



Rulebook 2011/2012

cheerleading and cheer dance

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1. GENERAL REGULATIONS

1.1 Purpose

This rulebook sets the competition rules as well as rules for organization and implementation of competitions within the system of Slovenian Cheerleading Association (SCA).

Rulebook must be obeyed by all competitors registered by SCA and any other persons involved in competitions.

This rulebook does not apply to international competitions that have the rules set by an applicable international organization.

1.2 Season

Competition season begins on Sep 1st and ends on Aug 31st.

1.3 Participation

Only competitors registered at SCA are permitted to enter the competitions. Competitors not registered at SCA are only permitted to enter competitions that are open to all.

Competition will be allowed only to competitors of clubs or teams that have paid the registration fee to the organizer of the competition and all financial obligations to the SCA.

Competitor can not participate in competition if:

- does not follow the rules, defined in this rulebook,
- has a participation ban,
- is suspended,
- violates discipline rules (e.g. being under influence of alcohol or drugs, inappropriate behavior)

1.4 Qualifications to international championships

Cheerleading teams that wish to compete for the national title and to be part of qualifying race for european cheerleading championship may have maximum of 3 competitors that don't have permanent residency

for at least 6 months in Slovenia. In other cheerleading categories there may not be any of the foreign competitors.

In other case the team competes only for the title of the open competition and can not be part of qualifying race for european cheerleading championship.

1.5 Registration

Every participant has to be in the possession of competition license (approved for current season) or valid photo identification (photocopy or original); otherwise entering the competition is not possible.

Every team can register 28 competitors and 2 reserve competitors.

Additionally 5 coaches, spotters or accompanies can be registered. Every competitor can compete for only one team in a certain category. The same person can compete in different categories.

1.6 Complaints

Associations or clubs, which are members of Slovene Cheerleading Association (SCA), have the right to complain against competition's organization or their final scores. Complaints are sent in written form via mail or e-mail to SCA's address no later than 7 days after the competition (complaint against competition's organization) or 7 days after receiving score sheets (complaints against final scores). Complaints have to be explained. Complaints against the organization of competition are dealt with by SCA's executive committee and complaints against final results are a matter of SCA's judging committee. Decision regarding the complaint has to be issued 14 days after it was received and it has to be forwarded to the applicant.

Associations or clubs and coaches can also file an informative warning about judging errors, informative questions regarding the method of judging (e.g. about points given or taken) or informative warning about errors in competition's organization. Warnings or questions are sent via e-mail to the president of the judging committee and are dealt with by judging committee or SCA's executive committee. Answer has to be forwarded to the applicant in 30 days.

1.7 Advertising

Options and methods of advertising are agreed with the organizers of the competition.

Competitors can not advertise on their uniforms more than one company or brand, the ad may not be larger than 40 cm².

Advertising on the other clothing in which the competitors do not compete is not limited. This form of advertising should not be charged by the organizer of the competition.

1.8 Insurance

All competitors and spotters must be health and accident insured. SCA and the organizer of the competition are not responsible for damage or deterioration of the health status of the participating competitors and spotters.

1.9 Judges

Each judge panel is agreed with the organizer of the competition and judge committee of the SCA. The minimum criteria for judge panel is defined by judge committee of the SCA.

1.10 Recording Competitions

All competitions are recorded. All routines must be recorded in frontal view, so all the competitors are seen.

Organizer of the competition is in charge of recording and has to deliver one copy to SCA in solving complaints and educational purposes.

Organizer of the competition determines the rules under which it is permitted to record or photograph the competition with third parties.

The competitors and coaches participating in competitions consent with the SCA application to their performance records, and that the recordings can be saved or published. Organizer of the competition is in charge of recording and has to deliver one copy in period of 12 days after the competition to SCA in solving complaints and educational purposes.

2. GENERAL COMPETITON REGULATIONS

All athletes must be supervised during all official functions by a qualified director/coach. Coaches must require proficiency before skill progression.

Coaches must consider the athlete, group, and team skill levels with regard to proper performance level placement.

Athletes and coaches must 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.

2.1 Divisions

		SENIOR	JUNIOR	PEE WEE	MINI
CHEERLEADING	Cheerleading Teams (All girl)	X	X	X	
	Cheerleading Teams (Coed)	X	X		
	Group Stunts (All girl)	X	X		
	Group Stunts (Coed)	X	X		
	Partner Stunts	X	X		
	Individuals	X	X	X	
CHEER DANCE	Freestyle Cheer Dance Teams	X	X	X	X
	Freestyle Cheer Dance Doubles	X	X	X	X
	Hip Hop Cheer Teams	X	X	X	X
	Hip Hop Cheer Doubles	X	X	X	X
	Jazz Cheer Teams	X	X	X	X
	Jazz Cheer Doubles	X	X	X	X

Cheerleaders are not allowed to participate in two or more teams in the same division.

2.2 Special Divisions

Organizer of the competition may define other special divisions after consultation with the Executive Committee of SCA.

2.3 Cancellation of Divisions

Organizer of the competition can decide to cancel certain divisions on the basis of applications received, but has to inform registered teams. In this case, the team has the right to withdraw from the competition with refunded registration fee, if the team informs the organizer in reasonable time.

In case the team does not inform to withdraw, is reassigned to another division, with similar characteristics by organizer.

2.4 Age Groups Cheerleading

Age groups for competition season 2010/2011 are determined by year of birth:

Age Group	Year of Birth
<i>Pee Wee</i>	1999 and younger
<i>Junior (Elite)</i>	1996 – 2000
<i>Senior (Premier)</i>	1997 and older

Exceptions are not allowed.

2.5 Age Groups Cheer Dance

Age groups for competition season 2010/2011 are determined by year of birth:

Age Group	Year of Birth
<i>Mini</i>	2004 and younger
<i>Pee Wee</i>	1999 - 2004
<i>Junior (Elite)</i>	1993 – 2000
<i>Senior (Premier)</i>	1996 and older

Exceptions are not allowed.

2.6 Division by Gender

A team with at least one male is considered coed.

2.7 Number of Participants in Team by Divisions

DIVISION	max.	min.
Cheerleading teams	8	28
Group stunt	4	5
Partner stunt	2	2
Individuals	1	1
Freestyle Cheer dance teams	6	28
Jazz Cheer dance teams		
Hip Hop Cheer dance teams		
Freestyle Cheer dance doubles	2	2
Jazz Cheer dance doubles		
Hip Hop Cheer dance doubles		

2.8 Competition Area

Competition area measures 12 x 12 m with at least 1 m wide safety zone. Cheerleading teams are performing on mat, unless the organizer of the competition determines otherwise after consulting the Executive Committee of SCA.

Ceiling is at least 8 m high.

2.9 Music media

Competition's organizers determine the procedure of delivering music. They also determine the type of media on which music has to be delivered. Music has to be marked with:

Team or competitor's name

Category in which they compete

Groups and individuals or their coaches and representatives have to have a spare copy of the music for the performance.

2.10 Representative for Music

Organizer can demand that each group provides a person which will play and stop the music for the routine at the correct moment. The organizer must announce that in the circular letter.

2.11 Responsibility for Technical Difficulties

The team will be permitted to start over in case of errors in the music due to technical problems caused by equipment. The coach and the head judge agree, when the routine will be repeated. The team must continue with the routine in case of error caused by representative or errors in music or on CD. If the coach and the head judge agree, the routine can be repeated. Possible deviations in the length of the music due to differences in technical equipment / playback speed will not be taken into account and will be penalized. In case of an injury of a competitor the routine can be stopped.

The only persons that may stop a routine for injury are: competition officials, the gym owner, head coach from the team performing, head judge or an injured individual. The competition officials will determine if the team will be allowed to perform at a later time. The team may perform the routine again in its entirety while the injured participant may not return to the competition floor.

2.12 Sound System for Practice

Organizer of the competition is not obliged to provide a sound system for teams to practice.

2.13 Timing

DIVISION	mini & pee wee min. – max. [min]	junior & senior min. – max. [min]
Cheerleading teams	Max. 2:30	Max. 2:30
Group stunt		Max. 1:00
Partner stunt		Max. 1:00
Individuals	Max. 1:15	Max. 1:30
Cheer dance teams		
Jazz Cheer dance teams	1:30 – 2:30	2:00 – 2:30
Hip Hop Cheer dance teams		
Cheer dance doubles	0:45 – 1:15	1:00 – 1:30

Jazz Cheer dance doubles Hip Hop Cheer dance doubles		
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For Cheerleading teams:

cheer can be placed in the beginning, middle or end of routine. Time of cheer will not be counted in the music routine portion if cheer is not on music. Time recommendation for cheer is thirty seconds (0:30 sec).

2.14 Uniforms and Appearance

Hair

In cheerleading divisions hair must be securely stapled so that it does not interfere with a person's field of vision. It is not allowed to use sharp or pointed objects. Using hair pins and other hard devices for decorative purposes is prohibited. The use of hair pins is allowed, if they are closely attached to the competitors.

In cheer dance divisions hair can be down.

Jewelry

During performance any kind of jewelry is not allowed.

Medical Devices

Wearing glasses is allowed (sports plastic glasses are recommended).

Coach or individual should consult head judge regarding any other medical devices.

Uniforms and Shoes

Uniforms must be appropriate for all viewers and also safe. Clothing and footwear of all competitors in the group must be in color and form in line.

Clothing of competitors in cheerleading division has to be uniforms or uniforms like clothes. Due to safety reasons the upper part of uniform must be tight.

All persons walking on the performance surface must wear the appropriate sports footwear, which leaves no trace and can not hurt the mat. Competitors in cheerleading divisions, have to wear appropriate sports shoes with firm soles and solid shape. Dance, jazz, gymnastics shoes or slippers and similar footwear are prohibited in cheerleading divisions.

Competitors are not allowed to be barefoot.

2.15 Props

Props must not be metal or pointed, or have other characteristics which could endanger persons present at the competition or the performance surface.

Megaphones, signs, flags, banners and pom pons are allowed props in all cheerleading divisions.

In freestyle cheer dance divisions pom pons are obligatory. Other props are allowed.

Props have to be brought to the performance surface prior performance and can be thrown off during performance or taken off after the performance is over. Props which have been thrown off the performance surface must not be picked up again and re-entered to the competition area. Violation of this rule is treated as crossing over the performance surface (the same deduction is applied).

Other persons not performing (e.g. official spotters) are not allowed to touch or handle props in any way. Props which have been thrown down inside the performance surface can be removed on the safety zone of competition area by official spotters in case they could endanger competitors.

2.16 Preliminary practice

Competition's organizers must ensure that all group categories (individuals, doubles and group stunts are excluded) have a chance of preliminary practice to perform their competition routine with their music.

2.17 Inspection of elements

If groups are not able to judge whether certain elements are allowed or not, they can ask SCA before the competition. They have to send a video recording where questionable element is clearly visible. Recording has to be received at least one week before the competition.

2.18 Qualifications

If more than 10 groups, doubles or individuals apply for the same category, organizers can decide if they want qualifications. Together with the judging committee, organizers inform groups about how and when the qualifications will take place, and what procedure will be used in case of complaints.

Five best placed groups, doubles or individuals compete in the finals.

Qualifications are public.

2.19 Disqualifications

- Competing of a non-registered person.
- Violation of age requirements.
- Using vulgar, racist or sexual lyrics in music or cheer.
- Inappropriate shoes or uniform or competing barefoot.
- Violation of advertising rules.
- Wearing prohibited medical devices.
- Wearing jewelry.
- Use of illegal props.
- Unsportsmanlike conduct.
- Rough violation of safety rules

Disqualification is done by head judge, who considers all relevant circumstances. Circumstances which lead to disqualification can be suggested by coaches, other judges and leader of the competition. Any team that does not adhere to the terms and procedures of these "Rules and Regulations" will be subject to disqualification from the competition and may forfeit the opportunity to participate the following year. Disqualifications that are ruled before the award ceremony must be provided to the head coach of the disqualified team, couple or individual by head judge of the competition before the award ceremony.

2.20 Judging Process

Competitions can be judged by teams consisting of various numbers of judges. If the committee consists of five or more judges, the highest and the lowest scores are erased. The remaining scores are added and possible deductions deducted. This forms the final score. If the committee consists of four or fewer judges, all of their scores are added. The further procedure is the same as described above.

All deductions stated in the competition rulebook are deductions per one score sheet. Explanation: if there are seven judges, the highest and lowest scores are not taken into account. Five score sheets remain and their scores are added. Then we deduct five times the value of a certain deduction.

Formula for calculating the final score:

- For five or more judges:

$$\sum_{i=1}^n s_i - \max_{i=1}^n [s_i] - \min_{i=1}^n [s_i] - (n-2) * o$$

- For four or fewer judges:

$$\sum_{i=1}^n s_i - n * o$$

Where...

- ... n means the number of judges
- ... s_i , $i=1, \dots, n$ are judges' scores
- ... o are deductions

3. CHEERLEADING

On the level grid, all skills allowed for a particular level encompass all skills allowed in the preceding level.

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.

Official Spotters

Each cheerleading team must provide itself the number of official spotters required as defined in rulebook. Official spotters are not competitors of the team. Their task is to protect flyer's head and upper part of the body during stunts and tosses. Official spotters are not allowed to help in any way to stabilize stunts or to toss.

Minimal number of official spotters	
Cheerleading Teams	3
Group stunt	1
Partner stunt	1
Individuals	0

Spotters

Spotters are competitors inside the team, whose prior task is to protect flyer's head and upper body part during stunts, tosses and pyramids. Spotters can stabilize the flyer, but are not allowed to carry all the weight of the flyer or dance, jump or do acrobatics during the spotting period.

Timing and Beginning of Routine

All team members must stay still on competition area and have at least one foot on the performing surface as the routine starts. Timing will end with the last note of the music, the last movement or with start of the cheer, whichever comes first.

Cheerleading Teams

General safety guidelines must be obeyed by all teams. Special safety guidelines are regulated for each age group.

Penalties

A five (5) point penalty will be assessed to any team violating any of the specific rules. This deduction does not apply to violations that are designated a lesser point value. If a team exceeds the time limit, a penalty will be assessed for each violation. One (1) point deduction for 5-10 seconds and three (3) point deduction for 11 seconds and over per judge.

Violation of a specific rule in more instances at the same time (ripples included) will be considered as just one violation of that specific rule and will result in just five (5) point penalty.

3.1 Pee Wee Cheerleading Teams

Pee Wee general tumbling

- A. All tumbling must originate from and land on the floor
- B. Tumbling over, under, or through a stunt, person, or prop, is not allowed.
- C. Cheerleader during tumbling must not hold or touch any props.
- D. Connected tumbling (two or more persons in physical contact during tumbling) is not allowed.
- E. Free rotations (rotations without physical contact) around the horizontal axis are illegal.
- F. Jumps immediately followed by tumbling are not allowed (e.g. toe touch handspring).

Pee Wee stunts

- A. Highest level allowed:
 - group stunt: 2 (e.g. prep)
 - partner stunt: 1.5 (e.g. shoulder sit)
- B. Every flyer must have a back base.
- C. Rotations around vertical axis in mounts and transitions are limited to half a turn.
- D. Free horizontal rotations in mounts and transitions are prohibited. Guided horizontal rotations are allowed, if the flyer is in physical contact with at least two persons.
- E. Bases are not allowed to turn at the time when a top is in an upwards or downwards transition.
- F. Switching bases is illegal
- G. Flyovers are illegal.

Pee Wee Pyramids

- A. Highest height allowed: 2.
- B. Highest level allowed: 2.

Pee Wee Dismounts

- A. In dismounts to floor, flyer must first contact the floor by feet
- B. In dismounts to floor from height 2, every flyer has to be caught by at least 3 bases, by other dismounts every flyer has to be caught by at least 2 bases
- C. Rotations are not allowed in dismount to floor.
- D. In group stunts at least 3 bases have to cradle. One of them has to catch the upper body part of the flyer.
- E. Dismounts to lying, faced to floor position are not allowed.
- F. Vertical rotations: not more than 1 turn.
- G. Horizontal rotations: illegal.

Pee Wee Tosses

A. Tosses are not allowed

3.2 Junior Cheerleading Teams (Elite Level)

Elite 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 in a stunt is allowed.
- 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. Assisted or connected tumbling is not allowed.
 - Clarification: double cartwheels and double forward rolls are allowed because they will be interpreted as stunts, not assisted tumbling.
- E. Dive rolls are allowed.
 - Dive rolls performed in a swan/arched position are not allowed.
 - Dive rolls that involve twisting are not allowed.

Elite Standing/Running Tumbling

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

Elite Stunts

- A. A spotter is required for each top person in an extended stunt **or passing through an extended position.** (2,5 height).
- B. Single leg extended stunts (2,5 height) are allowed.
- C. Twisting mounts and twisting transitions are allowed up to 2 twisting rotations 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 2 rotations.
- D. Free flipping mounts and transitions are not allowed.
- E. Prep level or above pendulum and pendulum style transitional stunts where the top person falls away from the bases requires three stationary catchers, at least two of which are not original bases. During pendulum and pendulum style transitional stunts at least one base must remain in contact with the top person.
- F. Single based split catches are not allowed.
- G. Single based double awesomes/cupies require a separate spotter for each top person.

Elite Stunts - Release Moves

- 1. Release moves are allowed but must not exceed more than eighteen inches above extended arm level (2,5 height).
 - Example: Tic-tocks are allowed.
- 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 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.
5. Release moves may not intentionally travel.
6. Release moves may not pass over, under or through other: stunts, pyramids, or individuals.

Elite Stunts – Inversions

1. Extended inverted stunts allowed (2,5 height).
 - Also, see "Stunts" and "Pyramids."
 2. Downward inversions are allowed from prep level and above and must be assisted by at least three bases, at least two of which are positioned to protect the head and shoulder area. Contact must be initiated at the shoulder level (or above) of the bases.
 - Exception: A controlled power pressing of an extended inverted stunt (i.e. needle) to shoulder level is allowed.
 - Clarification: Catchers must make contact with the head and shoulder area.
 3. Downward inversions must maintain contact with an original base.
 - Exception: In side rotating downward inversions (i.e. cartwheel-style transition dismounts), the original base may lose contact with the top person when it becomes necessary to do so.
 4. Downward inversions from 2,5 height may not be caught and/or land in an inverted position.
 - Clarification: Top person may not be caught or land with their shoulders below their hips.
- J. Bases may not support any weight of a top person while that base is in a backbend or inverted position.

Elite Pyramids

- A. Pyramids must follow Elite "Stunts" and "Dismounts" rules and are allowed up to 2,5 high or level 2.
- B. Top persons must receive primary support from a base.

Elite Pyramids - Release Moves

1. During a pyramid transition, a top person may pass above 2,5 high while in direct physical contact with at least one person at prep level (height 2) or below.
2. Primary weight may not be borne at second level.
 - Clarification: The transition must be continuous.
3. Non inverted transitional pyramids may involve changing bases.
When changing bases:
 - a. The top person must maintain physical contact with a person at prep level (height 2) or below.
 - b. The top person must be caught by at least 2 catchers. Both catchers must be stationary and may not be involved with any other skill or choreography when the transition is initiated.
4. Non-inverted pyramid release moves must be caught by at least 2 catchers:

- a. In pyramids where the top person travels over their bracer (i.e. leap frogs or wolf wall transitions), both catchers must be stationary.
- b. Both catchers must maintain visual contact with the top person throughout the entire transition.

Elite Pyramids - Inversions

1. Must follow Elite Stunt Inversions rules.

Elite Pyramids - Release Moves w/ Braced Inversions

1. Pyramid transitions may involve braced inversions (including braced flips) while released from the bases if contact is maintained with at least 1 person at prep level (height 2) or below. Contact must be maintained throughout entire transition with either the top person(s) or the base(s).
 - Clarification: Top person(s) bracing the inversion must show a concerted effort to maintain contact with the inverted top person until they are safely caught by the bases.
2. Braced inversions (including braced flips) are allowed up to 1-¼ flipping rotations **and ½ twisting rotation.**
3. Braced inversions (including braced flips) are allowed up to 1 twist if contact is maintained with 2 top persons at prep level (height 2) or below.
4. Inverted transitional pyramids may involve changing bases.
5. Braced inversions (including braced flips) must be in continuous movement.
6. All braced inversions (including braced flips) must be caught by at least 3 catchers:
 - a. All 3 catchers must be stationary.
 - b. All 3 catchers must maintain visual contact with the top person throughout the entire transition.
 - c. The 3 catchers may not be involved with any other skill or choreography when the transition is initiated.
7. Braced inversions (including braced flips) may not travel downward while inverted.

Elite Dismounts

- A. Cradles from single based stunts at prep level (height 2) and above must have a separate 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 (height 2) and above must have two catchers and a separate spotter with at least one hand/arm supporting 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.
 - Clarification: An individual may not land on the performing surface without assistance.
- D. Up to a 2-1/4 twisting rotations allowed from all stunts.
- E. No free flipping dismounts allowed.
- F. Tension drops/rolls of any kind are not allowed.
- G. When cradling single based double awesomes/cupies 2 catchers must catch each top person.

Elite 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).
 - Exception: A 1/2 turn is allowed by bases as in a kick full basket.
- C. Flipping, 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. Up to 2-1/2 twisting rotations allowed.

3.3 Senior Cheerleading Teams (Premier level)

Premier 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 in a stunt is allowed.
 - Exception: Round off rewinds and standing single back handspring rewinds are allowed. No tumbling skills prior to the round-off or standing BHS are permitted.
- 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. Assisted or connected tumbling is not allowed.
 - Clarification: Double cartwheels and double forward rolls are allowed because they will be interpreted as stunts, not assisted tumbling.
- E. Dive rolls are allowed.
 - Dive rolls performed in a swan/arched position are not allowed.
 - Dive rolls that involve twisting are not allowed.

Premier Standing/Running Tumbling

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

Premier Stunts

- A. A spotter is required:
 - During extended stunts other than an awesomes/cupies or liberties
 - When the load/transition or dismount involves a free twist or flip (360°)
- B. Twisting stunts and transitions are allowed up to 2 twisting rotations 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 2 rotations.
- C. Free flipping or flipping stunts and transitions are allowed. Rewinds must originate from ground level only and are allowed up to 1 flipping and 2 twisting rotations.
 - Exception 1: Rewinds to a cradle position are allowed. All free flipping transitions caught at shoulder level or below must use an additional catcher who protects the head and neck. (Example: a flip that lands in a straddle position requires a hands -on spotter)
 - Exception 2: Round off rewinds and standing single back handspring rewinds are allowed. No tumbling skills prior to the round-off or standing BHS are permitted.
- D. Transitional stunts may involve changing bases.
- E. Single based split catches are not allowed.
- F. Single based double awesomes/cupies require a separate spotter for each top person

Premier Stunts - Release Moves

1. Release moves are allowed.
2. Release moves may not land in a prone or inverted position.
3. Release moves must return to original bases.
 - Exception: A toss, from the performing surface, to prep level is allowed to travel if the toss is from a single base and there is an additional spotter on the catch.
4. 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.
5. Release moves may not intentionally travel.
 - See exception in #3 above.
6. Release moves may not pass over, under or through other stunts, pyramids or individuals.

Premier Stunts - Inversions

1. Downward inversions from above prep level (height 2) must be assisted by at least 2 bases. Top person must maintain contact with a base.

Premier Pyramids

- A. Pyramids are allowed up to 2-1/2 high or level 3
- B. For level 3 pyramids, there must be a spotter in front and back for each person on the top level, and the spotter(s) must be in position the entire time the top person(s) is(are) at the level 3. Spotters may stand slightly to the side but must remain in a position to adequately spot the top person. Spotters must maintain visual contact with the top person the entire time the top person is at the level 3. Spotters may not be a primary support of the pyramid.
- C. Free-flying mounts must originate from ground level only and are allowed up to 1 flipping and 1 twisting rotation, or 0 flipping and 2 twisting rotations.
 - Exception: Free-flying mounts originating from above ground level are permitted and are allowed up to 1 flipping and 0 twisting rotation, or up to 0 flipping and 2 twisting rotations.

Premier Pyramids – Release Moves

1. During a pyramid transition, a top person may pass above 2-1/2 high while in direct physical contact with at least one person at prep level (height 2) or below.

Premier Pyramids - Inversions

1. Inverted stunts are allowed up to 2-1/2 persons high and must be braced by at least 1 person at prep level (height 2) or below.
2. Downward inversions from above prep level must be assisted by at least 2 bases. Top person must maintain contact with a base or another top person.

Premier Pyramids – Release Moves w/ Braced Inversions

1. Braced flips are allowed up to 1-1/4 flipping and 1 twisting rotation.

2. Braced flips are allowed if direct physical contact is maintained with at least 1 top person at prep level (height 2) or below and must be caught by at least 2 catchers.

Premier Dismounts

- A. Single based cradles that exceed 1-1/4 twisting rotations must have a spotter assisting the cradle with at least one hand/arm supporting the head and shoulder of the top person.
- B. Dismounts to the performing surface from stunts and pyramids must be assisted by an original base.
 - Clarification: An individual may not land on the performing surface without assistance.
- C. Up to a 2-1/4 twist cradle is allowed from all stunts and pyramids up to 2 persons high and requires at least 2 catchers. Cradles from 2-1/2 high pyramids are allowed up to 1-1/4 1-1/2 twist and require 3 catchers.
 - Exception: 2-1-1 thigh stands may perform 2 twists from a forward facing stunt only. E.g. extension, liberty, heel stretch.
- D. Free released dismounts from 2½ high pyramids may not land in a prone or inverted position.
- E. Free flipping dismounts are allowed up to 1¼ flipping and 0 twisting rotations.
- F. Free flipping dismounts to the performance surface are not allowed.
- G. Flips into cradles from prep level (height 2) or below stunts require at least 2 catchers, one of which is an original base.
- H. Flips that originate above prep level are not allowed.
 - Exception: 3/4 front flip may occur from a 2-1/2 high pyramid but requires 2 catchers and an additional spotter positioned at the head and shoulder area of the top person. Spotter may stand slightly to the side but must use at least one hand/arm to catch under the top person's head and shoulders.
- 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.

Premier 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 by at least 3 bases, one of which is positioned at the head and shoulders area of the top person. **Bases must remain stationary during the toss (example: no intentional traveling tosses)**
- C. Flipping tosses are allowed up to 1¼ flipping rotation and **2 additional skills. A tuck, pike or layout are not counted in the 2 additional skills.**

Legal (Two Skills)	Illegal (Three Skills)
Tuck flip, X-Out, Full Twist Double Full-Twisting Layout Kick, Full-Twisting Layout Pike, Open, Double Full-Twist Arabian Front, Full-Twist	Tuck flip, X-Out, Double Full Twist Kick, Double Full-Full Twisting Layout Kick, Full-Twisting Layout, Kick Pike, Split, Double Full-Twist Full-Twisting Layout, Split, Full-Twist

NOTE: An Arabian Front followed by a 1 ½ twist is considered to be a legal skill.

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. Non-flipping tosses may not exceed 3-1/2 twists.

F. When top person is tossed to another set of bases, the toss is allowed up to 0 flipping 1½ twisting rotations. While tossing catchers may not be involved in any other choreography and must have and maintain visual contact with top person throughout the entire toss.

Exception: ¾ front flips with no twists are allowed.

3.4 Individuals

General regulations applying all age groups:

- Individuals routine must include following elements:
 - At least 3 jumps
 - At least 2 series running tumbling
 - At least 1 series standing tumbling
 - Cheer, which may include jumps and tumbling (which will be evaluated as cheer)
- Props are allowed.
- Tumbling:
 - Pee Wee: up to 1 flipping rotation without twisting rotation is allowed
 - Junior: up to 1 flipping rotation in combination with up to 1 twisting rotation is allowed
 - Senior: up to 1 flipping rotation in combination with 2 twisting rotations is allowed

Deductions

See general rules.

3.5 Partner Stunt

Rules in this category are following:

- In elite category please apply the safety regulations and rules for stunts
- In premier category please apply the safety regulations and rules for stunts
- Props are not allowed.
- Spotter is not allowed to help to toss, lift, and stabilize stunts...
- Spotter must always cradle.

Deductions

See general regulations

3.6 Group Stunt

Following rules apply to all age groups of group stunts:

- Props are not allowed,
- In elite category please apply the safety regulations and all rules for Elite level

- In premier category please apply the safety regulations and all rules for Premier level

Deductions

See general regulations.

4. CHEERDANCE

4.1 Cheer Dance Teams

Timing and beginning of the routine: Timing starts with the first note of music and stops with the last. The performance must begin with all team members staying inside the performing surface.

Props: Using pom pons is obligatory for freestyle divisions, time is not defined. Other props are allowed. Any item not part of the uniform is considered a prop. Wearable items are not considered props. Any clothing removed and handled is considered a prop. Bigger props that could hold the weight of a dancer (ie. chairs, benches, boxes, stairs, poles, ladders) are prohibited.

4.2 Dance styles:

FREESTYLE - Incorporates different dance styles with an emphasis on choreography, proper technical execution, visual effect, creativity, staging and team uniformity. Pompons are obligatory, time not limited. Important characteristics of this type of routine include clean and precise motions, strong pompon technique, the incorporation of dance technical elements and dance styles. Visual effects include level changes, group work, formation changes, the use of different props (the use of different color pompons), etc. See score sheet for more information.

JAZZ - Incorporates stylized movements and combinations, formation changes, group work and technical elements. An emphasis is placed on proper technical execution, extension, control, body placement, style and continuity of movement along with team uniformity. See score sheet for more information.

HIP HOP - Incorporates street style influenced movements and rhythms with an emphasis on execution, style, creativity, body isolations and control, rhythm, uniformity and musical interpretation. There is also an additional focus on athletic incorporations such as jumps, stalls and other tricks. See score sheet for more information.

4.3 Tumbling and Tricks (Executed by Individuals)

An acrobatic or gymnastics skill executed by an individual, without contact, assistance or support of another individual (s), and begins and ends on the performance surface.

Tumbling is allowed, but not required, in all divisions with the following limitations:

Examples of permitted and prohibited elements:

allowed	not allowed
Forward/Backward/Shoulder-roll	Dive roll
Head/Handstand	Roundoff*
Backbend, Front/Back Walkover	Back/Front handspring*
Stall	Back/Front tucks
Head spins	Back/Front layouts
Windmills/Flairs	
Kip up	
Cartwheel, Aerial Cartwheel	

*Allowed in Hip Hop Divisons

Airborne skills with hip over head rotation must involve hand support with at least one hand while passing through the inverted position. (*Exception – Aerial Cartwheels, Front/Back Handsprings – which are allowed in the Hip Hop Division Only)

Weight bearing skills on the hands are not allowed while holding poms or props. (Including tumbling, stalls, etc. Exception: forward and backward rolls.)

Drops to the knee, thigh, seat, front, back, jazz split (hurdler) or split position onto the performing surface from a turn, jump, stand, or inverted position must first bear weight on the hands or foot/feet in order to break the impact of the drop.

All variations of a Shushunova are not permitted.

4.4 Lifts and Partnering

Lift - an action in which an individual (s) is elevated from the performance surface by one or more other individuals and set down. A Lift is comprised of "Lifting" Individual (s) and "Elevated" individual (s)

A Lifting/Supporting Individual must maintain direct contact with the performance surface at all times.

At least one Lifting/Supporting Individual must have hand/arm/body to hand/arm/body contact, with the Elevated/Executing Individual (s), at all times during the Lift, Trick or Partnering Skill.

Swinging Lifts and Tricks are allowed, provided the Elevated/Executing Individual's body does not make a complete circular rotation and is in a supine position (may not be prone) at all times.

Hip over head rotation of the Elevated/Executing Individual (s) may occur as long as his/her hips maintain a level at or below the shoulder height of a standing Lifting/Supporting Individual (Exception: chorus line flips are not allowed).

Partnering - an action in which two or more individuals use support from one another, but are not elevated. Partnering can involve, both "Supporting" and "Executing" skills

Restrictions:

Jumping or leaping off an individual is allowed as long as there is hand/arm (Supporting Individual) to hand/arm/body (Elevated/Executing Individual) contact with a Supporting Individual throughout the skill.

Tossing an individual is allowed as long as there is hand/arm (Supporting Individual) to hand/arm/body (Elevated/Executing Individual) contact with at least one other individual throughout the skill.

All cheer style stunts and/or pyramids are prohibited. (Exceptions: pony sit, thigh stand, shoulder sit, arch).

4.5 Deductions

Act	Deduction applied
Time under- or overshoot	5 points
Stepping out of bounds	1 point each time
Lost (dropped) prop (e.g. pom pon...)	1 point each time
All other violations of competition rules	5 points

5. APPENDIX: SCORE SHEETS

5.1 Distribution of points in coed team division:

Judging Criteria	Description	Points
Cheer Criteria	Crowd leading ability/ability to lead the crowd for teams Nation, use of signs, poms, or megaphone, practical use of Stunts/pyramids to lead the crowd, execution (native language encouraged)	10
Partner Stunts	Execution of skills, Difficulty (Level of skill, Number of bases, Number of Stunt Groups), Synchronization, Variety	25
Pyramids	Difficulty, Transitions Moving into or Dismounting out of Skills, Execution, Timing, Creativity	25
Basket Tosses	Execution of skills, Height, Synchronization (When Applicable), Difficulty, Variety	15
Tumbling	Group tumbling, Execution of skills , Difficulty, Proper Technique, Synchronization	10
Jumps	Difficulty, execution, synchronization, variety,	5
Flow of the Routine, Transitions, Overall Presentation, Crowd Appeal, Dance*	Overall presentation, showmanship, dance*, crowd effect	10
Total		100

5.2 Distribution of points in allgirl Team divisions:

Judging Criteria	Description	Points
Cheer Criteria	Crowd leading ability/ability to lead the crowd for teams Nation, use of signs, poms, or megaphone, practical use of Stunts/pyramids to lead the crowd, execution (native language encouraged)	10
Partner Stunts	Execution of skills, Difficulty (Level of skill, Number of bases, Number of Stunt Groups), Synchronization, Variety	25
Pyramids	Difficulty, Transitions Moving into or Dismounting out of Skills, Execution, Timing, Creativity	25
Basket Tosses	Execution of skills, Height, Synchronization (When Applicable), Difficulty, Variety	10
Tumbling	Group tumbling, Execution of skills, Difficulty, Proper Technique, Synchronization	10
Jumps	Difficulty, execution, synchronization, variety	5
Dance	Use of original moves, creating visual effects on music, Good control of your body, motions should be sharp and controled	5
Flow of the Routine / Transitions	Execution of routine components: flow, pace, timing of skills, transitions	10
Overall Presentation, Crowd Appeal	Overall presentation, showmanship, crowd effect	
Total		100

5.3 Distribution of points in partner stunt divisions:

Category		Description	Points
Stunts	Execution	Execution of skills, making stunts appear to be easy	20
	Difficulty	Difficulty and the ability to perform difficult stunts, it includes short pauses in stunts, transitions, one arm stunts,... Perfection before progression!	20
Overall Presentation	Transitions and flow of the routine	Tempo of transitions, visual effects, and creativity in transitions, creating visual effects on music, level of difficulty and proper technique must be kept also during transitional stunts, as few breaks as possible,...	15
	Overall impression	Choreography, creativity, visual effects, tempo, mimic, energy,...	10
Total			65

5.4 Distribution of points in group stunt divisions:

Category		Description	Points
Stunts	Execution	Execution of skills, making stunts appear to be easy	20
	Difficulty	Difficulty and the ability to perform difficult stunts, it includes short pauses in stunts, transitions, one arm stunts,... Perfection before progression!	20
	Toss	Execution of tosses, height, synchronisation (if used), difficulty, diversity	10
Overall Presentation	Tranzicije in potek	Tempo of transitions, visual effects, and creativity in transitions, creating visual effects on music, level of difficulty and proper technique must be kept also during transitional stunts, as few breaks as possible,...	15
	Overall impression	Choreography, creativity, visual effects, tempo, mimic, energy,...	10
Total			75

5.5 Distribution of points in individuals category:

Category	Description	Points
Tumbling	Proper technique, execution and difficulty of standing and running tumbling	25
Jumps	Proper technique of jumps, height of jumps, leg and feet position, body and arms position, difficulty	15
Cheer	Loudness, voice and pronunciation, crowd appeal, shortness of breath,...	20
Overall impression	Flow of the routine, props,...	10
Total		70

5.6 Deduction score sheet for cheerleading categories:

DEDUCTIONS:

	DEDUCITON VALUE	NUMBER OF DEDUCTIONS	SUM
Illegal stunt/element	5 pt		
Missing spotter (member of the team)	5 pt		
Time violation (5-10 sec)	1,0 pt		
Time violation (11 sec and more)	3,0 pt		
Other rule violations	5 pt		
Missing obligatory stunt/element	5 t		
		TOTAL:	

DISQUALIFICATION (reason):

JUDGES SIGNATURE:

5.7 Scoresheet – Freestyle Cheer Dance

FREESTYLE CHEER DANCE

TEAM:

CATEGORY:

mini /pee wee / junior / senior

JUDGE:

OVERALL EFFECT (10)

Overall Impression/

Communication & Projection

_____ (10)

Teams ability to exhibit a dynamic and energetic routine

Appropriateness of the music, costume and choreography

Judges overall impression of the performance

CHOREOGRAPHY (30)

Creativity/Musicality

_____ (10)

Use of pompons and original movement to compliment the music and create visual effects

Difficulty

Use of intricate and challenging skills/movement (including various turns, leaps, jumps, kicks, etc.), advanced motions and tempo

Routine staging

Use of levels, group work and variety of movements.

_____ (10)

Use of varied formations and creative ways to move from one formation to another, allowing for quick and seamless changes of positions

TECHNIQUE (30)

Execution of pom technique

_____ (15)

Demonstrate strong, powerful motions with body control

Execution of Technical Skills

_____ (15)

Execution of all skills (jumps, leaps, turns, kicks) with correct technique

GROUP EXECUTION (30)

Synchronization

The uniformity of all movement throughout the routine and appropriate timing with the music

_____ (20)

Spacing

Ability of participants to gauge and position themselves correct distances between each other in and throughout all formations of performance.

TOTAL:

_____ (100)

COMMENTS:

5.8 Scoresheet – Hip Hop Cheer Dance

HIP HOP CHEER DANCE

TEAM:

CATEGORY:

mini /pee wee / junior / senior

JUDGE:

OVERALL EFFECT (10)**Overall Impression/****Communication & Projection**

_____ (10)

Teams ability to exhibit a dynamic and energetic routine

Appropriateness of the music, costume and choreography

Judges overall impression of the performance

CHOREOGRAPHY (30)**Creativity/Musicality**

_____ (10)

Use of style and hip hop movements that complement the music in a unique presentation

Difficulty

Incorporation of challenging movement and skills (jumps, freezes/stalls, and floor work)

_____ (10)

Routine staging

Use of levels, group work and variety of movements.

_____ (10)

Use of varied formations and creative ways to move from one formation to another, allowing for quick and seamless changes of positions

TECHNIQUE (30)**Technique/Musicality**

_____ (10)

Execution of hip hop movements and rhythms with correct technique

Placement/ Control/Style

Ability to control body placement and exhibit hip hop style(s) throughout the routine

_____ (20)

GROUP EXECUTION (30 točk)**Synchronization**

The uniformity of all movement throughout the routine and appropriate timing with the music

_____ (20)

Spacing

Ability of participants to gauge and position themselves correct distances between each other in and throughout all formations of performance.

_____ (10)

TOTAL:

_____ (100)

COMMENTS:

5.9 Scoresheet - Jazz Cheer Dance

JAZZ CHEER DANCE**TEAM:****CATEGORY:***mini / pee wee / junior / senior***JUDGE:**

OVERALL EFFECT (10)**Overall Impression/****Communication & Projection**

Teams ability to exhibit a dynamic and energetic routine

Appropriateness of the music, costume and choreography

Judges overall impression of the performance

_____ (10)

CHOREOGRAPHY (30)**Creativity/Musicality**

Use of original movement to complement the music and create artistic effect

_____ (10)

Difficulty

Incorporation of weight changes, movements, combinations and dance skills

_____ (10)

Routine staging

Use of levels, group work and variety of movements.

_____ (10)

Use of varied formations and creative ways to move from one formation to another, allowing for quick and seamless changes of positions

TEHNIQUE (30)**Execution of Technical Skill**

Level of properly executed dance technique within routine

_____ (10)

Placement/ Control/Style

Ability to control body placement and exhibit style(s) throughout the routine

_____ (20)

GROUP EXECUTION (30 točk)**Synchronization**

The uniformity of all movement throughout the routine and appropriate timing with the music

_____ (10)

Musicality

Execution of the movements throughout the routine, complementing the beats and rhythm of the music

_____ (10)

Spacing

Ability of participants to gauge and position themselves correct distances between each other in and throughout all formations of performance.

_____ (10)

TOTAL:

_____ (100)

COMMENTS:

5.11 DEDUCTIONS SCORE SHEET – FREESTYLE CHEERDANCE TEAMS

TEAM NAME:

DIVISION: *mini /pee wee / junior / senior*

DEDUCTIONS:

	VALUE OF DEDUCTION		SUM
NOT USING POM PONS	20 p		
OUT OF BOUNDS	1 p	AMOUNT OF DEDUCTIONS:	
DROPED PROP	1 p	AMOUNT OF DEDUCTIONS:	
TIMING (mini & pee wee 1:30-2:30, junior and senior 2:00- 2:30)	5 p	TIMING:	
OTHER RULE VIOLATIONS	5 p	AMOUNT OF DEDUCTIONS:	
TOTAL:			

DISQUALIFICATION (reason):

JUDGE'S SIGNATURE:

5.12 DEDUCTIONS SCORE SHEET – CHEERDANCE DOUBLES

NAMES:

DIVISION: *mini /pee wee / junior / senior*

DEDUCTIONS:

	VALUE OF DEDUCTION		SUM
OUT OF BOUNDS	1 p	AMOUNT OF DEDUCTIONS:	
FALLEN PROP	1 p	AMOUNT OF DEDUCTIONS:	
TIMING (mini & pee wee 0:45-1:15, junior and senior 1:00- 1:30)	5 p	TIMING:	
OTHER RULE VIOLATIONS	5 p	AMOUNT OF DEDUCTIONS:	
TOTAL:			

DISQUALIFICATION (reason):

JUDGE'S SIGNATURE:

5.13 DEDUCTIONS SCORE SHEET – HIP HOP AND JAZZ CHEERDANCE TEAMS

TEAM NAME:

DIVISION: *mini /pee wee / junior / senior*

DEDUCTIONS:

	VALUE OF DEDUCTION		SUM
OUT OF BOUNDS	1 p	AMOUNT OF DEDUCTIONS:	
TIMING (mini & pee wee 1:30-2:30, junior and senior 2:00- 2:30)	1 p	TIMING:	
OTHER RULE VIOLATIONS	5 p	AMOUNT OF DEDUCTIONS:	
TOTAL:			

DISQUALIFICATION (reason):

JUDGE'S SIGNATURE:

6. CHEERLEADING GLOSSARY

Base	A person that holds, lift or tosses a top person and remains in contact with floor.
Stunt	Any element (mount, flyover, transition ...), where one or more persons hold another person off the floor.
Double-leg stunt	Stunt, in which flyer stands on both legs (prep, extension ...).
Single-leg stunt	Stunt, where flyer stands on only one leg (liberty, heel stretch, scorpio, ...)
Flyer, top	Person, standing on top of stunts, or being tossed (both female and male).
Extended stunts	Stunt, which is held on extended bases arms in height 2.5
Switching bases	Transition, where at least one base switches.
Toss	An airborne stunt in which base(s) execute throwing motion from waist level to increase height of top person. Top person becomes free from all bases. Top person is free from performing surface when toss is initiated (e.g. basket toss, sponge toss). Toss to hands, toss to extended stunts and toss chair are not included in this category.
Inverted position	Hips over heads position.
Level	level 2: persons are holding another person and standing on the floor. level 3: person is holding top person and is not standing on floor (is being held by another base)
Partner stunt	Stunt, in which flyer is held by one base. Assisted partner (third person stabilizes stunt but does not hold the weight of the flyer) stunt is also considered partner stunt.
Pyramid	Connected stunts, in which top person is in contact with another top person.
Flipping rotation	Rotation around the horizontal axis of the body where person is in hips over head position (back tuck). One rotation means 360° turn.
Flyover	Transition, in which flyer flies over another person.
Prep	Stunt held on the height of bases shoulders.
Free rotation	Rotation, during which flyer is not in contact with other persons or floor.
Dismount	Landing from stunt to cradle or to floor. Dismount from cradle to floor is not considered as dismount.
Group stunt	Stunt, in which flyer is held by at least two persons.
Middle layer	Person holding top person and being held by another base.
Transitional stunt	Flyer's transition from one stunt into another.

Spotters	Competitors inside the team, whose prior task is to protect flyer's head and upper body part during stunts, tosses and pyramids. They can also help mounting and tossing.
Hanging pyramid	Pyramid, in which flyer is hanging on another flyer and is not in direct contact with floor.
Height	Height of the stunt or pyramid is defined as sum of bases' and flyers' height as shown in following rules: <ul style="list-style-type: none"> • legs – 0.5, • trunk – 0.5, • extended arms holding weight – 0.5.
Twisting rotation	Rotation around the vertical axis of the body. One rotation means 360° turn.
Mount	Flyer's transition from the floor to a stunt.
Back spotter	Base standing behind the stunt and protects flyer's head and upper body part. Back base is also a spotter.
Cradle	A release move in which catchers, with palms up, catch the top person by placing one arm under the back and the other under the thighs of the top person. The top person must land face up in a pike position.
Official spotters	Persons whose task is to protect flyer's head and upper part of the body during stunts and tosses. Official spotters are not competitors of the team and are not allowed to help in any way to stabilize stunts or to toss.