

STOMP & SHAKE



RULES AND GUIDELINES

Divisions:

- **Stomp & Shake** – High School, (6A/5A/4A/3A/2A/1A)

School Representation: (applies to all school participants, including mascots)

- Teams must be sanctioned by OSAA to compete in cheerleading.
- All members of spirit groups performing must be official members of their school teams.
- Members of any spirit group should only perform once during the event and the performance will be judged as one unified team.
- All high school participants (including mascots) must meet current OSAA and school district academic eligibility requirements.

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Time Limit:

3 minutes maximum. The timing will begin with the first movement, cheer, or note of music.

If a team exceeds the time limit, a penalty will be assessed for each violation.

- (1) 1-3 seconds over = 3-point deduction from the final score.
- (2) 4-6 seconds over = 5-point deduction from the final score.
- (3) More than 6 seconds over = 10-point deduction from the final score.

Floor Size/Performance Surface:

- Gym floor surface

Stomp & Shake Division:

- Teams may participate in a game day division and the stomp & shake division.
- Skills should be utilized include stunts, tumbling, jumps, and kicks. Any number of skills can be performed. Certain skills are not required, but at least one skill is required to be performed.
- Routines may include cheer and dance elements, and music is allowed.
- Teams will be scored on the following: stomp difficulty, rhythm/beat, synchronization, precision, and voice.
- Props and mascots are allowed, but not required.

Music:

- Coaches are responsible for playing music or designating a representative.
 - A sound system will be provided.
 - A representative must be present at the sound system at the time of performance.
 - The appointed representative should know your routine and be familiar with the music start/stop points.
 - Download all music directly to your device/phone
 - Turn your device/phone onto “Airplane” mode so your playback will not be interrupted by a text, email, or phone call.
 - Remove phone cover to ensure connectivity to the cord.
 - If music does not play, the coach should begin counting the routine to avoid a time penalty.

Specific Skill Restrictions

Skills that are performed outside of the restrictions below will result in a safety violation.

- No baskets, sponge, elevator, or similar type tosses permitted.
- No inversions are allowed.
- No twisting *released* dismounts are allowed.
- Single leg stunts are limited to liberties and liberty hitches.
- No running tumbling is allowed.
- Standing tumbling is limited to one tumbling skill and a back tuck is the most elite tumbling skill allowed.
 - Examples:
 - Standing full is not allowed.
 - Rippled Single Back Handsprings would be allowed.
 - Jump to tumble (single skill) would be allowed.

Scoring:

- Teams will be scored following the criteria listed [HERE](#) during all elements of the performance.
- All material should be suitable and able to be performed multiple times during a game or pep rally.
- No difficulty points in the stomp & shake division for skills (jumps, tumbling, or stunts)
- Any deductions or violations will be taken off the final averaged score.

Stomp & Shake Resource:

<https://www.nsascf.com/>