

RULES VIOLATION

2026 Nebraska State Cheer and Dance Championships

Team Name Division Class

RULE INFRACTION	Warning
	. –

	Music Time Must not exceed 1:45	Cheer Time	Total Time Must not exceed 2:30
Performance Routine			
		Sideline Time Must not exceed 1:00	Total Time Must not exceed 1:00
Unified Sideline			

<u>TIME-</u> 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			
	IOIAL			

Nebraska State Cheerleading Point Deduction Stunt Fall SF Running Tumbling Fall RT Team: Standing Tumbling Fall ST **Division:** Jump Fall J Class: Individual Fall IN Out of Bounds) OB Illegal Skill ILS 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 **FALL** # of times Total **ILLEGAL** # of times Total **SKILL** 2:00-2:15 2:15-2:30 OUT OF # of times **Total BOUNDS**