



2009-2010 Competition Rules

All Star Cheerleading

General Rules

- 1) All teams must be supervised by qualified coach, director and/or trainer at all times. Skills should be mastered before progression is allowed.
- 2) Directors and/or coaches must have, at all times, emergency contact numbers for all of their team members.
- 3) Common Sense: No one may be under the influence of medication (prescribed and/or over the counter) which may interfere with one's ability to safely perform/practice and/or coach a routine. No athlete or coach should ever be under the influence of alcohol at practice or at competition. Play smart, play safe!!
- 4) Routines may not exceed 2 minutes and 30 seconds. Timing begins with the first beat of music or sound effects. All participants must have at least one foot on the performance floor when the routine begins.
- 5) While competing, all jewelry is strictly prohibited. This includes but is not limited to rings, earrings, facial rings, belly button rings, tongue rings, pins, wrist and ankle bracelets (metal or otherwise) and rhinestones applied to the skin. Participants may not tape over jewelry, jewelry must be removed. Exception; medical alert bracelets or necklaces maybe worn provided they are taped to the body. Rhinestones adhered to the uniform are also allowed.
- 6) Soft-soled shoes must be worn at all times while competing. Gymnastics shoes/slippers, Dance shoes/ boots or similar footwear are prohibited.
- 7) With the exception of a spring floor, any height increasing apparatus is prohibited.
- 8) Pom poms, banners, flags, signs and megaphones are the only legal props allowed. Props with poles or any other hard support surface may not be used in conjunction of any kind of stunts and/or tumbling. All props must be safely discarded, i.e. no throwing hard signs etc. across the mat.
- 9) Where a stunt requires a spotter or an additional spotter, the spotter must be one of the participating team members (Special Needs teams are excepted).
- 10) Braces and Casts: Medical Braces (prescribed) and/or supports may be worn provided that any hard or unyielding surfaces are covered. **Participants that have a plaster or fiberglass cast may not be involved in any stunts, tumbling or jumps.** **
- 11) All drops, including but not limited to, seat, knee, thigh, front, back, split, and face drops from a jump, tumbling, inversion and stunt are prohibited unless the majority of the weight is first borne by the hands and/or feet, which substantially breaks the impact of the drop. Shushinovas are allowed.
- 12) Skills allowed in one level additionally encompass all skills allowed in all the preceding levels.
- 13) Cheerleaders must have at least one foot, hand or body part on the performance surface when the routine begins. Cheerleaders/flyers may have both feet in the hands of a base(s) provided the base has their hand(s) resting on the performance floor.

** At Complete Cheer and Dance Championships we are concerned with the safety of the cheerleader/dancer first. It is with this in mind that we separate ourselves from other competition companies by not allowing participants with plaster/fiberglass casts to be involved in any stunts and/or tumbling. Casts are meant to prevent or decrease muscle contractions and to immobilize the broken bone as it heals.

General Tumbling Rules for All Levels

- 1) All tumbling must land on and originate from the competition floor.
 - a) Tumblers may rebound into a stunt/stunt transition from his/her feet provided there is not hip over head rotation, i.e. no flipping.
 - i) Tumblers may rebound into a prone position.
- 2) Tumbling with a prop or while in contact with a prop is prohibited.
- 3) Tumbling under, over or through a pyramid, stunt, individual, or a prop is prohibited. Exception: A standing forward or backward roll over a prop is legal. A standing forward roll over an arm or leg is legal.
- 4) Assisted, spotted or connected tumbling is prohibited. (Example: Chorus line flip, double cartwheels and connected forward rolls)
- 5) Dive rolls in a swan or layout position are illegal.

Additional Information:

It is important that directors and coaches also read the General Rules and Guidelines, available on our web site. It contains important information on divisions, registration policies, awards, competition guidelines and rules.

Important Note:

MP3/Video files are available to show some of the more non-traditional cheerleading tumbling skills. Ex: side somi, Onodi, Arabian mounter (combinations), full twisting lay-out step out, and gainer lay-outs.

Contact *Complete Cheer & Dance Championships* if you would like to have a copy emailed to you.

For any questions or for more information you may contact *Complete Cheer & Dance* via email or phone.

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