



Nebraska State Cheerleading Time Deduction Sheet

TEAM: _____

DIVISION: _____ CLASS: _____

Check One

- Unified Sideline
- Performance Routine
- Game Day

Please notate the time in the appropriate box.

	Music Time <i>Must not exceed 1:30</i>	Cheer Time		Total Time <i>Must not exceed 2:30</i>
Performance Routine				
	Music Time	Sideline/ Cheer		Total Time <i>Must not exceed 3:00</i>
GAME DAY	Band Chant	Fight Song	Sideline	Crowd leading Cheer
			Sideline Time <i>Must not exceed 1:00</i>	Total Time <i>Must not exceed 1:00</i>
Unified Sideline				

TIME- If a team exceeds the time limit, a penalty will be assessed for each violation:		
NO TIME PENALTY		
3-5 SECONDS OVER 3 PTS		
6-10 SECONDS OVER 5 PTS		
11+ SECONDS OVER 7 PTS		
TOTAL		