



RULES VIOLATION

2025 Nebraska State
Cheer and Dance Championships

Team Name

Division

Class

RULE INFRACTION	Warning
_____	<input type="checkbox"/>
_____	<input type="checkbox"/>
_____	<input type="checkbox"/>

	Music Time <i>Must not exceed 1:45</i>	Cheer Time	Total Time <i>Must not exceed 2:30</i>
Performance Routine			
		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		
1-5 SECONDS OVER	1.0 PT	
6+ SECONDS OVER	2PTS	
TOTAL		

Nebraska State Cheerleading Point Deduction

SF	Stunt Fall
RT	Running Tumbling Fall
ST	Standing Tumbling Fall
J	Jump Fall
IN	Individual Fall
OB	Out of Bounds)
ILS	Illegal Skill

Team:
Division:
Class:

0-:15 seconds

:15-:30 seconds

:30-:45 seconds

:45 -1 minute

1 min- 1:15

1:15- 1:30

1:30-1:45

1:45- 2:00

2:00-2:15

2:15-2:30

FALL	# of times	Total
x _____	x _____	_____
ILLEGAL SKILL	# of times	Total
x _____	x _____	_____
OUT OF BOUNDS	# of times	Total
x _____	x _____	_____

TOTAL: _____