

# School CHEER Routine Guidelines

## General Competition Guidelines:

- 1. 2 ½ Minute Routine** - May consist of cheer, jumps, tumbling, stunts, dance and music for all or part of the routine. No voice-overs or words may be recorded to make the team's vocal projection sound louder.
- 2. Game Day** - The format is inspired by what teams do to demonstrate the game day environment at their school. With all four elements combined, the Game Day performance cannot exceed a 3 minute time limit.
  - BAND CHANT:** The Band Chant will be consistent with the summer camp format. Teams should demonstrate spirit and enthusiasm while entering the performance floor and before the music begins. A cue will **not** be given to start the Band Chant. Once the music begins, the teams cannot incorporate any skills other than kicks and jumps, just like summer camp. Squads should utilize spirit raising props and focus on creative movements such as level changes or ripples, execution of the material and encouraging the crowd to participate.
  - CROWD LEADING:** Following the Band Chant, the announcer will give squads a game scenario indicating an offense or defense situation. Teams should show their definitive understanding of the situation with an offensive or defensive sideline. After the Situational Sideline, teams will move into their Cheer which can include one reflective of a timeout, general sideline/spell-out or other cheer material that incites a response and encourages the crowd to yell along. Teams will be evaluated on their ability to lead the crowd, crowd effectiveness, proper use of motions/crowd leading tools and execution of stunts/tumbling relevant to a game day environment. NOTE: It is a requirement to incorporate skills (stunts and/or tumbling, if the division allows) into the Crowd Leading section.
  - FIGHT SONG:** The final element should reflect your school's traditional Fight Song. Teams should incorporate crowd effective skills (stunts and/or tumbling, if the division allows) and can include spirit raising props to enhance the overall effect. Fight Song incorporation is limited to three (3) consecutive 8-counts of stunts and/or tumbling. Counting will begin with the initiation of a skill and continue until either the incorporation is complete or the end of the 3rd 8-count. Building skills must remain be stationary prior to the end of the 3rd 8-count and remain stationary until the end of the routine. (If the Fight Song repeats, the incorporation will only be permitted both times if the skills are repeated exactly the same.) For teams that do not have an official Fight Song, it is recommended to use a second selection of band chant music
- 3. Non Building Cheer** : No partner stunts, pyramids or tosses allowed. (Example: High stands are prohibited.) Tumbling is allowed. May not exceed 1 ½ minutes.
- 4. Non Tumbling Cheer**- Prohibits all tumbling. Tumbling is defined as any skill with feet over head rotation. (Example: Handstands, handstand roll downs, forward rolls, backward rolls, cartwheels, etc. are prohibited.) Stunts ARE allowed. May not exceed 1 ½ minutes.
- 5. Sideline Plain** - Consists of one sideline that you perform five times in a row that only consist of the cheer. No jumps, no tumbling, no stunts and no music.
- 6. Sideline Optional** - Consists of one sideline that you perform five times in a row. CAN consist of jumps and standing tumbling. No stunts and no music.
- 7. Fight Song** – Consists of the squad performing their school fight song/chant to the school fight song music. May contain standing tumbling and jumps. No stunts and no running tumbling. May not exceed 2 ½ minutes.
- 8. Game Cheer** - May consist of a floor cheer, chant, tumbling, jumps and stunts. There is no music allowed in this division. Consists of the squad performing a cheer that they would typically perform during half time of a ball game. May not exceed 1 ½ minutes.
- 9. Time Out Dance** - Consists of the squad performing a dance or pom routine no longer than 1 minute that they would typically perform during a full time out at a ball game.
- 10. Time Out Cheer** - Consists of the squad performing a cheer no longer than 1 minute that they would typically perform during a full time out at a ball game.
- 11. Individual Cheer w/music** - May not exceed 2 minute and 30 seconds. Must contain a cheer. May contain jumps, tumbling, dance and music.
- 12. Partner Stunt** - Max. time limit of 2 min and 30 seconds. Must contain music. Max of 2 competing participants= 1 base, 1 flyer. MUST provide additional spotter that knows routine (Example: coach spotter)
- 13. Stunt Group** - Max. time limit of 2 min and 30 seconds. Must contain music. Max of 5 competing participants= 4 bases and 1 flyer.
14. Organized, formal entrances that involve organized cheers or run-ons with jumps, tumbling, or stunts are not permitted. Cheerleaders, dancers, and mascots should enter the performance area in a timely fashion.
15. Timing will begin with the first organized word, movement, or note of music by the team or individual after they are officially announced.
16. Timing will end with the last organized word, movement, or note of music by the team or individual. Teams or individuals must exit the performance area immediately following the routine.
17. Team/individual names will be called twice: once as the team/individual on deck and once as the next team/squad to perform.
- 18. Routines must be appropriate for family viewing. Any vulgar or suggestive movements (hip thrusting, inappropriate touching/slapping/positioning to one another, etc.), words, costuming or music will result in a 5.0 score deduction per judge.**

## GENERAL SAFETY GUIDELINES

1. All teams must be supervised during all official functions by a qualified director/coach.
2. Coaches must require proficiency before skill progression. Coaches must consider the individual, group, and team skill levels with regard to proper performance level placement.
3. All teams, gyms, coaches and directors should have an emergency response plan in the event of an injury.
4. Coaches are recommended that their athletes practice and perform on an appropriate surface.
5. Cheerleaders- Soft-soled shoes must be worn while competing. No dance shoes/boots, and/or gymnastics slippers (or similar) allowed. Shoes must have a solid sole. Clarification: If you can roll it up and put it in your pocket, it's illegal.
6. **Jewelry of any kind including but not limited to ear, nose, tongue, belly button and facial rings, clear plastic jewelry, bracelets, necklaces and pins on uniforms are prohibited. Jewelry must be removed and may not be taped over. (Exception: medical ID tags/bracelets, and uniform rhinestones. Rhinestones are illegal when adhered to the skin as opposed to a uniform. Temporary tattoos are also allowed.)**
7. Cheerleaders must have at least one foot on the performing surface when the routine starts.
8. Any height increasing apparatus used to propel a competitor is prohibited. (Exception: spring floor)
9. Cheerleaders: Flags, banners, signs, pom poms, megaphones, and pieces of cloth are the only props allowed. Props with poles or similar support apparatus may not be used in conjunction with any kind of stunt or tumbling. All props must be safely discarded out of harms way (e.g. throwing a hard sign across the mat from a stunt would be illegal). Any uniform piece purposefully removed from the body and used for visual effect will be considered a prop.
10. Casts that are hard and unyielding or have rough edges must be appropriately covered with a padded material. Clarification: The appropriately padded material must be such that it protects both the athlete and fellow athletes from injury.
11. On the level grid, all skills allowed for a particular level encompass all skills allowed in the preceding level.
12. Required spotters for all levels must be your own team's members.
13. Drops including but not limited to knee, seat, thigh, front, back, and split drops from a jump, stunt, or inverted position are prohibited unless the majority of the weight is first borne on the hands/feet, which breaks the impact of the drop. Shushinovas are allowed.

## School Cheer Division Guidelines:

### Beginner Division:

#### BEGINNER DIVISION TUMBLING

- A. All tumbling must originate from and land on the performing surface. (Exception: Tumbler may [without hip-over-head rotation] rebound from his/her feet into a stunt transition. Rebounding to a prone position is allowed.)
- B. Tumbling over, under, or through a stunt, individual, or prop, is prohibited. (Exception: forward/backward rolls over a prop are legal.)
- C. Tumbling while holding or in contact with any prop is prohibited.

- D. Spotted, assisted, or connected tumbling is prohibited. (Example: Double cartwheels and chorus line flips are illegal.)
- E. Dive rolls performed in a swan or layout position are prohibited.

#### **BEGINNER DIVISION Standing Tumbling**

- A. No tucks or aerials allowed.
- B. Series front and back handsprings are allowed.
- C. No jump skills are allowed in immediate combination with a standing handspring. (e.g. no toe touch back handsprings or back handspring toe touches)
- D. No twisting while airborne. (Exception: Round offs)
- E. Standing backhandspring is allowed.

#### **BEGINNER DIVISION Running Tumbling**

- A. No tucks or aerials allowed.
- B. Series front and back handsprings are allowed.
- C. No twisting while airborne. (Exception: Round offs)

#### **BEGINNER DIVISION Stunts**

- A. A spotter is required for all extended stunts.
- B. Single leg stunts may not be held at or pass through an extended position. Single leg stunts may only be held at prep level.
- C. **During transitions, at least one base must remain in contact with the top person.**
- D. Twisting mounts and transitions are permitted up to 1/2 twist by the top person. Exception: Assisted log rolls are allowed.
- E. No free flipping or assisted flipping mounts or transitional stunts allowed.
- F. When catching a transitional stunt that is above prep level, at least three catchers are required. If the weight of the top person does not remain within the vertical axis of the stunt, three stationary catchers that are not original bases are required.

#### **BEGINNER DIVISION Dismounts**

- A. Cradles from multi-based stunts at prep level or above must have two catchers and a separate spotter positioned at the head and shoulder area through the cradle.
- B. Cradles are allowed from extended single leg stunts in pyramids.
- C. No free flipping or assisted flipping dismounts allowed.
- D. Tension drops/rolls of any kind are prohibited.
- E. Only straight pop downs, basic straight cradles and quarter turns are allowed.
- F. Twist cradles exceeding 1/4 turn are not allowed. All other positions (e.g. toe touch, pike, tuck, etc) are not allowed.

#### **BEGINNER DIVISION Release Moves**

- A. No release moves allowed other than those permitted in "Dismounts" and "Tosses."
- B. **Helicopters are not allowed.**
- C. **A single full twisting log/barrel roll is allowed as long as it starts and ends in a cradle position.** Clarification: Log/Barrel roll must return to original bases and may not include any skill other than the twist (ex: no kick full twists).

#### **BEGINNER DIVISION Inversions**

- A. No inversions above ground level allowed. (Exception: Transitions from ground level inversions to non-inverted positions are allowed.) (Example: Going from a handstand on the ground to a non-inverted stunt such as a shoulder sit is legal.) (Example: Going from a cradle to a handstand would be illegal.)

### **BEGINNER DIVISION Pyramids**

- A. Pyramids are allowed up to 2 high with the following exceptions: Extended single-leg stunts 1) must be braced by two top persons at prep level or below and 2) the connection to the braces can be hand or foot and must be established at or below prep level. Prep level top persons must have both feet in bases hands. (Exception: shoulder sit, double base thigh stand or shoulder stand) Clarification: Anytime a top person is released by the bases during a pyramid transition, the top person must land in a cradle or dismount to the performing surface.
- B. Top persons must receive primary support from a base. (Exception: In hanging pyramids, primary supporting top person must be at prep level or below.)
- C. No stunt, pyramid, or individual may move over or under another stunt, pyramid or individual (e.g. shoulder sits walking under prep).
- D. Extended one-legged stunts may not brace or be braced by any other extended stunts.
- E. Hanging pyramids must remain upright. Each top person at the prep level must have a continuous spotter and bases must brace the hanging person(s).
- F. **Cradles are allowed from extended single leg stunts in pyramids.**

### **BEGINNER DIVISION BASKET TOSSES**

#### **ELEM OR MIDDLE SCHOOLS ARE NOT PERMITTED TO DO BASKET TOSSES.**

- A. Tosses are allowed up to a total of 4 tossing bases. One base must be behind the top person during the toss and may assist the top person into the toss.
- B. Tosses must be performed from ground level and must land in a cradle position. Top person must be caught in a cradle position by at least 3 original bases one of which is positioned at the head and shoulder area of the top person. Bases must remain stationary during the toss (i.e. No intentional traveling tosses).
- C. **The only body positions allowed are straight rides.** (Exception: A single full twisting log/barrel roll is allowed as long as it starts and ends in a cradle position)
- D. During the straight body ride, the top person may use different arm variations such as (but not limited to) a salute or blowing a kiss but must keep the legs and body in the straight ride position.
- E. No stunt, pyramid, individual, or, prop may move over or under a toss, and a toss may not be thrown over, under, or through stunts, pyramids, individuals, or props.

## **Intermediate Division:**

### **INTERMEDIATE DIVISION General Tumbling**

- A. All tumbling must originate from and land on the performing surface. (Exception: Tumbler may [without hip-over-head rotation] rebound from his/her feet into a stunt transition. Rebounding to a prone position is allowed.)
- B. Tumbling over, under, or through a stunt, individual, or prop, is prohibited. (Exception: forward/backward rolls over a prop are legal.)
- C. Tumbling while holding or in contact with any prop is prohibited.
- D. Spotted, assisted, or connected tumbling is prohibited. (Example: Double cartwheels and chorus line flips are illegal.)

- E. Dive rolls performed in a swan or layout position are prohibited.

### **INTERMEDIATE DIVISION Standing Tumbling**

- A. No tucks or aerials allowed. Clarification: Front flipping seat drops are illegal at this level.
- B. Airborne skills must involve hand support with at least one hand when passing through the inverted position.
- C. Series front and back handsprings are allowed.
- D. No twisting while airborne (Exception: round offs)

### **INTERMEDIATE DIVISION Running Tumbling**

- A. Flips/tucks may ONLY be performed in tuck position only from a round off or round off back handspring(s). (Exception: aerial cartwheels and running tuck fronts are allowed). (The following tumbling skills are examples of skills not allowed: X-outs, layouts, layout step outs, whips, pikes, aerial walk overs and Arabians) **Other skills with hand support prior to the round off or round off back handspring are allowed. Ex: front handsprings and front walkover through to round off back handspring back tucks are allowed.**
- B. **Cartwheel tucked flip are not permitted.**
- C. No tumbling is allowed after a tuck flip. (Exception: a forward or backward roll is allowed after a tuck flip —no tumbling allowed after forward or backward roll)
- D. No twisting while airborne. (Exception: round offs)

### **INTERMEDIATE DIVISION Stunts**

- A. A spotter is required for all extended stunts.
- B. Single based double awesomes/cupies require a separate spotter for each top person.
- C. Single based split catches are prohibited.
- D. When catching a transitional stunt that is above prep level, at least three catchers are required. If the weight of the top person does not remain within the vertical axis of the stunt, three stationary catchers that are not original bases are required. Physical contact must be maintained with at least one original base or with a person at prep level or below.
- E. No stunt, pyramid, or individual may move over or under another stunt, pyramid or individual (e.g. shoulder sits walking under prep).
- F. Single leg extended stunts are allowed.
- G. Twisting mounts and transitions are permitted up to one twist by the top person.
- H. During transitions, at least one base must remain in contact with the top person.
- I. No free flipping mounts or transitional stunts allowed.

### **INTERMEDIATE DIVISION Dismounts**

- A. Cradles from single based stunts at prep level or above must have a spotter with at least one hand/arm supporting the head and shoulder area through the cradle.
- B. Cradles from multi-based stunts at prep level or above must have two catchers and a separate spotter positioned at the head and shoulder area through the cradle.
- C. When cradling single based double awesomes/cupies 2 catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of the dismount.
- D. Dismounts to the performing surface from stunts and pyramids must be assisted by an original base.
- E. No free flipping dismounts allowed.

- F. Tension drops/rolls of any kind are prohibited.
- G. Only straight pop downs, basic straight cradles and quarter turns are allowed from any single leg stunt.
- H. Up to 1-1/4 full twists are allowed from any two legged stunts.
- I. Up to 1 trick allowed during a dismount from any two legged stunt.

#### **INTERMEDIATE DIVISION Release Moves**

- A. Release moves may not land in a prone position.
- B. Release moves must return to original bases.
- C. **Helicopters are not allowed.**
- D. **Log/barrel roll is allowed.**

#### **INTERMEDIATE DIVISION Inversions**

- A. No inverted stunts above shoulder level. (Exception: Double base suspended forward roll dismount to a cradle or the performing surface is allowed) The connection and support of the top person with the base(s) must be at shoulder level or below. (An Arm-and-arm would be legal at this level.)
- B. **Downward inversions are only allowed below prep level and must be assisted by at least two bases positioned at the head and shoulder area.** Top person must maintain contact with an original base. **(Clarification: The stunt may not pass through a level at prep level and then become inverted below prep level. [The momentum of force of the top person coming down is the primary safety concern.])**

#### **INTERMEDIATE DIVISION Pyramids**

- A. No stunt, pyramid, or individual may move over or under another stunt, pyramid or individual (e.g. shoulder sits walking under prep). Illegal: leap frog pyramids and wolf wall transitions.
- B. Extended one-legged stunts may not brace or be braced by any other extended stunts.
- C. Hanging pyramids must remain upright. Each top person at the prep level must have a continuous spotter and bases must brace the hanging person(s).
- D. During pyramid transition, a top person may pass above 2 persons high only while in direct arm-to-arm contact with at least two top persons at prep level or below. These transitions may not involve changing bases. **(Clarification: Arm-Arm/Hand-to-Hand connection must be made with EACH of the two supporting bracers. Top person must be braced arm-to-arm with EACH of the two bracers. Being braced by one side with both arms and the other side by hand-foot connection is NOT permitted. If top person is braced on each side with arm-to-arm connection and a THIRD bracer with hand-foot connection would be permitted.)**
- E. Pyramid transitions may not involve inversions while released from the bases.
- F. Top persons must receive primary support from a base. (Exception: In hanging pyramids, primary supporting top person must be at prep level or below.)

#### **INTERMEDIATE DIVISION Tosses**

##### **ELEM OR MIDDLE SCHOOLS ARE NOT PERMITTED TO DO BASKET TOSSES.**

- A. Tosses are allowed up to a total of 4 tossing bases. One base must be behind the top person during the toss and may assist the top person into the toss.
- B. Tosses must be performed from ground level and must land in a cradle position. Top person must be caught in a cradle position by 3 original bases one of which is positioned at the head and shoulder area of the top person. Bases must remain stationary during the toss (i.e. No intentional traveling tosses).

- C. Flipping and traveling tosses are not allowed.
- D. Up to 1 trick allowed during a toss. Tosses may not exceed 1 twisting rotation. (Legal: toe-touch, ball out, pretty girl, etc...) (Illegal: Switch kick, pretty girl-kick, double toe-touch) Clarification: The 'arch' does not count as a trick. Exception: a Ball X is allowed at this level.
- E. During a twisting toss, no skill other than the twist is allowed. (e.g. kick fulls, ½ twist toe touches, etc... are not allowed)
- F. No stunt, pyramid, individual, or, prop may move over or under a toss, and a toss may not be thrown over, under, or through stunts, pyramids, individuals, or props.
- G. No inversions allowed.
- H. Other toss positions besides straight rides are allowed.
- I. Helicopter tosses are not allowed.

## **Advanced Division**

### **ADVANCED DIVISION General Tumbling**

- A. All tumbling must originate from and land on the performing surface. (Exception: Tumbler may [without hip-over-head rotation] rebound from his/her feet into a stunt transition. Rebounding to a prone position is allowed.)
- B. Tumbling over, under, or through a stunt, individual, or prop, is prohibited. (Exception: forward/backward rolls over a prop are legal.)
- C. Tumbling while holding or in contact with any prop is prohibited.
- D. Spotted, assisted, or connected tumbling is prohibited. (Example: Double cartwheels and chorus line flips are illegal.)
- E. Dive rolls performed in a swan or layout position are prohibited.

### **ADVANCED DIVISION Standing/Running Tumbling**

- A. Skills are allowed up to 1 flipping and 2 twisting rotations.

### **ADVANCED DIVISION Stunts**

- A. A spotter is required for all extended stunts.
- B. Single based split catches are prohibited.
- C. When catching a transitional stunt that is above prep level, at least three catchers are required. If the weight of the top person does not remain within the vertical axis of the stunt, three stationary catchers that are not original bases are required. Physical contact must be maintained with at least one original base or with a person at prep level or below.
- D. Single based double awesomes/cupies require a separate spotter for each top person.
- E. Twisting mounts and twisting transitions are permitted up to 2 twisting rotations by the top person.
- F. No free flipping mounts or transitional stunts allowed.

### **ADVANCED DIVISION Dismounts**

- A. Cradles from single based stunts at prep level or above must have a spotter with at least one hand/arm supporting the head and shoulder area through the cradle.
- B. Cradles from multi-based stunts at prep level or above must have two catchers and a separate spotter positioned at the head and shoulder area through the cradle.

- C. When cradling single based double awesomes/cupies 2 catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of the dismount.
- D. Dismounts to the performing surface from stunts and pyramids must be assisted by an original base.
- E. No free flipping dismounts allowed.
- F. Up to a 1-1/4 twisting rotation allowed from all stunts. **NO DOUBLE-DOWNS.**
- G. Tension drops/rolls of any kind are prohibited.

#### **ADVANCED DIVISION Release Moves**

(Release moves do not refer to pyramid transitions, only free standing stunts.)

- A. Release moves are allowed but must not exceed more than eighteen inches above extended arm level. If the base(s) releases stunt, then it must come back to original base(s). (i.e. Tick-tocks are permitted.)
- B. Release moves may not land in a prone position.
- C. **Helicopters are allowed up to a 180 degree rotation with a ½ twist and must be caught by at least 3 catchers, one of which is positioned at head and shoulder area of the top person.**

#### **ADVANCED DIVISION Inversions**

- A. **Downward inversions are allowed from an extended position if the primary weight of the top person is assisted by at least three bases, at least one of which is assisting at the head and shoulder area. Contact must be initiated at the shoulder level** (or above) of the bases. (Exception: A controlled powerpressing of an extended inverted stunt (i.e. needle) to shoulder level is allowed).
- B. Downward inversions must maintain contact with an original base.

#### **ADVANCED DIVISION Pyramids**

- A. Hanging pyramids must remain upright. Each top person at the prep level must have a continuous spotter and bases must brace the hanging person(s).
- B. Non inverted transitional pyramids may involve changing bases. Physical contact during transitions must be maintained with at least one person at prep level or below.
- C. Pyramid transitions may involve inversions (including braced flips up to 1 and ¼ flipping rotations) while released from the bases if contact is maintained with at least 1 person at prep level or below.
- D. Braced Inversions (including braced flips) are allowed up to 1 and ¼ flipping rotations and 1 twisting rotation.
- E. **Braced inversions (including braced flips) that maintain contact with only 1 top person at prep level or below may not twist.**
- F. **All braced inversions (including braced flips) must be caught by at least two catchers. Catchers must be stationary and must maintain visual contact with the top person when the braced inversion (including braced flips) is initiated.** Clarification: Visual contact must be maintained throughout the entire transition.
- G. Braced inversions (including braced flips) may not travel downward while inverted.
- H. Pyramids are allowed up to 2 persons high.

#### **ADVANCED DIVISION Tosses**

**ELEM OR MIDDLE SCHOOLS ARE NOT PERMITTED TO DO BASKET TOSSES.**

- A. Tosses must be performed from ground level and must land in a cradle position. Top person must be caught in a cradle position by 3 original bases one of which is positioned at the head and shoulder area of the top person. Bases must remain



stationary during the toss (i.e. No intentional traveling tosses).

- B.** Tosses are allowed up to a total of 4 tossing bases. One base must be behind the top person during the toss and may assist the top person into the toss.
- C.** No stunt, pyramid, individual, or prop may move over or under a toss, and a toss may not be thrown over, under, or through stunts, pyramids, individuals, or props.
- D.** Up to 2-1/2 twisting rotations allowed.
- E.** No flipping rotations allowed.