



cheerleading manual

3rd Edition

Catholic Arts & Academic Competition




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“In this world ye shall have tribulations, but be of good cheer;

I have overcome the world”

John 16:33

Cheer4Christ Cheerleading plus discipleship! Create an atmosphere where the squad members will love each other and support each other to live their lives for Christ.

The Department of Catholic Schools encourages and supports sportsmanship, integrity and fairness among participants and coaches in all facets of cheerleading including, but not limited to, squad practice and performance. We strive to uphold the highest Christian standards and promote this to the best of our abilities, and believe that through their witness, coaches are instrumental in promoting and instilling this among their respective squad members.

CAAC CHEER DIVISIONS

DIVISION	GRADE	CATEGORY	SKILL LEVEL
RED ZONE	GRADES K – 5 th	TIME OUT CHEER/DANCE	STANDARD
RED ZONE	GRADES 6 th – 8 th	TIME OUT CHEER/DANCE	STANDARD
BLUE ZONE	GRADES K – 5 th	TIME OUT CHEER/DANCE	STANDARD
BLUE ZONE	GRADES 6 th – 8 th	TIME OUT CHEER/DANCE	STANDARD
RED & BLUE	GRADES K – 5 th	PERFORMANCE ROUTINE	NOVICE / INTERMEDIATE
RED & BLUE	GRADES 6 th – 8 th	PERFORMANCE ROUTINE	NOVICE / INTERMEDIATE
HIGH SCHOOL	GRADES 9 TH – 12 TH	SHOW-OFF	ADVANCED

*See skill restrictions for each

70% of squad members must be with students in the assigned grade range.

CHEER CATEGORIES TIME LIMITS

TIME OUT CHEER	TIME OUT DANCE	PERFORMANCE ROUTINE
1:15 MAX	1:15 MAX	2:30 MAX

TOURNAMENT AWARDS

1ST – 3RD place awards will be given out in each division for each category unless there is not a sufficient number of entries.

CATEGORY	DIVISION	GRADE	SKILL LEVEL	AWARDS		
TIME OUT CHEER	RED ZONE	K – 5 TH	STANDARD	1 ST	2 ND	3 RD
TIME OUT CHEER	RED ZONE	6 TH – 8 TH	STANDARD	1 ST	2 ND	3 RD
TIME OUT CHEER	BLUE ZONE	K – 5 TH	STANDARD	1 ST	2 ND	3 RD
TIME OUT CHEER	BLUE ZONE	6 TH – 8 TH	STANDARD	1 ST	2 ND	3 RD
TIME OUT DANCE	RED ZONE	K – 5 TH	STANDARD	1 ST	2 ND	3 RD
TIME OUT DANCE	RED ZONE	6 TH – 8 TH	STANDARD	1 ST	2 ND	3 RD
TIME OUT DANCE	BLUE ZONE	K – 5 TH	STANDARD	1 ST	2 ND	3 RD
TIME OUT DANCE	BLUE ZONE	6 TH – 8 TH	STANDARD	1 ST	2 ND	3 RD
PERFORMANCE ROUTINE	RED/BLUE COMBINED	K – 5 TH	NOVICE	1 ST	2 ND	3 RD

PERFORMANCE ROUTINE	RED/BLUE COMBINED	K – 5 TH	INTERMEDIATE	1 ST	2 ND	3 RD
PERFORMANCE ROUTINE	RED/BLUE COMBINED	6 TH – 8 TH	NOVICE	1 ST	2 ND	3 RD
PERFORMANCE ROUTINE	RED/BLUE COMBINED	6 TH – 8 TH	INTERMEDIATE	1 ST	2 ND	3 RD

TENATIVE CONTEST SCHEDULE

Registration / Warm-up		8:00 a.m.
Blue Zone	Time Out Cheer/Dance	9:00 a.m.
Awards	Time Out Cheer/Dance	10:30 a.m.
Red & Blue Zone COMBINED	Performance Routine	11:00 a.m.
Awards	Performance Routine	12:30 p.m.
Red Zone	Time Out Cheer/Dance	1:00 p.m.
Awards	Time Out Cheer/Dance	2:00 p.m.
High School Showcase		VARIOUS TIMES

***Schedule is subject to change based on number of schools participating.**

GAME TIME ROUTINES

TIME OUT CHEER RULES AND RESTRICTIONS	<p><i>Showcase your best sideline crowd-leading material The use of signs, poms, flags and/or megaphones is encouraged</i></p> <ul style="list-style-type: none"> • 1 minute 15 seconds time limit • Time will begin and end with Buzzer sound, similar to Time Out at a game • Emphasis on crowd involvement • At least 2 components required from the following: cheers, chants, traditional yells and/or drum cadences • No music permitted, drum cadence can be used (CD or Live Drummer) • No baskets, sponge, elevator or similar type tosses permitted • No inversions and/or twisting into or out of stunts • No single leg extended stunts • No running tumbling or flips allowed • Maximum difficulty in tumbling is limited to standing back handspring
TIME OUT DANCE RULES AND RESTRICTIONS	<p><i>Perform your favorite Time-Out dance</i></p> <ul style="list-style-type: none"> • 1 minute 15 seconds time limit • Traditional sideline uniforms required • Any dance style that is appropriate for a time-out situation within a sideline cheering setting is acceptable (i.e. jazz, pom, hip hop, etc.) • Emphasis on crowd entertainment • Poms are the only props permitted. • No stunts or tumbling permitted

STANDARD RULES FOR GAME TIME ROUTINES

- All cheerleading skills including tumbling, partner stunts, pyramids and jumps for the Game Time Divisions must follow the AACCA Safety Guidelines. All skills should be carefully reviewed and supervised by a qualified adult coach. *See specific skill restrictions for each category.
- MASCOTS are limited to the same props as cheerleaders (poms, signs, flags, megaphones and/or banners) and are NOT allowed to stunt in any Game Time Division.
- Teams may not set up props in advance of any category. All introductions (entrances, chants, spell-outs, etc.) are considered part of the routine and are timed as part of the performance. Each team will perform a routine not to exceed 1 minute and 15 seconds.
- There should not be any organized exits or other activities after the official ending of the routine.

COMPETITION AREA

- Participants may stand or enter outside the competition area.
- All permitted skills (stunts, pyramids, tumbling etc.) must be performed on the competition mat.
- Objects cannot be thrown outside the competition floor.
- Poms, signs, flags, megaphones and/or banners may be placed or dropped outside the competition area by a team member.

TIME OUT CHEER

Judging will be based on the following criteria on a 1-10 scale (10=Superior):

1. Crowd communication, including: crowd effective material, spacing and formations, voice and pace, crowd leading skills and use of poms, signs, flags, megaphones and/or banners.
2. Placement, synchronization and strength of motions.
3. Overall impression and crowd appeal.
4. Emphasis on crowd involvement and practicality. All material should be suitable for a game or pep rally.

SPECIFIC SKILL RESTRICTIONS

No baskets, sponge, elevator, or similar type tosses permitted.

No inversions and/or twisting into or out of stunts regardless of contact with bases.

No single leg extended stunts.

No running tumbling or flips allowed.

Maximum difficulty in tumbling is limited to a single back handspring.

TIME OUT DANCE

Judging will be based on the following criteria on a 1-10 scale (10=Superior):

1. Creativity and musicality, variety and the execution of transitions and formations.
2. Placement, synchronization and strength of motions/movement.
3. Visual effect and spacing.
4. Overall impression and crowd appeal.
5. Emphasis will be on audience appropriateness and appeal. This is a performance-based Category. Crowd leading components will not be judged.

SPECIFIC SKILL RESTRICTIONS

Tumbling and/or stunting of any kind is prohibited, including during entrances and exits.

Dance skills (i.e. turns, leaps, kicks, etc.) are permitted.

NOVICE AND INTERMEDIATE RULES FOR PERFORMANCE ROUTINE

Judging will be based on the following criteria on a 1-10 scale (10=Superior):

1. Each team will perform a *choreographed routine* not to exceed **2 minutes and 30 seconds** (150 seconds).
2. **Up to 1 minute and 30 seconds (90 seconds) of the routine may be performed to music.** No voice-overs or words may be recorded to make the team's vocal projection sound louder.
3. Organized, formal entrances that involve organized cheers or run-ons with jumps, tumbling or stunts are **not** permitted.
4. Timing will begin with the first organized word, movement or note of music by the team after they are officially announced and have taken the floor. Cheerleaders must have at least one foot on the performing surface when the routine starts.
5. Timing will end with the last organized word, movement or note of music by the team. Teams must exit the performance area immediately following the routine.
6. Teams should utilize all areas of their squad's technical strength in jumps, tumbling, partner stunts, pyramids, motion technique, projection and expression, choreography, showmanship and dance.
7. Team names will be called twice: once as the team on deck and once as the next team to perform.
8. **The routine time limit is 2:30.** Routines that exceed this time limit run a risk of being assessed a deduction. Judges will use a stop watch or similar device to measure the official time. Acknowledging the potential variance caused by human reaction speed and sound system time variations, judges will not issue a deduction until their stopwatch/clock shows a time that exceeds 2:33.

SKILL LEVEL RESTRICTIONS

NOVICE SKILLS RESTRICTIONS

Novice teams will follow AACCA Safety Guidelines with these additional skill restrictions.

- **STANDING TUMBLING:** Standing tumbling is limited to a standing single back handspring, back walkover, back handspring, or T-jump back handspring. Standing back handspring series and jump/back handspring combinations are not allowed. Standing tucks are not allowed.
- **RUNNING TUMBLING:** Running tumbling is limited to front and back handspring series. Flips and aerials are not allowed (no tucks).
- **STUNTS:** Single leg stunts may not be held or pass through an extended position. No extended liberties. Twisting transitions are limited to a ½ twist by the top person (full ups are not allowed). **Exception: Log Rolls/Barrell rolls are allowed. All release moves must land in a cradle. Inversions in stunts are not allowed. All inversions must maintain contact with the performance surface. Exception: Transitions from ground level inversions to non-inverted positions are allowed. Example: Legal: Going from a handstand on the ground to a non-inverted stunt such as a shoulder sit. Example: Illegal: Going from a cradle to a handstand or from a prone position to a forward roll.**
- **PYRAMIDS:** Extended one leg stunts must be braced by at least one person at prep level or below. Connection must be made prior to executing single leg extended stunt and must be made at prep level or below. Any time a top person is released by the bases and braced by other top persons, they may not perform any skill during transition and must land in a cradle. **Inversion in pyramids are not allowed with the exceptions of the inversions allowed under Novice Stunts. Exception: Release moves in pyramids are not allowed with the exception of the release moves allowed under Novice Stunts.**
- **DISMOUNTS:** Only straight pop downs, basic straight cradles and ¼ turns are allowed.
- **TOSSES:** The only body position allowed is a straight ride.

 **INTERMEDIATE SKILLS RESTRICTIONS**

Intermediate teams will follow AACCA Safety Guidelines with these additional skill restrictions.

- **STANDING TUMBLING:** Standing back handspring series, jump/back handspring combinations. No standing back tucks or back handspring back tucks.
- **RUNNING TUMBLING:** Flips may be performed in a back handspring or tuck position. Flips may only be performed from a round-off or round-off back handspring entry. No tumbling is allowed after the flip. No twisting during the flip. Cartwheel back tucks are not allowed.
- **STUNTS:** Twisting transitions to and from an extended position may not exceed ½ twisting transition. Release moves must start below prep level and must be caught at prep level or below. Release moves may not pass above extended arm level.
- **PYRAMIDS:** During a pyramid transition, top person may pass above 2 persons high while in direct, arm-to-arm contact with two other top persons at prep level or below. Braced flips are not allowed.
- **DISMOUNTS:** Only straight pop downs, basic straight rides, and ¼ turns are allowed from any single leg stunt. Up to 1¼ twists are allowed from any two leg stunt.
- **TOSSES:** Up to 1 trick allowed during a toss. Tosses may not exceed 1 twisting rotation.



CAAC CHEER SCORING PROCESS

The scoring process for CAAC Cheer Competition will be on a 10 point scale. Scores for each category will range from 1-10, including tenths of points (example: 5.5, 9.2, etc.). These scores will be added. All point deductions and/or penalties will be deducted from the subtotal to get the FINAL SCORE.

DEDUCTION SYSTEM

BUILDING BOBBLE - .25

Examples:

- Stunts and Pyramids that almost drop/fall, but are saved
- Blatant incomplete twisting cradles (landing on stomach, etc.)
- Knee or hand of base touching ground during cradle or dismount BUILDING FALL - .50 Examples:
- Cradling, dismounting, or bringing down a stunt or pyramid early (not timing issues)
- Base falling to the floor during a cradle or dismount

ATHLETE FALL - .25

Examples:

- Hands down in tumbling or jumps
- Knees down in tumbling or jumps
- Blatant incomplete tumbling twist(s)
- Multiple body parts touch the floor in tumbling or jumps
- Drops to the floor during individual skills (tumbling, jumps, etc.)

MAJOR BUILDING FALL - .75

Examples: Falls from individual stunt, pyramid or tosses to the ground (top person lands on ground or multiple bases land on ground)

MAXIMUM - 1.0

When multiple deductions should be assessed during an individual stunt or toss (by a single group), or during a pyramid collapse, then the sum of those deductions will not be greater than 1.0.

TIME LIMIT VIOLATIONS

Teams that exceed the time limit will be subject to the following deduction:

1 - 5 seconds over time will result in a .5 deduction

6 or more seconds over time will result in a 1.0 deduction

SAFETY VIOLATIONS

Building skills performed out of level will be issued a 1.0 deduction. Tumbling skills performed out of level and violation of any other General Safety Guidelines will be issued a .50 deduction.

UNSPORTSMANLIKE CONDUCT DEDUCTION

When a coach is in discussion with an official, other coaches, athletes and parents/spectators they must maintain proper professional conduct. Failing to do so may result in a 2.0 deduction, removal of coach, or disqualification.

BOUNDARY VIOLATIONS

The performance surface is defined as the 42' x 54' competition floor. The competition boundary is defined as the performance surface and any immediate adjacent safety border. A .25 deduction will be assessed per occurrence for an athlete that makes contact with both feet outside the competition boundary. Stepping on, or just past the white tape is not a boundary violation.

INAPPROPRIATE CHOREOGRAPHY / MUSIC / OUTFITTING

All facets of a performance or routine, including choreography, music selection and outfitting (cheerleading), **MUST be suitable for family viewing, listening, and in line with Catholic values.** Uniforms for all team types should be appropriate for the age of the participants performing the routine. Outfitting for cheerleading performances should follow traditional dress standards. In general, school performances, including but not limited to the actual routine, signs, cheers, chants and hand signals/gestures, should adhere to outfitting, performance and music guidelines and criteria in place and approved by the administration or institution to which the school team belongs.

A squad will be disqualified for vulgar or suggestive choreography, which includes, but is not limited to, movements such as hip thrusting and inappropriate touching, gestures, hand/arm movements and signals, slapping, positioning of body parts and positioning to one another. A squad will be disqualified for using music containing words unsuitable for family listening, which includes, but is not limited to, swearwords and connotations of any type of sexual act or behavior, drugs, mention of specific parts of the body torso, and/or violent acts or behavior. Removing improper language or words from a song and replacing with sound effects or other words constitutes inappropriate, and squad will be penalized.

➔ **When standing at attention, apparel must cover the midriff.**

INTERRUPTION OF PERFORMANCE

INJURY

The Safety Judge, Head Judge, coach, athlete or competition official reserves the right to stop a routine due to an obvious injury. In the event that an injury causes the team's routine to be interrupted during a Competition, the team will have 30 minutes to regroup before performing their routine again from the beginning. Judging will resume from the point at which the injury/interruption occurred as determined by the Judges. The routine must be performed full-out from the beginning of the routine. All point deductions accumulated to that point will carry over. If a team prefers not to re-work the routine, then at the coach's discretion, they may take the score they have received up to that point. If a skill has not been performed a "0" will be given in the category.

UNIFORM DISTRACTIONS

The Safety Judge or Head Judge reserves the right to stop a routine, assess a deduction, and/or disqualify a team for a uniform distraction (e.g. garment not being securely fastened/attached, straps break, pants split, etc.). Each performer is required to take the necessary steps to avoid inappropriate exposure prior to the performance.

MUSIC

In the event a technical error causes a team's music to be interrupted, the coach will have the opportunity to stop the performance. Once issue is resolved, the team will perform immediately. ***It is recommended that coaches have a backup CD with them at the music table.*** Judging and timing will resume from the point at which the malfunction occurred as determined by the Judges.

PERFORMANCE AREA

Department of Catholic Schools shall comply with the AACCA surface ruling that school-based programs may not compete on a spring floor. Every effort to have a Competition Area measuring 42' deep by 54' wide carpet-bonded foam floor will be made.

TEAM MEMBERS

A **mascot** counts as a member of the team if and only if he/she performs gymnastics, stunts, or serves as a spotter for a stunt or pyramid. Mascots must be appropriately attired so their mobility, vision, etc. are not impaired.

MUSIC INFORMATION

Music should be on CD or digital music player (iPod, iPhone, MP3). If utilizing CD, Duplicate CDs must be available at the music table in case of lost or broken CDs. Coaches are strongly advised to create routines (mix music) that finish a few seconds under the time limit to ensure that the team does not go over time. Judges' decisions on timing of total routine and music portion of routines are final. If utilizing digital music player, Be sure to follow these steps below prior to your performance:

- Set up a playlist for each routine
- Turn OFF any equalizer, sound check and/or volume limit
- Turn your volume up to 100%
- If using a phone, make sure it is in airplane mode to avoid incoming calls during performance

JUDGING PANELS

HEAD JUDGE: The Head Judge is responsible for overseeing the entire Judging Panel that consists of Panel Judges, Safety Judge, and Point Deduction Judge. The Head Judge will also fill out his/her own score sheet for each performance.

PANEL JUDGES: Panel Judges are responsible for scoring each team's performance based on the NCA Score Sheet. Each Panel Judge fills out his/her own score sheet for each performance. Panel Judges score technical ability and the overall routine, but they do not determine or score deductions or safety violations.

SAFETY JUDGE: The Safety Judge is responsible for administering all safety violations, time violations, and boundary violations.

POINT DEDUCTION JUDGE (PERFORMANCE DIVISION ONLY): The Point Deduction Judge is responsible for assessing deductions in each routine for obvious bobbles or falls from technical skills.

➔ **ALL JUDGES' DECISIONS ARE FINAL.**



REGISTRATION

The number of students available to register per event will depend on the structure of the contest and whether the entries are individual or group. The **STANDARD FEE** per **CATEGORY** is **\$5.00**. Group contests may have multiple categories. *(Please see contest event descriptions for more details.)*

Student registrations must be received by the **Director of Enrichment Programs** **15 business days prior** to the tournament. **LATE ENTRIES WILL NOT BE ACCEPTED**. All registrations will be done through an online program called Constant Contact. You will receive an invitation to the contest thirty (30) business days prior to the contest via email and the message will include a link to the registration site. *Please note that only one (1) email address can be submitted per entry. Multiple entries will require a different email address. Each participating school agrees to secure and maintain on file a liability release and media form, and a release for medical treatment and waiver of legal responsibility signed by a parent or legal guardian when applicable.

Upon arrival, Cheerleading Sponsor must check-in at the registration table. Authorized registration personnel will confirm squad member total and verify that each participant has a signed "medical treatment/liability release" form on file. These forms will remain in the possession of the CAAC registration staff thereafter. **STUDENTS WILL NOT BE ALLOWED TO PARTICIPATE WITHOUT THIS FORM AND NO REFUND WILL BE GIVEN. NO EXCEPTIONS.** A schedule of competition order will be sent to each squad prior to contest. Registration will remain open until all schools arrive and verify entries.

- Student Participation Form (includes media release)
- Medical Treatment & Liability Release

ZONES: Red and Blue Zones are determined by school enrollment numbers. Final classification will be announced after September 1st.

CODE OF CONDUCT

To ensure the most positive experience for all attendees, Department of Catholic Schools asks that the following Code of Conduct be adhered to during all CAAC Cheer Tournaments:

- Any questions or concerns that affect a team's performance or experience must be communicated by the coach to the CAAC Contest Information Table. The appropriate CAAC Official will then be called to discuss the situation with the coach.
- Participants, coaches or spectators are prohibited from making contact with the Judges during the competition.
- **Judges' rulings are final.**
- Any unruly, aggressive or belligerent behavior by participants, coaches or spectators toward any other attendee or CAAC Contest Staff will result in a deduction, potential team disqualification, removal from the event and/or barred participation from future CAAC Cheer tournaments.
- All squad members must remain under the supervision of the Cheer Sponsor and/or campus representative at all times.
- Practice of routine must only be done in the designated practice gym for safety purposes.

SPECTATOR RULES & INFORMATION

- Spectator admission is free. Seating is VERY limited. A schedule will be sent to school cheer sponsors and CAAC Campus Coordinators prior to the competition date so that schools and parents can plan accordingly.
- Concessions will be offered by the host school. Restrooms are available in the gym area.
- We ask for all spectators to uphold the highest Christian standards in competitive fellowship.

AWARD PRESENTATION

Each squad will sit together on the gym floor before awards begin. If a school is named to receive an award, the squad captain and co-captain (or other representative) can approach trophy table to accept it.

"SHOW OFF" PRESENTATION

Cheerleading squads in the White High School Zone division are invited participate in a "show off" performance. Squads may perform a routine with or without music. Please provide on a printed sheet an introduction for your squad that includes school name, sponsors, captains/officers, and the type of performance. You may also mention awards or recognitions the squad may have garnered. You may bring trophies to display during your performance time. Safety and care of such items will be the full responsibility of the visiting squad.

2017-2018 CAAC CHEERLEADING CONTEST MANUAL



CHEER-4-CHRIST
SCORE SHEET
PERFORMANCE-BUILDING SKILLS



CHEER-4-CHRIST
SCORE SHEET
PERFORMANCE-OVERALL ROUTINE



SCHOOL: _____ ZONE: COMBINED
GRADE: K-5 6-8
COACH: _____ LEVEL: NOVICE INTERMEDIATE

SCHOOL: _____ ZONE: COMBINED
GRADE: K-5 6-8
COACH: _____ LEVEL: NOVICE INTERMEDIATE

	DIFFICULTY	TECHNIQUE 1 - 1.0	MAXIMUM VALUE	TOTAL SCORE
STUNTS			10	
PYRAMIDS / TOSSES			10	
TIMING <i>Synchronization and Uniformity</i>			10	

CRITIQUE

JUDGE 1

	DIFFICULTY	MAXIMUM VALUE	TOTAL SCORE
VOICE AND PACE		10	
PERFORMANCE <i>Pace of cheer is practical and easy to understand, Genuine Showmanship, Energy Level</i>		10	
SCHOOL REPRESENTATION <i>Image, Sportsmanship, Performance Integrity</i>		10	
OVERALL IMPRESSION		10	

CRITIQUE

JUDGE 2



CHEER-4-CHRIST
SCORE SHEET
PERFORMANCE -TUMBLING SKILLS



SCHOOL: _____ ZONE: COMBINED
GRADE: K-5 6-8
COACH: _____ LEVEL: NOVICE INTERMEDIATE

	DIFFICULTY	TECHNIQUE 1 - 1.0	MAXIMUM VALUE	TOTAL SCORE
TUMBLING			10	
JUMPS			10	
TRANSITIONS <i>Spacing, Seamless Movement and Patterns, Execution of Formations</i>			10	

CRITIQUE

JUDGE 3



CHEER-4-CHRIST
SCORE SHEET
TIME OUT CHEER



SCHOOL: _____ ZONE: RED BLUE
COACH: _____ GRADE: K-5 6-8

	MAXIMUM VALUE	TOTAL SCORE
SPACING AND FORMATIONS <i>Spacing, formations, positioned to cover crowd</i>	10	
PLACEMENT <i>Proper control, correct placement of movements</i>	10	
STRENGTH OF MOTIONS <i>Sharpness</i>	10	

CRITIQUE

JUDGE 1



CHEER-4-CHRIST
SCORE SHEET
TIME OUT CHEER



SCHOOL: _____ ZONE: RED BLUE
COACH: _____ GRADE: K-5 6-8

	MAXIMUM VALUE	TOTAL SCORE
VOICE AND PACE <i>Loud and natural voices, good inflection, moderate controlled pace</i>	10	
CROWD LEADING SKILLS <i>Skills add to the squad's ability to lead the crowd</i>	10	
USE OF PROPS <i>Signs, Poms, Flags, Megaphones used to encourage crowd response</i>	10	
SYNCHRONIZATION <i>Motions synchronized with words or cadence</i>	10	

CRITIQUE

JUDGE 2



CHEER-4-CHRIST
SCORE SHEET
TIME OUT CHEER



SCHOOL: _____ ZONE: RED BLUE
COACH: _____ GRADE: K-5 6-8

	MAXIMUM VALUE	TOTAL SCORE
CROWD EFFECTIVE MATERIAL <i>Easy to follow, encourages crowd participation</i>	10	
OVERALL IMPRESSION <i>Audience appropriateness, execution</i>	10	
CROWD APPEAL <i>Facial expression, eye contact, energy</i>	10	

CRITIQUE

JUDGE 3



CHEER-4-CHRIST CHEERLEADING
SCORE SHEET
TIME OUT DANCE



CHEER-4-CHRIST CHEERLEADING
SCORE SHEET
TIME OUT DANCE



SCHOOL: _____ ZONE: RED BLUE

COACH: _____ GRADE: K-5 6-8

	MAXIMUM VALUE	TOTAL SCORE
CREATIVITY AND MUSICALITY <i>Use of movement to complement the music</i>	10	
TRANSITIONS AND FORMATIONS <i>Creative and quick ways to move formations, inventive and various formations</i>	10	
SPACING <i>The ability to position correctly</i>	10	

CRITIQUE

JUDGE 1

SCHOOL: _____ ZONE: RED BLUE

COACH: _____ GRADE: K-5 6-8

	MAXIMUM VALUE	TOTAL SCORE
PLACEMENT <i>Proper control, correct placement of movements</i>	10	
SYNCHRONIZATION <i>Motions synchronized with words or cadence</i>	10	
STRENGTH OF MOTIONS <i>Sharpness</i>	10	

CRITIQUE

JUDGE 2



CHEER-4-CHRIST CHEERLEADING
SCORE SHEET
TIME OUT DANCE



SCHOOL: _____ ZONE: RED BLUE

COACH: _____ GRADE: K-5 6-8

	MAXIMUM VALUE	TOTAL SCORE
VISUAL EFFECTS <i>Level changes, ripples, footwork, creative movements within groups and levels</i>	10	
OVERALL IMPRESSION <i>Audience appropriateness, execution</i>	10	
CROWD APPEAL <i>Facial expression, eye contact, energy</i>	10	

CRITIQUE

JUDGE 3



Catholic Arts and Academic Competition STUDENT PARTICIPATION FORM



Submit this form to your CAAC Campus Coordinator

Student: _____ Grade: _____

School: _____

Parent/Guardian: *(print)* _____

Phone Number: _____ Email: _____

PARTICIPATION FORMS DUE _____

Submit this form to your CAAC Campus Coordinator: _____

My child _____ has permission to participate in the

2017-2018 Catholic Arts and Academic Competition for the following contest(s):

- Cheer 4 Christ Cheerleading**
- STREAM Challenge**
- Sing@theCross**

I acknowledge and hold the Archdiocese of San Antonio and the Department of Catholic Schools, its staff and volunteers, harmless from any claim or legal action originated by, or on behalf of, students, parents, or other representatives, for emergency care and treatment, or liability while traveling or participating in any CAAC sanctioned activity.

Parent signature: _____ Date: _____

I give consent for my child to be photographed, videotaped, and/or interviewed for possible use in newspapers, television, radio broadcasts, and/or websites in connection with the Archdiocese of San Antonio Department of Catholic Schools. *(Check one)* YES NO

Parent signature: _____ Date: _____

Return this form to your CAAC Campus Coordinator

Catholic Arts and Academic Competition

CHEER 4 CHRIST CHEERLEADING CONTEST

STUDENT MEDICAL FORM

Submit this form to School Cheer Sponsor

School: _____

Student's Name: _____ Grade: _____

Parent/Guardian: _____

Contact Phone Number: _____

Contact Email: _____

Alternate Contact Information: _____

ATTENTION CHEER SPONSORS: THIS FORM IS TO BE TURNED IN AT THE EVENT AT REGISTRATION. **STUDENTS WILL NOT BE ALLOWED TO PARTICIPATE WITHOUT THIS FORM AND NO REFUND WILL BE GIVEN. NO EXCEPTIONS.**

**This form should be duplicated and completed for EACH PARTICIPANT, COACH AND CHAPERONE.*

****THIS FORM MUST BE IN THE PRESENCE OF THE PROPER ARCHDIOCESE OF SAN ANTONIO DEPARTMENT OF CATHOLIC SCHOOLS AUTHORITY AT ALL TIMES DURING THE EVENT. ****

MEDICAL TREATMENT / LIABILITY RELEASE

I, the undersigned parent/guardian of the participant listed above, do hereby grant permission for my child, _____, hereinafter referred to as "participant", to participate in the Archdiocese of San Antonio Department of Catholic Schools Catholic Arts and Academic Competition (CAAC) Cheer Tournament.

I understand that by attending and participating in this tournament, there is the risk of physical injury or illness to participant. I hereby waive, release and forever discharge any and all rights and claims for damages, which may arise now or in the future against the Archdiocese of San Antonio, the Department of Catholic Schools, the tournament site, and/or employees, independent contractors or volunteers working on behalf of the Archdiocese or the tournament site for any injury or illness which participant may sustain while participating in this tournament.

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Furthermore, I authorize for participant to receive the necessary medical treatment in the event of injury or illness. I hereby hold the Archdiocese of San Antonio, the Department of Catholic Schools, the tournament site and its representatives (including, but not limited to, cheer sponsors, CAAC campus coordinators, employees, and volunteers) now and in the future harmless in the exercise of this authority.

Signature of Parent/Legal Guardian: _____ Date: _____

I HEREBY GRANT PERMISSION FOR THE ABOVE NAMED PARTICIPANT, MY CHILD, TO BE TREATED IN CASE OF EMERGENCY, ACCIDENT OR ILLNESS.

Name of Student/Participant: _____

Participant Date of Birth: _____

Name of Emergency Contact: _____

Relationship to Participant: _____

Daytime Phone #: _____ Evening: _____

THE FOLLOWING IS THE PARTICIPANT'S INSURANCE/MEDICAL INFORMATION.


Insurance Company Name: _____ Policy/Group #: _____

Doctor's Name: _____ Phone: _____

Known Allergies: _____

If this form is given to the participant or chaperone/cheer sponsor of participant for use in obtaining medical treatment, it must be returned after use to the proper Archdiocese of San Antonio Department of Catholic Schools authority in charge.

✝ Cheer Prayer

God our creator, we ask your blessing on the contest we are about to compete in. Give each one of us the courage to perform in the manner which, by our words and our actions, is pleasing to you. Let us enter into this competition in the spirit of respect for other participants. Help us all to be aware of your presence as we compete in the spirit of Christian sportsmanship. Amen. 

"I will give thanks to the Lord with all my heart
in the company and assembly of the just."

Psalm 111