



2008  
Zippy's  
Cheerleading  
State Championships

Sunday, December 7, 2008  
Stan Sheriff Center  
University of Hawaii, Manoa

**ZIPPY'S STATE CHEERLEADING CHAMPIONSHIPS  
SUNDAY, DECEMBER 7, 2008  
STAN SHERIFF CENTER, UNIVERSITY OF HAWAII-MANOA**

**HAWAII HIGH SCHOOL ATHLETIC ASSOCIATION**

HHSAA Executive Director .....Keith Amemiya  
Director of Information..... Natalie Webb  
Office Manager ..... Carole Nagaji  
Administrative Assistant..... Coreen Muraoka  
Cheerleading Co-Coordinators ..... Erika Buder-Nakasone & Kellie Mikami

**TOURNAMENT COMMITTEE**

Tournament Directors ..... Erika Buder-Nakasone & Kellie Mikami  
Medical Personnel.....Kamehameha Schools

**SPECIAL THANKS**

Zippy's .....Jason Higa, Charlene Kim & Jeanine Mamiya-Kalahiki  
University of Hawaii Athletics ..... Teri Wilhelm-Chang, Asst. Athletics Director  
.....Rich Sheriff, Stan Sheriff Center Manager  
..... Russell Gima, Stan Sheriff Center Asst. Manager  
.....Kekoa Seward, Stan Sheriff Center Asst. Manager

**HAWAII HIGH SCHOOL ATHLETIC ASSOCIATION  
STATE CHEERLEADING CHAMPIONSHIPS**

**I. SPECIFIC OBJECTIVES**

- A. To select state cheerleading champions through competition.
- B. To recognize the combined efforts of all the participating teams in the tournament.
- C. To encourage the highest principles and standards of general behavior.
- D. To emphasize respect for opponents.
- E. To promote the highest principles of citizenship in competition.

**II. JUDGES**

- A. The Hawaii State Cheerleading Judges Association (HSCJA), with the approval of the HHSAA Executive Director, shall select the championship's judges. Every effort will be made to select a "balanced" panel of judges so no one private cheer company, local collegiate program, specific gender, specific level of experience or acknowledged "style" of cheerleading is over-represented.
- B. All judges shall be at least eighteen (18) years old with expertise in the fields of cheerleading and/or dance.
- C. The judges' panel will not have any direct ties and/or relationship with any of the schools participating in the State Competition for a minimum of three (3) years. However, the judges shall be allowed to judge any league competition.
- D. The judges' panel shall consist of the following:
  - Three performance judges
  - One range judge
  - Three safety judges
  - Two timers

The highest and the lowest judge's scores WILL NOT be dropped.

**III. JUDGES DECISION**

- The decision of the judges will be final.
- In case of a tie, the total points from the "cheerleading fundamentals" section on the score sheet will determine the winner. In the event that there is a second tie, the total points from the "overall performance" section on the score sheet will determine the winner. In the event of a third tie, the judges will rank the teams and this will determine the winner.
- All final score sheets must be verified by the HHSAA Executive Director.
- Squads will receive official certificates indicating:
  - School/squad name
  - Total points earned
  - The winning Score

### Final ranking of individual squad

- Original score sheets will be mailed out on Monday, December 8, 2008.

#### IV. ELIGIBILITY

- A. Each participant must be eligible under the rules of his/her league and under the eligibility requirements specified by the HHSAA.

#### V. RULES GOVERNING TOURNAMENT

- A. The National Federation of State High School Associations' ("NFHS") Spirit Rules Book shall govern the tournament, with HHSAA modifications as necessary.

#### VI. TOURNAMENT REPRESENTATION

- A. One-half (50%) of a league's cheerleading squads shall qualify for participation in the state tournament. With respect to any calculated league representation number ending in "0.5" (e.g., 2.5 squads), such number shall be rounded down to the nearest whole number (e.g., 2.5 squads rounded down to 2 squads).

#### VII. TOURNAMENT FORMAT AND SCHEDULE

##### A. Tournament Categories

There is no minimum of members and a maximum of 18 members per squad.

- Medium – 10 or less squad members
- Large – 11 to 18 squad members

\*All cheerleading squads that have qualified for the state tournament shall be entered in the medium or large category based upon the size of their squad that competed in their league championship (i.e., medium – 10 or less members; large – 11 to 18 members).

##### B. Routine Specifications

- Squads shall perform one routine that incorporates both cheer and dance.
- Squads must provide a non-squad member to assist in the operation of the performance CD.
- Any props or uniform additions/deletions must receive prior approval by the HHSAA Sport Coordinator(s) and the HHSAA Executive Director.
- If a team's routine is interrupted due to failure of the competition equipment, facilities or other factors attributable to the competition rather than the team, the team affected will be allowed to restart its routine.

##### C. Timing

- Each team will have **two minutes and thirty seconds (2:30)** of performance time. Squads must not exceed a **maximum of one minute and thirty seconds (1:30)** of music and must perform a **minimum of thirty-five (0:35)** seconds for Cheer/Chant.

- Timing will begin with the first uniform movement, words, or first note of music, while on the performance mat. Timing will end with the last organized word, movement, or note of music by the team.
- All squad participants must start their routine in the performance area with at least one foot on the ground. Following their introduction, squads may line up anywhere inside the performance area.
- All routine entrances must be limited. Only a short-term break, tumbling out, jumps, and brief crowd motivation will be allowed. This will not be timed, but must be brief. No organized exits or other activities are allowed after the official ending of the routine.
- Teams must exit the performance area immediately following their routine. No organized exits or other activities are allowed after the official ending of the routine.

#### D. Performance Area

- All competition routines will take place within a matted 42ft. x 42ft area (7 mats). Mat panels will be placed with seams running toward the audience.
- Tournament personnel will assist teams in moving from the warm-up area to the on-deck area. Squads may not enter onto the performance area until they are introduced by the tournament's announcer.
- Each squad will be given time to enter the performances area for the purpose of placing signs, megaphones, and/or poms (i.e. "props".) Prior to the start of the routine, all props must be set down within the performance area and picked up after the conclusion of the performance. Cheerleaders may not reach outside the performance area to retrieve props during the routine.
- Signs, megaphones, and pompons are the only props allowed; however if your team is interested in using other props please get approval from HHSAA before use. Signs cannot be used in a theatrical manner, but rather, should have words or symbols associated with school spirit and/or game situations. Signs should not be used just to decorate the performance area, or used as a "break through" for theatrical purposes.

#### E. Safety Rules

- All squads will be required to comply with the current NFHS Spirit Rules Book published by the National Federation of State High School Association.
- Any squad found in violation of the NFHS Spirit Rules Book or tournament's requirements will be assigned a penalty for each infraction.
- All squads may have, but will not be required, to provide non-squad members as additional spotters for their routine (one spotter per stunt group is preferred). However, the spotters must be knowledgeable about basic safety techniques and the squad's routine, and must be physically capable of performing spotting duties. Further, the spotters must be dressed and must act appropriately during the routine (i.e., no jewelry or gum chewing, covered athletic shoes, etc.).
- A hard cast on any body part of a participant is prohibited from the tournament. However, air type casts and/or braces are acceptable provided all hard parts are covered to protect the participant and teammates.

#### F. Penalties (Overall Point Deductions)

- Over or under the time limit: 1 point for every 5 seconds.
- Not following safety regulations: 5 points for each major infraction, 2 points for each minor infraction.
- Any missed or dropped stunts or tumbling: 1 point per stunt group or tumbler.
- Note: Deductions will be subtracted from the final score and no penalties will be assessed after the routine is completed. Please refer to Safety Violation Form for specific details.

#### VIII. SIZE OF SQUAD IN TOURNAMENT

Subject to the guidelines set forth in Section VI.A., schools may bring the following persons for complimentary admission into the state tournament:

(1) competing team members (must be in uniform); (2) two coaches and/or advisor; (3) two spotters; (4) one performance music operator; and (5) one athletic trainer. Names of the above-listed people must be listed on the official tournament roster form that must be signed by the school's athletic director. All other persons must purchase a ticket for entry into the state tournament.

#### IX. UNIFORMS

- A. NFHS Spirit Rules shall prevail.
- B. All squads must wear official school cheerleading uniforms during the tournament. No costumes are allowed in the tournament.

#### X. AWARDS AND TROPHIES

- A. All scores will be announced during the awards ceremony and posted for media release.
- B. Permanent trophies for medium and large championship and runner-up teams.
- C. 20 medals for championship team members.
- D. 20 medals for runner-up team members.
- E. Additional medals may be requested at the school's expense.

#### XI. EVALUATION

An evaluation report and results of the tournament are to be submitted by the Sport Coordinators to the HHSAA Executive Director within two weeks after the tournament.

## XII. ADMISSION

Adult	\$9.00
Senior Citizens (62 and over)	\$5.00
Students (Grades K-12)	\$5.00

\*Note: See Section VIII., above, for complimentary admission guidelines for team members and coaches.

## XIII. STATE TOURNAMENT DISQUALIFICATION RULE

Any student-athlete or coach disqualified before, during, or after a state tournament game/match/event for unsportsmanlike conduct, flagrant verbal misconduct, or flagrant physical misconduct shall be disqualified from his/her next scheduled state tournament game/match/event for that sport. The student-athlete or coach has the right to appeal any such disqualification to an appeals committee for the particular sport. Should a student-athlete or coach be disqualified from the final state tournament game/match/event for that sport, said disqualification shall NOT carry over to the following school year's state tournament for that sport. Instead, the student-athlete's or coach's league shall determine any appropriate penalty or sanction.

## STATE CHEERLEADING CHAMPIONSHIPS - BASIC INFORMATION

### I. TOURNAMENT SCHEDULE

#### A. Pre-Tournament Meeting

All head coaches or a representative of participating state tournament squads (including JV exhibition squads) are **required** to attend a pre-tournament meeting on Sunday, November 23, 2008, 10:00 am, University of Hawaii Athletic Complex, classrooms 1 and 2 (second floor). Among other things, this meeting will go over the competition details and determine the squads' order of performance.

#### B. Tournament Date, Location, and Time

The 2008 Zippy's Cheerleading Championship will be held on Sunday, December 7, 2008, at the University of Hawaii-Manoa's Stan Sheriff Center and begin at 2:00 pm.

#### C. Tournament Schedule

1. Warm-up Time – 9:00 a.m.
2. Start of Competition – 2:00 p.m.

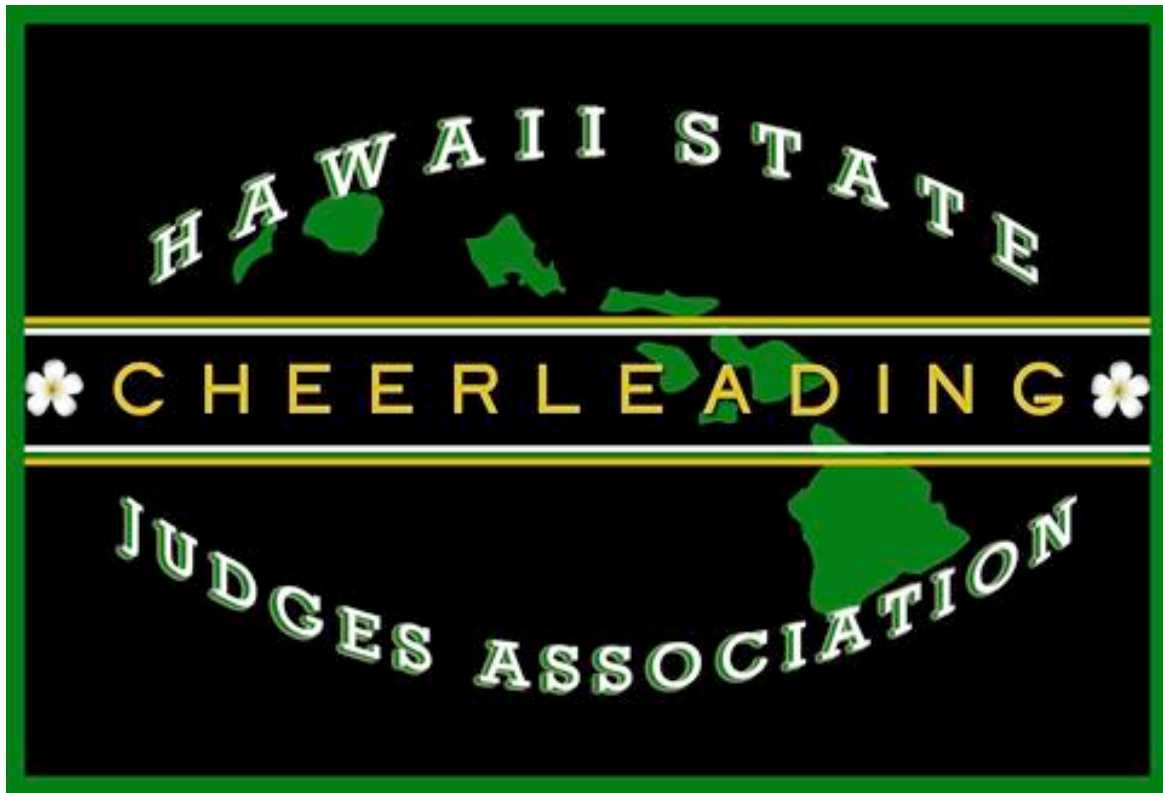
### II. JV EXHIBITION PERFORMANCES

The top six JV squads from the OIA and the top two JV squads from the ILH, BIIF, MIL, and KIF shall be eligible to participate in exhibition performances at the State Championships. Any unfilled slots shall be filled by the next highest place finishers in that league. These JV squads will perform during the breaks in between the Varsity squad performances. All performing JV squads must comply with all applicable NFHS, HHSAA, and league rules and regulations. JV coaches for eligible squads are requested to contact their league coordinators for any further information.

### III. HHSAA COMMUNICATION TO LEAGUE COORDINATORS

In order to maximize communication efficiency, the HHSAA Cheerleading Co-Coordination will provide all State Cheerleading Championships information to each of the leagues' cheerleading coordinators. Therefore, all coaches should contact their respective league coordinators directly regarding any information or questions, and not the HHSAA's Cheerleading Co-Coordination.





*2008 Hawaii State Cheerleading  
Scoring System*

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PURPOSE

This packet was created for the cheerleading coaches of Hawaii in order to promote safe, fun, and well executed routines. It should be used as a guide to help create a routine that showcases cheerleaders talents while maximizing the scoring system.

<u>Table of Contents</u>	<u>Page Number</u>
Changes . . . . .	3
Team Skill Sheet . . . . .	3
Score Sheet . . . . .	3
Scoring/Majority . . . . .	3-4
Division Size . . . . .	4
Judges . . . . .	4
Deduction . . . . .	5-6
Motions . . . . .	6-7
Jumps . . . . .	7-8
Stunts . . . . .	8-12
Pyramids . . . . .	12-13
Standing Tumbling . . . . .	14
Running Tumbling . . . . .	14-15
Baskets . . . . .	15-16
Dance . . . . .	16-17
Routine Choreography . . . . .	17
Routine Execution. . . . .	17
Overall Performances . . . . .	18



## 2008 Hawaii State Cheerleading Scoring System

### **CHANGES**

- 1) Cradle from Extended Stunt, pg.8
- 2) Transitions (s) pg. 8
- 3) Level Changes pg.8

### **TEAM SKILL SHEET** (See attached team skill sheet at the back of the packet)

Teams are required to have their Team Skill Sheet completed by the start of their warm-up time. 2 points will be deducted for teams that do not comply with this request.

### **SCORE SHEET** (See attached score sheet at the back of the packet)

**Cheerleading Fundamentals:** 8 categories\*, 10 points maximum;

5 points for difficulty, 5 points for execution

\*Motions, Jumps, Stunts, Pyramids, Standing Tumbling, Running Tumbling, Baskets, Dance

**Routine Choreography:** 4 categories\*, 5 points maximum

\*Timing/Synchronization, Spacing/Formations, Transitions/Flow of Routine, Creativity

**Routine Execution:** 3 categories\*, 5 points maximum

\*Voice/Projection, Expression/Showmanship, Crowd Leadership

**Overall Performance:** 1 category, 10 points maximum;

5 points for difficulty, 5 points for execution

**MAXIMUM POINTS:** 125 points

### **SCORING**

<b>TARGET POINT SCALE</b>				
<b>TARGET</b>	<b>RANGE</b>	<b>DIFFICULTY</b>	<b>EXECUTION</b>	
Target 1	0, <b>1</b> , 1.5	Beginning	Below Average	Poor to Fair
Target 2.5	2, <b>2.5</b> , 3	Intermediate	Average	Fair to Good
Target 3.5	3, <b>3.5</b> , 4	Advance	Above Average	Good to Excellent
Target 4.5	4, <b>4.5</b> , 5	Elite	Superior	Excellent to Superior

In order to get the target range, MAJORITY of the team must demonstrate the proper technique and execution of the skill in accordance to the target range.

MAJORITY means 50% + 1. (i.e. A team of 12, majority is 7 or a team of 11, majority is 6)

<b>MAJORITY CHART</b>			
<b>Team Size</b>	<b>Majority</b>	<b>Team Size</b>	<b>Majority</b>
1	1	10	6
2	2	11	6
3	2	12	7
4	3	13	7
5	3	14	8
6	4	15	8
7	4	16	9
8	5	17	9
9	5	18	10

Teams will be judged on the highest skill level in each category in which the MAJORITY of the team executes the skill. *Exception: The category MOTIONS will not apply to this regulation and will be judged throughout the routine.*

A team may be given up to 2 points in each difficulty and execution if the MAJORITY of the team DOES NOT execute a skill. A ZERO will be given to teams that do not execute required categories in their routine.

In case of a tie, the total points from the "cheerleading fundamentals" section on the score sheet will determine the winner. In the event of a second tie, the total points from the "overall performance" section on the score sheet will determine the winner. In the event of a third tie, the judges will rank the teams to determine the winner.

### **DIVISION SIZE**

**Medium:** 10 or fewer competitors **Large:** 11-18 competitors **Coed:** None

### **JUDGES**

**Performance Judges:** A judging panel will consist of three (3) performance judges. The high and low scores will not be dropped. If all possible, there will be two (2) alternating judging panel. The panel of judges will be used for different divisions to help with the length of the event.

**Range Judge:** This judge will assist with the accuracy and the consistency of scores throughout the judging panel.

**Safety Judges:** There will be three (3) safety judges to help assist with the dropped and missed skills.

## **DEDUCTIONS**

### STUNTS/PYRAMIDS

1. The safety judges will deduct 2 points per dropped or missed stunt(s) during competition. No maximum deduction.

Definition: A *drop* stunt/pyramid is any stunt that falls or comes down, either in a cradle catch or to their feet before the skill is completed, regardless if it is controlled or not.

- Early cradles will not be considered a drop, but as a timing issue and will be taken into consideration by the performance judges.
- Shaky stunts will not be considered a drop, but as an execution issue and will be taken into consideration by the performance judges.
- This deduction is separate from any safety issue regarding the stunt.

Definition: A *missed* stunt/pyramid is any stunt that DOES NOT go up in the air at all.

- Example: One stunt group attempts a liberty, but timing seems to be off with the bases and top person's dip; therefore, the stunt does not go up. This would be considered a *missed* stunt and a deduction of 2 points would be applied.
- A stunt that was planned and stated on the skills sheet to be a stretch, but ends up being a liberty, WILL NOT be deducted 2 point as a missed stunt, but instead will be taken into consideration by the performance judges in difficulty.

### CRADLES

- Any cradle that lands on it's stomach will be considered a safety violation and will receive a deduction of 5 points.

### TUMBLING

- A deduction of 2 points will apply per missed tumbling trick.

Definition: A *missed* tumbling skill is any standing or running tumbling that is NOT demonstrated at all.

- Example: A tumbler that planned to do a running pass but marks it (does not demonstrate the skill at all) will be considered a missed tumbling skill
- A tumbling skill that was planned and stated on the skills sheet to be a tuck, but ends up being a back handspring, WILL NOT be deducted 2 points as a missed tumbling skill, but instead will be taken into consideration by the performance judges in difficulty.

### BASKETS

1. A missed basket will also be deducted 2 points.

Definition: A missed basket is any basket that does not go to at least a straight ride.

## **CATEGORIES**

### Cheerleading Fundamentals

#### **MOTIONS**

Motions are a fundamental skill and will be seen throughout the whole routine. Motion technique may be seen during a motion sequence which is done to music, at least 2 eight counts long; and/or in the cheer or sideline segments. Remember a break in torso, body rolls, or pumping will be judged in the dance category. However, judges will be judging motion technique during other areas of the routine such as jumps, stunts, and tumbling. Pace will be considered a factor in difficulty.

Motions will be judged throughout the routine from beginning to end and not on the highest level executed. (Ex: A team that has superior motions in the beginning, but towards the end of the routine has weak motions may not receive a superior score **The Dance portion of a team's routine will be judged only in the Dance category.**)

#### **Target 1 (0, 1, 1.5) / Beginning / Below Average**

**Difficulty** – Beginning motions (High V, Low V, T, Touchdown, Punch,) with no variety & creativity.

**Execution** - Below average quality with poor to fair technique, execution and synchronization; loose & poor placement.

#### **Target 2.5 (2, 2.5, 3) / Intermediate / Average**

**Difficulty**– Intermediate motions (All Beginning motions plus K, L, Bow-n-Arrow) with minimal variety & creativity.

**Execution**- Average quality with fair to good technique, execution and synchronization; inconsistent placement.

#### **Target 3.5 (3, 3.5, 4)/ Advance / Above Average**

**Difficulty** – Advance motions (All Beginning and Intermediate motions plus diagonals & combination motions) with some variety & creativity.

**Execution** - Above average quality with good to excellent technique, execution, and synchronization; consistent & accurate placement.

#### **Target 4.5 (4, 4.5, 5)/ Elite / Superior**

**Difficulty** –Elite motions (All motions plus combination motions, circled motions) with variety, creativity, and quantity.

**Execution** - Superior quality with excellent to superior technique and execution; consistent & accurate placement with crisp, controlled motions to motion transitions.

## JUMPS

### Definition

- Consecutive: Without stopping (no movement) or extra bounce between jumps.
- Transition spins in between jumps are not considered consecutive.

	Target 1	Target 2.5	Target 3.5	Target 4.5
<b>J U M P S</b>	-Tuck -Hook -Spread Eagle -Side Hurdler -Herkie	-Front Hurdler -Single Toe Touch -Any Consecutive Beginning Jumps	<b>-(2) Different Advance Jumps = pick (2) of the following</b> -Pike at least a 45 degree angle -Double Nine -1/2 Around Toe Touch, 1/2 Around Pike, or 1/2 Around Double Nine -Consecutive Toe Touches -Consecutive Pikes -Consecutive Double Nines -Consecutive Toe Touch Pike	-Around the World - Two (2) <u>Different Consecutive Advance Jumps</u>

### **Target 1 (0, 1, 1.5) / Beginning / Below Average**

**Difficulty-** Tuck jump, hook jump, spread eagle, side hurdler, herkie.

**Execution-** Below average quality with poor to fair technique and execution. The height will be low. You'll see flex toes, bent legs and landings with feet apart

### **Target 2.5 (2, 2.5, 3) / Intermediate / Average**

**Difficulty-** Front hurdler, single toe touch and any consecutive beginning jumps.

**Execution-** Average quality with fair to good technique and execution. The height will be low, with some flex toes or bent legs.

### **Target 3.5 (3, 3.5, 4) / Advance / Above Average**

**Difficulty-** Pike **at a 45 degree angle or higher**; double nine; 1/2 around toe touch, pike or double nine; consecutive toe touch, pike, double nine or toe touch-pike.

**Execution-** Above average quality with good to excellent technique and execution. Two legs at waist level to above waist with an exception to the pike, which needs to be at a 45 degrees angle or higher. Must have at least **two (2) different advance jumps** in routine. (e.g. A team executes a double nine in the beginning of the routine and a pike at the end of the routine.)

### **Target 4.5 (4, 4.5, 5) / Elite / Superior**

**Difficulty** – Around the world or any two consecutive different advanced jumps.

**Execution-** Superior quality with excellent to superior technique and execution. Two legs at waist level to above waist level with an exception to the pike, which needs to be at a 45 degrees angle or higher. Must execute at least two (2) different consecutive, advance jumps in routine. Legs should be straight, toes pointed, chest up throughout, arms tight and in right position, and landing with feet together with no movement.

(Example 1: Team executes a consecutive pike to a double nine.

Example 2: Team executes an around the world jump. Note: an around the world jump MUST first pass through a pike position then to the toe touch position without any preps

## STUNTS

### Definitions

- Top Person: A person who is held off of the floor by another person or persons.
- Base: A person who supports the majority of the top person's weight while the top person is off the ground.
- Spotter: A person who is responsible for assisting or catching the top person in a partner stunt or pyramid. This person cannot be in a position of providing primary support for a top person but must be in a position to protect the top person coming off of a stunt or pyramid.
- Cradle: A dismount from a partner stunt, pyramid or toss in which the top person is caught in a face-up, pike position before being placed on the performance area or remounting into another stunt, pyramid or loading position.
- Cradle from Extended Stunts: Bases must keep their arms in the extended position throughout the cradle.
- Loading Position: A position in which the top person is off the ground in continuous movement that puts the bases and top person in a position to end the movement in a stunt.
- Stunt: One or more bases supporting the top person off the ground.
- Single Stunt: One trick in the stunt, not including the cradle.
- Trick: A skill (i.e. liberty, stretch, torch).
- Sequence: Two or more tricks executed continuously with transitions. There are many variations of transitions; however, once the top person's two feet are on or touching the ground the sequence is over.
- **Transitions:** Any level changing movement from one stunt to another. i.e. Double-take (two feet), re-take (one foot), re-load (cradle to another transition position), peg leg, flat backs, etc.
- **Level Changes:** Extended level (arms locked above head), Shoulder level (prep), Waist/Load level (Reload, double-take, re-take)
- Single Base Toss: When one base (co-ed or All Girl) tosses the flyer into a stunt without assistance.

Note: Proper spotter is required during extended stunts



- Pitch: When a person assists (iunder flyer's foot, at her ankle, or on leg) the toss into the stunt
- Free Standing: A stunt without a brace.
- Braced Stunt: A stunt that uses another stunt as a brace with either an overlapping grip (hands are in blade position) or interlocking grip (top person's hands are in a grip positions interlocking w/ the brace arm).
- Prep: Also known as an elevator. A double base stunt at the shoulder level.
- Cupie: A stunt where there is only one base holding under the feet of the top person with one hand. All-girl stunt groups may have a back holding the ankle of the top person or the wrist of the base. For it to be considered a co-ed stunt, only one base should be under both feet using only one arm. Spotter must be present and attentive, but not assisting the stunt.
- A **1 man base** stunt or single base stunt is a stunt with only **ONE** base holding **underneath** the foot of the top person with a spotter holding onto the ankle of the top person or the wrist of the base.
- A **2 man base** stunt is a stunt with **TWO bases** holding underneath the foot of the top person and a spotter holding onto the ankle of the top person or the wrist of the base.
- A **3 man base** stunt is a stunt with **THREE bases** holding underneath the foot of the top person and a spotter holding onto the ankle of the top person or the wrist of the base.
- A basket will consist of a flyer (top person), two bases, a back base, and a front base. There is a maximum of 5 people in stunt group. Baskets may be thrown without a front base, but will be judged equally to a basket with a front base.
- All-girl: Stunt groups that only have girls involved with the stunt(s) OR if boys are doing the stunt "All-girl style".
- Co-ed: Stunts that have only ONE guy underneath or holding the top person's feet. There is no assistance with the toss or the cradle of the top person unless executing a transitional stunt sequence that requires extra bases. All co-ed stunts must have one spotter if higher than a prep level.
- Execution: How a team demonstrates technique of a skill.
- Technique: Is the method or procedure of how a skill is demonstrated. The stability, form, fluency and height demonstrate technique of a skill.

Below are some examples that judges will look for in stunts; however, stability, form, fluency and height are looked at in every skill.

#### Stability

- Flyers: How quick the flyer locks out their standing leg in the stunt, how they push off the bases shoulders to get the stunt up quick, keeping correct body position throughout while lifting up at all times, holding the trick leg stable, arms tight in an accurate motion or to the side.

- Bases: Limited moving or not at all, grips, use of legs and arms, arms locked out in extended stunts, transitions are controlled and definite.

### Form

- Flyers: Toes pointed, the level of the trick leg, keeping the correct body position with hips and shoulders in line, head above hips with feet together in cradles, arms tight in a motion or to the side.
- Bases: Back straight, stunt is position where they can see it, stomach tight while building, locked out arms for extended stunts, the use of their legs and catching high while cradling.

### Fluency

- Flyers: Completing each trick before going on to another trick with smooth, but definite transitions.
- Bases: Coordination and timing with other base(s) with smooth, but definite transitions.

### Height

- Flyers: Riding the cradle or stunt to the highest level possible, lifting their chest at all times, hips up and over for full twist cradles, etc.
- Bases: The use of their legs and the extension of their arms, keeping the back straight.

**NOTE: Transitions must occur between stunt sequence(s).**

<b>STUNTS</b>	<b>Target 1</b>	<b>Target 2.5</b>	<b>Target 3.5</b>	<b>Target 4.5</b>
<b>Single Base</b> <i>Back on Ankles or Wrists</i>	-Post-up Chair -Post-up Torch	-Walk-up Chair -Walk-up Torch	-Toss Chair -Toss Hands -Extension and Higher	-Toss Hands Press Extension -Extension and Higher
<b>Single Base DISMOUNTS</b>	-Pop Down -Straight Cradle	-Pop Down -Straight Cradle	-Straight Cradle	-Single Twist Cradle
<b>Two Man Base</b> <i>Back on Ankles or Wrists</i>	-Shoulder Level and Lower -Press Extension	- 1/2 up Prep -Straight up Extension - 1/2 up Extension	-Single Stunt, Liberty and Higher - 1/2 up to Liberty and Higher	-Full-up Extension and Higher -Two Stunt Sequence (Two Different Stunts), Liberty and Higher
<b>Three Man Base</b> <i>Back on Ankles or Wrists</i>	-Shoulder Level or Lower -Press Extension	- 1/2 up Prep -Straight up Extension - 1/2 up Extension	-Two Stunt Sequence Liberty and Higher - 1/2 up to Stretch and Higher	-Full-up Liberty and Higher -Three Stunt Sequence (Three Different Stunts), Liberty and higher
<b>Two-Three Man DISMOUNTS</b>	-Pop Down -Straight Cradle	-Pop Down -Straight Cradle	-Single Twist Cradle	-Double Twist Cradle
<b>Co-ed Stunts</b> <i>Guy as the only base</i>	-Toss Toe Touch -Toss Chair -Walk-up Chair	-Toss Hands -Walk-up Hands	-Toss Hands -Walk-Up Hands	-Toss Hands/Walk-Up Hands Press up extension and Higher
<b>Co-ed DISMOUNTS</b>	-Pop Down -Straight Cradle	-Pop Down -Straight Cradle	-Single Twist Cradle	-Single Twist Cradle

**Target 1 (0, 1, 1.5) / Beginning / Below Average****Difficulty**

**Single Base:** Post-up chair or post-up torch with pop down or straight cradle.

**Two Man Base:** Shoulder level stunts; thigh stand, prep, and press extension with pop down or straight cradle.

**Three Man Base:** Shoulder level stunts; thigh stand, prep, and press extension with pop down or straight cradle.

**Co-ed:** Toss toe touch, toss chair, walk-up chair with pop down or straight cradle.

**Execution-** Having no variety or creativity, simple transitions if any, unsteady, shaky, poor to fair technique and execution.

**Target 2.5 (2, 2.5, 3) / Intermediate / Average****Difficulty**

**Single Base:** Walk-up chair or walk-up torch with pop down or straight cradle.

**Two Man Base:** 1/2 up prep, straight up extension, 1/2 up extension w/ straight cradle.

**Three Man Base:** 1/2 up prep, straight up extension, 1/2 up extension w/ straight cradle.

**Co-ed:** Toss or walk up hands with pop down or straight cradle.

**Execution-** Transitions, if any, are slow moving with minimal variety or creativity. May be unsteady or shaky at times, fair to good technique and execution.

### **Target 3.5 (3, 3.5, 4)/ Advance / Above Average**

#### **Difficulty**

**Single Base:** Toss chair, toss hands, or extension and higher with a single twist cradle.

**Two Man Base:** Single stunt, liberty and higher, 1/2 up liberty or higher with single twist cradle.

**Three Man Base:** Two stunt sequence, liberty and higher, 1/2 up stretch and higher with single twist cradle.

**Co-ed:** Toss hands or walk-up hands with single twist cradle.

**Execution-** Some transitions with some variety or creativity. Sturdy with good to excellent technique and execution.

### **Target 4.5 (4, 4.5, 5)/ Elite / Superior**

#### **Difficulty**

**Single base:** Toss hands press extension and higher and extension and higher with single twist cradle.

**2 man base:** Full-up extension and higher with double twist cradle. Two stunt sequence with two different stunts, **minimum liberty with double twist cradle.**

**3 man base:** Full-up liberty and higher with double twist cradle. Three stunt sequence with three different stunts, **minimum liberty with double twist cradle.**

**Co-ed:** Toss or walk-up hands press extension and higher with single twist cradle.

**Execution-** Executes extended level stunts with smooth, controlled, and stable transitions and shows variety and creativity with excellent to superior technique and execution. Top person's arms and legs when applicable are tight and in the right position, locks out leg quick while lifting up with toes pointed during tricks and cradles. Bases have locked out arms at the top, have correct grips and make no unnecessary movements.

## **PYRAMIDS**

A team of **11 or less members will need one side** of the pyramid with a brace stunt to make majority. A team of **12 or more members will need two sides** of a pyramid with a brace stunt to make majority.

CRADLES: All Pyramids must remain connected for the dip or pop of the dismount.

<b>Pyramids</b>	<b>Target 1</b>	<b>Target 2.5</b>	<b>Target 3.5</b>	<b>Target 4.5</b>
<b>Single Base</b> <i>Back on Ankles or Wrists</i>	-Post-up Chair -Post-up Torch	-Walk-up Chair -Walk-up Torch	-Toss Chair -Toss Hands -Extension and Higher	-Toss Hands Press Extension -Extension and Higher
<b>Single Base DISMOUNTS</b>	-Pop Down -Straight Cradle	-Pop Down -Straight Cradle	-Straight Cradle	-Single Twist Cradle
<b>Two Man Base</b> <i>Back on Ankles or Wrists</i>	-Shoulder Level and Lower -Press Extension	- 1/2 up Prep -Straight up Extension - 1/2 up Extension	-Single Stunt, Liberty and Higher - 1/2 up to Liberty and Higher	-Full-up Extension and Higher -Two Stunt Sequence (Two Different Stunts), Liberty and Higher
<b>Three Man Base</b> <i>Back on Ankles or Wrists</i>	-Shoulder Level or Lower -Press Extension	- 1/2 up Prep -Straight up Extension - 1/2 up Extension	-Two Stunt Sequence Liberty and Higher - 1/2 up to Stretch and Higher	-Full-up Liberty and Higher -Three Stunt sequence (Three Different Stunts), Liberty and Higher
<b>Two-Three Man DISMOUNTS</b>	-Pop Down -Straight Cradle	-Pop Down -Straight Cradle	-Single Twist Cradle	-Double Twist Cradle
<b>Co-ed Stunts</b> <i>Guy as the only base</i>	-Toss Chair -Walk-up Chair	-Toss Hands -Walk-up Hands	-Toss Hands -Walk-Up Hands	-Toss Hands /Walk-Up Hands Press up extension and Higher
<b>Co-ed DISMOUNTS</b>	-Pop Down -Straight Cradle	-Pop Down -Straight Cradle	-Single Twist Cradle	-Single Twist Cradle

### **Target 1 (0, 1, 1.5) / Beginning / Below Average**

**Difficulty**– Combination of shoulder level and lower stunts and press full extension with a pop down or straight cradle.

**Execution**– Below average quality with poor to fair technique and execution. Having no variety, creativity, or transitions and unsteady or shaky.

### **Target 2.5 (2, 2.5, 3) / Intermediate / Average**

**Difficulty**–Combination of preps, straight up extension, 1/2 up prep, 1/2 up extension with a pop down or straight cradle.

**Execution**– Average quality with fair to good technique and execution. May be unsteady or shaky at times, simple transitions with minimal variety or creativity. Straight basic cradles, may have half or single twist cradles.

### **Target 3.5 (3, 3.5, 4) / Advance / Above Average**

**Difficulty**– Combination of liberty and higher or ½ up liberty and higher with a single twist cradle. Lib to lib tick tock, lib to hitch tick tock w/ single twist cradle. Single base, minimum extension straight to the top with straight cradle. Co-ed, toss or walk up hands with single twist cradle.

**Execution** – Above average quality with good to excellent technique and execution.

**Target 4.5 (4, 4.5, 5)/ Elite / Superior**

**Difficulty**– Combination of liberty and higher skill variation with double twist cradle. Single base, extension and higher w/ single twist cradle. Co-ed, toss or walk-up hands press extension and with single twist cradle.

**Execution**– Superior quality with excellent to superior technique and execution. Executes pyramid sequence with smooth and controlled transitions, which shows creativity and variety.

**STANDING TUMBLING**

	<b>Target 1</b>	<b>Target 2.5</b>	<b>Target 3.5</b>	<b>Target 4.5</b>
<b><u>STANDING TUMBLING</u></b>	-Rolls -Front or Back Walkovers	-Standing Front or Back Handspring	-Consecutive Back Handsprings -One Jump (excluding beginning jumps) with a Back Handspring	- Two (2) Different Consecutive Advance Jumps with a Back Handspring -Standing Tuck -Standing Back Handspring Tuck

**Target 1 (0, 1, 1.5) / Beginning / Below Average**

**Difficulty**- Rolls and front or back walkovers.

**Execution**– Below average quality with poor to fair technique and execution.

**Target 2.5 (2, 2.5, 3) / Intermediate / Average**

**Difficulty**– Standing back or front handspring.

**Execution**– Average quality with fair to good technique and execution.

**Target 3.5 (3, 3.5, 4)/ Advance / Above Average**

**Difficulty**– Consecutive back handsprings or one jump, excluding beginning jumps, in the front or the back a standing back or front handspring.

**Execution** – Above average quality with good to excellent technique and execution.

**Target 4.5 (4, 4.5, 5)/ Elite / Superior**

**Difficulty**– Teams must execute **two (2) different consecutive, advance jumps** (consecutive toe touches, pike, double nine, etc.) or an around the world connected in front or back of a back or front handspring or higher skill.

**Execution**– Superior quality with excellent to superior technique and execution. Legs are closed and tight in back handsprings with locked arms and pointed toes. Landings are tight with feet together and arms into the body. You will see good height in tricks in which they set using their arms and keeping chest up as their hips rotate over their chest. No unnecessary movement or steps.

**RUNNING TUMBLING**

	Target 1	Target 2.5	Target 3.5	Target 4.5
<b><u>RUNNING TUMBLING</u></b>	-Cartwheel -Round Off w/ or w/out jump -Aerial	-Round Off Back Handspring	-Round Off Back Handspring(s) -Round Off Back Tuck	-Round Off Back Handspring Back Tuck and Higher

**Target 1 (0, 1, 1.5) / Beginning / Below Average**

**Difficulty** – Cartwheel, round off with or without a jump, aerial.

**Execution** – Below average with poor to fair technique and execution.

**Target 2.5 (2, 2.5, 3) / Intermediate / Average**

**Difficulty**- Round off Back Handspring.

**Execution**– Average with fair to good technique and execution.

**Target 3.5 (3, 3.5, 4)/ Advance / Above Average**

**Difficulty**- Round off back handspring(s) and Round off back tuck.

**Execution**– Above average quality with good to excellent technique and execution.

**Target 4.5 (4, 4.5, 5)/ Elite / Superior**

**Difficulty**- Round off back handspring back tuck, whip back, layout, x-out, half and full.

**Execution**– Superior quality with excellent to superior technique and execution. You may see strong running sequences with layout, x-out, half, and/or full. The rhythm will be quick and smooth. Landings are tight with feet together and arms tight to the body. Legs are closed and tight in back handspring with locked arms and pointed toes. You will see good height in tricks in which they set using their arms and keeping chest up as their hips rotate over their chest. No unnecessary movement or steps.

**BASKETS**

<b>Baskets</b>	<b>Target 1</b>	<b>Target 2.5</b>	<b>Target 3.5</b>	<b>Target 4.5</b>
<b>With or Without a Front</b>	-Toe Touch -Pike -Kick -Ball Out	-Two Trick Combination (Double Toe Touch, Pike X-Out, Kick-Kick, etc.) - ½ up trick	-Any Trick	-Any Trick -Two Trick Combination (Single Twist Cradle)
<b>Cradle</b>	-Straight	-Straight	-Single Twist (Before or After Trick)	-Double Twist (Before or After Trick)

### **Target 1 (0, 1, 1.5) / Beginning / Below Average**

**Difficulty-** Toe touch, pike, kick, ball-out.

**Execution** – Below average quality with poor to fair technique and execution. Legs will be non-inverted, below waist level.

### **Target 2.5 (2, 2.5, 3) / Intermediate / Average**

**Difficulty-** Two trick combination (e.g. double toe touch, pike-x-out, kick-kick, etc.) and ½ up trick (e.g. ½ up toe touch).

**Execution** –Average quality with fair to good technique and execution. Legs should be at least waist level.

### **Target 3.5 (3, 3.5, 4)/ Advance / Above Average**

**Difficulty-** Any trick with a single twist before or after.

**Execution** – Above average quality with good to excellent technique and execution. Legs should be at waist level or inverted.

### **Target 4.5 (4, 4.5, 5)/ Elite / Superior**

**Difficulty-** Any one trick with a double twist cradle or a **two trick combination with a single full.**

**Execution** –Superior quality with excellent to superior technique and execution. Legs should be at waist to inverted with nice form and fast leg and arm motions. Bases will use their legs and follow through with their arms. They will catch cradles high with no unnecessary movement. Top person will stand up quick off the baskets and hit a touch down motion with a tight body (feet/legs together, toes pointed) as they ride to the top and then hit their trick. You will be able to see each part of the basket: the ride, the trick and the cradle. Each part will be sharp and quick but executed individually. Toes will be pointed and chest lifting up throughout trick. Head should not go below hips on the cradle and arms will be tight to the side until the catch. Depending on size of team, you will see at least two baskets going at the same time with excellent to superior .

**DANCE**



**Must consist of two consecutive eight counts.**

**Target 1 (0, 1, 1.5) / Beginning / Below Average**

**Difficulty**– Beginning motions/dance moves at a slow pace. No variety & creativity with no level or formation changes. Transitions obvious, and do not include footwork or body movement.

**Execution** - Below average quality with poor to fair technique and execution.

**Target 2.5 (2, 2.5, 3) / Intermediate / Average**

**Difficulty**–Intermediate motions/dance moves executed at an average pace. Minimal variety & creativity with minimal level and formation changes.

**Execution**- Average quality with fair to good technique and execution.

**Target 3.5 (3, 3.5, 4)/ Advance / Above Average**

**Difficulty**– Advance motions/dance moves executed at an above average to fast pace. Incorporating some variety of levels, visual effects, formation changes with some footwork and body movement.

**Execution**- Above average quality with good to excellent technique and execution. Motions/dance moves have some variety & creativity and has consistent & accurate placement. Creative dance moves with good level changes. Fun to watch.

**Target 4.5 (4, 4.5, 5)/ Elite / Superior**

**Difficulty**–Advance motions/dance moves executed at a fast pace. Creative dance moves with multiple level and formation changes to create visual effects.

**Execution**- Superior quality with excellent to superior technique and execution. Members demonstrate motions/dance moves with rhythm, variety & creativity and has consistent & accurate placement with crisps motion-to-motion transitions. Transitions are smooth and include footwork and body movement. Very entertaining and fun to watch.

Routine Choreography

**TIMING/SYNCHRONIZATION:** The overall timing and synchronization throughout the routine. Includes everything from dips to cradles, to the motions for the top people in a stunt sequence, to preps of jumps.

**SPACING/FORMATIONS:** The use of floor space, variety of formations, accuracy of spacing between each person and row, and watching of center.

**TRANSITIONS/FLOW OF ROUTINE:** The way the routine moves from one section to another. Includes the choreography of how each section of the routine is blended together and how the cheerleaders move from one section of the routine or from one formation to another.

**CREATIVITY:** Different and new ideas with variety of skills. Good use of team skills that make the routine visual and appealing to the crowd.

Routine Execution

**VOICE/PROJECTION:** Fluent, loud, understandable, not sing song like, and constant throughout routine. Having a variety of pitch without going too high or too low that emphasize key words such as school mascot, school name, school colors, the end of a cheer, etc.

**EXPRESSION/SHOWMANSHIP:** Genuine, natural smiles and facials using good eye contact with the whole crowd. Showing spirit, pride and confidence while having fun with the performance. Judges may take off for overselling, sticking tongues out, excessive winking, excessive puckering of lips, and licking of the lips.

**CROWD LEADERSHIP:** Showing spirit, pride and confidence in leading the crowd to interact and respond to a sideline or cheer with the use of signs, megaphones, poms, etc. It's how you go about leading the crowd and not who has the loudest fans.

Overall Performance

**OVERALL CONSTRUCTION & PERFORMANC E OF ROUTINE:** The overall performance of all the categories required, taking into consideration difficulty and execution.

## 2008 HHSAA Cheerleading Championship- Sunday, December 7, 2008

### Warm-Up Schedule - Tentative

9:00-9:03, Studio 4	9:25-9:28, Studio 4	9:50-9:53, Studio 4	10:15-10:18, Studio 4	10:40-10:43, Studio 4
9:05-9:10, Studio 3	9:30-9:35, Studio 3	9:55-10:00, Studio 3	10:20-10:25, Studio 3	10:45-10:50, Studio 3
9:12-9:17, Studio 2	9:37-9:42, Studio 2	10:02-10:07, Studio 2	10:27-10:32, Studio 2	10:52-10:57, Studio 2
9:22-9:27, SSC	9:47-9:52, SSC	10:12-10:17, SSC	10:37-10:42, SSC	11:02-11:07, SSC
9:05-9:08, Studio 4	9:30-9:33, Studio 4	9:55-9:58, Studio 4	10:20-10:23, Studio 4	10:45-10:48, Studio 4
9:10-9:15, Studio 3	9:35-9:40, Studio 3	10:00-10:05, Studio 3	10:25-10:30, Studio 3	10:50-10:55, Studio 3
9:17-9:22, Studio 2	9:42-9:47, Studio 2	10:07-10:12, Studio 2	10:32-10:37, Studio 2	10:57-11:02, Studio 2
9:27-9:32, SSC	9:52-9:57, SSC	10:17-10:22, SSC	10:42-10:47, SSC	11:07-11:12, SSC
9:10-9:13, Studio 4	9:35-9:38, Studio 4	10:00-10:03, Studio 4	10:25-10:28, Studio 4	10:50-10:53, Studio 4
9:15-9:20, Studio 3	9:40-9:45, Studio 3	10:05-10:10, Studio 3	10:30-10:35, Studio 3	10:55-11:00, Studio 3
9:22-9:27, Studio 2	9:47-9:52, Studio 2	10:12-10:17, Studio 2	10:37-10:42, Studio 2	11:02-11:07, Studio 2
9:32-9:37, SSC	9:57-10:02, SSC	10:22-10:27, SSC	10:47-10:52, SSC	11:12-11:17, SSC
9:15-9:18, Studio 4	9:40-9:43, Studio 4	10:05-10:08, Studio 4	10:30-10:33, Studio 4	10:55-10:58, Studio 4
9:20-9:25, Studio 3	9:45-9:50, Studio 3	10:10-10:15, Studio 3	10:35-10:40, Studio 3	11:00-11:05, Studio 3
9:27-9:32, Studio 2	9:52-9:57, Studio 2	10:17-10:22, Studio 2	10:42-10:47, Studio 2	11:07-11:12, Studio 2
9:37-9:42, SSC	10:02-10:07, SSC	10:27-10:32, SSC	10:52-10:57, SSC	11:17-11:22, SSC
9:20-9:23, Studio 4	9:45-9:48, Studio 4	10:10-10:13, Studio 4	10:35-10:38, Studio 4	11:00-11:03, Studio 4
9:25-9:30, Studio 3	9:50-9:55, Studio 3	10:15-10:20, Studio 3	10:40-10:45, Studio 3	11:05-11:10, Studio 3
9:32-9:37, Studio 2	9:57-10:02, Studio 2	10:22-10:27, Studio 2	10:47-10:52, Studio 2	11:12-11:17, Studio 2
9:42-9:47, SSC	10:07-10:12, SSC	10:32-10:37, SSC	10:57-11:02, SSC	11:22-11:27, SSC

# Design your Team Page for the 2008 State Cheerleading Championship

The Hawai'i High School Athletic Association (HHSAA) will be putting together a souvenir program that will be sold at the 2008 HHSAA State Cheerleading Championships. Your participation is not mandatory.

Suggestions and criteria for your team page are as follows:

- ✎ You may include a team photo or other pictures of your cheerleading squad.
- ✎ PLEASE DO NOT INCLUDE FULL NAMES. You may include first name (*ex. Julie*); OR first initial and last name, (*ex. J. Smith*); OR first name and last name initial, (*ex. Julie S.*) BUT NOT ~~Julie Smith~~.
- ✎ Captions, team quotes, etc. are acceptable.
- ✎ Please DO NOT include anything profane, obscene, or inappropriate for this program. HHSAA reserves the right to edit entries to eliminate any inappropriate or distasteful material.
- ✎ Design must submitted in jpeg, tif, or pdf format. Design should be **3.75 inches tall by 6 inches wide**.
- ✎ You may use the attached frame to submit your design.
- ✎ Most of all, be creative and HAVE FUN!

**All designs must be submitted by  
Sunday, November 23, 2008.**

Any forms received after this date **WILL NOT** be accepted! Questions regarding the design, format, etc., please contact Lynette Matsubara at Exact Printing at 953-2330.

**Please email design to:**

[Exactprinting@hawaiiantel.net](mailto:Exactprinting@hawaiiantel.net)

Subject: Cheerleading Program

**3.75 inches tall by 6 inches wide**



