

CHEER RULES AND REGULATIONS

2009 COLLEGE CHEERLEADING & DANCE TEAM NATIONAL CHAMPIONSHIP

(**BOLD** print indicates a change in rules)



Please tear out along the perforations. You may make copies of this form.

I. GENERAL RULES

A. COLLEGE / UNIVERSITY TEAM GUIDELINES

1. The competition is open to all colleges, universities, and junior colleges in the country.
2. Teams may not exceed sixteen (16) members, with the exception of All Girl Divisions. All Girl Divisions may not exceed twenty (20) female team members.
3. Individuals may not represent more than one team at the National Championship.
4. Large Coed Divisions will be limited to a maximum number of nine male participants for the cheer portion of the video entry.
5. There are NINE separate competitive cheer divisions:
 - a. Division IA
 - b. Division I
 - c. Division II
 - d. Junior College (2 year schools)
 - e. All Girl I (NCAA Division IA & Division I schools)
 - f. All Girl II (NCAA Division II, Jr. Colleges and all other schools)
 - g. Small Coed I (4 males or less, NCAA Division IA & Division I schools)
 - h. Small Coed II (4 males or less, NCAA Division II, Jr. Colleges and all other schools)
 - i. Open Division – This category is for schools who have more than one cheerleading squad. If your school has one squad that competes in the established categories (IA, I, II, etc.) and you have an additional squad (example: “Lady Bears”, JV, “White Squad”, etc.) then the open division is for that additional squad. The Open Division is for coed squads only (i.e. All female squads still compete in the All Girl Divisions).

B. PARTICIPATION GUIDELINES

1. All participants must be registered full-time students of their college or university and official members of the school’s spirit squad for the fall semester (no club teams). Transcripts or a notarized letter from the Dean of Students or registrar’s office is required upon registering for the National Championship for the fall semester. **DOCUMENTATION OF FULL TIME STATUS MUST NOT BE DATED ANY EARLIER THAN DECEMBER 1, 2008.** Squads violating this rule could forfeit their titles and be prohibited from entering the competition the following year. For any clarification on these rules please call 1-888-CHEERUCA.
2. Each cheer team must be accompanied by a current AACCA certified coach in order for the team to be eligible to compete. Proof of certification is required upon registering for the National Championship.
3. Any interpretations or decision of eligibility for the 2009 College Cheerleading and Dance Team National Championship will be rendered by the Rules Committee, which will consist of the Tournament Director, the UCA/UDA College Program Director and one other UCA/UDA official appointed by the Tournament Director. The Rules Committee will render a judgment in a manner consistent with the general goals of the championship.

C. MUSIC AND TIME LIMITATIONS

1. Each squad’s presentation must include at least one cheer and / or sideline chant.
2. Each squad will have a maximum of 2 minutes and 30 seconds (1 minute 45 seconds maximum of music) to demonstrate its cheerleading expertise. Timing will begin with the first movement or voice by the squad, or first note of the music, whichever comes first.
3. If a squad exceeds either time limit, a five (5) point per judge penalty will be assessed for each violation. Because penalties are severe it is recommended that each squad time its performance several times before attending the competition. **There should not be any organized entrances, exits or other organized activity after the official ending of the routine.**

4. Teams may use an unlimited number of songs in their routine at all competitions.
5. Due to television network requirements, all music used by teams competing at the UCA College Cheerleading and Dance Team National Championship must be licensed by either ASCAP or BMI (or both). Any violation of the licensing requirement will subject the team to disqualification from the Championship and omission from any associated television programs.

D. COMPETITION AREA

1. Participants must start in the competition area with at least one foot on the ground.
2. Teams may line up anywhere inside the competition area.
3. The competition area will be determined by the tournament director according to the size of the facility being used.
4. Approximate floor size will be forty eight feet wide by forty two feet deep (8 strips).
5. Any squad member stepping outside the performance area will cause the squad to receive a point-five (.5) per judge penalty per occurrence.
6. Signs or props may be placed or dropped outside the competition area by a team member who must remain inside the competition area. If a sign or prop is thrown outside the competition area, that team will receive a one (1) point per judge deduction for each violation.

II. TOURNAMENT FACILITY

The tournament officials will have the right to alter the time and location of the competition in the event changes become necessary due to inclement weather, facility problems, television production requirements or any other situation deemed by the tournament officials to be essential to the successful execution of the championship.

III. INTERRUPTION OF PERFORMANCE

1. UNFORSEEN CIRCUMSTANCES

- a. 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.
- b. 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.

2. FAULT OF TEAM

- a. 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.
- b. 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.

3. INJURY

- a. In the event that an injury causes the team’s routine to be interrupted, the team must either continue the routine or withdraw from the competition.
- b. Competition officials reserve the right to stop the routine if an injury occurs.
- c. 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.

IV. HOW TO HANDLE PROCEDURAL QUESTIONS

- 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.
- 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.

V. INTERPRETATIONS AND / OR RULINGS

Any interpretation of any aspect 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.

VI. SPORTSMANSHIP

All participants and advisors 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.

VII. DEDUCTIONS

Each squad’s presentation must comply with the enclosed rules and regulations. Any team in violation of these Rules and Regulations or any of the above mentioned guidelines will be assessed a ten point (10) per judge deduction for each violation. This deduction does not apply to violations mentioned above that are designated a lesser point value.

VIII. 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, and may also forfeit the opportunity to participate in a competition or the National Championship the following year.

IX. FINALITY OF DECISIONS

By participating in this championship, 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.

X. SCORES AND RANKINGS

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

XI. JUDGING PROCEDURES

The judges for the event will be appointed at the sole discretion of Universal Cheerleaders Association. The judges will score each squad according to the judging criteria to determine their total score. The “crowd segment” of your entry tape accounts for 15 points of your total score per judge. The highest score and the lowest score given for each squad will be dropped and the remaining judge scores will be totaled to determine the overall squad score. In the event of ties, total points (including high and low) will be used to determine standings.

XII. JUDGING CRITERIA

There will be 2 panels of 6 judges to score each team’s routine. We will drop the high and low of each group, leaving 4 scores from each judging group to make up the average score for a routine. The two score sheets will equal out to 50 points going toward your cheer and practicality score (35 on the sheet and 15 from the crowd tape) and 50 points to the music portion.

One group of 6 will be using a score sheet which will focus on the cheer of the routine. It will involve practicality, use of skills, use of signs or poms or megaphones, while also taking into consideration the difficulty of the stunts and pyramids that are used.

The other judging group will be using a score sheet specific to the music portion of the routine. This will involve more of the creative and difficult skills attempted while looking at the overall effect and crowd appeal plus the entertainment value of this portion of the routine.

MUSIC JUDGING SHEET

Blue denotes a change from prior year

PARTNER STUNTS	15 POINTS _____
<small>Execution, Difficulty (Level of Skill, Number of Bases, Number of Stunt Groups), Synchronization, Variety</small>	
PYRAMIDS	15 POINTS _____
<small>Difficulty, Transitions Moving into or Dismounting out of Skills, Timing, Creativity</small>	
BASKET TOSSES	5 POINTS _____
<small>Execution, Height, Synchronization (When Applicable), Difficulty, Variety</small>	
TUMBLING	5 POINTS _____
<small>Group Tumbling, Difficulty of Skills, Proper Technique, Synchronization</small>	
OVERALL PRESENTATION	10 POINTS _____
<small>Choreography, Collegiate Image (Including Sportsmanship, Appropriate Material, Music, <i>Natural</i> Makeup and Uniform), Dance (Small Coed & All Girl Teams Only)</small>	
50 POINTS POSSIBLE	TOTAL _____

CHEER JUDGING SHEET

Blue denotes a change from prior year

CROWD LEADING ABILITY	15 POINTS _____
<small>Crowd Effective Material and Ability to Lead the Crowd Use of Signs or Poms or Megaphones or Combination to Encourage Crowd Response Use of Voice, Pace & Motion to Lead the Crowd Sportsmanship & Collegiate Image</small>	
PRACTICALITY OF SKILLS	15 POINTS _____
<small>Practical Use of Skills to Effectively Lead the Crowd Practicality of Transitions Moving into or Dismounting out of Skills</small>	
OVERALL CHEER IMPRESSION	5 POINTS _____
<small>Execution, Effectiveness of Skills Performed, Difficulty, Spacing, Use of Floor</small>	
35 POINTS POSSIBLE	TOTAL _____

XIII. NATIONAL CHAMPIONSHIP PARTICIPATION

It is understood that teams participating in the College Cheerleading and Dance Team National Championship will not knowingly and willingly participate in any other event promoted as a “national championship” or “international championship” for the 2008-2009 school year. Teams who do not adhere will automatically be disqualified from the 2009 Championship and will forfeit the opportunity to participate in the tournament the following year (Exception: USA National Championship).

XIV. APPEARANCES, ENDORSEMENTS AND PUBLICITY

All squads winning titles, awards or prizes agree to have all appearances, endorsements and publicity approved through the UCA office.

XV. TELEVISION COVERAGE

The UCA College Cheerleading Team Championship is nationally televised on ESPN and ESPN2. Because of the format of the show, not all finalist teams will be shown on the telecast.

Please tear out along the perforations. You may make copies of this form.

XVI. SAFETY, GUIDELINES FOR PARTNER STUNTS, PYRAMIDS AND TOSSES

GENERAL RESTRICTIONS

Note: See "Section G" for specific basketball/indoor restrictions.

Section A - General Program Guidelines

- Cheerleading squads should be placed under the direction of a qualified and knowledgeable advisor or coach.
- All practice sessions should be supervised by the advisor/coach and held in a location suitable for the activities of cheerleaders (e.g., use of appropriate matting, away from excessive noise and distractions, etc.)
- 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.
- Advisors/coaches should recognize the particular ability level of all participants and should limit the squad's activities accordingly. Participants should not be pressed to perform activities until they are safely prepared.
- Skills that have not been mastered should be performed only in a supervised practice environment.
- Thorough training in proper spotting techniques should be mandatory for all squads.
- All cheerleaders should receive proper training before attempting any form of cheerleading gymnastics (tumbling, partner stunts, pyramids and jumps).
- All cheerleading squads should adopt a comprehensive conditioning and strength building program.
- A structured stretching exercise and flexibility routine should precede and follow all cheerleading activities.
- All programs should qualify cheerleaders according to accepted teaching progressions. Appropriate spotting should be used until all performers demonstrate mastery of the skill, and when spotting is required by specific rule.
- In environments where there is close proximity to the athletic event and "out of bounds" plays pose a significant risk of injury to the participant, no technical skills should be performed while the ball is in play.
- All partner stunts, pyramids, and tosses should be reviewed and approved by the coach prior to execution.

Section B - General Restrictions

- The use of any height-increasing apparatus (e.g. mini-trampoline, etc.) other than a spring floor is prohibited for performance.
- The top person in a partner stunt, pyramid or transition cannot be released from bases with the intent to land or be caught in an inverted body position.
- An individual may not jump, flip or dive over, under, or through partner stunts, pyramids or individuals from basket tosses, similar tosses, partner stunts or other tosses from hands.
- Drops (knee, seat, thigh, front, back and split) from a jump, stand or inverted position are prohibited unless the majority of the weight is first borne on the hands/feet which breaks the impact of the drop.
- Jewelry of any kind is prohibited (e.g., navel jewelry, tongue jewelry, earrings, necklaces, etc.) Medical bracelets are allowed provided they are taped to the body.
- Soft-soled athletic shoes must be worn while cheering or competing. Gymnastics shoes, jazz shoes and/or boots are prohibited.
- Basket and Elevator/Sponge Tosses are prohibited on surfaces other than grass (real or artificial) or a mat.
- Flipping skills into or from stunts, tosses or pyramids are prohibited on surfaces other than grass (real or artificial) or a mat.
- Two and one half high pyramids are prohibited on surfaces other than grass (real or artificial) or a mat.

Section C - Partner Stunts

- An additional spotter is required for the following:
 - Twisting dismounts with more than a 360 degree rotation. The spotter must assist on the cradle.
 - One-arm stunts other than a cupie/awesome or basic liberty. All other one-arm stunts require a spotter (e.g., heel stretch, arabesque, high torch, scorpion, bow and arrow, etc.).

- One-arm stunts where the load-in or dismount involves any twist. The spotter must be in place during the twist and assist on the cradle.
- One-arm stunts where the top person is popped from one arm to the other.

E. Handspring load-ins where the top person leaves the ground in an inverted position and is released to a stunt shoulder height or above.

- Single based split catches are prohibited.
- Flips into or from partner stunts are prohibited, with the following exceptions (These exceptions are limited to one flip and one half twist and require an additional spotter **who assists with the cradle.**):
 - Rewinds (no twisting allowed)
 - Front flip dismounts from shoulder height **or below** to a cradle.
 - Back flip dismounts from shoulder height double-based stunts to a cradle.
- Leg pitch, toe pitch, walk-in, sponge, and straddle catch front and back flips are prohibited.
- Twisting dismounts greater than two rotations are prohibited. Exception: side facing stunts - i.e. Arabesque, Scorpion, double full twisting cradles to the front are legal.
- Front, back and side tension drops are prohibited.

Section D - Pyramids

- Pyramids higher than 2 ½ body lengths are prohibited. Pyramid height is measured by body lengths as follows: chairs, thigh stands and shoulder straddles are 1 ½ body lengths; shoulder stands are 2 body lengths; extended stunts (i.e. extension, liberty, etc.) are 2 ½ body lengths. Exception: an extended stunt on top of a thigh stand is allowed.
- In all pyramids, there must be at least two spotters designated for each person who is above "two persons high" and whose primary support does not have at least one foot on the ground. One of the spotters must be in the back and the other **must** be at the side or in front of the pyramid to spot the front. **Once the pyramid shows adequate stability and just prior to the dismount**, this spotter can move to the back to catch the cradle.
- Cradles from pyramids over two high must use at least two catchers.
- Toe touch and twisting dismounts off of pyramids two high or above must use three catchers.
- All flips into or from pyramids are prohibited, with the exception of a forward flip dismount to a cradle **and legal rewinds (see definitions)**.
- Front, back and side tension drops are prohibited.

Section E - Tosses

- Basket tosses or similar tosses may only be performed from ground level, can use no more than four bases, and must be cradled by three of the original bases, one of which must catch in a "scoop" under the head and shoulders.
- Basket and elevator/sponge tosses may not be directed so that the bases must move to catch the top person.
- Basket and elevator/sponge tosses cannot exceed one flipping and two twisting rotations.
- In flipping basket or elevator/sponge tosses (tuck, layout, or pike position) only two additional skills are allowed. One twisting rotation is considered to be one skill.

Examples:

Legal (two skills)

Tuck flip, X-out, Full Twist
 Double Full-twisting Layout
 Kick, Full-twisting Layout
 Pike, Open, Double Full Twist
 Arabian Front, Full twist

Illegal (three skills)

Tuck flip, X-out, Double Full Twist
 Kick, Double Full-twisting Layout
 Kick, Full-twisting Layout, Kick
 Pike, Split, Double Full Twist
 Full-twisting Layout, Split, Full Twist

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

- Basket and elevator/sponge load-ins can land in a stunt or pyramid provided that the toss does not significantly exceed the height of the intended skill. Flips into stunts or pyramids from a basket or elevator/sponge load-in are prohibited.

Section F - Tumbling

- Tumbling skills performed over, under or through partner stunts, pyramids or individuals are prohibited.
- Tumbling skills that exceed one flipping rotation are prohibited.
- Tumbling skills with two or more twisting rotations are prohibited.
- Dive rolls are prohibited.

Section G – Specific Basketball/Indoor Court Rules

1. The following skills are prohibited at basketball and other athletic contests conducted on courts, except during halftime or postgame performances where the area is free of obstructions and non-cheer personnel, and all skills are performed on a matted surface. **(Pregame and timeouts are not exceptions to this rule and are subject to the listed restrictions, regardless of whether matting is used or not.)**
 - A. Basket tosses, elevator/sponge tosses and other similar multi-based tosses.
 - B. Partner stunts in which the base uses only one arm to support the top person.
 - C. Flips or **released** twists into or from partner stunts.
 - D. Two and one half person high pyramids.
 - E. Inverted body positions into, from or during partner stunts and pyramids.**
 - F. Twisting tumbling skills.

Section H - Glossary

- Base** - A person who is in direct contact with the performing surface and is supporting another person's weight.
- Top** – A person who is either being supported by another while off of the performing surface or who has been tossed into the air by another person.
- Middle** – A person who is being supported by a base while also supporting a top person.
- Toss** – A movement by one or a group of participant that propels a person into the air so that the person is airborne (i.e., free of contact with the performing surface).
- Stunt** - A skill in which a top person is supported by a base or bases.
- Pyramid** – A skill in which a top person is being supported by a middle layer person.
- Flip** – When a person is airborne while the feet pass over the head.
- Dive Roll** - A forward roll wherein the performer is airborne prior to the beginning of the forward roll.
- Cradle** – Dismount from a stunt/pyramid/toss in which the top person lands in a face-up, semi-piked position.
- Helicopter Toss** – A stunt in which the top person is tossed into the air with the body parallel to the ground and completes a 360 degree horizontal rotation (like the blades of a helicopter.)
- Rewind** - Skill in which the top person starts with BOTH FEET on the ground, is tossed into the air and performs a backward or side rotation into a stunt, **pyramid** or loading position **(this would include a cradle)**. Flips are limited to one rotation into a **pyramid, stunt or loading position and one and one quarter rotations into a flatback or cradle** and cannot twist.

- Loading Position** – Any intermediate position below shoulder level that uses continuous motion to put a top person in a stunt or pyramid. Examples: Elevator/sponge load, basket load, smooch, scoop from the back, etc.
- Flatback** – A stunt in which the top person is in a face-up, straight-body position parallel to the performing surface.
- Height-increasing Apparatus** – Any type of equipment that increases the height of a skill.

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

Note: These rules have been revised to fit the format of the Competition. *The above safety rules are general in nature and are not intended to cover all circumstances. All cheerleading gymnastics, including tumbling, partner stunts, pyramids, jumps and tosses should be carefully reviewed and supervised by a qualified and knowledgeable advisor or coach. 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 any clarification or interpretation of the above safety guidelines please call Bill Ahern at 1-888-CHEERUCA or email bahern@uca.com.

Note: To avoid any misunderstandings regarding interpretation of the rules, all squads must submit a DVD/VHS video tape of their tumbling, partner stunts, pyramids, and basket tosses in their routine to the championship office no later than December 5, 2008.

EVERY SQUAD MUST SUBMIT A SAFETY VIDEO!

Squads who do not submit this video tape will be assessed a 5 point per judge penalty!

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

_____ School

_____ Date

_____ Advisor/Coach

_____ Captain

_____ Signature of School Administrator

_____ Title

Please tear out along the perforations. You may make copies of this form.