



CAAC Game Sheet

Competitive Cheer

(Established: June 2022)

(Updated: November 2024)

Start Times:

- Competitions will start at 6:00 p.m.
 - Team Arrival will be determined by the host school but 4:30 p.m. is recommended
 - Coaches Meetings will be determined by the host school but 5:15 p.m. is recommended
 - Doors Open to Spectators will be determined by the host school but 5:00 p.m. is recommended

Pre-Game Warm-up:

- Teams will be given mat warm-up time of at least 3 minutes per team (in Round 1 order)
- Host schools are required to communicate to opposing school ADs at least one week prior with a detailed Competition Day Information Sheet (including Team Arrival, Coaches Meeting, Doors Open to Spectators, Round Order, etc.), especially if the schedule (below) is altered
 - 5:55 p.m. Teams Announced & National Anthem
 - 6:00 p.m. Competition Begins

Game Format:

- Competitions will be 3 rounds
 - Round 1 – Required Round
 - The following categories will be judged: Jumps, Vocals, Floor Mobility, Team Coordination, Execution, General Impression, and Difficulty and Variety
 - Round 2 – Compulsory Round
 - Five different skills shall be selected; at least one skill from each category must be performed (Flexibility, Jumping, and Tumbling)
 - Round 3 – Open Round
 - The following categories will be evaluated: Skills (Variety of Skills, Degree of Difficulty, Choreography, Execution, and Execution Bonus)
 - The following categories will be judged: Floor Mobility, Vocals, Team Coordination, and General Impression



CAAC Event Management Policies & Procedures

Competitive Cheer

(Established: June 2022)

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General Procedures:

- When a host school conducts a special activity that will interrupt pregame or the competition, they shall be required to notify the visiting ADs and/or coaches no later than upon arrival
 - These special activities (i.e. Senior Night) should be conducted with courtesy to visiting teams and should take no longer than 10 minutes
- No artificial noisemakers will be allowed
- Spectators will be prohibited from forming pep lines or tunnels
- **Playing Rules**
 - All MHSAA and National Federation rules will be followed
- **Officials**
 - Three panel judges will be assigned for all competitions
 - Two safety judges will be assigned for all competitions
 - If schools utilize a “Comment Judge”:
 - “Comment Judges” are not to be present at the judges table, near the mat, or in the vicinity of Panel or Safety Judges
 - “Comment Judges” should not wear the MHSAA emblem or logo while serving in this capacity and should avoid wearing clothing similar to that as required of MHSAA competitive cheer judges
 - If utilized, schools should have a reserved separate area for “Comment Judges” (away from the mat or judging areas) where they will not be confused as MHSAA-sanctioned judges or give the appearance of influence or impropriety
 - “Comment Judges” are considered a “formal advisory capacity” within the MHSAA Conflict of Interest Policy, and individuals may not serve as a Panel or Safety Judge for a school in which they have served as a “Comment Judge” in the previous 12 months
- **Make Up Dates**
 - Postponed competitions will be made up on the next available date as determined by participating school ADs & coaches
 - Division competitions will take precedence over non-division competitions
- **Media**
 - Bona fide media shall be provided access to the facility and press areas
 - Photography restrictions will be established by the host school consistent with similar indoor events
- **Results**
 - Host school will report results to local media and/or post on social media
 - Host school will should report results to Michigancompetitivecheer.com

- **Host School Expectations**

- Send out meet information no later than one week prior to the meet
- Provide equipment necessary to run the meet
 - Competition cheer (carpet) mats only (7 panels) with Velcro on each mat and wrestling tape to adhere to the competition floor
 - Team arrival no earlier than 90 minutes before the scheduled start time and no later than 60 minutes
 - Team Registration Table upon entrance (pencils, team list to check in, locker room assignments (if possible), and program copy for coaches)
 - Adequate warm-up areas for all teams
 - Judges Table at the front of the mat that can seat 4 judges , 1 announcer, and 1-2 score runners (pencils, microphone, list of teams for judges, announcer script, and water & snacks (if possible))
 - Safety Table at the side of the mat that can seat 2 judges (pencils, and water & snacks (if possible))
 - Scoring Table at the side of the mat to sit volunteers working the scoring program (computer, order of teams, calculator, folders for scores with space to write scores on the front of the folder)
 - Projector at the Scoring Table with visual or live scoring (if possible)
- Provide personnel necessary to run the meet
 - Announcer (1), score runners (1-2), scoring table staff (2-3), admission staff (2), door holders (2-4), and meet manager (if necessary/possible)
- Locker room facilities for visiting teams (if possible) or at least space for teams to set belongings
- Meeting area for officials (necessary paperwork, pencils, and water & snacks (if possible))
- An adult as the announcer and scorer (if possible)
- Certified athletic trainer or doctor (if possible)
- Host school trainers will tape the visiting teams (if asked), and as a courtesy, the visiting teams should bring taping supplies

- **Weather Policies & Suspensions**

- If a competition is to be cancelled in advance due to inclement weather the visiting teams shall be notified prior to 2:00 p.m.
- Once a competition begins, the decision to suspend lies with officials; resumption of play will be determined by host school management
 - Play shall resume from the point of suspension
- Delays for contests scheduled prior to 3:00 p.m. must not exceed 3 hours; delays for contests scheduled for 3:00 p.m. or later must not exceed 90 minutes
 - Delays on nights not followed by school from all the competing teams may be longer by mutual agreement of participating schools

Division Championship Determination

- Division Championship will be determined by overall division point totals after the completion of the league schedule
 - Maximum points given will be based on the number of teams in each division
 - 8-team division will have 8 points awarded: 1st Place (8 points), 2nd Place (7 points), 3rd Place (6 points), 4th Place (5 points), 5th Place (4 points), 6th Place (3 points), 7th Place (2 points), and 8th Place (1 point)
 - 7-team division will have 7 points awarded: 1st Place (7 points), 2nd Place (6 points), 3rd Place (5 points), 4th Place (4 points), 5th Place (3 points), 6th Place (2 points), and 7th Place (1 point)
 - 6-team division will have 6 points awarded: 1st Place (6 points), 2nd Place (5 points), 3rd Place (4 points), 4th Place (3 points), 5th Place (2 points), and 6th Place (1 point)
 - 5-team division will have 5 points awarded: 1st Place (5 points), 2nd Place (4 points), 3rd Place (3 points), 4th Place (2 points), and 5th Place (1 point)
 - 4-team division will have 4 points awarded: 1st Place (4 points), 2nd Place (3 points), 3rd Place (2 points), and 4th Place (1 point)

All-Conference Selection Format

- Each division will select All-Conference Teams for CAAC recognized sports
- Players will be selected to the CAAC Divisional All-Conference Team
- There will not be a designation of first team or second team
- When athletes are voted to an All-Conference Team, it shall be primarily based on their performance in divisional games and contests; overall season performance may also be considered
- The athletic director/manager of the last league competition will provide coaches with medals and the school honoring the student will provide a completed certificate using the supply of certificates annually provided by the CAAC Commissioner, for the athletes placed on the All-Conference Team

Team Sports (voted by division coaches)

- Competitive Cheer: Varies based on School Division Configuration
- All-Conference athletes will receive a medal plus a certificate
 - 8-School Division (32 Medals): 1st Place (8), 2nd Place (7), 3rd Place (6), 4th Place (4), 5th Place (3), 6th Place (2), 7th Place (1), and 8th Place (1)
 - 7-School Division (28 Medals): 1st Place (7), 2nd Place (6), 3rd Place (5), 4th Place (4), 5th Place (3), 6th Place (2), and 7th Place (1)
 - 6-School Division (24 Medals): 1st Place (7), 2nd Place (6), 3rd Place (5), 4th Place (3), 5th Place (2), and 6th Place (1)
 - 5-School Division (20 Medals): 1st Place (6), 2nd Place (5), 3rd Place (4), 4th Place (3), and 5th Place (2)
 - 4-School Division (16 Medals): 1st Place (6), 2nd Place (5), 3rd Place (3), and 4th Place (2)
- Honorable Mention athletes will receive a certificate
 - 8-School Division (16 Certificates): 1st Place (4), 2nd Place (3), 3rd Place (2), 4th Place (2), 5th Place (2), 6th Place (1), 7th Place (1), and 8th Place (1)
 - 7-School Division (14 Certificates): 1st Place (4), 2nd Place (3), 3rd Place (2), 4th Place (2), 5th Place (1), 6th Place (1), and 7th Place (1)
 - 6-School Division (12 Certificates): 1st Place (3), 2nd Place (3), 3rd Place (2), 4th Place (2), 5th Place (1), and 6th Place (1)
 - 5-School Division (10 Certificates): 1st Place (3), 2nd Place (3), 3rd Place (2), 4th Place (1), and 5th Place (1)
 - 4-School Division (8 Certificates): 1st Place (3), 2nd Place (2), 3rd Place (2), and 4th Place (1)

Academic All-Conference Award Criteria

- Award will be presented at the end of each season
- Athlete must have a 3.5 cumulative grade point average
- Athlete must have been awarded a Varsity Letter

MHSAA Handbook Regulations

- All school sponsored cheerleading competition must be in the MHSAA Competitive Cheer Format; a student or team shall participate in no more than four interscholastic scrimmages and in no more than 12 days of competition, exclusive of the MHSAA tournament (p. 66)
- In schools that sponsor girls competitive cheer, all cheer-related activities of both competitive cheer and sideline cheerleading (including but not limited to tumbling/gymnastics instruction and routine development) are prohibited for students with competitive cheer coaches and/or sideline cheerleading advisors, except as permitted by the four-player rule, from the last Monday of March to the Monday after Memorial Day (Interpretations 235 and 236 applies); competitive cheer coaches remain subject to the four-player rule with respect to competitive cheer activities until the Monday after Memorial Day when summer rules begin for all sports (p. 72)
- Out-of-season activities of competitive cheer teams shall adhere to the preseason down time regulations regardless of a school's sponsorship of sideline cheerleading in the fall or winter (p. 78)

Meet Host Recommendations

- **Personnel:**
 - Judges
 - Assigned & paid by the host school
 - Facility
 - Open 1.5 hours before competition time to teams
 - Open 1 hour before competition time to spectators
 - Event Staff
 - Announcer (1) - someone to sit next to judges and announce the meet (preferably someone who understands competitive cheer)
 - Score Runners (1 to 2) - this can be adults or non-competing student-athletes that take the score sheets from the panel and safety judges and brings them to the scoring table
 - Scoring Table Staff (2 to 3) – individuals who enter all scores into a scoring program and is familiar using excel and technology; the program can be found and downloaded to your computer off the MHSAA website under Competitive Cheer
 - Admission Staff (2) – trusted adults to collect money from spectators upon entering
 - Door Holders (2 to 4) – adults or non-competing student-athletes that can open / close the doors between rounds and making sure teams are lined up ready to take the mat
 - Meet Manager (1) – someone who can be around to help run the meet and be there to administer and issues that may arise; someone who has access to a copy machine is helpful

Meet Host Recommendations (continued)

- **Paperwork:**
 - Send out meet information no later than one week prior to the meet
 - Teams must return their competition paperwork before 2:00 p.m. the day BEFORE the meet
 - Below is the process for handling paperwork:
 - Receive all paperwork and print it out (NOT double-sided); each school should send 3 scoresheets, 1 description sheet, and 3 penalty sheets (for a total of 7 documents per school)
 - Make sure all proper spaces are filled out on these documents
 - Scoresheet: Teams name, number of competitors, jump they are performing
 - Description Sheet: Team name, number of competitors, date, coaches' signature, description of round, need/have choreography points at the bottom
 - Penalty Sheet: Team name, number of competitors, jump performed
 - Keep this set as the original set and make the following copies:
 - Round 1: 3 (each judge needs a copy)
 - Round 2: 3 (each judge needs a copy)
 - Round 3: 3 (each judge needs a copy)
 - Description sheet: 3 (each judge needs a copy)
 - Penalty sheet: 1 copy for the Safety officials
 - Make folders in the following way:
 - 3 Panel Judge Folders
 - This folder should contain the following:
 - RD1 scoresheets in order of performance paperclipped
 - RD2 scoresheets in order of performance paperclipped
 - RD 3 scoresheets in order of performance with the routine description sheet paperclipped
 - 1 Safety Judge Folder
 - This folder should contain the following:
 - RD1 penalty sheet in order of performance paper clipped
 - RD2 penalty sheet in order of performance paper clipped
 - RD3 penalty sheet in order of performance paper clipped
 - Team Folder
 - Each team should have a folder at the scoring table with the team name on it
 - On the front should be a space to write RD1 score, RD 2 score, Subtotal, RD 3 score, and total score
 - These will stay at the scoring table and are used to put the scoresheets in so coaches can come over, grab their folder, and look at their scores; coaches will set the folder back down on the table when they are done
- **Scoring System:**
 - This program is found on the MHSAA website under Competitive Cheer
 - Download the HS 3 Panel Judge Scoresheet
 - Be sure to open this in advance so the person assigned to the computer has time to become familiar with it before competition day
 - Team Names and Round 2 Difficulty Multiplier should be entered BEFORE the competition starts
 - This is an extremely critical part of the competition, so please use someone you can trust

Meet Host Recommendations (continued)

- **Coaches Meeting:**
 - Topics that should be covered during the Coaches Meeting
 - Welcome
 - Reminders of Time
 - Mat time beginning (order of RD1)
 - When competition starts
 - Overview of Building
 - Identify location for warm-ups
 - Identify final scoring table location
 - Identify where to set belongs (locker room, bleachers, warm-up area, etc.)
 - Identify where to enter/exit the competition mat
 - Identify where to check scores (and reminder to leave folders at table)
 - Identify the Meet Manager (if applicable) and how to contact them
 - Reminders
 - To share warm-up spaces and to be respectful (stretches in hallways, routine work on mats, etc. if limited warm-up space is available)
 - To be ready for your turn, mat time, etc.
 - Sportsmanship
 - To take the team folder at the end of the meet
- **Announcement of Scores:**
 - Between rounds there is a 10-minute judges break; during this time, announce all scores from all teams competing in the previous round
 - At the end of the competition, all judges need to verify scores and penalties at the scoring table; after this is completed, scores may be announced
 - Announce all scores by place in reverse order (last to first)
 - When announcing, say the place, their Round 3 score, and the final score. (For example: in 5th place with a Round 3 score of 300 and a final score of 700 is the team from _____)
 - At the end, make one more announcement reminding all coaches to pick up their score folder