



CHEER ROCK! COMPETITION RULES AND REGULATIONS CHEERLEADING CATEGORY TEENS DIVISION

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. Tumbling skills that exceed one flipping rotation and/or twisting rotation are prohibited. (No double backs or double fulls.)
2. Aerial tumbling, over, under, or through a stunt, individual, or prop is not permitted.
3. Tumbling with a prop is prohibited. Example: Back handsprings and back tucks with pom poms are illegal. Exception: forward roll over a prop is legal.
4. All gymnastic stunts must originate from the ground level. The person performing a gymnastic stunt may (without hip over head rotation) rebound from his/her feet into a cradle.
5. Spotted or assisted tumbling is prohibited. This includes toe and leg pitch flips. All tumbling must originate from and land on the performing surface.
6. Double cartwheels are prohibited.
7. Standing back tucks and standing tumbling with back tucks are not permitted
8. All flips out of running tumbling are permitted. (Examples: tucks, layouts, whips, etc.)
9. Twisting flips are not permitted (includes running tumbling).

TOSSES

1. Tosses must be performed from ground level and must be dismounted to a cradle position by the original 2 bases plus a spotter at the head and shoulder of the partner.
2. A partner may not be tossed to another set of bases or to another stunt or toss before the cradle. The bases must remain stationary during the toss. (No traveling tosses.)
3. Basket tosses or any type of multi-based toss is limited to a total of four bases tossing the stunt. One base must be behind the partner during the toss and may assist the partner into the stunt. This base counts as one of the tossing bases.
4. No stunt, pyramid, individual or prop may move through or under a toss/pop.
5. Tosses/pops may not be thrown over or through the stunts, pyramids, individuals or props.
6. Helicopter Tosses are prohibited.
7. Toss in prone or other flat body position is prohibited. (Exception: logrolls are permitted).
8. Toss flips are prohibited.
9. The head of the partner must remain in line with the shoulders when hitting a back arch position during an aerial dismount from a stunt, pyramid or toss. The partner may not snap their head backwards to increase the arch position.
10. Partners may not be inverted at any time of the toss.
11. Tosses involving twisting rotations may not exceed two (1) rotations and must be cradled.
12. All extended stunts are permitted
13. Single twisting dismounts from one-legged extended stunts are not permitted
14. Double twisting dismounts are not permitted
15. Basket tosses exceeding one full twisting rotation are not permitted



PARTNER STUNTS/PYRAMIDS

1. All stunts and/or pyramid are limited to **two persons high**. However, **extended stunts are permitted to two and a half person high**. Any partner must receive primary support from a base(s) who is in direct, weight-bearing contact with the performing surface.
2. A spotter is required for all extended stunts.
 - a. An inattentive person is not considered a spotter
 - b. A spotter must be in the proper position to prevent injuries and does not have to be in direct contact with the stunt.
 - c. A spotter's torso cannot be under a stunt
 - d. A person is not considered a spotter if the hand position includes:
 - Grabbing the hand(s) (do not confuse hands with wrist) of the base(s) beneath the top person's foot or
 - Grabbing the sole of the foot of the partner (exception: a spotter may grab the sole of the foot as long as the other hand is on the ankle).
3. Single based extended stunts are allowed if the top person is centered directly over the base. The spotter must be positioned (either to the side or directly behind the stunt) to protect the head/shoulders of the top person.
4. Single based stunts (extended and non-extended stunts) when cradled must have a spotter at the head and shoulder area of the partner (exception: cradle from chair or torch).
5. Physical contact must be maintained between the top person and the base(s) during the stunt. Exceptions: a.) A release from a base(s) is allowed for a pop, sweep, dismount to cradle or dismount directly to the performing floor. b.) see #6 below. When a stunt involves changing bases, the base may make no more than a half turn (180 degrees) as they take the partner to a new base. The partner must remain in an upright (vertical) position throughout the transition.
6. During a pyramid, minor release of physical contact between the base and the partner in a pyramid transition are allowed **ONLY** when: a.) the partner remains vertical and upright b.) The partner remains physical contact with the other members at the second level c.) Weight of the partner is not being borne at the second level or on another stunt.
7. The following stunts may brace each other: chair, double/triple base dead man lift, double/triple base straddle lift, torch, and extended stunts (where both feet of the partner are in contact with the base, such as single and double based extensions and single/double based awesome)
8. When a partner moves to a flat body position (i.e., prone, layout or on side) the stunt must originate from shoulder level or lower and the partner must be caught by at least 4 catchers. Physical contact must be maintained with an original base. If the weight of the partner does not remain within the vertical axis of one stunt, 4 additional stationary catchers who are not original bases are required.
9. Partners are not allowed to hold or pass through an inverted position during a stunt, toss or dismount. This includes needles stunts, supported handstand stunts, roll-ups cartwheels or handstands into stunts.
10. Hanging pyramids are allowed if and only if they are upright and stationary. Each partner at the shoulder stand level must have a continuous spotter and bases must brace the hanging person(s). (No moving or rotating diamond heads.)
11. Partners in a suspended split or sponging to the split position must have continuous hand to body contact with a base and must be supported on the back thigh. Bases must have constant contact with the performing surface.
12. Single base split catches are prohibited.
13. No stunt, pyramid, individual, or prop may move through, over or under a stunt or pyramid.
14. Stunts may not pop or sweep dismounts to a prone, face down position.

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15. Stunts may dismount to a new set of bases if caught in a cradle position by at least 2 catchers with a separate spotter at the head and shoulder area of the partner (physical contact must be maintain with an original base) Catchers and bases must be stationary prior to the initiation of the dismount.
16. Non-extended stunts may dismount a partner directly to the performing surface with one spotter hands-on assisting the landing. Dismounting from extended stunts requires 2 hands-on spotters assisting the landing, including coed and single bases stunts.
17. No skills may be performed when dismounting to performing surface without hand to hand contact with bases. No hip over head rotation is allowed. (Example: cradle back flips to performing surface is prohibited.)
18. Dismounts involving twisting rotations may not exceed one rotations and must be cradled.
19. Tension drops/tension rolls are advised to practice with extreme caution.
20. The head of the partner must remain in line with the shoulders when hitting a back arch position during an aerial dismount from a stun, pyramid or toss. The partner may not snap their heads backwards to increase the arch position.
21. Single based double awesome are illegal, provided there is a separate spotter for each partner in the stunt. In order for this stunt to be legal, both feet of each partner must be in contact with the main base. (Note: Single base double liberties and variations are illegal)
22. When dismounting single based double awesome to a cradle, see #15 above, and if dismounting directly to the cheering surface, see #16 above.