

Technical Penalty Sheet

Category/Division

Updated: October 2025

Event

Rule	Section 1	Article	Penalty Points
1.1	General		
1.2	Sportsmanship		
Rule	Section 3	Article	Penalty Points
3.1	Dance Apparel/Accessories		
3.2	Lift Personnel		
3.3	Inversions		
3.4	Non-Release Lifts		
3.5	Release Lifts		
3.6	Suspended Lifts		
3.7	Dismounts From Lifts		
3.8	Tumbling		
3.9	Drops		
3.10	Props/Bases		
3.11	Spotting Particpants on Bases		
3.12	Dismounts from Bases		
Rule	DDCA/OSAA Violations	Article	Penalty Points
DDCA 1.2.2.g. OSAA 2.2.3.	Divisions: Timing		
OSAA 1.4.2	Number of Performers		
DDCA 1.2.2.e. OSAA 2.5.2	Divisions: Props and Costume Changes		
		Total Points	

Explanation of Violation(s):	
Technical Judge	
	Time of Notification
Technical Judge	



Technical Penalty Appeal Form

Team Name
 Category/Division
Points Deducted

To file your appeal, complete the form, citing the specific NFHS/DDCA rule(s), and return it to the designated area within 20 minutes. Reminder: The timing appeal procedure in the DDCA Handbook, Appendix A: Page 15 must be followed for all timing-related appeals.

Appeal:			
Coach Signature:			
Judges' Ruling:	☐ Penalty Overturned	□ Appeal Denied	
Technical Judge			Final Points Deducted
Technical Judge			