

Winter Cheer

Section Meeting

11/9/19

Websites

- Section Website:

<http://www.section6.e1b.org/Domain/49>

- State Website:

<http://www.nysphsaa.org/Sports/Competitive-Cheerleading>



Judges Clinics

- **Section 6 Technique Clinics**

- A technique clinic gives school teams the chance to be scored and critiqued by a NYS certified cheer judge. The judge can give you feedback on your routine including stunts/pyramids, tumbling, jumps, and give your team mock scores/ranges. The judges are not permitted to give you choreography.
- Coaches will have some flexibility with how the technique clinic is run. All clinics must be set up through the section 6 Judges Association president and assignor, Mindy Becker. If you would like a specific judge to come to your clinic you may make requests, but all requests cannot be guaranteed due to availability and approval from the section 6 executive board. Technique clinics are open to all High School Cheerleading teams and levels. Please remember that our new scoring paradigm is based on comparative scoring so your scores will vary from week to week, however this is an opportunity to ask questions.
- The host school will have the opportunity to tailor their clinic to meet their needs (structure and length of time). Each clinic will have 2 judges. If you would like safety and deduction feedback you will have to have a third judge added to your clinic.
- We would like to limit the clinics to 4 teams so that the judges can really focus on the teams at the clinic.
- The cost is \$75 per hour per judge. This rate is based off the rates of other sections' clinics. The judges will bring their own voucher that must be signed by the coaches and judges. Payment must be at the culmination of the clinic unless otherwise agreed upon by the host school and Mindy Becker, the section 6 assignor.
- Rules for the clinics:
 - Teams are not allowed to wear their school uniform
 - The judges may not take photos with the teams
 - Judges are NOT to choreograph any part of your routine
- To schedule a technique clinic please contact Mindy Becker: 716-583-1484

DATES (keep checking website)

- 1/12/20: QCC
- 1/16/20: Starpoint Snowflake Showdown
- 1/18/20: Winter Cheer Off
- 1/25/20: NFL League Championship
- 1/26/20: Fredonia State Cheer Competition
- 2/1/20: Winter ECIC Please contact eciccheer@gmail.com for information.
- 2/9/20: Sectionals * registration will open November 18th and close November 25th
- 2/15/20: Heartbreaker
- States: March 7th at RIT in Rochester NY

- Remember you must have attend 2 NYSPHSAA Sanctioned Competitions prior to Sectionals

NFHS Rules

- NFHS Spirit Rules
 - All rules need to be followed at all times.
 - Basketball section for timeouts/warmup areas/etc
 - Hair, Jewelry, Tosses
 - <https://www.leaguelineup.com/miscinfo.asp?menuid=30&url=nyscja>
 - ACCAA vs NFHS
 - <http://www.cheerrules.org/rules-videos/?set=nfhs&legality=illegal&skill=stunt>
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GAME DAY

- December 17th – **need a host
- January – need a date/host
- February 12th – Williamsville North

To Register:

I will place a link on the website. Even if you didn't participate in the training you can come to get feedback!

SECTIONALS

- Registration will OPEN Monday 11/18/2019 at 8:00am and will CLOSE Monday 11/25/2019. No exceptions.
 - The division you register for is the division you will compete in regardless of number changes, etc.
 - Use the link to the google doc on the website to register and as SOON as you register, shoot me an email to ensure I got the registration (sec6cheerleading@gmail.com)
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Scoring Reminders

- **Cheer – 30 second minimum (25 Points)**
 - Skills do not carry over into the music portion.
 - Utilize cleanly executed skill will help when leading the crowd
 - Encompasses energy, facial expressions, Volume, pace, and clarity of words, Use of formations for crowd coverage, Correlation of words to school's name, mascot, colors. **(5 points)**
 - Use of motions to either: Lead the crowd response (including props) and/or create visual Interest. Execution of motions including sharpness, placement, synchronization. **(5 points)**
 - Effective use of skills to: Enhance the cheer/response and/or Create visual interest that correlates to the words. **(5 points)**
 - How well the skills of the cheer are performed. Skills used are technically correct and strong, synchronization, spacing and overall skill level shown with stunts, motions, jumps, etc **(10 points)**
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Scoring Reminders

- **Music Portion (70 points)**
 - Partner Stunts – **20 points** Difficulty (10) – progressions based on the 3 highest skills, number of groups, variety of other stunting skills throughout a routine Also will take into consideration the number of bases used to compete the skill. Execution (10)
 - Pyramids – **20 points**, Difficulty (10) 3 skills, and also looking at how many were involved, number of groups for each skill. Execution (10)
 - Tumbling (Running and Standing) – 10 points **no majority grid: strictly comparison scoring**
 - Jumps – 10 points **no majority grid.**
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Scoring Reminders

- Max time for routine 2:30
- No Down Time
- Overall Effect – 5 points (averaged between all judges)

Flow, transitions, entertainment,
performance of skills, energy throughout the
entire routine

STUNT PROGRESSIONS

		Release	Inversion	Twisting	Other	Baskets
0.0-2.0	BASIC	<ul style="list-style-type: none"> Below level release to below level stunt 	<ul style="list-style-type: none"> Inversion from ground to below shoulder/prep-ex. Back bend to thigh stand Below prep level inversions out of stunts (yo-yo, back walk-over) 	<ul style="list-style-type: none"> ¼ to ½ up to prep level stunt ¼ to ½ up to extended 	<ul style="list-style-type: none"> Straddle sit at prep level Flat back stunt Two leg prep level stunt 	<ul style="list-style-type: none"> N/A
2.1-4.0	INTERMEDIATE	<ul style="list-style-type: none"> Switch up, Tick Tock, ball up to prep level stunt Prep level Tick Tock level variations Release moves caught at prep level or below 	<ul style="list-style-type: none"> Inverted stunts below prep level Suspended Rolls Twisting suspended rolls Waterfall style dismounts 	<ul style="list-style-type: none"> Full up variations (cross leg, bases moving, multiple connections, modified grips) Full up to prep level and below variations Twisting rewind to load 	<ul style="list-style-type: none"> Cradle caught from extension Transition from below prep to Prep 1 leg body position Full twisting dismount from 2 leg stunts Single leg extended variations Single base extension 	<ul style="list-style-type: none"> Straight Ride
4.1-6.0	ADVANCED	<ul style="list-style-type: none"> Quick toss to extended two leg stunt Switch up to extended one leg stunts Quick toss to single leg extended ½ switch up to extended 1 leg Release moves landing extended (low to high tick tock, press release ball up from prep, etc) 	<ul style="list-style-type: none"> Inversion transitions to prep level and below Release inversions to below prep level Prep level inverted stunt Released inversions to prep level 	<ul style="list-style-type: none"> Twisting transitions to side/prone/cradle Full up variations to extended target/liberty (non- modified) Full twisting Tick Tock to prep 1 leg stunt Full twisting Ball UP, Straddle Up and/or switch up to prep level body position-prep to prep 	<ul style="list-style-type: none"> Full twisting dismount from single leg stunts Extended single base liberty Kick full twisting dismount 	<ul style="list-style-type: none"> Non-twisting “bent leg” toss skills Single skill basket toss
6.1-8.0	ELITE	<ul style="list-style-type: none"> ½ around release moves to extended Low to High Tick Tock variations (body position to body position) High to High Tick Tocks ¼ Twisting High to High Tick Tocks 	<ul style="list-style-type: none"> Ground inversion transition to extended Released inversions to extended level Shoulder inversion release to extended 	<ul style="list-style-type: none"> Full Up body position 1 ½ up to extended Lib Hands full around to extended target/liberty 	<ul style="list-style-type: none"> Extended single base body position ½ up to extended single base 	<ul style="list-style-type: none"> Multiple skill toss Multiple skills with a twist
8.1-10	SUPER ELITE	<ul style="list-style-type: none"> Full up switch up variations Full up release moves to extended stunts Full up quick toss to extended stunts High to High Tick Tocks (body position to body position) ¼ Twisting High to High Tick Tocks (body position to body position) 	<ul style="list-style-type: none"> ½ up or full up inversions to extended stunts Shoulder inversions release to extended body position Ground inversion release to extended Ground inversion release to extended body position Hand to Hand inversion release to extended stunt 	<ul style="list-style-type: none"> 1 ½ up to extended body positions Hands full around to extended body positions Hands 1 ½ around to extended High to High full around – 2 feet Double up to extended stunts Hands double around to extended High to High full around – 1 foot 	<ul style="list-style-type: none"> Switch up to extended 1 leg single base Extended single base variations that include twisting/releases (low to high tick tock, full up, ½ switch up) Single bases high to high tick tock 	

- A Liberty is not considered a body position.
- **Release Skills** - When scoring difficulty, judges will take into account the following: minimum movements of bases, limited number and type of connection between bases and top, top person’s beginning and ending position and completion of the skill.
- **Inversion Skills** – Credit for inversions will only be received if the weight of the top person is held in the upper portion of the top and skill is inverted at the dip (the flyers legs should be higher than the flyer’s upper body).
- **Twisting** – When scoring difficulty, judges will take into account the following: minimum movements of bases, limited number and type of connections between bases and top, top person’s beginning and ending position, and completion of the skill.

PYRAMID PROGRESSIONS

		Non-released	Released Transition	Braced Roll/Flip
0.0-2.0	BASIC	<ul style="list-style-type: none"> • Extensions on two feet or single leg variations at prep level • Preps or single leg variations below prep level 	<ul style="list-style-type: none"> • From load to prep with braces below prep level • Released transitions at prep or below with 2 bracers 	<ul style="list-style-type: none"> • N/A
2.1-4.0	INTERMEDIATE	<ul style="list-style-type: none"> • Braced non-released transitions • Inverted stunts to prep level and below • Intermediate full up variations 	<ul style="list-style-type: none"> • Released transition to any level with 2 bracers • Released transitions to prep or below with 1 bracer • Switch up landing extended-braced 	<ul style="list-style-type: none"> • Flipping transitions landing below prep level • Rolling transition to prep and below • Single braced forward flip to cradle
4.1-6.0	ADVANCED	<ul style="list-style-type: none"> • Inverted stunts to extended-2 bracers • Advanced full up variations 	<ul style="list-style-type: none"> • Released transition landing extended with 1 bracer • Braced inverted stunts released to prep level and below- • Releases landing extended unbraced 	<ul style="list-style-type: none"> • Flipping transition landing at prep level • ½ twisting flip transition landing prep level • Rolling transition to extended position • Side sumi landing in prep
6.1-8.0	ELITE	<ul style="list-style-type: none"> • Inverted stunts involving full spinning to extended-2 bracers • Inverted stunts to extended-1 bracer • Elite full up variations • Single base advanced full up variations 	<ul style="list-style-type: none"> • Released transition involving full spinning or inversion that land extended with 2 bracers • Inversion released to extended with 1 bracer 	<ul style="list-style-type: none"> • Flipping transitions from below prep landing extended • Flipping transition starting at prep or above, landing extended
8.1-10	SUPER ELITE	<ul style="list-style-type: none"> • Inverted stunts involving full spinning to extended -1 bracer • Super Elite full up variations • Single base elite/super elite full up variations 	<ul style="list-style-type: none"> • Released transition to extended involving full spinning with 1 bracer • Unbraced Full spinning release landing extended 	<ul style="list-style-type: none"> • Flipping transition to extended position-1 bracer • ½ twist flipping transition landing extended • Flipping transition landing extended with minimal bases

TUMBLING AND JUMPS

		TUMBLING
0.0-1.5	BASIC	<ul style="list-style-type: none"> • Forward/Backward Roll • Back Extension Roll • Cartwheel • Walkover
1.6-3.0	INTERMEDIATE	<ul style="list-style-type: none"> • Aerials • Standing Back Handspring • Front Handspring • Back Walkover, BHS • Round-Off BHS • Multiple Handsprings
3.1-5.0	ADVANCED	<ul style="list-style-type: none"> • Standing BHS Back Tuck • Round-Off Back Tuck • Round-Off BHS Back Tuck • Punch Front • Standing BHS Series Back Tuck • Standing Back Tuck • RO/BHS Layout • Standing Full • RO Full
		JUMPS
0-1.5	BASIC	<ul style="list-style-type: none"> • Single
1.6-3.0	INTERMEDIATE	<ul style="list-style-type: none"> • Double
3.1-5.0	ADVANCED	<ul style="list-style-type: none"> • Triple

Discussion

- Sportsmanship: remember we are the adults, the way we act around our kids influence their actions and thoughts
 - If anyone wants to host a competition please let me know we still have some open dates.
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