



# 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.

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

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