



## 2024-25 MHSAA GIRLS COMPETITIVE CHEER GIRLS COMPETITIVE CHEER MANUAL (2024-26)

Updated 11/25/24

The 2024-26 Girls Competitive Cheer Manual has been prepared to provide coaches, judges and administrators of Girls 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 2024-26 Competitive Cheer information will be listed at [mhsaa.com](http://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.

The high school and junior high school panel score sheets and safety score sheets are included on [mhsaa.com](http://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.

### 2024-26 MANUAL CORRECTIONS:

- p. 22: Italics under the Requirements and Skills schematic should be Five (5) skills for HS.
- p. 64: 9<sup>th</sup> bullet should read: In a single-braced suspended roll (when the flyer has both hands in contact with the bracers)
- p. 68: #9 in Section G is no longer applicable.
- p. 81: One Leg Extension Exception: Single braced liberty with two points of contact allowed.
- p. 102: Round 2 MS Scoresheet should reflect 4 skills (not 5). Go to [mhsaa.com](http://mhsaa.com) for Round 2 JH/MS scoresheet.

### 2024-25 DATES TO REMEMBER:

Opt-Out Due Date:	January 31, 2025	
Districts:	February 14 or 15, 2025	6 Districts in 4 Divisions (24 total)
Regionals:	February 22, 2025	2 Regionals in 4 Divisions (8 total)
Finals:	February 28 & March 1, 2025	D4: Friday, February 28, 2025 – 2 p.m. D1: Friday, February 28, 2025 – 6:30 p.m. D3: Saturday, March 1, 2025 – 11 a.m. D2: Saturday, March 1, 2025 – 3:30 p.m.

### 2024-25 INTERPRETATIONS:

1. **Three HS OLEs have different angled legs (some positioned forward or to the side).** Deduction should be taken from the Team Coordination category (Precision of the stunt/skills).
2. **A competitor does a switch split and has six inches of space in each direction of the split. What is the deduction?** The deduction (0.05 – 0.08) should be taken for skill not mastered – in each direction.
3. **A competitor trips and falls while changing formations. Should execution be taken for a fall?** No, a deduction should be taken in Floor Mobility.
4. **A competitor in Round 1 or 2 does not do a skill? What is the deduction?** Safety would take a 22-point penalty and panel would take (0.9-1.0) for “Skill not completed as described in Manual, wrong skill”.
5. **A competitor does an extension or elevator to twist cradle to inverted exit. What points should be received?** 10 or 7 + 4 + 4 + 4. Because the inverted exit is coming from a stunt, it would receive 4 points.
6. **A competitor does an extension or elevator to cradle/inverted exit. What points should be received?**  
In this case, the cradle is a part of the exit, and the sequence would receive 10 or 7 + 4 + 4.