

cheergyms.com
2007-2008
COMPETITION RULES & REGULATIONS

GENERAL INFORMATION

I. General Rules

- a. All routines must adhere to the routine requirements outlined in the literature.
- b. Participants must start in the competition area with at least one foot on the ground. Teams may line up anywhere inside the competition area. Approximate floor size will be 54' wide x 42' deep (9 strips, spring floor).
- c. All introductions (tumbling, entrances, chants, spell-outs, etc.) are considered part of the routine and are timed as part of the performance. There should not be any organized exits or other activities after the official ending of the routine.
- d. Individuals may represent more than one team at a Cheergyms.com Event but may not compete in the same division twice (small senior vs. small senior). Team members competing on more than one team must pay the second participant fee for each performance over the first performance.
- e. Coaches must require proficiency before skill progression. Coaches must consider the individual, group, and team skill levels with regard to proper performance level placement.
- f. Appropriate footwear must be worn at all times. NO bare feet.
- g. All jewelry is prohibited (including, but not limited to ear, nose, tongue, belly button and facial rings/studs, clear/plastic jewelry, bracelets, necklaces, and pins on uniforms) Jewelry must be removed and cannot be taped over. Exceptions: Dance divisions where it is a part of the costuming. Medical ID tags/bracelets that are taped to the body. Uniform rhinestones and studs.
- h. Only the following props are allowed in cheer routines: flags, banners, megaphones, poms, and signs. Flags and/or banners with poles or similar support apparatus may not be used in conjunction with a 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 would be illegal).
- i. Dance routines can have props when noted, but they must be able to enter and leave the floor within the 1 minute time given for entrances and exits as to not disturb the flow of the competition.
- j. All teams should be supervised during all official functions by a qualified advisor coach.
- k. All teams, gyms, schools, coaches and advisors should have an emergency response plan in the event of an emergency.
- l. A participant wearing a cast (excluding a properly covered air cast) shall not be involved in a stunt. Supports, braces, etc. which are hard and unyielding or have rough edges or surfaces must be appropriately covered.
- m. Drops including, but not limited to knee, seat, thigh, front, back and split drops from a jump, stunt, or inverted position are prohibited unless the majority of the weight is first borne on the hands/feet, which breaks the impact of the jump.
- n. Any height increasing apparatus/props (including but not limited to, mini-tramps and springboards) used to propel a competitor is prohibited. Exception: Spring Floor.

II. Interruption of Performance

- a. If, in the opinion of the Event's officials, a team's routine is interrupted because of failure of the Event's equipment, facilities, or other factors attributable to the Event rather than the team, the team affected should stop the routine. The team will be allowed to present its routine from the place in the routine where the interruption occurred. The degree and effect of the interruption will be determined by the Event's officials.
- b. 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.
- c. 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. Event's officials reserve the right to stop the routine if an injury occurs.

III. Disqualification

Cheergyms.com reserves the right to disqualify teams that do not follow the event guidelines, schedules, policies, procedures and rules.

IV. How to Handle Procedural Questions

Any questions concerning the rules or procedures of the events will be handled exclusively by the gym owner and/or the head coach of the team and will be directed to the Event's Director. Such questions should be made prior to the team's competition performance. Any questions concerning the team's performance should be made to the Events' Director immediately after the team's performance.

V. Sportsmanship

All participants agree to conduct themselves in a manner displaying good sportsmanship throughout the event. The coach of each team is responsible for seeing that team members, coaches, parents and any other persons affiliated with the team, school, or gym conduct themselves accordingly. Severe cases of unsportsmanlike conduct are grounds for disqualification as explained in this document above.

VI. Scores and Rankings

Individual judges score sheets are for the exclusive use of each particular judge and will be available to the teams. Each judge has the responsibility and authority to review and submit his/her final scores and ranking of the teams, prior to the final tally of the scores for all teams. See Scoring Process.

VII. Ties

See "Scoring Process"

VIII. Interpretations and/or Rulings

Any interpretation of any aspect of these policies and procedures or any decision involving any other aspect of the event will be rendered by the Event Director, Head Judge and one other event official designated by the Event Director. This group will render a judgment in an effort to insure that the event proceeds in a manner consistent with the general spirit and goals of the event.

IX. Judging Criteria

The judges will score the teams according to the judging criteria on the Cheergyms.com score sheet. All judges' decisions are final. All coaches, team members and anyone else affiliated with your program must respect and accept the judges' decisions.

X. Medical, Liability and Likeness Release Forms

A completed medical release and liability release form will be required for each participant. These forms must be turned in with registration. A parent or guardian signature is required including medical insurance and emergency/contact information. Forms are available within this packet or online at www.cheergyms.com. No member of any team will be allowed to perform/compete without having a Cheergyms.com Medical Information Form and a Cheergyms.com Liability Release Form at the competition completely filled out by the participant's parent or legal guardian.

XI. Divisions

Divisions may be cancelled, divided and added as deemed necessary by the Event Director.

To insure a competitive atmosphere, 1 week before the competition, division levels that have 2 or less teams will be combined. All those teams will be notified and asked if they would be able to be moved to another level within their division.

XII. Entrance/Exit

Judges will be looking for an enthusiastic entrance and exit displaying superb sportsmanship. Please move on and off the floor efficiently.

XIII. Performance Area

High School, Youth and All Star Cheerleading divisions will compete on a 54'x42' spring floor. Teams will be accommodated a warm up period on both a matted area and a spring tumbling strip. Dance divisions will compete on a hard floor.

IXX. Music

A sound system will be provided for the competition performance that will accommodate both CD and cassette tapes. Due to an increased possibility of malfunction, CDs must be used at your own risk. Teams are responsible for their own music. Be sure to have a back-up cassette available. One (1) team representative must accompany the music to the sound system and stay with the music for the entire performance. Speed control is not available. Music checks on the main sound system will not be allowed.

XXI. Awards

Trophies/Plaques will be awarded to places 1st to 5th in each division. Banners will be awarded to all divisions champions.

XXII. Spotters

Spotters will not be provided at any Cheergyms.com competition. If the coaches and/or advisors feel they need to be present or have another senior team member on the floor as their team is performing they are welcome to do so. It is expected that teams will come with safe routines, have performed the skills to perfection and have been taught how to fall out of stunts in a safe way.

XXIII. Medical Assistance

A trained professional (EMT, nurse, etc) will be present at the competition. They are for emergencies only. It is expected that the coaches and advisors of each team will have medical bags and the needed supplies to help their team members. No employee, staff person or hired medical professional will tape ankles, wrists, hand out any medication or help a team out in anyway unless it is an emergency.

IXXX. Spectators Entrance Fee

Spectators and extra coaches are \$10.00 at the door. Children 5 years and younger are FREE.

XXXI. Coaches Entrance

Each team is allotted 2 coaches per team. Additional coaches are \$10.00 at the door.

XXXII. Insurance

Each participant must have his/her own personal insurance which must be documented on the Cheergyms.com Medical Information Form. The host facility, the host facility directors, the Cheergyms.com staff, the Cheergyms.com owners, the Cheergyms.com employees, the directors, the sponsors and any other affiliates of the Cheergyms.com competition being held responsible or held liable for any injuries occurring at the Cheergyms.com Spirit Spectacular or the Cheergyms.com Summer Jam.

XXXIII. Cheer Glossary

For a complete cheer glossary please go to the USASF website (www.usasf.net). Put your cursor on "Safety" on the top bar. Put your cursor on "USASF Level Rules". "Click on 2006 – 2007 Glossary."

IXXXX. Cancellations

No refunds will be made unless we are notified at least 1 week prior to the competition date of changes in the number of participants. Cancellations 1 week prior to the competition will result in a \$50 processing fee. CANCELLATIONS after 1 week prior to the competition will result in NO REFUND!

YOUTH AND RECREATIONAL CHEER DIVISIONS

I. General Safety Rules for Youth and Recreational Teams (Please read General Rules above that also apply)

- a. All pyramids and partner stunts are limited to two persons high. "Two high" is defined as the base (bottom person) having at least one foot on the ground. A base cannot assume a back-bend position. Participants are not permitted to move under or over a stunt or pyramid.
- b. Free-falling flips and swan dives from partner stunts, pyramids or any type of toss are not allowed. Air-borne tosses to stomach catches are not allowed. (Exception: multi-base log rolls)
- c. Only vaults which do not involve head-over-heels rotation are permitted. All bases and/or posts in the vault must have one foot on the ground.
- d. Toe and thigh pitches to a jump, flip or tumbling skill (including a suspended roll) are not permitted.
- e. Tosses, basket or any other type, must be directed vertically, performed from ground level by no more than 4 tossers (including the

- person who may set or load the top person), and must be cradled by at least two of the original bases with an additional spotter in place at the head and shoulders area. Tosses over, under or through any apparatus/prop, pyramid, stunt or individual are not allowed.
- f. The top person in a log roll with fewer than 4 catchers must begin and end in a face up, pike-cradle position. Top people in single base log rolls may not have contact with each other.
 - g. Fully-extended-arm partner stunts and pyramids are allowed. A spotter is required for each mounter involved in a stunt where the base(s)' arms are fully extended. (The only exceptions are: the chair, Russian lift, triple base dead-man lift or sacrifice, split lift with post, triple-base extended split, torch and double base vertical T-lift.)
 - h. Triple-base straddle lifts/**extended** V-sits must have an additional head-and-shoulders spotter. Swedish Falls must have an additional head-and-shoulders spotter.
 - i. Cradles (including a "Humpty") from a single-base stunt must have a separate spotter at the head-and-shoulders area of the top person (Exception: the chair).
 - j. Cradle dismounts from multi-based stunts must have at least two catchers and a separate head-and-shoulders spotter.
 - k. All cradle dismounts which involve a jump, twist or other gymnastic skill require a spotter in addition to the original base(s).
 - l. Cartwheel dismounts are not permitted. Roll-down dismounts are only permitted if there is a separate spotter for the top person's head/shoulders.
 - m. All dismounts from shoulder stand level and higher must be assisted down to the cheering surface. No skill without constant hand-to-hand contact shall be performed prior to landing on the cheering surface.
 - n. Cradle dismounts in which the original bases do not catch the majority of the top person's weight (i.e. backward dismounts) require at least two catchers and a separate head-and-shoulders spotter.
 - o. Pendulum stunts are allowed from shoulder stand level or below with at least four catchers [not including base(s)]. The catchers must remain in their original position. No person/prop is permitted between the base(s) and the four catchers. All pendulums must have a separate spotter opposite the four catchers if finishing in a shoulder stand or extension. The base(s) on a pendulum shall have constant visual contact with the catchers and must remain stationary. If performing a full pendulum (front and back) there must be at least two bases. Single base full-pendulums are not allowed.
 - p. All cradle dismounts require catchers to have continuous eye contact with the top person.
 - q. When a stunt is bracing/touching another, one stunt must be at shoulder height or below (exceptions: extensions bracing/touching extensions are permitted provided the mounter(s) has both feet in both hands of their base(s). Extended arm stunts may also brace/touch the following extended stunts: the chair, Russian lift, triple-base V-sit, triple base dead- man lift or sacrifice, split lift with post, triple-base extended split and torch. Double extended cupies are not permitted – cupies may not brace cupies.
 - r. A forward suspended roll is permitted only off the original two bases, provided it does not go over an individual(s) or prop(s). The bases must have their feet on the ground and the top person and the original two bases must maintain hand-to-hand contact throughout the skill. Any type of backward suspended rolls, bow-back flips (including those from a cradle- catch) and single-base suspended rolls are prohibited.
 - s. Helicopter tosses are not permitted.
 - t. A forward roll is illegal from an airborne position (i.e. jump or dive). Tumbling over, under or through any person or apparatus is not permitted.
 - u. A flip/twist performed on the floor shall not exceed one complete rotation around the horizontal axis or involve more than one complete rotation around the vertical axis. Double full twists and double backs are not allowed.
 - v. A top person in a partner stunt or pyramid may not be in or pass through an inverted (head below the waist) position, with the exception of a legal suspended roll. Arching back and releasing the head (by flyer) during a toss to a head below the hips position is not allowed.
 - w. A free-from-contact flip into a mount or cradle is not allowed.
 - x. Landing for all jumps must bear weight on at least one foot. (ex. a toe touch to a push-up position or to the seat or knees is prohibited)
 - y. Single-base split catches are not allowed.
 - z. Split stunts are allowed. The top person in suspended splits shall have both hands in constant contact with the base(s). In suspended split transitions there must be a total of 4 bases that slow the momentum of the top person by supporting under the mounter's thigh/leg before the full split position is achieved. The top person shall have both hands in contact with a base(s) upon reaching the full split position. Tosses to split position are not allowed.
 - aa. Tension drops or front drops from an airborne position to a horizontal face-down position (on cheering surface) are not permitted.
 - bb. Hanging pyramids are permitted but must remain stationary, have spotters for each shoulder stand, and the suspended person must be lower than the shoulder stands.
 - cc. A swinging stunt involves a flyer being swung between two or more bases. A swinging stunt in an upward direction is permitted. A swinging stunt in a downward direction is not permitted. The top person in a swinging stunt cannot be in a face-down position.
 - dd. A twist performed to a cradle must not involve more than two complete rotations, except when dismounting to a cradle from a side facing stunt.
 - ee. Tosses into stunts are allowed; however a toss that re-lands down into a loading position for another stunt or toss is not permitted. A cradle catch or straddle catch (i.e. "Humpty") is considered the end of a stunt and therefore not a loading position.
 - ff. A transitional stunt involves a top person moving from one stunt to another. In transitional stunts, physical contact must be maintained between the top person and base(s) (Exception: see Rule #35.) The main base in control of the transition must be able to visually verify that the transition will happen safely or be able to release the top person and spot them down to the ground.
 - gg. In transitional stunts involving a braced flyer, physical contact must be maintained between the flyer and the bases, except when all of the following conditions are met: the braced flyer does not become inverted, the braced flyer has at least two bases and a spotter/catcher, there is a spotter for each bracer, the loss of contact with the bases is a continuous up and down movement that is momentarily supported by and does not place undo weight on the bracer(s), and does not pause at the top.

II. Routine

Execute a 2.5 minute routine of your choice using a combination of music and words, but can be all music. Audience participation is encouraged. Props and costuming are not allowed. Signs, pom poms and flags are permitted, but may not be worn as an article of clothing or accessory. Up to 1:30 (90 seconds) of the routine may be performed to music. There is no restriction as to the proportion of the music section(s) used in relation to the cheer only section(s). All Penalties will be deducted from the final averaged score. (See Scoring Process) Restrictions include, but are not limited to, those listed in the 2006-2007 General Safety Rules and Regulations for Youth and Recreational Teams.

MIDDLE SCHOOL AND HIGH SCHOOL CHEER DIVISIONS

I. General Safety Rules for Middle School and High School Teams (Please read General Rules above that also apply)

- hh. All pyramids and partner stunts are limited to two persons high. "Two high" is defined as the base (bottom person) having at least one foot on the ground. A base cannot assume a back-bend position. Participants are not permitted to move under or over a stunt or pyramid.
- ii. Free-falling flips and swan dives from partner stunts, pyramids or any type of toss are not allowed. Air-borne tosses to stomach catches are not allowed. (Exception: multi-base log rolls)
- jj. Only vaults which do not involve head-over-heels rotation are permitted. All bases and/or posts in the vault must have one foot on the ground.
- kk. Toe and thigh pitches to a jump, flip or tumbling skill (including a suspended roll) are not permitted.
- ll. Tosses, basket or any other type, must be directed vertically, performed from ground level by no more than 4 tossers (including the person who may set or load the top person), and must be cradled by at least two of the original bases with an additional spotter in place at the head and shoulders area. Tosses over, under or through any apparatus/prop, pyramid, stunt or individual are not allowed.
- mm. The top person in a log roll with fewer than 4 catchers must begin and end in a face up, pike-cradle position. Top people in single base log rolls may not have contact with each other.
- nn. Fully-extended-arm partner stunts and pyramids are allowed. A spotter is required for each mounter involved in a stunt where the base(s)' arms are fully extended. (The only exceptions are: the chair, Russian lift, triple base dead-man lift or sacrifice, split lift with post, triple-base extended split, torch and double base vertical T-lift.)
- oo. Triple-base straddle lifts/**extended** V-sits must have an additional head-and-shoulders spotter. Swedish Falls must have an additional head-and-shoulders spotter.
- pp. Cradles (including a "Humpty") from a single-base stunt must have a separate spotter at the head-and-shoulders area of the top person (Exception: the chair).
- qq. Cradle dismounts from multi-based stunts must have at least two catchers and a separate head-and-shoulders spotter.
- rr. All cradle dismounts which involve a jump, twist or other gymnastic skill require a spotter in addition to the original base(s).
- ss. Cartwheel dismounts are not permitted. Roll-down dismounts are only permitted if there is a separate spotter for the top person's head/shoulders.
- tt. All dismounts from shoulder stand level and higher must be assisted down to the cheering surface. No skill without constant hand-to-hand contact shall be performed prior to landing on the cheering surface.
- uu. Cradle dismounts in which the original bases do not catch the majority of the top person's weight (i.e. backward dismounts) require at least two catchers and a separate head-and-shoulders spotter.
- vv. Pendulum stunts are allowed from shoulder stand level or below with at least four catchers [not including base(s)]. The catchers must remain in their original position. No person/prop is permitted between the base(s) and the four catchers. All pendulums must have a separate spotter opposite the four catchers if finishing in a shoulder stand or extension. The base(s) on a pendulum shall have constant visual contact with the catchers and must remain stationary. If performing a full pendulum (front and back) there must be at least two bases. Single base full-pendulums are not allowed.
- ww. All cradle dismounts require catchers to have continuous eye contact with the top person.
- xx. When a stunt is bracing/touching another, one stunt must be at shoulder height or below (exceptions: extensions bracing/touching extensions are permitted provided the mounter(s) has both feet in both hands of their base(s). Extended arm stunts may also brace/touch the following extended stunts: the chair, Russian lift, triple-base V-sit, triple base dead-man lift or sacrifice, split lift with post, triple-base extended split and torch. Double extended cupies are not permitted – cupies may not brace cupies.
- yy. A forward suspended roll is permitted only off the original two bases, provided it does not go over an individual(s) or prop(s). The bases must have their feet on the ground and the top person and the original two bases must maintain hand-to-hand contact throughout the skill. Any type of backward suspended rolls, bow-back flips (including those from a cradle- catch) and single-base suspended rolls are prohibited.
- zz. Helicopter tosses are not permitted.
- aaa. A forward roll is illegal from an airborne position (i.e. jump or dive). Tumbling over, under or through any person or apparatus is not permitted.
- bbb. A flip/twist performed on the floor shall not exceed one complete rotation around the horizontal axis or involve more than one complete rotation around the vertical axis. Double full twists and double backs are not allowed.
- ccc. A top person in a partner stunt or pyramid may not be in or pass through an inverted (head below the waist) position, with the exception of a legal suspended roll. Arching back and releasing the head (by flyer) during a toss to a head below the hips position is not allowed.
- ddd. A free-from-contact flip into a mount or cradle is not allowed.
- eee. Landing for all jumps must bear weight on at least one foot. (ex. a toe touch to a push-up position or to the seat or knees is prohibited)
- fff. Single-base split catches are not allowed.
- ggg. Split stunts are allowed. The top person in suspended splits shall have both hands in constant contact with the base(s). In suspended split transitions there must be a total of 4 bases that slow the momentum of the top person by supporting under the mounter's thigh/leg before the full split position is achieved. The top person shall have both hands in contact with a base(s) upon reaching the full split position. Tosses to split position are not allowed.
- hhh. Tension drops or front drops from an airborne position to a horizontal face-down position (on cheering surface) are not permitted.
- iii. Hanging pyramids are permitted but must remain stationary, have spotters for each shoulder stand, and the suspended person must be lower than the shoulder stands.
- jjj. A swinging stunt involves a flyer being swung between two or more bases. A swinging stunt in an upward direction is permitted. A swinging stunt in a downward direction is not permitted. The top person in a swinging stunt cannot be in a face-down position.
- kkk. A twist performed to a cradle must not involve more than two complete rotations, except when dismounting to a cradle from a side facing stunt.
- lll. Tosses into stunts are allowed; however a toss that re-lands down into a loading position for another stunt or toss is not permitted. A cradle catch or straddle catch (i.e. "Humpty") is considered the end of a stunt and therefore not a loading position.
- mmm. A transitional stunt involves a top person moving from one stunt to another. In transitional stunts, physical contact must be maintained between the top person and base(s) (Exception: see Rule #35.) The main base in control of the transition must be able to visually verify that the transition will happen safely or be able to release the top person and spot them down to the ground.
- nnn. In transitional stunts involving a braced flyer, physical contact must be maintained between the flyer and the bases, except when all of the following conditions are met: the braced flyer does not become inverted, the braced flyer has at least two bases and a spotter/catcher, there is a spotter for each bracer, the loss of contact with the bases is a continuous up and down movement that is momentarily supported by and does not place undo weight on the bracer(s), and does not pause at the top.

II. Novice

Execute a 2.5 minute routine of your choice using a combination of music and words, but can be all music. Audience participation is encouraged. Props and costuming are not allowed. Signs, pom poms and flags are permitted, but may not be worn as an article of clothing or accessory. Up to 1:30 (90 seconds) of the routine may be performed to music. There is no restriction as to the proportion of the music section(s) used in relation to the cheer only section(s). All Penalties will be deducted from the final averaged score. (See Scoring Process) Restrictions include, but are not limited to, those listed in the 2006-2007 NFHS General Safety Rules and Regulations for Middle School and High School Teams.

Novice Exceptions

Tumbling:

1. All tumbling, both standing and running must have both hands and/or feet on the performance surface at all times. Therefore, skills including, but not limited to the following are not permitted: aerials, back tucks, punch front, layouts, fulls, etc.
2. Squad tumbling in which more than half the squad performs a tumbling skill at the same time is not permitted (exceptions are rolls, cartwheels and round-offs).

Stunts/Pyramids/ Tosses:

1. Extend freestanding one-legged stunts are limited to a liberty only.
2. All other extended one-legged stunts (i.e. arabesque, hitch, heel stretch, etc.) must be braced by another individual (not the primary base) who is at shoulder stand height or lower.
3. Free from contact twist dismounts or free from contact twist skills to/from a stunt of any type are prohibited (i.e. full down/full twist cradles, single log rolls, etc.)

III. Intermediate

Execute a 2.5 minute routine of your choice using a combination of music and words, but can be all music. Audience participation is encouraged. Props and costuming are not allowed. Signs, pom poms and flags are permitted, but may not be worn as an article of clothing or accessory. Up to 1:30 (90 seconds) of the routine may be performed to music. There is no restriction as to the proportion of the music section(s) used in relation to the cheer only section(s). All Penalties will be deducted from the final averaged score. (See Scoring Process) Restrictions include, but are not limited to, those listed in the 2006-2007 NFHS General Safety Rules and Regulations and Rules and Regulations for Middle School and High School Teams.

Intermediate Exceptions

Tumbling:

1. Standing back tucks are prohibited. Standing tumbling is defined as any tumbling skill not originating from a cartwheel, round-off, or punch front. Therefore, a standing back handspring back tuck is prohibited.
2. Round off back tucks and round off back handspring back tucks are allowed. The following advanced running tumbling skills are prohibited: X-outs, layouts, full twists and/or tumbling out of an aerial/flipping skill.
3. Squad tumbling in which more than half the squad performs a tumbling skill at the same time is not permitted (exceptions are rolls, cartwheels and round-offs).

Stunts/Pyramids/ Tosses:

1. Twists exceeding more than one and one quarter rotation in any stunt/toss/dismount are not permitted.

IV. Advanced

Execute a 2.5 minute routine of your choice using a combination of music and words, but can be all music. Audience participation is encouraged. Props and costuming are not allowed. Signs, pom poms and flags are permitted, but may not be worn as an article of clothing or accessory. Up to 1:30 (90 seconds) of the routine may be performed to music. There is no restriction as to the proportion of the music section(s) used in relation to the cheer only section(s). All Penalties will be deducted from the final averaged score. (See Scoring Process) Restrictions include, but are not limited to, those listed in the 2006-2007 NFHS General Safety Rules and Regulations and Rules and Regulations for Middle School and High School Teams.

Advanced Exceptions:

Tumbling:

1. Both standing and running skills are limited to 1 flipping and 1 twisting rotations.

Stunts/Pyramids/ Tosses:

1. Transitional stunts may involve changing bases, physical contact during transitions must be maintained with one person at prep level or below.
2. Twisting mounts and twisting transitions are limited to 2 twisting rotations by the top person.
3. Release moves are allowed but must not exceed more than eighteen inches above extended arm level.
4. Suspended flips are allowed. Inverted stunts that travel in a downward motion may originate from extended level or below. The inverted top person must be assisted by at least two bases. Top person must maintain contact with original base.

ALLSTAR DIVISIONS

I. Cheergym.com's Spirit Spectacular will follow the USASF 2007-2008 All-Star Rules and Guidelines. Please visit www.usasf.net for that information.

II. Routine

Execute a 2.5 minute routine of your choice using a combination of music and words, but can be all music. Audience participation is encouraged. Props are not allowed. Signs, pom poms and flags are permitted, but may not be worn as an article of clothing or accessory. Up to 2:30 (150 seconds) of the routine may be performed to music. All Penalties will be deducted from the final averaged score. (See Scoring Process) Restrictions include, but are not limited to, those listed in the 2006-2007 USASF General Safety Rules and Regulations for All-Star Cheer Teams.

DANCE DIVISIONS

I. Pom

A 2 ½ minute routine executed to music. Pyramids, tosses, tumbling, and stunts are not allowed. Traditional dance lifts are permitted. Female members must use two pom pons for at least ½ of the routine. Advanced dance skills are allowed. Costumes, school or team uniforms may be worn. No props allowed besides pom pons. Middle School and Freshman dance teams are permitted to compete in the Junior Pom Dance Divisions. Freshman, JV and Varsity High School dance teams are permitted to compete in the Senior Pom Dance Divisions.

II. Jazz

A 2 ½ minute routine executed to music. Pyramids, tosses, tumbling, and stunts are not allowed. Traditional dance lifts are permitted. Pom pons are not allowed. Routine elements are based on technical dance skills. Costumes, school or team uniforms may be worn. Middle School and Freshman dance teams are permitted to compete in the Junior Jazz Dance Divisions. Freshman, JV and Varsity High School dance teams are permitted to compete in the Senior Jazz Dance Divisions.

III. Hip Hop

A 2 ½ minute routine executed to music. Pyramids, tosses, tumbling, and stunts are not allowed. Traditional dance lifts are permitted. Pom pons are not allowed. Routine elements are based on a street dance style with limited technical dance skills. Costumes, school or team uniforms may be worn. Middle School and Freshman dance teams are permitted to compete in the Junior Hip Hop Dance Divisions. Freshman, JV and Varsity High School dance teams are permitted to compete in the Senior Hip Hop Dance Divisions.

SCORING PROCESS

I. Score Sheets

The scoring process for all Cheergym.com competitions consists of a consolidated score sheet worth 100 points, a point deduction sheet and a legality deduction sheet. (See attached Sheets)

II. Scores

A panel of five experienced and qualified panel judges will score on the consolidated score sheet and assess points in the categories for a particular division (i.e. Youth, All Star, High School/Middle School, and Dance.) The high and low score will be thrown out and the remaining three score sheets will be added together and divided by 3 for the average score of the performance. A perfect average score is 100 points.

III. Point Deductions

Two point deduction judges will assess penalty points for obvious bobbles /mistakes, major mistakes, and major falls in the following categories: stunts, pyramids, standing tumbling, running tumbling, tosses, jumps, dance/motions and transitions/formations. Two legality judges will assess penalty points for boundary violations, time limit violations, safety violations and general competition guideline violations. The point deduction judge's penalty points and the legality judge's penalty points will be deducted from the average score for the total score for the team.

IV. Head Judge

The head judge is responsible for overseeing the entire judging panel that consists of the five panel judges, the two point deduction judges and the two legality judges. The head judge does not score the performances. The head judge is in charge of seeing that the judging sheets are fully filled out, that the sheets are placed in a sealed envelope for delivery to the addition staff, that ties are broken and that the panel judges, point deduction judges and legality judges do their jobs fairly and above all question. All decisions by the panel judges, penalty point judges, legality judges and head judge are final.

V. Ties

Ties will be broken by looking at the two consolidated score sheets that were thrown out. First the high score sheet will be reviewed by the head judge. The team with the highest "high" score will be placed above the team they tied with. If the high scores looked at are identical, then the low score sheet will be reviewed by the head judge. The team with the highest "low" score will be placed above the team they tied with. If the low scores looked at are identical, then the penalty point deduction sheet will be reviewed by the head judge. The team with the lowest amount of deductions on the penalty point's deduction sheet will be placed above the team they tied with. If the tie is still standing then the legality deduction sheet will be reviewed by the head judge. The team with the lowest amount of deductions on the legality point's deduction sheet will be placed above the team they tied with. If the tie still stands the judges will be polled by the head judge as to where the team should fall in the rankings. The judge's decision is final.

VI. Panel Judges Scoring Guidelines

The consolidated score sheet will follow a judging scale. Total points received for each technical skills category will be based on the quality of execution and overall quantity (both variety of skills and number of members performing the skills) of skills performed throughout the routine. Specific skills performed that are not listed in one of the following skill categories will be placed in one of those categories at the discretion of the judges, Zero points will be given in a category if skills for that particular category are not executed.

VII. Point Deduction Judges Scoring Guidelines

Obvious Bobbles/Mistakes

Obvious errors during technical skills (EX: hands down on tumbling obvious missed skills; shaky stunts/pyramids, incomplete twisting cradles; memory mistakes involving obvious execution of incorrect moves; etc) will result in a 1 point deduction for EACH mistake.

Major Mistakes

Major errors during technical skills (EX: falls from individual stunts, falls during tumbling skills, falls to floor during dance or transitions,) will result in a 2 point deduction.

Major Falls

Major falls during technical skills or OBVIOUS SEVERE mistakes (EX: multiple falls in a single sequence/series by a couple or stunt group, pyramids that fall or that are severely missed, falls during a turn sequence) will result in a 2 point deduction.

VIII. Legality Judges Scoring Guidelines

Boundary Violations

Each boundary violation will result in a .5 deduction per occurrence. Deductions for boundary violations are given for stepping off (entire foot) or touching (the entire hand or other body part) outside the performance area or an object outside the performance area. Stepping on or touching the edge of the mat does not constitute a violation. Legal props (signs, banners or pom poms) may be partly touching out of bounds without a penalty. A team member may pick up, set down or toss a prop completely outside the performance area without a penalty.

Time Limit Violations

Time limit violations for the "all music" routine is as follows:

1- 5 seconds overtime =	1 point deduction
6 – 10 seconds overtime =	3 points deduction
11 or more seconds overtime =	5 points deduction

IX. Safety and General Competition Guideline Violations

A 5 point deduction will be given for EACH safety/general competition guideline violation (EX: a 5 point penalty will be assessed for jewelry). Safety Violations are in effect until the team leaves the performance floor. Please read and study the ENTIRE Cheergym.com Rules and Regulations to insure that your team does not have any safety violations. The Cheergym.com reserves the right to make decisions on any violations not covered in this booklet and interpretation of rules covered.