</i>	10	
Motions, Execution	5	
Appeal	5	
Maximum Points = 100		TOTAL
Comments		

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COMPETITION INDIVIDUAL SCORE SHEET

Competition: Regionals Nationals (circle one)

Location: _____ Date: _____ Judge: _____

Name: _____

Team: _____ Division: _____

Category	Poor	Fair	Average	Superior	Your SCORE
Please Circle One					
Jumps	1 2	3	4	5	
Tumbling					
Cheer					
Dance * _____ (category)					
Other * _____ (category)					
Maximum Points = 5					TOTAL
Comments					

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