NYSPHSAA
Officials/Coaches Training
Cheer Score Sheet
Overview

Goal
- Make the state championship (and lead up competitions) as positive an experience for all the constituents of NY
- Varsity works with over 30 state associations in varying degrees to help them conduct their state championship event
- This is not a Varsity event…it is the NY State Association’s event
- Consistency in training across the state

Score Sheets and Scoring Guidelines
- Make the process as simple as possible
- Allow officials to watch routines and not have to many steps be involved in applying a score to what they see
- Give help to newer officials where needed
- Allow teams to still be creative and make routine their own
**Category Judging Panels**

- Panel #1 – Will score the following:
  - Cheer
  - Dance
  - Tumbling (not the jumps)
- Panel #2 – Will score the following:
  - Partner Stunts (difficulty and execution)
  - Pyramids (difficulty and execution)
  - Jumps (difficulty and execution)
- Panels 1 and 2 have a combine score of 95 points
- Final 5 points is determined in the following way:
  - All 4 officials will score the overall routine impression 0 to 5
  - All 4 scores are totaled and then divided by 4
  - This average is the final piece of the overall score for a team
**Goal**

- Make it easier for coaches and officials to know where cheer related points are located on the score sheet.
- Give teams a better understanding of what is expected in the cheer portion and what it is worth to their team.
- Allow the officials panel to be split (when able) which increases overall quality of officiating.

**Set up of Point & Explanation of Points**

- Allow for enough points to make the cheer important but not be more important than the rest of routine.
  - % of time devoted to each piece is reflected in % of points assigned.
  - Reward teams for what they do at their games in their style.
- Open ended.
  - The description of what is required is open ended enough to allow for variety.
  - Still a basic theme that revolves around voice, motion and incorps that make cheer exciting to watch, follow and possible respond.
- Cheer (no music) is a minimum of 30 seconds...no maximum.
- Skills in the cheer are **ONLY** scored in the cheer section of the score sheet.
- Total of 25 points is assigned to the cheer portion of the routine.
**Cheer Section Breakdown**

**Presentation of Material - 5 Points**

- **Energy and Facial (natural)**
  - Demonstrate confidence
  - Excitement crowd can “get into”
  - Facials promote fun and comfort with what they are doing (incorps, cheering, etc)

- Team voices should be LOUD & CLEAR with a pace that is conducive for this
  - Able to understand the words with clear annunciation of the words
  - Pace allows all words to be heard
  - Voices should not DROP during any type of incorporation that is added to the cheer

- Formations should make squad feel as “big” as possible by how they cover the floor
  - Incorporations are important part of this
  - Spreading out over the whole floor instead of on middle 3 mats is important
    (number of participants on team will be considered)

- Material should correspond to school’s name, colors, mascot
  - Important to use school colors, name and/or mascot
  - Should be able to know what school this is by listening to cheer

- Material does not have to be “call back” material to be effective
Motions - 5 Points

- Motions can be used in multiple ways in a cheer
  - Lead the crowd in some type of response
  - Can create visual interest while watching the cheer
  - Props are included in this section
    - Props can add to a cheer visually
    - Props are not required to put together an effective cheer in relation to the scoring of a cheer
- Style or type of motions can all be effective...depends on the execution
  - Slower and less motions can work if very sharp and clean and precise to certain word or to complete execution of a skill to a specific word
  - Faster pace with more motions can work if executed in a sharp exact manner so that they do not look rushed or sloppy (this takes away from the entertainment value of fast paced motion execution)
- Execution
  - VERY important to the overall quality of the presentation of the cheer
  - Sharpness of placement, location of the motion (not hyper extended), and synchronization are all very important in the officiating of a cheer
Cheer Section Breakdown

Skills - 5 Points

- Skills can be used in different ways and be effective in a cheer
  - Used to enhance a specific word in cheer for a response by having signs, motions, poms as high up as possible to be seen
  - Create visual interest for the crowd so they are engaged in the cheer
  - Elevate poms or sign or megs so crowd can see school colors, name or mascot
- Type of skills can vary depending on the ability level of the team
  - Skills lower on the teaching progression can be important in helping to create an entertaining visual on the floor....different levels or a lot of signs in the air, etc
  - More difficult skills can work as well if the skill level of team allows them to be executed well and not take away from words and pace of cheer
  - Being able to execute skills with signs and poms increases the difficult of the skills as well as increases effectiveness of cheer as a response or for entertainment
- What can every member do to make cheer better/effective
  - Utilize all members...don’t “hide” them for a skill reason
  - In music section you may “hide” athletes w/out a specific skill (back tuck) but in cheer that does not make sense. Utilize all where some may do stunts while others are motions for level change and to have more motions going
**Cheer Section Breakdown**

**Execution - 10 Points**

- Execution of the skills added to a cheer are evaluated
  - Stunts and Pyramids
  - Tumbling, Jumps as well as Motions
- Skills need to be technically correct
  - Body position of bases and tops in stunts
  - Flexibility of top (in applicable) as well as whole team if jumps incorporated
  - Proper technique in tumbling skills
  - Skills with props shows a confidence with skills used and can translate to better technique
- Synchronization and Spacing very important
  - Use spacing of skills to make squad look big and cover the crowd as much as possible
  - Synchronization of loading skills, motions in the skills, dismounts and setting out of cradles are all important. Ripples show synchronization as well (does not mean all of a specific skill is on the same count)
Continue Execution - 10 Points

- Overall skill level is looked at with this 10 points as well
  - Difficulty of stunts and pyramid is considered if done correctly
    - Technic is correct
    - Words are still able to be heard and understood during skills
  - Motions and combinations are considered if done correctly
  - Tumbling as well but remember about voice and volume during execution of skills
    - Think S-S-S – Single Synchronized Skills
    - Synchronized skills always better because of word volume and amount of total time

Cheer should be fun and exciting while representing your school in some way (colors, mascot, school letters, etc). The skills should add to the cheer and should be solid and safe. You want to perform skills that your team is confident in and you would want to have performed in front of a group of people.