

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 3 / Non tumbling / Halftime Rules

Partner Stunts

1. Partner stunts higher than shoulder stand level must have a separate, continuous spotter for each person over shoulder stand level.
2. The bases of any extended stunt must have both feet on the ground
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 spotter may assist under the sole of the foot.)
4. In stunts requiring a spotter, a spotter:
 - *Can't provide primary support for a top person.
 - *Must be in a position to protect the top person's head, neck and shoulders
 - *Spotters must have their attention focused on the top person. Momentarily looking away in order to assess safety factors (another stunt, etc.) is allowed as long as their focus returns to top.
 - *May not have their hands behind their back.
 - *May not support under the heel or sole of the top person's foot in a single based extended stunt.
 - *They may hold at the ankle of the top person and/or the wrist of the base.
5. In all Quick Tosses, the following rules apply:
 - a. No one can apply force under the foot. (Example Toe Pitch). If force is applied under the foot and there is a release, the rules in the "Tosses" section apply.
 - b. If landing on the ground, a catcher must control the top person back to the ground and the top person must land with at least one foot on the ground.
 - c. If landing in a cradle, one additional catcher is required.
 - d. The top person cannot travel over or under another person.
 - e. The top person cannot be caught in a single base horizontal position.
6. The total number of twists in a dismount from a stunt cannot be greater than 1 1/4 rotations.
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 an additional 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.) following the release.
10. Unless listed below, a release stunt must either be cradled or connected to at least one bracer.
 - a. Helicopters are allowed provided all of the following conditions are met:
 - i. The top person makes no more than a 180-degree rotation (half-turn).
 - ii. Four bases must be in position during the entire release.
 - iii. There must be a base at the head/shoulder area during the beginning and end of catch.
 - iv. The bases are not allowed to change positions during the release.
 - v. The top person must begin and end in a face up position.
 - vi. The top person cannot perform a twisting skill.
 - b. 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.
 - i. In a single-base log roll, the top person must rotate toward the base and begin/end in a face-up position.
 - ii. In a multi-base log roll, the top person may begin and end face-up or facedown.
 - c. A free standing tick-tock that begins at shoulder level is permitted
 - d. A top person in a horizontal position shoulder height or below or in a cradle may be released to a loading position or stunt shoulder height or below.

11. 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:
 1. There are a total of four bases that support the top person.
 2. 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.
12. 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.)
13. Dismounts to the performing surface from shoulder height or above must have assisted landings. If the dismount involves a skill (e.g. toe touch, twist, etc.) the assistance must be from two bases or a base and spotter. This assistance must be sufficient to slow the momentum of the top person.
14. A swinging stunt is legal provided all the following conditions are met:
 - a. A downward movement is only allowed from below shoulder height.
 - b. The top person is face up.
 - c. The top person begins from the performing surface or a stunt that is below shoulder height.
15. Single-based split catches are prohibited.
16. Tension drops are prohibited

Inversions

- 1 Unless allowed under the rules in this section, a top person must not be in an inverted position.
- 2 Suspended rolls are allowed provided:
 - a Two people on the performing surface control the top person with continuous hand-to-hand/arm contact to a stunt, two-person cradle, loading position or the performing surface.
 - b A single base or post controls the top person with continuous hands-to-hands contact to a stunt, two-person cradle, loading position or the performing surface.
 - c A single base/post suspended roll that ends on the performing surface requires a spotter.
 - i If caught in a cradle, load or stunt, the new catchers are in place and are not involved with any other skill when the suspended roll is initiated.
 - ii The feet/ankles of the top person are released.
- 3 Braced flips or rolls in a pyramid are allowed provided all the following conditions are met:
 - a The top person begins in a multi-base loading position, stunt, cradle, or on the performing surface.
 - b The top person does not begin in an extended inverted position.
 - c The top person maintains continuous hand-to-hand/arm contact with a bracer on each side.
 - d The bracers are in double base preps with a spotter.
 - e The top person is between or in front of the bracers.
 - f At least three catchers (one base and two spotters or two bases and one spotter) who were the original bases/spotters catch the top person in a loading position, stunt or cradle, or assist the top person to the performing surface. If the flip ends in a cradle, the bracers may release the top person once she/he begins to descend and is no longer inverted.
 - g The top person ends in a non-inverted position.
 - h The top person does not perform more than one and one quarter ($1\frac{1}{4}$) flipping rotations and no more than one half ($\frac{1}{2}$) twist.
 - i The bases/catchers remain stationary except as necessary for safety adjustments.
- 4 In all other inversions:
 - a An inverted top person is allowed to pass through an extended position, but must not pause or stop while extended.
 - b In inversions where the base of support begins and remains below prep level:
 - i At least one base or spotter must be in a position to protect the head/neck of the top

- person.
- ii The base or spotter must maintain contact with the top person's upper body (waist and above, including arms/hands) until the top person is no longer inverted or his/her hands are on the performing surface. The contact must be sufficient to stabilize/control the top person's position.
- c In inversions where the base of support begins at or passes through prep level:
 - i At least two people on the performing surface must be in a position to protect the head/neck of the top person.
 - ii The bases/spotters must maintain contact with the top person's upper body (waist and above, including arms/hands) until the top person is no longer inverted or his/her hands are on the performing surface. The contact must be sufficient to stabilize/control the top person's position.
 - iii EXCEPTION: In a fold over stunt, the top person may initiate the inversion without upper body contact.
 - iv The top person must not go directly to an inverted position on the performance surface from a prep or higher.
- d Dismounts from inverted stunts to a cradle or an upright position on the performing surface are allowed provided the top person begins in a static or "pump and go" position (i.e., handstand) and does not perform any skill (e.g., toe touches, twists, etc.).

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, at least one bracer of each pair must be at shoulder height or below.
EXCEPTION: Extensions may brace other extensions.
- 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 In a Released Pyramid Transition the following rules apply:
 - a. The top person must be in hand/arm to hand/arm contact with at least one bracer during the entire transition.
 - b. The top person and each bracer at prep level or higher must have a separate spotter.
 - c. The top person may not be supporting his or her weight on any other body part of the person(s) assisting (i.e. Shoulders of the bracer).
 - d. The released top person and bases make no more than a ¼ turn around the bracer in a continuous movement in which the top person remains above the original base(s). The top person must be continuous in motion and cannot be supported so that they pause during the transition.
 - e. The top person must be caught by original bases.

Tosses

The rules in this section only apply to tosses where someone is under a foot, e.g. basket tosses, elevator/sponge tosses, etc

- 1 In all tosses:
 - a. No more than four tossers are allowed.
 - b. Must be caught in a cradle.
 - 1) The cradle must include at least three of the original tossers.
 - 2) One of the catchers must be at the head and shoulders.
 - c. The toss may not be directed so that the bases must travel to catch the top person. (The bases can turn/rotate under the toss.)
 - d. The top person must not land in an inverted position.
 - e. The top person may not hold any objects (poms, etc.) during the toss.

- f. The top person cannot travel over or under another person or through a prop.
 - g. The total number of twists cannot be greater than one and one quarter rotations.
2. Toe pitch tosses are prohibited.

Tumbling and Jumps

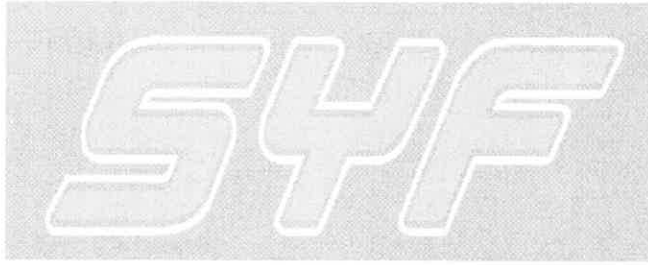
- 1 Dive rolls are prohibited.
- 2 Flips greater than one rotation are prohibited.
- 3 Twists greater than one rotation are prohibited.
- 4 A forward three-quarter flip to the seat or knees is prohibited.
- 5 A back flip from a tumbling pass into a cradle is prohibited. However, rebounding from a back handspring into a cradle is allowed.
- 6 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.)
- 7 Knee drops are prohibited without first bearing weight on the hands.
- 8 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.)

Tumbling and Jumps for NON TUMBLING CATEGORY

- 1 Dive rolls are prohibited.
- 2 Back handsprings are prohibited.
- 3 Flips and skills with no hand support are prohibited.
- 4 Twists are prohibited.
- 5 A forward three-quarter flip to the seat or knees is prohibited.
- 6 A back flip from a tumbling pass into a cradle is prohibited.
- 7 Rebounding from a back handspring into a cradle is allowed.
- 8 All Tumbling skills that do not IMMEDIATELY end into a loading skill or stunt are prohibited.
- 9 Examples of prohibited skills are: Cartwheels, Round off, Back handsprings, tucks, etc
- 10 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.)
- 11 Knee drops are prohibited without first bearing weight on the hands.
- 12 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.)



Deduction Sheet

Individual Athlete

Minor Fall (.25)

Major Fall (.5)

BUILDING

Bobble (.5)

Minor Fall (2)

Major Fall (3)

Pyramid Fall (4)

OTHER

Unsportsmanlike Behavior(1)

Safety Violation (5)

Over Time Limit (1 - 3)

Total

DEDUCTION	POINTS
INDIVIDUAL ATHLETE	
MINOR FALL(S)	0.25
Examples: hands/knees down on tumbling, jumps or other skills	
MAJOR FALL(S)	0.5
Examples: landing on head, shoulders, back on tumbling, jumps or other skills	
BUILDING	
BOBBLE(S)	0.5
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.	
MINOR FALL(S)	2
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. <u>Stunts could meet this definition and continue building following the disruption.</u>	
MAJOR FALL(S)	3
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. <u>Stunts could meet this definition and continue building following the disruption.</u>	
PYRAMID FALL(S)	4
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.	
OTHER	
UNSPORTSMANLIKE BEHAVIOR	1
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.	
SPECIFIC SAFETY VIOLATION	5
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.	

SYF LEVEL 3 DIFFICULTY GRID

STUNTING	JUMPS	PYRAMIDS	DANCE	TUMBLING	CHOREOGRAPHY
6 - 7 point range STRADDLE LIFT L STAND HIGH STAND SHOULDER SIT/STAND LOW HITCH ELEVATOR PREP LEVEL ONE LEG STUNTS	6 - 7 point range BANANA TUCK STAG SPREAD EAGLE	6 - 7 point range PYRAMID SW / 2+ FAR STUNT GROUPS	6 - 7 point range MINIMAL MOTION VARIETY 1 FORMATION CHANGES DISCONNECT IN MOTIONS & MUSIC MINIMAL /NO FOOTWORK	1 - 4 point range ROUND OFF FORWARD ROLL BACKWARD ROLL CARTWHEEL FRONT LIMBER FRONT/BACK WALKOVER	1 - 4 point range
7 - 10 point range DOUBLE BASE TWO LEG STUNTS w/STRAIGHT CRADLE EXTENSIONS TOSSES WALK-IN ENTRY 1/2 UPS TO PREP LEVEL	7 - 10 point range SINGLE JUMP UNCONNECTED TOE TOUCH HERMIE HURDLER PKE	7 - 10 point range PYRAMID INVOLVING ENTIRE TEAM w/2+ AVERAGE STUNT GROUPS	7 - 10 point range SOME VARIETY OF MOTIONS 1-2 FORMATION CHANGES MOTIONS SET TO MUSIC SOME FOOTWORK	5 - 6 point range AERIAL CARTWHEEL RO BACK/HAND SPRING FRONT /BACK HAND SPRING FORWARD ROLL BHS CARTWHEEL BHS	5 - 6 point range
10 - 15 point range SINGLE BASE W/SSST PREP LEVEL DOUBLE BASE SINGLE LEG STUNTS w/STRAIGHT UP ENTRY LIBERTY/DRCHIC/JUPPEAR ARBESQUE 1/2 UPS TO EXTENDED POSITION TWISTING TRANSITIONS AT/BELW PREP LEVEL	10 - 15 point range DOUBLE JUMP CONNECTED SKILLS (of average or good jumps below) TOE TOUCH HERMIE HURDLER PKE	10 - 15 point range MULTIPLE STUNT GROUPS w/TRANSITIONS, INVERSIONS MOVING PYRAMIDS COMBINATION STUNTS w/TRANSITIONS BRACED FB FLIPS AT PREP LEVEL PYRAMIDS INVOLVING RELEASE SKILLS	10 - 15 point range VARIETY OF MOTIONS 2-3 FORMATION CHANGES MOTIONS & MUSIC WORK TOGETHER VARIETY OF FOOTWORK w/MOTIONS 2-3 LEVEL CHANGES	7 - 8 point range BHS BACK TUCK RO TUCK RO BHS BACK TUCK LAYOUTS X-OUTS	7 - 8 point range
15 - 20 point range DOUBLE BASE SINGLE LEG STUNTS w/FULL DOWN CRADLE STRECH/SCORP/ARROW/ARROWSCALE SWITCH STEEPCOOT UNASSISTED STUNTS TO EXTENDED LEVEL FULL-UPS TO 2 LEG STUNTS FULL-UPS TO 1 LEG STUNTS	15 - 20 point range TRIPLE JUMP CONNECTED (of good or excellent jumps below) TOE TOUCH HERMIE HURDLER PKE	15 - 20 point range MULTIPLE EXCELLENT STUNTS w/SINGLE LEG COMBS SINGLE BASED PYRAMIDS INVOLVING RELEASE SKILLS, BRACED FB FLIPS AT EXTENDED LEVEL FULL TWISTING PYRAMIDS	15 - 20 point range CONSTANT MOTION VARIETY 3-4 FORMATION CHANGES MOTIONS & MUSIC WORK TOGETHER MULTIPLE BODY POSITIONS w/MOTIONS 3-4 LEVEL CHANGES INVOLVING ENTIRE TEAM	9 - 10 point range STANDING BACK TUCK JUMP TUCK WHIP CONNECTED PASSES STANDING BHS FULL TWIST RO BHS FULL TWIST STANDING FULL TWIST	8 - 10 point range

*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 III

STUNTS

20

JUMPS

20

PYRAMIDS

20

MOTIONS / DANCE

20

TUMBLING

10

CHOREOGRAPHY

10

TOTAL

100

COMMENTS

JUDGE _____