

TRADITIONAL DIVISION



RULES AND GUIDELINES

The traditional division showcases all aspects of cheerleading including crowd leading, motions, dance, stunting, tumbling, and jumps. Teams will be evaluated on building difficulty and execution, tumbling and jump difficulty and execution, and overall routine.

Traditional Divisions:

- **High School:**
 - JV (All Classifications)
 - JV coed teams may be split from JV division or classifications combined.
 - 3A/2A/1A Varsity
 - Small: up to 15
 - Large: 16-30
 - 4A Varsity
 - Small: up to 15
 - Large: 16-30
 - 5A Varsity
 - Small: up to 15
 - Large: 16-30
 - 6A Varsity
 - Small: up to 15
 - Large: 16-30
 - 4A/3A/2A/1A - Coed Varsity – up to 30
 - 5A/6A - Coed Varsity – up to 30
- *High school divisions must meet a minimum of five teams registered. If five teams are not registered for a division, the small and large divisions will collapse into one classification division. Coed would collapse as one coed division.*
- **Rec Teams:**
 - ***Affiliated:***
 - Tiny – Kindergarten and under
 - Mini – 3rd grade and under
 - Youth – 6th grade and under
 - Junior – 8th grade and under
 - ***Non-Affiliated (Music Only):***
 - Tiny – Kindergarten and under
 - Mini – 3rd grade and under
 - Youth – 6th grade and under
 - Junior – 8th grade and under
 - Senior – 12th grade and under, with a minimum of 5th grade

- Rec divisions will be separated by size in each division based on the following:
 - Small: up to 12
 - Medium: 13-16
 - Large: 17+
- Local competition hosts will be advised to only combine medium and large teams when registration numbers are low. Hosts may also choose not to combine any divisions.

School Representation/Eligibility to Compete/Rec Teams:

All teams competing in either the high school or rec team division must be eligible to compete at all OSAA Sanctioned Events and OCCA sponsored events. For more information [CLICK HERE](#).

Performance:

- All teams competing will follow NFHS Spirit Rules and will be scored using the OCJA (OSAA approved) score sheets.
- Routines should include all components listed on the scoring rubrics including BUILDING, TUMBLING/JUMPS, and OVERALL.
- Competition routines should include both a music portion and a cheer portion (total time must not exceed 2:30.)
- Spotters will be provided by the event host and will be required during all building routines.
- Non-Affiliated Rec Teams will perform music only routines.

Traditional Division Scoring:

- Teams will be scored following the OCJA (OSAA approved) score sheets during the routine. All rubrics and score sheets are listed [HERE](#).
- Any deductions or violations will be deducted from the final score.
- Teams will be scored by three (3) performance judges and (2) safety judges.
- Final score sheets and final tabulation will be available at the conclusion of the event.
- Non-Affiliated rec teams will not be scored on voice and crowdleading.

Time Limit:

- A two and one-half minute (2:30) maximum time limit shall be allowed each squad; there shall be no minimum time limit. The timing shall begin with the first word, motion or note of music.
- If a team exceeds the time limit, a penalty will be assessed.
 - (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:

- OSAA Sanctioned Events must comply with the NFHS surface ruling that school-based programs may not compete on the spring floor. The approximate floor size will be a traditional mat of 54' (feet) wide by 42' (feet) deep – 9 strips of mats.

Music:

- All music should be licensed through one of the approved providers [CLICK HERE](#)
- Teams should obtain a copy of the music license and be able to provide it upon request from the event director.
- Single songs may be used but must not be altered in any way.
- Coaches are responsible for playing music or designating a representative.
 - 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, Wi-Fi may not be available.
 - 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.

Props:

- The use of crowd leading tools such as signs, poms, flags, megaphones, and banners are encouraged and allowed during traditional routines.

Team Entrance/Exit:

- Teams will be allowed to set props prior to the start of routine (in traditional divisions only) but must do so before the team is called to the performance floor.
- All team breaks, rituals, traditions need to take place prior to the team being called to the performance floor.
- Once called to the performance floor, teams should take the floor immediately with spirit and enthusiasm.
- There should not be an organized exit following the end of the routine.

Quality Control:

- Quality Control will be available at all events.
 - This is an opportunity for coaches to challenge the difficulty score(s) when they believe their team has been placed in the wrong range.
 - This is not an opportunity to challenge scores within the correct range, or to challenge other scores such as technique and execution.
 - The challenge option provides the opportunity for coaches to advocate for their teams, and it provides an opportunity for coaches to be educated on why their team is not achieving their intended range.
- Quality Control (QC) Procedure:
 - A team’s performance will be judged.
 - Difficulty scores will be taken to the challenge table.
 - Major Technical / Safety Violations will be listed on the challenge form; stunting / tumbling faults will NOT be listed.
 - A safety judge will be available at the challenge table.
 - Teams should send one representative to the QC table to pick up the form, to turn in the form and to discuss any possible changes with the QC Judge.
 - The coach should plan to be at the QC table approximately 10 minutes following their performance. The QC table should have scores when the next team in your division is performing.

- As soon as your form is available at the QC table, you will have 15 minutes from that moment to complete any challenges. Example: your form arrives at the table at 1:15, your time expires to review, complete, and turn in the form at 1:30. The time will be noted on your form.
- Coaches have 15 minutes to fill out the Challenge Form if applicable and return the form to the Challenge Table.
 - The 15 minutes is a hard deadline. Failure to submit a Challenge Form within this timeframe eliminates this opportunity.
 - If the coach is happy with the difficulty scores, and does not want to challenge scores, no further steps need to be taken.
- A Quality Control Judge will review the Challenge Form and review the team's performance via video.
- The QC Judge at the Challenge Table will call you over to discuss the results.
 - Possible Outcomes-
 - Upon further review, it is found the difficulty range was correct. No scores will be changed.
 - Upon further review, it is found that the difficulty range was incorrect. Corrected scores will be given to the tabulator.

Questions:

- New to competing or would like more information about competing? [CLICK HERE](#) for the OCCA Competition Handbook
- Who to contact with questions:
 - General Competition Questions: OCCA President, Sarah Devereaux at president@occa.net
 - Stunt Legality/Safety Questions: OSAA Spirit Rules Interpreter, Sarah Whaley cheerleading.sri@osaa.org
 - Questions regarding the OSAA State Cheerleading Championships, Lauren Brownrigg at lauren@osaa.org
 - Rec Questions : OCCA Rec Liaisons at recliaison@occa.net
 - Specific event questions, please contact the event host listed on the OSAA Sanctioned Calendar found [HERE](#)