



CHEER ROCK! COMPETITION RULES AND REGULATIONS CHEERLEADING CATEGORY

ELIGIBILITY

Every member of every squad must be at least 13 years old and above.

Teams are limited to a maximum of 25 members. No cheerleaders may participate in more than one cheerleading team at the Cheer Rock! Competition, even in the event of an injury or emergency.

PERFORMANCE AREA

All squads competing will perform on a 12m x 12m wide soft, foamed floor mat. The mat will be placed over a flat concrete or wooden surface. Only sports sneakers will be allowed on the performance surface. It is important that your choreographed routine is not to exceed these measurements, because penalty points will be assessed for intentionally stepping outside the performance area. A 2-m boundary running on the perimeter of the 12m x 12m performance area will be arranged as a warning, to prevent squads from breaching boundary violations. This is particularly important in planning tumbling passes. The judges will score only what occurs within the boundaries.

ROUTINE REQUIREMENTS

1. Each team will perform a choreographed routine not to exceed 3 minutes and 30 seconds (210 seconds).
2. No voice-overs or words may be recorded to make the teams' vocal projection sound louder.
3. Organised, formal entrances that involve organised cheers or run-ons with jumps, tumbling, or stunts are not permitted. Cheerleaders should enter the performance area in a timely fashion.
4. Timing will begin with the first organised word, movement, or note of music by the team after they are officially announced and have taken the floor.
5. Timing will end with the last organised word, movement, or note of music by the team. Teams must exit the performance area immediately following the routine.
6. Teams should utilize all areas of their squads' technical strength in jumps, tumbling, partner stunts, pyramids, motion technique, projection and expression, choreography, showmanship and dance.
7. Routines must be appropriate for family viewing. Any vulgar or suggestive movements, words, or music may result in disqualification.
8. Boundary rules are in effect from the time teams enter the mat and remain in effect until they leave the mat after their 3:30 performance. Stepping on or touching the edge of the mat does not constitute a violation. They must noticeably touch out of bounds with an entire foot, hand or other body part for a violation to occur. Props may be partly touching out of bounds without a penalty. Members may only reach or touch out of bounds to discard props, but still may not step out of bounds. Doing so would result in a penalty.
9. Safely tossing props off the performance floor is acceptable.

SAFETY RULES

1. Use of mini-tramps, springboards, or any apparatus used to propel a participant is not permitted.
2. Drops (knee, seat, thighs, front, back, and split drops) from a jump, stand 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.
3. Only the following props are allowed: flags, banners, megaphones, pom poms, and signs. Other creative props are allowed as long as it will not form a potential source of injury. Always check with The



Organisers if unsure. Flags or banners with poles or similar support apparatus may not be used in conjunction with a stunt or tumbling. Electric signs and sharp objects are prohibited. The Organisers and/or Judges reserve the right to prohibit the use of unsafe props.

4. Sport shoes should be worn while competing; NO jazz shoes and/or boots will be allowed.
5. Jewelleries of all kind are prohibited. This includes earrings, nose, tongue and belly button rings, necklaces and pins on uniforms. **Jewelleries must be removed and may not be taped over or covered.**

TUMBLING

1. Proper progression should always be followed while learning or attempting tumbling skills.
2. Tumbling skills that exceed one flipping rotation and/or two twisting rotations are prohibited. (No double backs, triple fulls, etc)
3. Tumbling, over, under, or through a stunt, individual, or prop is prohibited. Exception: forward roll over a prop is legal.
4. Tumbling with a prop is prohibited. Example: back handsprings and back tucks with pom poms are illegal.

TOSSES

1. Proper progression should be followed while learning and attempting basket toss skills.
2. Basket/sponge tosses must be executed with both bases' feet on the ground.
3. Basket/sponge tosses dismounts must be caught by three catchers (exception: front flip, #8 below, and travelling basket tosses where the partner is travelling feet first).
4. Basket/sponge tosses must land in a cradle position only.
5. Third catcher must always be in a position to spot the head and neck areas of the person dismounting.
6. Flipping dismounts from basket tosses exceeding one rotation is prohibited.
7. Twisting dismounts from basket tosses exceeding two rotations is prohibited.
8. Dismounts from basket/sponge tosses may be cradled by different bases other than those initiating the toss. The additional catchers (new bases) of such a toss, whether flipping or not, may not be participating in any other skill at the time the toss is initiated. The flipping manoeuvre allowed from such a toss is a forward front rotation to two additional catchers in position at the time of the toss.

PARTNER STUNTS

1. Proper progression should always be followed while learning and attempting partner stunt skills.
2. Split catches are prohibited.
3. Free flying flips from toe pitches are prohibited.
4. Flipping dismounts from extended stunts are prohibited (examples: extension flips, liberty flips, etc).
5. Flipping dismounts from non-extended stunts require the base and an additional spotter participating in the cradle.
6. All flipping skills into stunts require an additional spotter.
7. All flips from non-extended stunts **MUST BE CRADLED ONLY**. The spotter **MUST** assist the base in catching the cradle. (Flips to ground, flips to crunches, flips to humpties, etc., are prohibited.)
8. Double twisting dismounts from stunts require the base and an additional spotter participating in the cradle.
9. Twisting dismounts from stunts exceeding two rotations is prohibited.
10. Dismounts or transitional stunts moving in a downward direction may not land in an inverted position (head down) and /or change direction while in an inverted position.
11. Any "one-arm" stunt with the top persons' foot extended away from the body must have a spotter in addition to the base (examples: heel-stretch, arabesque, scorpion, etc.)



12. Any dismount from a "one-arm" stunt other than a regular cradle or straight dismount to the ground requires a spotter in addition to the base.

PYRAMIDS

1. Proper progressions should be followed while learning and attempting pyramid skills.
2. **Pyramids over 2 ½ persons are prohibited.** Pyramid height is determined by the following:
 - 1 High = one standing person
 - 1 ½ High = thigh stand, arm stand, shoulder straddle, chair sit stunt, table top and shoulder level splits
 - 2 High = any single or double base stand or stunt at or above shoulder level Example: Shoulder stand, elevator, etc.
 - 2 ½ High = Elevator extension, 2-2-1 Pyramid, 2 ½ shoulder split (Split mount), etc.
3. The second level bases in pyramids over 2 high may not be executed
4. Dismounts or transitional pyramids moving in a downward direction may not land in an inverted position (head down) and or change direction while in an inverted position.
5. All 2 ½ high pyramids must have a qualified spotter in front and back for each person on the third level, and must be in position the entire time the top person(s) is at the 2 ½ high level. Spotter may stand slightly to the side but must remain in a position to adequately spot the top person. Spotters may not be a primary support of the pyramid. These spotters must be your own team's member and trained in proper spotting techniques.
6. Tension drops from stunts and pyramids to the ground are prohibited, unless the flyer(s) weight is first borne by at least one base thus breaking the impact.
7. Back flip dismount from 2 ½ high pyramids are to be incorporated into the routine with extreme caution and with at least 2 bases catching the flyer in a cradle position ONLY.
8. Front flips off pyramids require at least 2 catchers.
9. The third catcher in cradles must always be in a position to spot the head and neck areas of the person dismounting
10. Cradle dismounts from pyramids over 2 high require at least 2 catchers.
11. Flipping or twisting dismounts from pyramids exceeding one rotation are prohibited.
12. Twisting dismounts from pyramids over 2 high require at least 2 catchers
13. Combined flip and twisting dismounts from pyramids are prohibited
14. Free flying flips on to pyramids are prohibited