

Rules and Regulations from ASCE

CHEER and DANCE COMPETITION RULES & REQUIREMENTS Information courtesy of American Spirit and Cheer Essentials PERFORMANCE AREA.

All cheer teams competing in any ASCE competitions will perform on a 42' deep x 54' wide carpeted, gymnastics floor mat. The mat will be placed over a concrete or wooden surface. Only soft-soled tennis shoes will be allowed on the performance surface. It is important that your routine be choreographed not to exceed these measurements, because penalty points will be assessed for going outside the performance area. This is particularly important in planning tumbling passes. This rule is designed for the safety of the participants due to over rotation of tumbling and uneven surfaces. The judges will score only what occurs within the boundaries. Cheerleaders may not reach outside the performance area to place or retrieve props during the routine.

SAFETY RULES

1. Use of mini-tramps, springboards, or any apparatus used to propel a participant is not permitted.
2. Drops (knee, seat, thigh, front, back, and split drops) from a jump, stand or inverted position are prohibited unless the majority of the weight is first borne on the hands/feet that breaks the impact of the drop.
3. Only the following props are allowed: flags, banners, megaphones, pom poms, and signs. Flags and/or banners with poles or similar support apparatus may not be used in conjunction with a stunt or tumbling.
4. Soft-soled tennis shoes must be worn while competing; no jazz shoes and/or boots will be allowed.
5. Jewelry of any kind is prohibited. This includes earrings, nose, tongue and belly button rings, necklaces and pins on uniforms.

TUMBLING

1. Proper progression should always be followed while learning or attempting tumbling skills.
2. Tumbling skills that exceed one flipping rotation and/or two twisting rotations are prohibited. (No double backs, triple fulls, etc.) School rules allow for only one twisting rotation.
3. Tumbling over, under, or through a stunt, individual, or prop is not permitted. Exception: forward roll over a prop is legal
4. Tumbling with a prop is prohibited. Example: back handsprings and back tucks with poms are illegal.

TOSSES

1. Proper progression should be followed while learning and attempting basket toss skills.
2. Basket/sponge tosses must be executed with both bases' feet on the ground.
3. Basket/sponge toss dismounts must be caught by three (3) catchers.
4. Basket/sponge tosses must land in a cradle position only.
5. Third catcher must always be in position to spot the head and neck areas of the person dismounting.
6. Flipping dismounts from basket tosses are prohibited.
7. Twisting dismounts from basket tosses exceeding two (2) rotations are prohibited.
8. Dismounts from basket/sponge tosses may be cradled by different bases other than those initiating the toss. The additional catchers (new bases) of such a toss, whether flipping or not, may not be participating in any other skill at the time the toss is initiated. The only flipping maneuver allowed from such a toss is a forward front rotation to two (2) additional catchers in position at the time of the toss.
9. Tosses are prohibited for any elementary or middle/Jr high school teams.

PARTNER STUNTS

1. Proper progression should always be followed while learning and attempting partner stunt skills.
2. Split catches are prohibited.
3. Free flying flips from toe pitches are prohibited.
4. Flipping dismounts from extended stunts are prohibited (examples: extension flips, liberty flips, etc.)
5. Flipping dismounts from non-extended stunts require the base and an additional spotter participating in the cradle.
6. All flipping skills into stunts require an additional spotter.

7. All flips from non-extended stunts MUST BE CRADLED ONLY. The spotter MUST assist the base in catching the cradle. (Flips to the ground, flips to crunches, flips to humpties, etc., are prohibited.)
8. Double twisting dismounts from stunts require the base and an additional spotter participating in the cradle.
9. Twisting dismounts from stunts exceeding two (2) rotations are prohibited. For school divisions elementary and middle/jr high teams are prohibited from double twisting dismounts.
10. Combination flipping and full twisting dismounts from stunts are prohibited.
11. Dismounts or transitional stunts moving in a downward direction may not land in an inverted position (head down) and/or change direction while in an inverted position. Slight dips (45 degrees or less) while in an inverted position will be allowed if the downward motion is created only by the bending of the bases' knees in order to transition or dismount the inverted person(s).
12. Any "one-arm" stunt with the top person's foot extended away from the body must have a spotter in addition to the base (examples: heel stretch, arabesque, scorpion, etc.).
13. Any dismount from a "one-arm" stunt other than a regular cradle or straight dismount to the ground requires a spotter in addition to the base. (Toe touch, full twist, etc.)
14. Flips from stunts should not be performed during basketball games unless a matted or cushioned surface is utilized.

PYRAMIDS

1. Proper progression should be followed while learning and attempting pyramid skills.
2. Pyramids over 2 persons high are prohibited. Pyramid height is determined by the following: 1 High = one standing person 1 1/2 High = thigh stand, arm stand, shoulder straddle, chair sit stunt, table top and shoulder level splits 2 High = Any single or double base stand or stunt at or above shoulder level. Example: Shoulder stand, extension prep, extension, liberty, etc.
3. The second level bases in pyramids over 2 high may not be extended.
4. Dismounts or transitional pyramids moving in a downward direction may not land in an inverted position (head down) and or change direction while in an inverted position. Slight dips (45 degrees or less) while in an inverted position will be allowed if the downward motion is created only by the bending of the bases' knees in order to transition or dismount the inverted person(s).
5. Tension drops from stunts or pyramids to the ground are prohibited.
6. Back flip dismounts from 2 high pyramids are prohibited.
7. Forward suspended rolls off pyramids require at least 2 catchers.
8. The third catcher in cradles must always be in position to spot the head and neck areas of the person dismounting.
9. Cradle dismounts from pyramids 2 high require at least 2 catchers.
10. Combined flip and twisting dismounts from pyramids are prohibited.
11. Free flying flips on to pyramids are prohibited.

CHEER JUDGING SCALE- FOR CHEERLEADING FUNDAMENTALS

Total points received per category will be based on overall quality and quantity of technical moves (both variety of skills and number of members performing skill) throughout 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.

TUMBLING

Ranges of Scores and Skills

5-7 points Beginning-Intermediate tumbling skills (examples: forward rolls, cartwheels, round-offs) performed by the team with a high level of perfection, or Intermediate/Advanced tumbling skills executed with sub-standard technique and perfection.

7-9 points Intermediate-Advanced tumbling skills (examples: back handspring, round off back handspring, round-off back tuck) performed by the majority of the team with a high level of perfection, or Advanced-Elite tumbling skills executed with sub-standard technique and perfection.

9-10 points Advanced-Elite tumbling skills (examples: standing back tuck, standing back handspring back tuck or round-off back handspring back tuck) performed by the majority of the team with a high level of perfection, and numerous strong specialty passes such as layouts, whips, fulls, etc., performed with a high level of perfection.

PARTNER STUNTS

Ranges of Scores and Skills

5-7 points Beginning-Intermediate partner stunt skills (examples: shoulder stands, extensions, chairs) performed by the team with a high level of perfection, or Intermediate-Advanced partner stunt skills performed with substandard technique and perfection. Spotters or additional bases may be used to help support the partner stunts in this category.

7-9 points Intermediate-Advanced partner stunt skills (examples: liberty variations, one arm stunts, full twisting dismounts) performed by the majority of the team with a high level of perfection, or Advanced-Elite partner stunt skills performed with sub-standard technique and perfection. Spotters or additional bases may be used to help support the partner stunts in this category.

9-10 points Advanced-Elite partner stunt skills (examples: tossing with twisting, flipping and/or unique mounting techniques into liberty variations, one-arm stunts and/or multiple stunt sequences, flipping or double twisting dismounts) performed by the majority of the team with a high level of perfection. The majority of stunts in each stunt segment must be executed unassisted.

PYRAMIDS

Ranges of Scores and Skills

5-7 points Beginning-Intermediate pyramid skills (examples: 2 high, non-transitional, standard mount and dismount) performed by the team with a high level of perfection, or Intermediate-Advanced pyramid skills performed with sub-standard technique and perfection.

7-9 points Intermediate-Advanced pyramid skills (examples: 2 ½ high, transitional, variation of mounts and dismounts) performed by the majority of the team with a high level of perfection, or Advanced-Elite pyramid skills performed with sub-standard technique and perfection.

9-10 points Advanced-Elite pyramid skills (examples: multiple 2 ½ high, transitional, tossing or unique mounting techniques, flipping, twisting and/or unique dismounts) performed by the majority of the team with a high level of perfection.

BASKET TOSSES/JUMPS

Ranges of Scores and Skills

5-7 points Beginning-Intermediate basket tosses and/or jumps (examples: spread eagle, tuck jump, etc.) performed by the team with a high level of perfection, or Intermediate/Advanced basket tosses/jumps performed with sub-standard technique and perfection.

7-9 points Intermediate-Advanced basket tosses (examples: full twists) and/or jumps (examples: toe touch, herkie, hurdler, etc.) performed by the majority of the team with a high level of perfection, or Advanced-Elite basket tosses/jumps performed with substandard technique and perfection.

9-10 points Advanced-Elite basket tosses (examples: double full twisting, pike fulls, Xout fulls) and/or jumps (examples: toe touch-back handspring or tuck, combination jumps) performed by the majority of the team with a high level of perfection.

MOTIONS/DANCE

Ranges of Scores and Skills

5-7 points Basic-Intermediate motions/dance performed by the team at a slow pace, or executed with standard technique and perfection, or Intermediate-Advanced motions/dance skills performed with sub-standard technique and perfection.

7-9 points Intermediate-Advanced motions/dance performed by the majority of the team at a moderate pace with good technique, or Advanced-Elite motions/dance skills performed with sub-standard technique and perfection.

9-10 points Advanced-Elite motions/dance performed by the majority of the team at a fast pace with strong technique, perfection, visual effect and crowd appeal.

COLLEGIATE PARTNER STUNT COMPETITION REQUIREMENTS

1. Participants must be official members of the school and cheerleading team they are representing and meet all of their school's eligibility requirements.
2. Length of routine can be NO LONGER THAN SIXTY(60) SECONDS. The following penalties will apply for the routine going over the time limit: 1-5 seconds (.1), 6-10 seconds (.3), over 11 seconds (.5).
3. The routine should be performed to music.

4. Each participating couple should provide one spotter. Only one spotter may be on the mat as needed to make the stunt legal. Spotter may not assist with performance. Spotter may not touch or assist any stunts. In the event a spotter touches or assists a stunt a .5 deduction will be assessed per occurrence (exception: may assist in dismounts or drops).
5. The routine and music must be suitable for family viewing.
6. A participant may take part in only ONE (1) partner stunt routine.
7. A participant may only compete with the partner with whom they qualified.
8. Participants MUST follow the AACCA Collegiate Safety Guidelines.

GROUP STUNT COMPETITION REQUIREMENTS

1. Participants must be official members of the school and cheerleading team they are representing and meet all of their school's eligibility requirements. The official NCA eligibility form must be submitted prior to the competition.
2. Length of routine can be NO LONGER THAN SIXTY(60) SECONDS. The following penalties will apply for the routine going over the time limit: 1-5 seconds (.1), 6-10 seconds (.3), over 11 seconds (.5).
3. The routine should be performed to music.
4. The routine and music must be suitable for family viewing.
5. A participant may take part in only ONE (1) group stunt routine.
6. A participant may only compete with the stunt group in which they qualified.
7. Participants MUST follow the AACCA Collegiate Safety Guidelines.
8. Participants MUST be ALL female. (Maximum of 5 participants allowed)

JUDGES' CATEGORIES: (Each worth 10 points)

1. Technique –
 - a. Cheer Section
 - b. Music Sections
2. Stability of Stunts/Strength
 - a. Difficulty
 - b. Execution
3. Choreography/Flow of Routine (5points)
4. Pyramids/Tosses
 - a. Difficulty
 - b. Executions
5. Tumbling A. Difficulty
6. Jumps A. Difficulty/Strength
7. Perfection of Routine
 - a. Showmanship/Sportsmanship
8. Overall Impression (5points)

100 point possible

Penalties- see rules/regulations

Division Info: Please study the division and categories carefully. There will be NO program changes on the day of competition. If one team member is too old for the division selected, your team will be disqualified. If you entered in a category in error, your team will be forced to forfeit with an overall score of zero and no refund will be granted.

Division & Category Information: Division is defined by the age of the participant. Category is defined as the type of performance you select. Performance Order: Receipt of registration will determine the order of performance. The first received shall perform last. The last registration received will perform first. Adjustments may be required due to team or division conflicts.

Second Category: Teams may not compete in the same category twice.

Cross Competitors: Cross competitors are those that compete on more than one team. This is allowed by ASCE however they must meet the following criteria: Be included on each team's roster Be included in each team's numerical count Submit full payment for each team they compete with Submit all waivers and compliance forms for each team, marking the cross competitor box.

ASCE Competition Code of Conduct

We require the following to be adhered to during the event. This will ensure a positive experience for everyone involved.

Any disorderly behavior by coaches, participants, parents or spectators will result in removal from the event. ASCE reserves the right to refuse service to or disqualify any individual or team.

Questions or concerns that affect a team's performance must be presented only by the coach of the respective team to an ASCE official.

Protests of any kind will only be accepted in writing. Resolutions will not be made at the event.

The above is to be followed without question. We expect that all teams, coaches, and spectators choose to represent themselves in a positive manner. Staff members of ASCE have no control or input regarding the judges final scores, results or outcome of the competition. It is our hope that this will be a pleasant and memorable experience for all.

Music: Music may be on an iPod or CD. Music must be recorded at the beginning of the CD with no other music recorded. Bring an extra method of music or CD in case of lost or damaged media. Label your music with your teams name and phone number in case of loss. An adult advisor must be present at the sound booth prior to your teams' performance to cue the music. Profanity, vulgarity or suggestive lyrics are prohibited and will result in disqualification.

Minimum team members: All teams must have a minimum of five members to perform.

Changes to Divisions or Categories: Division/level/category changes must be submitted in writing 14 days prior to the event and approved by ASCE. You will receive notification of receipt of the change immediately, regardless if the change was approved or not. Teams that make changes after submitting their registration will result in a change in the performance order based on the new information.

Late Fees: Registration received after the deadline will be assessed a \$10.00 per participant processing fee (providing availability and approval ASCE). Call the ASCE office at 918-398-6510 for prior approval. All late fees must be submitted at the time of registering.

Performance Information: A tentative performance schedule will be posted approximately one week prior to the event. The website is www.americianspiritandcheer.com.

Payment Information: You may pay by Team/Gym/Organization/School check, or money order. No personal checks will be accepted. Make all fees payable to: ASCE. Upon receipt you will receive an email confirmation. All future correspondence will be sent to the contact person's name on the registration form. A \$30.00 'returned' check fee is charged for each dishonored check.

Cancellation Policy: All payments are non-refundable. If a participant cancels (regardless of the reason) you cannot apply that person's payment to another team. However, if a participant cancels from your registration and you replace that person with a new participant for your team, you can apply that payment for the new participant.

Interruption of Performance: If the interruption is due to the fault of the equipment of ASCE teams may restart from the beginning or at the point of interruption. If interruption is due to the failure of the teams' equipment, supplies, music, or staff the team may either continue or withdraw from the competition. ASCE reserves the right to stop the performance due to an obvious injury. In the case that an injury results in the interruption of the teams' performance, the team will be allowed to re-group before performing their routine again. Performance must be repeated during the time allotted for their division/category.

Inappropriate Music/Choreography: Age appropriate choreography and music must be used. Penalties will be assessed for profanity, vulgarity and suggestive music and choreography.

Reasons for Disqualification: Teams with illegal competitor(s) will be disqualified. Reason for disqualification include, but are not limited to, inappropriate choreography/music (at the discretion of ASCE official), over-age competitor(s), more or less competitors than allowed on the floor, participants not listed on the official roster, and/or illegal competitor(s) listed on the official team roster. If a team is found with unregistered competitors, the team will be disqualified. Teams registered and performing in the incorrect divisions will be disqualified. Due to unforeseen circumstances, ASCE reserves the right to disqualify any team.

Formal Entrances: To ensure the flow of the program ASCE prohibits performing an organized or choreographed entrance prior to the start of a routine. A quick team huddle is permitted. Spirited entrances are allowed; teams should not take longer than 10 seconds to set-up.

Time Limits: The time limits for all categories are as follows: Show Cheer 2 minutes 30 seconds Performance Cheer 2 minutes 30 seconds (mount & non-mount) Dance Performance 2 minutes 30 seconds Song/Pom 2 minutes 30 seconds Jazz 2 minutes 30 seconds.

Categories & Divisions

Cheer Routine Specifics: Performance using music, cheer or any combination thereof. Music must be incorporated into the performance. Music may be used for a segment, half, or the entire performance. Gymnastics skills and stunts are required. Poms, megaphones, signs, and banners are encouraged. Tear away uniforms or removal of clothing is prohibited.

Judging Criteria: Technical Skills, Building/Stunt Skills, Choreography, Routine Execution and Presentation.

Performance Cheer Mount: Cheer(s) are of your choice. Audience participation, megaphones, signs and banners are encouraged. Music or amplified sound is prohibited. Gymnastics skills and stunts are required. Tear away uniforms or removal of clothing is prohibited.

Judging Criteria: Technical Skills, Stunt Execution, Choreography, Voice Projection and Overall Presentation.

Performance Cheer Non-Mount: Cheer(s) of your choice. Audience participation, megaphones, signs and banners are encouraged. Music or amplified sound is prohibited. Gymnastics skills are required. Stunts are not allowed. Tear away uniforms or removal of clothing is prohibited.

Judging Criteria: Technical Skills, Choreography, Voice Projection and Overall Presentation.

Dance Performance: Performance must clearly consist of three dance styles, Pom, Funk Hip Hop, and Jazz.

Pom Skills: Each team will be judged on pom skills. Basic cheerleading motions – emphasizing uniformity, synchronization, and strong sharp motions/arm placement as well as ground work, level changes and roll-offs for visual effect.

Funk/Hip-Hop Skills: Movements comprised of funk/hip-hop street styles with tempo variation. Dance style with an emphasis on uniformity, rhythm, body isolation, creativity, and execution.

Jazz Skills: Combination of dance movements with an emphasis on use of space, body placement, routine demonstration as well as artistic expression through movement with team uniformity. Technical skill (ex: pirouettes/leaps) are required, and will be credited towards the technical skills score. Routine may display a theme that is predominantly one of these styles, but must incorporate skills from all three styles. Props, poms and costuming may be used but is not mandatory.

Judging Criteria: Dance Skill Fundamentals, Routine Execution, Choreography, and Showmanship.

Jazz: Performance demonstrating jazz technique and performance skills. Execute any type of jazz dance routine. Teams are required to use a combination of dance movements with an emphasis on technique, body placement, control, style, and synchronization. The performance must also utilize floor as well as artistic expression through movement with uniformity. Props, poms and costuming may be used but is not mandatory.

Funk/Hip-Hop: Movements comprised of funk, hip-hop and street styles with tempo variations (ex: break dancing, pop and lock techniques, street style, and high energy cheer style). Dance style with an emphasis on uniformity, rhythm, body isolation, creativity and execution. This performance should focus on athletic skills such as jumps, combination jumps, tricks, trick variations and illusions. Technical skills (ex: pirouettes/leaps) will not be credited in this category. Props and costuming are encouraged but not required. Judging Criteria: Dance Skill Fundamentals, Routine Execution, Choreography, and Showmanship.

Song/Pom: Performance may be any type of pom/song leading routine. Music is required for the duration of the routine and poms must be used for at least two-thirds of the performance. Dance style with an emphasis on technique, body placement, control, style, synchronization and use of poms. No other prop is permitted in this category.

Judging Criteria: Dance Skill Fundamentals, Routine Execution, Choreography, Showmanship and Use of Poms.

*While dancers are performing we encourage them to have full self-expression, however, any inappropriate gestures or suggestive dance moves towards other dancers will result in immediate disqualification.

Game Time

Time Out Cheer - A crowd leading that encourages crowd involvement. Props encouraged.

Fight Song - Perform your school's fight song and show your school spirit. Props optional.

Time Out Dance - A one minute dance that focuses on crowd entertainment. Props are optional.

Judging Criteria: Crowd involvement, enthusiasm, school spirit, and entertainment.

Divisions

All teams will compete based on the age of the oldest member on that team. Ivory Arts Inc competition divisions will be split into small and large groups to ensure equal distribution of small and large teams. Small is defined as 5-12 Medium (Elementary/Varsity only) 13-16 and large is defined as 17-35.

Name of Division

Age All-Star Divisions

Pee Wee- 5yrs and under

Elementary- 6-10 yrs

Junior 11-13yrs

Senior 14 & up Co-Ed

*Refer to USASF guidelines for division and safety guidelines

School Cheer

Elementary- small, medium, large

Jr. High / Middle School- small, large, Co-Ed

Jr. Varsity-non mount or mount Varsity- non mount small, medium, large, co-ed

*All participants must attend a school in order to be eligible to compete

Recreation not affiliated with any school program

Additional Safety Rules

All teams should be supervised during all functions by a qualified coach. Coaches must require proficiency before skill progression.

Jewelry of any kind is prohibited. Exception: medical ID bracelet.

Dance shoes are acceptable when competing; however, competing in socks only is prohibited.

For all guidelines please refer to the AACCA guidelines.

School/Affiliation Name: _____

Team Name: _____

Advisors/Coach Name: _____

I have completely read and understand all of the safety guidelines, rules, regulations, and divisions put forth by the ASCE Co. I agree to all the terms and conditions.

Advisor/coaches name: _____ Date: __/__/____