



2022-23 MHSAA GIRLS COMPETITIVE CHEER GIRLS COMPETITIVE CHEER MANUAL (2022-24)

Updated 02/01/23

The 2022-24 Competitive Cheer Manual has been prepared to provide coaches, judges and administrators of Competitive Cheer a comprehensive guide in which to locate general information regarding regular season limitations and procedures of Competitive Cheer. The rules and format of the MHSAA Competitive Cheer Tournament Series are also described. When necessary, additional 2022-23 Competitive Cheer information will be listed at mhsaa.com in the light blue coaches box. Video resources include the Precision 10 Count from the front and back, both full speed and slow motion as well as the Cheer Hype Video!

The high school and junior high school panel score sheets and safety score sheets are included on mhsaa.com as well as the varsity three and five judge scoring and tally sheets and junior high school three judge scoring and tally sheets. Judges will also find the Tournament Availability Form listed on this page.

2022-24 MANUAL CORRECTIONS:

- p. 46: Last bullet should read: The flyer may perform a skill prior to dismounting directly to the cheering surface when constant hand-to-hand and/or hand to arm contact with the bases occurs.
- p. 78: Double-braced deadman lift should be: Double-based
- p. 102/103: Duplicated – go to mhsaa.com for Round 3 JH/MS scoresheet.

2022-23 DATES TO REMEMBER:

Opt-Out Due Date: February 4, 2023

Districts: February 17-18, 2023 6 Districts in 4 Divisions (24 total)

Regionals: February 25, 2023 2 Regionals in 4 Divisions (8 total)

Finals: March 2-3, 2023

- D4: Thursday, March 2, 2023 – 1 p.m.
- D1: Thursday, March 2, 2023 – 6 p.m.
- D3: Friday, March 3, 2023 – 1 p.m.
- D2: Friday, March 3, 2023 – 6 p.m.

2021-22 RULES CHANGES:

1. Allow a connected tumbling skill to be considered a new variety point in Round 3.
2. Award 4 difficulty points for a one-legged flair at the elevator level for middle school.

2022-23 RULES CHANGES:

1. Adjust the penalty for going over the time limit in each round to giving one penalty point for every second over the time limit, not to exceed 15 points.
2. Allow middle school teams to perform an OLE as part of a pyramid with one bracer. A liberty flair is the only flair allowed and this pyramid would require two points of contact from the bracer.

2022-23 INTERPRETATIONS:

1. **Can 8th grade students cheer on a varsity team?**
Per rule, senior high school students shall not engage in direct participation with or against junior high/middle school students during practice or in competition.
2. **Case Play: A competitor stands on the mat during one of the required skills and does not attempt to do the skill.** If there is no attempt to do the skill, a 22-pt. penalty would be given (#24-Round 2 penalty)
3. **A competitor is seated on the shoulders of her base and lifts her leg over the head of the base, makes a full turn and dismounts. How many points should this receive?**
This is a shoulder sit dismount with flair. The shoulder sit receives 4 points, and the flair receives 4 points. No points are awarded for choreography.

Updates – 01/23/23:

4. **Clarification:** The **static inversion** is awarded 7 difficulty points in Round 3.
5. **Case Play: In high school, during an elevator stunt, the back spot is watching her flyer, but momentarily looks away.** Legal. The back spot is still meeting the “best practice” of touch, watch and away (p. 44). Stunts at shoulder level do not require a spotter for high school teams. (p. 40)
6. **Case Play:** In the round description, a coach writes 4 points for the sponge going into a show-n-go after transitioning from an extension. Correct. A show-n-go begins with the lifting of a flyer from below elevator level. If a stunt is transitioned before the show-n-go from **elevator or above**, the points for the transition to the beginning of the show-n-go would be awarded.
Example: Extension (10), Sponge (4), Show-n-go (7), Extension (10), Cradle (4) = 35.
7. **Middle School OL(e):** Credit will be given when the One Leg Elevator (OL(e)) **originates from a below shoulder level stunt or prep and must be completed unbraced.** The One Leg Extension as part of a braced pyramid does not count toward One Leg Elevator choreography points. These points are given for middle school only and will not count toward the high school One Leg Extension choreography credit. **Definition: OL(e): One legged elevator.** A flyer stands on one leg in the hand(s) of the base(s) whose hands are at the elevator level.

Updates – 02/01/23:

8. **Case Play:** A team performs a waist-level stunt, moves 5 steps and spins. The Round 3 Description reads: Waist level stunt (4), Moves 5 steps (4), Spin (4), Elevator (7).
Correct. Waist level Stunt: A flyer is supported by one or more persons at the waist level. The waist-level stunt is the stunt in this instance and would receive 4 difficulty points for a below shoulder-level stunt.
9. **Case Play:** A team performs a waist-level stunt as part of the hop-and-go entrance to an elevator. The Round 3 Description reads: Waist level stunt (4), elevator (7), sponge (4).
Incorrect: All preps and entrances with flairs (except the 1 and 2 footed hop-and-go and standard step-up) receive 4 difficulty points and no variety points. The waist level stunt in this instance is used as part of the hop-and-go entrance and does not receive 4 difficulty points.
10. **Case Play:** After completion of round 2, an athlete tumbles off the mat.
Illegal: (See Case Play, pg. 71, Section P, #8, illegal). Once the routine is completed, additional choreographed exits are not permitted. #4 – Mat violation/exit off mat – 2 points per competitor penalty.
11. **Case Play:** A middle school team performs an elevator, sponge, Ol(e) elevator, liberty, cradle. The elevator liberty originates on one leg from below shoulder level. The Round 3 description reads: Elevator (7), sponge (4), Ol(e) elevator (7+4 = 11), liberty (4) cradle (4).
Correct: The OL(e) – One-legged elevator, originated from below shoulder level on one leg. These OL(e) points will be given to middle school teams ONLY.
12. **Case Play:** A team performs a Box Stand (4) with a liberty flair (4). The description is: Below waist level stunt (4) with flair (4).
Correct: Stunts below shoulder level receive (4) difficulty points (p. 35). The stunt receives 4 points for a below waist level stunt and 4 points for each leg flair.