CHEERLEADING POINT DEDUCTION SHEET

Deductions can be given prior to, during or after a performance.

Athlete Fall (AF) – 0.25

Drops to the performance surface during tumbling and/or jump skills

Includes	Does Not Include
• Hand/hands down during tumbling or jumps. • Knee/knees down in tumbling or jump skill. • Head, shoulders, backside, or other compromising positions during tumbling or jump skill. • Tumbling transitions in and/or out of a building skill.	• An athlete that trips while walking during a transition. • An athlete that trips/falls following a controlled completion of a tumbling or jump skill.

Building Bobble (BB) – 0.5

Includes	Does Not Include
• Base or spotter drops to the performance surface anytime during a building skill. • Top person leans and/or bears weight on base/spotter and is pushed back up into the stunt/skill. • Lowering of a stunt from an extended position to prep level (not a timing issue). • Pyramid skill that would fall without the bracer or bracers' support. • Both feet or both hands of the top person come in contact with the performance surface during a cradle/prone. • Drops to the performance surface from a thigh stand and/or waist level style stunt to their feet (not timing issues). • Incomplete twisting that lands in a prone (on stomach) position during a dismount.	• Omitted skills. • Drop in body position by the top person. • Excessive movement by the bases. • Balance check by top person. • A single hand or foot coming in contact with the performance surface during a cradle/prone. • Single based/coed style skill that never results in contact beyond a toss/load grip (omitted skill).

Building Fall (BF1) – 1.0

Drops from a building skill or transition

Includes	Does Not Include
• Drops to a cradle, load in, or prone position. • Drops/lowering of a stunt, including single based/coed style skills, in a controlled manner to the performance surface with assistance from the base and/or spotter.	• Stunts that almost drop but are saved. • All other items listed in the building bobble or major building fall "includes" sections.

Major Building Fall (BF2) – 2.0

Drops to the performance surface from a building skill by the top person and/or base(s)/spotter(s) OR drops to a compromising position not included in a Building Fall

Includes	Does Not Include
• Multiple bases and/or spotters drop to the performance surface. • Top person lands on base and/or spotter who drops to the performance surface. • Tosses that land in prone (on stomach), upright (feet down) or inverted (head down) position. • Skills in which the event spotter is the primary catcher/saves an athlete while falling.	• Top person comes in contact with the performance surface during a transitional stunt and/or pyramid without interrupting or stopping. • Top person is set out of a building skill or transition and drops to the performance surface (this includes tripping while walking).

Pyramid Fall (PF) – 3.0

Building deductions will be used until a single pyramid has received 3.0 or more points in deductions where the fall(s) affect other parts of the same pyramid. Once the pyramid has received 3.0 or more points in deductions, the Pyramid Fall deduction will be used. When multiple pyramids are built at the same time, each pyramid will be treated separately. If additional deductions are a result of the initial fall/falls, only 1 Pyramid Fall will be issued for that pyramid. Once a pyramid is rebuilt and shows stability, additional deductions can be given.

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Additional Deductions

Out of Bounds – 0.5

- Any part of the seat/torso completely outside of the performance surface.
- Out of bounds deductions are called by line judges and decisions are final.

****Props – 0.5**

- Hard props/megaphones released from an athlete while loading, dismounting or stationary in a stunt.
- A person on the ground throwing to another person or discarding a hard prop/megaphone with the intent of distance.
- Athletes performing/landing stunts, tumbling or jumps on props.
- Examples of Hard Props: corrugated plastic signs, megaphones, poster board signs, flags/banners with poles. Note: Props may be placed off the performance surface by someone standing inside the performance surface.

****Unsportsmanlike Behavior – 1.0**

- When a coach is in a discussion with an official, other coaches, athletes, or parents/spectators, they must maintain professional conduct. Increased behavior could result in removal or disqualification.

****Excessive Celebration / Team Introductions – 1.0**

- Introductions (organized entrances, chants, spells outs, etc.) are considered part of the routine and will be timed as part of the performance. Team breaks, rituals, and traditions need to take place prior to entering the mat.
- Teams should take the floor immediately with spirit and enthusiasm, but without excessive gestures (chest bumps, handshakes, etc.).
- Teams should refrain from any type of excessive celebration following the team's performance (team huddles, alternates/coaches entering the competition floor, and/or falling to the ground following the performance.

Time Limits – 0.25/0.5/1.0/2.0

- Timing will begin with the first movement, voice or note of the music, whichever comes first.
- Judges will not issue a deduction until their stopwatches show a time of 3 seconds over the allotted time. If a routine has multiple time limits, each section could receive a deduction.
- 1 – 5 Seconds over – 1.0; 6 seconds or more – 2.0
- Game Day timing will not include the team spiriting, rallying, jumping, kicking, tumbling or single-based lifts prior to the start of the routine. Game Day Routine timing will end with the last synchronized voice or note of music. This would include call backs after the music has ended.
- Teams have 30 seconds from the team's introduction to start the routine. If a team exceeds this time limit, a penalty of a .25-point deduction for 1-5 seconds or a .5-point deduction for 6 seconds and over will be assessed.
- If a routine is retimed as part of a review, the exact time will be used without the 3 second allowance listed above.

Game Day Deductions – See pg 16 of the 2026 Nebraska State Cheer Handbook

General Safety Violation – 1.0

- When skills are performed illegally, usually due to performer error, however the skill itself is legal. Examples include:
  - Knee Drops, where weight is not braced prior to going to knees. – This was on the NCA sheet do we keep or discard?
  - Incorrect spotter grips on a single base style stunt.
  - Tumbling/Building in a Non-Tumbling/Non-Building Division.

Specific Safety Violation – 3.0

- When a skill is not performed in a legal manner. Examples include:
  - Release transitions landing inverted.
  - Missing a Required Spotter – does not include incorrect spotter grip.
  - Performing skills that DO NOT follow the Nebraska Limited Stunting Rules (www.usacheer.org/nebraska)

****Deductions on this page may only be issued one-time per performance.**

However, others may be received multiple times with no max: Props, Unsportsmanlike Behavior, Excessive Celebration / Team Introductions