



OSAA Cheerleading Score Sheet

Safety

Team: _____

Division: _____

NFHS Deductions: Major = 6 Minor = 3 Apparel/Prop= 3 Sportsmanship = 6/10

All deductions in this section are available at Quality Control (QC) for review

Section	Category	Rule Pg	Deduction
Rule 1-1	General		
Rule #			
Rule 1-2	Sportsmanship		
Rule #			
Rule 2-1	Apparel / Accessories		
Rule #			
Rule 2-2	Stunting Personnel		
Rule #			
Rule 2-3	Inversions		
Rule #			
Rule 2-4	Non-Release Stunts		
Rule #			
Rule 2-5	Release Stunts/Tosses		
Rule #			
Rule 2-6	Suspended Stunts		
Rule #			

Section	Category	Rule Pg	Deduction
Rule 2-7	Dismounts		
Rule #			
Rule 2-8	Tumbling		
Rule #			
Rule 2-9	Drops		
Rule #			
Rule 2-10	Props		
Rule #			

Game Day / Stomp & Shake / Mascot
Division Deductions: Major 3 / Minor 1

Routine Length	
-1 point per second over time (-5 is max)	

Minor faults are NOT available at QC for review			
Fault	Point Value	Quantity	Total per
Prop Minor	0.5 pt		
Tum Minor	0.5 pt		
Tum Major	1 pt		
Stunt Minor	1 pt		
Stunt Major	3 pts		

TOTAL DEDUCTIONS

COMMENTS

Questions about deductions? Email cheerleading.sri@osaa.org

Updated 1/2026

Deductions Point Cheat Sheet:

- Major deductions- NFHS rule choreographed (-6 points)
- Minor deduction - NFHS rule inadvertent (-3 points)
- Spectator Sportsmanship (-6 points)
- Athlete/Coach Sportsmanship (-10 points)
- Game Day, Mascot, and Stomp & Shake Violations (-1 points for minor single athlete/unchoreographed division violation)
- Game Day, Mascot, and Stomp & Shake Violations (-3 points for choreographed division violation)
- Apparel, jewelry, hair, nails or inappropriate apparel (-3 points)

Prop Violations:

- Individual Athlete is impacted by a prop on the surface (-0.5 points) stepping on to and from formations does NOT count. Look at impact (i.e. trip, slip, etc.)
- Individual Athlete jumps or tumbles on a prop on the performance surface (-3 points)
- Stunt Group stunting on or over props on the performance surface, whether attempting to avoid or not, due to posing safety concerns to multiple athletes (-6 points)

NOTE: moving a prop to avoid it before jumping, tumbling, or stunting with your foot is appropriate and would not cause a point deduction

Tumbling Faults

- Minor - Hands or knees touch down after a tumbling pass (-0.5 point)
- Minor - Falls from tumbling skill or pass, not landing the skill on the feet, after pass immediately dropping to seat from landing (-0.5 point)
- Major - Athlete did not protect the head/neck during or immediately after landing the pass (head hits the ground) Not including forward/backward rolls. (-1 points)

Stunt/Toss Fault

- Minor - Any stunt that falls or that there is not a clearly choreographed dismount but in a controlled manner to the performance surface or a cradle / load-in position. (-1 point)
- Minor - Any stunt/dismount where the base or spotter falls to the ground (includes knee touchdown, hand touchdown, seat) to the performance surface (-1 point)
- Major - Any stunt that falls AND is uncontrolled by a base or spotter, the top person's head/neck was not protected, and/or the top person falls to their seat, knees, hands, etc. (-3 points)

Examples include but are not limited to:

-Skills in which the event spotter is the primary catcher/saves an athlete while falling.

-Flyer falls from a stunt, lands on their feet momentarily prior to landing on their seat with no support/control from a base or spotter.

NOTE: If there is any question whether a fault should be a minor or major, benefit will be given to the team and the lower deduction will be given with a warning.

Inverted top person in a Toss

- A top person in a toss that inadvertently becomes inverted due to lack of control/technique. (-1 point)
- A top person who purposely over arches to the point of inversion, in a toss (-3 points)

Time Deductions

- 1 point per second over time
- 5 points for 5+ seconds over time (-5 is max)