

WLJFL Cheer Competition Guidelines

General Items

Awards:

Medals will be given as awards. The awards will be announced in the following order: 3rd place, 2nd place, 1st place and then all other teams will be asked to come and get their medals

Skill Cheer:	Mascots	All teams will be given a medal
	Freshmen	1 st , 2 nd , and 3 rd Place
	JV	1 st , 2 nd , and 3 rd Place
	Varsity	1 st , 2 nd , and 3 rd Place
	4 th Place medal for all other squads	

Pom/Dance:	Mascot	All teams will be given a medal
	Freshmen	1 st , 2 nd , and 3 rd Place
	JV	1 st , 2 nd , and 3 rd Place
	Varsity	1 st , 2 nd , and 3 rd Place
	4 th Place medal for all other squads	

Note: There are no awards for overall places. In the case of a tie, there will be duplicate awards given.

Score Tallies:

WLJFL Board Members will tally scores in a private room.

Judges:

Judges will be MHSAA/MCJAA certified judges and are hired by the host group.

Rules:

Participants MAY NOT be on a competitive Cheer or Pom team outside of the WLJFL.

Appropriate music will be chosen for the Pom/Dance routine.

No Glitter may be worn on faces or hair, and no bobby pins may be worn in hair.

Rubber bands of any kind may be worn in hair

No Jewelry of any form is allowed (earrings, piercing things, rings, bracelets, necklaces, etc).

WLJFL Cheer Competition Guidelines

Skill Cheer Routine

Skill Cheer:

Each team will be required to turn in their selected skill(s) being used for judging for all three squads two weeks before the competition so that the judges' packets can be assembled. Last minute changes should be kept to a MINIMUM and must be submitted on the issued form and MUST be legible.

A formation changes includes the starting position to another formation.

Time: This round will be a minimum of 45 seconds and a maximum of 90 seconds (1.5 minutes). Each squad is to use the skills listed on the entry sheet turned in two weeks prior to the event.

Freshmen	Junior Varsity	Varsity
1 skill	2 skills	3 skills
1 formation change (2 total formations)	2 formation changes (3 total formations)	2 formation changes (3 total formations)

Each squad must have the required number of formation changes and skills. You may have more than what is required. You will be judged on the first occurrences of each skill/formation change performed. Any formation changes and skills over the required number will be considered under the **Difficulty and Variety** category.

Qualifying Skills

Note: These skills must be performed in unison

Point Value 1-5	Point Value 1-7	Point Value 1-10
Low kick	Side Split	Heel Stretch
Spirit Tuck Jump	Double Hook Jump	Switch Splits
Spread Eagle Jump	Front Hurdler Jump	Backward Roll
Forward Roll	High Kick	Double Nine Jump
Full Turn	Herkie Jump	Toe Touch Jump
Hop		Pike Jump

Point scale taken from MHSAA Junior High Score sheet

Note:

1. Spread Eagle Jump may be executed with arms in a V-Motion or Clap Overhead
2. Splits must be performed parallel to the judges
3. Each skill must be performed with some hesitation before moving on to the next skill.
4. There will be someone to indicate when to begin the cheer.
5. At completion of the cheer, squads are to return to the bleachers quietly.
6. Note: NO STUNTING OR TUMBLING ALLOWED.
7. There are to be no penalties for going slightly over or under the time.

WLJFL Cheer Competition Guidelines

Categories on the Cheer score sheet for this division are:

Note: Categories taken from MHSAA Junior High Judges Sheet

Floor Mobility

Defined: Accuracy of formations, spacing, effectiveness, ease of transitions, visual patterns, transition moves, purpose of movement from formation to formation.

Judging: Note all errors in accuracy of formation. Evaluate the effectiveness of the moves as to whether they flow with the cheer, enhance the cheer, and provide a smooth transition.

Vocals

Defined: Voice inflection, clarity, squad volume, and appropriate choice of words.

Judging: Throughout the cheer, evaluate voice inflection, clarity, appropriate choice of words as it relates to sportsmanship, squad volume appropriate for the number of competitors – are words understood throughout cheer. Evaluate throughout the cheer.

Team Coordination

Defined: Precision and timing of all motions, execution of moves, and effective use of all team members.

Judging: Evaluate precision and synchronization in position of hands/arms/legs/feet/body/head. Keep in mind that the execution is precise for the team's style. Keep track of errors and rate performance based on the number of errors compared to the volume of movements.

Difficulty and Variety

Defined: Movements, motions, peel offs, levels, enhancements, arm whips, ripples, etc.

Judging: Assign difficulty and variety points to movements, motions, peel offs, level changes, and ripples, etc. Judges must keep track of what a team performs. However, the categories are not limited to these elements of difficulty or examples of variety.

Examples of Variety

Additional formation changes
Arm motions while transitioning
Below waist foot/leg work
Blades
Diagonal Spins
Diagonal arm motions
Levels
Oppositions
Ripples
Waist level kicks

Examples of Difficulty

Arm Whips
Intricate Transitions
Difficult Oppositions
Dips
Extra jumps
High Kicks
Hopping
Knee level movements
Moving backwards
Side stepping formation changes
Spinning

General Impression

Defined: Creativity, continuity, team confidence, overall impression

Judging: Evaluate routine based on its uniqueness and *creativity. Also judge continuity, overall impression of entire performance, team confidence.

*creativity – a judge's opinion of creativity, evaluated in the General Impression category, may include unusual formations, difficult flairs, transitions and preps. Overall impression allows credit

WLJFL Cheer Competition Guidelines

to be given for the team that has given the judge a feeling of excitement, goose bumps or a WOW! impression.

Skills (jumps)

Judging: Technique: form, toes pointed, backs straight, arm positions, landing with feet together.

Togetherness: Preps are the same, all go up together, reach heights together, same height, land together, style the same (hand, arms, legs, etc.)

Ease: Jump is completed without evidence of difficulty, height attained by entire squad.

WLJFL Cheer Competition Guidelines

Format:

Pom/Dance Routine:

Each team will be required to have their music selection on CD with a backup CD available. CD player will be provided. The minimum requirements for these routines are as follows;

Freshmen	Junior Varsity	Varsity
1 formation changes (2 total formations)	2 formation changes (3 total formations)	2 formation changes (3 total formations)

The starting formation to another formation and the kick line formation can be considered one of the three formations.

Time: This round will be a minimum of 1 minute and a maximum of 3 minutes. Each squad is to use the song listed on their entry sheet. There are to be no penalties for going slightly over or under the time.

Each routine for all three squads Freshman, JV and Varsity must contain a minimum of 2 formation changes (3 total formations). For Freshman squads there will be NO kick line. The JV and Varsity squads must have a kick line. A kick line that consists of 4 – 8 counts

NOTE: The kick line must be one straight line

Not judged, but allowed are **choreographed entrances and exits**. The entrance and exit may be a maximum of 6 – 8 counts each.

Each squad must have 2 formation changes (3 total formations). You may have more than 2 formation changes. You will be judged on the first 2 formation changes performed.

Pretzel drops are allowed.

No body slams

Poms are allowed. No other props may be used.

Timing will begin when the music starts and ends when the music stops.

Dance may include jumps, but no mounts or tumbling.

No cheers or chants are allowed during the pom/dance portion. You may yell a word or phrase.

After the dance is performed, squads must return quietly to their seats.

There is NO verbal communication by the coaches to their squad during the performance while in the coach's box.

WLJFL Cheer Competition Guidelines

Categories on the Pom/Dance score sheet for this division are:

Smiles and Showmanship (10); Smiles and enthusiasm, poise, showmanship, audience interest, eye contact, and projection (Does this team look like they're having fun?) A Level of professionalism (covering mistakes).

Formation/Transitions (10); Attractive, orderly changes with even spacing, straight lines, unique and organized movements into formations. Formations should be original and evenly spaced. The changes should be smooth, organized, unique, attractive and centered on the performance floor. When changing formations, team members arrive simultaneously into their formations (i.e. when moving from a column to a horizontal line, the two end people should arrive in their spaces at the same time).

Team Unity, Precision, Rhythm and Timing (10); All members should be executing the movements the same way, at the same moment. The team remains on beat with the music throughout the routine. Choose original music that has definite beats, 3 or 4 rhythm changes and a good tempo that accents your routine. Keep in mind that sometimes too many music splices make your routine appear choppy. Avoid music that is too screechy, heavy, fast, slow, or uses poor taste in words. Deductions for music with suggestive or sexual content will be at the discretion of the judges. In addition, ripples and contagions will be scored within this category.

Skill of Kick Line (10); (JV and Varsity only) A minimum of 32 continuous counts of hooked-arm kick sequence (one continuous kick line, any formation with at least one arm connected at all times is required. Kick line must be one straight line. Poms are not required for the kick line. At least four full height straight forward kicks in a row must be included somewhere within the 32 counts continuous kick line. Skill judging will include pointed toes, straight knees, height, arm connection, posture, unity and difficulty.

Originality of Kick Line (10); Attractive and unique ideas. (JV and Varsity only)

Unique/Original Ideas/Choreography (10); Movements originated by the team (not those learned from previous camps/competitions/video/ESPN/other teams). Teams should use a variety of movements that are attractive, creative, and original. Include "WOW" moves that accent the music such as moves that are remembered once your routine is finished. Overall adaptation to and creative use of music. Use of poms will also be considered within this category.

Skill/Level of Ability/Talent (10); each team will be evaluated upon the level of skill/talent demonstrated in the routine. However, even though a team may do a difficult move, stunt, jump, etc., it must be done well and uniformly by each team member to receive a higher score in this category and must be appealing to watch as well as choreographed well into the routine.

General Form/Execution (10); this includes straight arms, snappy heads, clean and uniform leg and foot positions (for example, all diagonals or points are at the same angle), execution and posture. This also includes uniform positions among team members (are all of the V's and diagonals the same among all team members?)

Overall Impression (10); each judge will give your team an overall performance score indicating his or her overall impression of the routine. Entrance and exit will be scored within this category, but not the choreography of an entrance or exit (as stated previously). The quality of your CD and starting set point will also be considered in this category.

WLJFL Cheer Competition Guidelines

Appearance (10); This is based on clean and neat uniforms, socks, shoes and poms, hair back and off of face (the whole team should wear their hair the same). The entire appearance should be neat, uniform and not distracting. For safety and appearance reasons, pins and buttons, jewelry and bobby pins should not be worn during performances. No gum.

Point scale in each category is 1-10. Music may be cut and spliced by a professional. Please remember to use music appropriate for 8-14 year olds.

WLJFL Cheer Competition Guidelines

Point Scale 1-10

TEAM NAME: _____ TOTAL POINTS: _____

Round One – FRESHMEN CHEER ROUTINE

Number of Points

Floor Mobility – Formation 1 (Score 1-10) _____

Accuracy of formations, spacing, effectiveness, ease of transitions, visual patterns, transition moves, purpose of movement from formation to formation.

Floor Mobility – Formation 2 (Score 1-10) _____

Vocals (Score 1-10) _____

Team Coordination (Score 1-10) _____

Precision and timing of all motions, execution of moves, effective use of all team members.

Difficulty and Variety (Score 1-10) _____

Movements, motions, peel offs, levels, enhancements, arm whips, ripples, etc.

Additional formations over required number (2) and extra skills over required number (1).

Add'l formations _____ **Add'l skills** _____

Skill 1 (Score 1-10) _____

General Impression (Score 1-10) _____

Qualifying Skills

Point Value 1-5	Point Value 1-7	Point Value 1-10
Low Kick	Side split	Heel stretch
Spirit Tuck Jump	Double Hook Jump	Switch splits
Spread Eagle Jump	Front Hurdler Jump	Backward Roll
Forward Roll	High Kick	Double Nine Jump
Hop	Herkie Jump	Toe Touch Jump
Full Turn		Pike Jump

Note: Spread Eagle jump may be executed with arms in a V-motion or clap overhead. Splits must be performed parallel to the judge. Each skill must be performed with some hesitation before moving on to the next skill.

WLJFL Cheer Competition Guidelines

TEAM NAME: _____ TOTAL POINTS: _____

Round One – JUNIOR VARSITY CHEER ROUTINE

Number of Points

Floor Mobility – Formation 1 (Score 1-10) _____
 Accuracy of formations, spacing, effectiveness, ease of transitions, visual patterns, transition moves, purpose of movement from formation to formation.

Floor Mobility – Formation 2 (Score 1-10) _____

Floor Mobility – Formation 3 (Score 1-10) _____

Vocals (Score 1-10) _____

Team Coordination (Score 1-10) _____
 Precision and timing of all motions, execution of moves, effective use of all team members.

Difficulty and Variety (Score 1-10) _____
 Movements, motions, peel offs, levels, enhancements, arm whips, ripples, etc.
Includes additional formations over required number (3) and extra skills over required number (2)

Additional formations _____ Additional skills _____

Skill 1 (Score 1-10) _____

Skill 2 (Score 1-10) _____

General Impression (Score 1-10) _____

Qualifying Skills

Point Value 1-5	Point Value 1-7	Point Value 1-10
Low Kick	Side split	Heel stretch
Spirit Tuck Jump	Double Hook Jump	Switch splits
Spread Eagle Jump	Front Hurdler Jump	Backward Roll
Forward Roll	High Kick	Double Nine Jump
Hop	Herkie Jump	Toe Touch Jump
Full Turn		Pike Jump

Note: Spread Eagle jump may be executed with arms in a V-motion or clap overhead
 Splits must be performed parallel to the judges. Each skill must be performed with some hesitation before moving on to the next skill.

WLJFL Cheer Competition Guidelines

TEAM NAME: _____ TOTAL POINTS: _____

Round One – VARSDITY CHEER ROUTINE

Number of Points

Floor Mobility – Formation 1 (Score 1-10)

Accuracy of formations, spacing, effectiveness, ease of transitions, visual patterns, transition moves, purpose of movement from formation to formation.

Floor Mobility – Formation 2 (Score 1-10)

Floor Mobility – Formation 3 (Score 1-10)

Vocals (Score 1-10)

Team Coordination (Score 1-10)

Precision and timing of all motions, execution of moves, effective use of all team members.

Difficulty and Variety (Score 1-10)

Movements, motions, peel offs, levels, enhancements, arm whips, ripples, etc.

Includes formations over required number (3) and extra skills over required number (3)

Extra formations _____ Extra skills _____

Skill 1 (Score 1-10)

Skill 2 (Score 1-10)

Skill 3 (Score 1-10)

General Impression (Score 1-10)

Qualifying Skills

Point Value 1-5	Point Value 1-7	Point Value 1-10
Low Kick	Side split	Heel stretch
Spirit Tuck Jump	Double Hook Jump	Switch splits
Spread Eagle Jump	Front Hurdler Jump	Backward Roll
Forward Roll	High Kick	Double Nine Jump
Hop	Herkie Jump	Toe Touch Jump
Full Turn		Pike Jump

Note: Spread Eagle jump may be executed with arms in a V-motion or clap overhead
Splits must be performed parallel to the judges. Each skill must be performed with some hesitation before moving on to the next skill.

WLJFL Cheer Competition Guidelines

TEAM NAME: _____ TOTAL POINTS: _____

Round Two – <u>POM/DANCE ROUTINE (Freshman)</u>	Number of Points
Smiles and Showmanship (1-10)	_____
Formation/Transitions	
Formation 1 (1-10)	_____
Formation 2 (1-10)	_____
Team Unity, Precision, Rhythm and Timing (1-10)	_____
Unique/Original Ideas/Choreography (1-10)	_____
Skill/Level of Ability/Talent (1-10)	_____
General Form/Execution (1-10)	_____
Overall Impression (1-10)	_____
Appearance (1-10)	_____

WLJFL Cheer Competition Guidelines

TEAM NAME: _____ TOTAL POINTS: _____

Round Two – <u>POM/DANCE ROUTINE (JV and Varsity)</u>	Number of Points
Smiles and Showmanship (1-10)	_____
Formation/Transitions	
Formation 1 (1-10)	_____
Formation 2 (1-10)	_____
Formation 3 (1-10)	_____
Team Unity, Precision, Rhythm and Timing (1-10)	_____
Kick Line	
Skill of Kick Line (1-10)	_____
Originality of Kick Line (1-10)	_____
Unique/Original Ideas/Choreography (1-10)	_____
Skill/Level of Ability/Talent (1-10)	_____
General Form/Execution (1-10)	_____
Overall Impression (1-10)	_____
Appearance (1-10)	_____