

WLJFL Cheer & Pom Competition Rules

General Items

Awards:

Medals will be given as awards for each division. 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:	Flag	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	

Pom:	Flag	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 outside the presence of the teams and their representatives to the extent possible. Tally sheets shall be checked immediately after each team's performance to ensure all applicable scores have been entered.

Judges:

Judges will be MHSAA/MCJAA certified judges and are hired by the host group. There will be a minimum of 3 panel judges for both pom and cheer.

WLJFL Cheer & Pom Competition Rules

Rules:

1. Participants **MAY NOT** be on a competitive Cheer or Pom team outside of the WLJFL.
2. Flag Squads showcase only and may only perform one routine—either Cheer or Pom—of their choosing.
3. Age appropriate music must be chosen for the Pom routine (appropriate for 6-14 year old children and may not contain any vulgar/swear words, references to drugs or sexual content).
4. No Glitter may be worn on faces or hair, and no bobby pins may be worn in hair.
5. Rubber bands of any kind may be worn in hair.
6. No Jewelry of any form is allowed (earrings, piercing things, rings, bracelets, necklaces, etc).
7. Rules apply to all teams whether they are competing or showcasing (including flag/mascot teams)
8. All teams are required to wear their team uniform, which shall consist of a cheer skirt and shell or sweater, socks and shoes. Shoes must all be the same color and of a similar style.
9. Coach's Box
 - a. A maximum of two(2) coaches are permitted in the Coaches box during their teams' cheer /pom routines and must be seated at all times until performance is finished. A penalty of **5 points** will be assessed if more than 2 coaches are in the coach's box or otherwise violate this provision.
 - b. Verbal communication by the coaches to their squad during the performance while in the coach's box is strongly discouraged. Crowd participation responses are permissible without penalty.
 - c. Coaches may motion while in the coach's box without penalty (Non verbal communication, i.e., smiling, firing up).
10. Pom Point Scale. Point scale in each category is 1-10. Music may be cut and spliced by a professional.

WLJFL Cheer & Pom Competition Rules

Skill Cheer Routine

Time: This round must be a minimum of 45 seconds and a maximum of 90 seconds

A penalty of 5 points shall be imposed on a team for failure to stay within these time frames.

FLAG / FRESHMAN / JV / VARSITY
3 SKILLS – MUST BE 3 DIFFERENT SKILLS
3 FORMATIONS / 2 CHANGES

Each squad must have the required number of formation changes and skills. Squads may have more than the required skills and formations. Each squad will be judged on the **first occurrences** of each skill. The skills that are judged must be three different skills (All levels). Any formation changes and skills over the required number will be considered under the Difficulty and Variety category.

Each team will need to supply three (3) copies of their squads judging sheet.

Qualifying Skills

Note: These skills must be performed in unison by all team members.

Point Value 1-5	Point Value 1-7	Point Value 1-10
All Tuck Jumps	Double Hook Jump	Heel Stretch
Spread Eagle Jump	Side Split	Switch Splits & Triple Splits
Straight Jump	High Kick	Backward Roll
	Forward Roll	Toe Touch
		Herkie
		Hurdler
		Pike

Note:

1. Spread Eagle Jump may be executed with arms in a V-Motion or Clap Overhead

WLJFL Cheer & Pom Competition Rules

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. Note: NO STUNTING OR TUMBLING IS ALLOWED, with the exception of a forward or backward roll.
6. A “stunt” is defined as a girl’s feet leaving the floor with the assistance by one or more girls. Examples of a “stunt” includes, but is not limited to, the following moves: assisted jumps, partner moves, swing-dance moves, stalls, elevators, thigh-stands, pony-sits, shoulder sits (shoulder straddle), shoulder stands, cupie, liberty, and scale.
7. “**Tumbling**” is defined as any gymnastics and/or dance moves with weight-bearing on hands, shoulders, torso or neck, except for those enumerated herein as “qualifying skills.” Prohibited “tumbling” moves include, but are not limited to the following: back extension roll, cartwheel, one handed cartwheel, round off, backbend, handstand to a backbend, backbend kickover, back-walkover, front walkover, back-handspring, front-handspring, front tuck, back tuck, back layout, and pike
8. Time for cheer begins when the entire squad begins the cheer and ends when the last girl leaves the floor. After the last girl leaves the floor, the squad must quietly return to their seats.

WLJFL Cheer & Pom Competition Rules

Categories on the score sheet for this division are:

Note: Categories taken from MHSAA Junior High Judges Sheet

Jumps

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

Level of Difficulty: Level 1 (tuck jumps, spread eagle jump, straight jump)

Level 2 (double hook jump)

Level 3 (toe touch, herkie, hurdler, pike)

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

Ease: Jump is completed without evidence of difficulty.

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, style of speaking, speed 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 (punch, crispness, hit, ripple, peel-offs), execution of moves and effective use of all team members.

WLJFL Cheer & Pom Competition Rules

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.

Execution / Technique

Defined: Placement and accuracy of all motions (high V's, T's, wrists)

Judging: Evaluate placement/position of arms, hands and wrists when hitting movements.

General Impression

Defined: Creativity, continuity, team confidence, smiles, facials, showmanship, 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.

WLJFL Cheer & Pom Competition Rules

Variety

Defined: Movements, motions, 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

Spinning

Examples of Difficulty

Arm Whips

Intricate Transitions

Difficult Oppositions

Dips

Extra jumps

High Kicks

Hopping

Knee level movements

Moving backwards

Side stepping formation changes

WLJFL Cheer & Pom Competition Rules

Pom Routine

Time: This round must be a minimum of 1 1/2 minutes (90 seconds) and a maximum of 3 minutes.

Each team will be required to provide two(2) CD's of their music selection or an electronic version of the music emailed to the committee member upon request. Music player will be provided. Each team will also need to supply three (3) copies of their squads judging sheet.

FLAG / FRESHMAN	JUNIOR VARSITY	VARSITY
3 FORMATIONS / 2 CHANGE	3 FORMATIONS / 2 CHANGES	3 FORMATIONS / 2 CHANGES

JV & Varsity only—The kick-line is considered a formation and must be one straight line. A kick-line shall consist of 32 counts [Four (4) eight-counts]. At least **four consecutive** full height straight forward kicks, **two** medium straight forward kicks and **two** low straight forward kicks must be included somewhere within the 32 counts continuous kick line.

A kick line is **OPTIONAL** at the Flag & Freshmen levels. It will be judged as part of the overall pom routine for Freshmen. All kick line rules listed above do not apply to an optional kick line.

All squad routines must contain a minimum of 2 formation changes (3 total formations).

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].

Flag squads are not judged and may only perform one routine of the team's choice (pom or cheer).

- Pretzel drops are allowed.
- No body slams or Partner moves
- Poms are required, but can be set down in a synchronized fashion as part of the routine. No other props may be used.
- A “**stunt**” is defined as a girl's feet leaving the floor with the assistance by one or more girls. Examples of a stunt

WLJFL Cheer & Pom Competition Rules

includes, but is not limited to, the following moves: assisted jumps, partner moves, swing-dance moves, stalls, elevators, thigh-stands, pony-sits, shoulder sits (shoulder straddle), shoulder stands, cupie, liberty and scale.

- **“Tumbling”** is defined as any gymnastics and/or dance moves with weight-bearing on hands, shoulders, torso or neck, except for those enumerated herein as “qualifying skills.” Prohibited tumbling moves include, but are not limited to the following: back extension roll, cartwheel, one handed cartwheel, round off, backbend, handstand to a backbend, backbend kick over, back walkover, front walkover, back-handspring, front-handspring, front tuck, back tuck, back layout and pike.
- Poms are required, but can be set down in a synchronized fashion as part of the routine. No other props may be used. Poms can only be on the ground for 32 counts (not necessarily consecutive).
- Timing will begin when the music starts and ends when the music stops.
- No cheers or chants are allowed during the pom portion. Squads may yell a word or phrase.
- After the routine is performed, squads must quietly return to their seats.

WLJFL Cheer & Pom Competition Rules

Penalty Scoring

- **Time** - A penalty of 5 points shall be imposed on a team for failure to stay within these time frames.
- **Appearance** - A penalty of 3 points for non-compliance. See category score sheet.
- **Coaches Box** - A penalty of 5 points will be assessed if more than 2 coaches are in the coach's box or otherwise violate this provision.
- **Music** - A penalty of 3 points for non-compliance. See category score sheet.
- **Stunting or Partner Moves** - A penalty of 3 points for non-compliance. See category score sheet.

Categories on the score sheet for POM 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 is judged including 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, and attractive while 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. In addition, ripples and contagions will be scored within this category.

Music: 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. Penalty for music with suggestive or sexual content will be at the discretion of the judges. There is to be no reference to profanity, alcohol, drugs or lyrics that may be found offensive. All music used in competition must be approved by cheer director or cheer coordinator prior to routine make-up.

Skill of Kick Line (10): A minimum of 32 continuous counts of hooked-arm kick sequence. Kick line must be one straight line. Poms are not required to be held during kick line. At least **four consecutive** full height straight forward kicks, **two**

WLJFL Cheer & Pom Competition Rules

medium straight forward kicks and **two** low straight forward kicks must be included somewhere within the 32 counts
Skill judging will include pointed toes, straight knees, height, arm connection, posture, unity and difficulty.

Use of Poms (10): Poms should be used to visually enhance the choreography and music. At no time can a pom be placed in a participant's mouth. A pom that is accidentally dropped should be picked up as soon as possible during the routine for safety reasons. Poms may be placed on the floor momentarily as part of a choreographed routine.

Unique/Original Ideas/Choreography (10): 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. The overall adaptation to and creative use of the music also falls in 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?) Judges will look for strength behind the movements to score in this category.

Overall Impression (10): Each judge will give each team an overall performance score indicating his or her overall impression of the routine. The quality and choice of the squad's music as well as the 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 cannot be worn at cheerfest. No gum, no nail polish, nails must be neat and trimmed, no excessive make-up, no glitter (including glitter hairspray). Violation of any of the above listed may result in a penalty.

WLJFL Cheer & Pom Competition Rules

POM ROUTINE – SCORESHEET

Team: _____

No. of Competitors: _____

Exceptions: _____ Judge ID # _____

The following categories will be judged 1-10 pts each:

COMMENTS

Smiles and Showmanship (1-10)

Formation/Transitions (1-10)

Team Unity, Precision, Rhythm and Timing (1-10)

Skill of Kick Line (1-10): *Put N/A for Freshman teams

Use of Poms (1-10):

Unique/Original Ideas/Choreography (1-10)

WLJFL Cheer & Pom Competition Rules

Skill/Level of Ability/Talent (1-10):

General Form/Execution (1-10):

Overall Impression (1-10):

Overall Impression (1-10):

**PENALTY INFRACTIONS
(POINT DEDUCTIONS)**

JV/Varsity MAXIMUM Points Possible 100

Freshman MAXIMUM Points Possible 90

WLJFL Cheer & Pom Competition Rules

WLJFL Cheer & Pom Competition Rules

CHEER ROUTINE – SCORESHEET

Team: _____

No. of Competitors: _____

Exceptions: _____ Judge ID # _____

Level	Skill/Jump (must be performed in unison by all team members)	Value
1	All tuck jumps, spread eagle jump , straight jump	1-5 pts
2	Double hook, side split, high kick, forward roll	1-7 pts
3	Backward roll, toe touch, heel stretch, herkie, hurdler, pike, switch splits, triple splits	1-10 pts

The following categories will be judged 1-10 pts each:

SKILLS/JUMPS

The first 3 skills/jumps must be different and will be scored in order performed on technique, level of difficulty, togetherness and ease

COMMENTS

1st Skill / Jump _____ Max points _____

2nd Skill / Jump _____ Max points _____

3rd Skill / Jump _____ Max points _____

FLOOR MOBILITY

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

1st Formation / Change

2nd Formation / Change

VOCALS

Voice inflection, clarity, squad volume, style of speaking, speed, appropriate choice of words

WLJFL Cheer & Pom Competition Rules

TEAM COORDINATION

Precision and timing of all motions (punch, crispness, hit, Ripples, peel offs) and effective use of all team members

EXECUTION / TECHNIQUE

Placement and accuracy of all motions (high Vs, Ts, wrists)

GENERAL IMPRESSION

Creativity, continuity, team confidence, smiles, facials, showmanship

VARIETY

Movements, motions, levels, enhancements, arm whips

PENALTY TIME INFRACTION (5 POINT DEDUCTION)

MAXIMUM Points Possible 100

TIME: _____