

# **SYF RULES - CHEER**

## **Divisions for 2019**

**The following divisions will be offered for the 2019 season**

- 1. Halftime Division**
- 2. Competition Division (level I)**
- 3. Competition Division (level II)**
- 4. Competition Division (level III)**
- 5. Competition Division (Non Tumbling)**

**Divisions for 2019 – Teams will pick 1 of the following to compete in. Brief description is below**

**Halftime Division:** Designed for teams who do not compete outside of SYF. Teams could be new to cheerleading and don't have any experience putting together a routine for competition. So bring a halftime and perform against other teams. Skills that can be performed are level 3 or below. 1:30 MAX time limit. Routine can be performed to MUSIC OR CHEER.

**Competition Division Level I:** Designed for teams who are new to cheerleading. Routines are limited to 2:30 max time limit AND ALL MUSIC. Skills need to follow ROUTINE 1 GUIDELINES

**Competition Division Level 2:** Designed for teams who have experience with competition type cheerleading. Level 2 teams would be teams that compete outside of SYF at events like JAMZ, USA, UCA, etc. Routines are limited to 2:30 max time limit AND ALL MUSIC. Skills need to follow ROUTINE 2 GUIDELINES

**Competition Division Level 3:** Designed for teams who have experience with competition type cheerleading. Level 3 teams would be teams that compete outside of SYF at events like JAMZ, USA, UCA, etc. Routines are limited to 2:30 max time limit AND ALL MUSIC. Skills need to follow ROUTINE 3 GUIDELINES

## **Division sizes and splits**

**Halftime Division (3 + team members)**

**Competition Division Small Level I (5 - 12 members) Large Level I (13 + members)**

**Competition Division Small level II (5 - 12 members) Large level II (13 + members)**

**Competition Division Small level III (5 - 12 members) Large level III (13 + members)**

**Competition Division Non Tumbling (5 + team members)**

## **Additional Rules for Showcase and League competitions**

**Minimum time limit – none**

**Maximum time limit competition division 2:30**

**Maximum time limit halftime division 1:30**

**Use of a cheer in competition division – Not allowed (Must be all music)**

**Use of a cheer in halftime divisions – Allowed, but not required**

**Stepping off of the floor – No penalty**

**Use of poms – Allowed**

**Fingernail length – checked and monitored by own team for safety**

**Jewelry – checked and monitored by own team for safety**

**Music format – needs to be in an mp3 or similar format**

**Music must be able to work offline**

**All music must have an adult who IS FAMILIAR WITH HOW YOUR MUSIC WORKS.**

**In case of injury, the event director can stop the routine for the injured athlete.**

**If a routine is stopped for an injured athlete, that athlete MAY NOT perform again that day EVEN IF THEY FEEL BETTER.**

**Any section of skill required by the score sheet and not performed by a team will result in a score of zero for that category**

# 2019 Level 1 Comp Rules

## Partner Stunts

1. Partner stunts at prep level must have a spotter.
2. The bases must have both feet on the ground when stunting.
3. A spotter is required for single base shoulder level stunts in which the feet of the top person are in the hands of one base. (This side spotter may assist under the sole of the foot.)
4. In stunts requiring a spotter, a spotter:
  - a. Can't provide primary support for a top person.
  - b. Must be in a position to protect the top person's head, neck and shoulders
  - c. Spotters must have their attention focused on the top person. Momentarily looking away in order to assess environmental safety factors (another stunt, etc.) is allowed as long as their focus returns to top.
  - d. May not have their hands behind their back.
5. Twisting is Prohibited
6. Stunts above prep level are prohibited
7. Partner stunts and pyramids may not pass over, under or through other partner stunts or pyramids.
8. All cradle dismounts from partner stunts require a spotter in position to protect the head, neck and shoulders of the top person.
9. In all dismounts to catchers who are not the original bases, the following conditions must be met:
  - a. The top person must be cradled by two catchers and a head-and-shoulders spotter/catcher.
  - b. The new catchers must remain close to the original bases.
  - c. The new catchers must be in place and not involved in any other skill when the release is initiated.
  - d. The top person may not perform any skill (twist, toe touch, etc.)
10. Release stunts are prohibited
11. Helicopters are prohibited
12. A log roll is legal provided it does not involve more than one complete rotation and the top person is not in contact with a person in a release stunt.
  - a. In a log roll, the top person must rotate begin/end in a face-up position.
13. A top person in a horizontal position shoulder height or below or in a cradle may be released to a loading position.
14. Non-braced suspended splits in a transition are allowed provided all of the following conditions are met:
  - a. The top person must have both hands in continuous contact with post or with both bases hands.
  - b. When transitioning to the split without continuous hand-to-hand contact:
    - i. There are a total of four bases that support the top person.
    - ii. At least three of the bases must support under the legs of the top person. The fourth base may support under the legs or make contact with the hands of the top person.
15. 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 Flat back, etc.)
16. Dismounts to the performing surface from shoulder height or above must have assisted landings. The dismount can't involve a skill (e.g. toe touch, twist, etc.)
17. A swinging stunt is prohibited
18. Single-based split catches are prohibited.
19. Tension drops are prohibited

## Inversions

**No inversions Allowed**

## 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, bracers must be at shoulder height or below.
- 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.
- 5 Released Pyramid Transitions are prohibited
- 6 Single leg extended skills are prohibited
- 7 **EXTENDED PYRAMIDS MUST FOLLOW THESE RULES**
  - a. Must be braced on one side with a stunt at the prep level or below
  - b. Top (flyer) must standing/held on/by both feet – **NO 1 FOOT EXTENDED STUNTS ALLOWED**

## Tosses

**No tosses allowed**

## Tumbling and Jumps

- 13 Dive rolls are prohibited.
- 14 Back handsprings are prohibited.
- 15 Flips and skills with no hand support are prohibited.
- 16 Twists are prohibited.
- 17 A forward three-quarter flip to the seat or knees is prohibited.
- 18 A back flip from a tumbling pass into a cradle is prohibited. However, rebounding from a back handspring into a cradle is allowed.
- 19 Landings for all jumps must bear weight on at least one foot. (Example: A toe touch jump to the seat, knees, or landing with both feet back, or to a push-up position is prohibited.)
- 20 Knee drops are prohibited without first bearing weight on the hands.
- 21 Drops to a prone position (i.e. pushup) on the performing surface are illegal.

**Airborne skills without hip over-head rotation may not jump from a standing or squatting position backwards onto your neck, shoulders and hands. (This rule only refers to a type of entrance into the "kip-up/rubber band" skill.)**

# Glossary

**Base:** A person who is in direct contact with the performing surface and is supporting another person's weight.

**Basket Toss:** A stunt in which a top person is tossed by bases whose hands are interlocked.

**Bracer:** A top person who stabilizes and/or assists another top person.

**Braced Flip/Roll:** A pyramid in which the top person performs a hip-over-head rotation while in contact with bracers.

**Cradle:** A dismount from a partner stunt, pyramid or toss in which the catch is completed below shoulder height by a base or bases with the top person in a face-up open-pike position.

**Cupie/Awesome:** A stunt in which both feet of the top person are in one hand of a base.

**Dive Roll:** A forward roll where the feet leave the ground before the hands reach the ground.

**Downward Inversion:** A stunt or pyramid in which an inverted top person's center of gravity moves toward the performing surface.

**Drop:** Landing on the performance surface from an airborne position.

**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.

**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, flat backs 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.

**Flat back:** A stunt in which a top person is held face up or face down, in a horizontal position, with their hips and shoulders in alignment.

**Fold over Stunt:** An inverted stunt in which the top person bends at the waist and is caught on his/her back by multiple catchers while one or both of the top person's ankles/feet remain in the grip of the base(s) (e.g., yo-yo, pancake, etc.)

**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.

**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.

**Inverted:** A body position where the shoulders are below the waist.

**Loading Position:** Bases support a non-extended top person under the foot/feet in preparation for a stunt or toss.

**Log Roll:** A top person in a horizontal position or cradle is popped then twists parallel to the performing surface before being caught by the original base(s) in a horizontal position or a cradle.

**Pyramid:** Connected partner stunts.

**Post:** A person on the performing surface who may assist a top person during a stunt or transition.

**Prep:** A stunt in which one or more bases hold a standing top person at approximately shoulder height.

**Prep Level:** When a top person's bases of support is at approximately shoulder height.

**Prop:** Any object which can be manipulated or used as a base (ex: poms, signs, flags, megaphones, etc.)

**Quick Toss/Partner Toss:** A toss technique where the top person begins the toss with at least one foot on the ground. The base(s) can apply an upward force on any part of the body other than under the foot. Quick Toss is the common term when multiple bases are used.

**Released Pyramid Transition:** A pyramid transition in which the top person is connected to a bracer while being released from their bases before being caught in a cradle, stunt or loading position.

**Release Stunt:** A transition from one stunt to another stunt (including loading positions) in which the top person becomes free from all bases, posts and spotters.

**Spotter:** A person who is responsible for assisting or catching the top person in a partner stunt or pyramid.

**Stunt/Partner Stunt:** One or more persons supporting one or more top persons off of the ground.

**Switch Liberty:** A stunt in which the top person begins with one foot on the performing surface, is released from the bases, and then lands in a stunt on the other foot.

**Suspended Roll:** A stunt in which one or more upright bases or posts hold a top person's hand(s)/arm(s) while the top person performs continuous hip-over-head rotation.

**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.

**Tick-Tock:** 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.

**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.

**Toss:** A release stunt in which the base(s) begin underneath the top persons foot/feet, execute a throwing motion from below shoulder level to increase the height of the top person, and the top person becomes free from all bases, spotters, posts or bracers.

**Tumbling:** Gymnastic skills that begin and end on the performing surface, including rolls, inverted extended skills (cartwheels, handstands, walkovers, handsprings, etc.), aerials, twists and flips. NOTE: Jumps, leaps and side rolls on the performing surface are not considered to be tumbling.

**SYF LEVEL I DIFFICULTY GRID**

STUNTING	JUMPS	PYRAMIDS	DANCE	TUMBLING	CHOREOGRAPHY
<b>6 - 8 point rage</b> PREP LEVEL OR BELOW w/ POPDOWN/STEP OFF STRADDLE LEFT L STAND THIGH STAND SHOULDER SIT/STAND LOW HITCH ELEVATOR PREP LEVEL ONE LEG STUNTS	<b>6 - 7 point range</b> BANANA TUCK STAG SPREAD EAGLE	<b>6 - 8 point rage</b> PYRAMIDS W/ 2+ FAIR STUNT GROUPS	<b>6 - 7 point range</b> MINIMAL MOTION VARIETY 1 FORMATION CHANGES DISCONNECT IN MOTIONS & MUSC MINIMAL /NO FOOTWORK	<b>1 - 4 point range</b> ROUND OFF FORWARD ROLL BACKWARD ROLL CARTWHEEL FRONT LIMBER FRONT/BACK WALK/OVER	<b>1 - 4 point range</b>
<b>7 - 10 point range</b> SINGLE JUMP SKILLS UNCONNECTED TOE TOUCH HERKE HURDLER PKE	<b>7 - 10 point range</b> SOME VARIETY OF MOTIONS 1-2 FORMATION CHANGES MOTIONS SET TO MUSC SOME FOOTWORK	<b>7 - 10 point range</b>	<b>7 - 10 point range</b>	<b>5 - 6 point range</b>	<b>5 - 6 point range</b>
<b>10 - 15 point range</b> DOUBLE JUMP CONNECTED SKILLS (of average or good jumps below) TOE TOUCH HERKE HURDLER PKE	<b>10 - 15 point range</b> VARIETY OF MOTIONS 2-3 FORMATION CHANGES MOTIONS & MUSC WORK TOGETHER VARIETY OF FOOTWORK/MOTIONS 2-3 LEVEL CHANGES	<b>10 - 15 point range</b>	<b>10 - 15 point range</b>	<b>7 - 8 point range</b>	<b>7 - 8 point range</b>
<b>15 - 20 point range</b> TRIPLE JUMP CONNECTED (of good or excellent jumps below) TOE TOUCH HERKE HURDLER PKE	<b>15 - 20 point range</b> CONSTANT MOTION VARIETY 3-4 FORMATION CHANGES MOTIONS & MUSC WORK TOGETHER MULTIPLE BODY POSITIONS W/ MOTIONS 3-4 LEVEL CHANGES INVOLVING ENTIRE TEAM	<b>15 - 20 point range</b>	<b>15 - 20 point range</b>	<b>9 - 10 point range</b>	<b>9 - 10 point range</b>

\*Failure to perform a category appropriate cheeleading skill will result in a zero.  
 \*Tumbling must be performed by AT LEAST 25% of team to score in range  
 \*Stunt Skills must be performed by AT LEAST 50% of team to score in range

# SYF

## LEVEL I

STUNTS

8

JUMPS

20

PYRAMIDS

8

MOTIONS / DANCE

20

TUMBLING

4

CHOREOGRAPHY

10

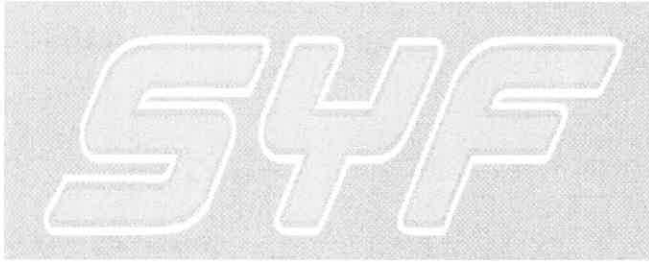
TOTAL

70

COMMENTS

JUDGE \_\_\_\_\_





## Deduction Sheet

Individual Athlete

Minor Fall (.25)

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Major Fall (.5)

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BUILDING

Bobble (.5)

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Minor Fall (2)

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Major Fall (3)

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Pyramid Fall (4)

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OTHER

Unsportsmanlike Behavior(1)

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Safety Violation (5)

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Over Time Limit (1 - 3)

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Total

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DEDUCTION	POINTS
<b>INDIVIDUAL ATHLETE</b>	
<b>MINOR FALL(S)</b>	<b>0.25</b>
Examples: hands/knees down on tumbling, jumps or other skills	
<b>MAJOR FALL(S)</b>	<b>0.5</b>
Examples: landing on head, shoulders, back on tumbling, jumps or other skills	
<b>BUILDING</b>	
<b>BOBBLE(S)</b>	<b>0.5</b>
Examples: Stunts, Tosses and Pyramids that almost drop / fall or excessive movement of bases. This includes dropping of an extended stunt to prep level or bases traveling to keep the stunt extended. This would not include a stunt where only the top person drops body position, or small balance checks. A bobble will be issued if a top person is standing on both feet and only one foot falls below prep level. Stunts that come down but do not meet any of the Minor/Major Fall definitions will be issued a Building Bobble.	
<b>MINOR FALL(S)</b>	<b>2</b>
Examples: Drop from an individual stunt to load in, cradle, prone or flatback. This also would include the top becoming weight bearing on the spot, a base or spot landing on the ground, or if the top is brought to the performance surface in a controlled manner. In a 2 foot stunt, if both feet drop below prep level or in a 1 foot stunt, the foot that is providing support drops below prep level a Minor Fall will be issued. Incomplete twisting baskets. <b><u>Stunts could meet this definition and continue building following the disruption.</u></b>	
<b>MAJOR FALL(S)</b>	<b>3</b>
Examples: Drop from an individual stunt to a compromising position. This would include the top landing in a position not mentioned in Building Minor Fall or to the ground in an uncontrolled manor or multiple bases or base and spot landing on the ground. Incomplete baskets or baskets that do not land in a cradle position. <b><u>Stunts could meet this definition and continue building following the disruption.</u></b>	
<b>PYRAMID FALL(S)</b>	<b>4</b>
2 or more connected stunts falling. If multiple pyramids are built at the same time, each pyramid would be treated separately. If multiple tops fall in the same pyramid but are not in direct connection, this deduction would still apply. If the deduction would only apply to one top, a Building Bobble, Minor or Major Fall would be used. If multiple pyramids are built at the same time, each pyramid would be treated separately. If multiple tops fall in the same pyramid but are not in direct connection, this deduction would still apply.	
<b>OTHER</b>	
<b>UNSPORTSMANLIKE BEHAVIOR</b>	<b>1</b>
When a coach is in a discussion with an official, other coaches, athletes and parents/spectators, they must maintain professional conduct. Failing to do so may result in a 1.0 deduction, removal or disqualification.	
<b>SPECIFIC SAFETY VIOLATION</b>	<b>5</b>
When a skill is not performed in a legal manner. Examples: Release transitions landing inverted, pancakes from an extended position, single base stunts without a spotter, double twisting tosses or release dismounts.	