## Cheer & Dance www.cheeranddanceextreme.com 1-888-48-CHEER

Routine Time Limit Partner/Solo Cheer - 1:30 All Star/School - 2:30 Recreation/Dance - 3:00

Safety Violation - Minor
Illegal prop, hair, jewelry,
fingernails, out of bounds,
additional safety violation

Safety Violation - Major
Illegal Tumbling, Stunt, Toss,
Spotters

General Guidelines
Inappropriate Division,
Sportsmanship, Illegal Flip
Flop, Use of stunt or
gymnastics in "non" division

CHEER DEDUCTIONS

**Tumbling Bobbles** Hands Down, Shaky

Tumbling Falls
Missed Tumbles, Complete fall
out of Tumble, Weight Bearing
Tumble Fall

Stunting Minor Bobbles
Shaky Stunts, Incomplete
Cradles

Stunting Falls
Falls from Partner Stunt or part
of pyramid, Missed Cradle to
Floor
Major Stunting Falls
Complete Fall To Floor Pyramid

Dat	e /	_ / Event
Tea	m	
Divi	sion	
5	-1 point	
0	-3 points	Routine Time: Initials: Routines may be choreographed to all music.
+	-5 points	
+ of	-5 points	Notes:
	Total	
		WARNING
f of	-15 each Total	Notes:
	Total	
of	-25 each	WARNING Notes:
	Total	
		WARNING
of	-1 each	Notes:
	Total	
of	-2 each	WARNING Notes:
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of	-1 each	Notes:
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of	-2 each Total	Notes:
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Щ	Total	
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of	-2 each	Notes:
10 <sup>1</sup>	Total	
		WARNING
		TEGUNUON: COOPE
		TECHNICAL SCORE

and Group Stunt			MARNING		
			WARNING		
ANCE DEDUCTIONS		47			
Technical Misses/Falls	# of	-2 each	Notes:		
Falls from leaps, jumps, turns,		Total			
kicks, missed trick, dropped					
pom or missed prop			WARNING		
			=		_
TOTAL DEDUCTIONS				TECHNICAL SCORE	
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UDGES NOTES:	Judged				
DDGES NOTES.				TOTAL DEDUCTIONS -	
	Ву:				
				FINAL SCORE	
				TINAL SCORE	
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