

CATHOLIC YOUTH ORGANIZATION

WINTER CHEERLEADING RULES/REGULATIONS

I. PARTICIPATION RULES:

Official Rules: The rules of the CYO Cheerleading are those established specifically for the sport of CYO Cheerleading. It is imperative that each coach have a working knowledge of the CYO Cheerleading Rules for contest, league or non-league contests, and CYO sponsored competitions, in addition to those rules governing CYO Athletics.

Cheer/Music Selections: Carefully scrutinize the music, words and choreography that are used. Teams will be responsible for the content and should be certain that the values present in the Catholic Parish/School are upheld. Music, cheers or dance in poor taste should be avoided and eliminated.

II. LEAGUE RULES/REGULATIONS:

A. Competition Sites: Balloons and any signs with Glitter will not be allowed in the competition sites.

B. Insurance: Secondary medical insurance is provided for participants for all athletics through the Michigan Catholic Conference. This coverage has some limitations and is secondary to parent's medical coverage. This coverage is in effect if the student has no medical coverage. Information can be obtained through School Principals or Parish Pastors.

III. VIOLATION AND PENALTIES:

Violations of CYO rules and regulations shall subject a member Parish/School to any or all, but not limited to, the following: censure, probation with competition, probation without competition, forfeiture, suspension, and expulsion.

IV. SPORTSMANSHIP AWARD: A Sportsmanship Award will be presented to the team voted on by all participating teams. Teams will be judged on the following criteria:

- A. Coaches Behavior – with their own team, other teams, officials during and after the competition.
- B. Cheerleaders Behavior and Attitude – Positive promotion of other teams, interaction with own teammates, opponents and crowd, friendliness to all participants.
- C. General Activity of Spectators - Sportsmanlike attitude, cooperative with host school and competing schools, accepting officials scores.

V. The Winter Competition will offer the following divisions:

- (1) J.V. Division 1 (tumbling teams)
- (2) J.V. Division 2 (non-tumbling teams)
- (3) Varsity Division 1 (stunting/tumbling/mounting teams)
- (4) Varsity Division 2 (non-stunting/tumbling teams)
- (5) Varsity Division 3 (MHSAA Competitive Format)

Format and rules for J.V. and Varsity Divisions 1 and 2 are outlined below. Varsity Division 3 will follow the MHSAA rule book which can be found at the website: www.MHSAA.com. If you plan to participate in the Varsity Division 3 format, please print the rule book or purchase it from MHSAA.

J.V. DIVISION 1
STUNTING/MOUNTING/TUMBLING TEAMS
FORMAT AND RULES

J.V. DIVISION 1 COMPETITION FORMAT: Participation will consist of two (2) rounds and each squad will be judged on a cheer and a dance. J.V. Division teams may perform gymnastics, tumbling, stunting and mounting in the cheer and/or dance. Skills are not required to be performed in unison with the exception of the jump in Round 1. J.V. teams are not required to perform stunting/mounting/tumbling in this cheer.

A. ROUND ONE - OPEN ROUND: Time limit from first word or motion, to the last word or motion: two (2) minutes with a minimum of one (1) minute . Time infraction will result in 7 points deducted for 1 to 5 seconds over/under time limit; 14 points deducted for 6 or more seconds over/under time limit.

The first jump performed will be judged and must be in unison by the entire team. A team may choose from any of three jump levels. Each team will be awarded extra points for the type of jump performed:

Level One = 2 points	Level Two = 3 points	Level Three = 4 points
<ul style="list-style-type: none"> • Spread Eagle • Tuck Jump 	<ul style="list-style-type: none"> • Double Hook • Slap Jump 	<ul style="list-style-type: none"> • Double Nine • Front Hurdler • Toe Touch • Universal • Pike • Herkie

Violation of this rule will result in a deduction of 7 points for the round.

Teams will be judged in the Cheer on the following categories using a 1-10 point scale using a tenth of a point system:

- Jump
- Floor mobility – 4 required formations (3 changes)
- Voice
- Team Coordination
- Creativity
- Difficulty and Variety
- General Impression

B. ROUND TWO – DANCE ROUND: Time limit from first word, motion or music – two (2) minutes with a minimum of one minute thirty seconds (0:1:30). Time infraction will result in 7 points deducted for 1 to 5 seconds over/under time limit, 14 points deducted for 6 or more seconds over/under time limit.

1. Teams are required to provide their own music on a cassette tape/CD. A tape/CD player will be available if needed. Music may be spliced, but must play continuously. It is the coaches' responsibility to carefully scrutinize the music and choreography used in the Dance Round.

2. Coaches or team representatives will be responsible for turning music on and off or their own team. Tapes/CDs must be ready to play at time of performance.
3. Cheers and chants are not allowed during the dance, but cheerleaders may yell a word or phrase.
Violation of this rule will result in a deduction of 7 points for the round.
4. Teams will be judged in the following categories for the Dance Routine:
 - Floor Mobility – 4 Required Formations (3 formation changes)
 - Precision/Synchronization/Execution
 - Creativity/Originality
 - Skill Incorporation/Difficulty and Variety
 - Music Incorporation
 - General Impression

J.V. DIVISION 1 GENERAL COMPETITION RULES: Teams may incorporate stunting/tumbling skills in both the open and dance rounds. With the exception of the first jump performed in the Open Round, skills are not required to be performed in unison. Teams are permitted to perform partner stunting and mounting in the cheer and/or dance. Aerial tumbling (i.e. back tucks, aerial cartwheels, front tucks) is not permitted. Teams will not be judged on the amount of mounting/stunting/tumbling/gymnastics in the cheers, but rather the total performance of each individual round.

1. Crowd participation, level and formation changes are permitted and encouraged.
2. Drops, slams, knee slams, sit slams, body slams, knee slides, body slides and seat slides ARE NOT PERMITTED. Drops are defined as dropping forcefully onto the cheering surface without first bearing most of the weight on the hands/feet which breaks the impact of the drop. When squads take knee positions, they must hand brace, walk down, or sit down.

Violation of this rule will result in a deduction of 7 points per each round it occurred.

3. When splits are incorporated in either routine, both hands must be placed on cheering surface prior to entry and exit. If switch splits are performed, both hands must be placed on cheering surface prior to entry, prior to the switch, and prior to the exit of the splits.

Violation of this rule will result in a deduction of 7 points per each round it occurred.

4. Entrances and exits will not be judged. Teams may enter and exit from any side of the competition area, EXCEPT THE SIDE ON WHICH THE JUDGES ARE SEATED.

Violation of this rule will result in a deduction of 7 points per each round it occurred.

5. Uniform changes will not be permitted in between rounds.

Violation of this rule will result in a deduction of 7 points per each round it occurred.

6. Cheerleaders who are above the sixth grade **cannot** compete in the J.V. competition. Girls cannot compete in both the J.V. and Varsity competition; they may only compete at one level. Cheerleaders may be registered on one team only.

Violation of this rule will result in a void round.

7. All jewelry is prohibited with the exception of religious or medical medals. If such medals are worn, they shall be taped to the body under the uniform.

Violation of this rule will result in a deduction of 7 points per each round it occurred.

8. There is no limit in the amount of cheerleaders on a team. There may be no more than a difference of two cheerleaders competing from round to round. Example: A team competes with 10 competitors in the Open Round. The team may compete with 8, 9, 10, 11 or 12 competitors in the Dance Round. All cheerleaders must be listed on the eligibility roster which is to be on file with the CYO office.

Violation of this rule will result in a deduction of 7 points per each round it occurred.

9. The cheer and dance may include the use of pom-poms, signs, props. If signs are glittered, they must be laminated.

If a cheerleader steps on or kicks a sign, pom-pon, prop, etc. during a performance a 7 point deduction will be assessed.

10. Glitter is not permitted on the cheerleaders including the hair or face.

Violation of this rule will result in a deduction of 7 points for each round it occurred.

11. Three coaches are permitted in the coaches area.

Violation of this rule will result in a deduction of 7 points for each round it occurred.

12. Detached hair devices.

Violation of this rule will result in a deduction of 3 points for each round it occurred.

13. Junior Varsity teams will be judged on four formations in both the cheer and dance (3 formations changes). Formations can be used more than one time.

Violation of this rule will result in a deduction of 7 points for the round.

- 14.** Junior Varsity teams may perform gymnastics, tumbling, stunting and mounting in both the cheer and dance. Junior Varsity teams may stunt or mount only to the shoulder level. Junior Varsity teams may not perform extended stunts. **Spotters are required for all mounts/stunts at the shoulder level. Shoulder sits and thigh stands do not require spotters. Hitches at the elevator level are permitted. Extended stunts (where the all of the bases' arms are extended overhead), are not permitted.**

Violation of this rule will result in a deduction of 7 points for the round.

- a. TOUCH WATCH & AWAY – Required Spotting Technique

- I. The spotter must TOUCH either the base and/or the top when performing a stunt shoulder level or above.

- II. During the stunt and dismount, the spotter must be WATCHING for possible errors and ACTING to prevent injuries with special emphasis on the head, neck, and back areas of the flyer.
- III. While TOUCHING, the spotter must be sufficiently AWAY from the stunt so as to not be a primary support.

15. Bases and/or spotter must maintain contact with the flyer.

Violation of this rule will result in a deduction of 7 points for each round it occurred.

16. Head must remain above the waist when performing stunts.

Violation of this rule will result in a deduction of 7 points for each round it occurred.

17. Procedures to assure SAFETY – The following procedures are recommended to enhance the level of safety when skills and stunts are taught.

- a. When skills and stunts being taught and practiced, mats must be used.
- b. All stunts must be taught with the use of spotters.

18. **Scoring and Penalties:** Officials will be available for questions at the conclusion of the second round of competition for coaches who wish to receive clarifications. If clarification is not resolved prior to the conclusion of the competition, scores will stand.

19. **Teams may incorporate a chant or cheer when entering the cheer surface, however, it will be timed with the entire performance.**

20. **Prohibited Stunts:** Suspended Rolls, Basket Tosses, Basket Tosses to any Flair, **Inverted entrances and exits are not permitted.** Shoot throughs are permitted. Aerial tumbling (i.e. back tucks, aerial cartwheels, front tucks) will not be permitted. **The show and go may be performed to the shoulder level only.**

Violation of this rule will result in a deduction of 7 points for the round.

J.V. DIVISION 2

NON-TUMBLING TEAMS

FORMAT AND RULES

J.V. DIVISION 2 COMPETITION FORMAT: Participation will consist of two (2) rounds and each squad will be judged on a cheer and a dance.

A. ROUND ONE - OPEN ROUND: Time limit from first word or motion, to the last word or motion: two (2) minutes with a minimum of one (1) minute . Time infraction will result in 7 points deducted for 1 to 5 seconds over/under time limit; 14 points deducted for 6 or more seconds over/under time limit.

1. Teams will be judged on the performance of two jumps. **The first two jumps performed will be judged and must be performed in unison by the entire team.** A team may choose from any of three jump levels. Each team will be awarded extra points for the type of jump performed:

Level One = 2 points	Level Two = 3 points	Level Three = 4 points
<ul style="list-style-type: none"> • Spread Eagle • Tuck Jump 	<ul style="list-style-type: none"> • Double Hook • Slap Jump 	<ul style="list-style-type: none"> • Double Nine • Front Hurdler • Toe Touch • Universal • Pike • Herkie

Level One jumps will receive 2 extra difficulty level points, Level Two jumps will receive 3 extra difficulty level points, Level Three jumps will receive 4 extra difficulty level points. Jumps may be selected from any level. Coaches will write in each jump in order of performance on the scoresheet. **The jumps must be performed in the order written on the scoresheet. The jumps must be different.** The scoresheet will be submitted via e-mail to the site supervisor the day before the competition.

10	9	8	7	6	5	4	3
15v-3d	15v-2d	15v-1d	15v-0d	13v-0d	11v-0d	9v-0d	7v-0d
14v-3d	14v-2d	14v-1d	14v-0d	12v-0d	10v-0d	8v-0d	6v-0d
13v-4d	13v-3d	13v-2d	13v-1d	11v-1d	9v-1d	7v-1d	5v-1d
12v-4d	12v-3d	12v-2d	12v-1d	10v-1d	8v-1d	6v-1d	4v-1d
11v-5d	11v-4d	11v-3d	11v-2d	9v-2d	7v-2d	5v-2d	
10v-4d	10v-3d	10v-2d	8v-2d	6v-2d	4v-2d		
9v-5d	9v-4d	9v-3d	7v-3d	5v-3d			
		8v-4d	8v-3d	6v-3d			

2. **A Difficulty and Variety category where teams can perform any variety of enhancements in cheers, i.e. peel offs, level changes, ripples. A list of possible enhancements is below. In order for a junior varsity team to receive a 10 in this category, they must perform as the chart shows below.**

**JUNIOR VARSITY DIVISION 2
NON-TUMBLING TEAMS
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Examples of Simple Variety	Examples of Difficult Variety	
Additional Formation Changes	Arm Whips	Blades
Below the waist foot/leg work	Diagonal Spins	High Kicks
Diagonal arm motions	Dips	Hopping
Non-complex oppositions	Difficult Oppositions	Spinning
Ripples	Side stepping formation changes	
Waist level kick	Extra jump (beyond the required number)	
	Knee level movements	
	Moving Backwards	

3. Teams will be judged in the Cheer in the following categories on a 1-10 point scale using a tenth of a point system:

- 2 Jumps
- Floor Mobility – 4 Required Formations (3 formation changes)
- Voice
- Precision
- Creativity
- Difficulty and Variety
- General Impression

- B. ROUND TWO – DANCE ROUND: Time limit from first word, motion or music – two (2) minutes with a minimum of one minute thirty seconds (0:1:30). Time infraction will result in 7 points deducted for 1 to 5 seconds over/under time limit, 14 points deducted for 6 or more seconds over/under time limit.**

1. Teams are required to provide their own music on a cassette tape/CD. A tape/CD player will be available if needed. Music may be spliced, but must play continuously. It is the coaches' responsibility to carefully scrutinize the music and choreography used in the Dance Round.
2. Coaches or team representatives will be responsible for turning music on and off or their own team. Tapes/CDs must be ready to play at time of performance.
3. Cheers and chants are not allowed during the dance, but cheerleaders may yell a word or phrase.
Violation of this rule will result in a deduction of 7 points for the round.
4. Teams will be judged on the degree of difficulty and the variety of enhancements in the dance: i.e. splits, heel stretches, formation changes, etc.

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NON-TUMBLING TEAMS
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5. Teams will be judged in the following categories for the Dance Routine:

Floor Mobility – 4 Required Formations (3 formation changes)
Precision/Synchronization/Execution
Creativity/Originality
Skill Incorporation/Difficulty and Variety
Music Incorporation
General Impression

J.V. DIVISION 2 GENERAL COMPETITION RULES:

1. Drops, slams, knee slams, sit slams, body slams, knee slides, body slides and seat slides ARE NOT PERMITTED. Drops are defined as dropping forcefully onto the cheering surface without first bearing most of the weight on the hands/feet which breaks the impact of the drop. When squads take knee positions in this cheer, they must hand brace, walk down, or sit down.
Violation of this rule will result in a deduction of 7 points per each round it occurred.
2. Entrances and exits will not be judged. Teams may enter and exit from any side of the competition area, EXCEPT THE SIDE ON WHICH THE JUDGES ARE SEATED.
Violation of this rule will result in a deduction of 7 points per each round it occurred.
3. Girls who are above the sixth grade **cannot** compete in the sixth grade competition. Girls cannot compete in both the J.V. and Varsity competition; they may only compete at one level. Cheerleaders may be registered on one team only.
Violation of this rule will result in a void round.
4. Uniform changes will not be permitted in between rounds.
Violation of this rule will result in a deduction of 7 points per each round it occurred.

5. Girls cannot compete in both the J.V. and Varsity competition; they may only compete at one level. Cheerleaders may be registered on one team only.
Violation of this rule will result in a void round.
6. Crowd participation, level and formation changes are permitted and encouraged.
7. Mounts, stunts, gymnastics, tumbling or supported jumps ARE NOT PERMITTED.
Violation of this rule will result in a deduction of 7 points for the round.
8. Cheerleaders must keep one foot on the floor at all times when in contact with another cheerleader.
Violation of this rule will result in a deduction of 7 points for the round.

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NON-TUMBLING TEAMS
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9. Teams may incorporate splits, heel stretches, and jumps. Tumbling (i.e. cartwheels, forward rolls, handsprings, etc.), stunting and mounting are not permitted.
Violation of this rule will result in a deduction of 7 points per each round the tumbling, stunting and/or mounting occurred.
10. When splits are incorporated, both hands must be placed on cheering surface prior to entry. If switch splits are performed, both hands must be placed on cheering surface prior to entry, prior to the switch, and prior to the exit of the splits.
Violation of this rule will result in a deduction of 7 points per each round it occurred.
11. All jewelry is prohibited with the exception of religious or medical medals. If such medals are worn, they shall be taped to the body under the uniform.
Violation of this rule will result in a deduction of 7 points per each round it occurred.
12. There is no limit in the amount of cheerleaders on a team. There may be no more than a difference of two cheerleaders competing from round to round. Example: A team competes with 10 competitors in the Jump Cheer. The team may compete with 8, 9, 10, 11 or 12 competitors in the Open Cheer. All cheerleaders must be listed on the eligibility roster which is to be on file with the CYO office.
Violation of this rule will result in a deduction of 7 points per each round it occurred.
13. Glitter is not permitted on the cheerleaders including the hair or face.
Violation of this rule will result in a deduction of 7 points for each round it occurred.
14. The cheer and dance may include the use of pom-poms, signs, props. If signs are glittered, they must be laminated. **If a cheerleader steps on or kicks a sign, pom-pom, prop, etc. during a performance a 7 point deduction will be assessed.**
15. No more than three coaches are permitted in the designated coaches area.

Violation of this rule will result in a deduction of 7 points for each round it occurred.

16. Detached hair devices.

Violation of this rule will result in a deduction of 3 points for each round it occurred.

17. Junior Varsity teams will be judged on four formations in both the cheer and dance (3 formation changes). Formations can be used more than one time.

Violation of this rule will result in a deduction of 7 points for the round.

18. **Scoring and Penalties:** Officials will be available for questions at the conclusion of the second round of competition for coaches who wish to receive clarifications. If clarification is not resolved prior to the conclusion of the competition, scores will stand.

19. Teams may incorporate a chant or cheer when entering the cheer surface, however, it will be timed with the entire performance.

VARSIITY DIVISION 1
STUNTING/TUMBLING TEAMS
FORMAT AND RULES

VARSIITY DIVISION 1 COMPETITION FORMAT: Participation will consist of two (2) rounds and each squad will be judged on a cheer and a dance. **Varsity teams may perform gymnastics, tumbling, stunting and mounting in the cheer and/or dance. Skills are not required to be performed in unison. Varsity teams are NOT REQUIRED to perform stunting/mounting/tumbling in this cheer.**

A. ROUND ONE - OPEN ROUND: Time limit from first word or motion, to the last word or motion: **two (2) minutes with a minimum of one minute (1:00).** Time infraction will result in **7 points deducted for 1 to 5 seconds over/under time limit; 14 points deducted for 6 or more seconds over/under time limit.**

The first jump performed will be judged and must be performed by the entire team. A team may choose from any of three jump levels. Each team will be awarded extra points for the type of jump performed:

Level One = 2 points	Level Two = 3 points	Level Three = 4 points
<ul style="list-style-type: none">• Spread Eagle• Tuck Jump	<ul style="list-style-type: none">• Double Hook• Slap Jump	<ul style="list-style-type: none">• Double Nine• Front Hurdler• Toe Touch• Universal• Pike• Herkie

Violation of this rule will result in a deduction of 7 points for the round.

Teams will be judged in the Cheer on the following on a 1-10 point scale using a tenth of a point system:

Jump
Floor mobility – 5 required formations (4 changes)
Voice
Team Coordination
Creativity
Difficulty and Variety
General Impression

B. ROUND TWO – DANCE ROUND: Time limit from first word or motion, to the last word or motion: two (2) minutes with a minimum of one minute 30 seconds (1:30). Time infraction will result in 7 points deducted for 1 to 5 seconds over/under time limit; 14 points deducted for 6 or more seconds over/under time limit.

**VARSAITY DIVISION 1
MOUNTING/STUNTING/TUMBLING TEAMS
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1. Teams are required to provide their own music on a cassette tape/CD. A tape/CD player will be available if needed. Music may be spliced, but must play continuously. It is the coaches' responsibility to carefully scrutinize the music and choreography used in the Dance Round.
2. Coaches or team representatives will be responsible for turning music on and off for their own team. Tapes/CDs must be ready to play at time of performance.
3. Cheers and chants are not allowed during the dance, but cheerleaders may yell a word or phrase.
Violation of this rule will result in a deduction of 7 points for the round.
4. Uniform changes will not be permitted in between rounds.
Violation of this rule will result in a deduction of 7 points per each round it occurred.
5. Girls cannot compete in both the J.V. and Varsity competition; they may only compete at one level. Cheerleaders may be registered on one team only.
Violation of this rule will result in a void round.
6. Teams will be judged in the following categories for the Dance Routine:
 - Floor Mobility – 5 Required Formations (4 formation changes)
 - Precision/Synchronization/Execution
 - Creativity/Originality
 - Skill Incorporation/Difficulty and Variety
 - Music Incorporation
 - General Impression

VARSAITY DIVISION 1 GENERAL COMPETITION RULES: Teams may incorporate stunting/tumbling skills in both the open and dance rounds. With the exception of the first jump performed in the Open Round, skills are not required to be performed in unison. Teams are permitted to perform partner stunting and mounting in the

cheer and/or dance. Aerial tumbling (i.e. back tucks, aerial cartwheels, front tucks) is not permitted. Teams will not be judged on the amount of mounting/stunting/tumbling/gymnastics in the cheers, but rather the total performance of each individual round.

1. Crowd participation, level and formation changes are permitted and encouraged.
2. Varsity teams will be judged on five formations (four formation changes). Formations can be used more than one time.

Violation of this rule will result in a deduction of 7 points for the round.

3. Drops, slams, knee slams, sit slams, body slams, knee slides, body slides and seat slides ARE NOT PERMITTED. Drops are defined as dropping forcefully onto the cheering surface without first bearing most of the weight on the hands/feet which breaks the impact of the drop. When squads take knee positions, they must hand brace, walk down, or sit down.

Violation of this rule will result in a deduction of 7 points per each round it occurred.

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MOUNTING/STUNTING/TUMBLING TEAMS
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4. When splits are incorporated in either routine, both hands must be placed on cheering surface prior to entry. If switch splits are performed, both hands must be placed on cheering surface prior to entry, prior to the switch, and prior to the exit of the splits.

Violation of this rule will result in a deduction of 7 points per each round it occurred.

5. Entrances and exits will not be judged. Teams may enter and exit from any side of the competition area, EXCEPT THE SIDE ON WHICH THE JUDGES ARE SEATED.

Violation of this rule will result in a deduction of 7 points per each round it occurred.

6. The cheer and dance may include the use of pom-poms, signs, props. If signs are glittered, they must be laminated.

If a cheerleader steps on or kicks a sign, pom-pon, prop, etc. during a performance a 7 point deduction will be assessed.

7. Uniform changes will not be permitted in between rounds.

Violation of this rule will result in a deduction of 7 points per each round it occurred.

8. Girls cannot compete in both the J.V. and Varsity competition; they may only compete at one level. Cheerleaders may be registered on one team only.

Violation of this rule will result in a void round.

9. All jewelry is prohibited with the exception of religious or medical medals. If such medals are worn, they shall be taped to the body under the uniform.

Violation of this rule will result in a deduction of 7 points per each round it occurred.

10. There is no limit in the amount of cheerleaders on a team. There may be no more than a difference of two cheerleaders competing from round to round. Example: A team competes with 10 competitors in the Open Round. The team may compete with 8, 9, 10, 11 or 12 competitors in the Dance Round. All

cheerleaders must be listed on the eligibility roster which is to be on file with the CYO office.

Violation of this rule will result in a deduction of 7 points per each round it occurred.

11. Glitter is not permitted on the cheerleaders including the hair or face.

Violation of this rule will result in a deduction of 7 points for each round it occurred.

12. Three coaches are permitted in the coaches area.

Violation of this rule will result in a deduction of 7 points for each round it occurred.

13. Detached hair devices.

Violation of this rule will result in a deduction of 3 points for each round it occurred.

14. **A spotter must be used when performing all stunts at or above shoulder level.**

Violation of this rule will result in a deduction of 7 points per stunt.

VARSITY DIVISION 1
MOUNTING/STUNTING/TUMBLING TEAMS
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a. TOUCH WATCH & AWAY – Required Spotting Technique

I. The spotter must TOUCH either the base and/or the top when performing a stunt shoulder level or above.

II. During the stunt and dismount, the spotter must be WATCHING for possible errors and ACTING to prevent injuries with special emphasis on the head, neck, and back areas of the top.

III. While TOUCHING, the spotter must be sufficiently AWAY from the stunt so as to not be a primary support.

15. **Spotters are not required for the following: pony stand, thigh stand, double base pony stand, shoulder sit.**

16. **Prohibited Stunts: Suspended Rolls, Basket Tosses, Basket Tosses to any Flair, Single Base Extension, Single Leg Extension, Toe Touch Cradle from Extension, Twist to cradle from extension, flairs at extension level, double twist to cradle. Inverted entrances and exits are not permitted. Extensions are permitted with an extra spotter in the front (two spotters required). The cupie flair may be performed at the extension level. The pop cradle may be performed when teams dismount. Shoot throughs are permitted. Aerial tumbling (i.e. back tucks, aerial cartwheels, front tucks) will not be permitted by Varsity teams. Tosses are noted permitted when the flyer is released from the bases and/or spotter. The spotter and/or bases must maintain contact.**

Violation of this rule will result in a deduction of 7 points for the round.

17. Bases and/or spotter must maintain contact with the flyer.

Violation of this rule will result in a deduction of 7 points for each round it occurred.

18. Head must remain above the waist when performing stunts.

Violation of this rule will result in a deduction of 7 points for each round it occurred.

19. Procedures to assure SAFETY – The following procedures are recommended to enhance the level of safety when skills and stunts are taught.

- a. When skills and stunts being taught and practiced, mats must be used.
- b. All stunts must be taught with the use of spotters.
- c. Beginning skills and stunts should be taught and mastered before intermediate and/or advanced skills and stunts are introduced.

20. The following chart lists beginning, intermediate and advanced skills and stunts. This list is not complete, but should serve as a guideline for coaches to use when practice is conducted so that skills are practiced and mastered in a progressive order according to difficulty.

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MOUNTING/STUNTING/TUMBLING TEAMS
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BEGINNING SKILLS	INTERMEDIATE SKILLS	ADVANCED SKILLS
Forward Roll	Backward Roll	Back handspring
Kicks	Cartwheel	Back walkover
Spread eagle jump	Herkie jump	Heel stretch
Tuck jump	Round off	Front Hurdler jump
	Side Splits	Switch splits
	Double Hook Jump	Toe touch jump

STUNTS AT OR ABOVE SHOULDER LEVEL THAT REQUIRE A SPOTTER		
STUNTS	STUNTS	STUNTS
<i>NO SPOTTER NEEDED</i>	<i>SPOTTER NEEDED</i>	<i>SPOTTER NEEDED</i>
Pony stand	Elevator	Double/Triple based straddle lift/V-sit
Double base pony stand	Shoulder stand	Chair
Thigh stand	Double base shoulder stand	Torch
Shoulder sit	Double base split catch	Extended suspended splits
	Suspended splits	Pop to a stunt
	Russian Lift-spotter on waist	Extension with two bases, one front spotter and one back spotter
	Triple base Deadman lift	Half pendulum
	Double based elevator boxed out	Full pendulum
	Shoot through	Show-n-go
		Floor up to extension

		Twist up to extension
		Mountain climber
		Inverted entrances/exits

21. Varsity teams will be judged on five formations in both the cheer and dance (4 formation changes). Formations can be used more than one time.

Violation of this rule will result in a deduction of 7 points for the round.

22. **Scoring and Penalties:** Officials will be available for questions at the conclusion of the second round of competition for coaches who wish to receive clarifications. If clarification is not resolved prior to the conclusion of the competition, scores will stand.

23. **Teams may incorporate a chant or cheer when entering the cheer surface, however, it will be timed with the entire performance.**

VARSITY DIVISION 2
NON-STUNTING/TUMBLING TEAMS
FORMAT AND RULES

VARSITY DIVISION 2 COMPETITION FORMAT: Participation will consist of two (2) rounds and each squad will be judged on a cheer and a dance.

A. ROUND ONE – OPEN ROUND: Time limit from first word or motion, to the last word or motion: two minutes (2:00). Minimum time is one minute (1:00). Time infraction will result in 7 points deducted for 1 to 5 seconds over/under time limit; 14 points deducted for 6 or more seconds over/under time limit.

1. Teams will be judged on the performance of two jumps. The first two jumps performed will be judged and must be performed in unison by the entire team.

Jumps will be rated as follows:

Level One = 2 points	Level Two = 3 points	Level Three = 4 points
<ul style="list-style-type: none"> • Spread Eagle • Tuck Jump 	<ul style="list-style-type: none"> • Double Hook • Slap Jump 	<ul style="list-style-type: none"> • Double Nine • Front Hurdler • Toe Touch • Universal • Pike • Herkie

Level One jumps will receive 2 extra difficulty level points, Level Two jumps will receive 3 extra difficulty level points, Level Three jumps will receive 4 extra difficulty level points. Jumps may be selected from any level. Coaches will write in each jump in order of performance on the scoresheet. The jumps must be performed in the order written on the

scoresheet. The jumps must be different. The scoresheet will be submitted via e-mail to the site supervisor the day before the competition.

- 2. A Difficulty and Variety category where teams can perform any variety of enhancements in cheers, i.e. peel offs, level changes, ripples. A list of possible enhancements is below. In order for a varsity team to receive a 10 in this category, they must perform as the chart shows below.**

10	9	8	7	6	5	4	3
15v-3d	15v-2d	15v-1d	15v-0d	13v-0d	11v-0d	9v-0d	7v-0d
14v-3d	14v-2d	14v-1d	14v-0d	12v-0d	10v-0d	8v-0d	6v-0d
13v-4d	13v-3d	13v-2d	13v-1d	11v-1d	9v-1d	7v-1d	5v-1d
12v-4d	12v-3d	12v-2d	12v-1d	10v-1d	8v-1d	6v-1d	4v-1d
11v-5d	11v-4d	11v-3d	11v-2d	9v-2d	7v-2d	5v-2d	
10v-4d	10v-3d	10v-2d	8v-2d	6v-2d	4v-2d		
9v-5d	9v-4d	9v-3d	7v-3d	5v-3d			
		8v-4d	8v-3d	6v-3d			
		7v-4d					

**Varsity Division 2
Non-Stunting/Tumbling Teams
Page 2**

Examples of Simple Variety	Examples of Difficult Variety	
Additional Formation Changes	Arm Whips	Blades
Below the waist foot/leg work	Diagonal Spins	High Kicks
Diagonal arm motions	Dips	Hopping
Non-complex oppositions	Difficult Oppositions	Spinning
Ripples	Side stepping formation changes	
Waist level kick	Extra jump (beyond the required number)	
	Knee level movements	
	Moving Backwards	

3. Teams will be judged on the degree of difficulty and the variety of enhancements in the dance: i.e. splits, heel stretches, formation changes, etc.
4. Teams will be judged in the Cheer on the following on a 1-10 point scale using a tenth of a point system:

- 2 Jumps
- Floor mobility – 5 required formations (4 changes)
- Voice
- Team Coordination
- Creativity
- Difficulty and Variety

General Impression

B. ROUND TWO – DANCE ROUND: Time limit from first word, motion or music – two (2) minutes with a minimum of one minute thirty seconds (0:1:30). Time infraction will result in 7 points deducted for 1 to 5 seconds over/under time limit, 14 points deducted for 6 or more seconds over/under time limit.

1. Teams are required to provide their own music on a cassette tape/CD. A tape/CD player will be available if needed. Music may be spliced, but must play continuously. It is the coaches' responsibility to carefully scrutinize the music and choreography used in the Dance Round.
2. Coaches or team representatives will be responsible for turning music on and off or their own team. Tapes/CDs must be ready to play at time of performance.
3. Cheers and chants are not allowed during the dance, but cheerleaders may yell a word or phrase.
Violation of this rule will result in a deduction of 7 points for the round.
4. Teams will be judged in the following categories for the Dance Routine:

**Varsity Division 2
Non-Stunting/Tumbling Teams
Page 3**

Floor Mobility – 5 Required Formations (4 formation changes)
Precision/Synchronization/Execution
Creativity/Originality
Skill Incorporation/Difficulty and Variety
Music Incorporation
General Impression

Varsity Division 2 General Competition Rules:

1. Drops, slams, knee slams, sit slams, body slams, knee slides, body slides and seat slides ARE NOT PERMITTED. Drops are defined as dropping forcefully onto the cheering surface without first bearing most of the weight on the hands/feet which breaks the impact of the drop. When squads take knee positions, they must hand brace, walk down, or sit down.
2. Crowd participation, level and formation changes are permitted and encouraged.
3. Varsity teams will be judged on five formations (four formation changes). Formations can be used more than one time.
Violation of this rule will result in a deduction of 7 points for the round.
4. Uniform changes will not be permitted in between rounds.
Violation of this rule will result in a deduction of 7 points per each round it occurred.
5. Girls cannot compete in both the J.V. and Varsity competition; they may only compete at one level.

Cheerleaders may be registered on one team only.
Violation of this rule will result in a void round.

6. Mounts, gymnastics, tumbling, or supported jumps ARE NOT PERMITTED.
Violation of this rule will result in a deduction of 7 points for the round.
7. Cheerleaders must keep one foot on the floor at all times when in contact with another cheerleader.
Violation of this rule will result in a deduction of 7 points for the round.
8. Entrances and exits will not be judged. Teams may enter and exit from any side of the competition area, EXCEPT THE SIDE ON WHICH THE JUDGES ARE SEATED.
Violation of this rule will result in a deduction of 7 points per each round it occurred.
9. All jewelry is prohibited with the exception of religious or medical medals. If such medals are worn, they shall be taped to the body under the uniform.
Violation of this rule will result in a deduction of 7 points per each round it occurred.

VARSITY DIVISION 2
NON-STUNTING/TUMBLING TEAMS
PAGE 4

10. There is no limit in the amount of cheerleaders on a team. There may be no more than a difference of two cheerleaders competing from round to round. Example: A team competes with 10 competitors in the Jump Cheer. The team may compete with 8, 9, 10, 11 or 12 competitors in the Open Cheer. All cheerleaders must be listed on the eligibility roster which is to be on file with the CYO office.
Violation of this rule will result in a deduction of 7 points per each round it occurred.
11. Glitter is not permitted on the cheerleaders including the hair or face.
Violation of this rule will result in a deduction of 7 points for each round it occurred.
12. No more than three coaches are permitted in the designated coaches area.
Violation of this rule will result in a deduction of 7 points for each round it occurred.
13. Detached hair devices.
Violation of this rule will result in a deduction of 3 points for each round it occurred.
14. Teams will be judged on the variety and difficulty of splits, heel stretches, formation changes, jumps, and crowd participation included in the dance.
15. Teams may incorporate splits, heel stretches, and jumps. Tumbling (i.e. cartwheels, forward rolls, handsprings, etc.), stunting and mounting are not permitted.

Violation of this rule will result in a deduction of 7 points per each round the tumbling, stunting and/or mounting occurred.

16. When splits are incorporated in either routine, both hands must be placed on cheering surface prior to entry. If switch splits are performed, both hands must be placed on cheering surface prior to entry, prior to the switch, and prior to the exit of the splits.

Violation of this rule will result in a deduction of 7 points per each round it occurred.

17. Cheerleaders may be registered on one team only.

Violation of this rule will result in a void round.

18. Scoring and Penalties: Officials will be available for questions at the conclusion of the second round of competition for coaches who wish to receive clarifications. If clarification is not resolved prior to the conclusion of the competition, scores will stand.

19. Teams may incorporate a chant or cheer when entering the cheer surface, however, it will be timed with the entire performance.

**VARSITY DIVISION 2
NON-STUNTING/TUMBLING TEAMS
PAGE 5**

20. The cheer and dance may include the use of pom-poms, signs, props. If signs are glittered, they must be laminated. **If a cheerleader steps on or kicks a sign, pom-pon, prop, etc. during a performance a 7 point deduction will be assessed.**

21. Teams will be judged in the following categories for the Dance Routine:

- Floor Mobility – 4 Required Formations (3 formation changes)
- Precision/Synchronization/Execution
- Creativity/Originality
- Skill Incorporation/Difficulty and Variety
- Music Incorporation
- General Impression