

BROKEN ARROW CHEER SIDELINE PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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THE FULL VERSION STUDY GUIDE

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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 – 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

Questions

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1. What is the role of a backspot in a stunt?

- A. A backspot provides additional support from behind.
- B. A spotter monitors the flyer from the front.
- C. Counts beats aloud.
- D. Directs the music.

2. Who is the superintendent of Broken Arrow Public Schools?

- A. Steve Dunn
- B. Chuck Perry
- C. Andy Rice
- D. Karla Dyess

3. What is the term for advancing to the next round without wrestling a match?

- A. Bye
- B. Forfeit
- C. Default
- D. Walkover

4. What safety practice is essential when using props on the sideline?

- A. Secure props.
- B. Ignore hazards.
- C. Place props in athletes' path.
- D. Leave props unattended.

5. Which action word is repeated in the Tiger Pep chant?

- A. shout
- B. yell
- C. cheer
- D. scream

6. According to safety guidelines, what is required for stunts to be performed safely?

- A. Trained spotters, proper technique, and adherence to approved progression and supervision.
- B. No spotters required if the flyer is confident.
- C. Only basic training without supervision.
- D. Practice-only without safety rules.

7. What is Delay of Game?

- A. When the play clock runs out and the ball has not been snapped
- B. When a team calls timeout too late
- C. When the referee whistles the play dead
- D. When a pass is intended for a receiver but dropped

8. Which statement about warm-up is true?

- A. It should include static stretches only
- B. It should include dynamic stretches, mobility drills, light cardio, and activity-specific movements
- C. It should be skipped if the routine is short
- D. It should be intense weightlifting

9. Which scenario allows a team to shoot free throws?

- A. The opposing team commits a foul during a shot
- B. The offense runs a timer out
- C. The ball goes out of bounds during a dribble
- D. The shot clock hits zero

10. Which penalty involves a player being on the wrong side of the line of scrimmage at the snap?

- A. Holding
- B. Delay of Game
- C. Offsides
- D. Pass Interference

Answers

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1. A
2. B
3. A
4. A
5. B
6. B
7. A
8. B
9. C
10. C

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Explanations

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1. What is the role of a backspot in a stunt?

A. A backspot provides additional support from behind.

B. A spotter monitors the flyer from the front.

C. Counts beats aloud.

D. Directs the music.

The backspot's job is to provide protection and physical support from behind. In a stunt, the flyer is lifted and held in place by the bases, but the backspot stays behind the flyer to help with stability and lift. By placing hands on the flyer's hips or waist from behind, the backspot can guide the flyer's alignment, help lift during tricky transitions, and be in a prime position to catch or support the flyer if balance is lost. This behind-the-looking-out perspective allows the backspot to see how the flyer's shoulders, torso, and legs line up with the bases and to adjust grip and pressure so the stunt stays secure and safe. Other tasks mentioned—monitoring from the front, counting beats aloud, or directing the music—don't involve providing direct physical support or safety for the flyer. Those roles relate to timing or performance cues, while the backspot focuses on keeping the flyer steady, protected, and properly positioned from behind.

2. Who is the superintendent of Broken Arrow Public Schools?

A. Steve Dunn

B. Chuck Perry

C. Andy Rice

D. Karla Dyess

The superintendent is the top administrator who leads all district operations, implements school board policies, and oversees the budget, staffing, facilities, and curriculum across every school in the district. In Broken Arrow Public Schools, Chuck Perry holds that role, guiding the district's goals, coordinating with the school board, and communicating district-wide initiatives. The other names listed are not the superintendent, so Chuck Perry is the person in charge of running the district today. You can verify this on the district's official website or recent announcements.

3. What is the term for advancing to the next round without wrestling a match?

A. Bye

B. Forfeit

C. Default

D. Walkover

In tournaments, a bye lets a competitor advance to the next round without playing a match. It happens when the bracket size isn't a perfect fit for a power of two, so some participants skip a round and move on automatically. This is different from a forfeit or a walkover, where a match is supposed to be played but isn't completed or someone is unable to participate. A bye means no match is played and no results are recorded; the competitor simply moves forward to the next round.

4. What safety practice is essential when using props on the sideline?

- A. Secure props.
- B. Ignore hazards.
- C. Place props in athletes' path.
- D. Leave props unattended.

Securing props on the sideline is essential because props can shift, slide, or fall during routines, creating tripping hazards or collisions. When props are securely fastened, weighted, or stored out of athletes' path, you maintain a clear, safe space for tumbling, stunting, and transitions. This simple step reduces the chance of injuries and keeps the sideline organized. Ignoring hazards invites danger, placing props in athletes' path obstructs movement and increases collision risk, and leaving props unattended can allow them to be knocked over or create unexpected hazards. Prioritizing secure storage and attached props is a straightforward, effective safety habit.

5. Which action word is repeated in the Tiger Pep chant?

- A. shout
- B. yell
- C. cheer
- D. scream

Repetition of a single action verb in a chant strengthens energy and signals a clear, shared action for everyone to perform together. In the Tiger Pep chant, the word that gets repeated is yell. Repeating this verb creates a loud, rhythmic cue that urges the crowd to raise their voices in unison, sustaining momentum and team spirit throughout the chant. Other energetic verbs like shout, cheer, or scream are common in pep chants, but they don't form the repeated anchor that drives this particular chant's cadence, which is why yell stands out as the best answer.

6. According to safety guidelines, what is required for stunts to be performed safely?

- A. Trained spotters, proper technique, and adherence to approved progression and supervision.
- B. No spotters required if the flyer is confident.
- C. Only basic training without supervision.
- D. Practice-only without safety rules.

Stunts are safest when you have trained spotters, use proper technique, and follow a planned progression under supervision. Trained spotters provide immediate assistance if something goes off-balance, helping prevent falls and injuries. Using proper technique reduces the risk by ensuring body positions, grips, and timing are correct, which minimizes awkward landings or slips. Following an approved progression under supervision ensures athletes build the necessary strength, control, and confidence step by step, so they're not stepping up to higher levels before they're ready. Confidence alone doesn't guarantee safety, and training without supervision or skipping safety rules leaves gaps that can lead to injuries.

7. What is Delay of Game?

- A. When the play clock runs out and the ball has not been snapped
- B. When a team calls timeout too late
- C. When the referee whistles the play dead
- D. When a pass is intended for a receiver but dropped

Delay of game happens when the offense fails to snap the ball before the play clock runs out. It's a five-yard penalty against the offense, and the down remains the same, because the offense didn't complete the required action before the clock expired. This rule keeps the game moving and prevents stalling. If the ball is snapped before the clock hits zero, there's no delay of game. The other scenarios describe different situations: calling a timeout late ends up as a timeout issue, the referee whistling to stop play can happen for various reasons, and a dropped pass is simply an incomplete pass, not a time penalty.

8. Which statement about warm-up is true?

- A. It should include static stretches only
- B. It should include dynamic stretches, mobility drills, light cardio, and activity-specific movements
- C. It should be skipped if the routine is short
- D. It should be intense weightlifting

A proper warm-up primes the body for movement by increasing blood flow, muscle temperature, and joint mobility, while also waking up the nervous system. The most effective warm-up blends dynamic stretches with mobility drills, light cardio to raise heart rate gradually, and movements that mirror what you'll do in practice or a routine. Dynamic stretches move through ranges of motion with control, preparing muscles for explosive actions without reducing power. Mobility work targets the joints and surrounding tissues you'll use, helping prevent strains. Light cardio elevates temperature without fatigue, and activity-specific movements rehearse the exact demands you'll face, cementing motor patterns. This approach avoids static stretches at the start, which can temporarily reduce strength and power, and it rejects skipping warm-ups or starting with intense lifting, both of which can raise injury risk. So including dynamic work, mobility, light cardio, and activity-specific movements is the true way to warm up.

9. Which scenario allows a team to shoot free throws?

- A. The opposing team commits a foul during a shot
- B. The offense runs a timer out
- C. The ball goes out of bounds during a dribble
- D. The shot clock hits zero

Free throws come into play when a defensive player fouls the shooter during an attempt. That foul interrupts the shot, giving the shooter a chance to score from the free-throw line, with the number of attempts depending on where the shot was taken and whether the basket went in. If the ball goes out of bounds during a dribble, play stops for a boundary violation and possession changes—there are no free throws awarded. If the shot clock expires, it's a shot-clock violation and possession shifts to the other team, again not a free-throw situation. Likewise, letting the game clock run out is a violation that ends the possession, not a free-throw opportunity.

10. Which penalty involves a player being on the wrong side of the line of scrimmage at the snap?

- A. Holding
- B. Delay of Game
- C. Offsides**
- D. Pass Interference

At the snap, everyone must be on their own side of the line of scrimmage. If a player is on the opposite side before the ball is snapped, that's offsides. It's usually called when a defender crosses into the neutral zone early (or a player lines up over the line) before the ball is snapped. The consequence is a five-yard penalty and the down is replayed, giving the offense another chance to run the play. Holding involves grabbing a blocker, delaying the start of the play is the clock running too long, and pass interference is illegal contact during a pass attempt—none of these hinge on being on the wrong side of the line at the snap.

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Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

<https://brokenarrowcheersideline.examzify.com>

We wish you the very best on your exam journey. You've got this!

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