

JUNIOR VARSITY AND MIDDLE SCHOOL CHEER

The WACPC Wisconsin State JAM Cheer Championships is designed for students in junior high, middle school, and non-varsity members of high schools which would include students in grades 5-11.

There are seven cheer divisions:

- * **JV LARGE** (*16-36 members*)
- * **JV SMALL** (*15 or fewer members*)
- * **GRADES 5th-9th LARGE** (*16-36 members*)
- * **GRADES 5th-9th SMALL** (*15 or fewer members*)
- * **NON-STUNTING**
- * **CHEER DANCE**
- * **REC CHEER** (*Grades 5th-8th*)

The REC cheer division is designed for students in grades 5-8 with a team that is neither a school team nor an all star team. REC teams must follow the same rules and guidelines as school teams and will be evaluated using the scholastic judging criteria.

Alternates should be included on the registration form and may or may not be used. Team members must be officially enrolled and attending the school of the performing team.

Cheer teams may choose to compete in the Cheer Dance division as the only routine or as a second routine. **If a team chooses Cheer Dance as a second routine, fifty percent of the original cheer team must perform.** There is a \$100 fee for the second routine.

Cheer routines have a maximum of 2 minutes and 30 seconds, with a minimum performance time of 2 minutes. The Cheer Dance division maximum performance time is 1 minute and 30 seconds, with a minimum performance time of 1 minute.

VARSITY CHEER DIVISIONS

Alternates should be included on the registration form and may or may not be used. Team members must be officially enrolled and attending the school of the performing team. Team members must be officially enrolled and attending the high school of the performing team.

There are eight varsity cheer divisions:

ALL-GIRL SMALL (11 OR fewer members)

CO-ED SMALL (2 TO 4 males, 36 members maximum)

ALL-GIRL MEDIUM (12 TO 19 members)

CO-ED LARGE (5 or more males, 36 members maximum)

ALL-GIRL LARGE (20 TO 36 members)

NON-STUNTING (36 female/male members maximum)

CHEER DANCE SMALL (11 OR fewer members)

CHEER DANCE LARGE (12 TO 36 members)

Based on the registrations received as of the **January 14, 2012** deadline, the All-Girl divisions may then be split by school enrollment. Once 12 teams (total in the state) have registered in an All-Girl division, the division will be split in half by school size. Once 24 teams have registered, the division will be split in thirds by school size. Enrollment breaks will be locked in and posted on the website.

The WIAA 9-12 school enrollment, found in the current WIAA high school directory, will be used for school enrollment division breaks. The enrollment figures pertain to the previous year's enrollment on the third Friday of September as reported to the WIAA office.

After **January 20, 2012**, no additions to a team roster will be allowed. Make sure to have included all potential athletes on the team roster.

Division adjustments must be made **at least 7 days** prior to the regional date. The only division adjustment a team may make will be moving from a large to smaller team size category.

Cheer routines will be performed on a mat with approximate dimensions of 54' x 42' (9 panel strips).

Maximum performance time is 2 minutes 30 seconds; minimum performance time is 2 minutes, with a limit of 1 minute 30 seconds for music. See specifications for Cheer Dance category.

MASCOTS

Teams may use mascots in their routine, following NFHS guidelines. If mascots are included in the team performance, the mascot must remain on the mat for the entire performance. While a mascot may enhance choreography, and add to the its overall appeal, there is no specific judging criteria allocated for mascots. A team mascot may also simply spirit out as part of the entrance and position themselves outside of the performance area throughout the duration of the performance. Mascot must be included on your team roster as a paid team member. Mascots participating in the routine will be included in the team size of 36 maximum.

CHEER DANCE DIVISION

Scholastic cheer teams may register in the Cheer Dance division as their only routine or they may register in the Cheer Dance division as their second routine.

This is an open division with a maximum time of 1 minute 30 seconds, and a minimum time of 1-minute of continuous music. Teams must wear cheer uniforms.

There is no stunting allowed and only a forward, backward or jazz roll, a handstand, and cartwheel for tumbling. Cheer adlibs only.

The focus should be on precision and team synchronization. Technical dance moves are not allowed. Poms and signs may be used, but are not required. Please see the Judging Philosophy for routine requirements.

Routines are to be performed on the cheer mat, with a 54' x 42' feet limitation. Team size limit is 36.

When performing Cheer Dance as a second routine, fifty percent of the team members that perform in the first routine are required to perform. An additional \$100 second routine fee is required.

VARSITY STUNT GROUP CHAMPIONSHIPS

The WACPC Wisconsin State Varsity Stunt Group Team Championships will be held in conjunction with the WACPC Wisconsin State High School Cheer Championships on February 25, 2012, at the Memorial Coliseum at the Alliant Energy Center, Madison.

Coaches who are members of WACPC are eligible to register and compete with an individual stunt group or groups. Each stunt team must have an authorized registration form and Team Liability Form.

The entry fee is \$50.00 per team.

Registration deadline is January 14, 2012. Absolutely no late entries will be accepted

Please note that teams do not have to compete at state cheer or all star cheer to register a stunt group.

Please review the stunt team score sheet. The all-girl groups are limited to **four** participants, and the co-ed partner division includes one female, one male, and one additional spotter for a total of **three** participants.

* **ALL-GIRL** (three equal divisions will be determined by enrollment based on registration numbers)

* **CO-ED PARTNER**

Specific elements of a Stunt Routine:

- 1-minute performance time limit with/or without music
- **Routine will be judged on stunts only**
- Team cheer uniforms are to be worn
- All NFHS rules apply
- The spotter in the Co-ed Partner division should be used for spotting only

CHEER JUDGING PHILOSOPHY-TEAM ROUTINES

OVERALL CHOREOGRAPHY

Routine transitions

- Natural flow
- Continuous flow
- Creative
- Appropriate pace

Spacing/use of floor

- Straight lines
- Entire floor used
- Spaced appropriately front to back or side to side

Variety of formations:

- Clear shapes/lines
- Aesthetically appealing
- Variety

Visually appealing

- Presented an appealing "picture" using level changes, visually appealing signs, poms, or formations

Creativity

- Original choreography
- Incorporation of imaginative skills

Effective use of music

- Music compliments the choreography

MOTIONS

Precision of motions

- Uniform team motions
- Motions hit in the same place at the same time

Motion technique:

- Straight arms and wrists
- Correct angles
- Sharp, clean motions
- Motion technique of flyers is also considered

CHEER

Strong voices

- Loud/clear voices
- Volume maintained during stunts, transitions, or at the end of the cheer

Crowd appeal

- Skills (jumps, stunts and tumbling) effectively lead the crowd

Practical for crowd to respond

- Crowd leading cheer

Effective incorporation of signs/poms

- Signs/poms effectively lead the crowd

DANCE

Incorporation

- Effective incorporation of skills
- Visually appealing

Dance synchronization

- Appropriate pace/rhythm
- Precise and uniform team movements

Effective transitions

- Variety of formation changes
- Clear formation shapes/lines
- Creative
- Natural flow

Use of levels/ripples

- Presented an appealing “picture” using level changes and ripples
- Creative
- Variety
- Appropriate pace

NON-WEIGHT BEARING PYRAMIDS *(Non-stunting score sheet only)*

Creativity

- Incorporation of imaginative pyramids

Effective incorporation

- Pyramids visually effective and incorporated within the routine in an effective manner

Examples of pyramids for the Non-Stunt Division



PLEASE NOTE: Weight must be on post leg of “flyer”...no weight transfer is allowed

JUMPS

Technique

- Good height and flexibility
- Good form (straight back/legs, arms in proper position)
- Pointed toes

TUMBLING

Technique

- Good form (legs together, locked arms, tight tuck, pointed toes, etc.)
- Skills look effortless or easily completed

Variety of any skills

- Incorporation of all types of tumbling skills, from forward rolls to layouts

THE DEDUCTION JUDGE DEDUCTS FOR FALLS OR TOUCHDOWNS

PARTNER/GROUP STUNTS

Technique

- Well-executed, strong stunts
- Proper body positions (locked out; using legs versus back, etc.)
- Stunts look effortless
- Bases' timing is in sync
- Stunts remain stationary (unless obvious choreographed movement)

Transitions

- Visually effective stunt transitions
- Creative

Synchronization

- Synchronized timing of partner/group stunts
- Rippled partner/group stunt timing is apparent

CO-ED PARTNER/GROUP STUNTS *(Co-ed team score sheets only)*

The primary focus for the co-ed division should be on the technique/variety/transitions/synchronization of the co-ed stunts
See notes above for PARTNER/GROUP STUNTS

THE DEDUCTION JUDGE DEDUCTS FOR FALLS OR MINOR FALLS/EARLY RELEASES/MISSED STUNTS

PYRAMIDS

Note: According to NFHS Rules for Spirit Groups, a pyramid is a 'grouping of closely spaced stunts'. Therefore, stunts need not be physically connected to be considered a pyramid.

Technique

- Well-executed, strong stunts
- Proper body positions (locked out; using legs versus back, etc.)
- Stunts look effortless
- Bases' timing is in sync
- Stunts are well-spaced
- Stunts remain stationary (unless obvious choreographed movement)

Transitions

- Visually effective stunt transitions
- Creative

Synchronization

- Synchronized timing
- Rippled stunt timing is apparent

THE DEDUCTION JUDGE DEDUCTS FOR FALLS OR MINOR FALLS/EARLY RELEASES/MISSED STUNTS

SKILL DIFFICULTY

Jumps

- Basic jumps (tuck, herkie) or advanced jumps (toe-touch, pike, combination jumps)
- Consider team depth of skills performed

Tumbling

- Basic skills (forward roll) or advanced skills (tucks, layouts, twisting layouts)
- Consider team depth of skills performed
- Just because skills are performed cleanly does not imply the difficulty level should be increased

Partner/Group stunts and pyramids

- Basic skills versus advanced skills; consider skill as well as transitions into/out of the skill
- A front base reduces the difficulty
- Number of stunt groups versus the number on the team
- Single-based stunts versus only double-based stunts
- Flyer's flexibility is effectively highlighted in the form of stretches, arabesques, scales, etc.
- Twisting cradle versus straight cradle dismounts
- Just because skills are performed cleanly does not imply the difficulty level should be increased

Co-ed basing (Co-ed team score sheets only)

- Co-ed stunts incorporated within the routine
- Basic skills versus advanced skills; consider skill as well as transitions into/out of the skill
- Additional assistance or spotters reduces the difficulty
- Number of co-ed partner stunts versus number of males on the team
- Flyer's flexibility is effectively highlighted in the form of stretches, arabesques, scales, etc.
- Twisting cradle versus straight cradle dismounts
- Co-ed stunts incorporated within the pyramid(s)
- Just because skills are performed cleanly does not imply the difficulty level should be increased

OVERALL APPEAL

WOW factor

- Routine engages viewer from the onset
- Viewer does not want to look away
- Left viewer wanting to see the routine again

Energy

- Energy level is maintained throughout the routine

Excellent spirit:

- Enthusiastic
- Engaging
- Overall team spirit is apparent

Showmanship

- Genuine, exciting facials
- Smiles throughout
- Eye contact with crowd

CHEER JUDGING PHILOSOPHY-CHEER DANCE ROUTINES

OVERALL CHOREOGRAPHY

Ease of transitions

- Natural flow
- Continuous flow
- Creative

Creativity

- Original choreography
- Incorporation of imaginative skills

Effective use of music

- Music compliments the choreography

FORMATIONS

Accuracy of spacing

- Clear shapes/lines
- Straight lines
- Spaced appropriately front to back or side to side

Multiple formations

- Variety

Use of floor

- Aesthetically appealing
- Entire floor used

CROWD EFFECTIVENESS

Use of cheerleading skills

- Use of cheer-type movements to effectively lead and engage the crowd

Use of adlibs

- Adlibs effectively lead and engage the crowd

Use of signs/poms

- Signs and poms effective lead and engage the crowd

VISUALIZATION

Use of level changes

- Presented an appealing "picture" using level changes within the formation
- Creative
- Variety

Use of ripples/peels

- Presented an appealing "picture" using ripples/peels
- Creative
- Variety
- Appropriate pace

GROUP SYNCHRONIZATION

Precise movement

- Movements/skills are precise/uniform
- Movements/skills hit in the same place at the same time

Timing/rhythmic accuracy:

- Movements/skills compliment the music
- Movements/skills follow the beat/rhythm of the music

MOTION TECHNIQUE

- Straight arms and wrists
- Correct angles
- Sharp, clean motions

JUMPS/KICKS

Technique:

- Good height and flexibility
- Good form (straight back/legs, arms in proper position)
- Pointed toes

SKILL DIFFICULTY

Jumps/Kicks

- Basic skills (tuck jumps) or advanced skills (double jumps)
- Consider team depth of skills performed

Fast/Intricate movements

- Faster paced movements considered more difficult (using the half counts)
- Incorporation of both hand/feet/head movements considered more difficult
- Consider team depth of skills performed

Formations/Transitions

- Consider pace of transitions or formation changes
- Consider how transitions or formation changes are taking place
- Just walking to next formation is less difficult than dancing/tumbling into next formation, etc.

SHOWMANSHIP

Enthusiasm/Energy

- Energy level is maintained throughout the routine
- Overall team spirit is apparent

Confidence/floor presence

- Eye contact with crowd

Smile/eye contact

- Genuine, exciting facials
- Smiles throughout

OVERALL APPEAL

WOW factor

- Routine engages viewer from the onset
- Viewer does not want to look away
- Left viewer wanting to see the routine again

Clean/solid routine

- Routine executed without mistakes
- Overall strong routine

CHEER JUDGING PHILOSOPHY-STUNT GROUP ROUTINES

THE DEDUCTION JUDGE WILL DEDUCT FOR FALLS OR MINOR FALLS/EARLY RELEASES/MISSED STUNTS!

TECHNIQUE

Body control

- Well-executed, strong stunts
- Stunts look effortless
- Stunts remain stationary (unless obvious choreographed movement)

Locked arms/legs

- Bases' arms are locked out in extended stunts
- Flyer's legs are locked out

Timing

- Bases timing is in sync

Flyer motion technique

- Straight arms and wrists
- Correct angles
- Sharp, clean motions

CO-ED PARTNER/GROUP STUNTS, DISMOUNTS/TOSSES, TRANSITIONS

Visual

- Presented an appealing "picture"

Creative

- Incorporation of imaginative skills
- Imaginative combination of skills

Variety

- Variety of different skills incorporated

Natural Flow (TRANSITION category only)

- Transitions are not too slow or rushed

SKILL DIFFICULTY

All-Girl group stunts (All-Girl Division)

- Basic skills versus advanced skills; consider skill as well as transitions into/out of the skill
- Examples: thigh stands verses single-leg stunts; straight cradles verses double twisting cradles; sponge versus rewind, etc
- Single-based stunts versus only double-based stunts
- Flyer's flexibility is effectively highlighted in the form of stretches, arabesques, scales, etc.
- Twisting cradle versus straight cradle dismounts
- Height of flyer during dismount/toss/release
- Stunts transition from one to the next, without the flyer touching the ground
- Just because skills are performed cleanly does not imply the difficulty level should be increased

Co-ed partner stunts (Co-ed Partner division)

- Basic skills versus advanced skills
- Additional assistance or spotters reduces the difficulty
- The spotter in the Co-ed Partner division should be used for spotting only
- Flyer's flexibility is effectively highlighted in the form of stretches, arabesques, scales, etc.
- Twisting cradle versus straight cradle dismounts

SHOWMANSHIP

Enthusiasm

- Overall stunt group spirit is apparent

Confidence/floor presence

- Eye contact with crowd

Smile/eye contact

- Genuine, exciting facials
- Smiles throughout

Energy

- Energy level is maintained throughout the routine

OVERALL APPEAL

WOW factor

- Routine engages viewer from the onset
- Viewer does not want to look away
- Left viewer wanting to see the routine again

Crowd appeal

- Skills effectively engaged the crowd

PERFORMANCE DEDUCTIONS

This document was created to clarify WACPC's approach to performance deductions. In all cases the benefit of the doubt will go to the team. In other words, if the deduction judge is unsure, he/she will not give the deduction.

As a reminder, there is ONE deduction judge per division. This person, using the same criteria/mindset for teach team, will approach how he/she gives deductions in a consistent manner. The goal is to minimize the subjectivity found with multiple performance judges, each using their own interpretation of a "fall".

TUMBLING

Examples of Technique Issues – covered by performance judges

- Stumbling out of a cartwheel or round-off
- Hop/step on landing
- Stumbles forward/backward out of a skill (under/over rotation)
- Arms not locked in the handstand position

*****The above list is not all encompassing*****

Touchdown (1 point) Deductions – covered by deduction judge

- Hands touch the ground on the landing of a back-tuck

Fall (2 point) Deductions – covered by deduction judge

- Falling on seat/back/side/knees/chest in any tumbling skill
 - Ex: Falling on knees in back-handspring or back-tuck
 - Ex: During a back-handspring weight is positively put onto the head in the handstand position and skill cannot be completed

STUNTS

Examples of Technique Issues – covered by performance judges

- Stunt moves to "save" it
- Bases timing is off, so flyers hips "bob"
- Stunt transitions and the bases do not come down at the same time, so the flyer puts more weight on one base, and hence the stunt may "crash" to one side.
- Cradle is supposed to twist but it does not
- Stunt is supposed to hit a stretch (or scorpion, etc.), but flyer's leg dangles or just pulls target

*****The above list is not all encompassing*****

Minor Fall/Early Release/Missed Stunts (1-point) Deductions – covered by deduction judge

- Stunt is showing symptoms of falling, and it clearly cradles early to "save" it
- missed load

Fall (2-point) Deductions – covered by deduction judge

- Flyer falls out of stunt and is caught by her bases, she may have not hit the ground, but the stunt is effectively ended
- Extra competition spotters catch the flyer
- Flyer hits/touches the ground in an obvious fall