



TUSCALOOSA COUNTY
School System

The intention of this handbook is to provide information. It does not supersede any law, board policy, or procedure. It should be used as a guide and is subject to revision as necessary.

TUSCALOOSA COUNTY CHEERLEADING CONSTITUTION

TCSS CHEER HANDBOOK

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PURPOSE AND GOAL

Tuscaloosa County School Cheerleading Squad participation is a privilege that you, as an athlete, must earn through dedication and discipline. Cheerleading provides the opportunity to participate in leadership development activities. Personal conduct, whether it be in class, at school events, out in the community, or performing on the field/court, should display a positive example to other students and people around you. The purpose for all cheerleading squads of the Tuscaloosa County School System is to:

- Promote and uphold school spirit and school pride
- Promote good sportsmanship
- Promote positive competitive cheerleading
- Develop better relationships between schools during athletic events and school functions
- Work in harmony with administration, faculty, athletics, and other school organizations

REQUIREMENTS TO TRYOUT

Eligible candidates for cheerleading and mascots must meet the following qualifications:

All candidates must comply with the guidelines for eligibility and participation set below:

1. **Academic Standing:** Meet and maintain AHSAA and TCSS academic eligibility standards.
 - Be on credit schedule to meet graduation requirements (5 - Freshman, 12 - Sophomore, 19 - Junior).
 - Meets academic eligibility for the upcoming school year.
 - Current 8th -12th graders must be academically eligible at the time of tryouts.
 - Students entering the 7th grade for the first time are eligible.
2. **School Behavior:** A candidate should possess leadership qualities and must set a positive example by behaving in a mature and responsible manner at all times.
3. **Participation in Pre-Tryout Clinic:** Candidates should attend each day of the pre-tryout clinic to help them prepare for tryouts. Clinic details will be established by the campus. During the clinic, each campus will specify the activities to be performed at the tryouts. Any exception must be approved by the coach and principal prior to the clinic.
4. **Parent Meeting and Forms:** In order to be eligible for tryouts, each cheer candidate and their parent/guardian must attend the mandatory orientation meeting to discuss the selection process and cheerleader responsibilities. Any exception must be approved by the coach and principal prior to the meeting date. Candidate must sign up for tryouts during a time period designated by the coach.
 - Candidates must receive and sign for tryout packets at an organizational meeting called by the coach or at an individually set meeting.
 - Each candidate will be required to submit the Cheerleader Intent Form (Exhibit D)
 - Further qualifications involving tryout procedures, standards of conduct, participation and uniforms may be required by the coach, with the prior written approval of the principal. These qualifications will be communicated with candidates and parent/guardian prior to tryouts.
5. **Physical Examination:** All candidates must submit a current preparticipation physical examination form signed and stamped by a medical doctor stating the candidate has passed a physical examination and is physically able to participate in all phases of

cheerleading before the tryout clinic (NFHS rule). TCSS or the local school reserves the right to require a new physical examination when deemed necessary.

6. **AHSAA:** All candidates must be eligible for tryouts according to the Alabama High School Athletic Association academic rules
 - A member school shall also timely submit accurate information on five other student eligibility requirements; birth certificate, Physical Evaluation Form, AHSAA Concussion History form, Student Release Form, and NFHS Sportsmanship.
 - Each candidate must carry school accident insurance or present a waiver signed by parent/guardian stating that they have adequate insurance
 - Students participating in cheerleading or other non-sanctioned AHSAA sports, including those who do not participate on other interscholastic athletic teams, must be entered on the school's online eligibility list and must be listed on a cheerleading team roster.
 - Online submission of students for the following school year will not be processed until after June 1 and should not be submitted before that date. The penalty for the failure of a school to submit eligibility data online shall be suspension from the AHSAA and/or the assessment of a monetary fine. Rosters may be checked at championship events. Failure to have a complete eligibility roster may result in a monetary fine.

Note: To be covered by catastrophic insurance, students must be listed on roster.

The National Federation guidelines outlined in the Spirit Rules book have been adopted as minimum standards for cheerleading programs at member schools.

Students in high school must complete a NFHS Sportsmanship online interactive course one time during their member high school careers (7-12). A certificate of completion must be kept on file in the school's DragonFly account along with other eligibility items.

7. All previous cheerleader debts must be paid in FULL before the first day of clinics. Any carryover balances must be approved by the principal.
8. ALL TCSS handbook rules and regulations will be followed.
9. The NFHS Spirit Rules Handbook guidelines will be followed.

TRYOUTS - METHOD OF SELECTION

The cheerleader selection is done by impartial judges who observe the candidates in a series of activities performed. It is the goal of TCSS to provide a process that is as fair as possible.

- Students must be present at the cheer tryouts in order to be eligible for selection.

TRYOUT FORMAT

The tryout process is organized and facilitated by the coach. In addition to the judges, the coach, senior cheerleaders, up to three designated faculty members may be present in the tryout room for *giving* directions.

- The screening will take place on the school campus.
- The ENTIRE tryout process is closed to the public. This includes clinics and tryouts. Failure to abide by this rule will disqualify the candidate involved.
- The tryout process may NOT be filmed or photographed. This includes snapshot cameras, video cameras, cell phone cameras, or any other recording device. School

surveillance cameras shall be used only by Tuscaloosa County School System administration for school safety, disciplinary matters, law enforcement, or other lawful purposes

- A NON-REFUNDABLE fee will be required to pay for the judges' travel and time as well as other miscellaneous costs associated with the try-out process. This fee is due before the deadline for the cheerleading sign-up date.
- Tryout selection composition total scores, between judges' scores and possible teacher evaluations scores, will be publicized prior to tryouts by the school administrator and coach.
- At least one campus administrator must be present to observe the selection process.
- The committee will consist of at least three independent impartial qualified judges selected by the Coordinator of Athletics from outside the TCSS. The independent judges will be selected from previous or current collegiate cheerleaders, cheer association instructors, and college or high school cheer coaches.
- All candidates will appear before the judges in the designated uniform. If the student needs assistance with acquiring the uniform, please let the coach know prior to tryouts.
- Candidates who are current cheerleaders will not demonstrate or be recognized in any fashion as current cheerleaders.
- The scoring template for each campus will be shared with candidates prior to tryouts.
- Cheerleader candidates will perform a specified sequence consisting of items listed on the tryout scoresheet. Each judge will assign points based on candidate demonstration of cheerleader skills and functions (See Exhibits F)

RESULTS

- Each judge will score each candidate's performance using a numeric scale (see exhibit F). The judge must initial any change to a rating or sum of ratings.
- Scores from each judge are tabulated to yield one total score for each candidate.
- Candidate's total scores are ranked in numerical order.
- Candidates with the highest rankings are selected as cheerleader according to cheerleader numbers specified at each campus.
- A tiebreaker system will be utilized when necessary to break ties when it involves making the team or determining alternates. The tiebreaker will consist of taking the scores from the candidate's first tryout, specifically scores from: entrance, voice projection, jumps, motions, and overall impression. If after tabulating the scores the candidate with the higher score, will receive an additional .5 points to break the tie. If after the tiebreaker, scores are still tied, the candidates will then be brought back out to perform for the judges again and will be scored on entrance, voice projection, jumps, motions, and overall impression. (See Exhibit F)
- The coaches and a principal designee will decide upon varsity/junior varsity team placement of candidates. Candidates chosen for each team must come from the top point-earners from tryouts. For example:
 - If the coach chooses to use the natural break for a given school, the coaches will assign teams according to those candidates who finished above the natural break that approximates a full team.
- There is no prescribed team size

- Results will be released after the completion of tryouts on a date and time determined by the campus.
- Due to federal privacy laws protecting student records, a student or parent may not view the evaluation forms of other participants.
- Appeals of the cheerleading tryout process, including final results, must take place at the campus level. Grounds for appeal may be made in reference to mathematical calculations or procedural impropriety only. Appeals must occur within five (5) school days, and during school business hours once final results have been announced.
- Appeal results/decisions will be final at the campus level.

MASCOT SELECTION

Mascot selection will take place during the fourth nine weeks after finalization of cheerleader tryouts. A second tryout may occur in the fall semester if no mascot is found in the spring. Tryouts will be held on campus and will be judged by a panel of no fewer than three members selected by the coach. Mascot candidates will perform a maximum of a two-minute routine consisting of skits, mime, pantomime, and dance. No routine may be more than one-half dance. All routines must be within school standards.

SELECTION OF CAPTAINS and/or CO-CAPTAINS

The decision to have a captain/co-captain system in place at each school is at the discretion of the principal or principal designee and the coach.

1. Each cheerleading squad may choose to have a captain and a co-captain or co-captains. This is at the discretion of the coach and principal.
2. Positions will be determined by a published method approved by the coach and principal.
3. Varsity Squad – The captain and/or co-captain(s) will be responsible leaders and will preferably have at least one year of experience.
4. Junior Varsity/Junior High Squad – The captain and/or co-captain(s) must be responsible leaders and will preferably have at least one year of experience.

DUTIES AND RESPONSIBILITIES OF CAPTAIN and/or CO-CAPTAIN

The captain and/or co-captain(s) will be responsible for the following (under the guidance of the coach):

1. Set an example for the rest of the squad by following all rules and regulations for cheerleaders and students.
2. Should always be willing to do more than his/her share.
3. Work closely with squad members.
4. Be at practice early and start practice on time.
5. Carry out practice and meeting instructions along with the coach.
6. Be responsible for contacting all cheerleaders to notify them of practice, change of plans, etc.
7. Select cheers and chants to be used at games and pep rallies.
8. Be responsible for greeting visiting cheerleaders BEFORE the start of the game and inform visitors of plans, seating arrangements, refreshments, etc.

9. If a captain and/or co-captain(s) receive an internal or external school suspension, he/she will be removed from the position of captain and/or co-captain(s).
10. In the event the captain is unable to perform the above listed duties, he/she will be relieved of duties and a new captain will be appointed to the position. This must be approved by both the cheer coach and the school principal.

ROLE OF COACH

Cheerleader coaches' responsibilities and duties include but are not limited to the following:

- Make schedules for games, uniforms, practices, etc.
- Assign duties in all activities.
- Inform all cheerleaders of changes in schedule, upcoming events, etc.
- Provide announcements to campus administration.
- Make the final decision on choice of uniforms for games and pep rallies and communicate proactively to cheerleaders.
- Screen and have veto power on all ideas, cheers, stunts, skits, signs, etc.
- Follow all TCSS procedures related to procurement, fundraising and collection of money.
- Be responsible for current inventory of all items ordered.
- Establish a system and complete a grade, tardy, absence, and conduct check with teachers and discipline action taken by the principal.

Attend all of the following:

- Summer camp and competition
- Tryouts
- Games when cheerleaders are officially cheering
- Outside training for squad (gym, clinics, etc.)

***In case of coach absence, a designated school official (with Principal approval) will be in attendance.**

- Create a safe environment so that a routine does not cause serious injury.
- Ensure that the equipment is maintained for cheerleaders as outlined in the district's equipment policy. The coach is responsible for issuing and collecting school purchased equipment and uniforms.
- Monitor all activities for compliance with the National Federation Spirit Handbook and the AACCA Safety Certification guidelines.
- Organize and practice an emergency plan that is approved by campus athletic director
- The coach and/or principal reserve the right to use good judgment and discretion in carrying out an Article or Section of the constitution.
- The coach and/or principal reserve the right to decide any problems or questions not covered in the constitution.

PARENT/COACH COMMUNICATION

Parenting and coaching are both extremely challenging, yet rewarding vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide a greater benefit to our children. Clear communication and knowing expectations for the student, coach, and parent are vital to a successful program. We believe in mutual respect

between and among adults and students. When you and your child are involved in our program, you have the right to understand what the expectations are for everyone involved.

Listed is an outline of the communication plan and expectations:

COMMUNICATIONS YOU SHOULD EXPECT FROM YOUR CHILD'S COACH

- Philosophy of the coach
- Expectations and goals the coach has for your child as well as the squad
- Contact information of the coach should you have a question
- Communication will be done through School Status
- Locations and times of all practices and cheering events
- Team requirements, special equipment, strength and conditioning programs
- Team rules, guidelines and consequences for infractions
- Eligibility requirements including attendance
- Proper care and responsibility for equipment issued by the school

COMMUNICATION COACHES EXPECT FROM CHEERLEADERS AND PARENTS

- Concerns expressed directly to the coach
- Notification of any schedule conflict in advance
- Notification of illness or injury as soon as possible

Involvement in cheerleading and being a part of a team will be full of teachable and rewarding moments in your child's life. It is important to understand that there may also be a time when things do not go the way you and your child wish. At these times, discussion with the coach is encouraged. It is the first and most integral step to resolution.

PRACTICE SCHEDULE EXPECTATIONS

1. Summer practices will be determined by the coach. The summer practice schedule will be given to all cheerleaders prior to May 1st. Attendance at all practice sessions is required.
2. The length of each practice will be decided by the coach.
3. A cheerleader must be in attendance at school for one-half day in order to cheer that day or night.
4. Practices are closed to the public.

FINANCIAL RESPONSIBILITIES

No student will be denied the opportunity of trying out for a Cheerleading squad when the cost of required expenses and fees is a financial barrier. Parents shall be informed about cost of participating prior to tryouts. Parents should contact the coach to discuss available options to meet financial obligations.

1. Parents are responsible for ALL expenses and fees as related to the costs of the tryouts, clothing items, camp, and competition as set by the coach. This may include, but is not limited to, travel, gym rentals, uniforms, pom poms, socks, tights, warmups, pep rally uniforms, camp clothes, hair bows, gloves, headgear, etc.
2. Parents are responsible for the cost of Gym rentals/coaching/choreography if the cheerleaders participate as a team.

3. Some items may be covered by the local school and will be determined by the coach with approval from the school administrator and/or the district athletic coordinator.
4. Fundraisers: Cheerleaders will have opportunities to participate in program fundraisers to defer some of the costs. Please contact the coach prior to tryouts with any additional questions regarding financial responsibilities. All activities will be in accordance with TCSS Board Policy.

BEHAVIOR, SPORTSMANSHIP AND SCHOOL SPIRIT EXPECTATIONS

BEHAVIOR, SPORTSMANSHIP AND SCHOOL SPIRIT that align to the Profile of a Graduate.

1. **Unexcused Absence:** An unexcused absence is defined as the failure to attend any scheduled cheerleading activity (sample listing below) as determined by coach without prior permission from coach. Any outside activity, including a job and/or participating on another cheer squad, is an invalid reason for missing a scheduled cheerleading activity. Vacations should be scheduled around summer practices and camps.
 - After school practices
 - Saturday practices
 - Evening practices
 - Summer practices
 - Games, including post season play
 - Pep rallies
 - Cheerleading fund raisers
 - Cheerleading community projects
 - Leaving or arriving halfway through practice
 - Any other scheduled activity by coach
2. **Excused Absence:** Each cheerleader will be permitted five (5) excused absences from the current tryout year to the following tryout year. Any cheerleader who has six (6) or more excused absences will be considered to have excessive absences and will face disciplinary action beginning with the sixth absence. Cheerleading is a team sport, and all cheerleaders are required to be present.
3. **Tardies:** Any cheerleader 5 minutes late to any cheerleading activity will be considered tardy. Three tardies will be considered an unexcused absence.
4. **Appropriate Dress:** All cheerleaders shall abide by the proper dress code when at practices, games, school-related events, or any other cheerleader activity. The coach will determine specific dress.
6. **Uniforms:** All cheerleaders are expected to maintain their uniforms with care and are permitted to perform only in clean uniforms. See AACCA and NFHS safety rules for compliance.
7. **Stunting without Approval:** For safety purposes, all stunting must be approved in advance by the coach. Stunting is not permitted without coach approval and a coach in attendance.
8. **Inappropriate Behavior/Disrespect:** Cheerleaders are expected to be role models and ambassadors of goodwill for their schools. Therefore, all cheerleaders are expected to

exhibit appropriate behavior. The following shall be considered inappropriate behavior and subjected to discipline:

- Public display of affection (PDA)
 - Report of misconduct by other teachers, administrators, and/or parents
 - Distractions during practice/game/pep rallies
 - Non-spirited attitude
 - Unsportsmanlike conduct/Derogatory statements
 - Disobedient behavior/non-compliance
 - Bullying/harassing behavior
 - Cyberbullying
 - Fighting
 - Disruptive behavior that substantially impacts the educational environment
9. **Deadlines/Responsibilities:** Cheerleaders are expected to fulfill all responsibilities and meet all deadlines as established by the coach.
10. **Social Media:** Misconduct on any social media platform is also subject to disciplinary action. Social media misconduct includes negative posts toward local school cheerleading, coaches and team members. It also includes any post in which a team member acts in an unacceptable manner while wearing any local school cheerleading uniform or clothing item.

RESOLUTION PROCESS

Concerns should always be addressed first with the coach. If no resolution can be reached, other campus staff may need to be involved.

GRIEVANCE PROCEDURES

Parents must follow a chain of command to discuss any concerns regarding cheerleading. Meetings/concerns should be presented to the coach first then to school administration.

Step 1: A conference must be scheduled in advance with the coach. Events (e.g. practice, games, pep rallies) or group texts or social media are not an appropriate location or channel to discuss concerns.

Step 2: If the problem is not resolved, a conference may be requested with the school principal, AD, and coach. The request will be denied if a conference with the coach has not occurred.

Step 3: If the problem is not resolved, a conference may be requested with the coordinator of athletics at the central office. The request will be denied if a conference with the school principal, AD, and coach has not occurred.

MISCELLANEOUS

Any item or situation not mentioned in this set of rules that causes a problem for the squad will be dealt with on an individual basis by the coach in conjunction with the school administration. ALL situations will be handled and dealt with in compliance with school and board policies. Disciplinary actions for any of the behaviors/infractions will range from temporary to permanent dismissal from the squad.

TRANSPORTATION

All transportation requests will be in compliance with the TCSS Board Policy 4.43.

FIELD TRIP TRANSPORTATION USING PRIVATE VEHICLES

The Board approves the use of privately-owned vehicles to transport students participating in field trips, excursions, or interscholastic activities where only a small number of students (20 or fewer) will be attending or participating in a respective activity. Such approval is based on a recognized need for additional standard, cost effective transportation at certain times to support the School System's instructional program and extra-curricular activities. Privately-owned vehicles may be utilized to transport a student or student groups to and from such activities provided:

1. A small number of students will be involved in the respective field trip, excursion, or interscholastic activity. In such instance, the school Principal shall have the discretion to utilize a private vehicle(s) with sufficient passenger capacity(ies) not to exceed the number of approved seat belts to transport the student or student group on such trips.
2. Students going on the field trip, excursion, or interscholastic activity present signed parental permission forms noting the use of private vehicles to the field trip sponsor prior to the date of expected travel.
3. Said vehicle is owned and/or operated by a member of the professional staff of the School System or an approved adult member of the community.
4. The trip is covered by the Board's liability insurance or other approved liability insurance.

In no circumstances shall private vans be used for field trips.

EXHIBIT A – Sample Demerit Rubric

DEMERITS

Demerits are used to determine disciplinary action for all cheerleaders.
Refer to “A” under miscellaneous section for other guidelines.

Demerits Type:	Demerits:
Class III Violation	Dismissal
Referral to Alternative School	Dismissal
Use of profanity	5
Rudeness or general disrespect to authority	5
Any Class II	5
Leaving unexcused during a game or cheering event	5
Unexcused absence from game	5
Use of cell phone without coach permission during game or practice Refusing to participate	5
Building stunts without supervision of coach	5
Public displays of affection	5
Unexcused absence from practice without notification	5
Unexcused absence from practice with prior notification	4
Altering uniforms without permission	4
Not having correct uniform or practice clothes	4
Refusing to follow rules of the APPEARANCE section (pg. 8) Undesignated wearing of uniform	4
Late to game or practice	3
Late returning from half time or between games	3
Unacceptable conduct during a game	3
Unable to perform tryout gymnastic skills	3
*5 Demerits	Benched for 5 school days and at least 1 major sporting event
*10 Demerits	Benched for 10 school days and at least 2 major sporting events
More than 10 Demerits	Dismissal

EXHIBIT B – Sample Demerit Form

Date of Demerit(s): _____
Name of Cheerleader: _____
Reason for Demerits: _____
Number of Demerits: _____ Total # of Demerits for Year: _____

Explanation:

Student Statement:

Action Taken:

- ☐ Conference
- ☐ Game Suspension
- ☐ Extra Conditioning
- ☐ Squad Suspension
- ☐ Other:

By signing this demerit form, I certify that my coach has informed me of the action that will be taken to correct my behavior. I understand that once I receive more than ten (10) demerits, I will be removed from the squad.

Signature of Cheerleader: _____ Date: _____

Signature of Coach: _____ Date: _____

Signature of Parent: _____ Date: _____

Signature of Principal: _____ Date: _____

EXHIBIT C – Sample Cheer Application

School Cheer Application

Name _____

Grade Next Year _____ Age _____ Phone _____

Address _____

City _____ Zip _____

Email _____

School Enrolled for Next Yr. _____

Participation in the TCSS cheerleading program carries both a significant time and financial commitment. Each cheerleader is expected to meet all financial responsibilities identified by their specific campus. Dedication to, and the prioritization of, cheerleading is obligatory from all cheerleaders to meet the objectives of the program. Candidates selected to be a member of the squad are expected to maintain their commitment to the activity for the full cheerleading year. **Prior to making commitments to be involved in other school activities, cheerleaders should carefully consider specific program requirements, as involvement in other activities may cause participation and time conflicts with cheerleading duties.** Any cheerleader who voluntarily quits the squad before the end of the cheerleading year without the approval of the principal and coach will not be allowed to try out for the next year on any TCSS campus.

I understand the above and confirm that I have not voluntarily quit any cheerleading squad at any TCSS campus.

Student
Signature _____

Parent/Guardian _____

For parents/guardians:

I understand that I/we will not be allowed in the building on the day of the tryouts.

Parent/Guardian _____

EXHIBIT D – Sample Cheerleader Intent Form

CHEERLEADER INTENT (Sample)

Student Name _____

School _____

I am trying out for:

___ 7th Grade

___ 8th Grade

___ Middle School

___ JV Only

___ Varsity Only

___ Competition

___ Basketball

___ Mascot

___ Either Team

Student Signature

Parent Signature

Date

Date

EXHIBIT E – Sample Teacher Evaluation Form

Tuscaloosa County School System Cheerleading Teacher Evaluation Form

Name of Cheerleading Candidate:

Prospective Squad:

The student listed above is trying out for a Tuscaloosa County School System cheerleading squad. Since attitude and personality are important to a cheerleading squad, we need your help. Please mark your opinions about this student. These forms are strictly confidential.

1st Semester Teacher: _____ Period: _____

(This portion will be completed by the teacher.)




	Below Average	Average	Above Average
This student displays a high degree of integrity.	1	3	5
This student displays a strong work ethic.	1	3	5
This student exhibits a high level of personal responsibility.	1	3	5
This student has a positive attitude towards school.	1	3	5
This student works well with peers.	1	3	5
This student arrives to class on time and has good attendance.	1	3	5

Total: ____/30

EXHIBIT F – Sample Cheer Rubric

CHEER RUBRIC

SCORESHEET CATEGORIES	SCORING CRITERIA
Spirited Entrance	<ul style="list-style-type: none"> EXCELLENT ENTRANCE Enthusiasm, Energy, Crowd Interaction, Eye Contact (4-5 POINTS) GOOD ENTRANCE Enthusiasm, Energy, Crowd Interaction, Eye Contact (2-3 POINTS) FAIR ENTRANCE Enthusiasm, Energy, Crowd Interaction, Eye Contact (0-1 POINTS)
Voice Projection	<ul style="list-style-type: none"> EXCELLENT LOUD VOICE PROJECTION / SHOWMANSHIP (4-5 POINTS) GOOD MEDIUM VOICE PROJECTION / SHOWMANSHIP (2-3 POINTS) FAIR LOW VOICE PROJECTION / SHOWMANSHIP (0-1 POINTS)
Jumps	<p>Toe touch, hurdler, and pike in any order</p> <ul style="list-style-type: none"> HYPEREXTENDED (4-5 POINTS) LEVEL (2-3 POINTS) BELOW LEVEL (0-1 POINTS)
Motions	<p>Based on sharpness and correct motion placement</p> <ul style="list-style-type: none"> EXCELLENT TECHNIQUE (4-5 POINTS) GOOD TECHNIQUE (2-3 POINTS) FAIR TECHNIQUE / PLACEMENT (0-1 POINTS)
Tumbling	<p>Potential points are based off of execution of skill and clean technique</p> <ul style="list-style-type: none"> BACKTUCKS AND ABOVE (4-5 POINTS) BACK HANDSPRINGS SERIES (3 POINTS) BACK HANDSPRING SINGLE (2 POINTS) ROUND OFF, CARTWHEEL, FWO (0-1 POINTS)
Memory	<ul style="list-style-type: none"> EXCELLENT EXECUTION, NO MISTAKES (4-5 POINTS) GOOD EXECUTION, FEW MISTAKES (2-3 POINTS) FAIR EXECUTION, MANY MISTAKES (0-1 POINTS)
Dance	<ul style="list-style-type: none"> EXCELLENT TECHNIQUE/ PLACEMENT (4-5 POINTS) GOOD TECHNIQUE / PLACEMENT (2-3 POINTS) FAIR TECHNIQUE / PLACEMENT (0-1 POINTS)
Overall Impression	<ul style="list-style-type: none"> EXCELLENT OVERALL IMPRESSION (4-5 PTS) GOOD OVERALL IMPRESSION (2-3 PTS) FAIR OVERALL IMPRESSION (0-1 PTS)

Tumbling		Jumps		Incorporation	
*If a skill is not executed properly, then points may be deducted into a lower scale					
Running		Standing			
0	None	0	None	1	Double toe connected (no whip)
1	Cartwheel	1-2	Back/Front Walkover or Cartwheel or Aerial	2	Double toe whipped
1-2	Round off	3-4	BHS	3	Toe BHS
3-4	Round off BHS	5-6	BHS x 2	4	Toe Back
5	Round off 2 BHS	7-8	Standing Back	5	Toe BHS Back or better
6	Series (3 or more BHS)	8-9	BHS Back		
7	Round off BHS Back	10	Standing Full		
8	Series to back				
9	Layout or whip to back				
10	Full or specialty full				
*BHS = Back Hand Spring					
		1-3	Below level jumps 		
		4-6	Level jumps 		
		7-10	Above level jumps 		
		*Jump scoring can drop to the point category below if feet are flexed, if knees are bent or if landings are with feet apart.			

ENTRANCE			JUMPS				CHEER			CHANT			DANCE	
Presence/ Poise	Tumbling (During Run-In)	Spirit/ Enthusiasm	Toe Touch	Left Hurdler	Right Hurdler	Optional Jump	Motion Technique	Voice Projection	Incorporation	Motion Technique	Timing	Projection	Motion Technique	Timing
5	10	5	10	5	5	5	10	5	5	10	5	5	10	5
Presence/Poise *Start at 5 points and for each item missing or lacking, knock down a point Shirt tucked in Shoes tied Proper Grooming Hair pulled out of face Energetic/upright walk Positive Posture			Toe Touch Left Hurdler Right Hurdler Optional Jump *The Optional Jump may be any jump that the tryout candidate chooses to execute **Refer to the GISD Jump/Tumbling Scoring Criteria				Motion Technique 1-3 Motion levels off, lacking in sharpness, missed motions 4-7 Average motion levels, needing more sharpness (placing motions) 8-10 Good motion levels, sharp Voice Projection 1 Soft 2 Speaking words 3 Saying words loud 4 Yelling words but lacks tone changes /enthusiasm 5 YELLING words with tone changes /enthusiasm Incorporation *Refer to the GISD Jump/Tumbling Scoring Criteria			Motion Technique 1-3 Motion levels off, lacking in sharpness, missed motions 4-7 Average motion levels, needing more sharpness (placing motions) 8-10 Good motion levels, sharp Timing 1-2 Timing off throughout (unable to pick up or threw off rest of group) 3 Ok timing (able to pick up) 4-5 Good timing with group Voice Projection 1 Soft 2 Speaking words 3 Saying words loud 4 Yelling words but lacks tone changes (levels)/enthusiasm 5 YELLING words with tone changes (levels)/enthusiasm			Motion Technique 1-3 Motion levels off, lacking in sharpness, missing motions 4-7 Average motion levels, needing more sharpness (placing motions) 8-10 Good motion levels, sharp, popping dance, exhibits individuality Timing 1-2 Timing off throughout (unable to pick up or threw off rest of group) 3 Ok timing (able to pick up) 4-5 Good timing with group	



TUSCALOOSA COUNTY School System

This is to certify that I have read and agree to follow the policies and guidelines set forth in the 2023-2024 Tuscaloosa County School System Cheerleading Constitution.

Name of Cheerleader: _____

Signature of Cheerleader: Date: _____

Signature of Parent/Guardian: Date: _____

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