

# CONNECTICUT ASSOCIATION OF SCHOOLS CHEERLEADING PENALTY SHEET

School \_\_\_\_\_

Division \_\_\_\_\_

Initials \_\_\_\_\_

VIOLATION	PENALTY															
<p><b>1). ANY VIOLATION OF NFHS RULE 2 and 3 SECTION 1 (per occurrence) (1 pts*/2 pts)</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> jewelry (p. 15 3-1-1 and pg 16 3.1.1 Situations A and B)</li> <li><input type="checkbox"/> improper length of nails/artificial nails (p. 11 2-1-4)</li> <li><input type="checkbox"/> hair not secure /hair needs to be up (p. 11 2-1-5 and pg 13 2.1.5 Situations B and C)</li> <li><input type="checkbox"/> unsafe hair devices (p. 11 2-1-5 and pg 13 2.1.5 Situation A)</li> <li><input type="checkbox"/> improper use of glitter p16 3-1-5 and pg 16 3.1.5 Situation A)</li> <li><input type="checkbox"/> when standing at attention apparel must cover the midriff (p. 16 3-1-4 and pg 16 3.1.4 Situation A)</li> <li><input type="checkbox"/> stunting while wearing a plaster cast or walking boot p. 17 2-1-11 and pg 14 2.1.11 Situation A &amp; B)</li> </ul>																
<p><b>2). PERFORMANCE MISTAKES-INATTENTIVE SPOTTER, IMPROPERLY PERFORMED LEGAL STUNTS, STEPPING ON POMS OR SIGNS</b> (includes any violation of NFHS Rule 2 Section 1) (per occurrence) (2.5 pts*/5pts)</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> tumbling off the mat (CT rule)</li> <li><input type="checkbox"/> surface must be free of objects (pg 11 2-1-7 a,b and pg 14 2.1.7 Situation A,C,D)</li> <li><input type="checkbox"/> props need to be discarded gently (pg 11 2-1-7c and pg 14 2.1.7 Situation B)</li> <li><input type="checkbox"/> no gum or candy allowed (p. 12 2-1-9)</li> <li><input type="checkbox"/> inattentive spotter (p. 17 3-2-5 and p.18 3.2.5 Situation A,B,C)</li> <li><input type="checkbox"/> improperly performed legal stunt</li> </ul>																
<p><b>3). SPORTSMANSHIP (VIOLATION OF NFHS RULE 2 SECTION 2) (4 pts*/8 pts)</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> disrespectfully addressing, or contacting an official or gesturing in a manner indicating resentment (p. 15 2-2-1 a)</li> <li><input type="checkbox"/> inappropriate language music, dance moves/motions) (p. 15 2-2-1 b)</li> <li><input type="checkbox"/> Taunting ( p. 15 2-2-1 c)</li> </ul>																
<p><b>4). SAFETY VIOLATIONS:(5pts*/10pts)</b></p> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 15%; text-align: center;">PAGE #</th> <th style="width: 15%; text-align: center;">RULE #</th> <th style="width: 70%; text-align: center;">EXPLANATION</th> </tr> </thead> <tbody> <tr> <td style="border-top: 1px solid black; border-bottom: 1px solid black;"> </td> <td style="border-top: 1px solid black; border-bottom: 1px solid black;"> </td> <td style="border-top: 1px solid black; border-bottom: 1px solid black;"> </td> </tr> <tr> <td style="border-top: 1px solid black; border-bottom: 1px solid black;"> </td> <td style="border-top: 1px solid black; border-bottom: 1px solid black;"> </td> <td style="border-top: 1px solid black; border-bottom: 1px solid black;"> </td> </tr> <tr> <td style="border-top: 1px solid black; border-bottom: 1px solid black;"> </td> <td style="border-top: 1px solid black; border-bottom: 1px solid black;"> </td> <td style="border-top: 1px solid black; border-bottom: 1px solid black;"> </td> </tr> <tr> <td style="border-top: 1px solid black; border-bottom: 1px solid black;"> </td> <td style="border-top: 1px solid black; border-bottom: 1px solid black;"> </td> <td style="border-top: 1px solid black; border-bottom: 1px solid black;"> </td> </tr> </tbody> </table>	PAGE #	RULE #	EXPLANATION													
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<p><b>5). TIME</b> Time of Routine(Minimum time is 2 minutes or 120 seconds and Maximum time is 2 minutes 30 sconds or 150 seconds) 1-5 seconds over or under deduct (0.5 pt*/1 pt) 6-10 seconds over or under deduct( 1 pt*/2 pts) 11-25 seconds over or under deduct (3 pts*/6 pts)</p>																

Please email a video to Sherrie Zembrzusi at [missz14@sbcglobal.net](mailto:missz14@sbcglobal.net)

**TOTAL PENALTY POINTS** \_\_\_\_\_

Teams must comply with all safety standards in the NFHS Spirit Rules Book. It is the coach's responsibility to know the NFHS & CAS rules. CAS is the sole and exclusive source of binind rules/interpretation for CAS sanctioned events. CAS interpretations and rulings of safety judges are final and binding.

\* A Competition With Four Panel Judges Can Choose To Access The Reduced Deductions

