



TO: VHSL State Cheerleading Championships Coaches  
FROM: Joyce Sisson, Assistant Director, VHSL  
DATE: November, 2009  
RE: STATE CHEER COMPETITION INFORMATION

**CONGRATULATIONS** on qualifying for the 14th VHSL State Cheerleading Championships to be held at the Virginia Commonwealth University, Siegel Center on November 14, 2009. VHSL's Championships Director, Roger Cassem, has worked very hard to make this year's competition better than ever.

We have assembled a great deal of important information for your review. Please look it over carefully so that you are familiar with VHSL policies and procedures as well as the format of the state competition. Please make the necessary information available to your cheerleaders and parents.

If you have any questions, please feel free to contact Mr. Cassem at Manchester High School at the following telephone numbers or e-mail address:

School: 804-739-6283  
Fax: 804-739-6340  
Email: Roger\_Cassem@ccpsnet.net

**GOOD LUCK!** We are looking forward to an exciting competition in Richmond on November 14.

Enclosures



## 2009 VHSL A/AA/AAA STATE CHEER COMPETITION

November 14, 2009

Siegel Center, VCU, Richmond, VA

Director -- Roger Cassem, Manchester HS, 804-739-6283 (fax-804-739-6340)

Admission -- \$10.00 per person

### Please review the following information carefully.

**AWARDS:** First, second and third place trophies and medals will be awarded in each classification.

**ATHLETIC TRAINER:** A Certified Athletic Trainer will be present on site. You MUST bring your own tape if any of your squad members need to be taped before performing.

**CAMCORDERS:** May be used by spectators only from their seat. No tripods will be permitted.

**CHECK-IN:** Squads will enter the lower level of the Siegel Center through the tunnel located between the Bowe Street parking deck and Marshall Street near the northwest corner of the building. All squads will be checked in by name as listed on the entry form. **Remember that a maximum of 25 cheerleaders and three coaches will be allowed to enter with their team.** These individuals must be listed on the entry form. Any additional squad members will need to buy a ticket and enter through the general admission area. Additional coaches may enter at the pass gate with the proper pass and identification. Check-in time for Groups A and AA will begin at 10:00 a.m. Group AAA squads will not be permitted to check in until 3:00 p.m.

**COACHES MEETING:** A coaches meeting for Groups A and AA coaches (one coach per school) will be held in the Terry Sisisky Media Room on the lower level at 11:00 a.m. Group AAA coaches (one per school) will convene at 3:45, also in the Terry Sisisky Media Room.

**COACHES' WRISTBANDS:** Wristbands for coaches will be provided at the coaches meeting. Security has been instructed that only cheerleaders in uniform, coaches with wrist bands, and event workers are allowed on the performance level.

**COMPETITION FORMAT:** Each team will compete in the preliminary round. The top FIVE schools in each Group (A, AA, AAA) will advance to the final round.

**COMPETITION ROUTINES:** The routine must be a minimum of two minutes and 30 seconds and a maximum of three minutes. The music portion of the routine shall not exceed 90 seconds. Each coach should have two copies of music media. Coaches are required to report to the MC after checking in.

**COMPETITION SCORING** - Categories and maximum point values used at the VHSL State Competition are shown on the next page. A perfect score is 100 points. The routine score is calculated by dropping the high and low scores and totaling the three remaining scores (5 routine judges are employed at the state competition). The technical judges (3 are employed at the state competition) submit one score sheet with applicable deductions that will be subtracted from the team's routine score. **These score sheets are to be used for all District and Region competitions.**

**COMPETITION PROCEDURES** – When your team's name is called, go DIRECTLY to the mat for performance. NO SQUAD WILL BE ALLOWED TO HUDDLE, TUMBLE, OR PERFORM AN ENTRANCE FOR COMPETITION ONCE THEIR SCHOOL HAS ANNOUNCED TO PERFORM.

**COMPETITION TIE-BREAKER** - The tie-breaking procedure to be used at all District, Region and State Competitions is as follows:

- **To resolve first-round ties --**
  - ♦ Add back the high and low scores. If still tied --
  - ♦ Compare total number of points in the top 5 categories (skill categories) on the score sheet (motions, jumps, tumbling, stunts and dance). Team with the highest point total wins. If teams are still tied --

- ◆ Have the two teams compete again.
- **To resolve ties in the second round --**
  - ◆ Using second round scores, add back the high and low scores. If still tied --
  - ◆ Using second round scores, compare total number of points in the top 5 categories (skill categories) on the score sheet (motions, jumps, tumbling, stunts and dance). Team with the highest point total wins. If teams are still tied --
  - ◆ Compare scores from the first round (highs and lows discarded). If still tied --
  - ◆ Compare scores from the first round with highs and lows included. If still tied --
  - ◆ Compare total number of first-round points in the top 5 categories (see above). If still tied --
  - ◆ Have the two teams compete again.

**CONCESSIONS:** **NO OUTSIDE FOOD OR BEVERAGES WILL BE ALLOWED INTO THE SIEGEL CENTER.** The Siegel Center concessionaire will be in operation the day of the competition. Additional information is included with this memo for schools that would like to pre-order boxed lunches for their cheerleading squads.

**COOLERS:** Coolers are not allowed in the Siegel Center. **NO OUTSIDE FOOD OR BEVERAGES WILL BE ALLOWED INTO THE SIEGEL CENTER.**

**DIRECTIONS TO THE SIEGEL CENTER:** Provided later in this information packet.

**DOORS OPEN TO PUBLIC:** 11:00 a.m.

**ENTRIES:** The top **four teams** from each region (A, AA, AAA) will advance to the State competition.

**ENTRY FORM:** All entry forms must be submitted electronically. Handwritten or printed entry forms will not be accepted! If you have problems completing the electronic form, contact the VHSL office (434-977-8475). **The completed entry form MUST be sent to the** Mike McCall, VHSL Information Specialist, after your regional competition and must be **received no later than November 9, 2009**. Email completed forms to [mmccall@vhsl.org](mailto:mmccall@vhsl.org) and [roger\\_cassem@ccpsnet.net](mailto:roger_cassem@ccpsnet.net).

**FLASH PHOTOGRAPHY:** Flash photography during the competition is not permitted (safety).

**GROOMING AND ACCESSORIES:** Please remind your squad about proper grooming and accessory restrictions such as nail length, hair, jewelry, etc. NFHS and VHSL rules apply. Making sure that your squad is appropriately dressed for competition is the responsibility of each coach, not competition judges. Infractions committed during competition will result in safety deductions. Ribbons containing wire are **NOT** allowed. Huddling on the main floor before taking the mat is not allowed.

**HOSPITALITY ROOM:** A hospitality area for participating coaches and administrators, sponsored by UCA, will be set up in the Founder's Room on the upper level. Students and team followers will NOT be admitted to this area. No one will be permitted on the balcony during the competition.

**HOUSEKEEPING:** Please remind your squad and fans to keep seating areas free of trash and debris.

**JUDGING CRITERIA:** The following categories will be judged up to the maximum points shown in each category. A perfect score is 100 points. The routine score will be calculated by dropping the high and low scores and totaling the three remaining scores. The technical judges will submit one score sheet with applicable deductions that will be subtracted from the team's routine score.

<u>ROUTINE SCORE</u>			<u>TECHNICAL SCORE</u>	
<u>CATEGORIES</u>	<u>KEYS</u>	<u>PTS.</u>	<u>INFRACTIONS</u>	<u>POINTS DEDUCTED PER INFRACTION</u>
<b>Motions</b>	Levels, Sharp Timing	15	<b>Under/Over Performance Limit</b>	10
<b>Jumps</b>	Height, Variety, Technique	15	<b>Exceeding Music Time Limit</b>	5
<b>Tumbling</b>	Difficulty, Variety, Technique	15	<b>Exceeding Boundaries</b>	1
<b>Stunts</b>	Technique, Dismounts, Variety	15	<b>Dangerous Use of Props</b>	1
<b>Dance</b>	Synchronization, Formations, Energy, Rhythm	15	<b>Illegal Stunts</b>	20
<b>Projection</b>	Voice, Expression	5	<b>Illegal Execution of Stunt</b>	10
<b>Choreography</b>	Spacing, Use of floor, Formations, Level Changes	5	<b>Improper Spotting Technique</b>	3
<b>Transitions</b>	Timing, Flow	5	<b>Falls to Ground</b>	5
<b>Degree of Difficulty</b>	Overall execution and incorporation of technical skills	5	<b>Falls Caught by Bases</b>	3
<b>Overall Impression</b>	Entertainment, Variety, Appeal, Creativity	5	<b>Tumbling Falls</b> (Hands, Knees or Buttocks)	5
			<b>Appearance Infraction</b> (Jewelry, Nails, Hair, etc.)	1
			<b>Unsporting Conduct</b>	10

**MR VIDEO PRODUCTIONS ORDER FORM:** Video orders will be taken by division (A-AA and, AAA). Additional information and order form is included with this memo.

**MUSIC CHECK:** After check-in, one coach from each squad should report to the MC for a music check. Please be reminded that you should have a backup CD or tape. Coaches are responsible for cueing their own music.

**ORDER OF COMPETITION:** Order of competition will be posted on the VHSL web site. Groups A and AA will compete together beginning at 12:30 p.m. Group AAA competition will begin at approximately 5:00 p.m.

**OVERNIGHT ACCOMMODATIONS:** Ten rooms are authorized for schools traveling more than 150 miles, one way (see p. 230 of the VHSL Handbook). Maximum reimbursement per room will not exceed \$100.00. A list of available and approved hotels can be found on the VHSL website.

**PARKING:** Spectator parking will be in the West Broad Street Deck diagonally across the street from the Siegel Center and the Bowe Street Deck, located behind the Siegel Center. The fee is \$5.00 per car payable in cash upon entrance. (Admission to competition is \$10.00). School busses and charter busses must find their own parking.

**PRACTICE:** Practice at the Siegel Center prior to the date of the competition is not permitted.

**PROCESSIONAL:** The processional for Groups A and AA will begin at 12:10 p.m. The processional for Group AAA will begin at approximately 4:40 p.m. It is expected that all participating schools will take their place in the processional.

**PROGRAMS:** Souvenir programs will be on sale at the Siegel Center.

**PROGRAM ADVERTISEMENT ORDER FORM:** Squads or individuals wishing to place an ad in the program may do so. Print-ready copy and money for your ad must be submitted to Mike McCall ([mmccall@vhsl.org](mailto:mmccall@vhsl.org)) by November 9, 2009. Checks should be made out to VHSL, Inc.

**SEATING:** AA cheerleaders will sit on the west end of the gym near the tunnel entrance. Group A cheerleaders will sit on the east end of the gym nearest the performance check-in area. AAA cheerleaders will sit in the Visitor's stands marked with the letters "VCU." Spectators are not permitted in these areas. Teams will be called from these areas for the processional. Seating for spectators will be designated on the day of the competition.

**PROTESTS:** VHSL does not recognize protests. If clerical or mathematical errors occur, they must be recognized and corrected prior to the competition's conclusion.

**SCHEDULE:** See attached. A complete schedule of warm-up and performance times will be posted on the VHSL web site. The schedule will be updated once all teams have qualified and submitted entry information to the state director.

**SCORE SHEETS:** Coaches will be allowed to review their score sheets shortly after competing. Copies of score sheets will be made available to all teams prior to departure from the Siegel Center. Score sheets that are not picked up at the competition will be destroyed. Score sheets will NOT be mailed to competing schools.

**SIGNS:** Signs may **NOT** be attached to the walls of the Siegel Center. Hand-held signs, balloons, or noisemakers are **NOT** allowed.

**SOUND SYSTEM:** A quality sound system and DJ will be provided.

**SOUVENIR ITEMS:** Martin Screen Prints is the official merchandiser for all VHSL State competitions. T-shirts, sweatshirts, etc. will be available. Participating teams are encouraged to pre-order using the enclosed form.

**SPORTSMANSHIP:** Good sportsmanship is expected at all times. Positive cheering and crowd involvement are encouraged. Please be respectful of ALL teams.

**SQUAD LIMITS:** Each school's squad of up to 20 members may be any combination of boys and girls; and may be any student who is eligible (whether or not that student is a sideline cheerleader). Five alternates may be listed on the entry form. Additional squad members must have a ticket.

**SUPERVISION:** Teams must be supervised at all times and in all areas.

**TEAM PHOTO:** A team photo must be submitted to Mike McCall ([mmccall@vhsl.org](mailto:mmccall@vhsl.org)) for inclusion in the competition program. Photos and team lists must be received by November 9, 2009.

**TEAM SCORE:** A team's final score will be determined by the team's score from the second (final) round. The teams' first round scores will determine which teams advance to the finals.

**TEAM TRAVEL REIMBURSEMENT:** Each participating school must submit its travel reimbursement forms to the VHSL office by December 1. Schools eligible for reimbursement will be sent their checks in June 2009. Eligibility for reimbursement is based on a formula that can be found in the VHSL Policy Manual, Appendix 12.

**VIDEO CAMERAS:** VHSL has contracted with a professional videographer (Mr. Video) for this event. Spectators must receive permission from the tournament director for any live action taken of athletic events other than snapshots (VHSL Policy Manual 300-16-5). Tri-pods will not be permitted.

**WARM-UP SCHEDULE:** Warm-ups will be in the auxiliary gym. You will have ten minutes on your assigned mat (either A or B). The first five minutes are for stretching and tumbling runs. Please be quiet during this time. The second five minutes will be for working your full routine to music. You may be loud during this time. There will be a "preview judge" in the warm-up area to review your routine and make you aware of any potential safety issues. Please enter and exit promptly. Be cooperative with the warm-up room worker.

## DIRECTIONS

The Siegel Center is located at 1200 West Broad Street, Richmond, VA 23284-3013 on the corner of Broad and Harrison Streets. For directions to the Siegel Center, go to [www.siegelcenter.com/directions.php](http://www.siegelcenter.com/directions.php).

### **I95-South/I64 East (I-95 and I-64 merge)**

1. Take exit #76B for Belvidere Street
2. Turn left off exit ramp onto Leigh Street
3. Go to 1<sup>st</sup> traffic light, turn right onto Belvidere Street
4. At 3<sup>rd</sup> traffic light, turn right onto Broad Street
5. The Siegel Center is on the right after the third traffic light

### **I-95 North/I-64 West**

1. Take exit #76A Chamberlayne and get in the left lane on exit ramp
2. Turn left at the traffic light
3. After crossing the bridge, bear right onto St. Peter's Street
4. At the stop sign, turn right onto Leigh Street
5. Turn left at the first traffic light onto Belvidere Street
6. At the 3<sup>rd</sup> traffic light, turn right onto Broad Street
7. The Siegel Center is on the right after the third traffic light

**ATTENTION!! ATTENTION!! ATTENTION!! ATTENTION!!**

Saturday, November 14, 2009 is also the date for the Suntrust Richmond Marathon. The marathon will begin at 7<sup>th</sup> and Broad Streets at 8:00 a.m. The Siegel Center is located at 12<sup>th</sup> and Broad. While all runners and marathon activity should be well out of the area by the time A and AA squads begin checking in at 10:00, there may be some residual road closures and/or traffic delays. Please review the information below and plan accordingly.

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Information below is from [www.richmondmarathon.com](http://www.richmondmarathon.com). Please check this website for updates.

**TRAFFIC PATTERN CHANGES  
SUNTRUST RICHMOND MARATHON, McDONALD'S HALF MARATHON & HCA  
VIRGINIA 8k  
SATURDAY, NOVEMBER 14, 2009**

- Cary Street will be closed between 3rd and 12th Streets from 4am to 5pm. The recommended detour is southbound 3rd Street to Byrd Street. Byrd Street will bear left and intersect Canal Street. Follow Canal east to 14th Street.
- Broad Street (both eastbound and westbound) between 5th and 11th Streets will be closed to traffic from 4 to 9am. Westbound traffic will be detoured north onto 11th Street and west on Leigh Street to the Boulevard.
- Broad Street (both eastbound and westbound) between 5th Street and N. Boulevard will be closed from 6 to 9am. Eastbound traffic will be detoured north on Sheppard Street, east on Marshall Street, north on the Boulevard, east on Leigh Street, south on 10th Street, east on Marshall Street, south on 12th Street back to Broad Street.
- Broad Street (both eastbound and westbound) between 5th Street and N. Boulevard will be closed from 6 to 9am. Eastbound traffic will be detoured north on Sheppard Street, east on Marshall Street, north on the Boulevard, east on Leigh Street, south on 10th Street, east on Marshall Street, south on 12th Street back to Broad Street.
- Grace Street from Allen Ave. to 3rd Street will be closed from 6am to 3pm.
- 3rd Street from Broad Street to Cary Street will be closed from 6am to 3pm.
- Mulberry Street between Broad St. and Monument Ave. will be closed from 6 to 9am for the HCA Virginia 8K.
- Grace Street will be closed between Boulevard and Allen Ave. from 6 to 9am for the HCA Virginia 8K.
- Lombardy Street between Brook Rd. and Monument Ave will be closed from 7am to 3pm.
- North Boulevard northbound from Broad St. to Hermitage Rd. will be closed from 7 to 10am for the McDonald's Half Marathon.
- Hermitage Road northbound from Boulevard to Pope Ave will be closed from 7 to 10am for the McDonalds Half Marathon.
- Brookland Parkway eastbound from Hermitage Rd. to Lamont St. will be closed from 7 to 10am for the McDonald's Half Marathon.

- Bellvue Avenue from Hermitage Rd to Bryan Park entrance will be closed from 7AM to 10AM for the McDonald's Half Marathon.
- Monument Avenue westbound between Mulberry and Westmoreland will be closed from 7:30 to 9:30am.
- Grove Avenue westbound between Commonwealth and Maple will be closed from 7:30 to 10:00am.
- Maple Avenue from Grove to Cary Street will be closed from 7:30am to 10:00am
- Riverside Dr. will be closed from the Huguenot Bridge to Scottview Drive from 6am to Noon.
- Forest Hill Ave. westbound from Roanoke St. to W. 47th St. will be closed from 8 to 11:30am.
- Belvidere Street northbound at Grace Street will be closed from 7am to 3pm. The recommended detour will be east on Byrd Street to the Downtown Expressway eastbound to I-95 northbound.
- Belvidere Street southbound between Broad and Grace Streets will be closed from 7am to 3pm. The recommended detour for southbound Belvidere Street will be onto I-95 southbound just north of Leigh Street.
- The Huguenot Bridge will be closed to northbound traffic from 8am to approximately 11am. Northbound traffic on Huguenot Road will be detoured north from Huguenot Road onto Chippenham Parkway to the Willey Bridge.
- The southbound exit ramp from the Powhite Parkway to Forest Hill Avenue and the northbound entrance ramp from westbound Forest Hill Avenue onto the Powhite Parkway will be closed to traffic from 8am until approximately 11am.
- There will also be numerous and frequent lane closures along the Marathon, Half Marathon & 8k routes, including closures on: Broad Street, North Boulevard, Monument Avenue, Grove Avenue, Maple Avenue, Cary Street Road, River Road, Scottview Drive, Forest Hill Avenue, Semmes Avenue, the Lee Bridge, Belvidere Street, West Main Street, Hermitage Road, Fauquier Avenue, Brook Road. Motorists are advised to use extreme caution when entering these roadways or making turns across the runners' paths along these roadways.

*Updated 10/22/09*

# ***VIRGINIA HIGH SCHOOL LEAGUE CHEERLEADING CHAMPIONSHIPS***

November 14 2009

Alltel Pavilion at the Stuart C. Siegel Center  
Virginia Commonwealth University  
Richmond, Virginia

ADVERTISE IN THE SOUVENIR PROGRAM.

Create an advertisement for your school or company. Send in ad copy and photos on a disk or CD along with your check made payable to Manchester High School no later than **Tuesday, November 10, 2009** to:

**VHSL, Inc.  
Attn: Mike McCall  
1642 State Farm Blvd.  
Charlottesville, VA 22911**

## Advertisement Prices

\$200 Inside Front Cover (full page only)  
\$250 Outside Back Cover (full page only)  
\$200 Inside Back Cover (full page only)  
\$150 Full Page  
\$ 75 ½ Page  
\$ 50 ¼ Page

All photographs in advertisements must be black and white glossy prints.

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Detach and return with advertisement

Name (individual or school) \_\_\_\_\_

Address \_\_\_\_\_

Phone No. \_\_\_\_\_

Ad Size \_\_\_\_\_ Amount Enclosed \_\_\_\_\_

## 2009 VHSL CHEERLEADING CHAMPIONSHIPS

Please complete the pre-order form below for the 2009 VHSL Cheerleading Championship t-shirt. **Please indicate the number by size as well as short- or long-sleeve.** Email your order to [martinsp@martinscreenprint.com](mailto:martinsp@martinscreenprint.com) or fax to 757-853-2800. Your t-shirts will be available for pickup at the Siegel Center on November 14. All orders must be faxed and received by 9:00 a.m. on Thursday, Nov. 12. Orders must be team orders, not individual orders. Checks can be made to MSP and must include state tax. You will receive a confirmation email along with tax information when your order is received.

**WHITE SHORT-SLEEVE--\$17.00**

**WHITE LONG-SLEEVE--\$20.00**

**SCHOOL:** \_\_\_\_\_

**COACH:** \_\_\_\_\_

**PHONE #:** \_\_\_\_\_

**EMAIL:** \_\_\_\_\_

### PRE-ORDER FORM

*Indicate number of S, M, L, XL, XXL, or XXXL shirts ordered. All shirts are white.*

DESCRIPTION	SIZES						COST
<b>2009 VHSL CHEER CHAMPIONSHIPS T-SHIRT</b>	<b>S</b>	<b>M</b>	<b>L</b>	<b>XL</b>	<b>XXL</b>	<b>XXXL</b>	
Long Sleeve (\$20/shirt)							
Short Sleeve (\$17/shirt)							

**SEND ORDER FORM TO MARTIN SCREEN PRINTING & EMBROIDERY BY THURSDAY, NOVEMBER 12, 2009 (see above). PAY BY CHECK ON SATURDAY, OR INCLUDE CREDIT CARD NUMBER ON ORDER FORM.**

**MARTIN SCREEN PRINTING**  
**Fax: 757-853-2800**  
**Ph: 757-855-5416**

[www.martinscreenprinting.com](http://www.martinscreenprinting.com)

# **NO OUTSIDE FOOD OR DRINK WILL BE PERMITTED IN THE SIEGEL CENTER!**

Competitors may purchase food at one of the concessions stands located throughout the Siegel Center. Gatorade coolers (for competitors) will be located near the competition and/or warm-up areas. Boxed lunches for your squad may be pre-ordered from the Siegel Center. Call SHELLY QUICK, Food Services Manager, at 804-827-1000, to place your order. You may also email Shelly at [quickcc@vcu.edu](mailto:quickcc@vcu.edu). Orders must be received no later than Thursday, November 12.

## VHSL CHEER COMPETITION

### Routine Score Sheet

<b>ROUND #1</b> <input type="checkbox"/>
<b>ROUND #2</b> <input type="checkbox"/>

**SCHOOL:** \_\_\_\_\_ **JUDGE:** \_\_\_\_\_  
Name & Number

<u>CATEGORY</u>	<u>MAX PTS.</u>	<u>SCORE</u>	<u>COMMENTS</u>
<b><u>MOTIONS</u></b> Levels, Sharp Timing	15		
<b><u>JUMPS</u></b> Height, Variety, Technique	15		
<b><u>TUMBLING</u></b> Difficulty, Variety, Technique	15		
<b><u>STUNTS</u></b> Technique, Dismounts, Variety	15		
<b><u>DANCE</u></b> Synchronization, Energy, Formations, Rhythm	15		
<b><u>PROJECTION</u></b> Voice, Expression, Crowd Appeal	5		
<b><u>CHOREOGRAPHY</u></b> Spacing, Level changes, Formations, Use of floor	5		
<b><u>TRANSITIONS</u></b> Timing, Flow	5		
<b><u>DEGREE OF DIFFICULTY</u></b> Overall execution & incorporation of technical skills	5		
<b><u>OVERALL IMPRESSION</u></b> Entertainment, Variety, Creativity	5		
<b>TOTAL POINTS</b>	<b>100</b>		

**Additional Comments:**

## VHSL CHEER COMPETITION Technical Score Sheet

<b>ROUND #1</b> <input type="checkbox"/>
<b>ROUND #2</b> <input type="checkbox"/>

SCHOOL: \_\_\_\_\_

INFRACTIONS	POINTS DEDUCTED PER INFRACTION	TOTAL DEDUCTION	COMMENTS
<b><u>Under/Over Performance Limit</u></b>	10		
<b><u>Exceeding Music Time Limit</u></b>	5		
<b><u>Exceeding Boundaries</u></b>	1		
<b><u>Dangerous Use of Props</u></b>	1		
<b><u>Illegal Stunts</u></b>	20		
<b><u>Illegal Execution of Stunt</u></b>	10		
<b><u>Improper Spotting Technique</u></b>	3		
<b><u>Falls to Ground</u></b>	5		
<b><u>Falls Caught by Bases</u></b>	3		
<b><u>Tumbling Falls</u></b> (Hands, Knees or Buttocks)	5		
<b><u>Safety Related Appearance Infraction</u></b> (Jewelry, Nails, Hair, etc)	1		
<b><u>Unsporting Behavior</u></b> (Squad behavior while on the mat)	10		
<b>TOTAL OF DEDUCTIONS</b>			

JUDGES: \_\_\_\_\_

## VHSL Judging Scale for Cheerleading Fundamentals

### Notes to Judges

- The ranges described below are scoring ranges that have been established to provide consistent and representative scoring results. This rubric is to be used in all VHSL competitions.
- The bottom five categories of the routine score sheet (projection, choreography, transitions, degree of difficulty, overall impression) are considered to be subjective and scoring ranges have not been established
- All cheerleading fundamental categories require an 80% to full squad participation to be considered for highest point range.

### MOTIONS (Maximum 15 points possible)

- 1–5 points** Basic-Intermediate motions with little variation or level changes performed at a slow pace with a low level of technique.
- 6–10 points** Intermediate-Advanced motions with average variety performed with good technique. Minimum of 50% of squad performing motions at one time.
- 11–15 points** Advanced-Elite motions with high variety and level changes performed at high level of execution. Minimum of 80% of squad performing motions at one time.

### JUMPS (Maximum 15 points possible)

- 1–5 points** Basic-Intermediate jumps (i.e., tuck, spread eagle, herkie, double hook) performed by majority of the squad at a low level of execution; and/or very few Intermediate-Advanced jumps executed.
- 6-10 points** Intermediate-Advanced jumps (i.e., toe touch, side hurdler, front hurdler, pike) performed by a minimum of 50% of squad at an average level of execution; and/or very few Advanced-Elite jumps executed.
- 11-15 points** Advanced-Elite jumps (i.e., jumps listed above along with combination jumps) performed by a minimum of 80% of the squad. High variety (minimum of three advanced jumps) performed at a high level of execution.

### TUMBLING (Maximum 15 points possible)

- 1–5 points** Basic-Intermediate tumbling skills (i.e., handstands, forward rolls, cartwheels, round-offs) performed by the majority (80% or more) of the squad.
- 6-10 points** Intermediate-Advanced tumbling skills (i.e., back handsprings, round-off back handsprings/tucks or standing back tucks) performed by some (less than 80%) of the squad; and/or basic tumbling skills performed by the full squad.
- 11-15 points** Advanced-Elite tumbling skills (i.e., standing back tucks, standing back handspring, back tuck, or round-off back handspring back tuck) performed by at least 80% of the squad and a variety of strong specialty passes (layouts, whips, fulls) performed at a high level of execution.

**STUNTS (Maximum of 15 points possible)**

- 1-5 points** Basic-Intermediate partner stunts/pyramid skills (i.e., thighstands, non-extended stunts, chairs (coed)) performed by the majority (80% or more) of the squad and/or very few Intermediate-Advanced stunts performed. Stunts/pyramid skills (cradles, body position, stability, synchronization) performed at a low level of execution.
- 6-10 points** Intermediate-Advanced partner stunts/pyramid skills (i.e., double leg extended stunts, full downs, basic basket tosses, low level pyramids) performed by the majority (80% or more) of the squad and/or very few Advanced/Elite stunts executed. Stunts/pyramid skills (cradles, body position, stability, synchronization) performed at an average level of execution.
- 11-15 points** Advanced-elite partner stunts/pyramid skills (i.e., single leg extended stunts, liberty variations, full downs, double full downs, specialty basket tosses, high level transitional stunts/pyramids) performed by the majority (80% or more) of the squad. Stunts/pyramid skills (cradles, body position, stability, synchronization) performed at a high level of execution.

**DANCE (maximum 15 points possible)**

- 1-5 points** Basic- Intermediate level of dance motions executed at a slow pace with low to average level of technique, lack of movement during transitions, minimal variety of moves, motions and level changes.
- 6-10 points** Intermediate-Advanced level of dance motions performed by the majority (80% or more) of the squad executed at an average pace with average to good level of technique, moderate amount of foot and body movement during transitions, moderate variety of moves, motions and level changes.
- 11-15 points** Advanced-Elite level of dance motions performed by the majority (80% or more) to full squad executed at a fast pace with a high level of technique, difficult foot and body movement during transitions, high variety of moves, motions and level changes.

# VCU Siegel Center Boxed Lunch Order Form

**Combo #1** Qty: \_\_\_\_\_ **\$6.00** Amount \$ \_\_\_\_\_  
Grilled chicken breast sandwich with lettuce and tomato, served with chips, fruit cup, and a cookie

**Combo #2** Qty: \_\_\_\_\_ **\$6.00** Amount \$ \_\_\_\_\_  
Fried chicken Breast sandwich with lettuce and tomato, served with chips, fruit cup, and a cookie

**Combo #3** Qty: \_\_\_\_\_ **\$6.00** Amount \$ \_\_\_\_\_  
Ham and cheese on a Kaiser roll with lettuce and tomato, served with chips, fruit cup, and a cookie

**Combo #4** Qty: \_\_\_\_\_ **\$6.00** Amount \$ \_\_\_\_\_  
Turkey and cheese on a Kaiser roll with lettuce and tomato, served with chips, fruit cup, and a cookie

**Combo #5** Qty: \_\_\_\_\_ **\$12.00** Amount \$ \_\_\_\_\_  
Cheese Pizza – cut in 8 large slices

**Combo #6** \_\_\_\_\_ **\$12.00** Amount \$ \_\_\_\_\_  
Pepperoni Pizza – cut in 8 large slices

**Drinks** **\$3.00**  
Pepsi Qty: \_\_\_\_\_ Amount: \$ \_\_\_\_\_  
Diet Pepsi Qty: \_\_\_\_\_ Amount: \$ \_\_\_\_\_  
Sierra Mist Qty: \_\_\_\_\_ Amount: \$ \_\_\_\_\_  
Water Qty: \_\_\_\_\_ Amount: \$ \_\_\_\_\_

Contact Name: \_\_\_\_\_

School: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Pick up Time: \_\_\_\_\_

Credit Card Number: \_\_\_\_\_

Credit Card Exp. Date: \_\_\_\_\_

Authorized Signature: \_\_\_\_\_

Please fax this form to (804) 827-1001  
To confirm your order has been received, or if you have any questions, please contact  
Shelly Quick, Food Services Manager, at (804) 827-1000 or Quickcc@vcu.edu



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## 2009 VHSL Cheer Championships

### Competition Schedule – Group A & AA

Team	Dir.	Warm-up Check-in	Warm-up Floor A	Warm-up Floor B	Check-in Downstairs	Performance Time
<b>Begin lining up squads for processional – 11:55 to 12:10</b>						
Northside	B	11:35	11:40 – 11:50		11:55	12:30
Essex High	A	11:40		11:45 – 11:55	12:00	12:35
Abingdon	B	11:45	11:50 – 12:00		12:05	12:40
<b>Processional &amp; Opening Ceremony – 12:10 to 12:25</b>						
-	A	12:25		12:30 – 12:40	12:45	12:50
Louisa County	B	12:30	12:35 – 12:45		12:50	12:55
Clarke County	A	12:35		12:40 – 12:50	12:55	1:00
Chancellor	B	12:40	12:45 – 12:55		1:00	1:05
Arcadia	A	12:45		12:50 – 1:00	1:05	1:10
Spotswood	B	12:50	12:55 – 1:05		1:10	1:15
J. River - Buchanan	A	12:55		1:00 – 1:10	1:15	1:20
Tazewell	B	1:00	1:05 – 1:15		1:20	1:25
Strasburg	A	1:05		1:10 – 1:20	1:25	1:30
Sherando	B	1:10	1:15 – 1:25		1:30	1:35
Windsor	A	1:15		1:20 – 1:30	1:35	1:40
Powhatan	B	1:20	1:25 – 1:35		1:40	1:45
Glenvar	A	1:25		1:30 – 1:40	1:45	1:50
Brookville	B	1:30	1:35 – 1:45		1:50	1:55
Central-Woodstock	A	1:35		1:40 – 1:50	1:55	2:00
Pulaski County	B	1:40	1:45 – 1:55		2:00	2:05
King William	A	1:45		1:50 – 2:00	2:05	2:10
Brentsville	B	1:50	1:55 – 2:05		2:10	2:15
Auburn	A	1:55		2:00 – 2:10	2:15	2:20
Poquoson	B	2:00	2:05 – 2:15		2:20	2:25
Appomattox County	A	2:05		2:10 – 2:20	2:25	2:30
William Byrd	B	2:10	2:15 – 2:25		2:30	2:35
Virginia	A	2:15		2:20 – 2:30	2:35	2:40
Hidden Valley	B	2:20	2:25 – 2:35		2:40	2:45
<b>Announce Group A Finalists @ 2:50</b>						
Briar Woods	B	2:25		2:30 – 2:40	2:45	2:53
Tabb	B	2:30	2:35 – 2:45		2:50	2:58
<b>Begin Group A Finals @ 3:15</b>						
A	A	2:55		3:00 – 3:05	3:10	3:15
A	A	3:00	3:05 – 3:10		3:15	3:20
A	A	3:05		3:10 – 3:15	3:20	3:25
A	A	3:10	3:15 – 3:20		3:25	3:30
A	A	3:15		3:20 – 3:25	3:30	3:35
<b>Introduce Group AA Finalists @ 3:10 / Presentation of Group A Awards – 3:45 – 4:00</b>						
AA	B	3:40	3:45 – 3:50		3:55	4:00
AA	B	3:45		3:50 – 3:55	4:00	4:05
AA	B	3:50	3:55 – 4:00		4:05	4:10
AA	B	3:55		4:00 – 4:05	4:10	4:15
AA	B	4:00	4:05 – 4:10		4:15	4:20
<b>Presentation of Group AA Awards 4:30 – 4:45</b>						

Please note – schedule may vary. Teams must be prepared to go earlier or later than the above-scheduled times.



## 2009 VHSL Cheer Championships Competition Schedule – Group AAA

Team	Dir.	Warm-up Check-in	Warm-up Floor A	Warm-up Floor B	Check-in Downstairs	Performance Time
<b>AAA Squads are seated in their section by area – 4:30</b>						
Kempsville/N.River	A	4:10		4:15 – 4:25	4:30	4:55
Kempsville/N.River	A	4:15	4:20 – 4:30		4:35	5:00
Herndon	A	4:20		4:25 – 4:35	4:40	5:06
Manchester	A	4:25	4:30 – 4:40		4:45	5:12
<b>AAA Squads are called to the floor for Introductions – 4:40</b>						
Colonial Forge	A	4:55		5:00 – 5:10	5:15	5:20
Hickory	A	5:00	5:05 – 5:15		5:20	5:26
Chantilly	A	5:05		5:10– 5:20	5:25	5:32
J. R. Tucker	A	5:10	5:15– 5:25		5:30	5:38
Battlefield	A	5:15		5:20 – 5:30	5:35	5:44
Ocean Lakes	A	5:25	5:30 – 5:40		5:45	5:50
Fairfax	A	5:30		5:35 – 5:45	5:50	5:56
Deep Run	A	5:35	5:40 – 5:50		5:55	6:02
Forest Park	A	5:40		5:45 – 5:55	6:00	6:08
Grassfield	A	5:45	5:50 – 6:00		6:05	6:14
Stone Bridge	A	5:55		6:00 – 6:10	6:15	6:20
James River	A	6:00	6:05 – 6:15		6:20	6:26
North Stafford	A	6:05		6:10 – 6:20	6:25	6:32
<b>Announce Group AAA Finalists @ 6:45</b>						
AAA	A			7:00- 7:05	7:10	7:15
AAA	A		7:05 – 7:10		7:15	7:20
AAA	A			7:10 - 7:15	7:20	7:25
AAA	A		7:15 - 7:20		7:25	7:30
AAA	A			7:20 - 7:25	7:30	7:35
<b>Presentation of Group AAA Awards – 7:50 – 8:00</b>						

Please note – schedule may vary. Teams must be prepared to go earlier or later than the above-scheduled times.

## AWARDS PRESENTATIONS

Following the performance by the final team in each group, all five finalists will be called down to the floor to gather as squads on the performing surface. All five places will be announced beginning with 5<sup>th</sup> place.

Trophies and individual medals will be awarded the top 3 squads. When announced, each squad should come forward to receive their medals. Each participants name will be read. Cheerleaders should form a straight line parallel to and facing the awards table. After individuals have received their medals, the HEAD COACH will come forward to receive the appropriate trophy.

There are 25 medals per team for each of the top three teams in each Group (A, AA, AAA). Additional medals may be ordered by contacting Faustina Lee ([flee@vhsl.org](mailto:flee@vhsl.org)) at the VHSL office.

**COACHES** – Please remind your teams that QUALIFYING for the VHSL Championships is a huge accomplishment, one that all teams in the competition should be proud of. Finishing in the top five, or top three, or as the number one squad is just, as they say, “icing on the cake!” It is the expectation of the 300+ member schools of the Virginia High School League that all teams in the competition behave in a way that shows respect for all other participants and attendees, regardless of where you finish.