

# CONNECTICUT ASSOCIATION OF SCHOOLS CHEERLEADING PENALTY SHEET

School \_\_\_\_\_

Division \_\_\_\_\_

Initials \_\_\_\_\_

| VIOLATION                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |             |             | PENALTY |        |             |             |             |             |             |             |             |             |             |             |             |             |             |  |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------|-------------|---------|--------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|--|
| <div>1). ANY VIOLATION OF NFHS RULE 2 and RULE 3 (Section 1) (per occurrence) (1 pts*/2 pts)</div> <div><div><input type="checkbox"/> jewelry (p. 15 3-1-1 and pg 15 3.1.1 Situations A and B)</div><div><input type="checkbox"/> improper length of nails/artificial nails (p. 11 2-1-4)</div><div><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)</div><div><input type="checkbox"/> unsafe hair devices (p. 11 2-1-5 and pg 13 2.1.5 Situation A)</div><div><input type="checkbox"/> improper use of glitter (p15 3-1-5 and pg 16 3.1.5 Situation A)</div><div><input type="checkbox"/> when standing at attention apparel must cover the midriff (p. 15 3-1-4 and pg 15 3.1.4 Situation A)</div><div><input type="checkbox"/> stunting while wearing a plaster cast or walking boot (p. 12 2-1-11 and pg 14 2.1.11 Situation A &amp; B)</div></div> |             |             |         |        |             |             |             |             |             |             |             |             |             |             |             |             |             |  |
| <div>2). PERFORMANCE MISTAKES-INATTENTIVE SPOTTER, IMPROPERLY PERFORMED LEGAL STUNTS, STEPPING ON POMS OR SIGNS</div> <div>(includes any violation of NFHS Rule 2 Section 1) (per occurrence) (2.5 pts*/5pts)</div> <div><div><input type="checkbox"/> tumbling off the mat (CT rule)</div><div><input type="checkbox"/> surface must be free of objects (pg 11 2-1-7 a,b and pg 14 2.1.7 Situation C)</div><div><input type="checkbox"/> no gum or candy allowed (p. 11 2-1-9)</div><div><input type="checkbox"/> inattentive spotter (p. 16 3-2-5 and p.17 3.2.5 Situation A,B,C)</div><div><input type="checkbox"/> improperly performed legal stunt</div></div>                                                                                                                                                                                                                                                    |             |             |         |        |             |             |             |             |             |             |             |             |             |             |             |             |             |  |
| <div>3). SPORTSMANSHIP (VIOLATION OF NFHS RULE 2 SECTION 2) (4 pts*/8 pts)</div> <div><div><input type="checkbox"/> disrespectfully addressing, or contacting an official or gesturing in a manner indicating resentment (p. 14 2-2-1 a)</div><div><input type="checkbox"/> inappropriate language music, dance moves/motions) (p. 14 2-2-1 b)</div><div><input type="checkbox"/> Taunting ( p. 14 2-2-1 c)</div></div>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |             |             |         |        |             |             |             |             |             |             |             |             |             |             |             |             |             |  |
| <div>4). SAFETY VIOLATIONS:(5pts*/10pts)</div> <table><thead><tr><th>PAGE #</th><th>RULE #</th><th>EXPLANATION</th></tr></thead><tbody><tr><td><div></div></td><td><div></div></td><td><div></div></td></tr><tr><td><div></div></td><td><div></div></td><td><div></div></td></tr><tr><td><div></div></td><td><div></div></td><td><div></div></td></tr><tr><td><div></div></td><td><div></div></td><td><div></div></td></tr></tbody></table>                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |             |             | PAGE #  | RULE # | EXPLANATION | <div></div> | <div></div> | <div></div> | <div></div> | <div></div> | <div></div> | <div></div> | <div></div> | <div></div> | <div></div> | <div></div> | <div></div> |  |
| PAGE #                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | RULE #      | EXPLANATION |         |        |             |             |             |             |             |             |             |             |             |             |             |             |             |  |
| <div></div>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | <div></div> | <div></div> |         |        |             |             |             |             |             |             |             |             |             |             |             |             |             |  |
| <div></div>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | <div></div> | <div></div> |         |        |             |             |             |             |             |             |             |             |             |             |             |             |             |  |
| <div></div>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | <div></div> | <div></div> |         |        |             |             |             |             |             |             |             |             |             |             |             |             |             |  |
| <div></div>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | <div></div> | <div></div> |         |        |             |             |             |             |             |             |             |             |             |             |             |             |             |  |
| <div>5). TIME</div> <div>Time of Routine(Minimum time is 2 minutes or 120 seconds and Maximum time is 2 minutes 30 sconds or 150 seconds)</div> <div>1-5 seconds over or under deduct (0.5 pt*/1 pt)</div> <div>6-10 seconds over or under deduct( 1 pt*/2 pts)</div> <div>11-25 seconds over or under deduct (3 pts*/6 pts)</div>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |             |             |         |        |             |             |             |             |             |             |             |             |             |             |             |             |             |  |

☐ Please email a video to Sherrie Zembruski at 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