

## FINAL 2023 MYFCC Competition Rules & Requirements

These guidelines are to be used to promote uniformity, predictability, and competitive equity in the regulations of MYFCC cheer competition, "Super Cheer."

### A) **GENERAL**

- a) Good sportsmanship must be displayed by all participants, parents, fans, coaches, judges and administration at all times.
- b) The MYFCC Executive Board is responsible for determining the cost to each organization for Super Cheer.
- c) Rosters for Super Cheer must be turned in at the September MYFCC League meeting.
- d) An organization wishing to opt out of any round at Super Cheer must notify the MYFCC Director and the hosting team's director by October 15th.
- e) Order of performance will be based on random drawings at the September MYFCC League meeting.
- f) Skill/score sheets for Round 1 and Round 2 are due the Monday before the scheduled competition and should be emailed to the assigned judges. One email address will be provided for each organizations' skill sheets to be submitted to the judges. Submission is up to each organization. Bring 3 copies of all skill/score sheets to coaches meeting on day of the competition. (Skill/score sheets will not be changed unless there is an emergency situation or a judge's correction.)
- g) Admission costs for the general public the day of the event will be \$5.00 per person. Ages five and under are free.
- h) Each organization will be responsible for providing a number of volunteers (designated by the host organization) that will work on a rotation throughout the competition if needed. Two Board of Directors from each organization should be present.
- i) Teams will warm up in performance order and will have 5 minutes, per squad, per organization for formation spotting prior to the start of competition. Hosting organization has right to adjust this time based on the number of competing squads. Any change must be communicated at walk-through. If a team is not present during their

scheduled warm-up time, they will lose mat time prior to the competition. Music could be tested at this time.

- j) Each organization should have (2) back-up copies of music, if being used for Round 2.
- k) No movement or interruptions of any kind during a performance will be tolerated.
  - 1) Cheerleaders will remain in the bleachers until the end of the competition.
  - 2) Coaches, team moms, directors will be required to sit with their squads during the competition.
  - 3) Non-Participants must remain in the spectator sections of the bleachers.
  - 4) Coaches will be with their teams during practice, on-deck, and holding positions.
  - 5) Maximum of four (4) coaches will be allowed on the floor in the "coaches box" during their squads performance.
- l) Any child with a physical handicap (as defined by Michigan Law) can participate with their squad and not be judged, by wearing a non-participant ribbon. Please indicate on judges skill/score sheet which child and squad and deliver to Director of Cheer from MYFCC on the day of competition. This information will be kept confidential. This does not include injuries. If an individual normally participates on the squad and has been injured, but physician cleared, she has the option of excluding herself from Super Cheer. MYFCC Cheer Director should be made aware of any changes to an organizations Super Cheer roster. No hard cast are allowed on participants in competition.
- m) Judges and score keepers will be secured by the hosting organization and approved by the MYFCC board. Minimum of 3 panel judges, 1 safety judge and 2 score keepers, not to exceed 7 judges in total.
- n) All judges including the safety judge shall receive compensation consistent with the state regulations regarding MHSAA sanctioned events.
- o) A 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> place medal will be awarded to each participant on a 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> place finishing team for both rounds.

- p) The total amount of points for each round at each team level will be added together for overall winners for each team level (Jr. Freshmen, Freshmen, JV, Varsity). Trophies for each level will be provided.
- q) Sportsmanship/Spirit Award—This is to be awarded to the team that exhibits the best Sportsmanship and Spirit during the season and at Super Cheer. It is to be regarded as the highest award given to help emphasize our mission of creating an environment that fosters these qualities of an athlete. The Cheer Director from each organization will have one vote and shall not vote for their organization. Directors will vote during lunch break on the competition day. Award will be announced at the end of the Super Cheer competition. A trophy will be awarded and rotated annually.
- r) All participants will receive a medal at Super Cheer. If a 1st, 2nd, 3rd, placement medal is not awarded each participant will receive a “Judges Choice” medal.

## **B. APPEARANCE**

- a) No nail polish, earrings, bobby pins, snap clips or jewelry. Light make-up can be worn by Varsity only.
- b) No glitter in hair, on face, uniform or body is allowed. Glitter on bows is acceptable.
- c) Teams will wear a cheer uniform for each round of competition.
- d) Routines must be appropriate for family viewing. Any vulgar or suggestive movements, words or music will result in a deduction.
- e) All hair pieces shall be safe and secure.

## **C. FACILITIES AND PERSONNEL**

- a) All routines will be performed on a matted surface. The performance area shall be padded with a mat of uniform thickness which shall cover a recommended minimum area of 42' x 42'. The matted area can be a wrestling mat or a cheer mat. The surface should be of one piece. If this is not possible, each padded section shall be fastened together securely to create a smooth uniform surface.
- b) Prior to and during competition, teams shall be provided an area free of obstacles and with enough ceiling clearance in order to warm-up stunting.

- c) Each organization will be provided an area appropriate in size to accommodate their teams and free from general public viewing for changing, resting and meeting prior to during the event.
- d) Coaches will be provided with a raised area behind the judges (“judges box”) and in front of the spectators indicating the center of the mat for their teams as they perform.
- e) The center of the mat will be indicated for participants.
- f) A standard entrance and exit on the mat for all teams will allow consistency and equity in judging each team, as well as, eliminate confusion and wasting time at the competition.

The announcer will request the team to “approach” the mat. This means to position behind the mat without delay.

The announcer will request the team to “take” the mat. This means to get on the mat and take starting position. NO kicks, jumps, tumbling or gymnastics are allowed onto the mat.

The announcer will say “You may begin”. The team can begin their performance. Until then, you are to remain still and in position.

- g) Upon completion of your routine, the team may exit off the side of the mat only; any exit off the front of the mat will result in a penalty.
- h) Spiriting on and off the mat is allowed but NO kicks, jumps, tumbling or gymnastics is allowed.
- i) Once finished, cheerleaders must return to the bleachers and cheer on the rest of the teams.
- j) There will be trained medical personnel available before, during and after all rounds of the competition.
- k) The Cheer Directors of each organization will be the only person to receive all score sheets at the end of the competition after awards have been given. Coaches will not get score sheets directly from MYFCC.
- l) All scores are final.
- m) Only the Cheer Director be allowed to refute penalties imposed by the “safety” judge at or after the competition, once brought to their attention by an organization Cheer Director.

- n) Awards ceremony will occur after all competition is completed and results are tallied.

#### **D. HOSTING CITY RESPONSIBILITIES**

- a) Hosting Team will conduct a coaches' walk-thru at the competition location prior to competition day to provide coaches with information about the facility, warm-up information and any other relevant information for the competition.
- b) Hosting venues must meet fire code regulations for appropriate numbers estimated regarding participants and spectators.
- c) Host city will provide parking, entrance accessibility and seating for physically challenged and elderly individuals as needed.
- d) Every coach, director, team parent, or anyone assisting cheerleaders during competition must have a name tag.
- e) Hosting city will provide video and DJ services. Participating cities may video tape their city only. Announcer will follow the procedure for team to enter and exit competition floor as laid out.
- f) Host city will provide the services of a photographer at each participants own expense.
- g) Host cities have the discretion to offer flower sales on the day of the competition.
- h) Host city will provide food concessions for spectators. Spectators are not allowed to bring in any outside concessions into the competition building. Participants lunch will be provided by own organization.
- i) T-Shirts and Sweatshirts will be available for pre-order. Host city will be responsible for the design and also the delivery of apparel prior to the start of the competition. Additional sales the day of competition, is at the hosts discretion.

#### **E. JUDGES, SCORERS, TIME KEEPERS:**

- a) MHSAA judges shall officiate from tables placed in front of the competition mat along with a chair for each judge.

- b) Safety judges shall be provided by the host of the event. An appropriate score sheet/penalty sheet and routine description shall be provided for each judge, for each team in every round.
- c) A score table shall be provided with enough chairs available for the scoring personnel contracted to review and tally score sheets submitted by each cheer judge and safety judge.
- d) The score table shall be placed so that it is conveniently available for coaches at all times yet is out of the way of spectators and competitor traffic and in the same room/gym where the competition is being held.
- e) Coaches are allowed to check at the score table to determine violations penalized but are not allowed to remove score sheets from the score table area. A coach may approach the score table area to review score sheets any time after the routine scores are verified, but no later than 10 minutes after all scores are recorded for the previous round. Discrepancies will be taken to the MYFCC Director, who will approach the judges for clarification.

f) **Scorer Responsibilities**

- Score table personnel usually consists of 3 people.
- The first person receives the score sheets from the runner and verifies the score sheets; for score boxes that have been missed, and score sheets with no identification and then calculates the math scores.
- The second person enters the scores in the excel spread sheets.
- The third person verifies the data entry of the 2nd person and checks the math.
- The score sheets are then placed in a folder or envelope for each team. At no time shall score sheets leave the competition area during the competition.

g) **Timer Responsibilities**

- An official timer will be required to time each routine performed.
- The timer can be seated at the end of the cheer judges table.

- It is recommended there are 3 times (one can be the safety judge), and the mean time will be the determinant of the official time.
  - The timer will begin timing each routine with the first word, motion, or chord of music of the routine. At that moment judging begins.
  - The time will end when the last cheerleader leaves the mat.
- h) Copies of the score sheets, penalty sheets and other turned in paper-work will be returned to each Cheer Director at the end of the competition.

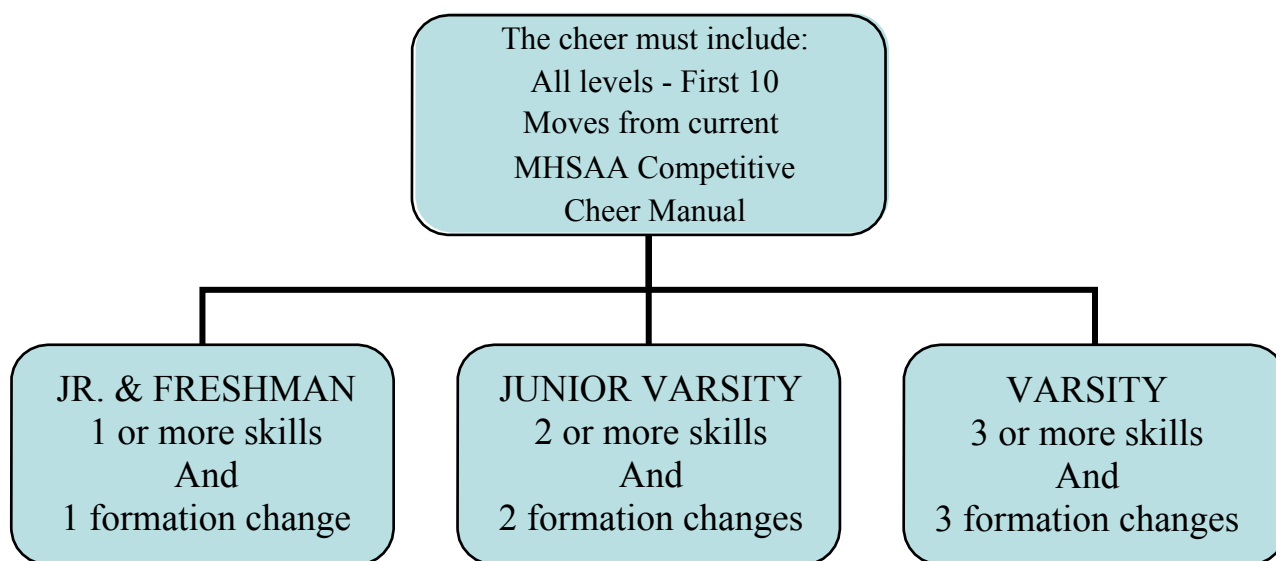
## Round 1: Cheer Only

Minimum Time: 0:45 (forty-five seconds)

Maximum Time: 1:30 (one minute, thirty seconds)

### COMPETITION GUIDELINES

The cheer categories will be the same for all three levels. The highest score for Jr. Freshmen & Freshman is 6, JV is 8 and Varsity is 10.



### PLEASE NOTE ONLY THE FOLLOWING SKILLS ARE ALLOWED FOR SKILLS SECTION

**LEVEL I:** Spirit Tuck, Spread Eagle\*, Fan Kick, T-Kick (side kick)

\* Spread Eagle jump may be executed with arms in a V-motion or clap overhead.

**LEVEL II:** Splits\* Double Hook, Front Hurdler Jump, Pike

\*Splits must use at least one hand to break the impact of the split, refer to page 24-27 for proper execution of splits

**LEVEL III:** Double nine, Herkie Jump, Toe Touch Jump, Switch Splits\*, Heel Stretch, Side Hurdler, Universal \* Switch splits must use at least one hand to break the impact of the split, refer to page 26 for proper execution of splits **Please note the following:**

- **10-count motion drill must be performed in staggered lines facing the judges.**
- First skill in routine is the judged skill and qualifying skills must be performed in unison
- Cannot perform the same skill more than once during the skill portion
- Splits must be performed parallel to the judges
- Each skill must be completed before moving to the next skill
- Coaches must list each skill in order of performance along with the difficulty points on Round 1 description form.
- Round 1 description form must be turned in with other score/skill sheets.
- Teams may not spirit on and off the floor using gymnastics skills and/or jumps
- The timing of the squad's performance starts with the first movement or sound after the starting judge has announced
- "you may begin" and ends when the last cheerleader leaves the mat
- Skills can be performed individually after skill portion has been completed.



**Upon your teams completion of their routine, cheerleaders must return to the stands to watch competition.**

## MYFCC Super Cheer Safety Judges Penalty Sheet Round 1

Organization: \_\_\_\_\_ Team: Jr. Fresh      Fresh      JV      Varsity

Judge #: \_\_\_\_\_ Time: \_\_\_\_\_

1st Skill: _____	3rd Skill: _____
2nd Skill: _____	4th Skill: _____

Time infraction – Number of seconds over or under the limit _____	
1. Under :45.....	5 pts _____
2. 1 to 5 seconds over time limit.....	5 pts _____
3. 6 seconds or more over time limit.....	10 pts _____

4. Mat violation/exit off mat.....	_____ x 2 pts _____
5. Hair devices that fall off, eye glasses, shoes, etc.....	_____ x 2 pts _____
6. Illegal team entrance.....	2 pts _____
7. Coaching area violation.....	2 pts _____

8. Illegal uniform, hair or hair devices, uncovered braces/support, gum, jewelry, safety pin, glitter, face painting, unsafe fingernail	_____ x 4 pts _____
9. Required skills not performed in order submitted .....	4 pts _____
10. Scoresheet submitted without skills.....	4 pts _____

11. Team member unsafe contact.....	_____ x 8 pts _____
12. One team member performs a different skill	_____ x 8 pts _____
_____ 1 <sup>st</sup> skill      _____ 2 <sup>nd</sup> skill      _____ 3 <sup>rd</sup> skill	
13. Required number of formations not performed.....	8 pts _____
14. Collapsed skill.....	_____ x 8 pts _____
15. Unsportsmanlike conduct.....	8 pts _____
16. Precision Drill performed differently than described.....	8 pts _____
17. Required skill not in unison.....	8 pts _____

18. Skills not attempted by all team members.....	_____ x 12 pts _____
_____ 1 <sup>st</sup> skill      _____ 2 <sup>nd</sup> skill      _____ 3 <sup>rd</sup> skill	
19. Illegal skills performed.....	x 12 pts _____
20. Music/props used.....	x 12 pts _____



**MYFCC Super Cheer  
Round One (Cheer & Skills)**

**Judge #:** \_\_\_\_\_

**Organization Name:** \_\_\_\_\_ **Team:** Jr. Fresh   Fresh   JV   Varsity

The following categories will be judged on the following point scale using a .5 of a point system.

<b>Jr. Freshmen</b> are scored from <b>1-6 points</b>	<b>Freshmen</b> are scored from <b>1-6 points</b>	<b>Jr. Varsity</b> are scored from <b>1-8 points</b>	<b>Varsity</b> are scored from <b>1-10 points</b>
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**Required Skills (Jr. Freshmen - 1 skill, Freshmen - 1 skill, JV - 2 skills, Varsity - 3 skills)**

**Level One = 2 Points**

Spirit Tuck   Fan Kick  
Spread Eagle  
T-Kick (Side Kick)

**Level Two = 3 Points**

Splits on one side   Pike  
Double Hook  
Front Hurdler

**Level Three = 4 Points**

Double Nine   Switch Splits  
Herkie   Heel Stretch  
Toe Touch   Universal

**Skill 1:**

\_\_\_\_\_

SCORE		DIFFICULTY			
		LEVEL			
□	+	□	=	□	

**Skill 2:**

\_\_\_\_\_

SCORE		DIFFICULTY			
		LEVEL			
□	+	□	=	□	

**Skill 3:**

\_\_\_\_\_

SCORE		DIFFICULTY			
		LEVEL			
□	+	□	=	□	

**Floor Mobility**

Visual patterns, ease of transitions, accuracy of formations, spacing

*Jr. Freshmen - 2 Formations (1 formation change)*

*Freshmen - 2 Formations (1 formation change)*

*Jr. Varsity - 3 Formations (2 formation changes)*

*Varsity - 4 Formations (3 formation changes)*

**Formation 1:**

**Formation 2:**

**Formation 3:**

**Formation 4:**

**Voice**

Inflection, diction, clarity of words, squad volume

**Precision Drill**

Timing of 10 Count motions with entire team, team coordination and precision

**Creativity**

Complexity of material

**Overall Impression**

The overall "wow" factor of the performance

**Deductions from Penalty Sheet** - Transfer total deduction points from penalty sheet

**Comments:** \_\_\_\_\_

**GRAND  
TOTAL**

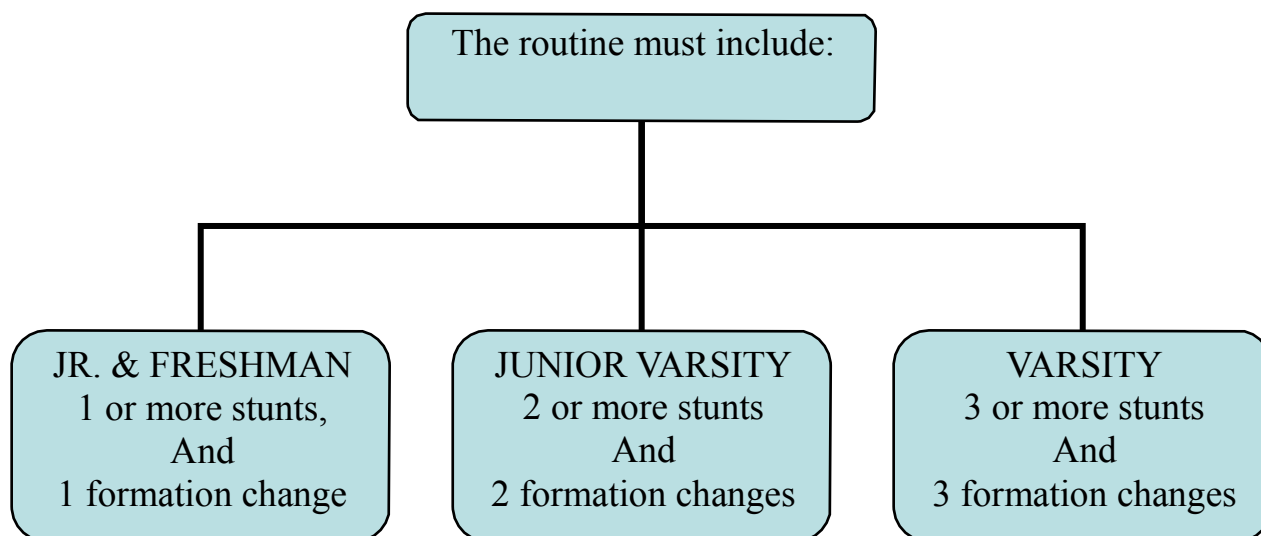
## Round 2: Stunting & Tumbling

Minimum Time: 1:30 (one minute, thirty seconds)

Maximum Time: 2:30 (two minutes, thirty seconds)

### COMPETITION GUIDELINES

The cheer categories will be the same for all three levels.



- Each team is responsible for calculating their degree of difficulty score for all stunts and tumbling.
- Coaches must list each stunt and tumbling in routine, in order of performance along with difficulty points on Round 2 description form. Round 2 description form must be turned in with other score sheets.
- All difficulty points for the routine will then be added, the total of difficulty points will then be divided by the number of competitors in Round 2. ***This is your degree of difficulty score.***
- Teams may spirit on and off the floor
- The timing of the squad's performance starts with the first movement or sound after the starting judge has announced you may begin and ends when the last cheerleader leaves the mat.

**Upon your teams completion of their routine, cheerleaders must return to the stands to watch the competition.**



**MYFCC Super Cheer  
Safety Judges Penalty Sheet  
Round 2**

**Organization:** \_\_\_\_\_ **Team:** Jr. Fresh    Fresh    JV    Varsity

**Judge #:** \_\_\_\_\_

**Time:** \_\_\_\_\_

<b>Time Infraction—Number of seconds over or under the limit</b>		<input style="width: 50px; height: 20px;" type="text"/>
1.	Under 1:30	5 pts _____
2.	1 to 5 seconds over time limit	5 pts _____
3.	6 seconds or more over time limit	10 pts _____

4.	Mat violation/exit off mat .....	_____ x 2 pts _____
5.	Hair devices that fall off, eye glasses, shoes, etc. ....	_____ x 2 pts _____
6.	Illegal team entrance .....	2 pts _____
7.	Coaching area violation .....	2 pts _____

8.	Illegal uniform, hair or hair devices, uncovered brace/support, gum, jewelry, safety pin, glitter, unsafe fingernail .....	_____ x 4 pts _____
9.	Required stunts not performed in order submitted .....	4 pts _____
10.	Score sheet submitted without stunts .....	4 pts _____
11.	Stunts performed not on submitted stunt form .....	_____ x 4 pts _____

12.	Team member unsafe conduct	_____ x 8 pts _____
13.	Required number of formations not performed	8 pts _____
14.	Required number of stunts not performed	8 pts _____
15.	Collapsed skill	8 pts _____
16.	Unsportsmanlike conduct	8 pts _____
17.	Incorrect spotting technique or no spotter	_____ x 8 pts _____
18.	A fall by a flyer that receives no assistance	_____ x 8 pts _____

19.	Illegal stunts/tumbling performed	_____ x 12 pts _____
20.	Props used in round	_____ x 12 pts _____

## **SAFETY JUDGES RECORD VIOLATION AND PENALTIES**

The following paragraphs describe the violations and penalties that safety judges will be responsible to view during MYFCC Round 2, then record on the Safety Judge's Penalty Sheet. Each paragraph is placed in the order in which it appears on the Safety Judge's Penalty Sheet.

### **5 - 10 POINT VIOLATIONS**

#### **TIME INFRACTIONS (1, 2 & 3)**

A routine that is not completed with the last team member off the mat within the time limit allotted each round will receive the following penalty per time infraction: Under the minimum time limit -- five points will be deducted from the score of that round. 1 second to 5 seconds over the time limit -- five points will be deducted from the score of that round. If the time infraction is 6 seconds or more beyond the maximum time limit, the team will receive a 10-point deduction from that round.

### **2-POINT VIOLATIONS**

#### **MAT VIOLATION/EXIT OFF MAT (4)**

Stepping off the mat or any body part that touches the floor off the competition mat during a performance, will be given a two-point deduction from the total points earned in the round each time the infraction occurs. If more than one person steps off the mat at the same time, it is a 2-point deduction. If competitors step off the mat different times during the routine, it is a 2-point deduction each time someone steps off or touches the floor off the mat. Stepping off the front of the mat when exiting is also a mat violation per competitor.

#### **DETACHED HAIR CONTROL DEVICES, EYEGLASSES, SHOE, ETC (5)**

Legal hair devices worn during competition must remain secure. Safety judge will assess a 2-point penalty when any object falls to or hits the mat in an area where it is stepped on or causes a safety hazard during a routine.

#### **ILLEGAL TEAM ENTRANCE (6)**

While entering onto the competition mat, vocal and arm movements only are allowed. A team that enters the competition mat performing kicks, jumps, or tumbling will receive a 2-point penalty.

#### **COACHING AREA VIOLATION (7)**

A coaching area will be designated by the host organization for coaches during their team's performances. No more than four coaches per team are permitted to be in the coaching area during performance. No one other than coaches are allowed in this area. A 2-point penalty will be assessed for too many coaches and non-coaches in the coaches' area.

### **4-POINT VIOLATIONS**

#### **ILLEGAL UNIFORM, HAIR OR HAIR DEVICE; UNCOVERED BRACE/SUPPORT; GUM, JEWELRY, SAFETY PIN, GLITTER, UNSAFE FINGERNAILS (8)**

4-points will be deducted from the total points earned in the round each time the infraction occurs. Examples of miscellaneous violations include: gum chewing, glitter, hair violation, wearing jewelry. If more than one competitor is wearing jewelry, it is a 4-point deduction. However, if one competitor has glitter on her body and another has a hair violation, 8- points will be deducted in the round of competition.

#### **REQUIRED STUNTS NOT PERFORMED IN ORDER SUBMITTED (9)**

Round 2 stunts/tumbling must be performed in the order submitted on the Round 2 Description form. A 4-point penalty will be assessed for not performing the stunts/tumbling in the order submitted.

#### **ROUND 2 SCORESHEET SUBMITTED WITHOUT STUNTS (10)**

Round 2 stunts/tumbling must be listed on the Round 2 Description Sheet and submitted in writing to the judges in advance of performance. A 4-point penalty will be assessed for not listing stunts on the description form.

#### **STUNTS/TUMBLING PERFORMED NOT SUBMITTED ON STUNT DESCRIPTION FORM (11)**

Round 2 stunts/tumbling must be listed on the Round 2 Description Sheet. A 4-point penalty will be assessed for performing stunts/tumbling not listed on description form.

### **8-POINT VIOLATIONS**

#### **TEAM MEMBER UNSAFE CONTACT (12)**

Safety judges will be responsible to recognize and take the appropriate 8-point deduction when team members make inappropriate, unsafe contact with each other when executing skills.

#### **REQUIRED NUMBER OF FORMATIONS NOT PERFORMED (13)**

Safety judges are responsible to count the number floor formations each team performs in round 2. If the minimum number of formations is not performed, an 8-point penalty deduction is taken by the safety judges.

#### **REQUIRED NUMBER OF STUNTS NOT PERFORMED (14)**

Safety judges are responsible to count the number of stunts each team executes in round 2. If the minimum number of stunts is not performed, an 8-point penalty deduction is taken by the safety judges.

#### **COLLAPSED SKILL (15)**

When a team member attempts to perform a skill/stunt and it appears very unsafe or falls unsafely, or the Safety Judge feels that the safety of the competitor was compromised, an 8-point penalty will be assessed. It is not required to give this penalty when panel judges penalize 2.0 for a collapsed skill or fall.

#### **UNSPORTSMANLIKE CONDUCT (16)**

The first unsportsmanlike conduct offense by an individual will be penalized and the coach will be notified. The penalty will be an 8-point deduction. The second offense by the same coach/athlete will disqualify the coach/athlete from the contest.

#### **INCORRECT SPOTTING TECHNIQUES OR NO SPOTTER (17)**

Illegal stunts are indicated in detail in the middle school section of the MHSAA handbook. This shall be the guide for judges and coaches as to what stunts/skills are or are not legal. Spotting techniques are described in this Manual and must be adhered to. Eight points will be deducted from the total points earned in the round each time the infraction occurs.

#### **A FALL BY A FLYER THAT RECEIVES NO ASSISTANCE (18)**

It is paramount that spotters understand their responsibility to protect the flyer when the stunt is falling apart and the flyer could sustain a neck, head or back injury. If a stunt is falling apart, the spotter/s must attempt to touch, hold, or break the fall. If there is no attempt to assist the flyer by anyone an 8-point penalty will be assessed each time the infraction occurs.

### **12-POINT VIOLATIONS**

#### **ILLEGAL STUNTS/TUMBLING PERFORMED (19)**

Illegal skills are indicated in detail in the middle school section of the MHSAA handbook. The penalty will be 12-points for an illegal stunt or tumbling in Round 2.

#### **PROPS USED (20)**

If props are used in Round 2, it is a 12-point penalty.



**Organization Name:** \_\_\_\_\_ **Team:** Jr. Fresh Fresh JV Varsity

The following categories will be judged on the following point scale using a .5 of a point system.

**Jr. Freshmen** are scored from **1-6 points**      **Freshmen** are scored from **1-6 points**      **Jr. Varsity** are scored from **1-8 points**      **Varsity** are scored from **1-10 points**

## Round 2 Stunting & Tumbling Description Form

**Required No. of Stunts:** (*Jr. Freshmen - 1 stunt, Freshmen - 1 stunt, JV - 2 stunts, Varsity - 3 stunts*)

**Organization:** \_\_\_\_\_ **Team:** Jr. Fresh Fresh JV Varsity

**No. of Competitors:** \_\_\_\_\_ **Coaches Signature:** \_\_\_\_\_

**Degree of Difficulty**  
*Total Degree of Difficulty from Round 2 Degree of Difficulty Sheet*

*Write in order all stunts and/or tumbling that will receive credit and your team will perform.*

Description		Total Points
<b><u>Choreography</u></b>	<input type="checkbox"/>	
	<input type="checkbox"/>	
<b><u>Floor Mobility</u></b> Visual patterns, ease of transitions, accuracy of formations, spacing	<input type="checkbox"/>	
<i>Jr. Freshmen - 2 Formations (1 formation change)</i>	<b>Formation 1:</b>	<input type="checkbox"/>
<i>Freshmen - 2 Formations (1 formation change)</i>	<b>Formation 2:</b>	<input type="checkbox"/>
<i>Jr. Varsity - 3 Formations (2 formation changes)</i>	<b>Formation 3:</b>	<input type="checkbox"/>
<i>Varsity - 4 Formations (3 formation changes)</i>	<b>Formation 4:</b>	<input type="checkbox"/>
<b><u>Voice</u></b> Inflection, diction, clarity of words, squad volume	<input type="checkbox"/>	
<b><u>Precision</u></b> Timing of all motions with entire team, team coordination and precision	<input type="checkbox"/>	
<b><u>Creativity</u></b> Complexity of material	<input type="checkbox"/>	
<b><u>Overall Impression</u></b> The overall "wow" factor of the performance	<input type="checkbox"/>	
<b><u>Deductions from Penalty Sheet</u></b> - Transfer total deduction points from penalty sheet	<input type="checkbox"/>	
<b>GRAND TOTAL</b>		

**Comments:** \_\_\_\_\_ **Total Difficulty Points** \_\_\_\_\_

## Degree of Difficulty

*(Take Total Difficulty Points and find on Degree of Difficulty Table with Number of Competitors. Round Down.)*

**MYFCC**  
**Stunting Exceptions 2023**

**Jr. Freshman**

- Shoulder sit (requires a back spot, no front spot)
- Hand lock Sit/Genie Sit (requires a back spot, no front spot)
- Thigh Stand (requires a back spot, no front spot)
- Hitch in stunt (requires a back spot, no front spot)

**Freshman**

- Shoulder sit (requires a back spot, no front spot)
- Hitch in stunt (requires a back spot, no front spot)
- Straight Cradle

**JV**

- Follow Middle School Rules but only stunt to shoulder level

**Varsity**

- Follow Middle School Rules for stunts and tumbling in our Round 2 as stated in MHSAA handbook

## MYFCC Cheerleading Difficulty Factoring Chart

		Level of Difficulty																			
		20	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1
		Points needed in routine																			
Number of Girls	3																			9	6
	0	630	600	570	540	510	480	450	420	390	360	330	300	270	240	210	180	150	120	0	0
	2																			8	5
	9	609	580	551	522	493	464	435	406	377	348	319	290	261	232	203	174	145	116	7	8
	2																			8	5
	8	588	560	532	504	476	448	420	392	364	336	308	280	252	224	196	168	140	112	4	6
	2																			8	5
	7	567	540	513	486	459	432	405	378	351	324	297	270	243	216	189	162	135	108	1	4
	2																			7	5
	6	546	520	494	468	442	416	390	364	338	312	286	260	234	208	182	156	130	104	8	2
	2																			7	5
	5	525	500	475	450	425	400	375	350	325	300	275	250	225	200	175	150	125	100	5	0
	2																			7	4
	4	504	480	456	432	408	384	360	336	312	288	264	240	216	192	168	144	120	96	2	8
	2																			6	4
	3	483	460	437	414	391	368	345	322	299	276	253	230	207	184	161	138	115	92	9	6
	2																			6	4
	2	462	440	418	396	374	352	330	308	286	264	242	220	198	176	154	132	110	88	6	4
	2																			6	4
	1	441	420	399	378	357	336	315	294	273	252	231	210	189	168	147	126	105	84	3	2
	2																			6	4
	0	420	400	380	360	340	320	300	280	260	240	220	200	180	160	140	120	100	80	0	0
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	9	399	380	361	342	323	304	285	266	247	228	209	190	171	152	133	114	95	76	7	8
	1																			5	3
	8	378	360	342	324	306	288	270	252	234	216	198	180	162	144	126	108	90	72	4	6
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	7	357	340	323	306	289	272	255	238	221	204	187	170	153	136	119	102	85	68	1	4
	1																			4	3
	6	336	320	304	288	272	256	240	224	208	192	176	160	144	128	112	96	80	64	8	2
1																			4	3	
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1																			4	2	
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1																			3	2	
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1																			3	2	
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