



**Yorkshire  
Sport  
Foundation**



**School Games**

# ***Cheerleading***

**Rules and Regulations 2018-2019**

**Primary Cheerleading – Level 1 (FOU) Only**

**Secondary Cheerleading – Level 1 (FOU) Only**

**(Please read carefully – Any changes from 2016 are written in red)**

# CHEERLEADING

## COMPETITION REQUIREMENTS

(The SY Cheerleading rules are based on UKCA rules with small amendments)

Perform a routine of cheer skills, movement and vocals

Routines should be dynamic and exciting, incorporating all the compulsory elements

Audience participation and props are encouraged

(i.e. Poms, megaphones, banners, signs/cards, flags etc)

Minimum number of team members	5	Maximum number of team members	30
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### Compulsory Elements

Vocal Skill (Cheer/Chant/Sideline)

Stunts

Pyramid

Cheer Jumps

Tumbling

Dance/ Cheer Arm Motions

### Beginning & End of Routine

The routine must be performed on the matted performance area provided

Cheerleaders are not allowed outside the performance area once routine has started

All cheerleaders must start the routine with at least one foot on the ground and should be still before beginning their routine

### Time

Routine **maximum** time limit is **2:30** minutes

Timing will begin on the first note of music, the first vocal command or the first cheer movement and will stop with the last note of the music, when all cheerleaders come to a stationary position or their vocal comes to an end – Please note that teams will be deducted if they are over the time limit, not under

The judges will continue to mark the final dismounts until they are safely on the ground

### Music

Teams must provide their own music track with a backup, on CD, iPod or iPhone

Music must be suitable for a family audience

A representative of the team must start and stop the music

### Clothing and footwear

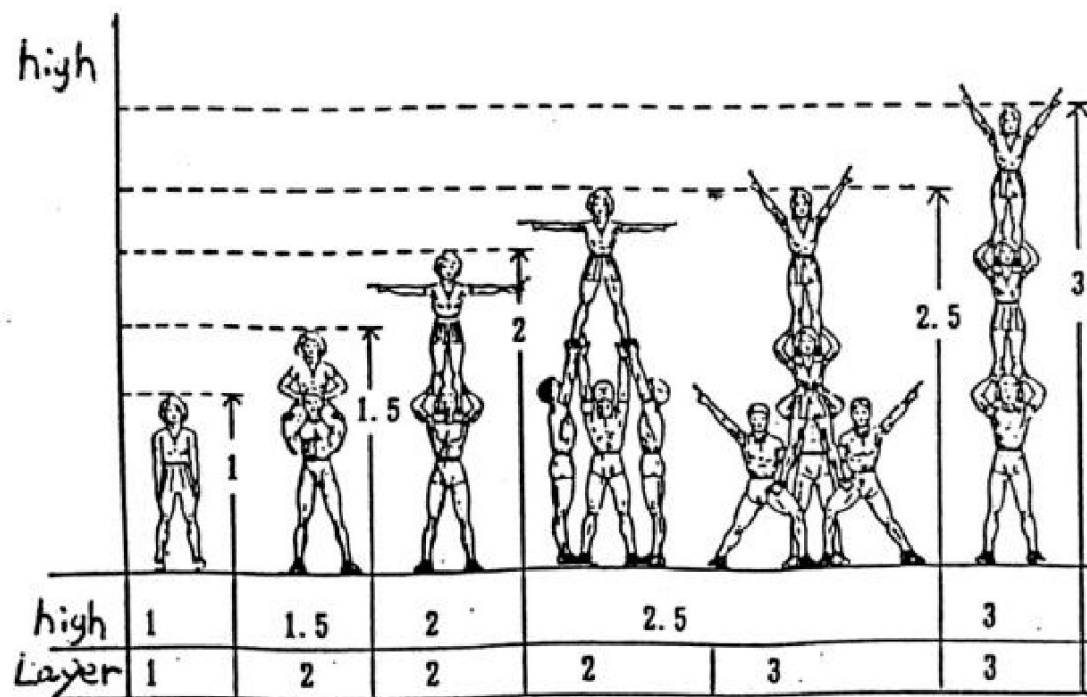
Suitable clothing and footwear must be worn by all competitors – cheerleaders will not be allowed to compete barefoot

All jewellery must be removed before competing

## CHEERLEADING GENERAL RULES

**PYRAMIDS AND STUNTS OVER 2.0 PERSONS HIGH ARE PROHIBITED**

Please Note: Height limit



Stunt	Description	Height
Thigh Stand	Flyer stands on thigh of 2 bases	1.5
Shoulder sit	Flyer sits on shoulders of a base	1.5
Prep	Flyer standing in hands of 2 bases held at shoulder level	2
Chair/Straddle sit extension	Flyer sits on extended arms of bases	2
2 foot extension	Flyer standing in hands of bases held at extended arm level – <b>Prohibited</b>	2.5

## OVERVIEW

	LEVEL 1	Example/Explanation
Height	2.0 High	All stunts must stay at or below 2.0 high (Prep level)
Back spot required	2.0 High	All stunts at 2.0 high (prep level) must have a back spot
Double leg stunts	2.0 High	All 2 foot stunts must stay at or below 2.0 high (Prep level)
Single leg stunts	1.5 High	All <b>un-braced</b> single leg stunts must stay at or below 1.5 high (Thigh or gut level)
Single leg stunts <b>braced</b> with a hand – hand or hand to arm connection with someone at 2.0 high or below (Prep level or below)	2.0 High	Single leg stunts which are braced by someone at prep level or below can go to 2.0 high (Prep level). This must be a hand arm connection with at least one other cheerleader at prep level or below. The connection must be made <b>prior</b> to executing the skill and must <b>remain braced</b> until the flyer is no longer performing the single leg stunt. i.e Dismounted, stepped across to make it a 2 foot stunt, brought the 1 leg stunt lower than 2.0 high to make it legal
Mounts and transitions	¼ twist – No rotations/Somersault	All mounts and transitions in stunts cannot exceed a ¼ turn
Dismounts – 2 leg	Cradle Pop down No twist No rotation/Somersault	All dismounts from 2 leg stunts must not contain a twist/turn/rotation Only cradles, pop downs, bump downs etc are allowed
Dismounts – 1 leg	Straight cradle Pop down No twist No rotation/Somersault	All dismounts from 1 leg stunts must not contain a twist/turn/rotation Only cradles, pop downs, bump downs etc are allowed
Cradle dismounts from stunts or pyramids	At least 3 catches required	There must be 3 catches per flyer when performing a cradle
Tosses	Prohibited	Basket tosses are not allowed
Tumbling – Up to and including	Rolls Cartwheels Round offs Front and back walkovers Standing back handsprings Round off back handsprings	Any skill not listed is not allowed

# GENERAL RULES

- Routine must be performed on the matted performance area provided
- All Cheerleaders must start the routine with at least one foot on the ground
- Routine **maximum** time limit is **2:30** minutes
- Teams must include all compulsory elements in their routine

## **STUNTING**

**External spotters** are allowed. They must not help to stabilise/assist any stunts, pyramids or tosses in any way. Their task is to ensure the flyer's safety if it is not covered by the intended stunt group/catchers. They must not communicate with the performing group. Any violations will incur a penalty. **External spotters must be dressed significantly different to the performing team.**

## **PROHIBITED**

- A stunt or pyramid moving under or over a separate stunt or pyramid
- Base(s) assuming a back-bend position while in a stunt
- Drops from a stunt or inverted position, unless the majority of the weight is first taken on the hands or feet
- All hanging pyramids ('Diamond Head' etc)
- Prone catches (where a flyer is caught on her front) whether in a dismount or transition
- Use of mini-trampolines, springboards or any height increasing prop/apparatus
- Cradles caught in prone position (where a flyer is caught on her front)
- A dismount to the floor on any other part of the body except the feet
- A top person at 2 high jumping down/stepping down without assistance
- Basket tosses

## **TUMBLING**

- All tumbling must originate from and land on the performance surface
- A tumbler may rebound off their feet into a transition

## **PROHIBITED**

- Any skill not listed on the previous page
- Dive rolls in swan/arched position
- Dive rolls that involve twisting
- Tumbling over, under, or through a stunt

# DEDUCTIONS

## PENALTY DEDUCTIONS

### 1. SAFETY VIOLATION – 2 POINT DEDUCTION per violation

Points will be deducted from the final score for each safety violation – E.g A flyer not being caught correctly  
Violation as defined by the judging panel

### 2. PROHIBITED ELEMENTS/ITEMS - 2 POINT DEDUCTION

Points will be deducted for each prohibited element performed **per violation** or item used in a routine (e.g. insufficient spotters, element performed at incorrect level, inappropriate use of official spotters)

### 3. UNIFORM SAFETY VIOLATION/UNSUITABLE UNIFORM - 2 POINT DEDUCTION per violation to the maximum of 10 points

Correct footwear and appropriate uniforms must be worn

### 4. NO JEWELLERY TO BE WORN - 1 POINT DEDUCTION per item

Jewellery will not be checked by officials, therefore please ensure all jewellery is off before competing as the team will be deducted **per violation**

### 5. UNSUITABLE MUSIC – 2 POINT DEDUCTION

Profanities & referrals of a sexual, violent or racial nature **per violation** will result in deductions or in extreme cases, disqualification

### 6. TIME OVER - 1 POINT DEDUCTION per second

Points deducted for each second over time limit **per second**

### 7. OUTSIDE AREA VIOLATION - 1 POINT DEDUCTION per violation

Movement that takes the competitors foot or feet outside the performance area - **per violation**

## HARD MEDICAL ITEMS

Hard medical items (including glasses and hearing aids) can be worn providing the school has had clarification from parents that they are happy for their child to do so

# MAIN NOTABLE CHANGES

-Maximum amount of cheerleaders in a team is 30

-Addition of 1 leg prep braced by someone at prep level or below by a hand – hand or hand - arm connection only . The connection must be made **prior** to executing the skill and must **remain braced** until the flyer is no longer performing the single leg stunt. i.e Dismounted, stepped across to make it a 2 foot stunt, brought the 1 leg stunt lower than 2.0 high to make it legal

-Addition of standing and running back handsprings

-Reduction of deduction points