

ALL STATE CHEERLEADING SELECTION PLAN

Nomination Due Date: October 7th

Regional Tryouts: October 21st

All State Tryouts: October 28th

Head cheer coaches must be a member of the Oklahoma Coaches Association and the Oklahoma Cheer Coaches Association to nominate a cheerleader for All State. Nominees must be a current senior member of the cheer squad and be in good standing with the cheer squad and the school system during the same school year they are nominated.

INSTRUCTIONS:

- A. Coaches may nominate **all senior cheerleaders**. A maximum of three All Region and two All State cheerleaders may be selected from the same school.
- B. **A completed nomination form should be emailed to allstatenominations@oklahomacoaches.org by the given deadline. Please scan the form to PDF.** The head cheer coach must sign the form. Please limit information to the space provided on the nomination sheet. **Do not send your nomination forms to your regional representative.**

All Region selection will be held on Wednesday, October 21, 2026, at 10:00 am, at the following sites:

Region 1: Weatherford High School

1500 N. Washington Ave
Weatherford, OK 73096

Region 2: Stillwater High School

1224 N. Husband
Stillwater, OK 74075

Region 3: Sallisaw High School

2301 W Ruth
Sallisaw, OK 74955

Region 4: Eisenhower High School

5202 W Gore Blvd
Lawton, OK 73505

Region 5: Blanchard High School

1440 N County Line Rd
Blanchard, OK 73010

Region 6: Quinton Event Center

400 E Main St
Quinton, OK 74578

Region 7: Broken Arrow High School

2200 N 23rd St
Broken Arrow, OK 74012

Region 8: Putnam City High School

5300 NW 50th St
Oklahoma City, OK 73122

All State selection will be held on Wednesday, October 28th: **East at 10:00 am & West at 1:30 pm.**

Washington Event Center

318 Washington Way

Washington, OK 73093

Notification of their selection to the **All Region** squad will be posted one hour after tryouts. The list of **All State** athletes will be posted on the OCCA website and social media within 3 weeks after notification by the Oklahoma Coaches Association.

GENERAL INFORMATION:

Coaches are encouraged to bring their contestants. **Tryouts will be open to spectators. An admission charge of \$5 will be charged at each site.**

Filming will not be allowed at the tryout site.

Tryouts will be in order from smallest to largest classification.

There will be NO call backs.

Mats will be used for All Region and All State tryouts.

PROCEDURE:

- A. Sixteen cheerleaders will be chosen from each region for the All Region cheerleading squads.
- B. Sixteen cheerleaders will be selected from the West and cheerleaders from the East to make the All State squad.
- C. All State tryout order will be sent to the coaches from the OCCA President.
- D. Each class will be guaranteed a minimum of one All Region and one All State cheerleader. (2A, 3A, 4A, 5A, 6A) NOTE: Some regions do not have any contestants submitted in each class.
- E. Classification (2A-6A) is based on OSSAA's performance competition classifications.

CRITERIA:

- A. Cheerleaders nominated will perform the following skills in this order:
 - a. Cheer
 - b. Jump-single toe-touch (not scored)
 - c. Jumps-connected toe-touch/pike OR connected toe-touch/front hurdler
 - d. Standing Tumbling
 - e. Running Tumbling
- B. DO NOT incorporate tumbling/jumps/kicks into cheer. The cheer is to be strictly motions and performed exactly as demonstrated in the video.
- C. Athletes must perform in school uniforms, including shoes.
- D. If the above criteria are not followed, the candidate could be disqualified.

SCORE SHEET:

Motion technique	1-10
Voice projection/inflexion	1-10
Showmanship	1-10
Jumps	1-10
Standing Tumbling	1-10
Running Tumbling	1-10
SEE ATTACHED RUBRIC	

CHEER: front and back view video can be found at oklahomacheercoaches.com

The time x has come x
For you to see the best x
There's no one better
From the east to the west
O-K-L-A-H-O-M-A
Oklahoma All-State x
This is our day x Yeah

Email nominations to: allstatenominations@oklahomacoaches.org