



# **2012 AAU Football Cheer National Championship Entry Packet**

Welcome to the 2012 AAU Football Cheer National Championship! Your group has the opportunity to enter your cheerleaders into the upcoming AAU Football Cheer National Championship. The competition will be held in conjunction with the 2012 AAU Tackle Football Unrestricted National Championships, December 6<sup>th</sup> – 9<sup>th</sup>, 2012.

**Location:** Klein Forest High School

**Dates:** December 8th, 2012

**Age Divisions:** 6U (Mascot), 9U (JV), and 13U (Varsity) .

**Entry Fee:** **\$375.00 per team before November 20<sup>th</sup>.** After November 20<sup>th</sup>, entry fee is \$400.00. Partner Stunt is \$15 per cheerleader. Individual Entry is \$15 per participant. All fees are non-refundable. All participants must be current AAU members.

**Entry Deadline:** Early entry deadline is November 20<sup>th</sup>. All registration materials must be received no later than, November 20<sup>th</sup>, 2012. Registration materials include: Entry Fee, Event Rosters (with AAU Membership). Teams will be accepted on a first come first served basis until the event is full. Entry fees must be in the form of either a cashier's check or money order made payable to: **AAU. No personal checks or cash will be accepted.** The entry fee and forms must be sent to the following address:

**If sending via U.S. Mail**  
6410 Greenvale LN  
Houston, TX 77066

**If sending overnight (Fed Ex, UPS) *RECOMMENDED***  
6410 Greenvale LN  
Houston, TX 77066

**NOTE: You must receive confirmation by email that your entry has been accepted.**

**Housing:** Hotel Information will be posted at [www.yflusa.com](http://www.yflusa.com)

**Transportation:** Participants and spectators are responsible for their own transportation to and from all activities, events, and hotels.

**Security:** All 2012 AAU Football Cheer National Championship facilities maintain the right to search any bags, backpacks, purses, jackets, etc. throughout the duration of the 2012 AAU Football Cheer National Championships.

**Admission Fee:** Event Pass: \$15.00 Adults \$7.00 Children 6 and up Children 5 and under - FREE  
Daily Pass: \$6.00 Adults \$3.00 Children 6 and up Children 5 and under - FREE

**No Guarantee:** The AAU cannot and does not guarantee the appearance and/or participation of specific participant(s) and/or teams (as applicable) in this event. The AAU has sanctioned (approved) this Event as an official AAU Event (competition), but the AAU is not and shall not be responsible for any participant's or spectator's expenses related to this Event (nor reimbursements for the same) in case of dissatisfaction of any participant, friend, family, or spectator, this includes, but is not limited to all travel, hotel (lodging), food, entry fees and/or any other expenses related to the event.

**Event Director:** Angelique Duncan  
832-352-9074  
[angeliqueduncan76@gmail.com](mailto:angeliqueduncan76@gmail.com)

**AAU National Headquarters Contact:** Trevor Hartwig Crystal Mannino  
407-828-2723 407-828-2660  
[trevor@aausports.org](mailto:trevor@aausports.org) [crystal@aausports.org](mailto:crystal@aausports.org)

**For a more detailed description of the event (rules, regulations, etc.), please refer to the Event Information Packet.**





## **2012 AAU Football Cheer National Championship Event Information Packet**

The AAU CONFERENCE PROGRAM Level is for squads that have cheered for a youth football team all season. There will be two categories for each age group to compete in. The cheer category, which requires stunting, tumbling, pyramids etc, and the Pom Category which is judged on creativity and use of the pomp on during the routine, and is restricted to non tumbling or building.

In order to keep an even playing field all teams entering the cheer division are restricted to level 2 rules and regulations as outlined by USASF for tosses, tumbling, and building. Specific rules and guidelines are in the official rules and regulations packet.

The AAU YFL/USA Cheer Ignite is intended to encourage all squads to participate, regardless of their previous competition experience. This is why we have provided a flexible competition format; designed so teams from many ability levels can perform in the style that they are accustomed to, without having to alter their routines to fit a rigid set of rules & requirements. We are using USASF because it is the premier governing board where cheerleading is concerned, and all mainstream competitions across America adhere to these regulations which increases the chances that no matter what state you, reside in you have come in contact with these general rules in some fashion.

To enter the competition, each cheerleading organization is required to pay a \$375.00 registration fee per competing squad (\$400.00 if received after November 20<sup>th</sup>.) Additionally, your cheerleaders and cheer coaches (like football players, football coaches, and other adults) are required to attend the AAU Cheer Ignite through the Team Package Plan (which includes competition mementos). Please see your team's Trip Manager for complete details in this area. Receipt of the Cheer Roster Form and AAU Cheer Ignite Registration Fee secures your entry into the AAU Cheer Ignite, and enables us to place teams into competition age divisions. Be sure to list each cheerleader that is planning to compete (we can always change this list if girls add or drop up to the day of the competition). Please list each girl's age and birth date on the roster as of the competition date. Important Note: Mascots should be listed under the "mascot"

section on the Cheer Registration Form. This way we will not to include their ages in computing your squad's average age.

This Event Information Packet also includes sample scoresheets which specify exactly what skills the judges' evaluations will be based on. These guidelines contain all of the rules and regulations covering the National Youth Cheerleading Championships. There will be no official Cheer Coach's meeting at the event to go over competition details. Any questions concerning the event can be answered in advance by telephone, or addressed at Event Registration in Houston.

## EVENT OVERVIEW

### A. General AAU Cheer Ignite Information

1. The National Youth Cheerleading Championships (AAU Cheer Ignite) are held each year as a major part of the AAU Cheer Ignite.
2. Squads may be attending the AAU Cheer Ignite Competition with or without a football team. All cheer squads representing AAU YFL/USA football teams are encouraged to enter the AAU Cheer Ignite, but may also attend the AAU Cheer Ignite Competition just to cheer for their team. All cheerleaders attending must pay the hotel package fee whether they are competing or not. Being a part of the competition is optional. The Registration Fee to enter the competition is just \$375 per squad (\$400.00 if received after November 15<sup>th</sup>). All teams are encouraged to compete. Competing squads must complete and return to AAU the AAU Cheer Ignite Registration Form & the Registration Fee in order to secure a competition slot.
3. The AAU Cheer Ignite will allow youth football cheer squads AND also cheer club squads to participate.
4. Should you have any questions regarding the AAU Cheer Ignite interpretation of any movements within your routine that could be considered questionable, IT IS ALWAYS YOUR RESPONSIBILITY to contact the AAU Cheer Ignite Coordinator for rule clarification on your particular movement(s) WELL IN ADVANCE of the AAU Cheer Ignite competition.

### B. Competition Site Information

1. The competition is scheduled to be held at the Klein Forest High School at 11400 Misty Valley Ln. Houston, TX 77066
2. Performance Area: We will be utilizing a 42' x 42' competition space on the arena floor for our competition. The floor surface is wooden gym floor with cheerleading mats laid on top (we will not be using a raised stage). There is bleacher seating throughout the arena.

### C. While at the Competition Site

1. While at the venue, either waiting to perform or simply watching the competition, it is mandatory that your squad be as quiet as possible. Judges will note this as consideration on the part of your cheerleading organization. No practicing or other official warm-up may take place anywhere inside the venue at any time.

Teams may warm-up only outside the venue. Cheerleaders and cheer coaches are not allowed to walk (stepout their routine) inside the competition area at any time before performing.

2. During the National Youth Cheerleading Championships, we support the enthusiastic cheering from teams for other cheer squads after performances. It is also encouraged if you wish to coach your spectators to respond appropriately during "response cheers," (for example, "Give me an A," and your spectators respond with "A"). However, it is not appropriate for your spectators to cheer with the squad performing during every aspect of the cheer. Part of your squad's score is voice projection, clarity, and energy; if the judges cannot hear your squad due to the spectators' involvement, your team may receive a lower score because the judges cannot determine how much of what they are hearing is from the cheerleaders.

3. The AAU Cheer Ignite competition has a ZERO tolerance policy when it comes to negative chanting, loud conversations, unrelated noise or taunts from squad to squad or individual to individual. We expect all teams, coaches, and spectators to represent themselves and their community in a positive manner. Any unsportsmanlike behavior may result in your squad's removal from the event. We will hold the cheer coach COMPLETELY RESPONSIBLE for ensuring that ALL MEMBERS TRAVELING WITH YOUR GROUP (cheerleaders, players, and ALL ADULTS) behave appropriately at all times while in Daytona Beach for this competition.

#### D. Event Parking & Arrival at the Venue Competition Site

All teams should arrive at least 60 minutes prior to their scheduled competition time. Upon arrival, the Head Cheer Coach should check in at the Competition Desk (location is noted on the site map). The Cheer Coach will confirm the team as having arrived. The Event Coordinator will inform the Cheer Coach regarding the competition schedule running on time (or perhaps a little ahead or behind) and re-confirm when that team will be competing.

## POST COMPETITION ITEMS

### A. Penalties

1. Teams that are penalized with a point deduction will have these penalty points clearly noted on their score sheets but will not be contacted on this matter in advance of the Awards Ceremony.

2. The judgments/decisions of the scoring judges, as well as the Judging Director regarding any areas of this competition are final and may not be protested or appealed in any manner. Great care is taken to ensure teams are not penalized without merit, therefore no penalty is assessed without careful study of all pertinent information on any questionable matter BEFORE any decision for penalties has been finalized. This includes instant videotape review of the routine to determine if movements/music warrants a penalty.

### B. AAU Cheer Ignite Trophies

1. All team trophies for the AAU Cheer Ignite are squad trophies. No individual trophies are awarded. First through third place trophies are awarded in each of the competition categories in each age division within each level, as well as an overall championship trophy in each division.

2. Teams will not know the results of the competition until the Saturday evening Awards Gala. All trophies will be presented at that time. Cheerleaders are encouraged, but not required to attend the Awards Gala in cheer uniform.

The preceding rules and regulations are general in nature and are not intended to cover all circumstances. A team performing any illegal stunt or breaking any rule may be penalized. In addition, a "spirit of the law" penalty will result if a team decides to test (force) the ambiguity of any rule. It is ALWAYS the coaches' responsibility to verify the legitimacy of any element in question with the Judging Director a minimum of 14 days in advance of the competition.

## GENERAL SAFETY RULES AND ROUTINE REQUIREMENTS

1. All athletes must be supervised during all official functions by a qualified director/coach.
2. Coaches must require proficiency before skill progression. Coaches must consider the athlete, group, and team skill levels with regard to proper performance level placement.
3. All teams, gyms, coaches and directors must have an emergency response plan in the event of an injury.
4. Athletes and coaches may not be under the influence of alcohol, narcotics, performance enhancing substances, or over-the-counter medications while participating in a practice or performance that would hinder the ability to supervise or execute a routine safely.
5. Athletes must always practice and perform on an appropriate surface. **Technical skills (stunts, pyramids, tosses or tumbling) may not be performed on concrete, asphalt, wet or uneven surfaces or surfaces with obstructions.**
6. 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.
7. 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 not allowed. Jewelry must be removed and may not be taped over. Exception: medical ID tags/bracelets. **Clarification: Rhinestones are legal whether adhered to the uniform or the skin.**
8. Any height increasing apparatus used to propel an athlete is not allowed. Exception: spring floor.
9. 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 harm's way (example: 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 skills must be your own team's members and be trained in proper spotting techniques.
13. Drops including but not limited to knee, seat, thigh, front, back, and split drops from a jump, stunt, or inverted position are not allowed unless the majority of the weight is first borne on the hands or feet, which breaks the impact of the drop. Shushinovs are allowed. Clarification: Drops that include any weight bearing contact with the hands and feet would not be in clear violation of this rule.
14. Competition routines shall not exceed 2 minutes and 30 seconds.
15. Athletes must have at least one foot, hand or body part (other than hair) on the performing surface when the routine begins. **Exception: Athletes may have their feet in the hands of base(s) if the base(s) hands are resting on the performing surface.**
16. **An athlete must not have gum, candy, cough drops or other such edible or non-edible items, which may cause choking, in their mouth during practice and/or performance.**

# Mascot Rules

## LEVEL 1 GENERAL TUMBLING

**NOTE:** The USASF Rules no longer restrict assisted tumbling. However, assisted tumbling may negatively affect your score at the Event Producer's discretion. For Legality Judges, when an athlete supports another athlete above the performing surface, it is considered a stunt and ruled according to the appropriate level stunt rules. The USASF neither encourages nor condones athletes spotting other athletes in tumbling skills. As it is for all skills, it is the responsibility of the coach to determine the capability and proficiency of the individual athletes when choosing the skills to be performed.

**Example 1:** In L1, an athlete spotting another athlete in a back walkover, would:

- a.) not be a stunt because the athlete performing the skill is not above/off the performing surface and
- b.) be legal, because assisted tumbling is no longer restricted. However, a panel judge may view this as the athlete lacks the ability to perform the skill without assistance and therefore, would give a lower score or no score at all.

**Example 2:** If 6 athletes in L1 did back walkovers and 3 of them were spotted by other athletes, the judges should score only the 3 back walkovers performed without spots. The remaining 3 "spotted" back walkovers would receive no score for tumbling and no score for stunts due to the fact that the performing athlete was never based above the performing surface.

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 in a stunt is allowed.

**Example:** Round off handspring and then a bump or contact from a base or bracer straight into a back flip would break this rule for levels 1-5. A clear separation from the tumbling to the stunt is needed to make this legal. Catching the rebound and then dipping to create the throw for the rotation is legal. This would also be true if coming from just a standing back handspring without the round off. Clarification: Rebounding to a prone position ( $\frac{1}{2}$  twist to stomach) in a stunt is allowed in Level 1.

B. Tumbling over, under, or through a stunt, individual, or prop, is not allowed. Clarification: An individual may jump over another individual.

C. Tumbling while holding or in contact with any prop is not allowed.

D. Dive rolls are not allowed.

**E. Jumps are not considered a tumbling skill from a legalities point of view. Therefore, if a jump skill is included in a tumbling pass, the jump will break up the pass.**

## LEVEL 1 STANDING/RUNNING TUMBLING

A. Skills must involve constant physical contact with the performing surface. Tumbling skills must involve hand support with both hands when passing through the inverted position. Exception: Block cartwheels and round offs are also allowed.

B. Forward and backward rolls, front and back walkovers, and handstands are allowed.

C. Cartwheels and round offs are allowed.

D. Front and back handsprings are not allowed.



## MASCOT STUNTS

A. A spotter is required for each top person at prep level and above. Example: Suspended splits, flat-bodied positions, preps are examples of prep level stunts. Clarification: The center base in an extended v-sit may be considered a spotter as long as they are in a position to protect the head and shoulders of the top person. Exception: Shoulder sits and shoulder straddles do not require a spotter.

### B. Stunt Levels

1. Single leg stunts are only allowed below shoulder (prep) level. Clarification: If the primary bases squat, go to their knees or drop the overall height of the stunt and hold the top person at their shoulder level, this skill would be considered shoulder level and therefore illegal, regardless of the back spot's positioning.
2. Extended stunts are not allowed (see definition of extended stunts in glossary). A stunt may not be held at or pass through an extended position. Clarification: Taking the top person above the head of the bases would be illegal.

C. Twisting stunts and transitions are allowed up to a  $\frac{1}{4}$  twisting rotation by the top person in relation to the performing surface. Clarification: A twist performed with an additional turn by the bases performed in the same skill set, would be illegal if the resulting cumulative rotation of the top person exceeds  $\frac{1}{4}$  rotation. Clarification: Rebounding to a prone position ( $\frac{1}{2}$  twist to stomach) in a stunt is allowed in Level 1.

**D. During transitions, at least one base must remain in contact with the top person. Exception: Leap frogs and leap frog variations are not allowed in L1.**

E. Free flipping or assisted flipping stunts and transitions are not allowed.

**F. No stunt, pyramid, or individual may move over or under another separate stunt, pyramid or individual. Example: shoulder sit walking under extension prep. Exception: An individual may jump over another individual.**

**G. Pendulum and pendulum style transitional stunts, where the top person falls away from the original bases, must use at least three stationary catchers, at least two of which are not original bases. Physical contact must be maintained with all of the original base(s). When lifting a top person from the flat body position in a pendulum to the upright position, an additional base/spotter must be on the opposite side of the stunt and is responsible for catching the top person in the case of an overthrow. This additional spotter must be stationary, may not be involved with any other skill or choreography when the transition is initiated and must maintain visual contact with the top person throughout the entire transition.**

H. Single based split catches are not allowed.

I. Single based double awesomes/cupies require a separate spotter for each top person.

### J. L1 Stunts-Release Moves

1. Release moves are not allowed other than those allowed at Level 1 in "Dismounts".
2. Release moves may not land in a prone or inverted position.
3. Release moves must return to original bases. Clarification: An individual may not land on the performing surface without assistance.
4. Helicopters are not allowed.
5. A single full twisting log/barrel roll is not allowed.
6. Release moves may not intentionally travel.
7. Release moves may not pass over, under or through other stunts, pyramids or individuals.

### K. L1 Stunts-Inversions

1. All inversions must maintain contact with the performance surface. Example: supported handstand.

L. Bases may not support any weight of a top person while that base is in a backbend or inverted position. Clarification: A person standing on the ground is not considered a top person.

## MASCOTS PYRAMIDS

A. Pyramids must follow Level 1 "Stunts" and "Dismounts" rules and are allowed up to 2 high.

B. Top person must receive primary support from a base.

C. Two leg extended stunts must be braced by at least two persons at prep level or below with hand/arm connection only. The connection must be made at or below prep level.

### D. Prep level single leg stunts:

1. **Must be braced by at least one person at prep level or below with hand/arm connection only.**

2. **If the person bracing the top person is standing on the performance surface, the bracer must be a separate person not involved with basing or spotting.**

3. **The connection must be made prior to executing the single leg prep level stunt.**

4. **Prep level bracers must have both feet in bases' hands. Exception: Prep level bracers do not have to have both feet in the bases' hands if they are in a shoulder sit, flat back, straddle lift or shoulder stand.**

E. No stunt, pyramid, or individual may move over or under another separate stunt, pyramid or individual.

## MASCOTS DISMOUNTS

A. Cradles from single based stunts must have a separate spotter with at least one hand/arm supporting the **waist to shoulder region to protect the head and shoulder** area through the cradle.

B. Cradles from multi-based stunts must have two catchers and a separate spotter with at least one hand/arm supporting the **waist to shoulder region to protect the head and shoulder** area through the cradle.

C. Dismounts to the performing surface from stunts and pyramids **above waist level** must be assisted by an original base. **Bases may not intentionally pop, move or toss an athlete to the performance surface. Straight drops or small hop offs, with no additional skills, from waist level or below are the only dismounts allowed to the performing surface that do not require assistance.** Clarification: An individual may not land on the performing surface **from above waist level** without assistance.

D. Only straight pop downs and basic straight cradles are allowed.

E. Twisting dismounts (including ¼ turns) are not allowed.

**F. No stunt, pyramid, individual, or, prop may move over or under a dismount, and a dismount may not be thrown over, under, or through stunts, pyramids, individuals, or props.**

G. No dismounts are allowed from extended stunts in pyramids. **Clarification: An extended stunt in a pyramid must be brought down to prep level or below before it can be dismounted.**

H. No free flipping or assisted flipping dismounts allowed.

I. Tension drops/rolls of any kind are not allowed.

J. When cradling single based double awesome/cupies, 2 catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of dismount.

## LEVEL 1 TOSSES

- A. No tosses allowed.

# JV/Varsity RULES

## GENERAL TUMBLING

**NOTE: The USASF Rules no longer restrict assisted tumbling. However, assisted tumbling may negatively affect your score at the Event Producer's discretion. For Legality Judges, when an athlete supports another athlete above the performing surface, it is considered a stunt and ruled according to the appropriate level stunt rules. The USASF neither encourages nor condones athletes spotting other athletes in tumbling skills. As it is for all skills, it is the responsibility of the coach to determine the capability and proficiency of the individual athletes when choosing the skills to be performed.**

**Example 1: If an athlete in L2 receives a spot on a back handspring, this skill would receive no score under tumbling and would be considered illegal under L2 Stunt – Inversions L. 1.**

**Example 2: If 6 athletes in L2 did back walkovers and 3 of them were spotted by other athletes, the judges should score only the 3 back walkovers performed without spots. The remaining 3 "spotted" back walkovers would receive no score for tumbling and no score for stunts due to the fact that the performing athlete was never based above the performing surface.**

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 in a stunt is allowed.

**Example: Round off handspring and then a bump or contact from a base or bracer straight into a back flip would break this rule for levels 1-5. A clear separation from the tumbling to the stunt is needed to make this legal. Catching the rebound and then dipping to create the throw for the rotation is legal. This would also be true if coming from just a standing back handspring without the round off.**

B. Tumbling over, under, or through a stunt, individual, or prop, is not allowed. Clarification: An individual may jump over another individual.

C. Tumbling while holding or in contact with any prop is not allowed.

D. Dive rolls are allowed. Exception: Dive rolls performed in a swan/arched position are not allowed. Exception: Dive rolls that involve twisting are not allowed.

**E. Jumps are not considered a tumbling skill from a legalities point of view. Therefore, if a jump skill is included in a tumbling pass, the jump will break up the pass.**

## STANDING TUMBLING

A. Flips and aerials are not allowed.

B. Series front and back handsprings are not allowed. Clarification: A back walk over into a back handspring is allowed.

C. Jump skills in immediate combination with handspring(s) are not allowed. Example: Toe touch handsprings and handspring toe touches are considered illegal.

D. Non-airborne skills must involve hand support with at least one hand when passing through the inverted position. Example: front and back walkovers, cartwheels and round offs are examples of non-airborne tumbling skills.

E. Airborne skills must involve hand support with both hands when passing through the inverted position. Example: Front and back handsprings are examples of airborne tumbling skills.

F. No twisting while airborne. Exception: Round offs are allowed.

## **RUNNING TUMBLING**

A. Flips and aerials are not allowed.

B. Series front and back handsprings are allowed.

C. Airborne skills must involve hand support with at least one hand when passing through the inverted position.

D. No twisting while airborne. Exception: Round offs are allowed.

## **STUNTS**

A. A spotter is required for each top person in an extended stunt **or passing through an extended position**.

B. Single leg stunts may not be held at or pass through an extended position. Clarification 1: Taking the top person above the head of the bases would be illegal. Clarification 2: If the primary bases squat, go to their knees or drop the overall height of the stunt while extending their arms, this skill would be considered extended and therefore illegal, regardless of the back spot's positioning.

C. Twisting mounts and transitions are allowed up to a total of  $\frac{1}{2}$  twisting rotation by the top person in relation to the performing surface. Clarification: A twist performed with an additional turn by the bases performed in the same skill set, would be illegal if the resulting cumulative rotation of the top person exceeds  $\frac{1}{2}$  rotation.

D. During transitions, at least one base must remain in contact with the top person.

E. Free flipping or assisted flipping stunts and transitions are not allowed.

F. **No stunt, pyramid, or individual may move over or under another separate stunt, pyramid or individual. Example: shoulder sits walking under prep. Exception: An individual may jump over another individual.**

G. Pendulum and pendulum style transitional stunts, where the top person falls away from the original bases, must use at least three stationary catchers, at least two of which are not original bases. Physical contact must be maintained with all of the original base(s).

H. Single based split catches are not allowed.

I. Single based double awesomes/cupies require a separate spotter for each top person.

J. A single full twisting log/barrel roll is allowed as long as it starts and ends in a cradle position and may only be assisted by a base. Clarification: Log/Barrel roll may not include any skill (example: kick full twists) other than the twist. Clarification: The log roll may not be assisted by another top person.

#### K. L2 Stunts - Release Moves

1. No release moves allowed other than those allowed at Level 2 in "Dismounts" and "Tosses."
2. Release moves may not land in a prone or inverted position.
3. Release moves must return to original bases. Clarification: An individual may not land on the performing surface without assistance.
4. Helicopters are not allowed.
5. A single full twisting log/barrel roll is allowed as long as it starts and ends in a cradle position. Clarification: The log roll may not be assisted by another top person. Clarification: Log/Barrel roll must return to original bases and may not include any skill other than the twist. Example: no kick full twists
6. Release moves may not intentionally travel.
7. Release moves may not pass over, under or through other stunts, pyramids or individuals.

#### L. L2 Stunts-Inversions

1. All inversions must maintain contact with the performance surface. Exception: Transitions from ground level inversions to non-inverted positions are allowed. Example: Legal: Going from a handstand on the ground to a non-inverted stunt such as a shoulder sit. Example: Illegal: Going from a cradle to a handstand or from a prone position to a forward roll.

M. Bases may not support any weight of a top person while that base is in a backbend or inverted position.

Clarification: A person standing on the ground is not considered a top person.

### PYRAMIDS

A. Pyramids must follow Level 2 "Stunts" and "Dismounts" rules and are allowed up to 2 high.

B. Top persons must receive primary support from a base. 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 **and must follow the L2 dismount rules**.

C. Extended single leg stunts may not brace or be braced by any other extended stunts.

D. No stunt, pyramid, or individual may move over or under another separate stunt, pyramid or individual. Example: A shoulder sit walking under a prep is considered illegal.

E. Extended single-leg stunts:

1. Must be braced by at least one top person at prep level or below with hand/arm connection only.
2. The connection must be made prior to executing the extended single leg stunt.
3. Prep level top persons must have both feet in bases' hands. Exception: Prep level top persons do not have to have both feet in the bases' hands if they are in a shoulder sit, flat back, straddle lift or shoulder stand.

### DISMOUNTS

A. Cradles from single based stunts must have a separate spotter with at least one hand/arm supporting the **waist to shoulder region to protect the head and shoulder** area through the cradle.

B. Cradles from multi-based stunts must have two catchers and a separate spotter with at least one hand/arm supporting the **waist to shoulder region to protect the head and shoulder** area through the cradle.

C. Dismounts to the performing surface, **from above waist level**, from stunts and pyramids must be assisted by an original base. **Bases may not intentionally pop, move or toss an athlete to the performance surface. Straight drops or small hop offs, with no additional skills, from waist level or below are the only dismounts allowed to the performing surface that do not require assistance.** Clarification: An individual may not land on the performing surface **from above waist level** without assistance.

D. Only straight pop downs, basic straight cradles and ¼ turns are allowed.

E. Twisting dismounts exceeding ¼ turn are not allowed. All other positions are not allowed. Example: toe touch, pike, tuck, etc.

**F. No stunt, pyramid, individual, or, prop may move over or under a dismount, and a dismount may not be thrown over, under, or through stunts, pyramids, individuals, or props.**

G. Cradles from extended single leg stunts in pyramids are allowed.

H. No free flipping or assisted flipping dismounts allowed.

I. Tension drops/rolls of any kind are not allowed.

J. 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.

## **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 with **all bases having their feet on the performing surface** 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. Example: no intentional traveling tosses.

C. Flipping, **twisting**, inverted or traveling tosses are not allowed.

D. 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.

E. The only body positions allowed are straight rides. Clarification: An exaggerated arch would not be included as a straight ride and therefore considered illegal.

F. 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.

**G. Top persons in separate tosses may not come in contact with each other.**

**H. Only a single top person is allowed during a toss.**

## Competition Accommodations

Designated areas for cheerleaders are as follows:

1. East area arena seating
2. Downstairs conference room
3. Picture "red carpet" area
4. Upstairs foyer sectioned for warm up
5. Curtain located behind floor to await performance
6. 42x42 competition cheer floor

## Area Performance and Practice time and schedule

All teams will be placed in an assigned seating area where they are allowed to place their belongings. The first team to perform that day will be scheduled to begin the preparation rotation 65 minutes before the 10:00a.m. Competition starts time.

The downstairs conference room will be equipped with mirrors, and may be used for cheerleaders to primp and prepare for completion. (Note: this will NOT BE a holding area for personal belongings) When your team is done with their designated time, all are required to take all belongings with them. Each team will have designated in each area.

After the preparation area you will precede to the "red carpet" where there will be team as well as individual pictures taken that will be for sale at the photography booth.

Designated practice area will be curtained and blocked off in the upstairs foyers. There will be mats there for warm-up; however, a full 42x42 floor will not be furnished in practice area.

A sample schedule is as follows:

8:55 Team 1 to conference room

9:15 "Red Carpet" time

9:35 Warm-up time

9:55 line up for competition

After competition has concluded, all team members will proceed to the performance floor area for awards ceremony. Please encourage all team members and parents to stay for awards ceremony.

All competitors will compete on a 42x42 carpet bonded foam floor. All routines are not to exceed 2:30.

## Age groups/Categories

Mascots: All cheerleaders under 6. There is no specific category or dance type. They do have to follow general time restraints, and all safety regulations.

JV/Varsity Cheer: (JV: 9U, Varsity: 13U) All cheerleaders must remain on the 42x 42 floors the entire routine time period. There must be a cheer portion involved in the routine.

Cheerleaders may perform and all music or may pause music in order to perform their cheer section. Teams will be penalized 5 pts for every cheerleader that steps off of the blue cheer mat. You may use poms, however this category prohibits the use of costumes or ANY alteration of the basic cheer uniform.

JV/Varsity Pom Pon: All cheerleaders must remain of the 42x42 cheer floor. Any cheerleader that steps off of the mat will receive a 2 point deduction. Cheerleaders will perform to music the entire time. Costumes may be worn in this competition. **No tumbling or stunting allowed in this category.** This category is to accentuate dance technique, creative use of poms, and dance ability.

**\*\* Routine elements** A penalty of 2 points will be deducted from the final score for each violation.

\*\*\*Each team age group is only allowed to compete in one category. Example: if you have a J/V and a Varsity team. One can compete in pom, one can compete in cheer. Or they can both compete in their age group cheer. One Varsity team can compete in both Pom and Cheer\*\*\*\*\*

## Partner Stunt competition

Entry Fee: \$10 per cheerleader

Consists of 4-5 members of team

Cheerleaders perform on 6x42 blue strip

Routine is 60seconds totally to music

The beginning and the Ending of the Routine

- The routine must begin within the marked competition area.
- All team members must start the routine with at least one foot on the ground.
- All team members must come to a complete standstill before beginning their routine.
- Timing will begin on the first note of the music, on the first movement, or when both feet of the top person leave the mat. Timing will end both on the last note of the music and the end of the last movement.

*\*The finishing pose of a stunt can be considered as the end of the routine. In that case, the dismount from that stunt will not be regarded as part of the routine.*

• Though teams are allowed to show spirit briefly to the crowd during entrance and exit, teams must not execute any skills before and/or after routine time.

(No tumbling, jumps upon entrance & exiting)

• Teams must prepare for the performance as quickly as possible, and must also exit the floor immediately after the performance. The members must not execute jumps or tumbling unless these elements are part of building a stunt. Stunt ability must fall in line with general competition stunt guidelines

e.g.

- Rewind (flip/somersault into stunts) is OK
- Backward handspring → landing and directly jumping into a cradle/stunt is OK



- Backward handspring → landing → stopping the movement once and going into a stunt is NOT OK
- The routine must not have dance, cheer, or sideline.
- (Cheerleaders may yell the words or execute arm motions only for the pose position.)
- Props are not allowed.

### Group Stunts

- Competition performed on two 6x42 strips
- All rules and regulations are the same as partner stunts
- Has to include at least 2 partner stunt groups
- Ending of stunt combination must end with partner stunts connected
- Stunt ability must fall in line with general competition stunt guidelines

## **INDIVIDUAL Competition**

- \$15 per participant
- One minute and thirty seconds (1:30) maximum time limit for routine. No minimum time limit
- Must include at least one (1) cheer, chant or sideline
- Music may be used for entire routine or just a portion. Pre-recorded music should be low during the cheer portion so judges can hear participant's voice
- Routine must include a minimum of three (3) jumps
- Routine must have one standing or running tumbling pass
- Must include a minimum of four (4) eight (8) counts of dance
- General Rules apply to competition