

2021-2022

VERSION 9.10.21



COMPETITIONS





2021 – 2022 USA JR HIGH/MIDDLE SCHOOL EVENT INFORMATION PACKET TABLE OF CONTENTS

3	Save the Date: 2022 USA Nationals
4	One-Day Event Registration
5	2022 Nationals Registration Process
7	2021-22 Jr. Nationals Division Grid
9	2021-22 Jr. High/Middle School Competitions General Information
20	Categories/Divisions Rules
27	Cheer/Song/Pom/Pep Flag Safety Rules
28	Jr. High/Middle School/Elementary Teams Show Cheer & Group Stunt Division Limitations
32	Jr. High/Middle School/Elementary Teams Spirit Score Sheets
38	Scoring Ranges (Stunts, Pyramids, Tumbling)
42	Cheer Game Day Rules & Guidelines
54	Song/Pom Game Day Rules & Guidelines
70	Song/Pom, Song/Jazz & Pep/Short Flag Safety Rules for School and Rec Teams
74	Song/Pom, Song/Jazz & Pep/Short Flag Glossary of Terms
82	Song/Pom Score Sheet

Visit **USA** on the new **Varsity.com** website for the most up to date competition and camp information this season!

usa.Varsity.com

SAVE THE DATE!

VERSION 9.10.21

The USA is thrilled to offer multiple events for school teams this season!

We hope that this informational packet helps prepare you for the
"the most spirited weekend of the year!"

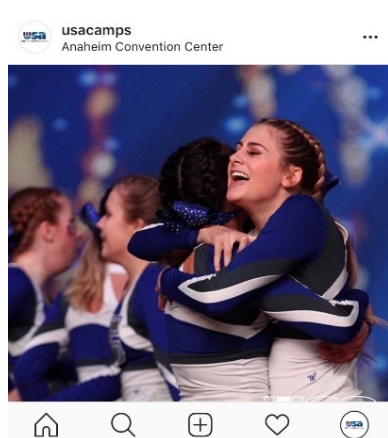


2022 USA Jr. Nationals
Anaheim Convention Center
February 27, 2022



2022 USA Game Day Divisions
Anaheim Convention Center
February 26, 2022

*Share your journey with us on Instagram and follow **@usacamps***



ONE-DAY EVENT REGISTRATION



VERSION 9.10.21

ONE-DAY REGISTRATION POLICY & FEES: _

Early Bird Registration Fee - The registration must be paid in full 21 days or more prior to the event for which you wish to register to lock in the early bird rate.

On-Time Registration Fee - The on-time registration fee will apply to those registrations paid in full **8-20 days** prior to the event. **New registrations will not be accepted the week of the event. Competitions may close to additional participants at any time, including before the "Early Bird" registration/entry deadline.**

Acceptable forms of payment include school purchase order, school check, cashier's check, money order, or credit card. Personal checks, organizational checks, cash or individual payments are not accepted. The school name must appear on the PO.

Alternates - for regional events, the team fee only covers those individuals taking the floor to compete. Additional team members in attendance but not competing **must** register and pay the alternate fee if competition registration is a per person fee, or pay the spectator admission price if the registration fee is per team for the event.

Requests for refunds, transfers of registration fees (registration fees may be transferred only once and registration fee transfers may not be split) or category/division changes will be accommodated only if notice is submitted in writing 10 days or more prior to the affected event. After that time, all funds become non-transferable and non-refundable. Teams are responsible for the full registration fee(s) for cancellations past the refund deadline, regardless of payment status.

TEAM ONSITE REGISTRATION INFORMATION - All teams should report to the registration table no later than 45 minutes prior to the beginning of the division in which they are competing. Two free passes will be allotted to each school/group for advisors/coaches at registration. Additional tickets for advisors, coaches, team alternates and/or "routine spotters" may be purchased at the event with cash only. **Team registration fees only cover those athletes taking the performance floor.**

You will need to submit an alphabetized list of all participating students as well as a signed USA participant release and waiver form (school and rec teams) for each participating student. **We ask that all release and waiver forms be alphabetized by last name.**

USA Cheer Membership – Beginning with the upcoming 2021-22 competition season, Varsity Spirit will require that all school coaches, choreographers and personnel wishing to access the warmup area, backstage or coaches' box at our competitions have a **USA Cheer Coach, Dance Coach or Professional Membership**. Visit <https://www.usacheer.org/usa-cheer-membership-for-varsity-spirit> to learn more and to complete the steps required before your first competition. Use code VACH21 to receive your free USA Cheer Membership by December 1, 2021. Use code VADA21 to receive your free USA Dance Membership by December 1, 2021.

2022 NATIONALS REGISTRATION PROCESS

2022 USA Jr. Nationals in Anaheim, CA on **February 27, 2022.**

Please visit <https://www.varsity.com/usa/school/competitions/juniornationals/> for the most accurate and up to date event information.

REGISTRATION

Please do not wait to qualify before registering as registration will close before all regional competitions have taken place. No money is due until January 2022. If a team does not qualify for Nationals, all monies paid will be refunded.

Performance order will be determined by date registration is entered if payment is received by the due date. If payment is not received by the due date, performance order will then be determined by the date payment is received.

Event registration is done on-line on the USA website at <https://www.varsity.com/usa/school/competitions/juniornationals/>. **You cannot register for the 2022 USA Jr. Nationals event on myVarsity.com.**

Please have the following ready before you start the registration process:

- myVarsity.com account login username and password. If you cannot find or need a login, please contact the USA office at 800-886-4872 or info@usacamps.com.
- Information for all athletes (first name, last name, gender, and birthdate) for team roster
- Divisions in which your teams will compete

2022 NATIONALS REGISTRATION PROCESS CONT'D

PAYMENT INFORMATION

Registrations are not confirmed until payment is received.

Acceptable forms of payment are school check, money order, cashier's check, purchase order or credit card. USA does not accept business checks, personal checks, or multiple check payments from individual squad members.

Registrations, even with payment, do not guarantee event entry as the competition may close prior to the deadlines due to capacity. Registrations that are not paid in full, or guaranteed by school purchase order, by **February 11, 2022**, are subject to cancellation.

DEADLINES

January 14, 2022 – \$50 non-refundable per competitor deposit **and** additional paperwork must be received in the USA Office.

January 28, 2022 – Deadline for Division and/or Roster changes due. **There are no division changes after January 28, 2022.**

February 11, 2022 – Final balance due

USA JUNIOR HIGH SPIRIT & GAME DAY DIVISIONS

Blue indicates a change/update from the 2020-21 competition season.

For detailed division limitations for Novice, Intermediate and Advanced please visit the USA website at:

<https://www.varsity.com/usa/school/competitions/rulesandscoreing/>

CHEER DIVISIONS

Show Cheer -- Advanced (Building & Tumbling Skills)

Routine Length: 2:30 Minutes

Elementary	• 6th Grade and Younger	• Female/Male	• 5 - 36 Members
Jr. High	• 9th Grade and Younger	• Female (0-1 Male)	• 5 - 36 Members
Jr. High Co-Ed	• 9th Grade and Younger	• Female (2+ Males)	• 5 - 36 Members

Show Cheer -- Intermediate (Building & Tumbling Skills)

Routine Length: 2:30 Minutes

Jr. High	• 9th Grade and Younger	• Female (0-1 Male)	• 5 - 36 Members
Jr. High Co-Ed	• 9th Grade and Younger	• Female (2+ Males)	• 5 - 36 Members

Show Cheer -- Novice (Building & Tumbling Skills)

Routine Length: 2:30 Minutes

Elementary	• 6th Grade and Younger	• Female/Male	• 5 - 36 Members
Jr. High	• 9th Grade and Younger	• Female (0-1 Male)	• 5 - 36 Members
Jr. High Co-Ed	• 9th Grade and Younger	• Female (2+ Males)	• 5 - 36 Members

Show Cheer -- Non-Building (Tumbling Skills)

Routine Length: 2:30 Minutes

Jr. High	• 9th Grade and Younger	• Female/Male	• 5 - 36 Members
----------	-------------------------	---------------	------------------

Show Cheer -- Non-Tumbling (Building Skills)

Routine Length: 2:30 Minutes

Jr. High	• 9th Grade and Younger	• Female/Male	• 5 - 36 Members
----------	-------------------------	---------------	------------------

Group Stunt

Routine Length: 1 Minute

Jr. High - Novice	• 9th Grade and Younger	• All Female or All Male	• 4 - 5 Members
Jr. High - Advanced	• 9th Grade and Younger	• All Female or All Male	• 4 - 5 Members

Game Day Band Chant - Cheer

Routine Length: 1 Minute

Jr. High	• 9th Grade and Younger	• Female/Male	• 5+ Members
----------	-------------------------	---------------	--------------

Game Day Situational Sideline/Cheer - Cheer

Routine Length: 1 Minute

Jr. High	• 9th Grade and Younger	• Female/Male	• 5+ Members
----------	-------------------------	---------------	--------------

Game Day Fight Song - Cheer

Routine Length: 1 Minute

Jr. High	• 9th Grade and Younger	• Female/Male	• 5+ Members
----------	-------------------------	---------------	--------------

New - All Game Day Divisions (High School & Jr High) - Prior qualification through a USA Regional competition, Classic competition or other sanctioned event/process is required in order to attend Spirit and Jr. Nationals in any Game Day division.

The United Spirit Association reserves the right to add, delete, combine and/or split divisions in the interest of competition.

USA JUNIOR HIGH SPIRIT & GAME DAY DIVISIONS

All male teams will compete under the "Co-Ed" division if registered.

Show Cheer Division Splits

Show Cheer divisions will be split by size once there are 10 teams (Non-Nationals and Nationals) in the division. There must be at least 3 teams in each division once a split occurs to keep the divisions separated by size.

See grid below for show cheer division splits by team size:

Small Show Cheer	• 5 - 15 Members
Medium Show Cheer	• 16 - 19 Members
Large Show Cheer	• 20 - 36 Members

SONG/POM DIVISIONS

Song/Pom			
Routine Length: 2:30 Minutes			
Elementary	• 6th Grade and Younger	• Female/Male	• 5 - 23 Members
Jr. High	• 9th Grade and Younger	• Female/Male	• 5 - 23 Members
Game Day Band Chant - Song/Pom			
Routine Length: 1 Minute			
Jr High	• 9th Grade and Younger	• Female/Male	• 5-23 Members
Game Day Fight Song - Song/Pom			
Routine Length: 1 Minute			
Jr High	• 9th Grade and Younger	• Female/Male	• 5-23 Members
Game Day Performance Routine - Song/Pom			
Routine Length: 1 Minute			
Jr High	• 9th Grade and Younger	• Female/Male	• 5-23 Members
Game Day All In One Performance - Song/Pom			
Routine Length: 3 Minutes			
Jr High	• 9th Grade and Younger	• Female/Male	• 5-23 Members

New - All Game Day Divisions (High School & Jr High) - Prior qualification through a USA Regional competition, Classic competition or other sanctioned event/process is required in order to attend Spirit and Jr. Nationals in any Game Day division.

The United Spirit Association reserves the right to add, delete, combine and/or split divisions in the interest of competition.

Song/Pom Division Splits

Song/Pom divisions will be split by size once there are 10 teams (Non-Nationals and Nationals) in the division. There must be at least 3 teams in each division once a split occurs to keep the divisions separated by size.

See grid below for Song/Pom division splits by team size:

Small Song/Pom	• 5 - 9 Members
Large Song/Pom	• 10 - 23 Members

Game Day (Song) Division Splits

Divisions will be split by size once there are 10 teams (Non-Nationals/Nationals) in the division. There must be at least 4 teams in each division once a split occurs to keep the divisions separated by size.

2021-22 JR HIGH/MIDDLE SCHOOL COMPETITIONS GENERAL INFORMATION

Proof of USA Cheer Cheerleading Safety and Risk Management Course (formerly known as the AACCA Cheerleading Safety Course) is required. While it is recommended that **all** school-based cheer coaches be USA Cheer Cheerleading Safety and Risk Management Course certified, for the 2022 Jr. Nationals competition at least one coach from the school must submit proof of this certification for cheer divisions. Note that current, unexpired AACCA certification will fulfill this requirement as well. The USA Cheer Cheerleading Safety and Risk Management Course may be obtained on-line by visiting <https://www.usacheer.org/safety> and look under “Safety/Education” for USA Cheer Member educational and training courses.

ELIGIBILITY

At the time of competition, entrants must be registered students in the school they are representing and official full-time members of their team. No members shall be older than 9th grade. The penalty for an eligibility violation will be disqualification.

CATEGORIES/DIVISIONS

The USA and/or its competition personnel reserves the right to delete, combine, or divide categories and divisions as deemed necessary. If categories/divisions are altered, adjustments will be made in the awards.

An individual may not compete against her/himself in the same division/category (i.e. two Group Stunt teams). An individual may not represent more than one school at any given event. An individual may not participate on two teams within the same category type and/or divisions within a category when separated by size, stunt/tumbling/technical limitations, squad level or All-Girl and Co-Ed. [i.e. 1) Small and Large Jr. High Show Cheer divisions 2) Jr. Show Cheer Novice and Show Cheer Advanced categories 3) Jr. Show Cheer Novice and Elementary Show Cheer Novice. The penalty for this violation will be disqualification of one of the routines.

A team must compete in the same category/division at Nationals for which it qualified in at a Regional or Classic, **unless prior written approval is received from the USA.** (i.e. 1) If you qualify for Jr. Show Cheer at a Regional or Classic, you may not compete in Jr. Co-Ed Show Cheer at Nationals, unless you also qualify for that category at a Regional or Classic. 2) If you qualify for Jr. Show Cheer - Novice at a Regional or Classic, you may not compete in Jr. Show Cheer - Advanced at Nationals, unless you also qualify for that category at a Regional or Classic.) **The above are two examples – other examples of this may exist.**

If a team qualifies for Nationals two or more times (80% of total possible points for Show Cheer and/or Group Stunt divisions and 75% of total possible points for Song/Pom divisions, regardless of any penalties received) in the Intermediate or Advanced level at a Regional or Classic competition, then that team must receive written permission to move to a lower technical division at Nationals.

A school cannot have 2 teams in the same category type. (i.e. Jr. High Show Cheer Advanced and Jr. High Show Cheer Novice divisions) The penalty for this violation will be disqualification of one of the routines. Only exception is Group Stunt (Advanced and Novice).

A school cannot have 2 teams in the same division. (i.e. 2 teams in Jr. High Song/Pom) The penalty for this violation will be disqualification of one of the routines.

All teams must represent a Jr. High/Middle School. 9th grade team representing a high school may not compete in the Jr. High/Middle School categories/divisions.

Categories may not be divided if there are less than 10 teams competing in that division. If there are **10** or more teams entered, indicating a possible division split, then there must be at least 3 teams in each division once a split occurs to keep the divisions separated by size.

Any exceptions to the above must be requested in writing and pre-approved in writing by the USA office prior to and for the affected event. It is up to the sole discretion of the USA in what division a team may be placed. The USA also reserves the right to deny any team registration for its competition as a result of not having an appropriate division for that particular team.

MUSIC

Note the music rules that are in place for the 2021-22 competition season. Be sure you are familiar with these prior to taking any competition floor. Failure to comply may lead to disqualification and forfeiture of all fees (registration, admission or otherwise) associated with a team's performance.

MUSIC RULES: Music rules are being followed at all USA and Varsity Brands events. Competition music must be properly licensed and a team must be able to provide proof of licensing at any event where the music is used. If a team cannot provide proof of licensing, the team may be disqualified from the event. For further details visit www.varsity.com/music. In order for a team's routine music to be featured in a television broadcast, should this be an option, teams must do the following:

- Use an original composition created or commissioned by you (i.e. an original song and recording to which you own or license the rights by written agreement)
- Additionally secure the synchronization rights. Not all original music providers can/will provide these rights.
- Submit proof of licensing, as well as synchronization rights, when requested after the event.
- One or several selections of music may be used as long as they follow the music licensing rules

Music is defined as any recorded sound amplified through the competition sound system.

A sound system will be provided. Speed control is not available. Music checks on the main sound system are not permitted. A representative must be present at the sound system at the time of performance. Advisors/coaches are asked to hold onto their own music until the time of performance and to take music back following the performance.

All teams must provide their own MP3 device (or smart phone) for use on the event provided sound system. Music must be recorded at the correct tempo. Although it is not recommended due to interference that may be caused during a routine, a smart phone may be used for playing music. No cover may be on any MP3 player or smart phone so that a patch cord may be easily inserted into the device. Please ensure that jacks are clean and free of any debris which may impact connectivity. You must ensure that your device has a jack into which a patch cord may be inserted. Note that you will need to acquire an adapter in advance if your player does not have a head phone jack.

VIDEO MEDIA POLICY

No commercial recording (audio or visual) or commercial live streaming is allowed in the event venue or other event-related venues (including, but not limited to, hotels and restaurants) or on the grounds of any such venues (collectively, “Event Locations”). In the event a team authorizes the commercial recording or streaming in any Event Location, the team will be automatically disqualified. In addition, the personal, non-commercial use of live streaming apps (such as Periscope, Facebook Live, etc.) to capture all or any part of a performance during the event is not permitted. By attending/purchasing admission to the event, each attendee grants permission to Varsity Spirit, LLC and its affiliates, designees, agents, licensees, and invitees to use the image, likeness, actions and statements of the attendee in any live or recorded audio, video, film, or photographic display or other transmission, exhibition, publication, or reproduction made of, or at, the event in any medium, whether now known or hereafter created, or context for any purpose, including commercial or promotional purposes, without further authorization or compensation. Any team traveling with a video crew may be disqualified.

LOGO USAGE

Teams will not be allowed to use any USA and/or Varsity Spirit Brand logo including: banners, rings, bows, t-shirts, etc. without prior approval from the Varsity Spirit office.

ENTRANCE/EXIT

Judges are looking for enthusiasm and showmanship during entrances and exits. Teams and individuals are encouraged to move on and off the floor as quickly as possible.

All team breaks, rituals and traditions need to take place prior to the team being called to the performance floor. Organized entrances and/or marching processions are not allowed by any cheer team and can incur an overall routine length timing penalty. Teams should take the floor immediately with spirit and enthusiasm, but without excessive gestures. Example: chest bumps, hugs, hand-shakes, etc. All teams should refrain from any type of excessive celebration following the team's performance. Any team in violation may receive a "sportsmanship" penalty. There should not be any organized exits or other activities after the official ending of the routine.

PERFORMANCE AREA

Performance boundaries at competitions will be a regulation basketball court (unless otherwise noted). All Regionals, Classics and Opens will have a carpet bonded foam mat on the performance area that measures 54'x42'. Unless otherwise noted, the mat will be removed for the Song/Pom category/divisions.

There will be no practicing on the performance floor prior to the competition.

Spring floors will **not** be used for school-based cheer divisions.

All stunts and/or tumbling must be executed on the mat. At a Regional or Classic, a warning will be given for any infraction of this rule.

At Jr. Nationals and Opens, a 3-point penalty will be assessed for any stunting or tumbling executed off of the mat. Tumbling and stunting are considered outside the performance area when both feet are entirely off of the performance mat.

You will not receive a penalty if you step off of the mat at any USA competition (not tumbling or stunting related).

PERFORMANCE ORDER/SCHEDULES

Typically, performance order is based on the receipt of registrations. The first registration received will be the last to perform in that division and the last registration received will be the first to perform. Adjustments may be necessary due to division/team conflicts.

All teams will be given an assigned check-in and warm-up time prior to competition. Warm-up areas will vary depending on the competition location.

The "Person to Receive Correspondence" will be sent/emailed a tentative line up with performance times at least 10 days prior to the competition. These times are subject to change. The final schedule will be available by checking usa.varsity.com after 5:00 p.m. (PST) the Wednesday prior to your competition. On that Wednesday, performance times usually remain the same regardless of scratches. It is the director's/coach's responsibility to check the schedule for accuracy prior to the day of competition.

COMPETITION STANDARD FOR SPOTTERS

"Team Spotters" = are part of the performing team and required as part of specific types of stunting/pyramid/toss, etc. skills.

"Additional (Routine) Spotters" = Individuals on the competition floor provided as a safety precaution to spot certain elements of a routine. These are in addition to the team and do not take the place of "team spotters" required by specific types of stunting/pyramid/toss, etc. skills.

In an effort to promote a higher level of safety for competing athletes, USA will provide additional spotters at all USA school and recreational/youth cheer competitions. School and recreational/youth cheer programs do not always have a large number of staff and coaches available to spot routines. Therefore, to help ensure that the safety of participants is not compromised due to limited number of team provided spotters, "additional (routine) spotters" will be provided by the USA. Additional (routine) spotters cannot be provided by the performing team, they must be provided by the USA.

These USA-provided "additional (routine) spotters" will be mandatory on the competition floor.

Reminder – To provide the safest competitive environment, teams should not attempt skills beyond their ability level.

PENALTIES

Points will be deducted from the final team average for violations of safety rules and/or time limits. See below in addition to the 2021-22 NFHS Spirit Rules Book, 2021-22 USA Jr. High/Middle School Teams Show Cheer and Group Stunt Division Limitations, 2021-22 USA Song/Pom, Song/Jazz & Pep/Short Flag Safety Rules for School and Rec Teams and/or General Safety Rules for School and Rec Teams and the 2021-22 USA High School Teams Song/Pom, Song/Jazz & Pep/Short Flag Division Limitations. See usa.varsity.com for these documents.

A) Safety Rules

2 points will be deducted from the final team average score for EACH occurrence of a safety rule violation or specialty skill/level restriction.

B) Time

For all divisions, timing will begin on the first note of music, the first vocal command (for cheer squads), the first organized cheer or the first movement, and will stop with the end of the cheer or last note of the music. See categories/divisions rules for total routine time. There is no minimum time requirement.

Penalties will be deducted from the final averaged score for going over the total routine time limit. Penalties will be assessed as follows: 1-10 seconds over = 1 point penalty; 11-20 seconds over = 2 point penalty, etc.

For Show Cheer teams, up to 1:30 (90 seconds) of the routine may be performed to music. There is no restriction as to the proportion of the music section(s) used in relation to the cheer only section(s). Penalties will be deducted from the final averaged score for going over the 1:30 total music time limit. Penalties will be assessed as follows: 1-10 seconds over = 1 point penalty; 11-20 seconds over = 2 point penalty, etc.

In Song/Pom, all female members must use two poms for 80% of the routine. There will be a 1 point penalty for every 5 seconds under the time requirement for pom use (1-5 seconds under = 1 point penalty; 6-10 seconds under = 2 point penalty, etc.).

Due to the variability in sound systems, you should build leeway into your routine to avoid timing penalties. It is suggested that routines end 3-5 seconds prior to the routine length time limit.

PENALTIES CONT'D

C) Performance Order/Division Changes

Preliminary competition schedules will be posted on the USA website by 5:00 p.m. (PST) 10 days prior to your competition date. It is the advisor's/coach's responsibility to check the preliminary schedule for accuracy of categories/divisions prior to the day of competition.

All changes to your original competition registration must be put in writing and e-mailed to usacompetitions@varsity.com. At the USA's and/or competition director's discretion, a penalty may be assessed for any requested changes from the schedule that was posted on-line. To help avoid this penalty, any changes must be received in the USA office in writing by 5:00 p.m. (PST) the Friday one week prior to your competition date.

Division changes may not be made the day of a Regional or Classic. At a Regional or Classic competition, a team performing in an incorrect division will be disqualified from competition, but may perform for evaluation only to qualify for Nationals.

Division changes made the day of competition at an Open or National event may incur a 3-point penalty for "Unnecessary Change in Performance Order."

D) School/Organization Representation

The team should display overall behavior/appearance conducive to serving as public representatives and ambassadors of their school/organization.

Uniforms

Appropriate attire suitable for all athletes should be worn.

In all divisions, an official school uniform that is worn for game/sideline cheering or performing must be worn (i.e. skirt and top). Costuming is not allowed. If an accessory (i.e. hair bows) or an article of clothing adds to the overall effect and/or theme of the routine, it will be considered "costuming." A deduction of 3 points will be taken if "costuming" is used.

All participant uniforms must cover the midriff when standing at attention. Covered midriff includes nude/skin-tone mesh, uniforms with colored mesh, body suits and liners. Fringe or other such uniform designs are not considered a cover. If a violation occurs, a 3 point deduction will be incurred.

PENALTIES CONT'D

Uniform Distractions

The Legality Official, Head Judge or other competition official reserves the right to stop a routine, assess a deduction, and/or disqualify a team for a uniform distraction (e.g. garment not being securely fastened/attached, straps break, pants split, etc.). Each performer is required to take the necessary steps to avoid inappropriate exposure prior to the performance.

Shoes

All participants must wear soft-soled, non-marking shoes on both feet while competing. Shoes must have a solid sole and cover the toe and heel. This is a safety rule and if a violation occurs, a 3 point deduction will be incurred. (Exception: Half sole shoes/dance paws/turners are acceptable in the Song/Pom category. Performers who wear half sole shoes/dance paws/turners while performing do so at their own risk. Shoes that cover the toe and heel are required at all other times when not directly performing).

Penalty of marking the floor is disqualification. The performing school will be responsible for any charges that may occur as a result of damage to any floor.

Make-Up

If worn, make-up should be appropriate for both the performance and the age of the athletes, utilizing colors for skin tone.

Hair

Hair for all athletes does not have to be worn the same, but must be secured off the face (cheer teams) with a simple and unexaggerated style that is acceptable to all diversities.

Bows

Bows are not required, however if worn bows should not be excessive in size and shouldn't be a distraction to the performance. Bows should be worn in a manner to minimize risk for the participants, should be adequately secured on the back of the head with the tails facing down and should not fall over the forehead into the participants' eyes or block the view of the participants while performing. A .25 deduction will be given for teams in violation of this rule.

E) Props

Props are not allowed (excluding the exceptions below). A deduction of 3 points will be taken if props are used. A prop is defined as any physical object used to enhance the overall effect and/or theme of your routine. Exception: hand-held signs, school/team flags, poms and/or megaphones are permitted.

Signs and school/team flags are permitted but may not be worn as an article of clothing or accessory.

PENALTIES CONT'D

F) Appropriateness of Choreography, Music, and Outfitting

All facets of a performance or routine, including choreography, music selection, outfitting and cheer words should be suitable for family viewing and listening. Uniforms for all team types should be appropriate for the age of the participants performing the routine.

Cheer words should incorporate school pride, honor, tradition, and sportsmanship. Cheers that are negative, insulting to other teams or the judges may reflect a lower School Representation score.

In general, performances from school-based teams, including but not limited to the actual routine, signs, cheers, chants and hand signals/gestures, should adhere to outfitting, performance and music guidelines and criteria in place and approved by the administration or institution which the team represents.

Deductions will be given for vulgar or suggestive choreography, which includes, but is not limited to, movements such as hip thrusting and inappropriate touching, gestures, hand/arm movements and signals, slapping, positioning of body parts and positioning to one another. Deductions will be given for music or words unsuitable for family listening, which includes, but is not limited, to profanity and connotations of any type of sexual act or behavior, drugs, mention of specific parts of the body, and/or violent acts or behavior. Removing improper language or words from a song and/or replacing with sound effects or other words may be considered inappropriate, and deductions will be made accordingly.

Any uniform, choreography, words or music in which the appropriateness is questionable or with which uncertainty exists should be submitted to the USA for approval prior to competing.

INSURANCE

Each participant must have his/her own personal insurance. All competitors must submit a USA Medical Release and Appearance Form at each competition in order to compete. The host facility, the host facility district, the directors/sponsors and/or the USA will not be responsible or held liable for any injuries occurring at a USA competition.

First aid staff will be on site at all competitions to provide assistance for emergencies only. Taping of wrists/ankles for individual performers **will not be provided**, unless medically necessary to treat an injury that occurs at the competition site.

FOOD

At most locations, food and drinks will be available for purchase throughout the competition. Food purchased at the competition venue may or may not be permitted inside the performance venue. Food purchased outside of the competition venue is not permitted inside the performance venue at any location.

DRESSING ROOMS

Dressing rooms, locker rooms and/or restrooms may be available on a limited basis. The USA and/or the host facility will not be responsible for any lost or stolen articles.

GENERAL ADMISSION

Team registration fees only cover those athletes taking the performance floor. Additional team members in attendance but not competing must register and pay the alternate fee if competition registration is a per person fee or pay the spectator admission price if the registration fee is per team for the event. "Alternates" must be registered on the team roster, be in the proper team uniform on the day of the competition in order to gain entry into the venue and have paid the "alternate" fee.

Sample scoresheets for all USA competitions will be available on-line by visiting usa.varsity.com after September 1, 2021.

You must visit the USA website for a complete listing of the following:

- 2021-22 USA Jr. Nationals School-Based Divisions
- 2021-22 Jr. High/Middle School Teams Show Cheer and Group Stunt Division Limitations
- 2021-22 NFHS Spirit Rules Book <https://www.nfhs.org/activities-sports/spirit/>
- 2021-22 USA Song/Pom, Song/Jazz and Pep/Short Flag General Safety Rules for School and Rec Teams
- 2021-22 USA High School Teams Song/Pom and Pep/Short Flag Division Limitations
- 2021-22 USA Song/Pom, Song/Jazz and Pep Flag Glossary of Terms

SHOW CHEER – ADVANCED

NUMBER ON TEAM

5-36 members

DIVISIONS

Refer to division grid on usa.varsity.com under Competitions/Divisions, Rules & Scoring.

ROUTINE PROCEDURE

Execute routine of your choice using a combination of music and words. An emphasis on practical and effective audience participation (i.e. use of signs, spell-outs, crowd response chants, etc.), especially during the cheer section, is encouraged. Props and/or costuming are not allowed [see D) Uniforms and E) Props above]. Up to 1:30 (90 seconds) of the routine may be performed to music. There is no restriction as to the proportion of the music section(s) used in relation to the cheer only section(s). Penalties will be deducted from the final averaged score for going over the 1:30 total music time limit. Penalties will be assessed as follows: 1-10 seconds over = 1 point penalty; 11-20 seconds over = 2 point penalty, etc.

SAFETY RULES

As with all categories, routines in these divisions must follow the 2021-22 NFHS Spirit Rules Book.

SPECIALTY SKILL RESTRICTIONS

No tosses are allowed.

TOTAL ROUTINE TIME LIMIT

2 ½ minutes maximum

SHOW CHEER – INTERMEDIATE

NUMBER ON TEAM

5-36 members

DIVISIONS

Refer to division grid on usa.varsity.com under Competitions/Divisions, Rules & Scoring.

ROUTINE PROCEDURE

Execute routine of your choice using a combination of music and words. An emphasis on practical and effective audience participation (i.e. use of signs, spell-outs, crowd response chants, etc.), especially during the cheer section, is encouraged. Props and/or costuming are not allowed [see D) Uniforms and E) Props above]. Up to 1:30 (90 seconds) of the routine may be performed to music. There is no restriction as to the proportion of the music section(s) used in relation to the cheer only section(s). Penalties will be deducted from the final averaged score for going over the 1:30 total music time limit. Penalties will be assessed as follows: 1-10 seconds over = 1 point penalty; 11-20 seconds over = 2 point penalty, etc.

SAFETY RULES

As with all categories, routines in these divisions must follow the 2021-22 NHFS Spirit Rules Book. Additional restrictions also apply for the “Intermediate” divisions and may be found in the 2021-22 Jr. High/Middle School Teams Show Cheer and Group Stunt Division Limitations document.

SPECIALTY SKILL RESTRICTIONS

There are additional stunting and tumbling restrictions in this division. Please refer to the 2021-22 Jr. High/Middle School Teams Show Cheer and Group Stunt Division Limitations document for all specialty skill restrictions for this division.

TOTAL ROUTINE TIME LIMIT

2 ½ minutes maximum

SHOW CHEER – NOVICE

NUMBER ON TEAM

5-36 members

DIVISIONS

Refer to division grid on usa.varsity.com under Competitions/Divisions, Rules & Scoring

ROUTINE PROCEDURE

Execute routine of your choice using a combination of music and words. An emphasis on practical and effective audience participation (i.e. use of signs, spell-outs, crowd response chants, etc.), especially during the cheer section, is encouraged. Props and/or costuming are not allowed [see D) Uniforms and E) Props above]. Up to 1:30 (90 seconds) of the routine may be performed to music. There is no restriction as to the proportion of the music section(s) used in relation to the cheer only section(s). Penalties will be deducted from the final averaged score for going over the 1:30 total music time limit. Penalties will be assessed as follows: 1-10 seconds over = 1 point penalty; 11-20 seconds over = 2 point penalty, etc.

SAFETY RULES

As with all categories, routines in these divisions must follow the 2021-22 NFHS Spirit Rules Book. Additional restrictions also apply for the “Novice” divisions and may be found in the 2021-22 Jr. High/Middle School Teams Show Cheer and Group Stunt Division Limitations document.

SPECIALTY SKILL RESTRICTIONS

There are additional stunting and tumbling restrictions in this division. Please refer to the 2021-22 Jr. High/Middle School Teams Show Cheer and Group Stunt Division Limitations document for all specialty skill restrictions for this division.

TOTAL ROUTINE TIME LIMIT

2 ½ minutes maximum

SHOW CHEER – NON-TUMBLING

NUMBER ON TEAM

5-36 members

DIVISIONS

Refer to division grid on usa.varsity.com under Competitions/Divisions, Rules & Scoring

ROUTINE PROCEDURE

Execute routine of your choice using a combination of music and words. An emphasis on practical and effective audience participation (i.e. use of signs, spell-outs, crowd response chants, etc.), especially during the cheer section, is encouraged. Props and/or costuming are not allowed [see D) Uniforms and E) Props above]. Up to 1:30 (90 seconds) of the routine may be performed to music. There is no restriction as to the proportion of the music section(s) used in relation to the cheer only section(s). Penalties will be deducted from the final averaged score for going over the 1:30 total music time limit. Penalties will be assessed as follows: 1-10 seconds over = 1 point penalty; 11-20 seconds over = 2 point penalty etc.

SAFETY/DIVISION RULES:

This division prohibits all standing and/or running tumbling. Tumbling is defined as any skill with feet over head rotation. This includes forward and backward rolls, cartwheels, round-offs, handsprings, tucks (flips), etc. Skills connected and/or within stunts are allowed. Example: Braced forward $\frac{3}{4}$ suspended roll dismount is allowed. As with all categories, routines in these divisions must follow the 2021-22 NFHS Spirit Rules Book.

SPECIALTY SKILL RESTRICTIONS

There are additional stunting restrictions in this division. Please refer to the 2021-22 Jr. High/Middle School Teams Show Cheer and Group Stunt Division Limitations document for all specialty skill restrictions for this division.

TOTAL ROUTINE TIME LIMIT

2 ½ minutes maximum

SHOW CHEER – NON-BUILDING

NUMBER ON TEAM

5-36 members

DIVISIONS

Refer to division grid on usa.varsity.com under Competitions/Divisions, Rules & Scoring

ROUTINE PROCEDURE

Execute routine of your choice using a combination of music and words. An emphasis on practical and effective audience participation (i.e. use of signs, spell-outs, crowd response chants, etc.), especially during the cheer section, is encouraged. Props and/or costuming are not allowed [see D) Uniforms and E) Props above]. Up to 1:30 (90 seconds) of the routine may be performed to music. There is no restriction as to the proportion of the music section(s) used in relation to the cheer only section(s). Penalties will be deducted from the final averaged score for going over the 1:30 total music time limit. Penalties will be assessed as follows: 1-10 seconds over = 1 point penalty; 11-20 seconds over = 2 point penalty etc.

SAFETY/DIVISION RULES:

This division prohibits all building. No partner stunts, pyramids and/or tosses are allowed. If an athlete is ever lifted off of the performing surface by another athlete or athletes, it is considered a “building skill” and is therefore illegal. As with all categories, routines in these divisions must follow the 2021-22 NFHS Spirit Rules Book.

SPECIALTY SKILL RESTRICTIONS

No tumbling restrictions besides those listed in the 2021-22 NFHS Spirit Rules Book.

TOTAL ROUTINE TIME LIMIT

2 ½ minutes maximum

SONG/POM

NUMBER ON TEAM

5-23 members

DIVISIONS

Refer to division grid on usa.varsity.com under Competitions/Divisions, Rules & Scoring

ROUTINE PROCEDURE

A song/pom routine consists of visuals effects, synchronization, clean/sharp pom motions and technical skills. Visual effects include level changes, opposition, group work, transitions and formations. Emphasis should be placed on proper pom/motion technique, proper dance technique, timing, and showmanship. All female members must use two pompons for 80% of the routine. Props and/or costuming are not allowed. (See Penalties - Time, Uniforms, and Props).

SAFETY RULES

Routines in these divisions must also follow all the 2021-22 USA Song/Pom, Song/Jazz and Pep/Short Flag Safety Rules for school and rec teams.

SPECIALTY SKILLS RESTRICTIONS

There are no additional restrictions besides those listed in the 2021-22 USA Song/Pom and Pep/Short Flag Safety Rules for School and Rec Teams.

TOTAL ROUTINE TIME LIMIT

2 ½ minutes maximum

SONG/POM – An official school uniform that is worn for game/sideline cheering or performing must be worn. Costuming is not allowed. If an accessory or an article of clothing adds to the overall effect and/or theme of the routine, it will be considered “costuming”. A deduction of 3 points will be taken if “costuming” is used.

GROUP STUNT – ADVANCED

NUMBER ON TEAM

Four/Five members, including spotter (all female or all male).

DIVISIONS

There will be one division.

ROUTINE PROCEDURE

The participants all must be from the same school. Execute stunts of your choice. Background music is encouraged but must meet music licensing requirements. For further details visit www.varsity.com/music. Additional spotters are not permitted.

SAFETY RULES

As with all categories, routines in these divisions must follow the 2021-22 NFHS Spirit Rules Book.

SPECIALTY SKILL RESTRICTIONS

No tosses are allowed.

TOTAL ROUTINE TIME LIMIT

1 minute maximum

GROUP STUNT – NOVICE

NUMBER ON TEAM

Four/Five members, including spotter (all female or all male).

DIVISIONS

There will be one division.

ROUTINE PROCEDURE

The participants all must be from the same school. Execute stunts of your choice. Background music is encouraged but must meet music licensing requirements. For further details visit www.varsity.com/music. Additional spotters are not permitted.

SAFETY RULES

As with all categories, routines in these divisions must follow the 2021-22 NFHS Spirit Rules Book. Additional restrictions also apply for the “Novice” divisions and may be found in the 2021-22 Jr. High/Middle School Teams Show Cheer and Group Stunt Division Limitations document.

SPECIALTY SKILL RESTRICTIONS

There are additional stunting and tumbling restrictions in this division. Please refer to the 2021-22 Jr. High/Middle School Teams Show Cheer and Group Stunt Division Limitations document for all specialty skill restrictions for this division.

TOTAL ROUTINE TIME LIMIT

1 minute maximum

SAFETY RULES

CHEER/SONG/POM/PEP FLAG

Routines at all USA competitions must follow the 2021-22 NFHS Spirit Rules Book, 2021-22 USA Jr. High/Middle School Teams Show Cheer and Group Stunt Division Limitations or the 2021-22 USA Song/Pom/Pep Flag Safety Rules for school and Recreation teams.

Submitting an electronic video is the only way to review a routine for potential safety violations. All video review for safety rule legalities for one-day events must be submitted 14 days or more prior to the competition date.

For all legality, division limitations, or questions regarding specific performance elements, you may email a video that contains the skill in question.

All emailed videos must include the following:

1. Name of the **School** and **USA competitive division** in the Subject Line of the email
2. Videos should be in either Windows Media Player or Quicktime formats
3. Clear, close up view of skill in question
4. Include your name, team name, division level, e-mail address and phone number in the body of the email

Cheerleading videos should be emailed to Cheryl Moon at Cmoon@varsity.com
Song/Pom and Pep Flag videos should be emailed to Carina Clendenin at Cclendenin@varsity.com

Note that submission of a routine and/or its elements does not preclude a team from being assessed a penalty while at a specific USA competition, as performances from the video submission may differ from those executed on the competition floor. Submission of a routine does not guarantee that it can be reviewed.

All rules and division limitations may be downloaded at http://bit.ly/USA_SpiritCompInfo

For specific cheerleading stunt and safety questions that pertain to the NFHS Spirit Rules Book, or to the 2021-22 High School Teams Show Cheer and Group Stunt Division Limitations please call Cheryl Moon at 1-800-886-4872 ext. 2039 or email Cheryl Moon Cmoon@varsity.com.

For specific Song/Pom, Song/Jazz & Pep/Short Flag safety questions that only pertain to the USA Song/Pom, Song/Jazz & Pep/Short Flag Safety Rules for, or to the 2021-22 Song/Pom, Pep Flag Division Limitations please call Carina Clendenin at 1-800-886-4872 ext. 2023 or e-mail Cclendenin@varsity.com.

JR. HIGH/MIDDLE SCHOOL/ELEMENTARY TEAMS SHOW CHEER AND GROUP STUNT DIVISION LIMITATIONS

In addition to all rules covered in the “2021-22 NFHS Spirit Rules Book ” the following restrictions also apply to teams entering these divisions:

Show Cheer – Novice and/or Group Stunt – Novice

Show Cheer – Intermediate

Show Cheer – Advanced and/or Group Stunt – Advanced

Show Cheer – Non-Tumbling

Show Cheer – Non-Building

SHOW CHEER AND/OR GROUP STUNT – NOVICE Division Limitations

TUMBLING

Standing tumbling: “Standing tumbling” is defined as any tumbling skill not originating from a cartwheel or round-off.

Limited in difficulty to a standing single back handspring.

Jump/handspring combinations and standing handspring series are not allowed. Standing tucks and/or aerials are not allowed.

Running tumbling: “Running tumbling” is defined as tumbling that involves a forward step or a hurdle used to gain momentum as an entry to a tumbling skill.

Limited in difficulty to front and/or back handspring series. Flips (tucks), aerials, and punch fronts are not allowed.

STUNTS

1. Extended stunts are limited to both feet in the base(s) hands at all times. Both of the top person's feet must be held throughout the entire transition to/from the extended position. Exception: Straight bump-down dismounts are allowed as part of a pyramid dismount.
2. Single leg stunts may not be held or pass through an extended position.
3. Twisting stunt transitions are limited to a ½ twist. Exception: A single full twisting log/barrel roll is allowed as long as it starts and ends in a cradle position, does not involve any skill other than the twist, and is not assisted by and/or connected to another top person.
4. All release moves must land in a cradle.
5. The only stunt inversions allowed are:
 - a. Transitions from ground level inversions *up* to non-inverted positions. Example: Going from a handstand on the ground to a non-inverted stunt such as a shoulder sit is allowed.
 - b. Suspended forward rolls where two people on the performing surface control the top person in a suspended forward roll with continuous hand-to-hand contact to a stunt, two person cradle, loading position, or the performing surface. If caught in a cradle, load, or stunt, the new catchers must be in place and may not be involved in any other skill when the suspended forward roll is initiated. During the roll, the feet of the top person must be released.
 - c. Dismounts to the performing surface from waist level stunts. Example: Waist level prone to forward roll dismount or cradle position to back walkover dismount.

PYRAMIDS

1. All single leg extended stunts must be braced by two top persons at prep level or lower. The braced connection must be established at prep level or lower before the stunt passes into the extended level, and constant contact between the top person and the bracers must be maintained while the top person is on one leg above prep level.
2. Any time a top person is released by bases during a pyramid transition, the top person must be braced by two top persons at prep level or below with hand-arm connection only and constant contact between the top person and the bracers must be maintained throughout the transition.
3. Twisting pyramid transitions are limited to a ½ twist.
4. Pyramid inversions are not allowed.

DISMOUNTS

"Dismount" is defined as the movement of a top person from a stunt and/or pyramid to a cradle position or to the performing surface.

Only straight pop downs/bump downs, basic straight cradles, ¼ turn dismounts, and dismounts from waist level inversions are allowed. All other dismounts are prohibited.

TOSSES

Tosses are not allowed.

SHOW CHEER – INTERMEDIATE Division Limitations

TUMBLING

Standing Tumbling: “Standing tumbling” is defined as any tumbling skill not originating from a cartwheel or round-off.

Limited in difficulty to standing back handspring series and/or jump/handspring(s) combinations. Flips are not allowed. For example, a standing back tuck or standing back handspring back tuck is not allowed.

Running Tumbling: “Running tumbling” is defined as tumbling that involves a forward step or a hurdle used to gain momentum as an entry to a tumbling skill.

Running Tumbling: limited in difficulty to tucks. Tucks (flips) can ONLY be performed in a tuck position and ONLY from a cartwheel, round off, or back handspring(s). Punch fronts are not allowed. No twisting is allowed while airborne. (Exception: Aerial cartwheels are allowed). The following types of advanced running tumbling skills are prohibited: X-outs, layouts, full twists, etc. No tumbling is allowed after a tuck (flip) or aerial skill.

STUNTS

1. Extended single leg stunts are allowed.
2. Only a ½ twist is allowed to any extended single leg stunt.
3. All other twisting transitions may not exceed 1 twisting transition.
4. Stunt release moves must start at or below prep level and must be caught at prep level or below. Release moves may not pass above the base's/bases' extended arm level.

PYRAMIDS

1. All pyramid twisting transitions must follow all dismount and stunt twisting transition rules.
2. Pyramid inversions: A braced forward or backward flip is allowed while adhering to the “2021-22 NFHS Spirit Rules Book” rules on braced flips; however, two bracers are required, no twisting is allowed, and the flip must end in a cradle dismount or cradle transition position.
3. Extended single leg stunts may not be braced by other extended single leg stunts.

DISMOUNTS

“Dismount” is defined as the movement of a top person from a stunt and/or pyramid to a cradle position or to the performing surface.

1. Single leg extended stunts (liberty, heelstretch, arabesque, scorpion, etc.) are only allowed up to ¼ twist.
2. Up to 1 twist is allowed from a platform position.
3. Up to 1¼ twists are allowed from any two leg stunts. .

TOSSES

Tosses are not allowed.

SHOW CHEER AND/OR GROUP STUNT – **ADVANCED** Division Limitations

Advanced teams will follow the "2021-22 NFHS Spirit Rules Book" with no additional restrictions for the division.

TOSSES

Tosses are not allowed.

SHOW CHEER – **NON-TUMBLING** Division Limitations

Non-Tumbling teams will follow the "2021-22 NFHS Spirit Rules Book" with additional skill restrictions for the division.

STANDING/RUNNING TUMBLING

This division prohibits all standing and/or running tumbling. This includes forward and backward rolls, cartwheels, round-offs, handsprings, tucks (flips), etc. Skills connected and/or within stunts are allowed. Example: Braced forward $\frac{3}{4}$ suspended roll dismount is allowed.

TOSSES

Tosses are not allowed.

SHOW CHEER – **NON-BUILDING** Division Limitations

Non-Building teams will follow the "2021-22 NFHS Spirit Rules Book" with additional building skill restrictions for the division.

BUILDING/STUNTS/TOSSES/PYRAMIDS

This division prohibits all building. No partner stunts, pyramids and/or tosses are allowed. If an athlete is ever lifted off of the performing surface by another athlete or athletes, it is considered a "building skill" and is therefore illegal.

GROUP STUNT SCORE SHEET

2021-2022 - Version 06.14.21



2021-2022 SPIRIT COMPETITIONS

Group Stunt

Team Name:

Division:

On Team

Choreography

**Max
Value**

Score

Comments:

- Degree of Difficulty
- Skill Transition/Continuity
- Connection of Skills/Variety
- Pace and Speed of Skills

40

Technique/Execution

**Max
Value**

Score

- Timing/Synchronization
- Cradles, Dismounts, Transitions
- Successful Execution of Routine
- Overall Stunt Technique

40

Showmanship

**Max
Value**

Score

- Smiles/Projection
- Energy/Genuine Enthusiasm
- Eye Contact/Confidence
- Recoveries

10

Overall Impression

**Max
Value**

Score

Judge's impression of entire performance encompassing all scoresheet categories. This may also include elements such as: Appearance, Appropriateness, and Crowd Appeal.

10

TOTAL SCORE 100

Group Stunt


Judge:



usa.varsity.com

SHOW CHEER MUSIC SECTION SCORE SHEET

2021-2022 - Version 06.14.21




**2021-2022 SPIRIT
COMPETITIONS**

**Show Cheer
Music Section**

Team Name:
Division:
On Team

Composition/Choreography	Max Value	Score	Comments:
<ul style="list-style-type: none"> Innovative, Intricate, Visual Ideas Pace/Flow Formations Transitions Use of Floor 	5.0	(4.0-5.0)	
Technique/Execution			
<ul style="list-style-type: none"> Sharpness/Precision Uniformity Spacing Timing/Synchronization 	5.0	(4.0-5.0)	
Dance			
<ul style="list-style-type: none"> Creativity/Visual Effects Variety Footwork/Floor Work Formations Transitions Technique/Perfection Timing/Synchronization 	5.0	(4.0-5.0)	
Showmanship			
(ENTIRE ROUTINE) <ul style="list-style-type: none"> Energy/Genuine Enthusiasm Eye Contact Confidence Ability to Recover 	5.0	(4.0-5.0)	
School/Organization Representation			
(ENTIRE ROUTINE) Image, Performance Integrity, Sportsmanship, Appropriateness	5.0	(4.0-5.0)	
TOTAL SCORE	25.0		Show Cheer - Music Section Judge:


usa.varsity.com



SHOW CHEER

CHEER SECTION SCORE SHEET


2021-2022 - Version 06.14.21



2021-2022 SPIRIT COMPETITIONS

Show Cheer Cheer Section


Team Name:
Division:
On Team

Practicality	Max Value	Score	Comments:
<ul style="list-style-type: none"> Crowd Involvement Crowd Effective Material Easy to Follow & Participate Pace/Rhythm 	5.0	(4.0-5.0)	
Crowd Appeal/Showmanship			
<ul style="list-style-type: none"> Ability & Energy to Lead Crowd Natural/Confident Eye Contact Volume Use of Voice 	5.0	(4.0-5.0)	
Incorporation of Skills			
<ul style="list-style-type: none"> Proper Use of Skills to Lead Crowd Effectiveness of Skills Visual Appeal Formations Transitions 	5.0	(4.0-5.0)	
Use of Props			
<ul style="list-style-type: none"> Effective Use of Signs, Flags, Banners, Poms, Megaphones, or Other 	5.0	(4.0-5.0)	
Technique/Execution			<h3>Show Cheer - Cheer Section</h3> <div style="border: 1px solid black; padding: 5px; margin-top: 5px;"> Judge: </div> <div style="text-align: right; margin-top: 20px;">  </div>
<ul style="list-style-type: none"> Motion Sharpness/Precision Uniformity Spacing Timing/Synchronization 	5.0	(4.0-5.0)	
TOTAL SCORE 25.0			

usa.varsity.com

SHOW CHEER BUILDING SECTION SCORE SHEET


2021-2022 SPIRIT COMPETITIONS				2021-2022 - Version 06.14.21		
Team Name:		Division:		# On Team		
Building - Stunts		Max Value	Score	Comments:		
DIFFICULTY	10.0	(7.0-10.0)				
TECHNIQUE & EXECUTION	5.0	(3.5-5.0)				
Building - Pyramids						
DIFFICULTY	5.0	(2.0-5.0)				
TECHNIQUE & EXECUTION	5.0	(3.5-5.0)				
Building - Stunts & Pyramids						
CREATIVITY	5.0	(4.0-5.0)				
Stunt Drivers <input type="checkbox"/> Degree of Difficulty <input type="checkbox"/> % of Team Participation <input type="checkbox"/> Connection of Skills/Variety <input type="checkbox"/> Pace/Speed of Skills Pyramid Drivers <input type="checkbox"/> Degree of Difficulty <input type="checkbox"/> % of Team Participation <input type="checkbox"/> Connection of Skills/Variety <input type="checkbox"/> Pace/Speed of Skills						
TOTAL SCORE 30.0						Show Cheer - Building Judges:

usa.varsity.com


SHOW CHEER TUMBLING & JUMPS

SECTION SCORE SHEET

2021-2022 - Version 06.14.21



**2021-2022 SPIRIT
COMPETITIONS**

**Show Cheer
Tumbling & Jumps**


Team Name:
Division:
On Team

Standing/Running Tumbling	Max Value	Score	Comments:
DIFFICULTY	5.0	(2.0-5.0)	
TECHNIQUE & EXECUTION	5.0	(3.5-5.0)	
Jumps			
DIFFICULTY	5.0	(2.0-5.0)	
TECHNIQUE & EXECUTION	5.0	(3.5-5.0)	
Tumbling Drivers <input type="checkbox"/> Degree of Difficulty <input type="checkbox"/> % of Team Participation <input type="checkbox"/> Combination of Skills/Variety <input type="checkbox"/> Pace/Speed of Skills			

TOTAL SCORE 20.0

Show Cheer - Tumbling & Jumps
Judge:


usa.varsity.com



SHOW CHEER

JUMPS (NON-TUMBLING) SCORE SHEET

2021-2022 - Version 06.14.21



**2021-2022 SPIRIT
COMPETITIONS**

**Show Cheer
Jumps (Non-Tumbling)**


Team Name: _____ **Division:** _____ **# On Team** _____

Jumps	Max Value	Score	Comments:
DIFFICULTY	5.0	(2.0-5.0)	
TECHNIQUE & EXECUTION	5.0	(3.5-5.0)	

TOTAL SCORE 10.0

Show Cheer - Jumps (Non-Tumbling)
Judge: _____

usa.varsity.com



SCORING RANGES STUNTS

2021-2022 - Version 06.14.21



2021-2022 SPIRIT COMPETITIONS

Show Cheer

STUNTS SCORING RANGES

If "most" of team do not perform synchronized skill, score drops into the range directly below. Refer to Stunt Quantity Chart for clarification of "most." **Synchronized**— exact same skill(s) at the exact same time. *Note: required dismount only implemented here, not in pyramid sections.

NOVICE	INTERMEDIATE	ADVANCED	NON-TUMBLING
7.0- 8.0	7.0- 8.0	7.0- 8.0	7.0- 8.0
Extension preps	Extension OR one leg stunt variations at prep level	Extensions AND one leg stunt variations at prep level AND *Required dismount: straight ride cradle	Extensions AND one leg stunt variations at prep level AND *Required dismount: straight ride cradle
8.0 - 9.0	8.0 - 9.0	8.0 - 9.0	8.0 - 9.0
Extensions OR one leg stunt variations at prep level	Extensions AND one leg stunt variations at prep level AND *Required dismount: straight ride cradle	Extended one leg stunt AND *Required dismount: single twist cradle from two leg extended stunt OR single twist cradle from one leg stunt at prep level	Extended one leg stunt AND *Required dismount: single twist cradle from two leg extended stunt OR single twist cradle from one leg stunt at prep level
9.0 - 10.0	9.0 - 10.0	9.0 - 10.0	9.0 - 10.0
Extensions AND one leg stunt variations at prep level AND *Required dismount: straight ride cradle	Extended one leg stunt AND *Required dismount: single twist cradle from two leg extended stunt OR single twist cradle from one leg stunt at prep level	Elite Skill* AND *Required dismount: single twist cradle from one leg extended stunt	Elite Skill* AND *Required dismount: single twist cradle from one leg extended stunt

TECHNIQUE/EXECUTION RANGES

3.5 - 4.0
Less than 50% of skills were executed with excellent precision and form
4.0 - 4.5
50% of skills were executed with excellent precision and form
4.5- 5.0
75% or more of skills were executed with excellent precision and form

DRIVERS

Degree of Difficulty
Percentage of Team Participation
Connection of Skills/Variety
Pace and Speed of Skills

ELITE SKILLS*

Elite stunt skills include but are not limited to:

- Full up to extended position
- Release move to an extended position
- Inversion to release move to an extended position
- Tick tock variations (high to high)
- Toss to extended stunts
- Extended stunt sequence performed by a single base, unassisted



2021-2022 SPIRIT COMPETITIONS

Show Cheer

PYRAMIDS SCORING RANGES

USA CHEER Pyramid Definition: "connected partner stunts" (Example: paper dolls).
 Basic pyramid – includes limited complex transitions, structures, entrance and/or dismount variety.
 Maxed-out pyramid – could include multiple complex transitions, several structures, and a variety of entries and/or dismounts, etc. *Note: required stunt dismount NOT implemented here, only in stunt section.

NOVICE, INTERMEDIATE, ADVANCED & NON-TUMBLING

3.0
Basic pyramid
3.0 - 4.0
Maxed-out pyramid
4.0 - 5.0
Basic AND maxed-out pyramid

TECHNIQUE/EXECUTION RANGES

3.5 - 4.0
Less than 50% of skills were executed with excellent precision and form
4.0 - 4.5
50% of skills were executed with excellent precision and form
4.5 - 5.0
75% or more of skills were executed with excellent precision and form

DRIVERS

Degree of Difficulty
 Percentage of Team Participation
 Connection of Skills/Variety
 Pace and Speed of Skills





2021-2022 SPIRIT COMPETITIONS

Show Cheer

TUMBLING SCORING RANGES

If 50%, or "half" of team, does not perform synchronized skill, score drops into box directly below. Synchronized – exact same skill(s) at the exact same time. Example: Synchronized = 50% of team does a back handspring at the exact same time. Not synchronized = 25% of team does a back handspring, other 25% does a back handspring into a back tuck. *Note: Tumbling passes must land on both feet to get credit for ranges. Example: Back handsprings which land in prone position would not count. *Note: To get into a range, tumbling is not cumulative. *Note: Both standing and running tumbling skills will be considered.

NOVICE & NOVICE NON-BUILDING	INTERMEDIATE	ADVANCED & ADVANCED NON-BUILDING
2.0 - 3.0	2.0 - 3.0	2.0 - 3.0
Forward roll Cartwheel	Cartwheel Round off Front/Back walkover	Cartwheel/Round off Front/Back walkover Standing back handspring Round off back handspring
3.0 - 4.0	3.0 - 4.0	3.0 - 4.0
Round off Front/Back walkover	Standing back handspring Round off back handspring	Round off BHS back tuck(s) Round off tuck(s) Standing BHS series Jump(s)/BHS combinations
4.0 - 5.0	4.0 - 5.0	4.0 - 5.0
Standing back handspring Round off back handspring	Round off BHS back tuck(s) Round off tuck(s) Standing BHS series Jump(s)/BHS combinations	Layouts Standing back tuck Standing BHS back tuck(s) Standing BHS to tuck/layout/full Round off to layout/full Round off BHS to layout/full Jump(s)/tuck or tuck combinations

TECHNIQUE/EXECUTION RANGES

3.5 - 4.0
Less than 50% of skills were executed with excellent precision and form
4.0 - 4.5
50% of skills were executed with excellent precision and form
4.5 - 5.0
75% or more of skills were executed with excellent precision and form

DRIVERS

Degree of Difficulty
Percentage of Team Participation
Combination of Skills/Variety
Pace and Speed of Skills

2021-2022 - Version 06.14.21



**2021-2022 SPIRIT
COMPETITIONS**

Show Cheer

JUMPS SCORING RANGES

If 75% or "most" of the team do not perform a synchronized skill, score drops into the range directly below.
Jump Combination – Jumps connected with continuous movement, using either a whip or prep approach
(NO PAUSE BETWEEN JUMPS). Synchronized Jumps – exact same skill(s) at the exact same time.
Roll off in jumps is not considered synchronized.

NOVICE, INTERMEDIATE, ADVANCED, NON-BUILDING & NON-TUMBLING

2.0
Synchronized single jump
3.0
Synchronized double jump combination with no variety
4.0
Synchronized double jump combination with variety OR Synchronized triple jump combination with no variety
5.0
Synchronized triple jump combination with variety OR Synchronized triple jump combination with no variety +1 additional synchronized jump

TECHNIQUE/EXECUTION RANGES

3.5 - 4.0
Less than 50% of skills were executed with excellent precision and form
4.0 - 4.5
50% of skills were executed with excellent precision and form
4.5 - 5.0
75% or more of skills were executed with excellent precision and form



I. GENERAL RULES

All permitted cheerleading specialty skills, including tumbling, partner stunts, pyramids and jumps for the Game Day Divisions must follow the 2021-22 NFHS Spirit Rules Book. Please see additional specific skill restrictions below for each category. All skills should be carefully reviewed and supervised by a qualified adult advisor/director/coach.

A. DIVISIONS

There are three stand-alone categories. Qualification to attend Jr. Nationals is required to compete in any of the Game Day categories below.

- Band Chant
- Situational Sideline/ Cheer
- Fight Song

These are the divisions offered for each stand-alone categories above. There is no co-ed split of divisions for the stand-alone Game Day divisions.

- Junior High / Middle School – 5+ Members

B. SCHOOL REPRESENTATION

The team should display overall behavior/appearance conducive to serving as public representatives and ambassadors of their school/organization.

Uniforms

Appropriate attire suitable for all athletes should be worn.

In all divisions (excluding mascots), an official school uniform that is worn for game/sideline cheering or performing must be worn (i.e. skirt and top). Costuming is not allowed. If an accessory (i.e. hair bows) or an article of clothing adds to the overall effect and/or theme of the routine, it will be considered “costuming.” A deduction of 3 points will be taken if “costuming” is used.

All participant uniforms must cover the midriff when standing at attention. Covered midriff includes nude/skin-tone mesh, uniforms with colored mesh, body suits and liners. Fringe or other such uniform designs are not considered a cover. If a violation occurs, a 3 point deduction will be incurred.

Uniform Distractions

The Legality Official, Head Judge or other competition official reserves the right to stop a routine, assess a deduction, and/or disqualify a team for a uniform distraction (e.g. garment not being securely fastened/attached, straps break, pants split, etc.). Each performer is required to take the necessary steps to avoid inappropriate exposure prior to the performance.

Shoes

All participants must wear soft-soled shoes on both feet while competing. Shoes must have a solid sole and cover the toe and heel. This is a safety rule and if a violation occurs, a 3 point deduction will be incurred. This includes an individual with a shoe that comes off during a routine.

Make-Up

If worn, make-up should be appropriate for both the performance and the age of the athletes, utilizing colors for skin tone.

Hair

Hair for all athletes does not have to be worn the same, but must be secured off the face (cheer teams) with a simple and unexaggerated style that is acceptable to all diversities.

Bows

Bows are not required, however if worn, bows should not be excessive in size and shouldn't be a distraction to the performance. Bows should be worn in a manner to minimize risk for the participants, should be adequately secured on the back of the head with the tails facing down and should not fall over the forehead into the participants' eyes or block the view of the participants while performing. A .25 deduction will be given for teams in violation of this rule.

Appropriateness of Choreography, Music, Words and Outfitting

All facets of a performance or routine, including choreography, music selection, outfitting and cheer words should be suitable for family viewing and listening. Uniforms for all team types should be appropriate for the age of the participants performing the routine.

Cheer words should incorporate school pride, honor, tradition, and sportsmanship. Cheers that are negative, insulting to other teams or the judges may reflect a lower School Representation score.

In general, performances from school-based teams, including but not limited to the actual routine, signs, cheers, chants and hand signals/gestures, should adhere to outfitting, performance and music guidelines and criteria in place and approved by the administration or institution which the team represents.

Deductions will be given for vulgar or suggestive choreography, which includes, but is not limited to, movements such as hip thrusting and inappropriate touching, gestures, hand/arm movements and signals, slapping, positioning of body parts and positioning to one another. Deductions will be given for music or words unsuitable for family listening, which includes, but is not limited, to profanity and connotations of any type of sexual act or behavior, drugs, mention of specific parts of the body, and/or violent acts or behavior. Removing improper language or words from a song and/or replacing with sound effects or other words may be considered inappropriate, and deductions will be made accordingly.

Any uniform, choreography, words or music in which the appropriateness is questionable or with which uncertainty exists should be submitted to the USA for approval prior to competing.

C. COMPETITION AREA

- Participants may enter from outside the competition area for their performance.
- All permitted skills (stunts, pyramids, tumbling etc.) must be performed on the competition mat.
- Competitions comply with the NFHS & USA Cheer surface ruling that school-based programs may not compete on a spring floor. Approximate floor size will be a traditional mat of 54' (feet) wide by 42' (feet) deep – 9 strips.
- Tossing, throwing or other projecting of any type of object outside the competition floor and/or into the crowd is not allowed.
- Poms, signs, flags, megaphones and/or banners may be placed or dropped outside the competition area by a team member.

D. MUSIC RULES/RESTRICTIONS

- Music rules are being followed at all USA and/or Varsity Brands events. Competition music must be properly licensed, and a team must provide proof of licensing at any event where the music is used. If a team cannot provide proof of licensing, the team may be disqualified from the event. For further details visit www.varsity.com/music.
- In order for a team's routine music to be featured in a television broadcast, should this be an option, teams must do the following:
 - Use an original composition created or commissioned by you (i.e. an original song and recording to which you own or license the rights by written agreement)
 - Additionally, secure the synchronization rights. Not all original music providers can/will provide these rights.
 - Submit proof of licensing, as well as synchronization rights, when requested after the event.

- Music is defined as any recorded sound amplified through the competition sound system.
- A sound system will be provided. Speed control is not available. Music checks on the main sound system are not permitted. A representative must be present at the sound system at the time of performance. Advisor/director/coach is asked to hold onto their own music until the time of performance and to take music back following the performance.
- All teams must provide their own MP3 device (or smart phone) for use on the event provided sound system. Music must be recorded at the correct tempo. Although it is not recommended due to interference that may be caused during a routine, a smart phone may be used for playing music. No cover may be on any MP3 player or smart phone so that a patch cord may be easily inserted into the device. Please ensure that jacks are clean and free of any debris which may impact connectivity. You must ensure that your device has a jack into which a patch cord may be inserted. Note that you may need to acquire an adapter in advance if your player does not have a head phone jack. One or several selections of music may be used, as long as they follow the music licensing rules.

E. TIME LIMITATIONS/ENTRANCE/EXIT

- Each team will perform a routine not to exceed 1 minute.
- Teams may not set up props in advance of any category.
- See specific category for details on the start and stop of each type of routine.
- All team breaks, rituals and traditions need to take place prior to the team being called to the performance floor.
- Teams should take the floor immediately with spirit and enthusiasm, but without excessive gestures. Example: chest bumps, hugs, hand-shakes, etc.
- All teams should refrain from any type of excessive celebration following the team's performance. Any team in violation may receive a "sportsmanship" penalty.
- There should not be any organized exits or other activities after the official ending of the routine.

F. VIDEO MEDIA POLICY

No commercial recording (audio or visual) or commercial live streaming is allowed in the event venue or other event-related venues (including, but not limited to, hotels and restaurants) or on the grounds of any such venues (collectively, “Event Locations”). In the event a team authorizes the commercial recording or streaming in any Event Location, the team will be automatically disqualified. In addition, the personal, non-commercial use of live streaming apps (such as Periscope, Facebook Live, etc.) to capture all or any part of a performance during the event is not permitted. By attending/purchasing admission to the event, each attendee grants permission to Varsity Spirit, LLC and its affiliates, designees, agents, licensees, and invitees to use the image, likeness, actions and statements of the attendee in any live or recorded audio, video, film, or photographic display or other transmission, exhibition, publication, or reproduction made of, or at, the event in any medium, whether now known or hereafter created, or context for any purpose, including commercial or promotional purposes, without further authorization or compensation. Any team traveling with a video crew may be disqualified.

H. LOGO USAGE

Teams will not be allowed to use any USA and/or Varsity Spirit Brand logo including: banners, rings, bows, t-shirts, etc. without prior approval from the Varsity Spirit office.

II. BAND CHANT CATEGORY

A. ROUTINE AND JUDGING REQUIREMENTS

- Each team will perform a routine not to exceed 1 minute.
- Band Chant must be made up of at least 50% cheerleaders. Non-cheer teams may participate (i.e. song/pom or dance), but may not comprise more than 50% of the total team numbers.
- A team may begin on or off the performance floor for the start of their music. Once the team name is called and the music begins, timing of the overall routine starts.
- Timing will end with the last beat of music or organized movement.
- The Band Chant must be one traditionally played by a school sideline/jazz band. Crowd interaction and involvement, including yell-backs, spell-outs, school colors are encouraged.
- Camp material may easily be adapted to fit this category. For example, any band chant learned at a 2021 Varsity Brands camp could be used for this routine. Examples might include “Rock ‘N Roll Part II,” “Land of A Thousand Dances,” etc.
- Sideline/traditional school uniforms are required.
- The use of poms, signs, flags, megaphones and/or banners is permitted and encouraged.

Routine and Judging Requirements (Cont'd)

- Judging will be based on the following criteria, as well as elements noted on the score sheet:
 - Crowd leading ability, including crowd encouragement, ease of crowd to participate, etc.
 - Material appropriate for a sideline situation during a time-out, quarter break, between downs, etc.
 - Creativity and musicality, variety and the execution of transitions and formations.
 - Placement, synchronization and strength of motions/movement.
 - Visual effect and spacing.
 - Overall impression and crowd appeal.
 - Thematic routines and/or specialized costuming is not encouraged.


Emphasis should be placed on crowd interaction/involvement and entertaining the crowd. All material should be suitable and able to be performed multiple times during a game or pep rally/assembly.


B. SPECIFIC SKILL RESTRICTIONS – BAND CHANT CATEGORY

- Tumbling and/or stunting of any kind is prohibited, including during entrances and exits.
- Turns, leaps, kicks and/or jumps are permitted.

GAME DAY BAND CHANT SCORE SHEET

VERSION 9.10.21

2021-2022 SPIRIT COMPETITIONS			
Team Name:		Division:	# On Team
Game Day Material	Max Value	Score	Comments:
• Proper & practical use of material relevant to game day environment.	10.0		
Crowd Communication Skills			
• Use of crowd encouragement and ability to cue crowd.	10.0		
Visuals/Variety			
• Use of variety of movements to complement the music, visual effects (level changes, ripples/roll-offs) and creative movement within groups and levels.	10.0		
Crowd Leading Tools			
• Effective use of props (signs, megaphones, pom-poms and/or flags) and encouragement to lead the crowd.	10.0		
Formations/Transitions			
• Crowd coverage. Creative, visual & effective formations & ways to move from one formation to another.	10.0		
TOTAL SCORE 50.0			Routine Structure/Choreography
			Judge: 
usa.varsity.com			

2021-2022 SPIRIT COMPETITIONS			
Team Name:		Division:	# On Team
Crowd Appeal	Max Value	Score	Comments:
• Voice, energy, showmanship, facial expression, eye contact & overall connection to the crowd.	10.0		
Overall Impression			
• Judge's impression of entire performance encompassing all score sheet categories. This includes audience appropriateness.	10.0		
TOTAL SCORE 20.0			Showmanship
			Judge: 
usa.varsity.com			

Notes:

2021-2022 SPIRIT COMPETITIONS			
Team Name:		Division:	# On Team
Motion Strength/Placement	Max Value	Score	Comments:
• Sharpness, strength of motion. Proper control & placement of motions.	10.0		
Synchronization			
• Timing of movement throughout routine.	10.0		
Spacing			
• Spacing of squad members in relation to each other.	10.0		
TOTAL SCORE 30.0			Execution
			Judge: 
usa.varsity.com			

III. FIGHT SONG CATEGORY

A. ROUTINE AND JUDGING REQUIREMENTS:


- Each team will perform a routine not to exceed 1 minute.
- Teams are encouraged to use their traditional school fight song. Should your school fight song exceed 1 minute, and no reasonable way to edit the routine is possible, please contact the USA office.
- Timing will begin with the first organized movement, voice or note music, whichever comes first. Timing will end with the last beat of music or organized movement.
- Props (poms, signs, flags, megaphones and/or banners) are permitted in this category and encouraged.
- Fight song incorporation is limited to three (3) consecutive 8-counts of stunts and/or tumbling. If the fight song repeats, the incorporation will only be allowed both times if it is repeated exactly the same both times. Counting will begin with the first initiation of a skill and continue until either the incorporation is complete or the end of the 3rd 8-count.
- Judging will be based on the following criteria, as well as elements noted on the scoresheet:
 - Crowd oriented material, fit to music, using effective spacing and formations, and incorporating visual effects.
 - Placement, synchronization and strength of motions.
 - Overall impression and crowd appeal.
 - Emphasis should be placed on practicality and crowd involvement. All material should be suitable and able to be performed multiple times during a game or pep rally.

B. SPECIFIC SKILL RESTRICTIONS – FIGHT SONG CATEGORY

- No baskets, sponge, elevator, or similar type tosses permitted
- No stunt/pyramid inversions are allowed
- No twisting dismounts are allowed
- Single leg extended stunts are limited to liberties and liberty hitches.
- A kick/jump will not be considered as a skill and can be performed at any time during the routine.
- No running tumbling is allowed.
- Standing tumbling skills are limited to single skills. No connections and/or jump-tumble combinations are permitted.


GAME DAY FIGHT SONG SCORE SHEET

VERSION 9.10.21

2021-2022 SPIRIT COMPETITIONS				2021-2022 - Version 8.5.21
Team Name:		Division:	# On Team	
Motion Strength/Placement	Max Value	Score	Comments:	
• Sharpness, strength of motion. Proper control & placement of motions.	10.0			
Synchronization				
• Timing of movement throughout routine.	10.0			
Spacing				
• Spacing of squad members in relation to each other.	10.0			
Skill Execution				
• Technique, form, stability, timing, precision, uniformity (i.e. building/tumbling/jumps).	10.0			
TOTAL SCORE	40.0		Execution Judge: 	
usa.varsity.com				

2021-2022 SPIRIT COMPETITIONS				2021-2022 - Version 8.5.21
Team Name:		Division:	# On Team	
Crowd Appeal	Max Value	Score	Comments:	
• Voice, energy, showmanship, facial expression, eye contact & overall connection to the crowd.	10.0			
Overall Impression				
• Judge's impression of entire performance encompassing all score sheet categories. This includes audience appropriateness.	10.0			
TOTAL SCORE	20.0		Showmanship Judge: 	
usa.varsity.com				

Notes:

2021-2022 SPIRIT COMPETITIONS				2021-2022 - Version 8.5.21
Team Name:		Division:	# On Team	
Game Day Material	Max Value	Score	Comments:	
• Proper & practical use of material, and props, if applicable, relevant to game day environment.	10.0			
Incorporation of Skills				
• Skills incorporated to enhance the squad's ability to properly lead the crowd (i.e. building/tumbling/jumps).	10.0			
Visuals/Variety				
• Use of variety of movements to complement the music, visual effects (level changes, ripples/roll-offs) and creative movement within groups.	10.0			
Formations/Transitions				
• Crowd coverage. Creative, visual & effective formations & ways to move from one formation to another.	10.0			
TOTAL SCORE	40.0		Routine Structure/Choreography Judge: 	
usa.varsity.com				

IV. SITUATIONAL SIDELINE/CHEER CATEGORY

(2 elements to this routine)

A. ROUTINE AND JUDGING REQUIREMENTS:

- Each team will respond to a game situation (presented by the announcer), followed by a second element of an additional crowd-oriented cheer/chant/traditional yell/drum cadence, etc. not to exceed 1 minute in total routine length for the two elements that are required.
- Situational Sideline/Cheer will begin with the presentation of a game time sideline situation.
- Timing starts once the game situation has been presented and ends at the conclusion of the second element of the routine – the crowd-oriented Cheer section of the routine. (this is the overall end of the routine)
- The team may start their routine on or off the mat for the reading of their game time sideline situation. Once the situation is read, timing begins.
- No music may be used during the performance. Live drummer(s), other band members and/or drum track is allowed. All specialty skills (i.e. jumps, stunts and/or tumbling) must be performed within a safe distance of all drummers and/or other band members. Drummer(s) and/or any other band members cannot be involved in any type of specialty skill and must be positioned off the cheerleading mat.
- Each team's crowd-oriented Cheer presentation (the second element of the overall routine) must include at least one component required from the following: cheers, chants, traditional yells, and/or drum cadences. This is a separate crowd-oriented cheer that is not directly related to the situational cheer, but rather is an add-on following the situational cheer.
- Teams should utilize all areas of their squad's crowd-leading strengths. The use of poms, signs, flags, megaphones and/or banners is required.
- Judging will be based on the following criteria, as well as elements noted on the scoresheet:
 - Crowd communication, including; crowd effective material, spacing and formations, voice and pace, crowd leading skills and use of poms, signs, flags, megaphones and/or banners.
 - Placement, synchronization and strength of motions.
 - Overall impression and crowd appeal.


Emphasis should be placed on crowd involvement and practicality. All material should be suitable for a game or pep rally.


B. SPECIFIC SKILL RESTRICTIONS – SITUATIONAL SIDELINE/CHEER CATEGORY

- No baskets, sponge, elevator, or similar type tosses permitted.
- No stunt/pyramid inversions are allowed.
- No twisting dismounts are allowed.
- Single leg extended stunts are limited to liberties and/or liberty hitches.
- No running tumbling is allowed.
- Standing tumbling skills are limited to single skills. No connections and/or jump-tumble combinations are permitted.


GAME DAY SITUATIONAL SIDELINE/CHEER SCORE SHEET

VERSION 9.10.21

2021-2022 SPIRIT COMPETITIONS			
Team Name:	Division:	# On Team	
Crowd Appeal	Max Value	Score	Comments:
• Energy, showmanship, facial expression, eye contact & overall connection to the crowd.	10.0		
Overall Impression			
• Judge's impression of entire performance encompassing all score sheet categories. This includes audience appropriateness.	10.0		
TOTAL SCORE 20.0			Judge: 
usa.varsity.com			

2021-2022 SPIRIT COMPETITIONS			
Team Name:	Division:	# On Team	
Motion Strength/Placement	Max Value	Score	Comments:
• Sharpness, strength of motion. Proper control & placement of motions.	10.0		
Voice & Pace			
• Loud, natural voices with appropriate inflection & easy to follow. Moderate, controlled pace.	10.0		
Skill Execution			
• Technique, form, stability, timing, precision, uniformity (i.e. building/tumbling/jumps).	10.0		
TOTAL SCORE 30.0			Judge: 
usa.varsity.com			

Notes:

2021-2022 SPIRIT COMPETITIONS			
Team Name:	Division:	# On Team	
Game Day Material	Max Value	Score	Comments:
• Proper & practical use of material relevant to game day environment.	10.0		
Crowd Communication Skills			
• Accurate situation response, clear set-up, use of crowd encouragement and ability to cue crowd.	10.0		
Crowd Leading Tools			
• Effective use of props (signs, megaphones, pom-poms and/or flags) and encouragement to lead the crowd.	10.0		
Incorporation of Skills			
• Skills incorporated to enhance the squad's ability to properly lead the crowd (i.e. building/tumbling/jumps).	10.0		
Formations/Transitions			
• Crowd coverage. Creative, visual & effective formations & ways to move from one formation to another.	10.0		
TOTAL SCORE 50.0			Judge: 
usa.varsity.com			

SONG/POM GAME DAY

RULES & GUIDELINES

I. GENERAL RULES

Please see specific skill restrictions below for each category. These restrictions must be followed whether a song/pom competitor is in a Song/Pom Game Day category or a combined routine under one of the Cheer Game Day categories. All skills should be carefully reviewed and supervised by a qualified adult advisor/director/coach.

A. CATEGORIES/DIVISIONS

There are three stand-alone categories and one all-in-one category. Qualification to attend Jr. Nationals is required to compete in any of the stand-alone Game Day categories below.

- Fight Song
- Band Chant
- Performance Routine
- All-In-One Performance
 - (performed in this order -- Fight Song/Band Chant/Performance Routine)

These are the divisions offered for each of the categories above.

DIVISIONS

Junior High / Middle School – 5-23 Members

B. SCHOOL/ORGANIZATION REPRESENTATION

All members of the performing squad must be current members of the official school song/pom team. These must be individuals who performed for games during the appropriate season. (Exception: this will not preclude participation from sister schools for same-gender schools as long as they are official members of the squad.) All Song/Pom Game Day routines are required to be comprised entirely of members of the school's song/pom team. Other performance-based and/or spirit groups **may not** enter the song/pom only divisions.

The team and each participating member/coach should constantly display good sportsmanship throughout the entire performance regarding respect for themselves, other teams and the viewing audience. Teams should refrain from any taunting, bragging, or suggestive expressions or gestures as well as discrimination of any nature. We recommend that the team and each of its members display an overall appearance conducive to serving as public representatives and ambassadors of their school in regard to grooming, traditional and appropriate attire, make-up, uniformity, etc.

SONG/POM GAME DAY

RULES & GUIDELINES

SCHOOL/ORGANIZATION REPRESENTATION CONT'D

Uniforms

Appropriate attire suitable for all athletes should be worn.

In all divisions (excluding mascots), an official school uniform that is worn for game/sideline cheering or performing must be worn (i.e. skirt and top). Costuming is not allowed. If an accessory (i.e. hair bows) or an article of clothing adds to the overall effect and/or theme of the routine, it will be considered “costuming.” A deduction of 3 points will be taken if “costuming” is used.

All participant uniforms must cover the midriff when standing at attention. Covered midriff includes nude/skin-tone mesh, uniforms with colored mesh, body suits and liners. Fringe or other such uniform designs are not considered a cover. If a violation occurs, a 3 point deduction will be incurred.

Uniform Distractions

The Legality Official, Head Judge or other competition official reserves the right to stop a routine, assess a deduction, and/or disqualify a team for a uniform distraction (e.g. garment not being securely fastened/attached, straps break, pants split, etc.). Each performer is required to take the necessary steps to avoid inappropriate exposure prior to the performance.

Shoes

All participants must wear soft-soled shoes on both feet while competing. Shoes must have a solid sole and cover the toe and heel. This is a safety rule and if a violation occurs, a 3 point deduction will be incurred.

Make-Up

If worn, make-up should be appropriate for both the performance and the age of the athletes, utilizing colors for skin tone.

Hair

Hair for all athletes does not have to be worn the same but must be secured off the face (cheer teams) with a simple and unexaggerated style that is acceptable to all diversities.

SONG/POM GAME DAY

RULES & GUIDELINES

SCHOOL/ORGANIZATION REPRESENTATION CONT'D

Bows

Bows are not required, however if worn bows should not be excessive in size and shouldn't be a distraction to the performance. Bows should be worn in a manner to minimize risk for the participants, should be adequately secured on the back of the head with the tails facing down and should not fall over the forehead into the participants' eyes or block the view of the participants while performing. A .25 deduction will be given for teams in violation of this rule.

Appropriateness of Choreography, Music, Words and Outfitting

All facets of a performance or routine, including choreography, music selection, outfitting and words should be suitable for family viewing and listening. Uniforms for all team types should be appropriate for the age of the participants performing the routine.

In general, performances from school-based teams, including but not limited to the actual routine, signs, cheers, chants and hand signals/gestures, should adhere to outfitting, performance and music guidelines and criteria in place and approved by the administration or institution which the team represents.

Deductions will be given for vulgar or suggestive choreography, which includes, but is not limited to, movements such as hip thrusting and inappropriate touching, gestures, hand/arm movements and signals, slapping, positioning of body parts and positioning to one another. Deductions will be given for music or words unsuitable for family listening, which includes, but is not limited, to profanity and connotations of any type of sexual act or behavior, drugs, mention of specific parts of the body, and/or violent acts or behavior. Removing improper language or words from a song and/or replacing with sound effects or other words may be considered inappropriate, and deductions will be made accordingly.

Any uniform, choreography, words or music in which the appropriateness is questionable or with which uncertainty exists should be submitted to the USA for approval prior to competing.

SONG/POM GAME DAY

RULES & GUIDELINES

C. COMPETITION AREA

- Participants may enter from outside the competition area for their performance.
- Tossing, throwing or other projecting of any type of object outside the competition floor and/or into the crowd is not allowed.
- Teams may use poms, but they are not required in the Performance Routine category. Poms are required for all female team members for the Fight Song and Band Chant categories.
- No other props or signs are allowed

D. MUSIC

Note the music rules that are in place for the 2021-22 competition season. Be sure you are familiar with these prior to taking any competition floor. Failure to comply may lead to disqualification and forfeiture of all fees (registration, admission or otherwise) associated with a team's performance.

MUSIC RULES/RESTRICTIONS:

Music is defined as any recorded sound amplified through the competition sound system. One or several selections of music may be used, as long as they follow the music licensing rules. Failure to comply may lead to disqualification and forfeiture of all fees associated with a team's performance.

- Coaches are responsible for reading and understanding the USA Cheer Music Copyrights Educational Initiative and understanding that all sound recordings used in their team music shall only be used with written license from the owners(s) of the sound recordings.
- For the most up to date music information, visit <http://varsity.com/music>. If you have any questions, cheer teams should email info@usacheer.net and dance teams should email dancemusic@varsity.com. Please periodically check the provider list for updates and changes.
- Teams must be able to provide proof of licensing, in the form of a printed copy, during registration at the event they are attending.
- If your team is featured in a TV and/or virtual broadcast and uses an original composition created for your performance, your routine music will be used in the show if you also secured synchronization rights. Teams must be able to provide written documentation that synchronization rights were properly secured during registration at the event for the original routine music to be included in the show.
- When recording your music for the event, coaches or music editors should edit their song in a Digital Audio Workstation (DAW) and make sure that the volume of the song is at 0. Things to note: Most DAW's have a default that sets a track at -6 when a track is added. Check to see if there is a normalization process after you render or save your work.

SONG/POM GAME DAY

RULES & GUIDELINES

MUSIC RULES/RESTRICTIONS CONT'D

- If you would like to perform your school's original fight song, you may bring a recording of your marching band playing the song. You will need to get the school's permission to use the song and recording. A letter granting permission for the cheer or dance team to use the fight song on school letterhead is enough. It should be signed by your program's administrative supervisor. Go to varsity.com/music for more details.
- If a team does not have required paperwork, they will be given the option to count the routine verbally or perform to an approved track of music or a track with counts (provided by Varsity Spirit).
- If a team does not have the required paperwork and chooses not to count the routine or perform to an approved track of music or a track with counts, the team will be disqualified from the competition and not allowed to perform or compete.
- If there are concerns regarding a certain team's use of music, a Challenge Form must be completed immediately following the team's performance.
- A challenge can only be made by the official coach of a team competing at the event at which the challenge is being made.

Challenge Process:

- All music challenges must be submitted in writing to the event director.
- There will be \$100 fee to request a music challenge and must be in the form of a check made out to St Jude Children's Research Hospital.
- Fees collected will be voided if challenge is correct.
- If the team challenged can provide documentation during the event and can be verified, the fees will be donated to St. Jude.
- If the team challenged can provide documentation that requires further review, a decision will be finalized within 48 hours of the event.

SONG/POM GAME DAY

RULES & GUIDELINES

VERSION 9.10.21

MUSIC RULES/RESTRICTIONS CONT'D

- A sound system will be provided. Speed control is not available. Music must be recorded at the correct tempo. Music checks on the main sound system are not permitted.
- All teams must provide their own MP3 device (or smart phone) for use on the event-provided sound system. Although it is not recommended due to potential interference that may be caused during a routine, a smart phone may be used for playing music.
- Each team is required to have a responsible adult that knows the routine and music as a representative remain at the music station (no alternates or team members allowed). This representative is responsible for starting the music and stopping the music at the routine's end, or in case of technical malfunction or injury. Should an adult choose not to stay at the music station for the duration of the routine, and a malfunction occurs, the team may or may not be permitted to perform the routine again. Please hold on to your music until the time of your performance. If using an MP3, smart phone, etc. please ensure that there is no case on the device which will obstruct the jack from plugging into the sound system. Please ensure that jacks are clean and free of any debris which may impact connectivity. Note that you may need to acquire an adapter in advance if your player does not have a headphone jack. If you are using a smart phone, please ensure that no interruptions (i.e. phone call, alarm, etc.) occur during your performance. Place the smart phone in "airplane mode," ensure that the volume is turned up and the phone is fully charged. Interference caused by a smart phone that results in routine delay may receive an overtime or delay of contest penalty.

VIRTUAL COMPETITIONS MUSIC RULES

- The USA Cheer Music Copyrights Educational Initiative will govern all sound recordings used at the event and all sound recordings used in our team's music shall only be used with written license from the owners(s) of the sound recordings.
- For the most up-to-date music information, visit <http://varsity.com/music>. If you have any questions, cheer should email info@usacheer.net and dance teams should email dancemusic@varsity.com. Please check the Music Provider list for updates and changes periodically.
- All routines will be judged with sound and available for Varsity TV subscriber viewing with sound for 48 hours once the event goes live. After 48 hours, the routines will be available without sound for Varsity TV subscribers. After 5 days, routines will be available free of charge without sound for the duration of the competition season.

SONG/POM GAME DAY

RULES & GUIDELINES

E. TIME LIMITATIONS/ENTRANCE/EXIT

- Stand-Alone divisions- Each team will perform a routine not to exceed 1 minute.
- Combined division - Each team will perform a routine not to exceed 3 minutes.
- Teams may not set up poms in advance of any category.
- See specific category for details on the start and stop of each type of routine.
- All team breaks, rituals and traditions need to take place prior to the team being called to the performance floor
- Teams should take the floor immediately with spirit and enthusiasm, but without excessive gestures. Example: chest bumps, hugs, hand-shakes, etc.
- All teams should refrain from any type of excessive celebration following the team's performance. Any team in violation may receive a "sportsmanship" penalty.
- There should not be any organized exits or other activities after the official ending of the routine.

F. VIDEO MEDIA POLICY

No commercial recording (audio or visual) or commercial live streaming is allowed in the event venue or other event-related venues (including, but not limited to, hotels and restaurants) or on the grounds of any such venues (collectively, "Event Locations"). In the event a team authorizes the commercial recording or streaming in any Event Location, the team will be automatically disqualified. In addition, the personal, non-commercial use of live streaming apps (such as Periscope, Facebook Live, etc.) to capture all or any part of a performance during the event is not permitted. By attending/purchasing admission to the event, each attendee grants permission to Varsity Spirit, LLC and its affiliates, designees, agents, licensees, and invitees to use the image, likeness, actions and statements of the attendee in any live or recorded audio, video, film, or photographic display or other transmission, exhibition, publication, or reproduction made of, or at, the event in any medium, whether now known or hereafter created, or context for any purpose, including commercial or promotional purposes, without further authorization or compensation. A team traveling with a video crew maybe disqualified.

G. LOGO USAGE

Teams will not be allowed to use any USA Varsity Spirit Brand logo, the USA logo or the Game Day logo including on banners, rings, bows, t-shirts, etc. without prior approval from the USA office. However, the use of the USA letters (not unique to the USA logo) will be allowed.

SONG/POM GAME DAY RULES & GUIDELINES

II. FIGHT SONG CATEGORY

B. ROUTINE AND JUDGING REQUIREMENTS

- Each team will perform a routine not to exceed 1 minute.
- Teams are encouraged to use their traditional school fight song. Should your school fight song exceed 1 minute, and no reasonable way to edit the routine is possible, please contact the USA office.
- A team may begin on or off the performance floor for the start of their music. Once the team name is called and the music begins, timing of the overall routine starts.
- Timing will end with the last beat of music or organized movement.
- The use of poms is required for all female members.
- Choreography should represent a traditional Fight Song that your team performs at games or community events.
- Props and/or costuming are not permitted.
- Judging will be based on the following criteria, as well as elements noted on the scoresheet:
 - Game Day oriented material
 - Crowd communication skills
 - Incorporation of game day/sideline appropriate skills
 - Formations/transitions
 - Motion strength and placement
 - Spacing
 - Execution of skills
 - Crowd appeal and overall impression
- Emphasis should be placed on practicality and crowd involvement. All material should be suitable and able to be performed multiple times during a game or pep rally.

B. SPECIFIC SKILL RESTRICTIONS – FIGHT SONG CATEGORY

- Tumbling, stunting, lifts of any kind are prohibited.
- Switching/scissor leaps and/or fouette/second turn sequences of any kind are prohibited.
- Pirouette turns are limited to a double pirouette.
- Non-switching leaps/jumps and kicks are permitted.

GAME DAY SONG/POM FIGHT SONG SCORESHEET

VERSION 9.10.21

2021-2022 SPIRIT COMPETITIONS				Song/Pom Game Day Scoresheet Fight Song	
Team Name:		Division:		# On Team	
Choreography		Max Value	Score	Comments:	
GAME DAY MATERIAL • Routine skills and movement are relevant to the game day environment. • Encourages crowd interaction and involvement.		20			
VISUALS/FORMATIONS/TRANSITIONS • Variety of movement and visual effects that complement the music. • Visual and effective formations and transitions.		20			
Execution		Max Value	Score		
MOTION/SKILL EXECUTION • Proper control, placement and sharpness of motions. • Proper technique and uniformity of skills.		20			
SYNCHRONIZATION/SPACING • Timing of movement throughout the routine. • Spacing of team members in relation to each other.		20			
Showmanship		Max Value	Score		
CROWD APPEAL Energy, showmanship, facial expression, eye contact and overall connection to the crowd.		10			
OVERALL IMPRESSION Judge's impression of the entire performance encompassing all scoresheet categories. This may include elements such as: Appearance and Appropriateness.		10			
TOTAL SCORE 100				Judge:	

usa.varsity.com



SONG/POM GAME DAY RULES & GUIDELINES

III. BAND CHANT CATEGORY

C. ROUTINE AND JUDGING REQUIREMENTS

- Each team will perform a routine not to exceed 1 minute.
- A team may begin on or off the performance floor for the start of their music. Once the team name is called and the music begins, timing of the overall routine starts.
- Timing will end with the last beat of music or organized movement.
- The use of poms is required for all female members.
- The Band Chant must be one traditionally played by a school sideline/jazz band. The performance should have an emphasis on crowd appeal and encourage crowd interaction and involvement (i.e. yell backs, spell outs, school colors, etc.)
- Camp material may easily be adapted to fit this category. For example, any band chant learned at a 2021 Varsity Brands camp could be used for this routine. Examples might include “Party in the USA”, “Rock ‘N Roll Part II”, “Land of A Thousand Dances,” etc.
- Props and/or costuming are not permitted.
- Judging will be based on the following criteria, as well as elements noted on the scoresheet:
 - Game Day oriented material
 - Crowd communication skills
 - Incorporation of game day/sideline appropriate skills
 - Formations/transitions
 - Motion strength and placement
 - Spacing
 - Execution of skills
 - Crowd appeal and overall impression

Emphasis should be placed on crowd interaction/involvement and entertaining the crowd. All material should be suitable and able to be performed multiple times during a game or pep rally/assembly.


C. SPECIFIC SKILL RESTRICTIONS – BAND CHANT CATEGORY

- Tumbling, stunting, lifts of any kind are prohibited.
- Switching/scissor leaps and/or fouette/second turn sequences of any kind are prohibited.
- Pirouette turns are limited to a double pirouette.
- Non-switching leaps/jumps and kicks are permitted.

GAME DAY SONG/POM BAND CHANT SCORESHEET

VERSION 9.10.21

2021-2022 - Version 8.18.21




2021-2022 SPIRIT COMPETITIONS

Song/Pom Game Day Scoresheet Band Chant

Team Name:
Division:
On Team

Choreography	Max Value	Score	Comments:
GAME DAY MATERIAL <ul style="list-style-type: none"> Routine skills and movement are relevant to the game day environment. Encourages crowd interaction and involvement. 	20		
VISUALS/FORMATIONS/TRANSITIONS <ul style="list-style-type: none"> Variety of movement and visual effects that complement the music. Visual and effective formations and transitions. 	20		
Execution	Max Value	Score	
MOTION/SKILL EXECUTION <ul style="list-style-type: none"> Proper control, placement and sharpness of motions. Proper technique and uniformity of skills. 	20		
SYNCHRONIZATION/SPACING <ul style="list-style-type: none"> Timing of movement throughout the routine. Spacing of team members in relation to each other. 	20		
Showmanship	Max Value	Score	
CROWD APPEAL Energy, showmanship, facial expression, eye contact and overall connection to the crowd.	10		
OVERALL IMPRESSION Judge's impression of the entire performance encompassing all scoresheet categories. This may include elements such as: Appearance and Appropriateness.	10		
TOTAL SCORE 100			Judge:

usa.varsity.com



SONG/POM GAME DAY

RULES & GUIDELINES

IV. PERFORMANCE ROUTINE CATEGORY

D. ROUTINE AND JUDGING REQUIREMENTS

- Each team will perform a routine not to exceed 1 minute.
- A team may begin on or off the performance floor for the start of their music. Once the team name is called and the music begins, timing of the overall routine starts.
- Timing will end with the last beat of music or organized movement.
- The use of poms is permitted, but not required.
- Props and/or costuming are not permitted.
- The Performance Routine must be in the style of pom, jazz, hip hop, kick or combination of any of these styles.
- Judging will be based on the following criteria, as well as elements noted on the scoresheet:
 - Game Day oriented material
 - Incorporation of game day/sideline appropriate skills
 - Formations/transitions
 - Motion strength and placement
 - Spacing
 - Execution of skills
 - Crowd appeal and overall impression

Emphasis should be placed on crowd entertainment.


D. SPECIFIC SKILL RESTRICTIONS – PERFORMANCE ROUTINE CATEGORY

- Tumbling, stunting, lifts of any kind are prohibited.
- Switching/scissor leaps and/or fouette/second turn sequences of any kind are prohibited.
- Pirouette turns are limited to a double pirouette.
- Non-switching leaps/jumps and kicks are permitted.

GAME DAY SONG/POM PERFORMANCE ROUTINE SCORE SHEET

VERSION 9.10.21

2021-2022 - Version 8.18.21



2021-2022 SPIRIT COMPETITIONS


Song/Pom Game Day Scoresheet Performance Routine

Team Name:
Division:
On Team

Choreography	Max Value	Score	Comments:
GAME DAY MATERIAL <ul style="list-style-type: none"> Routine skills and movement are relevant to the game day environment. 	20		
VISUALS/FORMATIONS/TRANSITIONS <ul style="list-style-type: none"> Variety of movement and visual effects that complement the music. Visual and effective formations and transitions. 	20		
Execution	Max Value	Score	
MOTION/SKILL EXECUTION <ul style="list-style-type: none"> Proper control, placement and sharpness of motions. Proper technique and uniformity of skills. 	20		
SYNCHRONIZATION/SPACING <ul style="list-style-type: none"> Timing of movement throughout the routine. Spacing of team members in relation to each other. 	20		
Showmanship	Max Value	Score	
CROWD APPEAL <ul style="list-style-type: none"> Energy, showmanship, facial expression, eye contact and overall connection to the crowd. 	10		
OVERALL IMPRESSION <ul style="list-style-type: none"> Judge's impression of the entire performance encompassing all scoresheet categories. This may include elements such as: Appearance and Appropriateness. 	10		
TOTAL SCORE 100			

PERFORMANCE ROUTINE

Judge:



usa.varsity.com

SONG/POM GAME DAY

RULES & GUIDELINES

V. GAME DAY “ALL-IN-ONE” PERFORMANCE

E. ROUTINE AND JUDGING REQUIREMENTS:


- This category combines all 3 divisions from above into one performance.
- Teams will perform the following routines in the below order to fulfill the “All-In-One” category:
 - Fight Song
 - Band Chant
 - Performance Routine
- Time limitations: 1:00 minute for each routine. Timing will begin with the first organized movement, voice or note of music, whichever comes first. Timing will end with the last beat of music or organized movement. Timing will be recorded for each routine.
- A team may begin on or off the performance floor for the start of the Fight Song. They must remain on the performance floor for the start of the Band Chant and Performance Routine.
- Each routine will have a beginning and an end. Teams are encouraged to show spirit to the crowd between each routine.
- The use of poms is required for all female members during the Fight Song and Band Chant. For the Performance Routine, the use of poms is permitted, but not required.
- Props and/or costuming are not permitted.
- For each routine, see category description above for routine/judging requirements and specialty skill restrictions.
- It is encouraged that teams use the same routines performed in the individual categories for the Game Day “All-In-One” performance.
- For specific Song/Pom Game Day questions, please call Carina Clendenin at 1-800-886-4872 ext. 2023 or e-mail CClendenin@varsity.com.

SONG/POM 'ALL IN ONE'

PERFORMANCE SCORE SHEET (1/2)

VERSION 9.10.21

2021-2022 - Version 8.18.21



2021-2022 SPIRIT COMPETITIONS


Song/Pom Game Day Scoresheet
All-In-One Performance

Team Name:
Division:
On Team

Fight Song	Max Value	Score	Comments:
Game Day Material	20		
Visuals/Formations/Transitions	20		
Motion/Skill Execution	20		
Synchronization/Spacing	20		
Band Chant			
	Max Value	Score	
Game Day Material	20		
Visuals/Formations/Transitions	20		
Motion/Skill Execution	20		
Synchronization/Spacing	20		
Performance Routine			
	Max Value	Score	
Game Day Material	20		
Visuals/Formations/Transitions	20		
Motion/Skill Execution	20		
Synchronization/Spacing	20		
Showmanship			
	Max Value	Score	
Crowd Appeal	30		
Overall Impression	30		
TOTAL SCORE		300	

ALL-IN-ONE PERFORMANCE

Judge: _____



usa.varsity.com

SONG/POM 'ALL IN ONE'

PERFORMANCE SCORE SHEET (2/2)

VERSION 9.10.21

SONG/POM GAME DAY ALL-IN-ONE PERFORMANCE

2021-2022
Version 8.18.21

All 3 Game Day routines will be performed for this division and in the following order:
Fight Song, Band Chant and Performance Routine. Each routine will be judged on the below criteria.

CHOREOGRAPHY (120 points possible for all 3 routines)

GAME DAY MATERIAL (20 points possible per routine)

- Routine skills and movement are relevant to the game day environment.
- Encourages crowd interaction and involvement (this is not required for the performance routine).

VISUALS/FORMATIONS/TRANSITIONS (20 points possible per routine)

- Variety of movement and visual effects that complement the music.
- Visual and effective formations and transitions.

EXECUTION (120 points possible for all 3 routines)

MOTION/SKILL EXECUTION (20 points possible per routine)

- Proper control, placement and sharpness of motions.
- Proper technique and uniformity of skills

SYNCHRONIZATION/SPACING (20 points possible per routine)

- Timing of movement throughout the routine.
- Spacing of team members in relation to each other.

SHOWMANSHIP (60 points possible for all 3 routines)

CROWD APPEAL (30 points possible)

Energy, showmanship, facial expression, eye contact and overall connection to the crowd.

OVERALL IMPRESSION (30 points possible)

Judge's impression of the entire performance encompassing all scoresheet categories. This may include elements such as: Appearance and Appropriateness.

TOTAL POINTS POSSIBLE (300 points for all 3 routines)

POINT SCALES

20 Point Scale:

Superior	18-20
Above Average	15-17
Average	12-14
Below Average	0-11

30 Point Scale:

Superior	28-30
Above Average	25-27
Average	22-25
Below Average	0-21





2021-22 SAFETY RULES SONG/POM, SONG/JAZZ & PEP/SHORT FLAG SCHOOL & REC TEAMS

VERSION 9.10.21

NOTE: Routines in these divisions must also follow the rules listed in “2021-22 High School Spirit (or Junior Spirit) General Information” and the “2021-22 High School Song/Pom and Pep/Short Flag Division Limitations”.

Please refer to the Glossary of Terms for rules and skills terminology.

GENERAL GUIDELINES

1. All participants agree to conduct themselves in a manner displaying good sportsmanship throughout the event. The coach of each team is responsible for seeing that team members, coaches, parents, and any other person affiliated with the team conduct themselves accordingly.
2. All programs should have, and review, an emergency action plan in the event of an injury.
3. Coaches must recognize the entire team’s particular ability level and limit the team’s activities accordingly.
4. No technical skills should be performed when a coach is not present or providing direct supervision.
5. All practice sessions should be held in a location suitable for the activities of dance, and away from noise and distractions.
6. Warm-up and stretching should precede and conclude all practice sessions, pep rallies, games, competitions, performances, and other physical activities.
7. The performance surface should be taken into consideration before engaging in any technical aspect of dance. The performance area should be reasonably free of obstructions. Dancers should not perform technical skills on:
 - a) Concrete, asphalt, or any other hard or uncovered surface
 - b) Wet surfaces
 - c) Uneven surfaces
 - d) Surfaces with obstructions
8. The dance team coach or other knowledgeable designated representative should be in attendance at all practices, functions, and games.

2021-22 SAFETY RULES SONG/POM, SONG/JAZZ & PEP/SHORT FLAG SCHOOL & REC TEAMS

VERSION 9.10.21

COMPETITION ROUTINE GUIDELINES

1. For Song/Pom and Pep Flag divisions, a school uniform that is worn for game/sideline cheering or performing must be worn (i.e. skirt and top). Costuming is not allowed. If an accessory or article of clothing adds to the overall effect and/or theme of the routine, it will be considered "costuming". (Exception: Costuming is allowed in the Jazz Category – Please refer to the USA Spirit Competitions General Information).
2. When standing at attention, apparel must cover the midriff (front of the body). If a violation occurs, a 3 point deduction will be incurred (Please refer to USA Spirit General Information).
3. All participants must wear soft-soled, non-marking shoes on both feet while competing. Shoes must have a solid sole and cover the toe and heel. (Exception: Half sole shoes/dance paws/turners are acceptable in the Song/Pom and Song/Jazz categories. Performers who wear half sole shoes/dance paws/turners while performing do so at their own risk. Shoes that cover the toe and heel are required at all other times when not directly performing).

Penalty of marking the floor is disqualification. The performing school will be responsible for any charges that may occur as a result of damage to any floor. (Please refer to "Penalties" in the USA Spirit General Information).

4. Wearing "hard" jewelry is illegal, except when such items are securely affixed to a uniform or the hair and will not interfere with the safe execution of a dance/pom/twirling move
Exceptions:
 - a) Jewelry that is a part of a costume will be allowed in the Jazz Category.
 - b) Earrings that are a part of the uniform will be allowed in the Song/Pom Category.
5. Support braces, etc., which are hard and unyielding or have rough edges or surfaces must be appropriately covered.
6. Props are not allowed. A prop is any physical object used to enhance the overall effect and or theme of the routine. (Exception: pom or pep/short flag)
7. Hands Free Poms: The use of hands-free poms will be allowed. Hands-free Poms are specifically made so that performers do not have to hold the poms but rather the poms are affixed to the performers hand. "Proper use" means bars cannot be in palm of the hand and only an elastic band can be between the supporting hand and performance surface making it possible to safely execute skills. A hair tie, rubber band, or tying pom strings/pieces together will not be counted as a hands free pom.

2021-22 SAFETY RULES SONG/POM, SONG/JAZZ & PEP/SHORT FLAG SCHOOL & REC TEAMS

VERSION 9.10.21

EXECUTED BY INDIVIDUALS - INVERTED SKILLS & TUMBLING:

Please note that any or all inverted skills and tumbling are not required in any category. If choreographed into routine, please be sure to follow the guidelines below.

1. Inverted Skills: Non airborne skills are allowed (Example: Headstand).
2. Skills with hip over head rotation:
 - a) With hand support are not allowed while holding poms or props in supporting hand(s). (Exception: Forward rolls, backward rolls and the proper use of hands-free poms) See "Hands Free Poms" competition routine guidelines #7.
 - b) Non airborne skills are allowed and are limited to 3 connected skills. Example: 3 consecutive cartwheels are allowed, 4 consecutive cartwheels are not allowed.
 - c) Airborne skills with hand support may not be airborne in approach but may be airborne in descent if the approach is non-airborne (Clarification: A round off is allowed – hands touch the ground before the foot leaves the ground).
 - d) Airborne skills without hand support are not allowed. (Exception: Aerial Cartwheel that is not connected to any other skill with hip over head rotation). Clarifications:
 - i. If a team chooses to use hands free poms for aerial cartwheels and a dancer(s) touches down during the skill, the hands free poms must be used properly, or a penalty will be assessed. See "Hands Free Poms" competition routine guidelines rule #7.
 - ii. If a team chooses to use NON- hands free poms for aerial cartwheels, they must be moved to one hand. If a dancer touches down during the skill with the hand holding the poms, a penalty will be assessed.
3. Simultaneous tumbling over or under another dancer that includes hip over head rotation by both dancers is not allowed.
4. Dropping (from being completely airborne) to the knee, thigh, back, shoulder, seat, front or head onto the performing surface are not allowed unless the dancer first bears weight on the hand(s) or foot/feet.
5. Landing in a push up position onto the performance surface from a jump in which the legs are in front of the body and swing behind are not allowed.
6. Airborne skills without hip over head rotation may not jump from a standing or squatting position with backward momentum landing onto the neck, shoulders and hands.
 - a) Any kip up motion must initiate from the back/shoulder area touching the ground. (Note: This rule refers specifically and only to the "kip up"/"rubber band" skill.)
 - b) Kip ups are not allowed while holding poms or props. The proper use of hands-free poms for kip ups is allowed.

2021-22 SAFETY RULES
SONG/POM, SONG/JAZZ & PEP/SHORT FLAG
SCHOOL & REC TEAMS

VERSION 9.10.21

EXECUTED BY GROUPS OR PAIRS - LIFTS AND PARTNERING:

Please note that any or all lifts and partnering are not required in any category. If choreographed into routine, please be sure to follow the guidelines below.

1. Lifting with poms or pep/short flags is allowed.
2. The Executing Dancer must maintain contact with a Supporting Dancer who is in direct contact with the performance surface at all times. (Exception: Kick Line Leaps).
3. When a skill is above hip level, at least one Supporting Dancer must maintain contact with the Executing Dancer until the Executing dancer returns to the performance surface.
4. Hip over-head rotation of the Executing Dancer(s) is allowed provided:
 - a) Contact between the Executing Dancer and at least one Supporting Dancer(s) must be maintained until the Executing Dancer returns to the performance surface or is returning to the upright position.
 - b) The Executing Dancer is limited to one continuous [hip-over-head] rotation.
5. Elevators, thigh stands, shoulder sits, and chair sits are allowed. Extensions (see glossary for definition) are not allowed.
6. A Vertical Inversion is allowed provided:
 - a) Contact between the Executing Dancer and at least one Supporting Dancer(s) must be maintained until the Executing Dancer returns to the performance surface or is returning to the upright position.
 - b) When the height of the Executing Dancer's shoulders exceed shoulder-level there is at least one additional dancer to spot who does not bear the weight of the Executing Dancer. (Clarification: When there are 3 Supporting Dancers an additional spot is not required).

GROUPS & PAIRS - DISMOUNTS TO THE PERFORMANCE SURFACE
(CLARIFICATION: MAY BE ASSISTED BUT NOT REQUIRED)

Please note that any or all dismounts to the performance surface are not required in any category. If choreographed into routine, please be sure to follow the guidelines below.

1. Dismounts are allowed provided:
 - a) At the highest point of the dismount, the Executing Dancer's hips may not elevate above head level and the Executing Dancer must land on their foot/feet.
 - b) The Executing Dancer's hips may not cross the vertical axis while airborne and inverted. (Clarification: while free of contact from both the performance surface and other performers.)
 - c) The Executing Dancer is not inverted when released.

Song/Pom, Song/Jazz and Pep Flag questions can be sent to Carina Clendenin at cclendenin@varsity.com or call (800) 886-4872 ext. 2023.



2021-2022 GLOSSARY OF TERMS
SONG/POM, SONG/JAZZ & PEP/SHORT FLAG
SCHOOL & REC TEAMS

VERSION 9.10.21

RULES TERMINOLOGY

Airborne (Executed by Individuals, Groups or Pairs): A state in which the dancer is free of contact from a person and the performing surface.

Airborne Hip Over Head Rotation (Executed by Individuals): A tumbling skill in which the hips continuously rotate over the head and there is a moment of no contact with the performance surface (Example: Round Off or a Back Handspring).

Axis Rotation: An action in which a dancer rotates around his/her vertical or horizontal center.

Connected/Consecutive Skills: An action in which the dancer executes skills without a step, pause or break in between. (Example: Double Pirouette or Double Toe Touch)

Contact (Executed by Groups or Pairs): When two (or more) people physically touch each other. Touching hair and clothing does not qualify as contact.

Costuming: An accessory or an article of clothing that adds to the overall effect and/or theme of the routine.

Dismount (executed by Groups or Pairs): An action in which the Executing Dancer(s) returns to the performance surface or upright position with or without assistance from a Supporting Dancer(s) with whom there was prior contact.

Drop: An action in which an airborne dancer lands on a body part other than his/her hand(s) or feet without first bearing weight on the hands/feet.

Elevate/Elevated: An action in which a dancer is moved to a higher position or place from a lower one.

Executing Dancer: A dancer who performs a skill as a part of Groups or Pairs who use(s) support from another dancer(s).

Head Level: A designated and averaged height: the crown of the head of a standing dancer while standing upright with straight legs. (Clarification: this is an approximate height to measure space, and is not changed by bending, inverting, etc.)

2021-2022 GLOSSARY OF TERMS
SONG/POM, SONG/JAZZ & PEP/SHORT FLAG
SCHOOL & REC TEAMS

Hip Level: A designated and averaged height; the height of a standing dancer's hips while standing upright with straight legs. (Clarification: this is an approximate height to measure space, and is not changed by bending, inverting, etc.)

Hip Over Head Rotation (Executed by Individuals): An action characterized by continuous movement where a dancer's hips rotate over the head in a tumbling skill (Example: Back Walkover or Cartwheel).

Hip Over Head Rotation (Executed by Groups or Pairs): An action characterized by continuous movement where the Executing Dancer's hips rotate over their own head in a lift or partnering skill.

Inversion/Inverted: A position in which the dancer's waist, hips and feet are higher than his/her head and shoulders.

Inverted Skills (Executed by individuals): A skill in which a dancer's waist and hips and feet are higher than his/her head and shoulders and there is a stop, stall, or change in momentum.

Lift (executed by Groups or Pairs): A skill in which a dancer(s) is elevated from the performance surface by one or more dancers and set down. A Dance Lift is comprised of an Executing Dancer(s) and a Supporting Dancer(s).

Partnering (Executed by Pairs): A skill in which two dancers use support from one another. Partnering can involve both Supporting and Executing skills.

Perpendicular Inversion (executed by individuals): A skill that begins with backward airborne momentum and lands on the hands and head in an inverted position in which the dancer's head, neck and shoulders are directly aligned with the performance surface, creating a 90 degree angle between the head and floor.

Prop: Any physical object used to enhance the overall effect and/or theme of your routine.

Prone: A position in which the front of the dancer's body is facing the ground and the back of the dancer's body is facing up.

Release (executed by Groups or Pairs): An action that results in a moment of time when the Executing Dancer is free of contact from the performance floor and the Supporting Dancer(s) with whom there was prior contact.

Shoulder Inversion (executed by individuals): A skill that begins with backward airborne momentum and lands on the hands /shoulders /upper back area on the performance surface and the dancer's waist and hips and feet are higher than his/her head and shoulders.

2021-2022 GLOSSARY OF TERMS SONG/POM, SONG/JAZZ & PEP/SHORT FLAG SCHOOL & REC TEAMS

VERSION 9.10.21

Shoulder Level: A designated and averaged height; the height of a standing dancers' shoulders while standing upright with straight legs. (Clarification: this is an approximate height to measure space, and is not changed by bending, inverting, etc.)

Supporting Leg: The leg of a dancer that supports the weight of the body, during a skill.

Supporting Dancer: A dancer who performs a skill as a part of a group or pair who supports or maintains contact with an Executing Dancer.

Supine: A position in which the back of the dancer's body is facing the ground, and the front of the dancer's body is facing up.

Tumbling: A collection of skills that emphasize acrobatic or gymnastic ability, are executed by an individual dancer without contact, assistance or support of another dancer(s) and begin and end on the performance surface. (Clarification: tumbling skills do not have to include hip over head rotation)

Vertical Axis: (executed by Groups or Pairs): a designated line in space that goes straight up and down and has no slope.

Vertical Inversion (executed by Groups or Pairs): A skill in which the Executing Dancer's waist, hips and feet are higher than his/her own head and shoulders and bears direct weight on the Supporting Dancer(s) by a stop, stall or change in momentum.

Working Leg: The leg of a dancer that is responsible for momentum and/or position, during a skill.

SKILLS TERMINOLOGY

A la Secondé Leap (Second Leap): A leap in which the legs open to second position in turnout, so that the dancer's heels are visible.

A la Seconde Turn (Second Turn): Pirouette a la seconde is a classical ballet term meaning a "spin with leg to the side" or "spin with leg in second position." A dancer performing a pirouette a la seconde will be turning on their supporting leg with their other leg to the side and straight with a pointed foot.

Aerial Cartwheel: (airborne hip over head rotation skill without hand support) A skill which emulates a cartwheel executed without placing hands on the ground.

Attitude: A position where the working leg is lifted in the air to the front (devant), side (a la seconde) or to the back (derrière). The leg in the air is bent and is most often turned out so that the knee is higher than the foot.

2021-2022 GLOSSARY OF TERMS
SONG/POM, SONG/JAZZ & PEP/SHORT FLAG
SCHOOL & REC TEAMS

Axel: (airborne skill with axis rotation) A turn in which the working leg makes a circle in the air to passé as the supporting leg lifts off the ground enabling the dancer to perform a rotation in the air and then lands on the original supporting leg.

Back Walkover: (non-airborne hip over head rotation skill with hand support) A skill in which the dancer moves backward into an arched position, with the hands making contact with the ground first, then rotates the hips over the head and lands on one foot/leg at a time.

Backward Roll: (non-airborne hip over head rotation skill with hand support) A skill in which the dancer rotates backward, rotating the hips over the head while curving the spine (a tucked position) to create a motion similar to a ball “rolling” across the floor.

C Jump: A jump in which a dancer uses a deep plie, the legs pull behind the body and are bent, the head is released and arms are pulled back. The body forms the shape of a “C”.

Calypso: (airborne skill) A turning leap in which the working leg extends making a circle in the air as the supporting leg lifts off the ground enabling the dancer to perform a rotation in the air then the supporting (back) leg reaches behind the body, often in an attitude, and then lands on the original working leg.

Cartwheel: (non-airborne hip over head rotation skill with hand support) A skill where the dancer supports the weight of the body with the arm(s) while rotating sideways through an inverted position landing on one foot at a time.

Chassé: A connecting step in which one foot remains in advance of the other; meaning to chase.

Chaines/Chaine Turn: Chaînés or “chaîné turns” is when a dancer is performing a series of turns on both feet, picking up each foot back and forth in order to keep moving in a line or circle.

Coupé: A position in which one foot is held lifted and close to the ankle. Also known as Coup de Pied: quickly takes the place of the other; meaning to cut or cutting.

Developpé: An action in which the working leg moves through passé (bends) before extending into position; meaning to develop.

Dive Roll: (airborne hip over head rotation skill with hand support) A forward roll where the dancer’s feet leave the ground before the dancer’s hands reach the ground.

Elevator: When the top person is being held at shoulder level by the base(s). Also known as Extension Prep, Prep or Half.

2021-2022 GLOSSARY OF TERMS

SONG/POM, SONG/JAZZ & PEP/SHORT FLAG

SCHOOL & REC TEAMS

VERSION 9.10.21

Extension: A fully-extended stunt above head level where the Executing Dancer stands with both legs locked out (shoulder-width apart) and one foot in each hand of the base (partner stunt) or each foot is held by a different base (group stunt).

Forward Roll: (non-airborne hip over head rotation skill with hand support) A skill in which the dancer rotates forward, rotating the hips over the head while curving the spine (a tucked position) to create a motion similar to a ball “rolling” across the floor.

Fouetté: A turning step, usually done in a series, in which the working leg makes a circle in the air and then into passé as the dancer turns bending (plié) and rising (relevé) at each revolution; meaning to whip. Fouetté turns can also be done to the side or in second position (fouetté à la seconde).

Fouetté à la Seconde: A turning step done in a series in which the working leg makes a circle in the air and extends at a 90° angle from the supporting leg remaining parallel to the ground as the dancer turns with a plié and relevé at each revolution.

Front Aerial: (an airborne hip over head rotation skill without hand support) A skill which emulates a front walkover but is executed without placing hands on the ground.

Front Walkover: (a non-airborne hip over head rotation skill with hand support) A skill where the dancer moves forward with the hands making contact with the ground first, then rotates the hips over the head passing through an arched position and lands on one foot/leg at a time.

Glissade: A connecting step that transfers weight from one foot to the other; meaning to glide.

Handstand: (a non-airborne inverted skill with hand support) A non-airborne, nonrotating, skill where the dancer supports him/herself vertically on his/her hands in an inverted position and the arms are extended straight by the head and ears.

Headspring: (an airborne hip over head rotation skill with hand support) A skill where a dancer moves forward with the hands then head, making contact with the performance surface, then rotates the hips over the head passing through an arched position. It is non-airborne in approach but airborne in descent after hips pass through perpendicular.

Headstand: (an non-airborne inverted skill with hand support) A non-airborne, nonrotating, skill where the dancer supports him/herself vertically on his/her head in an inverted position with hands in contact with the floor to support the body.

2021-2022 GLOSSARY OF TERMS
SONG/POM, SONG/JAZZ & PEP/SHORT FLAG
SCHOOL & REC TEAMS

Illusion: (a stationary turn) A skill where a dancer steps onto a standing leg, releasing the upper body all the way forward, lifting the working leg as close to 90 degrees as possible while rotating on the standing foot.

Jeté : A skill in which the dancer takes off from one foot by brushing the feet into the ground and swiftly 'whipping' them into the position and then landing on one foot. A jetté can be executed in various directions, sizes and positions.

Jump: Movement taking off and landing on same foot or both feet.

Kick: Throwing the working leg in the air in a controlled manner, while the supporting leg and body stay properly aligned in the position of choice. Jazz equivalent of a grand battement in ballet.

Kip Up: (non-airborne in approach, airborne in decent, inverted skill) A skill where the dancer begins in a supine position, rolls back onto their shoulders elevating their hips off the performance surface and into an inverted position. Using their arms and/or legs, core, and momentum, the dancer thrusts their body in an upward direction away from the floor. The movement is completed by bringing the feet to the performance surface keeping the body inline and following to an upright position.

Leap: (airborne skill) A skill in which the dancer pushes from a plié (bend) off of one foot, becomes airborne, and lands on one foot.

Leg hold/Leg Hold Turn: A skill in which a dancer extends one leg upward showing flexibility. When executing this skill, the dancer grabs the leg and/or foot of the leg that is extended. To make the skill more advanced, rotations can be incorporated making it a leg hold turn.

Passé: A position or movement in which the working leg bends connecting the pointed foot to or near the knee of the supporting leg; meaning to pass. Passé can be executed with the hips parallel or turned out.

Pencil: A position of the working leg during a pirouette turn in which the leg is forward, turned out and pointed to the floor. The foot is a couple inches off the floor.

Pique/Pique Turn: "Pricked" a step in which a dancer transfers weight onto the pointe or demi pointe of the supporting leg. The working leg is in passé position and turned out. This action can be immediately followed by a turning motion, known as a pique turn.

Pirouette: (axis rotation) A skill in which the dancer bends (plié) with one foot in front of the other (fourth position) and rises (relevé) to one supporting leg making a complete rotation of the body; meaning to whirl. A pirouette can be executed in a variety of positions.

2021-2022 GLOSSARY OF TERMS SONG/POM, SONG/JAZZ & PEP/SHORT FLAG SCHOOL & REC TEAMS

VERSION 9.10.21

Plié: A preparatory and landing skill in which the dancer bends, softens his/her knees; meaning to bend.

Relevé: An executing skill in which the dancer lifts up to the ball of his/her feet; meaning to rise.

Reverse Leap: A leap in which a dancer begins facing back and travels toward the back (with steps or a chasse), then rotates the shoulders and hips to the front/direction the dancer came from and hits the split leap position facing the front/the direction the dancer came from.

Round Off (Executed by Individuals): (airborne hip over head rotation skill with hand support) An airborne hip over head rotation skill that takes off on one foot and lands on two feet simultaneously. (Clarification: the skill becomes airborne after the hips have rotated over the head).

Scissor Leap/Switch Leap: A leap in which the legs exchange positions (by swinging past each other while in the air), showing a split with both legs in one jump.

Shoulder Roll (forward/back): A non-airborne tumbling skill where the dancer rolls with the back of the shoulder and maintains contact with the floor and the head is tilted to the side to avoid contact with the floor.

Shushunova: A jump variation in which the dancer lifts extended legs to a toe touch or pike position and then circles them behind the body dropping the chest and landing in a prone support (push up position).

Stag: A grand jete in which the front and back leg bend as the body travels through the air. It can also be performed with the back leg extended.

Surprise Leap: A leap in which a dancer begins facing back and travels to the side (with steps or chasse) and then rotates the shoulders and hips to the front while also bringing the leg through passé and hits the split leap position facing front.

Thigh Stand: Stunt in which the top person stands on two bases' lunged thighs.

Toe Pitch (executed by Groups or Pairs): A skill in which the Executing Dancer(s) starts in an upright position with one foot in the hand(s) of a Supporting Dancer(s) and is propelled upward. (Clarification: this is not the definition of a toe pitch back tuck).

2021-2022 GLOSSARY OF TERMS
SONG/POM, SONG/JAZZ & PEP/SHORT FLAG
SCHOOL & REC TEAMS

VERSION 9.10.21

Toe Touch: (airborne skill) A jump in which the dancer lifts the legs through a straddle position. Hips externally rotate to turn out the legs and the chest is upright. Arms are typically held in a T position.

Tour Jete: (airborne skill with axis rotation) A skill in which the dancer takes off from one leg, executes a half turn and lands on the other leg.

Turning C Jump: A jump in which a dancer uses a chaine turn to prep into a C jump and the jump is performed while turning.

SONG/POM SCORE SHEET

VERSION 9.10.21

2021-2022 - Version 8.11.21				
		2021-2022 SPIRIT COMPETITIONS		Song/Pom
Team Name: _____		Division: _____		# On Team _____
Choreography	Max Value	Score	Comments:	
USE OF POM/CREATIVITY • Pom Motions/Movement/Variety • Visual Effects • Musical Interpretation	15			
ROUTINE STAGING • Transitions/Continuity • Formations/Use of Floor	15			
TECHNICAL SKILLS/SPECIALTIES • Turns • Kicks • Leaps/Jumps • Use of Team	10			
Execution	Max Value	Score		
POM TECHNIQUE • Control/Placement • Sharpness/Precision	15			
UNIFORMITY • Synchronization • Timing/Rhythm/Pace • Spacing	15			
TECHNICAL SKILLS/SPECIALTIES • Turns • Kicks • Leaps/Jumps • Overall Technique	10			
Performance	Max Value	Score		
SHOWMANSHIP • Smiles/Projection • Energy/Enthusiasm • Eye Contact/Confidence • Recoveries	10			
OVERALL IMPRESSION Judge's impression of the entire performance encompassing all scoresheet categories. This may also include elements such as: Appearance, Appropriateness and Crowd Appeal.	10			
TOTAL SCORE 100			Song/Pom	
Judge: _____				
usa.varsity.com				

SONG/POM SCORE SHEET

EXPLANATION

2021-2022 - Version 8.11.21

SONG/POM ROUTINE PROCEDURE: A songleading/pom routine consists of visuals effects, synchronization, clean/sharp pom motions and technical skills (determined by level). Visual effects include level changes, opposition, group work, transitions and formations. Emphasis should be placed on proper pom/motion technique, proper dance technique, timing, and showmanship. Female members must use two pompons for 80% of the routine.

CHOREOGRAPHY (40)

Use of Pom/Creativity (15)

- **Pom Motions/Movement/Variety** - Variety of pom motions & dance movements incorporated effectively throughout the routine.
- **Visual Effects** - Use of visual effects, level changes, roll-offs, etc. to make routine more exciting and original.
- **Musical Interpretation** - Music selection and appeal, should complement choreography, movement and skills match with beats/hits in music. Sound effects should accentuate choreography not overpower it.

Routine Staging (15)

- **Transitions/Continuity** - Smooth, clean transitions from element to element, throughout routine. Pace, visual effect and creativity of transitions will increase difficulty.
- **Formations/Use of Floor** - Variety of formations and effective use of formation changes to increase excitement. Ability to utilize the performance area to reach the entire audience.

Technical Skills/Specialties (10)

- **Turns** - Variety and incorporation of turns and turn sequences, ability to perform and execute them successfully, difficulty (determined by level) is also taken into consideration.
- **Kicks** - Variety of kicks and how they are incorporated into routine.
- **Leaps/Jumps** - Incorporation and variety of leaps and jumps, and how they are used to enhance routine, difficulty (determined by level) is also taken into consideration.
- **Use of Team** - How many team members are used to perform skills listed above, looking for good utilization of the team overall.

EXECUTION (40)

Pom Technique (15)

- **Control/Placement** - Proper control, placement & completion of pom motions, angles and body positions.
- **Sharpness/Precision** - Strong pom motions & dance movements that are crisp, clean and precise.

Uniformity (15)

- **Synchronization** - How well a team dances together. The ability to be "in sync" and maintain accuracy of movement.
- **Timing/Rhythm/Pace** - The ability to dance on beat with the music, avoiding going too fast or too slow.
- **Spacing** - Centering and even positioning of formations and the ability to keep it consistent during transitions.

Technical Skills/Specialties (10)

- **Turns** - Ability to use proper technique in execution of turns and turn sequences (spotting, body placement, balance).
- **Kicks** - Ability to execute with proper technique, straight legs, pointed toes, even height, good extension and flexibility, timing and uniformity.
- **Leaps/Jumps** - Ability to perform leaps & jumps with proper technique, good height in air and proper body position.
- **Overall Technique** - Proper technique performed throughout routine by the team as a whole.

PERFORMANCE (20)

Showmanship (10)

- **Smiles/Projection** - Nice smiles and facial projection, engaging the audience, naturalness.
- **Energy/Enthusiasm** - Energy and enthusiasm maintained throughout performance.
- **Eye Contact/Confidence** - Eye contact on the audience, not watching each other or looking down. Nice confidence, poise, sportsmanship.
- **Recoveries** - Good recoveries, keeping showmanship strong even through mistakes.

Overall Impression (10)

Judge's impression of the entire performance encompassing all scoresheet categories. This may also include elements such as: Appearance, Appropriateness, Crowd Appeal.

POINT SCALES

15 Point Scale:

Superior	14-15
Above Average	12-13
Average	10-11
Below Average	8-9

10 Point Scale:

Superior	9-10
Above Average	7-8
Average	5-6
Below Average	3-4





For the most accurate and updated information please visit our website

usa.varsity.com

VERSION 9.10.21

