

# WLJFL Cheer Competition Rules

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## 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

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

<b>Pom/Dance:</b>	Flag/Mascot	All teams will be given a medal
	Freshmen	1st, 2nd, and 3rd Place
	JV	1st, 2nd, and 3rd Place
	Varsity	1st, 2nd, and 3rd Place
	4th 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. There will be a minimum of 3 panel judges.

### ***Rules:***

1. Participants MAY NOT be on a competitive Cheer or Pom team outside of the WLJFL.
2. Age appropriate music must be chosen for the Pom/Dance routine (appropriate for 6-14 year old children).
3. No Glitter may be worn on faces or hair, and no bobby pins may be worn in hair.
4. Rubber bands of any kind may be worn in hair.
5. No Jewelry of any form is allowed (earrings, piercing things, rings, bracelets, necklaces, etc).
6. Rules apply to all teams whether they are competing or showcasing (including flag/mascot teams)
7. All teams are required to wear their team uniform, which shall consist of a cheer skirt, shell and/or sweater, sox and shoes. Shoes must all be the same color and of a similar style.
8. Coach's Box
  - a. A maximum of two (2) coaches are permitted to stand in the Coaches box during their teams' cheer /pom routines.
  - b. There is no verbal communication by the coaches to their squad during the performance while in the coach's box. A coach may verbally communicate with their squads up until the point that "You May Begin" is announced.
  - c. Coaches may motion while in the coaches' box without penalty (Non verbal communication, i.e., smiling, firing up).
9. Pom Point Scale. Point scale in each category is 1-10. Music may be cut and spliced by a professional.

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## Skill Cheer Routine

**Time: This round must be a minimum of 45 seconds and a maximum of 90 seconds (1 ½ minutes). A penalty of 5 points shall be imposed on a team for failure to stay within these Time frames.**

Freshmen/Flag	Junior Varsity	Varsity
1 skill	2 skills	3 skills
2 formations/1 change	3 formations/2 changes	3 formations/2 changes

Each squad must have the required number of formation changes and skills. Squads may have more than the required skills. **Each squad 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 & Triple Split
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 IS ALLOWED.

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## Categories on the 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

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

## **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.

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## Pom Dance Routine

***Time: This round must be a minimum of 1 minute and a maximum of 3 minutes. A penalty of 5 points shall be imposed on a team for failure to stay within these Time frames.***

### ***Pom/Dance Routine:***

Each team will be required to have their music selection on CD with a backup CD available. A CD player will be provided.

<b>Freshmen/Flag</b>	<b>Junior Varsity</b>	<b>Varsity</b>
2 formations/1 change	3 formations/ 2 changes	3 formations/2 changes

The kick-line is considered a formation.

Each routine for Flag and Freshman, squads must contain a minimum of 1 formation change (2 total formations). Each routine for JV and Varsity squads must contain a minimum of 2 formation changes (3 total formations). For Freshman/Flag, there will be NO kick-line allowed. A kick-line shall consist of 32 counts [Four (4) eight-counts].

NOTE: The kick-line must be one straight line.

**Choreographed entrances and exits are allowed but not judged.** The entrance and exit may be a maximum of 48 counts each. [Six (6) eight-counts].

Pretzel drops are allowed.

No body slams

Poms are allowed but not required. 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. Squads may yell a word or phrase.

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

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## ***Categories on the 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?) NO speaking, singing or counting. 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 their routine. Keep in mind that sometimes too many music splices make a routine appear choppy. Squads should 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):*** 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.

***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 the 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 each 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 the squads CD and starting set point will also be considered in this category.

***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.

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TEAM NAME: \_\_\_\_\_ TOTAL POINTS: \_\_\_\_\_

## Round One – FRESHMEN / FLAG 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 \_\_\_\_\_

Add'l formations \_\_\_\_\_ Add'l skills \_\_\_\_\_

Add'l formations \_\_\_\_\_ Add'l skills \_\_\_\_\_

**Skill 1**

Name of skill \_\_\_\_\_ Max Points \_\_\_\_\_

\_\_\_\_\_

**General Impression** (Score 1-10)

\_\_\_\_\_

**Time:** \_\_\_\_\_

**Penalty time infraction (5 point deduction):** \_\_\_\_\_

\_\_\_\_\_

**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 and Triple 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.

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TEAM NAME: \_\_\_\_\_ TOTAL POINTS: \_\_\_\_\_

## Round One – JUNIOR VARSITY CHEER ROUTINE

	<u>Number of Points</u>
<b>Floor Mobility – Formation 1</b> (Score 1-10) Accuracy of formations, spacing, effectiveness, ease of transitions, visual patterns, transition moves, purpose of movement from formation to formation.	_____
<b>Floor Mobility – Formation 2</b> (Score 1-10)	_____
<b>Floor Mobility – Formation 3</b> (Score 1-10)	_____
<b>Vocals</b> (Score 1-10)	_____
<b>Team Coordination</b> (Score 1-10) Precision and timing of all motions, execution of moves, effective use of all team members.	_____
<b>Difficulty and Variety</b> (Score 1-10) Movements, motions, peel offs, levels, enhancements, arm whips, ripples, etc. <b>Includes additional formations over required number (3) and extra skills over required number (2)</b>	_____
Add'l formations _____ Add'l skills _____ Add'l formations _____ Add'l skills _____ Add'l formations _____ Add'l skills _____	
<b>Skill 1</b> Name of skill _____ Max Points _____	_____
<b>Skill 2</b> (Score 1-10) Name of skill _____ Max Points _____	_____
<b>General Impression</b> (Score 1-10)	_____
<b>Time:</b> _____	
<b>Penalty time infraction (5 point deduction):</b>	_____

**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 and Triple 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.

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TEAM NAME: \_\_\_\_\_ TOTAL POINTS: \_\_\_\_\_

## Round One – 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 formations over required number (3) and extra skills over required number (3)**

Add'l formations \_\_\_\_\_ Add'l skills \_\_\_\_\_

Add'l formations \_\_\_\_\_ Add'l skills \_\_\_\_\_

Add'l formations \_\_\_\_\_ Add'l skills \_\_\_\_\_

**Skill 1** \_\_\_\_\_

Name of skill \_\_\_\_\_ Max Points \_\_\_\_\_

**Skill 2** (Score 1-10) \_\_\_\_\_

Name of skill \_\_\_\_\_ Max Points \_\_\_\_\_

**Skill 3** (Score 1-10) \_\_\_\_\_

Name of skill \_\_\_\_\_ Max Points \_\_\_\_\_

**General Impression** (Score 1-10) \_\_\_\_\_

**Time:** \_\_\_\_\_ **Penalty time infraction (5 point deduction):** \_\_\_\_\_

**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 and Triple 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.

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TEAM NAME: \_\_\_\_\_ TOTAL POINTS: \_\_\_\_\_

## Round Two – POM/DANCE ROUTINE

	<u>Number of Points</u>
Smiles and Showmanship (1-10)	_____
Formation/Transitions	
Formation 1 (1-10)	_____
Formation 2 (1-10)	_____
Formation 3 (1-10)-JV & Varsity only	_____
Team Unity, Precision, Rhythm and Timing (1-10)	_____
Kick Line—JV & Varsity only	
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)	_____
Time: _____	
Penalty time infraction (5 point deduction):	_____