



# 2025 The ONE Finals School Rules/Restrictions

## LEGALITY VERIFICATION

As a coach, it is important to be current on The ONE Finals & USA Cheer/NFHS School Safety Rules. If you have questions concerning any safety rules or questions regarding specific performance elements, please follow these steps. This will ensure that you receive a timely and accurate response to your questions.

- All questions must be in written-email form.
- Due to the differences in interpretation and terminology; no phone calls will be accepted.
- Do not rely on prior rulings from The ONE Finals qualifier competitions.
- A separate video must be submitted for each competition to ensure legality.
- For all Legality questions, you must send a video that contains the skill in question.
- Video must include the following:
  - a) Front, side and back view of skill.
  - b) Name of the competition where you will be performing skill and the Division you will be performing in.
  - c) Include your name, team name, email and phone number with your video.
  - d) Do not send the entire routine, only the SKILL(S) in question.

VIDEOS THAT ARE NOT IN THE ABOVE FORMAT WILL NOT BE VIEWED. VIDEOS MUST BE RECEIVED IN THE ONE FINALS OFFICE at least ONE WEEK PRIOR to the event date. Videos not received in The ONE Finals office one week prior to the event date will NOT be reviewed. You must email your videos to: [scoring@theonefinals.com](mailto:scoring@theonefinals.com). Note: Emailed videos may not exceed 10MB and should be in either Windows Media Player or Quicktime formats.

**DO NOT DEPEND ON YOUR CHOREOGRAPHER TO DETERMINE IF SOMETHING IS LEGAL. IF YOU FEEL THAT SOMETHING MAY BE ILLEGAL, SEND A VIDEO TO THE ONE FINALS OFFICE.**

USA Cheer/NFHS School Cheer Safety rules regarding safety can be found at:

[www.usacheer.org](http://www.usacheer.org)

Any general scoring questions can be directed to Scoring at

[scoring@theonefinals.com](mailto:scoring@theonefinals.com)



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## TIME LIMIT VIOLATIONS

Teams that exceed 2:30 will be subject to the following deduction:

- 1 or more seconds over time will result in a **.05 deduction**

The routine time limit is 2:30. Routines that exceed this time limit run a risk of being assessed a deduction. Judges will use a stop watch or similar device to measure the official time. Acknowledging the potential variance caused by human reaction speed and sound system time variations, judges will not issue a deduction until their stopwatch/clock shows a time that exceeds 2:33.

## SAFETY VIOLATIONS

- Building skills performed out of level will be issued a **.10 deduction**.
- Building safety violation will be issued a **.50 deduction**.
  - a) If a skill is performed illegally and appears to be inherently dangerous and/or unsafe-regardless of the number of building groups
  - b) If a skill is missing the number of athletes required to perform that skill legally (ex: not having the number of required catchers for a cradle)
- Tumbling skills performed out of level and violation of any other General Safety Guidelines will be issued a **.05 deduction**.

## UNSPORTSMANLIKE CONDUCT DEDUCTION

When a coach is in discussion with an official, other coaches, athletes and parents/spectators they must maintain proper professional conduct. Failing to do so may result in a **1.0 deduction**, removal of coach, or disqualification.

## BOUNDARY VIOLATIONS

The performance surface is defined as the 42' x 54' competition floor. The competition boundary is defined as the performance surface and any immediate adjacent safety border. A **.05 deduction** will be assessed per occurrence for an athlete that makes contact with both feet outside the competition boundary. Stepping on, or just past the white tape is not a boundary violation.

## INAPPROPRIATE CHOREOGRAPHY / MUSIC / OUTFITTING

All facets of a performance or routine, including choreography, music selection and outfitting (cheerleading), should be suitable for family viewing and listening. Uniforms for all team types should be appropriate for the age of the participants performing the routine. Outfitting for cheerleading performances should follow traditional dress standards. In general, school performances, including but not limited to the actual routine, signs, cheers, chants and hand signals/gestures, should adhere to outfitting, performance and music guidelines and criteria in place and approved by the administration or institution to which the school team belongs.

A **deduction of .01** will be given for vulgar or suggestive choreography, which includes, but is not limited to, movements such as hip thrusting and inappropriate touching, gestures, hand/arm movements and signals, slapping, positioning of body parts and positioning to one another. Deductions will be given for music or words unsuitable for family listening, which includes, but is not limited to, swearwords and connotations of any type of sexual act or behavior, drugs, mention of specific parts of the body torso, and/or violent acts or behavior. Removing improper language or words from a song and replacing with sound effects or other words constitutes inappropriate, and deductions will be made accordingly.

Any uniform or music in which the appropriateness is questionable or with which uncertainty exists should be submitted to The ONE Finals for approval. Because multiple performances of a routine when compared to one another will generally lack distinction, The ONE Finals is not able to approve with absoluteness the appropriateness of choreography. However, choreography, if questionable, may be submitted to The ONE Finals for feedback.



## The ONE Cheer & Dance Finals Scoring Process

The scoring process for The ONE Cheer & Dance Finals events will be on a 100-point scale. Scores for each category will range from 0-10, including tenths of points (example: 5.5, 9.2, etc.). These scores will be entered into a computer that will add the scores. All point deductions and/or penalties will be deducted from the subtotal to get the FINAL SCORE.

Deductions/penalties are assessed at the sole discretion of the judges based on the criteria set forth here. All judges decisions are final.

## Deduction System

### **BUILDING BOBBLE - .25**

- Stunt and/or Pyramid skills that almost drop, but are saved

### **ATHLETE FALL - .15**

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

### **BUILDING FALL - .75**

- Drops from a building skill or transition during a stunt and/or pyramid

### **MAJOR BUILDING FALL - 1.25**

- Drops to the performance surface from a stunt, pyramid, or toss by the top person and/or the bases/spotters



# 2025 The ONE Finals School Rules/Restrictions

## Novice Skill Restrictions

Novice teams will follow USA Cheer/NFHS School Cheer Safety Guidelines with these additional skill restrictions.

**STANDING TUMBLING:** Standing tumbling is limited to a standing single back handspring. Standing back handspring series and jump/back handspring combinations are not allowed. Standing tucks are not allowed.

**RUNNING TUMBLING:** Running tumbling is limited to front and back handspring series. Flips and aerials are not allowed (no tucks).

**STUNTS:** Single leg stunts may not be held or pass through an extended position. No extended liberties. Twisting transitions are limited to a ½ twist by the top person. Exception: Log Rolls/Barrel rolls are allowed. All release moves must land in a cradle. The only inversions allowed are transitions from ground level inversions to non-inverted positions. No other inversions are allowed. Example: Going from a handstand on the ground to a non-inverted stunt such as a shoulder sit is allowed. Example: Going from a cradle to a handstand or from a prone position to a forward roll is not allowed.

**PYRAMIDS:** Extended one leg stunts must be braced by at least one person at prep level or below. Connection must be made prior to executing single leg extended stunt and must be made at prep level or below. Any time a top person is released by the bases and braced by other top persons, they may not perform any skill during transition and must land in a cradle. Inversion in pyramids are not allowed with the exceptions of the inversions allowed under Novice Stunts. Release moves in pyramids are not allowed with the exception of the release moves allowed under Novice Stunts.

**DISMOUNTS:** Only straight pop downs, basic straight cradles and ¼ turns are allowed.

**TOSSES:** The only body position allowed is a straight ride.

## Intermediate Skill Restrictions

Intermediate teams will follow USA Cheer/NFHS School Cheer Safety Guidelines with these additional skill restrictions.

**STANDING TUMBLING:** Flips are not allowed. No standing back tucks or back handspring back tucks.

**RUNNING TUMBLING:** Flips may ONLY be performed in tuck position only and from a round off or round off back hand spring(s). Other skills with hand support prior to the round off or round off back handspring are allowed. Punch fronts are not allowed. No twisting while airborne. (Exception: Aerial cartwheels are allowed.) No tumbling is allowed after a flip or an aerial cartwheel. Cartwheel tucked flips and/or cartwheel – back handspring(s) – tucks are not allowed.

**STUNTS:** Twisting transitions to and from an extended position may not exceed ½ twisting transition. Twisting transitions to, from and at prep level may not exceed 1 twisting transition. Release moves must start below prep level and must be caught at prep level or below. Release moves may not pass above extended arm level.

**PYRAMIDS:** Braced flips are not allowed.

**DISMOUNTS:** Only straight pop downs, basic straight rides, and ¼ turns are allowed from any single leg stunt. Up to 1¼ twists are allowed from any two leg stunt.

**TOSSES:** Up to 1 trick allowed during a toss. Tosses may not exceed 1 twisting rotation.

## JUNIOR HIGH / MIDDLE SCHOOL / ELEMENTARY SKILLS RESTRICTIONS

Junior High, Middle School, and Elementary teams will follow Additional Restrictions as listed in the USA Cheer/NFHS School Cheer Safety Guidelines.

[www.usacheer.org](http://www.usacheer.org)

## ADVANCED SKILLS RESTRICTIONS

Advanced teams will follow the standard USA Cheer/NFHS School Cheer Safety Guidelines with no other skill restrictions.

[www.usacheer.org](http://www.usacheer.org)





# 2025 The ONE Finals School Rules/Restrictions

## The ONE Finals School Scoring Descriptions- Novice, Intermediate and Advanced

**Majority is 51% and Most is 75% of your team.**

For the skills of Stunts, Pyramids, Tosses, Standing Tumbling, Running Tumbling, and Jumps-- Technique and Difficulty are equal point values. Difficulty ranges are listed above in the scoring grid. For each of the skill categories, judges will assign a score within the range that represents an assessment of each team's overall difficulty. **Novice teams will score 0-3 for both Technique and Difficulty, Intermediate teams will score 0-4 for both Technique and Difficulty. Advanced teams will score 0-5 for both Technique and Difficulty.**

**Technique** scores will be awarded based upon the following criteria: synchronization, form, technique, body position, flexibility, and skill completion.

0-2	Less than majority of the athletes in the routine demonstrated excellent precision and form. Numerous elements of their skill technique led the judges to conclude that the team could benefit from additional focus and training.
2-3 (Novice)	Majority of the athletes in the routine demonstrated excellent precision and form. At least one element of their skill technique led the judges to conclude that the team could benefit from additional focus and training.
3-4 (Int) 3-5 (Adv)	Most of the athletes in the routine demonstrated precision and form. Their skill technique led the judges to conclude that while individuals may benefit from additional focus and training, the team displayed a mastery of their skill technique.

**Dance/Motions** will be evaluated in the following three areas of criteria:

7-8	Little to no transitions and/or level changes.
8-9	Minimal transition and level changes; little variety, footwork/floorwork in dance; average energy and entertainment value.
9-10	Multiple transitions, level changes and variety of elements in dance along with a high energy and entertainment value.

**Formations/Transitions** will be evaluated on the following criteria:

7-8	Little to no transitions or level changes. Formations are unclear or inconsistent in spacing.
8-9	Majority of the team transitions using level changes with ease, average pace, no spacing issues, and transitions are visually effective
9-10	Most of the team transitions using level changes with ease, average pace, no spacing issues, and transitions are visually effective

**Routine Creativity** will reward teams for using unique load ins, dismounts, and transitions in the building and tumbling portions of the routine as well as for using creative and innovative choreography throughout the routine.

7-8	Less than a majority of the routine choreography demonstrated excellent use of innovative/unique/visual transitions.
8-9	A majority of the routine choreography demonstrated excellent use of innovative/unique/visual transitions.
9-10	Most of the routine choreography demonstrated excellent use of innovative/unique/visual transitions.

**Overall Performance** will be evaluated on the following criteria:

7-8	Little to no showmanship, energy, excitement,enthusiasm or crowd appeal. Some mistakes in uniformity.
8-9	Majority perform with average to high level of energy, excitement, crowd appeal, athleticism, and genuine enthusiasm.
9-10	Most perform with above average level of energy, excitement, crowd appeal, athleticism, and genuine enthusiasm.

# 2025 The ONE Finals School Score Sheet



Score Sheet – School Novice / Intermediate / Advanced

Date \_\_\_\_/\_\_\_\_/\_\_\_\_ Event \_\_\_\_\_

Team \_\_\_\_\_

Division \_\_\_\_\_ Level \_\_\_\_\_

Category	Difficulty	Technique	Maximum TOTAL	Total	Comments
<b>STUNTS</b>					
Stunts			NOV-6 INT-8 ADV-10		
Pyramids			NOV-6 INT-8 ADV-10		
Tosses			NOV-6 INT-8 ADV-10		
<b>TUMBLING</b>					
Standing Tumbling			NOV-6 INT-8 ADV-10		
Running Tumbling			NOV-6 INT-8 ADV-10		
Jumps			NOV-6 INT-8 ADV-10		
<b>DANCE &amp; CREATIVITY</b>					
Dance /Motions			<b>10</b>		
Formation/Transitions			<b>10</b>		
Routine Creativity			<b>10</b>		
Overall Performance / Entertainment Value			<b>10</b>		

<p><b><u>Total Possible Points</u></b></p> <p>NOVICE- 76</p> <p>INTERMEDIATE – 88</p> <p>ADVANCED - 100</p>		
	Difficulty	Technique

**Total**

**JUDGE**

# 2025 The ONE Finals School Score Sheet

## GameDay Scoresheet

CATEGORY	DIFFICULTY	TOTAL
<b>BAND CHANT</b>		<b>20.0</b>
GAME DAY VISUAL APPEAL	5.0	5.0
MATERIAL RELEVANT TO GAME DAY ENVIRONMENT	5.0	5.0
MOTION TECHNIQUE/CROWD LEADING TOOLS	5.0	5.0
EXECUTION	5.0	5.0
<b>FIGHT SONG</b>		<b>20.0</b>
GAME DAY VISUAL APPEAL	5.0	5.0
MATERIAL RELEVANT TO GAME DAY ENVIRONMENT	5.0	5.0
MOTION TECHNIQUE/CROWD LEADING TOOLS	5.0	5.0
EXECUTION	5.0	5.0
<b>OVERALL JUDGE</b>		<b>10.0</b>
LEADERSHIP TO ENGAGE & CONNECT WITH THE CROWD	10.0	10.0
<b>TOTAL</b>		<b>50.0</b>