

# 2011-2012 UCA GAME TIME RULES & REGULATIONS

*\*Bold Print denotes a change from prior year*

## **I. GAME TIME GENERAL RULES**

1. All permitted cheerleading gymnastics including tumbling, partner stunts, pyramids and jumps for the Game Time Divisions must follow the AACCA Safety Guidelines. All skills should be carefully reviewed and supervised by a qualified adult advisor or coach. See specific skill restrictions for each category.

### **2. DIVISIONS:**

- A. High School - (12<sup>th</sup> grade & below, male/female)
- B. Junior High / Middle School - (9<sup>th</sup> grade & below, male/female)

### **A. SCHOOL REPRESENTATION:**

1. All members of the cheerleading squad must be current members of the official spirit squad and must attend the school they are representing. These must be individuals who cheered on the sidelines for games during the appropriate season. (Exception: this will not preclude participation from sister schools for same-gender schools as long as they are official members of the squad.)
2. Cheer teams are encouraged to include other sideline spirit groups (i.e. dance team, song/pom, mascot, pep/short flag, etc.), but sideline spirit groups will not be judged separately. Additional performance-based and spirit groups may not enter the division without their cheerleaders.
3. Mascots are limited to the same props as cheerleaders (pom, signs, flags, megaphones and / or banners) and are NOT allowed to stunt in any Game Time Divisions.
4. Routines must be appropriate for family viewing. Any vulgar and/or suggestive movements, words, or music will result in a score deduction.
5. The team and each participating member/coach should constantly display good sportsmanship throughout the entire performance in regards to respect for themselves, other teams and the viewing audience of all ages. Teams should refrain from any taunting, bragging, or suggestive expressions or gestures as well as discrimination of any nature.
6. We recommend that the team and each of its members display an overall appearance conducive to serving as public representatives and ambassadors of their school in regards to grooming, traditional and appropriate attire, conservative make-up, uniformity, etc.

### **B. UNIFORM GUIDELINES:**

1. All participant uniforms must cover the midriff when standing at attention. Covered midriff does include flesh or nude colored body suits and liners; however fringe would not count as a cover.
2. No tear-away uniforms and/or removal of clothing is permitted.
3. Any team in violation of the uniform guidelines will be assessed a five (5) point deduction.

## **C. COMPETITION AREA:**

1. Participants may stand or enter outside the competition area.
2. All permitted skills (stunts, pyramids, tumbling etc.) must be performed on the competition mat.
3. Competitions comply with the NFHS & AACCA surface ruling that school based programs may not compete on a spring floor.
4. Approximate floor size will be a traditional mat of 54 feet wide by 42 feet deep (9 strips).
5. Performance floor for the Time-Out dance will depend upon event location.
6. Objects cannot be thrown outside the competition floor.
7. Poms, Signs, flags, megaphones and/or banners may be placed or dropped outside the competition area by a team member.

## **D. TIME LIMITATIONS:**

1. Each team will perform a routine not to exceed 1 minute and 15 seconds.
2. Teams may not set up props in advance of any category.
3. Timing will begin with the first organized movement, voice or note of music, whichever comes first and end with the last beat of music or movement.
4. In most locations, Time Out Cheer will begin and end with Buzzer sound – similar to a Time Out at a game.
5. If a team exceeds the time limit, a penalty will be assessed for each violation. Three (3) point deduction for 3 – 5 seconds over, Five (5) point deduction for 6-10 seconds over and Seven (7) point deduction for 11 seconds and over.
6. All introductions (entrances, chants, spell-outs, etc.) are considered part of the routine and are timed as part of the performance.
7. There should not be any organized exits or other activities after the official ending of the routine.

## **E. NHSCC QUALIFICATION:**

Game Time Championship categories will not qualify for the 2012 National High School Cheerleading Championship.

## **F. SPOTTER POLICY**

In an effort to promote a higher level of safety for competing athletes, Varsity will provide additional spotters at all Varsity school and recreational cheer competitions. School and Recreational cheer programs do not always have a large number of staff and coaches available to spot routines. To ensure that the safety of participants is not compromised due to limited number of team provided spotters, additional spotters will be provided by the competition company.

### **Guidelines:**

1. Competition provided additional spotters will be mandatory on the competition floor.
2. At select events, a limited number of additional spotters may be available upon coaches' request in rehearsal/warm up.
3. School-based teams and recreational teams may provide additional spotters in rehearsal/warm up.

## **Definition of Additional Spotter:**

Individuals on the competition floor provided as a safety precaution to spot certain elements of a routine. Competition provided additional spotters will follow the listed guidelines:

### **Additional Spotters:**

1. Should only be used during the stunt, pyramid, and/or basket toss sections. Additional spotters are present for added safety and should stand at the back of the floor when not spotting those sections.
2. Should not touch, assist, or save skills being performed. Additional spotters should only be used to prevent a fall to the competition floor.
3. Should be dressed so that they are presentable, professional, and distinguishable from the performing athletes.
4. Should not dress or act in a manner that distracts from the athletes and their performance.
5. Should be at least 18 years old and familiar with spotting the skills of the performing team.

**Note:** To provide the safest competitive environment, teams should not attempt skills beyond their ability level.

## **FIGHT SONG CATEGORY**

### **A. ROUTINE AND JUDGING REQUIREMENTS:**

1. Teams are encouraged to use their traditional team fight song.
2. Props (poms, signs, flags, megaphones and/or banners) are permitted in this category.
3. Performances can incorporate up to three (3) eight counts of skills (stunts, tumbling and/or jumps). The three (3) eight counts must be consecutive and the same three (3) eight counts can be repeated if the fight song is repeated.
4. Judging will be based on the following criteria:
  - a. Crowd oriented material, fit to music, using effective spacing and formations, and incorporating visual effects.
  - b. Placement, synchronization and strength of motions
  - c. Overall impression and crowd appeal.
  - d. Emphasis will be placed on practicality. All material should be suitable and able to be performed multiple times during a game or pep rally.

### **B. SPECIFIC SKILL RESTRICTIONS:**

1. No baskets, sponge, elevator, or similar type tosses permitted.
2. No inversions and /or twisting into or out of stunts regardless of contact with bases.
3. No single leg extended stunts.
4. A jump is considered a skill and can only be performed in the three (3) eight count segment.
5. A kick will not be considered as a skill and can be performed at any time during the routine.
6. Maximum difficulty in tumbling is a standing back handsprings.

## **TIME OUT CHEER CATEGORY**

### **A. ROUTINE AND JUDGING REQUIREMENTS:**

1. No music may be used during the performance. Live drummer and / or drum track is allowed. All specialty skills (ie: jumps, stunts, tumbling) must be performed in a safe proximity with all Drummers. Drummers cannot be involved in any type of specialty skill.

2. Each team's presentation must include at least two components required from the following: cheers, chants, traditional yells, and/or drum cadences.
3. Teams should utilize all areas of their squad's crowd-leading strengths. The use of poms, signs, flags, megaphones and/or banners is encouraged.
4. Judging will be based on the following criteria:
  - a. Crowd communication, including; crowd effective material, spacing and formations, voice and pace, crowd leading skills and use of poms, signs, flags, megaphones and/or banners.
  - b. Placement, synchronization and strength of motions
  - c. Overall impression and crowd appeal.
  - d. Emphasis on crowd involvement and practicality. All material should be suitable for a game or pep rally.

### **B. SPECIFIC SKILL RESTRICTIONS:**

1. No baskets, sponge, elevator, or similar type tosses permitted.
2. No inversions and /or twisting into or out of stunts regardless of contact with bases.
3. No single leg extended stunts.
4. Maximum difficulty in tumbling is a standing back handsprings.

## **TIME OUT DANCE CATEGORY**

### **A. ROUTINE AND JUDGING REQUIREMENTS:**

1. Any dance style that is appropriate for a time-out situation within a sideline cheering setting is acceptable (i.e. jazz, pom, hip hop, etc.)
2. Traditional sideline uniforms required.
3. Poms are the only props permitted.
4. Judging will be based on the following criteria:
  - a. Creativity and musicality, variety and the execution of transitions and formations.
  - b. Placement, synchronization and strength of motions/movement.
  - c. Visual effect and spacing.
  - d. Overall impression and crowd appeal.
  - e. Emphasis will be on audience appropriateness and appeal. This is a performance-based division. Crowd leading components will not be judged.

### **B. SPECIFIC SKILL RESTRICTIONS:**

1. Tumbling and/or stunting of any kind is prohibited.
2. Dance skills (i.e. turns, leaps, kicks, etc.) are permitted.

## **II. INTERRUPTION OF PERFORMANCE**

### **A. UNFORSEEN CIRCUMSTANCES**

1. If, in the opinion of the competition officials, a team's routine is interrupted because of failure of the competition equipment, facilities, or other factors attributable to the competition rather than the team, the team affected should **STOP** the routine.
2. The team will perform the routine again in its entirety, but will be evaluated **ONLY** from the point where the interruption occurred. The degree and effect of the interruption will be determined by the competition officials.

## B. FAULT OF TEAM

1. In the event a team's routine is interrupted because of failure of the team's own equipment, the team must either continue the routine or withdraw from the competition.
2. The competition officials will determine if the team will be allowed to perform at a later time. If decided by officials, the team will perform the routine again in its entirety, but will be evaluated **ONLY** from the point where the interruption occurred.

## C. INJURY

1. The only persons that may stop a routine for injury are: a) competition officials, b) the advisor / coach from the team performing or c) an injured individual.
2. The competition officials will determine if the team will be allowed to perform at a later time. If the competition officials allow a routine to be performed at a later time, the spot in the schedule where the re-performance is to take place is at the sole discretion of competition officials. The team may perform the routine again in its entirety, but will be evaluated **ONLY** from the point where the interruption occurred.
3. The injured participant that wishes to perform may not return to the competition floor unless:
  - a. The competition officials receive clearance from, first, the medical personnel attending to that participant, the parent (if present) **AND THEN** the head coach/advisor of the competing team.
  - b. If the medical personnel do not clear the participant, the participant can only return to the competition if a parent or legal guardian in attendance signs a return to participation waiver. In the event of a suspected concussion, the participant cannot return to perform without clearance from a medical professional, even with a waiver from a parent or legal guardian.

## III. HOW TO HANDLE PROCEDURAL QUESTIONS

### A. RULES & PROCEDURES

Any questions concerning the rules or procedures of the competition will be handled exclusively by the advisor / coach of the team and will be directed to the Competition Director. Such questions should be made prior to the team's competition performance.

### B. PERFORMANCE

Any questions concerning the team's performance should be made to the Competition Director immediately after the team's performance and/or following the outcome of the competition.

## IV. INTERPRETATIONS AND / OR RULINGS

Any interpretation of these Rules and Regulations or any decision involving any other aspect of the competition will be rendered by the Rules Committee. The Rules Committee will render a judgment in an effort to ensure that the competition proceeds in a manner consistent with the general spirit and goals of the competition. The Rules Committee will consist of the Competition Director, Head Judge, and a designated competition official.

## V. SPORTSMANSHIP

All participants agree to conduct themselves in a manner displaying good sportsmanship throughout the competition with positive presentation upon entry and exit from the performance area as well as throughout the routine. The advisor and coach of each team is responsible for seeing that team members, coaches, parents and other persons affiliated with the team conduct themselves accordingly. Severe cases of unsportsmanlike conduct are grounds for disqualification.

## VI. DEDUCTIONS

Any team in violation of these Rules and Regulations or any of the above mentioned guidelines will be assessed a ten point (10) deduction for each violation. This deduction does not apply to violations mentioned above that are designated a lesser point value.

## VII. DISQUALIFICATION

Any team that does not adhere to the terms and procedures of these "Rules and Regulations" will be subject to disqualification from the competition, will automatically forfeit any right to any prizes or awards presented by the competition.

## VIII. FINALITY OF DECISIONS

By participating in this competition, each team agrees that the decisions by the judges will be final and results may **ONLY** be reviewed for clarification. Each team acknowledges the necessity for the judges to make prompt and fair decisions in this competition and each team therefore expressly waives any legal, equitable, administrative or procedural review of such decisions.

## IX. SCORES AND RANKINGS

Individual score sheets are for the exclusive use of each particular judge. Each judge has the responsibility and authority to review and submit his or her final scores and rankings prior to the final tally of the scores for all teams. Scores and rankings will be available **only** to coaches or captains at the conclusion of the competition.

## X. JUDGING CRITERIA

The judges will score teams using the criteria listed on the UCA score sheet. Each team will be evaluated on a 100 point system. Cheer will count for 35 points and 65 points for the Music section of the routine. Each section will be averaged and then combined for the final score. Any deductions or violations will be taken off of the final averaged score. For more information on scoring, score sheet and judging criteria, please visit [uca.varsity.com](http://uca.varsity.com).

## XI. 2011-2012 SAFETY RULES FOR PERFORMANCE AND GAME TIME ROUTINES

**Rules subject to change by AACCA. Go to [www.AACCA.org](http://www.AACCA.org) for updates (Rules as of 8/1/2011)**

### A. Glossary

1. **Base:** A person who is in direct contact with the performing surface and is supporting another person's weight.
2. **Basket Toss:** A stunt in which a top person is tossed by bases whose hands are interlocked.
3. **Bracer:** A top person that provides stability to another top person.

4. **Cradle:** A dismount from a partner stunt, pyramid or toss in which the top person is caught in a face-up, piked position before being placed on the performance area or remounting into another stunt, pyramid or loading position.
5. **Cupie/Awesome:** A stunt in which both feet of the top person are in one hand of a base.
6. **Dive Roll:** A forward roll where the feet leave the ground before the hands reach the ground.
7. **Elevator/Sponge Toss:** A stunt in which the top person loads in to an elevator/sponge loading position and is then tossed into the air.
8. **Extended Stunt:** A stunt in which the entire body of the top person is extended in an upright position over the base(s). Chairs, torches, flatbacks and straddle lifts are examples of stunts where the bases' arms are extended overhead, but are NOT considered to be extended stunts since the height of the body of the top person is similar to a shoulder level stunt.
9. **Hanging Pyramid:** A pyramid in which the top person's weight is primarily supported by another top person. Examples of hanging pyramids are: a person being suspended between two shoulder stands; a "whirlybird" stunt where one person's weight is being supported by the legs of a top person in a shoulder sit; and a "diamond head" where two persons are suspended from one shoulder stand.
10. **Helicopter:** A stunt in which the top person is tossed into the air in a horizontal position and rotates parallel to the ground in the same motion as a helicopter blade.
11. **Inverted:** A body position where the shoulders are below the waist.
12. **Knee Drop:** Dropping to the knees without first bearing the majority of the weight on the hands or feet.
13. **Loading Position:** A position in which the top person is off the ground in continuous movement that puts the bases and top in a position to end the movement in a stunt.
14. **Pyramid:** Connected partner stunts.
15. **Post:** A person on the performing surface who may assist a top person during a stunt or transition.
16. **Prop:** Any object which can be manipulated or used as a base (ex: poms, signs, flags, megaphones, etc.)
17. **Quick Toss:** A toss technique where the top person begins the toss with both feet on the ground. The bases can apply an upward force on any part of the body other than under the feet.
18. **Released Pyramid Transition:** A pyramid transition in which the top person is connected to a bracer while being released from their bases and is in a descending mode before being caught in a cradle, stunt or loading position.
19. **Spotter:** A person who is responsible for assisting or catching the top person in a partner stunt or pyramid. This person cannot be in a position of providing primary support for a top person but must be in a position to protect the top person's head, neck and shoulders when coming off a stunt or pyramid or landing in a cradle. Spotters must have their attention focused on the top person in order to be considered a spotter. Momentarily looking away in order to assess environmental safety factors (poms, signs, another stunt, etc.) is allowed as long as their focus returns to the top person.
20. **Stunt/Partner Stunt:** One or more persons supporting one or more top persons off of the ground.
21. **Suspended Roll:** A skill in which a person in contact with bases or posts performs a foot-over-head rotation.
22. **Tension Drop:** A dismount from a stunt or pyramid where the top person(s) are directed toward the ground while their feet are held by the base(s) until just before the landing.
23. **Tic-Toc:** A stunt that is held in a static position on one leg, the base(s) takes a downward dip and release the top person as the top person switches the weight to the other leg and lands in a static position on the opposite leg. The dip may or may not pass through prep level before release.
24. **Top Person:** A person who is not in contact with the performing surface and is being supported or stabilized by another person or has been tossed into the air.
25. **Toss:** An airborne stunt where the base(s) executes a throwing motion from below shoulder level to increase the height of the top person and the top person becomes free from all bases, posts or bracers.

## B. General

1. Cheerleading squads should be placed under the direction of a qualified and knowledgeable advisor or coach.
2. All practice sessions should be supervised by the coach and held in a location suitable for the activities of cheerleaders (i.e., use of appropriate mats, away from excessive noise and distractions, etc.).
3. Advisors/coaches should recognize a squad's particular ability level and should limit the squad's activities accordingly. "Ability level" refers to the squad's talents as a whole and individuals should not be pressed to perform activities until safely perfected.
4. All cheerleaders should receive proper training before attempting any form of cheerleading gymnastics (tumbling, partner stunts, pyramids and jumps).
5. Professional training in proper spotting techniques should be mandatory for all squads.
6. All cheerleading squads should adopt a comprehensive conditioning and strength-building program.
7. An appropriate warm-up routine should precede all cheerleading activities.
8. Prior to the performance of any skill, the immediate environment for the activity should be taken into consideration including, but not limited to proximity of non-squad personnel, performance surface, lighting and/or precipitation. Technical skills should not be performed on concrete, asphalt, wet or uneven surfaces or surfaces with obstructions.
9. Programs should qualify cheerleaders according to generally accepted teaching progressions. Appropriate spotting should be used until all performers demonstrate mastery of the skill.
10. All jewelry is prohibited during participation. Religious medals and medical medals are not considered to be jewelry. A religious medal without a chain must be taped and worn under the uniform. A medical alert medal must be taped and may be visible.
11. Supports, braces and air casts which are hard and unyielding or have rough edges or surfaces must be appropriately covered. A participant wearing a plaster-type or other hard, heavy cast shall not be involved in stunts, pyramids, tosses, tumbling or spotting.
12. Squad members must wear athletic shoes (no gymnastic slippers).
13. When discarding props (signs, etc.) that are made of solid material or have sharp edges/corners, team members must gently toss or place the props so that they are under control.
14. The use of mini-trampolines, springboards, spring-assisted floors or any other height-increasing apparatus is prohibited for competition or performance. These devices may be used for skill development and practice under the supervision of a coach *trained in their use*.

### C. Inversions

1. The top person may not be in an inverted position with the following exceptions:
    - a. Suspended forward rolls are allowed provided that all of the following conditions are met:
      - 1) The top person begins in a non-inverted position from the performing surface or a stunt.
      - 2) The top person has continuous hand-to-hand contact with two primary bases or with two posts who are controlling the top person. The top person cannot have contact with one base and one post or with bracers.
      - 3) The bases or posts cannot be involved in any other skill during the suspended roll.
      - 4) The top person lands in a double-based cradle or the performing surface. They may not land in a loading position for a stunt.
    - b. The top person may begin a stunt in an inverted position provided that all of the following conditions are met:
      - 1) The top person begins with at least one hand on the performing surface.
      - 2) The top person is loaded into a non-inverted position shoulder height or below.
      - 3) A base or spotter must maintain contact with the top person until they are in a non-inverted position.
      - 4) A base or spotter must be in a position to protect the head, neck and shoulder area of the top person.
    - c. ***The top person can be placed on the performing surface in an inverted position provided that all of the following conditions are met:***
      - 1) ***The inversion begins from a cradle or prone position below shoulder level. The cradle or prone position must be established prior to the inversion. In other words, the skill cannot simply "pass through" the cradle or prone position on the way to the inversion.***
      - 2) ***The inversion goes immediately to the performing surface with both the top person's hands supporting his or her weight.***
      - 3) ***Two original bases or an original base and a spotter must maintain contact with the top person in a position to protect the head, neck and shoulder area of the top person. This contact must be maintained until the top person's hands are on the performing surface.***
8. Cradle dismounts from partner stunts or pyramids shoulder height or above to the original base(s) require an additional spotter in position to protect the head, neck and shoulders of the top person.
  9. Cradle dismounts from partner stunts to another set of bases must be caught by three bases who are standing near the original base(s). Any type of gymnastics movement (1/2 turn, twist, toe touch, etc) after the top person has left the base(s) hands is prohibited.
  10. The top person cannot be caught in a prone position from a release unless connected to a bracer.
  11. Non-braced suspended splits in a transition are allowed provided all of the following conditions are met:
    - a. There are a total of four bases that support the top person.
    - b. At least three of the bases must support under the legs of the top person, and the fourth base may support under the legs or make contact with the hands of the top person.
    - c. The top person must have hand contact with bases during the split portion of the transition.
  12. Free-standing tic-tocs are prohibited.
  13. Extended Straddle Lifts must have an additional spotter for the head and shoulders of the top person (similar position to a Double-Based Elevator/Extension Prep).
  14. Single-based stunts in which the top person is parallel to the performing surface and the bases' arms are extended must have a continuous spotter at the head and shoulder of the top person. (i.e. Bird, Side T, Single-Based Flatback, etc.)
  15. When the top person falls away from the bases to a horizontal, straight-body position, a minimum of three catchers are required. The bases may not be counted as part of the required catchers.
  16. When the top person is transitioned to a straight-body position between two bases, an additional catcher is required. **At least one of the catchers must control the upper torso.**
  17. Tension drops are prohibited.
  18. Helicopters are allowed provided all of the following conditions are met:
    - a. The top person makes no more than a 180 degree rotation (half-turn).
    - b. Four bases must be in position during the entire release.
    - c. There must be a base at the head/shoulder area during the initiation of the toss as well as the catch.
    - d. The bases are not allowed to change positions during the release.
    - e. The top person must begin and end in a face up position.
    - f. The top person cannot perform a twisting skill.
  19. Single-based split catches are prohibited.
  20. A single-base may not be the only primary support for two extended top persons. The exception to this rule is the following:
    - a. Double Cupies/Awesomes are allowed. If dismounted to cradles, there must be three people for each top person being cradled.
  21. Dismounts to the performing surface require assistance from a base or spotter. This assistance must be sufficient to slow the momentum of the top person. The exception to this rule is the following:
    - a. Cradles may be set out to the performing surface without continuous contact.

### D. Partner Stunts

1. Partner stunts (free-standing or as part of a pyramid) higher than shoulder stand level must have a separate, continuous spotter for each person over shoulder stand level.
2. In single-based extended stunts, the spotter may not support under the heel or sole of the top person's foot. They may hold at the ankle of the top person and/or the wrist of the base or any combination thereof.
3. The top person in a partner stunt must receive primary support from a base or a bracer who is on a base.
4. The bases of any extended stunt must have both feet in direct weight-bearing contact with the performing surface.
5. **Bases may not hold props in their hands if the hands are the primary support for the top person.**
6. The total number of twists in a dismount from a stunt cannot be greater than two and one quarter rotations.
7. Partner stunts and pyramids may not pass over, under or through other partner stunts or pyramids.

## **E. Pyramids**

1. The top person in a pyramid must receive primary support from a base or be connected to a bracer who is on a base.
  2. In braced pyramids, at least one bracer of each pair must be at shoulder height or below. The exception to this rule is the following:
    - a. Extensions (double- or single-based) may brace other extensions.
  3. Partner stunts and pyramids may not pass over, under or through other partner stunts or pyramids.
  4. If a person in a pyramid is used as a brace for an extended stunt, that brace must not be supporting a majority of the top person's weight. (To demonstrate this, the foot of the top person's braced leg must be at or above the knee of their supporting leg.)
  5. Hanging pyramids must have a continuous spotter for each shoulder stand involved in suspending another person. Hanging pyramids are not allowed to rotate.
  6. In a Released Pyramid Transition the following rules apply:
    - a. At least three original bases must be under the top person throughout the transition.
    - b. Bracers at shoulder level must have a spotter in place during the transition movement. (Shoulder sits and double-based thigh stands do not require an additional spotter.)
    - c. The top person must be in hand/arm to hand/arm contact with at least one bracer during the entire transition.
    - d. The top person may not be supporting his or her weight on any other body part of the person(s) assisting (i.e. Shoulders of the bracer).
    - e. The top person must be continuous in motion and cannot be supported so that they pause during the transition.
- c. The top person may not hold any objects (poms, signs, etc.) during the toss.
  - d. The top person cannot travel over or under another person.
  - e. The top person cannot perform any skill (twist, toe touch, ball-up, etc.) during the toss.
  - f. Tosses to cradles are prohibited on surfaces other than a mat or grass (real or artificial).
4. In all multi-based tosses to a cradle the following rules apply:
    - a. No more than four tossers are allowed.
    - b. Must be caught by at least three of the original tossers, one of whom must be at the head and shoulders.
    - c. The toss may not be directed so that the bases must travel to catch the top person.
    - d. The top person may not hold any objects (poms, signs, etc.) during the toss.
    - e. The top person cannot travel over or under another person.
    - f. The total number of twists cannot be greater than two and one quarter rotations.
    - g. Tosses to cradles are prohibited on surfaces other than a mat or grass (real or artificial).
  5. In multi-based tosses that land in a stunt or loading position the following rules apply:
    - a. Must be caught by at least two of the original tossers and a spotter who must be in position to protect the head, neck and shoulders.
    - b. The toss may not be directed so that the bases must travel to catch the top person.
    - c. The maximum distance allowed between the highest point of the base and the lowest point of a top person's body cannot exceed approximately twelve inches.
    - d. The top person cannot perform any skill (twist, toe touch, ball-up, etc.) during the toss. This rule does not apply to a "Quick Toss", which can perform skills on the way up.
    - e. The top person cannot travel over or under another person.
    - f. The top person cannot be caught in a prone position.
    - g. The top person may not land in a basket toss loading position from a toss.

## **F. Tosses (including tosses from the performing surface)**

1. In all single-based tosses that land in a stunt all of the following rules apply:
  - a. The top person must land in a stunt on the original base.
  - b. The toss may not be directed so that the base must travel to catch the top person.
  - c. The top person cannot travel over or under another person.
  - d. The top person cannot be caught in a prone position.
2. In all single-based tosses that land in a loading position all of the following rules apply:
  - a. Must be caught in a loading position that includes the original base and a spotter who must be in position to protect the head, neck and shoulders.
  - b. The toss may not be directed so that the base must travel to catch the top person.
  - c. The top person cannot perform any skill (twist, toe touch, ball-up, etc.) during the toss.
  - d. The top person cannot travel over or under another person.
  - e. The top person cannot be caught in a prone position.
3. In all single-based tosses to a cradle all of the following rules apply:
  - a. Must be caught by at least three catchers that include the original base, one of whom must be at the head and shoulders.
  - b. The toss may not be directed so that the base must travel to catch the top person.

## **G. Tumbling and Jumps**

1. Dive rolls are prohibited.
2. Flips greater than one rotation are prohibited.
3. Twists greater than one rotation are prohibited.
4. A forward three-quarter flip to the seat or knees is prohibited.
5. Participants may not perform aerial tumbling or rebound over an individual or prop. (Cartwheels, rolls and walkovers are allowed.)
6. Participants may not land in a partner stunt or in a catching position from an aerial tumbling skill. (Example : A back flip from a tumbling pass into a cradle is prohibited, however, rebounding from a back handspring into a cradle is allowed.)
7. Landings for all jumps must bear weight on at least one foot. (Example : A toe touch jump or kick to a hurdler position, to the seat, knees, or landing with both feet back, or to a push-up position are prohibited.)
8. Knee drops are prohibited.
9. Any type of hurdler position or the position with both feet back (sitting, landing or lying) is prohibited with the exception of a "Z" sit.

10. Airborne drops to a prone position on the performing surface are illegal. (Examples: A back flip or a jump landing in a pushup position is illegal. A handspring to a pushup position is legal as it is not airborne prior to the prone landing.)

### H. Specific Basketball/Indoor Court Restrictions

The following skills are prohibited at basketball and other athletic contests conducted on courts, except where the area is free of obstructions and non-cheer personnel, and all skills are performed on a matted surface.

1. Basket tosses, elevator/sponge tosses and other similar multi-based tosses are prohibited.
2. Partner stunts in which the base uses only one arm to support the top person are prohibited.
3. Released twists into or from stunts or pyramids are prohibited.
4. Inversions in partner stunts and pyramids are prohibited. The exceptions to this rule are the following:
  - a. Inversions that begin on the ground and go to an upright position where the top person is in constant contact with a base or spotter are allowed.
5. Twisting tumbling skills (Arabians, full twisting layouts, etc.) are prohibited. The exception to this rule is the following:
  - a. Cartwheels, roundoffs and aerial cartwheels are allowed.

### I. Additional Restrictions for Elementary, Middle and Junior High School

The following restrictions for elementary, middle school and junior high teams are in addition to the above rules for high school teams:

1. Basket tosses, elevator tosses and similar multi-based tosses are prohibited.
2. The total number of twists in a dismount from stunts cannot be greater than one and one quarter rotation.

Copies of these guidelines should be distributed to all squad members and any administrators involved with the cheerleading program. All guidelines should be understood and accepted by all parties involved in the cheerleading program including advisors, coaches, assistants, squad members, parents, and administrators.

The above safety guidelines are general in nature and are not intended to cover all circumstances. All cheerleading gymnastics including tumbling, partner stunts, pyramids and jumps should be carefully reviewed and supervised by a qualified adult advisor or coach.

Cheerleading jumps, gymnastics and stunts may involve height and inversion of the body and there is an inherent risk of injury involved with any athletic activity. While the use of these guidelines in coordination with the AACCA Safety Course will help minimize the risk of injury, the American Association of Cheerleading Coaches and Administrators makes no warranties or representations, either expressed or implied, that the above guidelines will prevent injuries to individual participants.

For more information, visit AACCA.org. If you have questions regarding a specific rule, contact us at 800-533-6583.

We have reviewed the Rules and Regulations with our entire team and we hereby accept the Rules and Regulations as a fair and integral part of the tournament and agree to adhere to the rules, policies and procedures contained herein.

\_\_\_\_\_  
Team Name

\_\_\_\_\_  
Date

\_\_\_\_\_  
City/State

\_\_\_\_\_  
Advisor Signature

\_\_\_\_\_  
Division (Jr. High, Small Varsity, etc.)

\_\_\_\_\_  
Principal Signature