

Coaches Webinar

2020 Season

Rule Book Enhancements

- Rule Book has been updated to reflect all 2020 rule changes shaded in grey.
- Rule Book has “Summary of Changes” on page 1 to list everything that is highlighted throughout.

Summary of Changes

Overtime:

2.3 - Overtime no longer has a coin toss or routine call.

2.3.2 - To begin the first round of overtime, routine 1 from the 4th quarter will be performed by both teams.

2.3.5 - If the round results in a tie, the routine level will advance to Routine 2 from the 4th quarter. This process will repeat until a winner is determined.

Scoring:

3.1.1.b, 3.1.1.c - The “Minor” error has been split into “Minor 1” and “Minor 2” to help further differentiate scoring.

3.1.1.d, 3.1.1.e - The “Major” error is now designated as a “Major 1” and the “Double Major” error is now designated as a “Major 2”.

3.1.1.f - The deduction values for each of these errors is as follows: Minor 1, one deduction point; Minor 2, two points; Major 1, four points; and Major 2, six points.

3.1.1.d - Touching down any part of the body in jumps or tumbling in error is a Major 1 error.

3.2.1.b.i - In determining the score for a forfeit, the performing team must have fewer than 8 total deduction points to win that routine (or section of the routine for the 4th quarter routines.)

Possession:

4.1.2.c - The team winning the coin toss will still determine whether they want possession to begin the first or second half. New this year: The other team automatically has possession to begin the other half.

Procedural:

5.4.1 - Clarification that failure to follow the initial warning regarding jewelry will result in a technical foul.

5.6.2.d - A two-minute injury timeout will follow any injury that stops play.

Shading in the rule book designates a revision to a rule.

Training Enhancements

- Training has been updated to reflect all 2020 updates in red.
- General Part B of the training has a “Summary of Changes for 2020” at the end of the training.

Scoring OUT OF BOUNDS

- A boundary violation is defined as an athlete touching any portion of the area outside of the designated performance area.
- Touching the white lines bordering the “neutral” area does NOT constitute a boundary violation. The playing field includes the white boundary line.
- Boundary violations are only charged if detected by the Scoring Officials. Referees may not call boundary violations.
- **Each boundary violation will result in a Minor 1 deduction.**



Summary of Changes for 2020

Procedural:

- Clarification that failure to follow the initial warning regarding jewelry will result in a technical foul.
- A two-minute injury timeout will follow any injury that stops play, not just injuries in the 4th quarter routines.

Opening Coin Toss and Possession:

- The team winning the coin toss will still determine whether they want possession to begin the first or second half.
- **New this year:** The other team automatically has possession to begin the other half.



New Scoring Update

- Minor 1 (generally non-skill based errors)
 - Exceptions: extension vs target body position, spacing on pyramid connection, slight bobble by top person without stunt moving)
 - 1 deduction point
- Minor 2 (skill-based errors)
 - 2 deduction points
- Major 1 (last year's "Major")
 - 4 deduction points
- Major 2 (last year's "Double Major")
 - 6 deduction points
- Forfeit
 - Adjusted so this year's totals are comparable to last year's totals for receiving a point
 - 8 deduction errors = no point

Scoring Guideline

- Quick guide to where deduction errors are placed.
- Scoring Guideline is available in WebPoint.
- Main points are listed but scoring is not limited to what is listed in the Scoring Guide (especially in regards to technique).

2020 Scoring Guide	
Minor 1 / or 1 (-1 point) <ul style="list-style-type: none"> • <u>Missed or incorrect 'motion'</u> – i.e. High V vs Punch • <u>Incorrect count</u> as indicated by the 8-count sheet • <u>Synchronization</u> off on 'group' skills or motions • <u>Incorrect extension vs target</u> as indicated by the 8-count sheet • Spacing off for <u>pyramid connections</u> (i.e. overlapping arms, hand to foot, etc) or for skills being centered (i.e. basket toss behind a pyramid visual) • <u>Slight bobble</u> by top person <i>without stunt movement</i> • Coach violation after receiving a warning • Restricted area infraction after receiving a warning – Coach or Athlete • Subbing in too early (Q4) • Obvious incorrect <u>opening formation</u> – NOT direction of individual athletes • Stepping <u>out of bounds</u> – over the line, as seen by officials 	Minor 2 ^ or 2 (-2 points) <ul style="list-style-type: none"> • <u>Large balance check</u> by top person (even if stunt does not move) • <u>ONE or TWO traveling steps</u> taken by base(s) to adjust for balance of a stunt • <u>ONE or TWO steps/hops</u> taken after landing a tumbling or jump skill • <u>Technique issues</u> in Jumps & Tumbling: <ul style="list-style-type: none"> - Examples include, but are not limited to: bent knees, 'cowboy' back tuck, crooked tumbling, wide feet on landing from jump or tumbling skill, bad body position on layout or full (applies to baskets as well), overall jump technique (not each individual) • <u>Technique issues</u> in Stunts & Pyramids: <ul style="list-style-type: none"> - Examples include, but are not limited to: top's legs wider than shoulder width apart on extension, bent legs by top while in stunt, lack of top flexibility in body positions, very low cradle, very low and/or traveling baskets, poor basing technique in support of stunt (arched back, out of line, arms bent), missing a foot on landing a pyramid WITHOUT the skill falling, skill lowers less than one full level
Major 1 X or 4 (-4 points) <ul style="list-style-type: none"> • <u>Modification or Omission</u> of ANY skill <ul style="list-style-type: none"> - Examples of modifications include, but are not limited to: Liberty instead of heel stretch or arabesque, modified full up technique and/or loading position, additional throwers in a toe pitch • <u>Stunt lowers</u> from the intended height at least one level (i.e. Extension drops to prep, prep drops to sponge, etc.) • <u>Skill falls</u> (controlled) – includes off balance to a pop off or sweep to cradle • <u>MORE THAN 2 traveling steps by bases</u> for balance of a stunt • <u>MORE THAN 2 steps</u> after tumbling skill • <u>Safety spotter</u> becomes involved in the support of a stunt or pyramid • Any modified start to a standing tumbling skill (step, hop, running, power hurdle, high V to swing through or other actual motion) – first motion must be a sit • Tumbling or jump where an athlete's body part touches the ground that should not (but no compromise of safety) • Automatic Major 1 assessed to a team in the event of an injury regardless of the number of injuries • Each skill skipped or modified when repeating a routine due to music malfunction 	Major 2 ⊗ or 6 (-6 points) <ul style="list-style-type: none"> • A major fall to the ground when the athlete is compromised for safety (head and neck) • Tumbling skill fall where the athlete is compromised for safety by falling on the head or neck area

REMINDERS:

- During a forfeit, a point is awarded if the performing team incurs less than 8 deductions.
- Allowable 'modifications' that do NOT result in a deduction:
 - o Grips for stunts or pyramid connections (unless specifically listed on 8-count sheet or in glossary)
 - o 1-foot or 2-foot load in for basket toss skills only
 - o Moving from skill to skill or formation to formation
 - o Direction of spin in tumbling, including cartwheel, round off, and front handsprings in tumbling, stunt, or pyramid routines



Game Summary

- Minor 1, Minor 2, Major 1, Incorrect Counts, & Modifications/Omitted Skills
- 1-9 indicates the 8-count where the M/IC occurred.
- No additional feedback will be given.



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Team: _____ Date: _____

Opponent: _____

Q1	Routine #	Minor 1	Minor 2	Major 1	1	2	3	4	5	6	7	8	9
Round 1													
Round 2													
Round 3													
Round 4													

Q2	Routine #	Minor 1	Minor 2	Major 1	1	2	3	4	5	6	7	8	9
Round 1													
Round 2													
Round 3													
Round 4													

Q3	Routine #	Minor 1	Minor 2	Major 1	1	2	3	4	5	6	7	8	9
Round 1													
Round 2													
Round 3													
Round 4													

Q4	Routine #	Minor 1	Minor 2	Major 1	1	2	3	4	5	6	7	8	9
Round 1													
Round 1	01												
Round 1	02												
Round 1	03												
Round 1	04												
Round 2													
Round 2	01												
Round 2	02												
Round 2	03												
Round 2	04												
Round 3													
Round 3	01												
Round 3	02												
Round 3	03												
Round 3	04												

PLEASE NOTE:

IC - Incorrect Counts

M - Modified/Omitted Skills

* It is the coach's responsibility to review personal film from the game to assess each of the errors.

* There will be no further discussion about the Game Summary with the officials.



Updated 8-counts

- Extensive review process of the High School 8-counts.
- Committee review process over the period of 5 weeks with current high school coaches and officials in a practical hands-on setting.
 - Partner Stunt diagram has been updated for Routine 6.
 - Partner Stunt Routine 3 – the skill “arm bar” was updated to “FWO to Prep”.
 - Pyramids & Tosses Routine 5 – updated the skill section where it said “3 Kick Fulls” to now designating that there are only 2 and the other one is “1 Full Twist BT”.
 - Jumps & Tumbling Routine 2 – note was added that the middle athlete in the ending formation should have her left knee down even though the video shows her right knee down.
 - Jumps & Tumbling Routine 4 – added “2 ST BHS” to the skill section.
- The FINAL 8-counts have an updated date of 2/3/2020.

Good Luck this Season!!!