



Special Olympics Cheerleading Manual

Rules & Regulations



The Cheerleading Competitions for SOAZ will run according to the rules in this manual.

January 10, 2017



TABLE OF CONTENTS

Mission of Special Olympics.....	3
Spectator Guidelines.....	4
Uniform & Equipment Guidelines.....	5 - 6
Definitions.....	7
Official Cheerleading Events & Divisioning.....	8
Individual Skills.....	9 - 11
Beginner Squad Level Requirements.....	12 - 15
Intermediate Squad Level Requirements.....	16 - 19
Advanced Squad Level Requirements.....	20 - 25
Elite Squad Level Requirements.....	26 - 28



MISSION OF SPECIAL OLYMPICS

The mission of Special Olympics is to provide year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with intellectual disabilities, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in a sharing of gifts, skills and friendship with their families, other Special Olympics athletes and the community.

SPECIAL OLYMPICS ARIZONA GOAL

Special Olympics Arizona's (SOAZ) goal is to empower the over 180,000 Arizonans with intellectual disabilities to be healthy, productive, and respected members of society through SOAZ's year-round sports training, competitions and support programs.

SPECIAL OLYMPICS CHEERLEADING PURPOSE

The purpose of Cheerleading is to be a supportive unit to the basketball team and to show leadership, sportsmanship and pride for the team.

The competition is open to all cheerleading squads - even those who do not have a basketball team to support.



SPECTATOR GUIDELINES

As fans (family, friends and supporters) of Special Olympics Athletes, it is expected that you will play a positive role at Special Olympics events by following these guidelines:

1. Please refrain from using abusive or offensive language towards anyone; officials, coaches, opponents and fellow spectators.
2. Keep your emotions under control - Remember that the athletes are amateur athletes and the coaches and officials are all volunteers.
3. It may help if you understand the rules of the sport/event. If you need further information or clarification, ask your home program for a copy of the rules.
4. De-emphasize winning and losing!
5. Let the coaches' coach the players - PLEASE refrain from shouting instructions.
6. Spectators and fans are prohibited in the competition areas. Only registered/approved coaches and athletes should be on the official playing field/area.
7. ALL CHEERS should stress the spirit of good sportsmanship. Derogatory comments directed to players, coaches or officials will not be tolerated.

Any spectator who fails to follow the above guidelines will be reprimanded. A reprimand could be one of the following:

1. You will be escorted from the venue.
2. You will be banned from attending future events for the remainder of a season.
3. **You will be banned from attending any Special Olympics event for lifetime.**



UNIFORM GUIDELINES

Team members must wear outfits alike in style and color. No jeans will be permitted. All team members must have athletic shoes (e.g. tennis shoe) with non-marking sole in like style. Shoes must have appropriate grip with shoelaces tied and socks on.

1. Women:

- a. Bottoms: pants, shorts, skorts or skirts (must be at least mid-thigh in length). No slit allowed in skorts, shorts, or skirts. Briefs or bloomers must be worn under all skirts.
- b. Tops: Tank-top, collared shirt or tee shirt (no pockets). No halter tops will be allowed. Straps must be at least 1" in width. Spaghetti straps will not be permitted. When standing at attention, apparel must cover the midriff.

2. Men:

- a. Bottoms: pants, shorts (must be at least mid-thigh in length).
- b. Tops: Tank-top, collared shirt or tee shirt (no pockets).

3. General: Uniforms should be well-fitting to the athlete.

- a. Clothes that are too long may get in the way of movements.
- b. Clothes that are too short or tight may prove to be uncomfortable or capable of ripping/tearing.

JEWELRY:

Jewelry of any kind including but not limited to ear, nose, tongue, belly button and facial rings, clear plastic jewelry, bracelets, necklaces, stickers or glitter and pins on uniform are prohibited. Jewelry must be removed and may not be taped over. (Exception: medical ID tags/bracelets, and uniform rhinestones. Rhinestones are illegal when adhered to the skins as opposed to a uniform. Temporary tattoos are also allowed).

HAIR:

For safety reasons, long hair should be out of the face and secured.



EQUIPMENT GUIDELINES

PRACTICE SURFACES:

Practice sessions must be held in a location suitable for spirit activities, i.e. appropriate surface/area, reasonably free of obstruction and excessive noise, etc.

PERFORMANCE SURFACES:

Performing surfaces must be suitable and free from objects. When discarding props (signs, etc.) that are made of solid material, or have corners or sharp edges, team members must gently toss or place the props.

Use of mini-tramps, springboards, spring-assisted floors or any height-increasing apparatus is illegal for use during performances/competitions.

It is recommended the performance floor be comprised of two-inch, compressed foam, carpeted flooring no smaller than 42' x 42' (seven 6' x 42' panels) and no larger than 54' x 42' (nine 6' x 42' panels).

No Mascots are allowed at competitions to ensure uniformity among teams and prevent unfair advantages. Many teams do not have mascots.



DEFINITIONS

Base - The bottom person of a partner stunt or pyramid who is in contact with the ground.

Cheer - A long phrase that involves motions, pom-poms, stunts, jumps and/or tumbling. Usually somewhat resembles a song that has a beginning, middle, and end.

Flyer - The flyer (top person) of a partner stunt or pyramid.

Front Leg Kick - Step left or right and kick opposite foot to the front with arms extended straight over head.

Gymnastic - Any type of individual or partner stunt performed other than jumps and motions; such as mounts, splits, rolls, walkovers, cartwheels, and handsprings.

Gymnastic Cheer - A cheer performed using any type of gymnastics, mount or partner stunt.

Jump - A spring from one or both feet with a landing on one or both feet.

Motions - Movements using straight and/or diagonal arms; in combination with head/foot movements.

Mount - Any type of stunt that uses two persons supported by one or more persons. (Mounts can only be 2 people high)

Non-gymnastic Cheer - A cheer using only jumps and motions.

Partner Stunts - Any type of stunt that uses two persons and one of those persons is using the other person for support.

Pom-Pom Routine - A routine performed to music using pom-poms. A Pom-Pom Routine is not a cheer, so it will NOT be accepted in the Beginner or Intermediate Division. NO GYMNASTICS will be performed in the Pom-Pom Routine.

Prop - Any type of hat, flags, hand-held ribbons, etc. Props are NOT allowed in a Pom-Pom Routine or Cheer. Only Pom-Poms are allowed in a Pom-Pom routine. Signs can be used in the cheer for the Unified Division and in the routine for the Elite Division.

Sideline Chant - Any cheer of a repetitious nature using motions or jumps. (Ex: Go Big Blue, Go Big Blue, etc.)

Spell Cheer - Spelling out letters by shouting or cry put together by coach/athletes which best suites cheer squad. Teams can spell out team name and use signs or letters.

Spotter - A person that assists with any tumbling move or who is responsible for assisting or catching the top person. A spotter does not provide primary support to another person. The spotter must spot the climber until the climber returns safely on the ground.

Thigh Stand - A thigh stand limited to two persons high. "Two high" is defined as the base (bottom person) having at least one foot on the ground and one climber.



OFFICIAL CHEERLEADING EVENTS

Athletes may participate in any one of the following events:

1. Individual Skills (Levels - Beginner or Advanced)
2. Traditional Squad (Levels - Beginner, Intermediate, Advanced or Elite)
3. Unified Sports Squad (Levels - Beginner, Intermediate or Advanced)

Athletes may participate in individual skills or team competition but not both. Athletes may also only participate within one level of one event.

DIVISIONING

The fundamental difference, which sets Special Olympics competitions apart from those of other sports organizations, is that athletes of all ability levels are encouraged to participate and every athlete is recognized for his or her performance.

All Special Olympics Cheerleading competitions adhere to safety guidelines for National Federation of High School Association (NFHF) Spirit Rules and United States Association Sports Federation (USASF).

The following criteria shall determine how Special Olympics athletes or teams are assigned to competition divisions at Special Olympics Cheerleading competitions. Where exceptions to these criteria are necessary, the Competition Manager will review proposed modifications to these criteria and make a final decision based on the goal of providing the most dignified and challenging competition experience for each athlete or team. The Competition Manager has final authority concerning divisions and any variation from these criteria. Protests based on Divisioning are not allowed.

Ability is the primary divisioning factor in Special Olympics. In the sport of cheerleading, the ability of an athlete or team is determined by the event in which they are competing (i.e. Individual Skills).

Special Olympics, Inc. guidelines for gender and age groups will further division athletes or teams. Age group guidelines are as follows: 15 and under; 16-21; and 22 and over. Open age groups may be established to meet the required minimum number of competitors or teams in a division.

Policy for One-Squad Divisions

The squad must score within 20% of the maximum judge's points possible to receive first place. If the squad does not score within 20% of the maximum points possible, second place will be awarded.



Individual Skills Level Requirements

Athletes may compete in one of two levels, Beginner or Advanced, but not both.

General Rules:

1. Athlete must begin in a Cheer Stance
2. Athlete may use Pom-Poms, posters, flags etc.
3. No music will be allowed during the performance
4. There will be no time limit in this division
5. Coach may give verbal or physical cues from the sideline if needed (must be out of the judges view)

Beginner Level

Athletes must perform the following motions as well as a chant. Athletes will be prompted by the announcer to perform the motions and judged according to the criteria listed below the element.

1. Front leg kick
 - a. Arms in high – V,
 - b. Leg extended directly in front with toe pointed
 - c. Leg must leave the ground
 - d. Height of Kick
2. High V/Low V
 - a. High V -Straight Arms in V position standing upright
 - b. Low V-Straight Arms with fists down, kneeling on one knee
 - c. Balance (no motion, body stiff)
3. Chant
 - a. Clarity/loudness
 - b. Creativity of Intro or Chant



OFFICIAL SPECIAL OLYMPICS AT LARGE JUDGING SHEET

Squad Name: _____

Division: Individual Skills

Judge's Signature: _____

Date: _____

Type of competition: Beginner

PERSONAL APPEARANCE & UNIFORM

		Highest Score	Squad Score
A	Hair – neat.....	<u>2</u>	_____
B	Uniforms – pressed and clean.....	<u>2</u>	_____
C	Socks and shoes – clean.....	<u>2</u>	_____
D	Jewelry (none).....	<u>2</u>	_____
SUB TOTAL		<u>8</u>	_____

CHANT EXECUTION

		Highest Score	Squad Score
A	Clarity / Loudness	<u>2</u>	_____
B	Pep and Enthusiasm	<u>2</u>	_____
C	Poise and Confidence.....	<u>2</u>	_____
D	Creativity	<u>2</u>	_____
SUB TOTAL		<u>8</u>	_____

HIGH V / LOW V

		Highest Score	Squad Score
A	High V Straight Arms.....	<u>3</u>	_____
B	High V Position	<u>3</u>	_____
C	Low V Straight Arms.....	<u>2</u>	_____
D	Low V Position	<u>3</u>	_____
E	Balance.....	<u>3</u>	_____
SUB TOTAL		<u>20</u>	_____

FRONT LEG KICK

		Highest Score	Squad Score
A	Straight Arms Overhead.....	<u>2</u>	_____
B	Leg Extensions.....	<u>2</u>	_____
C	Height of Kick.....	<u>2</u>	_____
D	Toes Pointed.....	<u>2</u>	_____
SUB TOTAL		<u>10</u>	_____

SCORESHEET TOTALS

	Highest Score	Squad Score
TOTAL	<u>46</u>	_____



Beginner Squad Level Requirements Traditional Squad & Unified Sports Squad

1. **There must be a minimum of four and maximum 20 to compete in Cheerleading.**
 - a. At all times, the number of Special Olympics athletes must be equal to or exceed the number of Unified Partners by one.
 - b. If at any time during competition, the number of Unified Partners exceeds the number of Special Olympic Athletes; the squad will compete for participation ribbons only. There will be NO exceptions to this rule! Registration forms will not be accepted without the proper ratio of athletes and unified partners.
2. Squads in this division must perform a non-gymnastic cheer (refer to definition of non-gymnastics cheer above).
 - a. Required to Spell Cheer – put together by coach/athletes which best suites cheer squad. Teams can spell out team name and use signs or letters. Any props used throughout the athlete’s performance must be kept out of the way as to keep the athletes from slipping or falling.
 - b. There must be a jump in the cheer and there must be at least one athlete performing the jump.
3. There will be no time limit in this division.
4. If including a dance with music, the dance will not be scored but will be considered skill development by the judges.
5. Unified Partner or the Coach may place the athletes in their proper position on the floor, but the Coach may **NOT** be on the floor once the performance begins.
 - a. Coach may give **verbal** or **physical** cues from the sideline if needed (coaches **must** be out of the judge’s view).



JUDGES SCORE SHEET EXPLANATION:

Personal Appearance & Uniform

Hair needs to be neat. Style and length are optional. For safety reasons it is recommended to secure long hair in some way.

Uniforms pressed, clean and neat. Length should be proportioned according to height.

Athletes should have on socks and shoes that are neat and clean.

Cheers

Execution - refers only to the actual performance of motions, stunts or gymnastics that are planned.

Jumps - should be well executed and synchronized.

Originality

Pep and Enthusiasm - both should be continuous and sincere.

Poise and Confidence

Spacing and Motion - a variety of motions adds interest to any cheer including motions of the legs, arms, head, etc. Both spacing of the entire squad on the floor and spacing between squad members should be considered. A variety of formations within a cheer is more pleasing than one.

Sportsmanship - each squad will be judged continually throughout the competition. In other words, a squad which is not performing may still have points deducted for unsportsmanlike conduct.

Timing and Voice - the speed of a cheer should be fast enough to be peppy, but slow enough to understand the words.



BEGINNERS RUBRIC (SQUAD)

APPEARANCE:

Hair	1 point: out-of-face 2 points: neat, out-of-face
Uniform	1 point: matching 2 points: fitting and pressed
Footwear/Socks	1 point: adequate shoes 2 points: matching, clean, tied
Jewelry	1 point: no jewelry

EXECUTION:

Variation of Motions	1 point: at least 2 different motions 2 point: 3 or more different motions
Timing and Rhythm	1 point: memorization of words and timing 2 points: altogether with a peppy, steady pace
Voice	1 point: loud 2 points: synchronized as a team
Jump(s)	1 point: one jump attempted by one athlete 2 points: one jump attempted by 2 or more athletes
Formation	1 point: formation attempted 2 points: formation achieved

COMPOSITION & PRESENTATION:

Transition (Sideline Chant)	1 point: athletes executed next formation 2 points: transition executed smoothly
Safety Technique	1 point: all safety precautions were taken
Pep and Enthusiasm	1 point: loud 2 points: appropriate facial expression 3 points: confidence and enthusiasm shown



OFFICIAL SPECIAL OLYMPICS AT LARGE JUDGING SHEET

Squad Name: _____

Division: Beginner

Judge's Signature: _____

Date: _____

Type of competition: Traditional or Unified

PERSONAL APPEARANCE & UNIFORM

		Highest Score	Squad Score
A	Hair – neat.....	<u>2</u>	_____
B	Uniforms – pressed and clean.....	<u>2</u>	_____
C	Socks and shoes – clean.....	<u>2</u>	_____
D	Jewelry (none).....	<u>1</u>	_____
	SUB TOTAL	<u>7</u>	_____

CHEER EXECUTION

		Highest Score	Squad Score
A	Voice.....	<u>2</u>	_____
B	Variation of Motions.....	<u>2</u>	_____
C	Rhythm.....	<u>2</u>	_____
D	Jumps.....	<u>2</u>	_____
E	Attitude.....	<u>2</u>	_____
F	Formation.....	<u>2</u>	_____
G	Sportsmanship.....	<u>2</u>	_____
	SUB TOTAL	<u>14</u>	_____

SCORESHEET TOTALS

	Highest Score	Squad Score
TOTAL	<u>21</u>	_____

JUDGE'S COMMENTS:

COACH'S INITIALS _____



Intermediate Squad Level Requirements Traditional Squad & Unified Sports Squad

1. **There must be a minimum of four and maximum 20 to compete in Cheerleading.**
 - a. At all times, the number of Special Olympics athletes must be equal to or exceed the number of Unified Partners by one.
 - b. If at any time during competition, the number of Unified Partners exceeds the number of Special Olympic Athletes; the squad will compete for participation ribbons only. There will be NO exceptions to this rule! Registration forms will not be accepted without the proper ratio of athletes and unified partners.
2. Squads in this division must perform one **sideline chant** and either a **Gymnastic Cheer** or a **non-gymnastic cheer** (refer to definition of non-gymnastics cheer above).
 - a. Required to Spell Cheer – put together by coach/athletes which best suites cheer squad. Teams can spell out team name and use signs or letters. Any props used throughout the athlete's performance must be kept out of the way as to keep the athletes from slipping or falling.
 - b. The squads must change formation at least once during the performance.
 - c. Pom-Poms, posters, flags, ect. may be used but must be kept out of the way of the formation. (Props cannot impede the performance).
 - d. There must be a jump in the cheer and there must be at least one athlete performing the jump.
3. **Athletes cannot be lifted above waist height in any formation at any time.**
4. There will be no time limit in this division.
5. If including a dance with music, the dance will not be scored but will be considered skill development by the judges.
6. Unified Partner or the Coach may place the athletes in their proper position on the floor, but the Coach may **NOT** be on the floor once the performance begins.
 - a. Coach may give **verbal** or **physical** cues from the sideline if needed (coaches **must** be out of the judge's view).



JUDGES SCORE SHEET EXPLANATION:

Personal Appearance & Uniform

Hair needs to be neat. Style and length are optional. For safety reasons it is recommended to secure long hair in some way.

Uniforms pressed, clean and neat. Length should be proportioned according to height.

Athletes should have on socks and shoes that are neat and clean.

Cheers

Execution - refers only to the actual performance of motions, stunts or gymnastics that are planned.

Jumps - should be well executed and synchronized.

Originality

Pep and Enthusiasm - both should be continuous and sincere.

Poise and Confidence

Spacing and Motion - a variety of motions adds interest to any cheer including motions of the legs, arms, head, etc. Both spacing of the entire squad on the floor and spacing between squad members should be considered. A variety of formations within a cheer is more pleasing than one.

Sportsmanship - each squad will be judged continually throughout the competition. In other words, a squad which is not performing may still have points deducted for unsportsmanlike conduct.

Timing and Voice - the speed of a cheer should be fast enough to be peppy, but slow enough to understand the words.



INTERMEDIATE RUBRIC (SQUAD)

APPEARANCE:

Hair	1 point: out-of-face
	2 points: neat, out-of-face
Uniform	1 point: matching
	2 points: fitting and pressed
Footwear/Socks	1 point: adequate shoes
	2 points: matching, clean, tied
Jewelry	1 point: no jewelry

EXECUTION:

Variation of Motions	1 point: at least 2 different motions
	2 points: 3-5 different motions
	3 points: 6 or more different motions
Timing and Rhythm	1 point: memorization of words
	2 points: memorization of words and motions with timing
	3 points: synchronization among team
Voice	1 point: loud and familiarity with words
	2 points: enunciation and confidence
	3 points: synchronization with team (loud, peppy, concise)
Jump(s)	1 point: 2 or more athletes attempt a jump
	2 points: squad attempts a uniform jump
	3 points: squad executes synchronized jump
Formation	1 point: formation achieved
	2 points: formation achieved with proper spacing
	3 points: formation achieved with proper spacing throughout cheer

COMPOSITION & PRESENTATION:

Transition (Sideline Chant)	1 point: athletes executed next formation
	2 points: transition executed smoothly
Incorporation of dance and cheer	1 point: contains a dance and cheer/chant
	2 points: feet of athletes should not rise above waist
Safety Technique	1 point: all safety precautions were taken
	2 points: feet of athletes should not rise above waist
Pep and Enthusiasm	1 point: loud
	2 points: appropriate facial expression
	3 points: confidence and enthusiasm shown



OFFICIAL SPECIAL OLYMPICS AT LARGE JUDGING SHEET

Squad Name: _____

Division: Intermediate

Judge's Signature: _____

Date: _____

Type of competition (circle): Traditional or Unified

APPEARANCE & UNIFORM

		Highest Score	Squad Score
A	Hair – neat.....	<u>2</u>	_____
B	Uniforms – pressed and clean.....	<u>2</u>	_____
C	Socks and shoes – clean.....	<u>2</u>	_____
D	Jewelry (none).....	<u>1</u>	_____
	SUB TOTAL	<u>7</u>	_____

CHANT EXECUTION

		Highest Score	Squad Score
A	Appropriateness of Chant.....	<u>2</u>	_____
B	Voice.....	<u>2</u>	_____
C	Execution.....	<u>2</u>	_____
D	Timing & Rhythm.....	<u>2</u>	_____
E	Overall Quality.....	<u>2</u>	_____
	SUB TOTAL	<u>10</u>	_____

CHEER EXECUTION

		Highest Score	Squad Score
A	Voice.....	<u>3</u>	_____
B	Variation of Motions.....	<u>3</u>	_____
C	Rhythm.....	<u>3</u>	_____
D	Attitude.....	<u>3</u>	_____
E	Formation.....	<u>3</u>	_____
F	Sportsmanship.....	<u>3</u>	_____
	SUB TOTAL	<u>18</u>	_____

SCORESHEET TOTALS

	Highest Score	Squad Score
TOTAL	<u>35</u>	_____

JUDGE'S COMMENTS:

COACH'S INITIALS _____



ADVANCED SQUAD LEVEL REQUIREMENTS TRADITIONAL SQUAD & UNIFIED SPORTS SQUAD

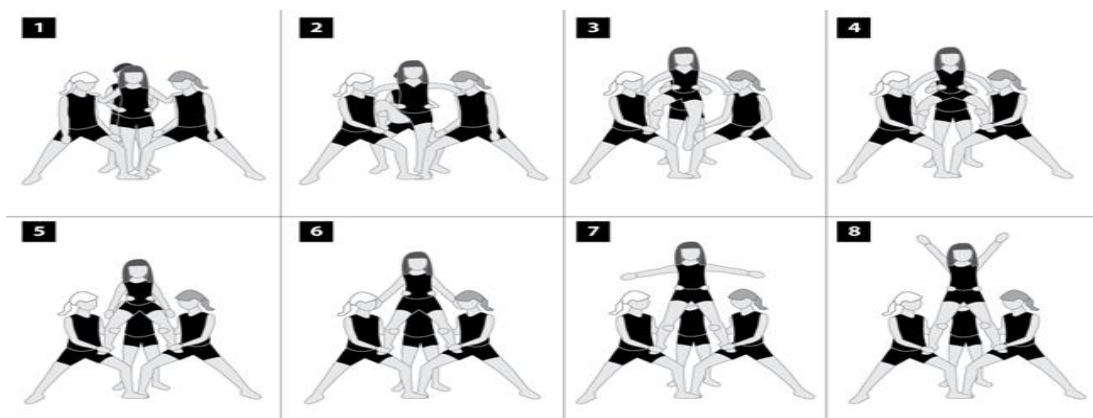
There must always be an active spotter during lifts and/or stunts. Any stunts or flips done by a Unified Partner must also be completed by an Athlete.

1. **There must be a minimum of four and maximum 20 to compete in Cheerleading.**

- At all times, the number of Special Olympics athletes must be equal to or exceed the number of Unified Partners by one.
- If at any time during competition, the number of Unified Partners exceeds the number of Special Olympic Athletes; the squad will compete for participation ribbons only. There will be NO exceptions to this rule! Registration forms will not be accepted without the proper ratio of athletes and unified partners.

2. Squads in this division must perform **one gymnastics cheer**, a **sideline chant** and a **dance routine** (for example a pom-pom routine – refer to definitions).

- There must be a sideline chant incorporated to make the transition from cheer to dance or vice versa.
- No mount can be more than one a half people high (**THIS IS FOR SAFETY PURPOSES**).



- Signs may be used in the cheer only.
- There must be a jump in the cheer and there must be at least one athlete performing the jump.
- The dance routine must be performed to music (pom-poms are optional)

3. **Athletes cannot be lifted above waist height in any formation at any time.**

- Squads may choose their own music and must be suitable for family listening. Music must be operated by a coach from your squad. Timing of the music will on the first motion by squad member(s) not when the music starts.
- The entire routine is limited to five minutes (this means chant, cheer and dance must all be completed within five minutes – your team will be penalized if it goes over the five minute limit).
- Unified Partner or the Coach may place the athletes on the floor but the Coach may NOT prompt or cue their squad in any way once the performance begins.



JUDGES SCORE SHEET EXPLANATION:

Personal Appearance & Uniform

Hair needs to be neat. Style and length are optional. For safety reasons it is recommended to secure long hair in some way.

Uniforms pressed, clean and neat. Length should be proportioned according to height.

Athletes should have on socks and shoes that are neat and clean.

Cheers

Execution - refers only to the actual performance of motions, stunts or gymnastics that are planned.

Jumps - should be well executed and synchronized.

Originality

Pep and Enthusiasm - both should be continuous and sincere.

Poise and Confidence

Spacing and Motion - a variety of motions adds interest to any cheer including motions of the legs, arms, head, etc. Both spacing of the entire squad on the floor and spacing between squad members should be considered. A variety of formations within a cheer is more pleasing than one.

Sportsmanship - each squad will be judged continually throughout the competition. In other words, a squad which is not performing may still have points deducted for unsportsmanlike conduct.

Timing and Voice - the speed of a cheer should be fast enough to be peppy, but slow enough to understand the words.



ADVANCED RUBRIC (SQUAD)

APPEARANCE:

Hair	1 point: out-of-face 2 points: neat, out-of-face
Uniform	1 point: matching 2 points: fitting and pressed
Footwear/Socks	1 point: adequate shoes 2 points: matching, clean, tied, matching socks
Jewelry	1 point: no jewelry

EXECUTION:

Variation of Motions	1 point: at least 4 different motions 2 point: 4-6 different motions 3 points: 7 or more different motions
Timing and Rhythm	1 point: memorization of words with corresponding motions 2 points: uniform synchronization among team
Voice	1 point: loud and have words memorized 2 points: loud and synchronized with team 3 points: loud, synchronization, and enunciation
Jump(s)	1 point: squad attempts a uniform jump 2 points: squad attempts more than one jump 3 points: squad executes all jumps in sync
Formation	1 point: formation achieved 2 points: formation achieved with proper spacing 3 points: formation achieved with proper spacing throughout cheer
Sportsmanship/Attitude	

COMPOSITION & PRESENTATION:

Transition (Sideline Chant)	1 point: athletes executed next formation 2 points: transition executed smoothly
Incorporation of dance and cheer	1 point: contains a dance and cheer/chant
Safety Technique	1 point: all safety precautions were taken 2 points: feet should not be above shoulders of the base
Pep and Enthusiasm	1 point: loud 2 points: appropriate facial expression 3 points: confidence and enthusiasm shown



Dance:

Rhythm and Speed with Music

- 1 point: movements match speed and rhythm of music
- 2 points: movements match speed and rhythm of music uniformly as a team

Spacing

- 1 point: formations achieved with proper spacing
- 2 points: formation achieved with proper spacing throughout dance

Variation of Moves

- 1 point: at least 4 different motions
- 2 point: 5-6 different motions
- 3 points: 7 or more different motions

Variation of Team Formations

- 1 point per new, different formation (max. 3 points)

Smooth Transition

- 1 point: athletes achieve new formation
- 2 points: athletes achieve new formation smoothly

Enthusiasm

- 1 point: loud
- 2 points: appropriate facial expression
- 3 points: confidence and enthusiasm shown

Music:

Lyrics-Appropriate

- 2 point: lyrics and content of music are appropriate (G-rated)

Volume

- 2 point: music can be heard well



OFFICIAL SPECIAL OLYMPICS AT LARGE JUDGING SHEET

Squad Name: _____ Division: Advanced

Judge's Signature: _____ Date: _____

Type of competition (circle): Traditional or Unified

APPEARANCE & UNIFORM

		Highest Score	Squad Score
A	Hair – neat.....	<u>2</u>	_____
B	Uniforms – pressed and clean.....	<u>2</u>	_____
C	Socks and shoes – clean.....	<u>2</u>	_____
D	Jewelry (none).....	<u>1</u>	_____
SUB TOTAL		<u>7</u>	_____

CHANT EXECUTION

		Highest Score	Squad Score
A	Appropriateness of Chant.....	<u>2</u>	_____
B	Voice.....	<u>2</u>	_____
C	Execution.....	<u>2</u>	_____
D	Timing & Rhythm.....	<u>2</u>	_____
E	Overall Quality.....	<u>2</u>	_____
SUB TOTAL		<u>10</u>	_____

CHEER EXECUTION

		Highest Score	Squad Score
A	Voice.....	<u>3</u>	_____
B	Variation of Motions.....	<u>3</u>	_____
C	Rhythm.....	<u>3</u>	_____
D	Jumps.....	<u>3</u>	_____
E	Attitude.....	<u>3</u>	_____
F	Formation.....	<u>3</u>	_____
G	Sportsmanship.....	<u>3</u>	_____
SUB TOTAL		<u>21</u>	_____

DANCE EXECUTION

		Highest Score	Squad Score
A	Rhythm and Speed with Music.....	<u>2</u>	_____
B	Spacing.....	<u>2</u>	_____
C	Variation of Moves.....	<u>3</u>	_____
D	Variation of Team Formations.....	<u>2</u>	_____
E	Smooth Transition.....	<u>2</u>	_____
F	Enthusiasm.....	<u>3</u>	_____
G	Music Lyrics – Appropriate.....	<u>2</u>	_____
H	Music Volume.....	<u>2</u>	_____
SUB TOTAL		<u>18</u>	_____



PENALTY POINTS (TO BE REMOVED FROM TOTAL)

		Highest Score	Squad Score
A	Routine Over Time Limit.....	<u>2</u>	<u> </u>
B	Coaching from the Sideline.....	<u>2</u>	<u> </u>
C	No Jumps.....	<u>3</u>	<u> </u>
D	Lifts Above the Indicated Height.....	<u>2</u>	<u> </u>

SCORESHEET TOTALS

		Highest Score	Squad Score
	TOTAL SCORE	<u>56</u>	<u> </u>
	PENALTY POINTS DEDUCTED	<u> </u>	<u> </u>
	TOTAL	<u> </u>	<u> </u>

JUDGE'S COMMENTS:

COACH'S INITIALS



Elite Squad Level Requirements Traditional Squad & UNIFIED SPORTS SQUAD

Note: This level is intended for squads who train year-round (either with a club or a varsity team) and are committed to the additional practice needed to prepare for competition at this level. These squads **MUST** also have sufficient and qualified personnel who understand and practice safety protocol. There must be an On Staff Athletic Trainer or Professionally Trained Coach at every practice and competition.

This level requires state program approval prior to competing in this division.

1. Squads must perform a single routine that lasts a **maximum of two and a half-minutes** the routine must incorporate both music and a cheer.
 - a. The routine should contain gymnastics, pyramids and a transition sideline.
 - b. The make-up of the routine is at the coaches' discretion, (i.e. whether to start with the dance or cheer).
 - c. There must be a sideline chant incorporated to make the transition from cheer to dance or vice versa.
 - d. The cheer must be a gymnastic cheer and follow the gymnastic cheer guidelines defined in this manual.
 - e. AT LEAST TWO jumps **MUST** be performed in the routine.
 - f. There will be **NO** flip dismounts.
 - g. **NO** mount can be more than two people high (safety purposes).
 - h. Signs can be used in the routine.
2. The music portion of the routine must not exceed the two and a half minutes, but must be at least 45 seconds long. Squads may choose their own music and must be suitable for family listening. Music must be operated by a coach from your squad. Timing of the music will be on the first motion by squad member(s) not when the music starts.
3. Coach may coach from the sideline and must provide at least two spotters on the floor at all times (safety purposes).
4. Squads must be associated with a gym (a facility that focuses on health, wellness, gymnastics, cheerleading, etc.)
5. Squad size is limited to a minimum of 10 up to a maximum of 24.



OFFICIAL SPECIAL OLYMPICS AT LARGE JUDGING SHEET

Squad Name: _____ Division: Elite
 Judge's Signature: _____ Date: _____
 Type of competition (circle): Traditional or Unified

CHEERLEADING SKILLS

		Highest Score	Squad Score
A	Execution.....	<u>15</u>	_____
B	Variation of Motions.....	<u>5</u>	_____
C	Timing and Rhythm.....	<u>5</u>	_____
D	Voice.....	<u>5</u>	_____
E	Jumps.....	<u>10</u>	_____
F	Spacing.....	<u>5</u>	_____
G	Formation Changes.....	<u>5</u>	_____
SUB TOTAL		<u>50</u>	_____

COMPOSITION & PRESENTATION

		Highest Score	Squad Score
A	Degree of Difficulty.....	<u>15</u>	_____
B	Transition (Sideline Chant).....	<u>5</u>	_____
C	Incorporation of Dance and Cheer.....	<u>5</u>	_____
D	Safety Technique.....	<u>10</u>	_____
E	Pep and Enthusiasm.....	<u>10</u>	_____
F	Facial Expression, poise and confidence.....	<u>5</u>	_____
SUB TOTAL		<u>50</u>	_____

PERSONAL APPEANCE & UNIFORM

		Highest Score	Squad Score
A	Hair.....	<u>1</u>	_____
B	Make-up.....	<u>1</u>	_____
C	Posture.....	<u>1</u>	_____
D	Uniform/Socks/Shoes.....	<u>1</u>	_____
E	Jewelry (NONE).....	<u>1</u>	_____
SUB TOTAL		<u>5</u>	_____

PENALTY POINTS (TO BE REMOVED FROM TOTAL)

		Penalty Points	Actual Penalty
A	Routine Overtime Limit.....	<u>15</u>	_____
B	Music Too Short.....	<u>15</u>	_____
C	Not having 2 Jumps.....	<u>10</u>	_____
D	No Transition Sideline.....	<u>10</u>	_____
E	Not having at least Two Spotters on the Floor at All Times	<u>25</u>	_____
SUB TOTAL		<u>75</u>	_____

