

Little Highlanders Cheer Classic – November 1, 2009

Rules and Requirements

- The competition will be held at Oak Hills High School (Cincinnati, OH).
- Cost to compete: \$15 per cheerleader
- Spectator: \$5 per person (ages 5 and under free)
- Ages 5 through 18 may participate. Birth certificates and photos must be available for review the day of competition if deemed necessary by Little Highlander Cheer Classic Coordinator.
 - o The coordinators of each organization will be responsible for all contracts, birth certificates, photos of each participant, and rosters.
- Divisions
 - o Divided by grades as follows: 1st, 2nd, 3rd, 4th, 5th, 6th, Middle School (7th-8th), High School (9th-12th) Junior Varsity, and Varsity
 - o Recreation
 - Non-Mount
 - Mount
 - o Minimum squad size is 5 cheerleaders; Maximum squad size is 40 cheerleaders.
 - o Depending on registration numbers and squads participating, these divisions are subject to change. The final schedule will be posted 2 weeks prior to the competition date. Contact Little Highlanders Cheer Classic Coordinator with questions or concerns.
 - o Teams within an organization may be combined to compete, however each participant must have cheered on the organization's roster from the beginning of the season.
- Competition Floor:
 - o Standard 42 ft. x 42 ft. Foam Competition Floor
 - o Standard 42 ft. x 42 ft. Foam Warm-Up Floor
 - Each squad will receive a 7 minute warm-up opportunity on the foam warm-up floor. This will be timed.
 - o Athletes must remain on floor during the routine. Each time an athlete steps off the mat during the routine, a penalty will be deducted from the squad's final score.
- All squads will be held to a 2 minute 30 second time limit. Penalties will be deducted from the final score for routines that exceed this limit. Time will start from the first competitive action (Ex: first spoken word or first beat of music). Official time will be kept and recorded.
- Athletes must have at least one foot, hand, or body part (other than hair) on the performing surface when the routine begins (Exception: Athletes may have their feet in the hands of bases if the bases hands are resting on the performing surface).
- Side line coaching is not permitted. A penalty will be deducted from the final score per individual. This rule applies to all divisions, regardless of grade level.
- Flags, banners, signs, poms, megaphones, and pieces of cloth are the only props permitted. Props with poles or similar support apparatus may not be used in conjunction with any kind of stunt or tumbling. All props must be safely discarded out of harms way (e.g. throwing a hard

sign across the mat from a stunt is illegal). Any uniform piece purposefully removed from the body and used for visual effect will be considered a prop.

- Casts that are hard and unyielding or have rough edges must be appropriately covered with a padded material. The appropriately padded material must be such that it protects both the athlete and fellow athletes from injury.
- Soft-soled shoes must be worn while competing. No dance shoes/boots, and/or gymnastics slippers (or similar) are permitted. Shoes must have a solid sole.
- Any height increasing apparatus used to propel a competitor is prohibited.
- Jewelry of any kind including but not limited to ear, nose, tongue, belly button, and facial rings, clear plastic jewelry, bracelets, necklaces, and pins on uniforms are not permitted.
 - o Exception: Medical ID tags/bracelets and uniform rhinestones are permitted.
 - Rhinestones applied to skin are not permitted.
 - Temporary tattoos are permitted.
- NO GLITTER WILL BE PERMITTED.
- The chewing of gum and/or candy while practicing or performing is prohibited.
- Mounting Squads must have a minimum of 1 spotter. Teams will be responsible for their own spotters. Spotters will not be provided by Little Highlanders Cheer Classic. Spotters must be age 18 or older. It is required that mounting squads have spotters on the performing surface during the entire competition routine.
 - o Role of Spotters: to ensure safety of participants; spotters are to assist to prevent injury
- It is required that all organizations carry current and valid insurance to protect members and cheerleaders during the competition.
- Little Highlanders Cheer Classic/BYCA is not responsible for any injury, fall, or loss of personal property that occurs on the day of competition or as a result of competing or attending the competition.
- All athletes must be supervised during all official functions by a qualified coach/director.
- All teams, gyms, coaches and directors must have an emergency response plan in the event of an injury.
- Athletes and coaches may 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.
- Athletes must always practice and perform on an appropriate surface.
- Score Sheets will be given to squads during the designated awards session. The judges scores are considered final.

General Tumbling Rules:

- 1) 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.)
- 2) Tumbling over, under, or through a stunt, individual, or prop is not allowed.
- 3) Tumbling while holding or in contact with any prop is not allowed.

- 4) Assisted, or connected tumbling is not allowed.
- 5) Dive Rolls
 - a. Dive rolls performed in a swan/arched position are not allowed.
 - b. Dive rolls that involve twisting are not allowed.

Standing/Running Tumbling:

- 1) Skills are allowed up to 1 flipping and 2 twisting rotations.

Stunts

- 1) A spotter (cheerleader from the competing squad) is required for all stunts.
- 2) Single leg stunts are allowed.
- 3) Twisting mounts and twisting transitions are allowed up to 2 twisting rotations by the top person.
- 4) Free flipping stunts or transitional are not allowed.
- 5) No stunt or pyramid may move over or under another stunt or pyramid.
- 6) 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. Physical contact must be maintained with all of the original bases.
- 7) Single based split catches are not allowed.
- 8) Single based double awesome/cupies require a separate spotter for each top person.
- 9) Release moves:
 - a. Release moves are allowed but must not exceed more than 18 inches above extended arm level (Ex. Tic-tocks are allowed).
 - b. Release moves may not land in a prone position.
 - c. Release moves must return to original bases.
 - d. Release moves may not intentionally travel.
- 10) Inversions:
 - a. Extended inverted stunts allowed.
 - b. Downward inversions are allowed from prep level and above and must be assisted by at least 3 bases, at least 2 of which are positioned to protect the head and shoulder area. Contact must be initiated at the shoulder level (or above) of the bases (Clarification: The stunt may not pass above prep level and then become inverted at prep level.). Catchers must make contact with the head and shoulder area.
 - c. Downward inversions must maintain contact with an original base.
 - d. Downward inversions from prep level or above may not land in an inverted position.
- 11) Pyramids
 - a. Pyramids must follow Stunt and Dismount rules are allowed up to 2 high.
 - b. Top persons must receive primary support from a base.
 - c. Release moves:

- i. During a pyramid transition, a top person may pass above 2 persons high while in direct physical contact with at least one person at prep level or below.
- ii. Primary weight may not be borne at second level (Clarification: The transition must be continuous).
- iii. Non-inverted pyramid release moves must be caught by at least 2 catchers.
 - 1. Catchers must be stationary.
 - 2. Catchers must maintain visual contact with the top person throughout the entire transition.
- iv. Non-inverted transitional pyramids may involve change bases. When changing bases:
 - 1. The top person must maintain physical contact with a person at prep level or below.
 - 2. Catchers may not be involved with any other skill or choreography when the transition is initiated.
- v. Inversions
 - 1. Must follow Stunt Inversion rules
- vi. Release Moves with Braced Inversions
 - 1. Pyramid transitions may involve braced inversions (including braced flips) while released from the bases if contact is maintained throughout the entire transition with either the top person(s) or the base(s).
 - 2. Braced inversions (including braced flips) are allowed up to 1-1/4 flipping rotations.
 - 3. Braced inversions (including braced flips) are allowed up to 1 twist if contact is maintained with 2 top persons at prep level 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. Catchers must be stationary.
 - b. Catchers must maintain visual contact with the top person throughout the entire transition.
 - c. 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.

12) Dismounts

- a. Cradles from single based stunts at prep level 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 must have 2 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 must be assisted by an original base.
- d. Up to a 2-1/4 twisting rotation allowed from all stunts.
- e. No free flipping dismounts allowed.
- f. Tension drops/rolls of any kind are not allowed.
- g. Helicopters are not permitted.
- h. When cradling single based double awesome/cupies 2 catchers must catch each top person.

13) Tosses

- a. Tosses are allowed up to a total of 5 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 the 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 (No intentional traveling tosses) (Exception: A ½ 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.
- f. Up to 3 tricks allowed during a toss (i.e. kick double, switch kick twist, etc. – an arch is not considered a skill).