Special Olympics Oklahoma

COMPETITIVE CHEER COMPETITION RULES

State Competition (Spring) - Held in conjunction with Freedom Spirit Championships.
OSSAA Unified Game Day (Fall) - High school Unified teams compete at Area Games to qualify for the OSSAA State Championship. The top six teams advance to OSSAA State.

Categories

- Traditional Game Day
- Unified Game Day
- Traditional Performance Cheer
- Unified Performance Cheer

Teams may enter both Game Day and Performance divisions, but routines must be different.

Team Composition

Traditional Teams - 4-20 athletes with intellectual disabilities
Unified Teams - 4-20 participants

- Athlete-to-partner ratio must be 1:1
- If odd-numbered, one additional athlete is allowed
- Athletes and Unified partners must perform the same stunts, tumbling, pyramids, and dismounts

Divisioning

Teams are grouped by age, gender, and ability to provide fair competition opportunities. Special Olympics divisioning guidelines apply.

Game Day Competition (3 Minutes or Less)

Teams perform the following in order:

1. **Band Chant (1 Minute Max)**
   - Marching band music
   - Traditional sideline uniform
   - Must include crowd callbacks
   - No stunts, tumbling, or skills
2. **Crowd Leading Cheer (45 Seconds Max)**
   - No music
   - Focus on crowd interaction and spirit
   - Allowed: limited stunts, jumps, and tumbling
   - No baskets, sponge/elevator tosses, inversions, or twisting dismounts
   - Highest tumbling skill allowed: standing back tuck
3. **Fight Song (45 Seconds Max)**
   - Marching band music
   - Up to three consecutive 8-counts of choreography
   - May include stunts, jumps, and standing tumbling within Crowd Leading restrictions
   - Repeated choreography must be performed exactly the same each time

Performance Cheer (2:30 Max)

Routine is performed to music and may include:

- Tumbling, Jumps, Stunts, Pyramid, Dance or Motions/Storybook Cheer

Special Olympics Oklahoma



Cheer Rules Manual

The Official Special Olympics Sports Rules for Cheer shall govern all Special Olympics competitions. As an international sports program, Special Olympics has created these rules based upon the International Cheer Union (ICU) rules for Special Abilities cheerleading found at www.cheerunion.org. ICU rules shall be employed along with the following added Special Olympics guidelines: Team Size, Unified Sports®, Individual Skills Competition and Divisioning. In all cases, the Official Special Olympics Sports Rules Article 1 shall apply.

Special Olympics Oklahoma will follow the safety rules as set forth by ICU. The ICU Rules and regulations have already instated modifications specifically for individuals with intellectual disabilities. Special Olympics has created additional provisions to compliment the ICU's Special Abilities Rules. Coaches are responsible for following the safety rules and following the skills progression for athletes and Unified partners.

OFFICIAL EVENTS

SOOK Competitive Cheer is a State Level Competition held in early Spring in conjunction with Freedom Spirt Championships.

Special Olympics Oklahoma will provide competition in 4 categories

- Traditional Game Day Competition
- Unified Game Day Competition
- Traditional Performance Competition
- Unified Performance Competition

Teams may compete in Game Day and Performance Competition but the routines must be different.

DIVISIONING

The purpose of Divisioning is grouping Competitive Cheer athletes or teams by age, gender and ability giving everyone a reasonable chance to win. Refer to SOI Divisioning found at: https://resources.specialolympics.org/sports-essentials/divisioning

Traditional Team & Unified Team COMPETITION

The purpose of cheerleading is to entertain and motivate a crowd to cheer for a team. These routines incorporate cheer, dance, stunts, and/or tumbling in a routine.

Traditional Team size is 4-20 Special Olympics Athletes

Unified Team Size is 4 – 20 Individuals with & without intellectual disabilities

Teams competing in this category should follow the Unified Sports Competitive Model. The ratio of athletes to Unified partners must be 1:1. In the event of an odd-numbered team, there must be one less Unified partner than the total number of athletes.
Athletes must do the same stunts, tumbling, pyramids and dismounts as the Unified Partners

GAME DAY COMPETITION

Traditional Routine and Unified Routine – Three minutes or Less

Each squad will do these three Game Day elements consecutively. Must stick to this order.

1) BAND CHANT RULES AND RESTRICTIONS—CHEER DIVISION

1 min time limit or less, marching band music, traditional sideline uniform, crowd appeal, practicality must have call backs within the routine NO STUNTS, SKILLS, or TUMBLING.

2) CROWD LEADING RULES AND RESTRICTIONS—CHEER DIVISION

45 seconds time limit or less, NO Music Skill restrictions include: No Baskets, sponge or elevator tosses allowed (cradles are dismounts and not tosses No inversions, No twisting dismounts from stunts, single-leg extended stunts are limited to liberties and liberty hitches No running, tumbling, standing tuck is limited, One Skill, back tuck is the most elite skill allowed.

3) FIGHT SONG—CHEER DIVISION

45 seconds time limit or less, marching band music up to 3 CONSECUTIVE 8 counts may be incorporated with Cheer – stunts, standing tumbling, and/or jumps (same skills restriction as listed in Crowd Leading Rules & Restrictions) If repeated in the fight song, incorporation must repeat exactly as initially performed.

Game Day Crowd Leading Cheer/Cheer – 1 minute or less

Teams should demonstrate energy, enthusiasm, and crowd interaction as a clear transition into the Cheer material but are not allowed to stunt until the Cheer begins. The Cheer can include a cheer reflective of a timeout, general sideline/spell-out or other cheer material with minimal words, inciting a response and encouraging a crowd to yell along. Teams are recommended to incorporate spirit props and practical skills (stunts and/or tumbling if the division allows). Vocally interacting with the crowd, teams should focus on crowd appeal, and choreography/skills need to be relevant to a game-day environment. Utilizing crowd leading tools (signs, poms, flags, and/or megaphones) is encouraged but not mandatory. These Cheers/Chants can be performed without music or can be performed to band music or a piece of popular music. Music must be appropriate for Special Olympics.

Traditional Team & Unified Competition Performance Cheer

Teams competing in this category should follow the Performance Cheer Model.

Traditional Teams Size- Individuals with an Intellectual Disability

- Minimum of Four (4) athletes and maximum of twenty (20)

Unified Teams Size- Individuals with and without an Intellectual Disability

- Minimum of Four (4) athletes and maximum of twenty (20)
- There should be a ratio of 1:1 Athletes and Unified partners, in the event of an odd number there may be 1 additional Special Olympics Athlete.

Skill Levels and Scoring Ranges (Please see Appendix A)

Performance Cheer- Two and one-half minutes or less

- Routine that is set to Music
- Can be up to 2:30
- Can include the following sections:
    - Tumbling
    - Jumps
    - Stunts
    - Pyramid
    - Dance
    - Motions/Storybook cheer (optional)

OSSAA Unified Game Day Team COMPETITION in conjunction with OSSAA will continue as a Fall event qualifier to compete at the High School State Championships.

The purpose of OSSAA Unified Game Day Team Cheer is to give **High School Teams** the opportunity for a State Championship Title just like your varsity Game Day Cheer squads.
Unified Team Size – Individuals with & without intellectual disabilities
Teams competing in this category should follow the Unified Sports Competitive Model. The ratio of athletes to Unified partners must be 1:1. In the event of an odd-numbered team, there must be one less Unified partner than the total number of athletes.
Minimum of four (4) and maximum of fifteen (15)

Events

- ***Routine – Three Minutes or Less***

  Each squad will do these three Game Day cheers consecutively. Must stick to this order.

  - **1) BAND CHANT RULES AND RESTRICTIONS—CHEER DIVISION**

    1 min time limit or less, marching band music, traditional sideline uniform, crowd appeal, practicality must have call backs within the routine NO STUNTS, SKILLS, or TUMBLING.

  - **2) CROWD LEADING RULES AND RESTRICTIONS—CHEER DIVISION**

    1 min time limit or less, NO Music Skill restrictions include: No Baskets, sponge or elevator tosses allowed (cradles are dismounts and not tosses No inversions No twisting dismounts from stunts single-leg extended stunts are limited to liberties and liberty hitches No running tumbling standing tuck is limited One Skill, back tuck is the most elite skill allowed.

  - **3) FIGHT SONG—CHEER DIVISION**

    1 min time limit or less, marching band music up to 3 CONSECUTIVE 8 counts may be incorporated with Cheer – stunts, standing tumbling, and/or jumps (same skills restriction as listed in Crowd Leading Rules & Restrictions) If repeated in the fight song, incorporation must repeat exactly as initially performed.

ATHLETES MUST DO SAME STUNTS, TUMBLING, PYRAMIDS & DISMOUNTS AS UNIFIED PARTNERS

Must compete in OSSAA Fall Area Games division to see who qualifies for state.
We will take the top 6 squads to the State Level competition.

Getting in touch with your school's cheer coach/team, they will help you substantially!

Appendix D

COMPETITIVE CHEER – SCORING RUBRIC

Scoresheet Component	Low 0-1 Points Possible	Medium 2-3 Points Possible	High 4-5 Points Possible
CROWD LEADING AND INCORPORATIONS			
Crowd Effectiveness	Cheer does not effectively lead the crowd.	Cheer effectively leads the crowd.	Cheer ***very*** effectively lead the crowd.
Proper Use of Skills to Lead Crowd	Skills - stunts, tumble, jumps, etc. - are not used in the cheer.	Skills - stunts, tumble, jumps, etc. - are used in the cheer but not properly to lead the crowd.	Skills - stunts, tumble, jumps, etc. - are used properly in the cheer to lead the crowd
Use of Signs, Poms, Megaphones, or Flags	Props are not present and/or not used during the cheer.	Props are present and not used during the cheer OR do not enhance the cheer performance.	Props are present and used during the cheer to enhance the cheer performance.
Execution of Incorporations	Incorporations not utilized to full potential.	Incorporations present but not well executed.	Incorporations very well executed and performed.
OVERALL CHEER			
Uniform Appearance	Less than 50% of the team displays uniformed appearance	At least 50% of the team displays uniformed appearance	Majority of the team displays uniformed appearance
Overall Routine Impression	Routine components lacked to be displayed; AND lacked originality or creativity; OR did not utilized all athletes abilities.	Routine components lacked to be displayed OR were present but lacked originality or creativity; OR did not utilized all athletes abilities.	All routine components were displayed with originality, creativity, and utilized all athletes abilities.
GROUP TUMBLING			
Technique	Less than 50% of the team performs a level appropriate pass - standing or running.	Most of the team performs a level appropriate pass - standing or running.	Majority of the team performs a level appropriate pass - standing or running.
Execution	Less than 50% of the athletes execute average precision, form and synchronization.	Majority of the athletes execute average precision, form and synchronization.	Majority of the athletes execute excellent precision, form and synchronization.
GROUP JUMPS			
Execution & Variety	Less than 50% of the team performs jumps. Must be synchronized and include a variety.	Most of the team performs jumps. Must be synchronized and include a variety.	Majority of the team performs jumps. Must be synchronized and include a variety.
GROUP DANCE			
Execution & Synchronization	Team does not demonstrates a high level of energy and entertainment value which incorporates multiple visual elements.	Team somewhat demonstrates a high level of energy and entertainment value which incorporates multiple visual elements.	Team demonstrates a high level of energy and entertainment value which incorporates multiple visual elements.

APPENDIX A (Scoring Grids)

Jumps Scoring Grid

Jump Performed	Difficulty Scoring Range	Execution Scoring Range
Tuck Jump	3-4	1-5
Toetouch Jump	4-5	1-5
Pike Jump	4-5	1-5

***When judging execution, height, proper form, appropriate number participating and synchronization are considered*

Most of the team (51%) is required to participate in Jumps.

Stunts Scoring Grid

Stunt Performed	Difficulty Scoring Range	Execution Scoring Range
Floor Stunt	2-3	1-5
Waist/Thigh Level Stunt	3-4	1-5
Prep Level Stunt	4-5	1-5

***When considering execution; proper technique, number of stunts shown and safety is considered. It is always better to complete an easier stunt that can hit cleaner*

Stunt # Recommended based on athletes on floor

4-8 athletes	9-12 athletes	13-20 athletes
1	2	3

Stunt Definitions

**Up to 1/2 twisting transition is allowed and you may cradle up to 1/4 in a prep level stunt. Inversion stunts are not allowed unless supported fully by spotter.*

Floor Stunt

Athlete performs stunting motions (lifting leg, etc) without leaving the performance surface

Waist Level Stunt

Athlete is held at belly button level or on thigh/back. Height does not exceed belly button level.

Prep Level Stunt

Athletes are held at chest level. Stunt can be performed as two leg or one leg but should not exceed prep level at any point in the stunt

Tumbling Scoring Grid		
Tumbling Performed	Difficulty Scoring Range	Execution Scoring Range
Front/Back Roll	3-4	1-5
Cartwheel/Roundoff	4-5	1-5
Backhandspring	5	1-5
***When judging execution, proper form, appropriate number participating and synchronization are considered-Safety first!*		
Most of the team (51%) is suggested to participate in Tumbling. More athletes doing the same skill will score higher. Top level of execution difficulty must be completed by an athlete, not a Unified Partner or both can execute.		

Pyramid Scoring Grid		
Pyramid Performed	Difficulty Scoring Range	Execution Scoring Range
Floor Pyramid	2-3	1-5
Waist Level Pyramid	3-4	1-5
Prep/Extended Pyramid	4-5	1-5
***When considering execution; proper technique, number of stunts shown and safety is considered. It is always better to compete an easier stunt that can hit cleaner*		
Pyramid Definitions		
Braced extended single leg is only allowed when braced on both sides. Cradles are allowed from single leg stunts in pyramid.		
Floor Stunt		
Athlete performs stunting motions (lifting leg, etc) without leaving the performance surface		
Waist Level Stunt		
Athlete is held at belly button level or on thigh/back. Height does not exceed belly button level.		
Prep Level Stunt		
Athlete is held at chest level. Stunt can be performed as two leg or one leg but should not exceed prep level at any point in the stunt		
Extended Level Stunt		

Athlete is held above bases head and connected on both sides by other stunts below extended level. Stunt may be 2 foot extended or single leg extended but must be braced on both sides.

Dance Scoring Grid		
	Difficulty	Execution Scoring Range
Showmanship	3-5	1-5
Motions	3-5	1-5
Synchronization	3-5	1-5
***When judging execution, performance and showmanship, motion usage and synchronization are considered!*		

Traditional/Unified Special Olympics Oklahoma Scoresheets

Performance Cheer Scoresheet

Squad Name	Event	Heat

JUMPS SHOWN	DIFFICULTY SCORE (1-5)	EXECUTION SCORE (1-5)

STUNTS SHOWN	DIFFICULTY SCORE (1-5)	EXECUTION SCORE (1-5)

PYRAMIDS SHOWN	DIFFICULTY SCORE (1-5)	EXECUTION SCORE (1-5)

TUMBLING SHOWN	DIFFICULTY SCORE (1-5)	EXECUTION SCORE (1-5)

DANCE	DIFFICULTY SCORE (1-5)	EXECUTION SCORE (1-5)

	TOTAL SCORE (out of 50)	