

## KAPOS IN-GAME TECHNICAL JUDGING SHEET

<b>Rule 2 – General Risk Management – Section 1 - General (pages 12-14)</b>	
DQ	KAPOS-More cheerleaders than allowed per category or in an inappropriate category as defined by competition rules.
-0.5	5-Stepping on signs/poms; throwing sign/prop of solid material, hard edges, or sharp corners.
DQ	6- Mini-trampoline or other height increasing apparatus.
-1	7 & 11- Participants must not: chew gum or have candy in their mouths; use artificial noisemakers; use megaphones inappropriately (should not strike the floor).
<b>Rule 2 – General Risk Management – Section 2 - Sportsmanship (pages 14-15)</b>	
-3	1&2-Unsporting act (includes leaving their assigned position as defined in the competition rules). Unsuitable game material (KAPOS).
<b>Rule 3 – Cheerleading Risk Management – Section 1 – Cheerleader Apparel/Accessories (page 15-17)</b>	
-1	1-Jewelry is prohibited except: a religious medal without a chain taped and worn under the uniform; or a medical-alert medal taped (may be visible).
-1	2 & 3-Fingernails, including artificial, must be kept short and near the end of fingers. Hair devices must be secure. Hair should be off the shoulders and not impair vision.
-1	4 & 6-Apparel and accessories must be appropriate for the activity. Cheerleaders must wear athletic shoes. When standing at attention, apparel must cover the midriff.
-5	5-A mascot/participant in full head and body costume that is involved in a stunt or tumbling except forward roll or cartwheel.
-1	7-Glitter that does not readily adhere on the hair, face, uniform, or body is illegal. Glitter on signs/props must be laminated.
-1	8-Supports, braces, soft casts, etc. that have been altered. Participant wearing a plaster cast/walking boot involved in partner stunts, pyramids, or tosses.
-1	9 & 10-Logo/Trademark, American Flag, Memorial Patch that exceed specified dimensions.
<b>Rule 3 – Cheerleading Risk Management – Section 2 – Stunting Personnel (page 17-18)</b>	
-5	1 & 2-Bases in back-bend or handstand; holding objects in supporting hands; extended stunts must have both feet on performing surface.
-5	3-Bracers providing primary support.
-0.5	4, 5, & 6-Spotter momentarily provides primary support; proper location; body position; visually focused; under foot/torso; hold objects; hands behind back.
-5	7 & 8-Missing Spotter extended stunts or transitions; toss to single-based prep-level stunt/should stand in which the foot/feet of top person are in the hands of the base.
<b>Rule 3 – Cheerleading Risk Management – Section 3 – Inversions (page 18-22)</b>	
-0.5	1- Top Person - Shoulders drop momentarily below waist.
-5	2 & 7- Inverted Top Person- begins, ends, pauses, or stops in an extended inverted position; holding objects in his/her hands except during transition from performing surface to non-inverted stunt.
-5	3abc- Braced Inversions in a Pyramid that do not flip or roll- at least 2 bases or base and spotter; if released – each bracer at prep level or below, bracer provides primary support, more than ¼ turn around the bracer, not caught by original bases, lands inverted; hand-to-hand/arm contact with bracer.
-5	4ab-Braced rolls in Pyramid – at least 2 bases or base and spotter; bracer(s) have 2 bases or base and spotter.
-5	5abcdef- Braced flips in pyramids- hand-to-hand/arm contact w/2 bracers in multi-base preps w/spotter; each arm is connected to a separate bracer; not behind bracers; # bases and spotters; bases move; more than 1 ¼ flip; more than ½ twist; ends in an inverted position; new catchers are in place upon initiation.
-5	6a-Inversion released to dismounts or load with more than a ½ turn, on the performing surface released to loading position above prep level.
-5	6b- Inversion below prep level requires 1 person maintains contact until no longer inverted.
-5	6c123- Inversion begins/passes through prep level- 2 people to protect head/neck; 1 maintains contact with upper body until no longer inverted or hands are on performing surface (exception: foldover, single base suspended roll);go directly to inverted position on performing surface;; if caught in cradle, load, or stunt by new catchers they must be in place when skill is initiated.
-5	8- Swing Roll Down Stunt.
<b>Rule 3 – Cheerleading Risk Management – Section 4 – Non-Release Stunts (page 22-24)</b>	
DQ	1- Height Limitation on Stunts and Pyramids - more than 2 levels high.
-5	2- Move over/under a stunt - except when helping build, stabilize or dismount that stunt or pyramid.
-5	3- Bracers- in extended stunts cannot brace each other hand/arm to foot/leg; cannot brace release transitions (situation 3-4-3B page 24).
-5	4- Top person from vertical to horizontal or cradle - loses contact; without correct # of catchers; catchers not in position.
-5	5- Hanging Pyramid – contact w/stationary base/spotter; lower than shoulder stand; does not rotate.
-5	6 & 10- Single-Base –split catch/straddle catch; Primary support for 2 extended top persons (except double cupies/awesome); must have 3 catchers for each top person.
-5	7- Missing Spotter - roll down from a side T lift.
-5	8 & 9- Non-release transition to new bases or back to original bases or by a post to original bases or non-release braced inversion - (illegally performed).
-5	12 & 13- Flip - to partner stunt or cradle. Jump-unassisted onto the back of base in horizontal position.
<b>Rule 3 – Cheerleading Risk Management – Section 5 – Release Stunts/Tosses (page 24-27)</b>	
-5	2, 3, & 4-Release Stunts & Tosses- direct vertically; original bases/location; land inverted; over/under; more than 1 ¼ twist; more than 4 tossers w/1 behind; cradled by original bases/spotter; does not hold props; exception is switch liberty. (KAPOS prohibits Middle/Elementary teams from performing basket tosses. See DQ below.)
-5	5-Release transitions- skills before/after must be legal; loss of contact w/bracer; more than ¼ turn around bracer; bracer above prep level (3.4.3 sit B); bracer provides primary support;; continuous movement; top person vertical over the bases, prep level cradle/horizontal position prep level/ below releases to extended stunt (exceptions:2.5.5b.12). Tick-tock – non-braced tick tock must not originate above shoulder level (3.5.5 sit. D).
-5	6- Helicopter- More than 180 rotation; top twists or face down; # of bases; no head/neck/shoulder spot.
-5	7- Log Roll-More than 1 complete rotation; top in contact with another released top person; incorrect single base rotation or ending position.
DQ	1, 8 & 9- Toe/leg pitch to a jump or tumbling skill; Swan Dives; Basket Toss or Similar Multi Base Tosses are NOT allowed for Middle/Elementary teams.
<b>Rule 3 – Cheerleading Risk Management – Section 6 – Suspended Stunts (page 27-28)</b>	
-5	1&2- Suspended splits non-braced - below prep level w/ 2 bases & hand contact; at prep level or above w/3 bases, 2 supporting under the legs & both hands in contact.
-5	3&4- Suspended splits braced- 2 bases; both hands in contact w/bracer(s); separate spotters. If released, then 3.5.5 (page 25) must be met.
-5	5&6-Swinging stunt -Downward movement; above prep level; face down. Suspended stunt- face down between bases with torso suspended below the arms and legs.
<b>Rule 3 – Cheerleading Risk Management – Section 7 – Dismounts (page 28-30)</b>	
-5	1, 2, & 11-Dismount-bases/catcher do not move (exception: ¼ turn) ; unassisted landing from prep level or above; no assistance from two bases or a base and a spotter when skill is performed
-5	3, 4, 5, 6, & 7-Dismount to cradle- No visual contact; top person w/sign or prop made of solid material, corners, or sharp edges; # of catchers or spotters; skill performed into cradle to separate catchers or following release; twist to cradle with more than 1 ¼ rotations.
-5	8 - Dismount to catchers: # of catchers; close to bases; in place & not involved in skill when initiated; head/shoulder spotter/catcher.
-5	9 -Dismount with bracer(s)- # of bases or spotters; loss of contact; not up-down movement; not over original bases; released to new catchers.
<b>Rule 3 – Cheerleading Risk Management – Section 8 – Tumbling (page 30-31)</b>	
-5	1, 2, & 3-Tumbling or rebounding- over or under a stunt, person, or prop except non-aerial tumbling over person or prop on the performing surface; while holding props except for a forward or backward roll or one-hand cartwheel or airborne tumbling skills in which the hands are not used for support; Dive forward roll.
-5	4, 5, 6 & 7-Flip- to partner stunt or cradle; twist or flip with more than 1 rotation; jumping to kip-up or rubber band
-5	8 – Headstands, Headspins, Headsprings
<b>Rule 3 – Cheerleading Risk Management – Section 9 – Drops (page 31-32)</b>	
-5	1, 2, 3, & 4- Drops- directly to thighs, splits, knees, seat; push-up position; from a stand to stomach or back; from handspring or flip.
<b>Rule 3 – Cheerleading Risk Management – Section 10 – Props as Bases (page 32) – KAPOS RULING</b>	
DQ	KAPOS allows only signs, flags, megaphones, and poms as props.
←TOTAL DEDUCTIONS TO BE DEDUCTED FROM ROUTINE COMBINED SCORE	
TEAM:	DISTRICT: REGION: