

WVSSAC CHEER MANUAL

2026 - 2027

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This is a Supplemental Document – Please see the [Interscholastic](#)
Updated



WVSSAC Cheerleading
<https://www.wvssac.org/sports/cheerleading/>

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General Information

I. Overview

A. Membership and Purpose

The West Virginia Secondary School Activities Commission (WVSSAC) is a member of the National Federation of State High School Association and requires all member schools and teams to abide by the rules and regulations of the National Federation.

The purpose of this manual is to provide supplemental information regarding competition policies and judging information for both middle and high schools for all WVSSAC member cheer teams. Specific rules and regulations governing cheerleading are found in the [Interscholastic](#). It is the responsibility of each cheer coach to read and understanding all the information provided in the Interscholastic, the Cheer Coaches Packet, this Cheer Manual and the [WVSSAC Rules and Regulations Handbook](#). Additional supplementary information may also be provided in bulletins to all schools and state-sponsored rules clinics.

B. Sportsmanship and Citizenship

“Sportsmanship is good citizenship in action!” The WVSSAC promotes good sportsmanship in all sport programs. Coaches and student athletes are expected to conduct themselves in an exemplary manner while representing their school and at competitions. Coaches are encouraged to always inform parents and athletes of the importance of good sportsmanship.

1. Refer to WVSSAC Rule §127-4-2 Sportsmanship under Series 4 Provisions Governing Conduct in the [WVSSAC Rules and Regulations Handbook](#).
2. Refer to the NFHS rulebook discussing Core Beliefs and Values.
3. Refer to the [Technical/Safety Deduction chart](#) for information regarding rule violations and point deductions during competition for poor sportsmanship. Poor sportsmanship during athletic contests or competition may result in WVSSAC penalties for the cheer program and school.

II. Coaching Information and Responsibilities

A. Code of Ethics

It is the coach’s responsibility to understand and practice contest rules and to inform team members.

1. Review WVSSAC Rule §127-4-3 Code for Interscholastic Athletics under Series 4 Provisions Governing Conduct in the [WVSSAC Rules and Regulations Handbook](#).
2. Review Coaches Code of Ethics in the NFHS rulebook.

B. General Program Regulations

Please refer to the [Interscholastic](#) for information regarding attendance at scheduled practices and activities, attendance at the state rules clinic, and the perspective team members and parents’ rules and regulations meeting.

C. Practice

Refer to WVSSAC Rule §127-2-13 Practice under Series 2 Athletics, Provisions Governing Eligibility in the [WVSSAC Rules and Regulations Handbook](#).

D. Out-of-Season Coaching

Refer to WVSSAC Rule §127-3-7 Out-of-Season Coaching under Series 3 Provisions Governing Contests in the [WVSSAC Rules and Regulations Handbook](#).

E. Eligibility of Team Members and Representation

Review the [WVSSAC Rules and Regulations Handbook](#) and the [Interscholastic](#) for information regarding eligibility requirements and Eligibility Form processes.

1. A cheerleader and cheerleading team shall represent the school only at events in which the school is participating or approved by the school administration.

2. A cheerleader shall not represent the school in any cheerleader contest sponsored by any individual or organization outside the school unless the contest is sanctioned by the WVSSAC. It is the coach's responsibility to verify sanctioning with the WVSSAC.

F. Team Selection Procedures

Please refer to the [Interscholastic](#) for specific dates, forms, and criteria for selection and participation rules.

G. Fundraising Regulations

Schools are to abide by all fundraising procedures established by the school and county.

H. Sanction and Travel

Refer to WVSSAC Rule §127-3-16 Sanctioning and Travel under Series 3 Provisions Governing Contests in the [WVSSAC Rules and Regulations Handbook](#).

I. Awards

Refer to WVSSAC Rule §127-3-5 Awards under Series 3 Provisions Governing Contests in the [WVSSAC Rules and Regulations Handbook](#).

III. Conduct and Sportsmanship Regulations for Games and Tournaments

A. Conduct Standards for Games

1. Cheer teams must follow the Code for Interscholastic Athletics WVSSAC Rule §127-4-3.4 in the [WVSSAC Rules and Regulations](#) Handbook.
2. Cheer teams must follow all cheer rules and regulations as designated in the Interscholastic and the manual. Special emphasis is placed on jewelry, facial paint, glitter, and appropriate cheering surfaces, location of cheerleaders, taunting, and stunting regulations.
3. In basketball, cheerleaders shall not station themselves in the extended free-throw lane under the basket during any live ball action. **No actions of the cheerleaders shall be made to purposely distract the players.**
4. At all times, the **cheering teams shall not interrupt the flow of the game or interfere with the responsibilities of the officials or players**. Cheerleaders shall pay attention to the game to be able to move to prevent collisions or being hit with a ball, players, or officials.
5. Cheerleaders are not to lead sidelines/chants when the opposing team's cheerleaders are performing a "floor" cheer. Cheer teams should agree on a system of court usage and time outs before the game begins.
6. Megaphones may be used by cheerleaders only to direct instruction, cheers, and chants to their pep team and fans during pre-game, half time, and time outs. The megaphones are not to be used as noisemakers directed toward the field or court of play. **Artificial noisemakers are prohibited at all basketball games.**
7. The following skills are **NOT allowed** on Basketball floors: Twisting airborne tumbling skills (e.g., Arabians, full twisting layouts); one-arm stunts, tosses (e.g., hands under feet like basket, elevator, or similar tosses) – single based stunts that toss do not fit this definition and are allowed.
8. Cheer teams or individual cheerleaders are **NOT** allowed to enter the court during a thirty (30) second time out, to stunt during warm-ups, or to station themselves in the free-throw lane extended.
9. Cheer teams are only allowed to cheer on the court and on the designated area in front of the school spectator section (end of court). No cheering is allowed in the area behind the team bench.
10. Cheer activities are always limited to half court for post-season contests. **No cheerleader is to go beyond mid-court at any time.**

NO CHEERLEADERS			
	Bench A	Scorer's Table	Bench B
A School Section Cheer Sideline Area	"A" Allowed Cheer Court Area	"B" Allowed Cheer Court Area	B School Section Cheer Sideline Area
NO CHEERLEADERS			

Failure to abide by these rules will result in “benching” of the entire team for the current game and all remaining games of the tournament. Additional penalties may include, but are not limited to, warnings, suspensions, and fines.

IV. WVSSAC Rules Additions and Modifications to National Federation Spirit Rules

All WVSSAC rule additions and modifications apply at all cheer activities, practices, performances, and competitions. During competition, violation of these rules and modifications will incur deductions. Refer to the [Technical/Safety Deduction chart](#) for more information.

A. Uniforms and Appearance

Refer to the [Interscholastic](#) for all rules, rule additions and modifications regarding uniforms and appearance.



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B. Modifications to current NFHS Spirit Rules for High School

Modification to 3-2-5	In stunts that require a spotter, the spotter must be a hands-on spotter.
Modification to 3-5-3	The only basket tosses, thrown from the basket toss load position, that are permitted in WV included tosses involving up to two skills. Examples can be found under the Tosses column of the stunt rubric listed under the Degree of Difficulty Reference section. All tosses are to be executed on mats, grass, or rubberized track.

Middle School Rules and Regulations

Middle School Teams are responsible for following all WVSSAC Rules and Regulations presented in this manual, the WVSSAC Rules and Regulations Handbook, and the National Federation Spirit Rules. The regulations listed here are middle school specific or points of emphasis.

I. Eligibility Specific

- A. Sixth graders in middle schools are eligible to try-out for the cheer team with county BOE permission.
- B. By county permission, a sixth grade at an elementary feeder school may participate on their middle school team. Approval for the sixth-grade participation must be granted by the county board of education/governing body and the school principals involved.
- C. Eligibility to participate in cheer competitions – Please refer to the [Interscholastic](#) section V. Competitions (Regional and State). Although this section references Regional and State, this is true for all middle school competitions as well.
- D. If the middle school cheer competition is a county, conference, or league “stand alone” event, the format must be identical to the high school competition format. In addition, the number of team members is restricted to thirteen. Directors are reminded to review the Spectator Support Information in the Cheer Coaches Packet.
- E. Middle schools may host competitions using Game Day format.
- F. If a middle school cheer competition/invitational is a “stand alone” event, the competition/format must meet all requirements of the WVSSAC Sanction Form, follow all safety rules, and assess the WVSSAC required point penalty for safety rule violations. Cheer competitions are to be conducted on mats, same as high schools.
- G. Coaches shall refer to the [Competition Policies](#) section of this manual for further information on sanctioning, competition format, and judging.

Tips for Spotting

- Always spot head and shoulders first.
- Use full body to absorb falling person’s weight (bear hug to upper torso).
- Do not abandon the stunt/pyramid even if it appears steady.
- It is better to come down from a poorly built stunt than to force it to stay up.

II. Middle School Modifications to current National Federation Spirit Rules

Modification to 3-2-5	In stunts that require a spotter, the spotter must be a hands-on spotter.
Modification to Section 3 Inversions	• In all inversions, only inversions that initiate from load level or below and end at load level or below are allowed. • Twisting is not allowed in any inversion. • In Pyramids all top people when flipping (inversion), must be braced by two separate bracers. If flipping center, the top person must be braced by two people at prep level with a back spot. If flipping the outside, the top person must be braced by two people, one of which is in prep with a back spot and one of which has feet touching floor.
Modification to 3-5-3	The only basket tosses, thrown from the basket toss load position, that are permitted for WV Middle Schools are tosses that involve one skill, which can only be executed on mats, grass, or rubberized tracks.
Modification to 3-7-8	Backward dismounts from above the prep/shoulder height (extended) are NOT allowed.

Competition Policies

I. General Policies and Rules

A. WVSSAC Sanctioned Events

Refer to rule §127-3-16.1 – During the regular school term, secondary school cheerleaders may participate only in competitions which are sanctioned by the WVSSAC and WVSSAC approved judges must be used. All cheer activities and performances shall be approved by the school principal. Middle school teams should refer to their specific rules for competition policies list under Middle School Teams in this manual.

B. Competition Season Dates

Teams are only allowed to compete during the specified season dates and during flex days. If coaches decide to enter an event which may qualify them to advance to the next level of competition, it is the coach's responsibility to notify the competition director, cheerleaders, and parents that the team will not be allowed to advance if the next level does not meet the specified season dates. Refer to rule §127-3-18 Season Regulations and §127-3-21 Cheerleading under Series 3 Provisions Governing Contests in the [WVSSAC Rules and Regulations Handbook](#).

C. Intrastate Competition Regulations

Refer to rule §127-3-16 Sanctioning and Travel under Series 3 Provisions Governing Contests in the [WVSSAC Rules and Regulations Handbook](#).

1. All cheer intrastate competitions must require each participating school to submit the following: Videos of stunts and words to cheer.
2. The event tournament director or sponsor will designate the due date for receipt of required material, whether it is the tournament director or technical/safety judge. However, the technical/safety judge must receive all videos two weeks prior to the event. Reminder to coaches – It is not the Safety Judge's responsibility to correct rule violations.
3. Coaches must complete the Difficulty Assessment Sheet for both stunts & tumbling. These forms must be submitted to the Head Safety Judge or their designee at the beginning of safety checks.

D. Competition Formats

1. WVSSAC regional competition format is required for all competitions which are conference, county, or league regardless of the grade level of the competition. This includes format, score sheet, technical/safety judge penalties, and limit of 13 cheerleaders on the performing surface at the same time. Teams will be permitted to substitute 1 athlete between the Technical and Open portion of the routine. Mascots may not participate.
2. WVSSAC regional competition format is required for all "stand alone" open or invitational competitions. This includes format, score sheet, and technical/safety judge penalties; however, the limit of 13 participants per team will not be in effect.

E. Competition Directors

Directors of all competitions are reminded to review the Directors Manual and the [WVSSAC Spectator Support Information](#) in the Cheer Coaches Packet on the [Cheerleading Page](#).

F. Coaches

Failure of a school to have a coach in attendance at the qualifying and state competition shall result in the school's disqualification.

1. Allowed number of coaches – Only two coaches, excluding choreographers, may be on the floor during the performance. They must be school approved and employed coaches. All coaches must have county Board of Education verification of coaching authorization.
2. Prior to competitions, coaches will be asked to verify that all team members are following all uniform and appearance regulations.

3. All alternates must be seated together in the assigned area for cheerleaders during the entire competition.
4. Additional coaches and alternate cheerleaders may watch their respective team from the spectator side of the performing surface in the area designated for them.

G. Procedural Forms and Legality Checks

Specific paperwork will be required for each WVSSAC sanctioned event.

1. Cheer Outline Forms (C2A & C2B for Regionals and States) – Forms C2A & C2B (up through the words narrative) are required for high school regional and state competition and should be sent to Jaclyn Swayne. Videos of the stunts are the preferred method of legality checks and should be sent to Debbie Hartman at Debbiehartman.usasf@gmail.com. Any team unable to submit a video for legality check, should receive prior approval to continue with the written narrative on C2B. If a written narrative is approved instead of a video, coaches must list and number each sequence as a separate item in the open portion of the outline. The typed narrative must be a written explanation of the routine; diagrams, lists, and/or bullet points are not acceptable. For high school regional and state competition, participating schools are required to submit legality checks of the routine by the deadline published in the [Interscholastic](#).
2. Assessment Forms for Tumbling, Stunts and Pyramids
Assessment forms must be filled in appropriately and according to instructions and submitted during safety checks. Teams without these forms will not be allowed to compete.

H. Prohibited Items for Tournaments and Basketball Games

1. Drums, musical instruments, and mechanical noisemakers are prohibited at all WVSSAC regional and state tournaments and basketball games.
2. All banners, helium balloons, posters, and hand-held signs are prohibited at WVSSAC cheer tournaments. This includes the seating designated for cheerleaders. Review the WVSSAC Spectator Support Information in the Cheer Coaches Packet on the [Cheerleading page](#).

I. Officials/Judges Code of Ethics

Review the NFHS Officials Code of Ethics.

II. Regional/State Tournament Policies

There are four regions in each class and two teams will advance from each class and region.

A. Order of Performance

The order of performance is drawn each year for Regional and State Tournaments. Teams will not be allowed to trade position unless emergency situations such as injury occurs and both coaches consent. The order of performance will be posted in the [Interscholastic](#).

B. Music

All music must meet copyright requirements. In order to edit and mix music, a license must be obtained. For a list of providers, go to the [USA Cheer Music Information and Guidelines](#). All routine music shall be provided by the coach and a backup copy shall be available.

C. Warm-ups

Warm-ups at regional and state competitions will follow the designated class order and order of performance within each class.

D. Entering and Exiting the Floor

Teams shall take the floor upon hearing their name called. No team may come onto the floor prior to the announcement of its school. It is the Regional Tournament Director's responsibility to enforce these regulations at the tournament. There shall be no tumbling upon entering or exiting the floor. No words,

motion, actions, (salutes, stomps, use of the word “Ready”) etc., may occur prior to the start of the routine. At the end of the routine, the team must exit the performance floor immediately. Once the competition has begun, no coach, fans, parents, etc., are allowed on the floor with the exception of the coach in case of injury.

E. **Mechanical Failure or Injury**

No restarting time will be allowed unless there is a mechanical failure or serious injury. The technical/safety judge makes this decision. If there is a mechanical failure and a restart is necessary, the original scoring of the judges and the Technical/Safety Judge will remain intact for the portion of the routine that was uninterrupted. If an injury or mechanical failure occurs, the team must restart and do the entire open routine. Judges will not resume scoring during the restart until the point of mechanical failure or injury is reached.

F. **Tabulation**

Tabulation of the scores will be in accordance to the Master Score Sheet (Form CJ-3). Regional and State competitions will utilize electronic tabulation using an Excel program and must have access to a printer for providing final scores to teams.

G. **Tie Breaking Procedures**

The scores of all judges will be totaled to determine the highest score for each tie breaking step.

1. The Technical/Safety score of the routine will be used to determine the winner.
2. If a tie still exists, the Execution/Difficulty score in the open portion of the routine will be used to determine the winner.
3. If a tie still exists, the Exceeds score will be used to determine the winner.

H. **Awards Presentations**

The Technical/Safety Judge will meet with the cheer judges to notify them of the tournament results prior to the Awards Presentation. During the Awards Presentation, the team and coach may enter the floor to accept the awards. In the interest of safety, parents, fans, etc., are not to enter the floor.

I. **Posting Scores**

At the conclusion of each class competition, the order of finish with technical, open and composite team scores will be posted in an area designated for coaches only. Media may have access, but the results will not be announced to the spectators. All score sheets will be made available to schools following competition.

1. Coaches will receive the yellow copy of your teams score sheets, technical/safety judge sheets, and master score sheets.
2. After receiving all tournament results (regional and state), the WVSSAC office will post order of finish on website.

III. **Competition Rules**

A. **Uniform and Appearance**

Refer to the [Interscholastic](#) for all rules, rule additions and modifications regarding uniforms and appearance. All of the uniform and appearance rules apply at all cheer competitions.

1. Participants are expected to follow the Uniform and Appearance guidelines for safety check on day prior to state competition.
 - a. During safety check on the day before the High School State Competition, one cheerleader of each gender must be dressed in the same full uniform, hair, and make-up that will be worn during the competition. All others must be dressed in legal practice apparel and hair.
2. During the awards ceremony, participants must be legally attired upon receiving their award and will not be permitted to be out of uniform or carry stuffed animals, scarves, accessories, etc., onto the floor during the awards ceremony.

3. Changing uniforms or accessories during judging is not allowed (exception in case of emergency).
Changing also refers to altering the uniform from the manufacturer's original design in any way during the judging.

B. Format

Competition will begin with the presentation of the technical portion of the routine. The technical portion will be scored while team remains on the floor. The team will resume the routine with the open portion at the signal of the technical judge.

1. Technical Cheer

The technical cheer portion of the routine will comprise 30% of the total score. The technical portion is comprised of words, motions, jumps, and transitions in formation.

a. Requirements

Technical portion **must**:

- i. Be at least 30 seconds and a maximum of 40 seconds long.
- ii. Incorporate 2 different jumps sometime during the technical portion. The two jumps may be performed by any number of team members. Jumps landing to one knee are not considered a jump (Responsibility of Technical/Safety Judge to check for jumps.). Failure to perform the required jumps will result in a 2.5 deduction.
- iii. Cheer words shall only refer to the performing team's own school and/or mascot in positive terms.

b. Prohibitions

- i. Touching, bracing, tumbling, dance, music and props.
- ii. Pelvic thrust, booty pops or twerking.
- iii. Cheer words that refer directly or indirectly to any person(s), group, mascot, or school that is not part of the performing team.

2. Open

The open portion of the routine may include words, motions, jumps, transitions in formations, touching, bracing, tumbling, pyramids, partner stunts, props: signs, poms, megaphones, and flags will be the only "props" allowed, dance, and music.

a. Requirements

Open portion **must**:

- i. Not exceed 2 minutes and 30 seconds
- ii. If music is used, refer to [Regional/State Tournament Policies](#) (**Only one start and stop permitted**).

b. Prohibitions

- i. No cheer words or words in the music that refer directly or indirectly to any person(s), group, mascot, or school that is not part of the performing teams.
- ii. No words in music that refer directly or indirectly to sex, drugs or alcohol.
- iii. No pelvic thrusts (forward or forward and back), booty pops or twerking
- iv. An athlete may only be recycled in running tumbling one time per section.

C. Timing Procedure

1. Time limits shall be imposed at competitions. A minimum of two (2) safety judges shall operate timing devices. Tournament directors are also asked to provide backup time pieces. The time of the Safety Judge is the official time.
2. For the technical to indicate the beginning of time, one team member will raise the right arm fully extended. The arm must drop forward immediately, and the time will begin. No motions, words, actions, etc., may begin before this time. This includes such actions as salutes or stomps, etc.
3. For the open portion of the routine, to indicate the beginning of time, the right arm is to be fully extended to signal team is ready. Time starts with first choreographed motion, word or note of music.
4. Time STOPS when ALL cheerleaders have returned to the cheer surface, and all words, motions, and music have stopped.

5. No restarting of the time will be allowed except for mechanical failure or an injury, as determined by the head safety judge. Review [Mechanical Failure or Injury](#) above.
- D. Sportsmanship – All [Sportsmanship](#) rules apply.
- E. Safety
1. Rules – Refer to *Nation Federation Spirit* rule book, this *Cheer Manual*, and the “Rules and Regulations Governing All Schools” in the [WVSSAC Rules and Regulations handbook](#).
 2. Deductions – See Deduction Chart below:

Technical/Safety Deductions		
The following penalty points shall be deducted from the total score		
Category	Violation	Point Deduction
Technical Cheer	Incidental touching with fall	0.25 points
Stunts	Bobbles	0.25 points
Stunts	Top person fall to cradle	1.0 points
Stunts	Top person fall to floor	2.0 points
Stunts	Base fall – per base (based on severity of fall)	1.5 points
Performance Floor	Stepping with both feet outside the designated performance area	0.25 points
Tumbling	Hand(s) down	0.5 points
Tumbling	Knee(s) down	1.0 points
Tumbling	Seat down	1.5 points
Tumbling	Back or head down	2.0 points
Tumbling	Step forward/backward + 1 step (total 2 steps)	0.25 points
Prop / hair / hair piece / devices	Causing a slip or fall	1.0 points
Time violations	Per Violation	2.5 points
Rule violations (excluding prop / hair / hair pieces / devices)	Per Violation	2.5 points

Placement, use, and release of props: signs, poms, megaphones and flags will be the only props allowed, should be choreographed to ensure that the performing surface is cleared, and athletes are not at risk. **If you have any questions about stunts or your overall routine, contact Debbie Hartman: 304-677-3260 or Debbiehartman.usasf@gmail.com**

Judging Information

I. General Rules and Regulations

A. Cheer/Table Judges

1. Coaches shall have no communication with judges concerning the judging. Any questions which arise should be conveyed through the director of the competition. Coaches are not permitted in the judging area.
2. Cheer/Table Judges may confer during the time of judging.
3. Cheer/Table Judges **must** sign or initial their judging sheets, and number appropriately based on what category they will be judging.
4. Cheer/Table Judges must keep a running total of all teams; the running total will assist in fair and consistent scoring. (A Cheer Recordkeeping Form is included and required).

B. Guidelines for Cheer/Table Judges

1. Memorize the score sheet to be able to concentrate totally on the routine.
2. Study the Cheer Manual – Competition Policies and Judging Information.
3. Arrive at the competition site one hour before start time and introduce yourself to the tournament director.
4. Dress professionally for the judging assignment. (No blue jeans)
5. Must refrain from watching warm-ups before competition.
6. Give undivided attention to the entire routine. Write down judging comments, and score after the routine is finished. Script the routine to refer to after the routine is complete.
7. Judge technique of the performers rather than style or music selection. The cheering style is entirely up to the discretion of the team and its coach. The WVSSAC in no way dictates or encourages any style of cheering. Judges must judge only the execution of the style – not the style itself.
8. Do not allow crowd reactions to influence judging scores.
9. Do not confer with the general public, coaches, other judges, or participants prior to the competition.
10. Use the comment box on the score sheet to explain point deductions and to compliment strengths.
11. Keep a positive facial expression.
12. Be legible when writing your comments and when signing your name.
13. Say something positive about every team on their score sheet. No matter the difficulty or execution of the routine.
14. In the event of a Mechanical Failure or Injury, please review this information for judging.
15. Judge 1 and 2 will be assigned to evaluate Dance Execution, Dance Difficulty, Choreography/Creativity, and projection (Judges 1 and 2 must sit beside each other) Judges 3 and 4 will be assigned to evaluate Tumbling Execution, Tumbling Difficulty and Tumbling Exceeds (Judge 3 and Judge 4 must sit beside each other), and Judges 5 and 6 will be assigned to evaluate Stunt Execution, Stunt Difficulty and Stunt Exceeds (Judge 5 and Judge 6 must sit beside each other).

C. Technical/Safety Judges

1. During the safety check, the Technical/Safety Judges shall conduct all communication concerning rule violations or routine violations with the coach. Safety Judges should not communicate with any cheerleader unless the coach is present.
2. At the safety check, Technical/Safety Judges shall collect assessment forms for distribution to the table judges. Each team's routine will be reviewed by the Technical/Safety Judges and coach's will be notified of any safety/rule violation. However, the Safety Judge will not assist in changing the routine to make it legal; this is a coach's responsibility. Complete the Technical/Safety Judge Checklist for the sequence of the routine.
3. Prior to the start of a competition, the Technical/Safety Judge will ask the coach to verify that all team members are legal in uniform attire and appearance by signing the TECHNICAL/SAFETY JUDGE ROUTINE/TEAM CHECKLIST.
4. Prior to the start of a competition, the Technical/Safety Judge will meet with all cheer judges to review judging procedures and score sheet completion.
5. The Technical/Safety Judge will confer with the coach concerning the designated beginning and ending of the routine.
6. Technical/Safety Judge is not to interfere with the cheer judges' scoring of routine(s).
7. During competitions, the Technical/Safety Judge is NOT allowed to view a video of to determine a violation.

D. Guidelines and Responsibilities for Technical/Safety Judges

1. Technical/Safety Judge must have a working knowledge and understanding of both the National Federation Rules and Part V of the WVSSAC Additions and Modifications for both high school and middle school. Study the [Cheer Manual](#) – Competition Policies and Judging Information.
2. Contact the Tournament Director several weeks before competition to check on facility set-up.
3. At least two weeks prior to the competition, review outlines and prepare the Safety Judge Check List (included in the Cheer Manual Forms section). Continuously review updates.
4. Arrive at the competition site one and one-half hours prior to the start and immediately introduce yourself to the Tournament Director.
5. If there is more than one Safety Judge, meet and determine responsibilities and judging location. Arrive at a solid consensus as to what constitutes a bobble or a fall and be consistent.
6. Check timing devices, scoring areas for Safety and Cheer Judges, and tabulator equipment. Minimum of 2 timing devices and tape calculator required for tabulators.
 - a. Conduct a meeting with all judges on the day of the competition. Score sheets, levels of tumbling, stunts and pyramids, degree of difficulty, and scoring procedures should be thoroughly discussed.
 - b. Before the competition begins, ensure that the Tabulators has a computer with Excel and printer.
 - c. Ensure that the Tabulator completes and signs the Tabulator Check List.
 - d. Verify the Awards Announcement prior to presentation of awards by conferring with cheer judges and reviewing score sheets.

II. Competition Judging

In addition to information in previous sections, the following points are emphasized.

- A. Judges for Regional and State Competition will be assigned by the WVSSAC.
- B. There shall be a minimum of six (6) table judges. In addition, a minimum of three (3) Technical/Safety Judges must be assigned for regional and state competition, other competitions must have a minimum of two (2) Technical/Safety Judges. The Technical/Safety Judge(s) is responsible for judging the routine in the area of safety violations or rule violations.
- C. All judges and choreographers must attend a Judge's Clinic. **To be eligible to judge Regional or State Competitions, judges must attend one of the judge's clinics and pass the WVSSAC National Federation Spirit Rules Test. (See the [Interscholastic](#) for dates and times)**
- D. All rule violations will result in a 2.5-point deduction per violation. (Refer to [Technical/Safety Deduction](#) chart). **Rule Violations** – Call what you see and see what you call. During the routine, direct all attention to the routine to watch for violations.
- E. The Technical/Safety judges shall review the [tie-breaking procedure](#).

III. Competition Score Sheet Information

A. Technical Cheer

- **Motion Technique** – Clean motion (arms, legs) placement, levels, sharpness, arms, wrist, fist.
- **Precision of Motions** – Synchronization, unity, placement of motions as a team (same).
- **Formations/Spacing/Use of Floor** – Change of formations, flow, variety, creativity, transitions. Correct spacing, utilization of floor, creativity.
- **Voice/Facial Expression** – Clarity of words, voice, inflection, enunciation, and audible. Natural, positive facial expressions exhibiting good sportsmanship.
- **Jumps** – preps together, timing of jumps, landing, pointed toes, proper technique, height, synchronization.
- **Choreography/Creativity** – Variety of moves, incorporation, transition/flow, formation, and line work compliments the cheer, number of team members performing skills.

B. Execution/Difficulty

- **Dance Execution (6 Points)**

A team's ability to demonstrate a high level of energy and entertainment value which incorporates multiple visual elements including a variety of moves and levels, formation changes. This includes technique, perfection, synchronization, pace and intricacy of dance moves performed. Difficulty of skills are not evaluated.

- **Dance Difficulty (6 Points)**

Dance difficulty will not consider the execution of the moves performed, rather it will focus on the speed and intricacy of movement. The number of team member executing skills will be taken into consideration. Level and direction changes, transitions, footwork, flexibility, and technical elements will all be evaluated to determine the maximum points to be awarded.

- **Tumbling Execution (12 Points - 6 points assessed for standing tumbling, 6 points assessed for running tumbling)**

A team's ability to execute standing and running tumbling with excellent precision and form. This includes the overall technique and quality of the skills executed including the approach, speed, body control, body form, landing. Difficulty of skills are not evaluated.

- **Tumbling Difficulty (12 points – 6 points assessed for standing tumbling, 6 points assessed for running tumbling)**

Tumbling difficulty will not consider the execution of the skills performed, rather it will focus on the difficulty of the skills executed. This includes, the number of team members performing the skill, combination of skills, variety of passes, height, and level of difficulty of the skill. Teams will be awarded difficulty points based on the charts in the Degree of Difficulty Reference.

- **Stunt Execution (12 Points – 6 points assessed for stunts, 6 points assessed for pyramids)**

A team's ability to execute stunts and pyramids with excellent precision and form. This includes the overall technique and quality of the skills executed including top person(s) body control, position, and technique; bases and spotters' stability of the stunt; entries, transitions, and dismounts; timing, and overall proper building technique. Difficulty of skills are not evaluated.

- **Stunt Difficulty (12 Points – 6 points assessed for stunts, 6 points assessed for pyramids)**

Stunt difficulty will not consider the execution of the skills performed, rather it will focus on the difficulty of the skills executed. This includes, the number of team members performing the skill, combination and pace of skills performed, and the level of difficulty of the skill. Teams will be awarded difficulty points based on the charts in the Degree of Difficulty Reference.

C. Choreography/Creativity

- **Choreography/Creativity (2.5 points)** – Variety and combination of moves and skills performed, incorporation, transition/flow and pace of skills performed, formation, and line work compliments the music, level of difficulty of choreography incorporated (specific tumbling, stunts and dance skills should not be considered in the choreography level of difficulty as each is evaluated in its own section in the Execution/Difficulty portion.)

D. Projection

- **Expression/Spirit and Showmanship (2.5 points)**

A team's ability to demonstrate high levels of energy and excitement while maintaining genuine enthusiasm and showmanship. This will include appropriate athletic impression throughout the routine.

- Expression/Spirit – Facial, expressions coincide with cheer/music, eye contact, smiles, attitude, personality, exhibits positive teamwork.
- Showmanship – Routine exciting, flashy, fun to watch, communicates enthusiasm to the crowd, overall visual effect, team personality, words and actions exhibit good sportsmanship.

E. Exceeds

- **Exceeds (5 points – 2.5 points for stunts / pyramid / standing tumbling / running tumbling)**
Within the judges categories of stunts, tosses, pyramids, and tumbling, the teams ability to perform additional skills above the established requirements of the Degree of Difficulty rubric. Scoring will be based on a defined rubric.

IV. Degree of Difficulty Reference

Degree of difficulty references should be considered in judging tumbling, stunts, and dance skills. If the routine involves a variety of levels, judges will take into consideration the average of all skills performed when scoring.

Below = Less than half the team members perform the skill

Majority = The “majority” or at least half of the team members perform the skill

Most = “Most” or almost all the team members perform the skill

Dance Quantity Chart		
# OF ATHLETES	MAJORITY	MOST
2 – 4	2	3
5 – 7	4	5
8 – 9	5	7
10 – 11	6	8
12 – 13	7	10
14 and above	55%	75%

Dance

Low Range Dance – Includes basic elementary movements that most individuals could learn with ease.

Mid-Range Dance – Clean body lines and positions executed in motions with at least moderate body awareness but limited difficulty.

High/Elite Range Dance – Mastery of technique executed with confidence and showmanship in demonstrating advanced synchronized and rippled combinations.

Dance Degree of Difficulty (6 points total)			
Evaluation Element	Low Range	Mid-Range	High/Elite Range
Pace/Speed of movement*	One motion every 3-4 counts (Below = 0.1) (Maj = 0.7 – 0.8) (Most = 1.4 – 1.5)	One motion every 2 counts (Below = 0.2 - 0.3) (Maj = 0.9 – 1.0) (Most = 1.6 – 1.7)	One – two motions per count (Below = 0.4 – 0.6) (Maj = 1.1 – 1.3) (Most = 1.8 – 2.0)
Formation, Level, and Direction Changes	Less than 2 changes (Below = 0.1) (Maj = 0.7 – 0.8) (Most = 1.4 – 1.5)	2-4 changes (Below = 0.2 - 0.3) (Maj = 0.9 – 1.0) (Most = 1.6 – 1.7)	More than 4 changes (Below = 0.4 – 0.6) (Maj = 1.1 – 1.3) (Most = 1.8 – 2.0)
Technical Elements/ Complexity of Movement**	Beginner/Basic (Below = 0.1) (Maj = 0.7 – 0.8) (Most = 1.4 - 1.5)	Intermediate (Below = 0.2-0.3) (Maj = 0.9-1.0) (Most = 1.6-1.7)	Advanced (Below = 0.4 – 0.6) (Maj = 1.1 – 1.3) (Most = 1.8 – 2.0)

*Indicates consistent pace, variation in pace for creativity will not be penalized once speed of movement has been demonstrated.

**Includes flexibility, uniformity, poise, footwork. The duration the skill is performed will be taken into consideration as well.

Tumbling Quantity Chart		
# OF ATHLETES	MAJORITY	MOST
2 – 4	2	3
5 – 7	4	5
8 – 9	5	7
10 – 11	6	8
12 – 13	7	10
14 and above	55%	75%

Each team's standing and running tumbling will be assessed for 6 points each to total the 12-point allotment on the scoresheet. Each section of tumbling skills completed will be reviewed and assessed into the final score.

Standing Tumbling Degree of Difficulty (Assessed at 6 points total points)			
Level	Standing Skills	Majority	Most
Novice	Forward roll, Back roll; Handstand; back walkover; back extension roll;	0.1	0.5
I	Back walker series (2 or more) Valdez Variations to back walkover	0.6	1.0
II	Back Handspring (BHS); Back Handspring SO; Variations into and out of BHS	1.1 – 1.5	1.6 – 2.0
III	BHS series (2 or more); Jump to I BHS Variations to BHS series Jump to BHS series (2 or more)	2.1 – 2.5	2.6 – 3.0
IV	Standing Lower-level (novice or level I) skill to Tuck Standing BT Series Tuck (2 or more BHS preceding the tuck); Jump to series tuck (2 or more BHS) to Tuck Jump to HSP Tuck (one) Standing 2 BHS (or more) to LO/SO, XO Standing 1 BHS to LO/SO, XO	3.1 – 3.5	3.6 – 4.0
V	Jump BT Standing whip pass to Tuck, LO/SO, XO Jump to BHS(s) to LO/SO, XO Series of consecutive (at least 2) Tucks	4.1 – 4.5	4.6 – 5.0
VI	2 Jumps to BT Series of consecutive (3 or more) Tucks Jump Series of BHS to FT Standing FT All standing passes incorporating a full twist (FT) Jumps to FT	5.1 – 5.5	5.6 – 6.0
Level of Difficulty will be assessed based on the level that the MAJORITY or MOST (as per tumbling rubric) team members perform the skill at the same time, or in sequence within same section and not broken up by a stunt or dance sequence. Skills performed by few but at a higher difficulty will be factored in for exceeds level requirements. Rubric can be satisfied by combining all skill levels with MAJORITY or MOST of athletes performing skills. Teams not performing any tumbling skills will receive a score of zero (0.0) <u>Recycle of athletes will NOT count towards satisfaction of rubric in SAME section in standing.</u>			

Standing Tumbling Exceeds (2.5 points)

Exceeds SKILLS	Level 2	Level 3	Level 4	Level 5	Level 6
One (1) Skill	0.1	0.6	1.1	1.6	2.1
Two (2) Skills	0.2	0.7	1.2	1.7	2.2
Three (3) Skills	0.3	0.8	1.3	1.8	2.3
Four (4) Skills	0.4	0.9	1.4	1.9	2.4
Five (5) Skills	0.5	1.0	1.5	2.0	2.5
Exceeds points are only awarded after an overall level is established for standing tumbling – to be established in the SAME section of the routine					

Running Tumbling Degree of Difficulty (Assessed at 6 total points)			
Level	Running Skills **Assessed in the sequence where the most athletes are performing skills at the highest skill levels	Majority	Most
Novice	cartwheel; roundoff; front walkover	0.1	0.5
I	2 or more connected skills utilizing cartwheel, roundoff, front walkover, back walkover	0.6	1.0
II	Running variations to BHS (one) Running variations Into BHS Series (2 or more) Variations to BHS step-out Front Handsprings (FHS) / Flyspring	1.1 – 1.5	1.6 – 2.0
III	Running variations to Tuck (one) Aerials Front walkover into aerial (connected) Running variations to BHS BT Running variations BHS Series (2 or more) to Tuck Punch front	2.1 – 2.5	2.6 – 3.0
IV	Running variation to BHS to Layout / step-out / x-out Running variations to BHS series (2 or more) to Layout / step-out / x-out Punch front to RO to BHS / Tuck, LO/SO, XO Whip pass (one whip, to BHSP tuck, LO/SO, XO) Aerial to Tuck	3.1 – 3.5	3.6 – 4.0
V	ROBHS Whip Pass (at least 2 whips not consecutive) to Tuck, LO/SO, XO (at least 4 skills) Any pass that includes 2 consecutive Whips/Tucks Aerial to Tuck – Tuck ½ Twist (not followed by a connected skill)	4.1 – 4.5	4.6 – 5.0
VI	Pass with 3 or more consecutive whips/tucks Arabian/half twist skill to RO to Tuck, LO/SO, XO All passes ending in a full twist (FT)	5.1 – 5.5	5.6 – 6.0
Level of Difficulty will be assessed based on the level that the MAJORITY or MOST (as per tumbling rubric) team members perform the skill at the same time, or in sequence within same section and not broken up by a stunt or dance sequence. Skills performed by few but at a higher difficulty will be factored in for exceeds level requirements. Rubric can be satisfied by combining all skill levels with MAJORITY or MOST of athletes performing skills. Teams not performing any tumbling skills will receive a score of zero (0.0) Running Tumbling will be cumulative – recycle of athletes will count towards satisfaction of rubric in the SAME section.			

Skills will only receive full credit if control is shown from one skill to the next skill. Consecutive whips/tucks must be executed without a pause in between skills.

Running Tumbling Exceeds (2.5 points)

Exceeds SKILLS	Level 2	Level 3	Level 4	Level 5	Level 6
One (1) Skill	0.1	0.6	1.1	1.6	2.1
Two (2) Skills	0.2	0.7	1.2	1.7	2.2
Three (3) Skills	0.3	0.8	1.3	1.8	2.3
Four (4) Skills	0.4	0.9	1.4	1.9	2.4
Five (5) Skills	0.5	1.0	1.5	2.0	2.5
Exceeds points are only awarded after an overall level is established for running tumbling – to be established in the SAME section of the routine -					

Standing & Running Tumbling Exceeds – Satisfying Rubric & Maximizing Exceeds Points

Once a team satisfies the minimum number of athletes to satisfy the MOST category for tumbling, any additional skills performed in that section will count towards exceed skills: *Example: A team of 13 athletes needs to have 10 athletes perform skill at established level to satisfy rubric. The team completes 13 (not recycled) 2-jumps to back. The additional 3 athletes will go towards their skill count of exceeds.*

Stunts and Tosses

Based on # of flyers (top person) performing stunts

Description	STUNT / TOSS (assessed at 6 points)	Level	1 - Flyer	2 - Flyers	3 - Flyers
Low Range	3 different skills performed at the established level	I	0.4 – 0.6	0.7 – 0.9	1.0 – 1.2
		II	1.3 – 1.5	1.6 – 1.8	1.9 – 2.1
		III	2.2 – 2.4	2.5 – 2.7	2.8 – 3.0
		IV	3.1 – 3.3	3.4 – 3.6	3.7 – 3.9
		V	4.0 – 4.2	4.3 – 4.5	4.6 – 4.8
High Range	4 different skills performed at the established level	I	0.8 – 1.0	1.1 – 1.3	1.4 – 1.6
		II	1.7 – 1.9	2.0 – 2.2	2.3 – 2.5
		III	2.6 – 2.8	2.9 – 3.1	3.2 – 3.4
		IV	3.5 – 3.7	3.8 – 4.0	4.1 – 4.3
		V	4.4 – 4.6	4.7 – 4.9	5.0 – 5.2
Low Range Elite	4 different skills performed at the established level. One (1) of which is an Elite level skill at the established level	I	1.2 – 1.4	1.5 – 1.7	1.8 – 2.0
		II	2.1 – 2.3	2.4 – 2.6	2.7 – 2.9
		III	3.0 – 3.2	3.3 – 3.5	3.6 – 3.8
		IV	3.9 – 4.1	4.2 – 4.4	4.5 – 4.7
		V	4.8 – 5.0	5.1 – 5.3	5.4 – 5.6
High Range Elite	4 different skills performed at the established level. Two (2) of which is an Elite level skill at the established level	I	1.6 – 1.8	1.9 – 2.1	2.2 – 2.4
		II	2.5 – 2.7	2.8 – 3.0	3.1 – 3.3
		III	3.4 – 3.6	3.7 – 3.9	4.0 – 4.2
		IV	4.3 – 4.5	4.6 – 4.8	4.9 – 5.1
		V	5.2 – 5.4	5.5 – 5.7	5.8 – 6.0

Defining established levels: when a team performs skills at multiple levels, without establishing skills at the same level. The skills will be averaged and placed in the appropriate rubric category. When averaging the skill levels – if the average is at 0.75 or greater the skill level would be rounded to the higher point in the rubric. Once a team establishes rubric skills at the same highest level, then any additional skills will be factored into the exceeds score. In the event a team does not perform any stunts, or no skills are executed, the teams will be awarded with a score of zero (0.0).

Stunts / Tosses Exceeds (2.5 points)

Exceeds SKILLS	Level 2	Level 3	Level 4	Level 5
One (1) Skill	1.4	1.7	2.0	2.3
Two (2) Skills	1.5	1.8	2.1	2.4
Three (3) Skills	1.6	1.9	2.2	2.5

** Skills may be repeated at the established level to be factored into the exceeds.

Pyramid

Description	PYRAMID (assessed on 6 points)	Level	I - Flyer	2+ - Flyers
Low Range	1 main structures with 2 skills at the established level	I	0.3	0.4 – 0.6
		II	0.7 – 0.9	1.0 – 1.2
		III	1.3 – 1.5	1.6 – 1.8
		IV	1.9 – 2.1	2.2 – 2.4
		V	2.5 – 2.7	2.8 – 3.0
High Range	2 main structures with 3 different skills at the established level	I	1.1 – 1.3	1.4 – 1.6
		II	1.7 – 1.9	2.0 – 2.2
		III	2.3 – 2.5	2.6 – 2.8
		IV	2.9 – 3.1	3.2 – 3.4
		V	3.5 – 3.7	3.8 – 4.0
Low Range Elite	2 main structures with 3 different skills at the established level. One (1) of which is an Elite level skill	I	2.1 – 2.3	2.4 – 2.6
		II	2.7 – 2.9	3.0 – 3.2
		III	3.3 – 3.5	3.6 – 3.8
		IV	3.9 – 4.1	4.2 – 4.4
		V	4.5 – 4.7	4.8 – 5.0
High Range Elite	2 main structures with 3 different skills at the established level. Two (2) of which are Elite level skill	I	3.1 – 3.3	3.4 – 3.6
		II	3.7 – 3.9	4.0 – 4.2
		III	4.3 – 4.5	4.6 – 4.8
		IV	4.9 – 5.1	5.2 – 5.4
		V	5.5 – 5.7	5.8 – 6.0
Defining established levels: when a team performs skills at multiple levels, without establishing skills at the same level. The skills will be averaged and placed in the appropriate rubric category. When averaging the skill levels – if the average is at 0.75 or greater the skill level would be rounded to the higher point in the rubric. Once a team establishes rubric skills at the same highest level, then any additional skills will be factored into the exceeds score. In the event a team does not perform any stunts, or no skills are executed, the teams will be awarded with a score of zero (0.0).				

Pyramid Exceeds (2.5 points)

Exceeds SKILLS	Level 2	Level 3	Level 4	Level 5
One (1) Skill	1.7	1.8	1.9	2.0
Two (2) Skills	2.2	2.3	2.4	2.5

** Skills may be repeated at the established level to be factored into the exceeds.

Points of Note:

EXCEEDS in all categories – if skills are a mixed level – they will be averaged for the point value awarded.

Note: Exceeds does not count as “groups” – therefore a team putting up three stunts can MAX with all 3 groups performing 1 additional skills. Also allows smaller teams to MAX by adding additional skills to equal 3 additional.

Note: Execution of rubric satisfying and exceeds will be factored into the overall execution categories.

Note: Stunts that do not hold skill for at least 2 counts at completion of skill will not count as a completed skill, therefore will not satisfy rubric or exceeds.

LEVEL 1	INVERSIONS	RELEASES	TWISTING***	TOSSES	DISMOUNTS	PYRAMID & OTHER STUNTS
	Inversion from ground level to below prep level*	Switch up to Lib/ BP below prep level	1/4 to 1/2 Twisting transition to below prep level	Straight Ride	Step Down Straight Cradle from prep	Show N Go, Straddle Sit/Lift (Prep or Extended), Flat Back (Prep or Extended)
	Chorus Line Flips	Tic-tock to Lib/BP below prep level			Back Walkover from cradle	One Leg Stunt below prep level, shoulder sit, shoulder stand, Prep level Pendulum
ELITE						
	Inversion from Ground Level to Prep level (2 legs)	Tic-Tock below prep level BP to BP	¼ to ½ Twisting Transition to Prep level*		Straight Cradle from extension	Double braced release to Lib to prep level Pyramid
	Inversion from ground level to prep level with up to 1/2 turn*	Release to prep level Lib/ BP*	Log Roll		Half twist from prep Prone cradle from prep (non release)	Transition from below prep level to prep level Lib/ BP
LEVEL 2	INVERSIONS	RELEASES	TWISTING***	TOSSES	DISMOUNTS	PYRAMID & OTHER STUNTS
	Inversion from ground level to prep level Lib	Switch Up to Prep level Lib	½ Twisting Transition at prep level to prep level	Pike Arch to cradle	Full Twist Cradle from prep level	Single braced released to Lib at prep level pyramid
	Inversion from ground level to extended two legs	Tic-Tock at Prep level Lib to Lib	½ Twisting Transition to prep level Lib	Pretty Girl Arch to cradle	Half twist to prone from prep (non release)	Leap Frog Fly Away extension two legs
	Half twisting inversion to prep level lib	Ball to Prone		Kick Arch to cradle	Non-release half twist down/ corkscrew from prep	Prep level one leg stunts performing 2 body positions before dismount Walk into Prep/Press extension
ELITE						
	Half twisting inversion to extended two legs	Switch up to prep level BP	½ twisting transition to prep level BP 360 full up to prep (2 feet)		Half twist from extension (2 legs)	Single braced released to BP at prep level pyramid
	Half twisting inversion to prep level one leg BP	Tic-Tock at prep level Lib/BP to BP	½ twisting transition to extension (2 feet) ½ twisting Tic-Tock at prep level		Non-release half twist down corkscrew from extension	
LEVEL 3	INVERSIONS	RELEASES	TWISTING***	TOSSES	DISMOUNTS	PYRAMID & OTHER STUNTS
	Inversion to extended one leg	Switch Up to extended Lib	360 Full Up to prep level Lib (no more than ½ turn by bases)	Full Twist to cradle	Full Down from extension	Prep level one leg stunts performing 3 body positions before dismount
	Full twisting inversion to extended two legs	Tic-Tock from prep level Lib to extended Lib (Step-Up)	½ Twisting Transition to Extended Lib	Toe Touch to cradle	Straight Cradle from extended one leg	Double braced release to extended Lib Pyramid
	Front baja/back suspended rolls / flips	Ball Up to prep level lib	360 Full Up to Extension (2 legs) (no more than ½ turn by bases)		Non-release 360 twist down/ corkscrew from extension	Swinging Stunts from below prep level to prep level Extended One Leg Walk into extension*
ELITE						
	Half twisting inversion to extended one leg	Switch Up to extended BP	½ Twisting Transition to Extended BP		Half twist from extended one leg ¼ turn new caters	Single braced release to extended BP Pyramid
	Released inversion to Cradle/Load with ½ Turn	Tic-Tock from prep level Lib to extended BP (Step-Up)	360 Twisting Transition prep level to prep level BP (no more than ½ turn by bases)		Release from inverted below prep level to below prep non-inverted	Stunts at extended level that Rotate 180 Degrees or More Single base extended Lib/BP with a back hands-on spotter without cradle dismount
		Ball up to prep level BP	360 Twisting Tic-Tock at prep level (no more than ½ turn by bases)		Release from inverted to non-inverted	Single braced 360 twist to extended (2 feet)

LEVEL 4	INVERSIONS	RELEASES	TWISTING***	TOSSES	DISMOUNTS	PYRAMID & OTHER STUNTS
	Full twisting inversion to extended one leg	Release from Waist or Prep to extended Lib	360 Twisting transition to extended Lib (no more than ½ turn by bases)	Pike X to cradle	360 Twist to Prone from prep (non-released)	Double Braced flip (inversion) Pyramid
	Released inversion from prep level or below to prep level lib	Ball Up to extended Lib	360 Twisting Switch Up to Prep level Lib (no more than ½ turn by bases)	Hitch Kick to cradle	360 Twist Down to cradle from extended Lib	Single base extended Lib with straight cradle
	Front baja with ½ twist	Tic-Tock extended BP to prep level Lib (High/Low)		Switch Kick to cradle	Non-released Kick single	Extended one leg stunts performing 2 body positions before dismount
		180 Degree Helicopter		Ball Kick to cradle		
ELITE						
	Fold-over	Ball Up to extended BP	360 Twisting Switch Up to Prep level BP (no more than ½ turn by bases)	Double toe touch to cradle	360 twist down to cradle from extended BP	Single braced front flip (inversion) pyramid (hand to hand) Double braced (2 hands) flip (inversion) with ½ twist
	Released inversion from prep level or below to prep level BP	Tic-Tock extended Lib/BP to prep level BP (High to Low)	540 (1 1/2) Twist to Prep level Lib Non-release (no more than ½ turn by bases)		360 twist to prone from extended (non-released)	Single based extended switch up to lib Single based extended Lib / BP with twist cradle dismount
			180 Twisting Switch Up to extended Lib			Braced high to high extended – 180
LEVEL 5	INVERSIONS	RELEASES	TWISTING***	TOSSES	DISMOUNTS	PYRAMID & OTHER STUNTS
	Released inversion from prep level or below to extended two legs	Tic-Tock from prep level Lib to extended Lib (Low to High)	180 Twisting Switch Up to extended BP	Kick Single Twist to cradle	Ball twist to cradle from prep	Double braced front flip (inversion) with full twist Pyramid Single braced / hand to foot front flip
	Released inversion from prep level or below with ½ twist to prep level	Tic-Tock from extended Lib to extended Lib (High to High)	360 Twisting Switch Up to extended Lib (no more than ½ turn by bases)	Ball Full Twist to cradle	1 ¼ Twist from extended Lib to cradle	Single Braced Front Flip (inversion) with ½ Twist Pyramid Braced high to high
	Back handspring up to extended two legs		540 (1 ½) twist to prep level BP-Non-release (no more than ½ turn by bases)			Single base extended switch up to BP Single base Lib to Lib (high to high)
	Front Flip (Baja) with full twist		360 Twisting Transition to Extended BP (no more than ½ turn by bases)			Single base full up to extended Lib
			360 High to High two legs			Extended one leg stunts performing 3 body positions before dismount
ELITE						
	Released inversion from prep level or below to extended Lib/BP	Tic-Tock from extended Lib/BP to extended BP (High to High)	360 Twisting Switch Up to extended BP (no more than ½ turn by bases)	Full Up Toe Touch	1 ¼ Twist from extended BP to cradle	Single Braced front flip (inversion) with full twist Pyramid Single braced (one hand) front flip (inversion) with full twist
	Released inversion with a ½ / full twist to stunt at prep or above	Tic-Tock from prep level lib/BP to extended BP (Low to High)	540 (1 ½) Twist Up to extended Lib / BP non-release (no more than ½ turn by bases)	Toe Touch full twist	Kick Single Twist from Prep to cradle	Single base Lib/BP to BP (high to high) Single base full up to extended BP
	BHS up to extended stunt to lib/BP		360 High to High one leg			Single base extended Lib/BP with twisting or release entries and twisting dismount
						Non-braced High to High extended - 360

***For a skill to be considered a twisting rotation, the flyer/top person must achieve the designated rotation for each skill. Bases should not move more than 180-degrees ($\frac{1}{2}$ turn) for any twisting rotation.

[Examples of inversions](#) – Note, for examples only, levels on videos may not match our levels and may/may not be legal.

[Examples of tosses](#) – Note, for examples only, levels on videos may not match our levels and may/may not be legal.

[Examples of twisting](#) - Note, for examples only, levels on videos may not match our levels and may/may not be legal.

[Examples of dismounts](#) - Note, for examples only, levels on videos may not match our levels and may/may not be legal.

V. Scoring Procedures

A. Scoring

1. All judges should have the 5 C's
 - a. **Confidentiality** – It is of the utmost importance throughout the entire judging process. From the time one is contracted to judge to even after the completion of the tournament.
 - b. **Competence** – It is the responsibility of the judge to have exceptional knowledge of the guiding documents provided by the WVSSAC and the National Federation.
 - c. **Consistency** - It is the responsibility of the judge and the integrity of the tournament to be fair and consistent.
 - d. **Concentration** – It is imperative to give one's undivided attention to the performing team. Mark the score after the performance of a team, not during the performance.
 - e. **Complete and undivided attention** – It's important and respectful to give each team your complete focus and time and provide accurate and fair feedback.
2. Generally, individual criteria with a possible point value of 6:
 - a. 0 = Did not perform the skill
 - b. 1 = Poor execution
 - c. 2 = Limited / Below Average
 - d. 3 = Adequate / Average
 - e. 4 = Proficient
 - f. 5 = Excellent
 - g. 6 = Perfect
 - h. Additional information and specific criteria for awarding of points will be explained in detail at the judge's clinic.
3. Generally, individual criteria with a point value of 10:
4. When scoring, judges may use either whole numbers (1, 2, 3, 4, 5) or the decimal equivalents of tenths of a whole number (3.3, 3.5, 3.8, 4.2, 4.5, etc.).
 - a. Do not use common fractions ($\frac{1}{4}$, $\frac{2}{5}$, $\frac{5}{8}$, $\frac{3}{4}$, etc.) and decimal equivalents beyond the first decimal place (.25, 3.55, 3.75, 4.33, 4.67, etc.)
5. Make sure all scores are added correctly.
6. Once the Technical Cheer is scored and the team begins the open portion of their routine, a Cheer Table Judge cannot make changes to the Technical Cheer score.
7. Judges should not tie two or more teams in the same division in the technical cheer or overall score.
8. Changing a score:
 - a. Draw a line through the score, e.g.
 - b. Initial the change
 - c. Write in the new score.
 - d. Do not blacken the original score.
9. Keep a running total of each team's score.
10. Be legible when writing comments and signing your name.

VI. WVSSAC Administration and Information

A. Contact Information

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