



# CHEEROBICS 2008

## NATIONAL CHEERLEADING CHAMPIONSHIP

### LIST OF CHANGES IN COMPETITION RULES

CHEERLEADING ASSOCIATION (SINGAPORE)  
20 Ayer Rajah Crescent #08-18  
Ayer Rajah Industrial Estate  
Singapore 139964

TEL: +65 6873 0321 / FAX: +65 6873 0531  
cas@cheerleading.org.sg / www.cheerleading.org.sg

#### LIST OF CHANGES IN COMPETITION RULES

#### General Competition Guidelines

##### 3.6 Number of Participants

Categories	Minimum No. of Participants	Maximum No. of Participants	Maximum No. of Reserves
Team	12	16	4
Group Stunt	4	5	1

- a. For ~~Cheer Team~~ Categories, teams are allowed to include a mascot in addition to their 12 - 16 member team. However, the mascot may not participate in any technical skill and may not serve as a spotter during the performance.

#### General Safety Guidelines

##### 5. Hair

5.2 Accessories (example: scrunches, ~~hair bands~~, ribbons, rubber bands, etc) have to be tightly secured.

5.3 All hard or sharp accessories are prohibited. ~~Only flat hairpins may be worn.~~

##### 7. Medical Items

7.1 Spectacles (exception: ~~safety goggles and~~ contact lenses) hearing aids and/or other medical items may not be worn during the performance.

#### Open Division Safety Guidelines

##### 3. Inversions

3.2 Downward inversions from prep level and ~~below~~ above must be assisted by at least two bases. The top person must maintain contact with an original base.



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#### Scoring and Penalties

#### 3. Judging Scale for Group Stunt Categories

No	Components	Maximum Points
1	<b>Stunts</b> <i>Stability, Timing, Techniques, Difficulty, Transitions, Positioning, Control, Dismounts, Variety</i>	20
2	<b>Perfection</b> <i>Skills, Stunts, Poise, Energy, Confidence, Spacing</i>	10
3	<b>Synchronization</b> <i>Precision, Placement, Techniques, Timing, Creativity, Level Changes</i>	10
4	<b>Overall Evaluation</b> <i>Choreography, Speed, Projection, Expression</i>	10
<b>TOTAL</b>		<b>50</b>

#### Glossary

##### Partner Stunt

Any skill in which only one top person is supported above the performance surface by one or more persons.



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#### GENERAL COMPETITION GUIDELINES

#### 1. Code of Conduct

##### 1.1. Coaches should:-

- a. Motivate and encourage their cheerleaders to do their best at all times and not criticise cheerleaders in front of spectators, but reserve constructive criticism for later, in private, or in the presence of team members if others might benefit.
- b. Be courteous to opposing coaches, cheerleaders or fans and not use abusive or profane or gestures at any time to anyone.
- c. Not incite un-sportsman like conduct at any time.
- d. Abstain from the possession and smoking of tobacco in the presence of spectators, officials, judges and/or team members.
- e. Abstain from the usage and administration and taking of illegal substances, as stated in the "Olympic Movement Anti-Doping Code 1999" and "Appendix A (Prohibited Classes of Substances and Prohibited Methods 1<sup>st</sup> April 2000)".
- f. Together with officials, be jointly responsible for the conduct and control of team fans and spectators.
- g. Accept decisions of officials and judges in competition as being fair and called to the best of ability of said officials and judges.
- h. Emphasise that good athletes strive for good mental and physical health.
- i. Be a role model by setting a positive behaviour.
- j. Not initiate or have any contact with the judges during the event.
- k. Should highlight any questions or concerns that affect a team's performance to the appropriate official before the commencement of the competition.
- l. Adhere to all Cheerleading Association (Singapore) (CAS) rules and regulations.

##### 1.2. Cheerleaders should:-

- a. Abstain from the possession and drinking of alcoholic beverages in the presence of spectators, officials, judges and/or other teams while wearing team uniforms, tracksuit and/or jackets (representing their team/country).
- b. Abstain from the possession and smoking of tobacco in the presence of spectators, officials, judges and/or other teams while wearing team uniforms, tracksuit and/or jackets (representing their team/country).



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- c. Abstain from the taking of drugs
- d. Abstain from the taking of illegal substances, as stated in the "Olympic Movement Anti-Doping Code 1999" and "Appendix A (Prohibited Classes of Substances and Prohibited Methods 1<sup>st</sup> April 2000)".
- e. Not criticise opposing coaches, cheerleaders or fans word of mouth or gestures.
- f. Not use abusive or profane language at any time.
- g. Take the responsibility of providing positive leadership both when cheering and when not cheering.
- h. Always show respect and be courteous to officials, opposing coaches, cheerleaders and fans.
- i. Not initiate or have any contact with the judges during the event.
- j. Strive to promote good sportsmanship.
- k. Strive to be modest in victory and gracious in defeat.
- l. Be the ambassador of goodwill.

## 2. Eligibility

- 2.1. All members of Cheerleading Association (Singapore) are eligible.
- 2.2. The coach(es) of the participating teams should be qualified and recognised by CAS. (AACCA, BCA, IFC)
- 2.3. Every member of every team representing a school must be a student enrolled at that school currently and meet that school's eligibility requirements for participating on the team.
- 2.4. In fairness to all participants, the competition strictly enforces its requirements in each division and category. It is the responsibility of the source of the accusation to properly document any illegal participation to an event official. The team in-charge / coach(es) will be notified of both the source of the accusation and the requirements needed from that individual for proof of eligibility. If a participant is found to be in violation of this policy, the team will be automatically disqualified from the competition.
- 2.5. The organiser reserves the right to reclaim any and all awards (trophies, gifts certificates, etc) and remove television appearance (if applicable) for any team to be in violation of this policy after the championship event.



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### 3. Participation

#### 3.1. Divisions and Categories

Divisions Categories	Age of players as at competition date	
	At least	At most
Primary Division Team Category	6	12
Secondary Division Team Category Group Stunt Category	12	17
Open Division Team Category Group Stunt - Mixed Category Group Stunt - All Female Category	16	NA

- a. Pertaining to the Primary and Secondary Divisions, should a participant not meet the stipulated age criteria, he or she may be allowed to participate as long as the respective institute can produce proof of his or her identity as a member.
- b. The list above is a menu of categories that may be offered by an event organiser. The event organiser is not obliged to offer every category listed above.
- c. To maintain a competitive atmosphere, event organisers may combine, split or close a category at any time leading up to the event. A minimum of 5 teams is required to open a category.

3.2. Each cheerleader may only participate in a maximum of 1 team and 1 group category in 1 division.

3.3. Primary Division is open to all cheerleading teams from primary schools or any equivalent.

3.4. Secondary Division is open to all cheerleading teams from secondary schools or any equivalent.

3.5. The Open Division is open to all cheerleading teams whose members are of age 16 and above on the day of the event.

#### 3.6. Number of Participants

Categories	Minimum No. of Participants	Maximum No. of Participants	Maximum No. of Reserves
Team	12	16	4
Group Stunt	4	5	1

- a. For **Cheer Team** Categories, teams are allowed to include a mascot in addition to their 12 - 16 member team. However, the mascot may not participate in any technical skill and may not serve as a spotter during the performance.



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#### 4. Timing

Categories	Minimum Time	Maximum Time
Team	2 min 15 sec (135 sec)	2 min 30 sec (150 sec)
Group Stunt	45 sec	1 min (60 sec)

- 4.1. Entrance  
Props must be set on the performance floor as quickly as possible. Teams will have 30 seconds to get set.
- 4.2. Beginning of Routine  
Timing will begin with the first organized word, movement, or note of music by the team after they are officially announced and have taken the floor. The routine must begin within the marked performance area. All team members must come to a complete standstill before beginning their routine.
- 4.3. Ending of Routine  
Timing will end with the last organized word, movement, or note of music by the team.
- 4.4. Exit  
Teams must exit the performance area within 30 seconds after the routine.
- 4.5. Although teams are allowed to show spirit briefly to the crowd, any skill performed before or after the allotted routine time is prohibited and will be penalised.

#### 5. Performance Area

- 5.1. All participants will perform on 12m x 12m safety floor mats. All skills must originate and be completed within the competition boundary. No line-ups, skills or transitions are allowed outside of the competition boundary.
- 5.2. A 1m boundary will be running on the perimeter of the performance area. The boundary will be indicated either by different coloured mat or by tape (outer line of tape shall be the boundaries and the width of the tape shall be set within the performance area).
- 5.3. There will be center markings both at the front and in the centre of the mat.
- 5.4. Participants are not allowed to step outside the performance area throughout the routine.
- 5.5. No scoring will be awarded outside of the performance area.
- 5.6. Props must be set within the performance area. Safely tossing props off the performance area is acceptable.



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#### 6. Routine Requirements

- 6.1. For Group Stunt Categories, the routine comprises of stunts only.
- 6.2. For Team Categories, the routine must include a minimum of 1 cheer 1 sideline, 1 stunt and 1 pyramid.
- 6.3. For Open Divisions, the cheer and sideline segment must also include at least 1 stunt and 1 pyramid.
- 6.4. The compulsory cheer and sideline must be performed without music. No voice-overs or words may be recorded to make the teams' vocal projection sound louder.
- 6.5. The cheer and sideline must be performed with all members executing a continuation of at least 4 different arm motions simultaneously (Claps, clasps, hand on hips/thigh are not acceptable as part of the 4 different arm motions).
- 6.6. Only English language is allowed for the cheer and sideline.
- 6.7. Organised, formal entrances that involve organized cheers or run-ons with jumps, tumbling, or stunts are prohibited. Cheerleaders should enter the performance area in a timely fashion.

#### 7. Music and Choreography

- 7.1. All teams must have their performance music written on a CD. Duplicate CDs must be available at the music table in case of lost or damaged CDs.
- 7.2. The CDs must be clearly labeled with the name of the team, division and category.
- 7.3. A representative of the team is responsible for the starting and stopping of the music at appropriate times during the routine.
- 7.4. Music with overtly sexual content, racist or vulgar lyrics is prohibited.
- 7.5. Choreography with vulgar or suggestive movements is prohibited.
- 7.6. Routines must be appropriate for family viewing and listening.

#### 8. Interruption of Performance

- 8.1. In the event of an injury, music and/or technical error or any other unexpected event, the head judge reserves the right to stop the routine.
- 8.2. The team may perform their routine from the beginning. However, judging and timing will resume from the point at which the interruption occurred as determined by the judges.



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#### 9. Competition Spotters

9.1. Competition spotters will be provided.

9.2. Participants can use their own competition spotters (maximum 3). These spotters must not be participating members in the routine. These spotters shall wear CAS-designated attire.

#### 10. Performance Order

10.1. For the competition, participants will select their performance order through a balloting system.

#### 11. Practice and Dry Runs

11.1. Each team will be allocated a time slot in the practice area. A team failing to use their allotted time may request a new slot, which will be at the end of the day's rotation (subject to availability).

11.2. In addition, each team will be given 5 minutes (300 seconds) to run through their routine on the performance area.

#### 12. Awards and Gifts

WHO	WHAT
All participants (including reserves)	Event Tee Shirt Certificate of Participation
All Coaches (max 2 per team)	Event Tee Shirt
Team Categories Champion	1 Trophy per team Cash Prize Individual Medals
Team Categories 1 <sup>st</sup> Runner-Up	1 Trophy per team Cash Prize Individual Medals
Team Categories 2 <sup>nd</sup> Runner-Up	1 Trophy per team Cash Prize Individual Medals
Group Stunt Categories Top 3 Positions	1 Trophy per team Individual Medals



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#### 13. Registration

- 13.1. All required forms are to be completed and submitted to CAS by the stated deadline. Incomplete forms will not be accepted.
- 13.2. A confirmation will be emailed by the date stated by the organiser. CAS is not liable for forms not received.
- 13.3. The correct fees and bank charges in the correct currency (bank transfers, money orders or credit cards) must be paid into the CAS bank account/host bank account as specified in the forms.
- 13.4. Only registered names on the original forms are permitted to participate in the competition.
- 13.5. Any subsequent changes in the forms will be charged at SGD10.00 per change (e.g. spelling mistakes, change of members, etc). Participants are advised to double check the forms before submission.
- 13.6. Registration Fees

Categories	Registration Fees
Team Categories	SGD 200
Group Stunt Categories	SGD 60

#### 14. Withdrawals

- 14.1. Participants who cannot participate at the championship should inform the organiser 5 working days before the competition.
- 14.2. Registration fees are non-refundable and must be paid even if the team/competitor withdraws from the competition after registering.

#### 15. Results

- 15.1. The judges' decisions are final.
- 15.2. The final score will be released to all teams within 14 days after the competition.
- 15.3. Requests for a copy of the score sheets have to be submitted in writing within 30 days after the competition to CAS. An administrative charge of SGD 50.00 is payable to "Cheerleading Association (Singapore)". For requests filed after the stated period, an administrative charge of SGD 200.00 is payable. Score sheets will not be released until payment is received.



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#### 16. Feedback

- 16.1. All feedback about the competition have to be filed in writing within 30 days after the competition to CAS.
- 16.2. Feedback about other teams needs to be filed in writing within 30 days after the competition to CAS.
- 16.3. All feedback will be handled by CAS Executive Committee or a Sub-Committee elected by the Executive Committee for the purpose.

#### 17. Enquiries

- 17.1. For any enquiries on the guidelines or scoring and penalties, please submit in writing in to CAS at support@cheerleading.org.sg



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#### GENERAL SAFETY GUIDELINES

#### 1. Safety

- 1.1. Use of mini tramps, spring boards or any height increasing apparatus is not permitted.
- 1.2. Drops (knee, seat, thighs, 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, which breaks the impact of the drop.

#### 2. Props

- 2.1. Only the following props are allowed: flags, banners, megaphones, pompons, signs and pieces of cloth. Audience participation is encouraged.
- 2.2. Flags or banners with poles or similar support apparatus may not be used in conjunction with a stunt or tumbling.
- 2.3. Hard materials, electric signs and sharp objects are prohibited.

#### 3. Uniforms

- 3.1. Uniform must be appropriate for cheerleading. No baggy clothes, pockets, hoods, ties, aprons, bibs or slippery materials allowed.
- 3.2. No see through material may be worn.
- 3.3. Underwear must not be visible.
- 3.4. No tear-away uniforms or clothing is allowed.

#### 4. Shoes

- 4.1. Non-Marking sports shoes with solid sole and form should be worn during the competition. No jazz shoes and/or boots will be allowed.
- 4.2. All members of the team must wear the same shoe colour.
- 4.3. Laces must be securely tied with the ends tucked away.



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#### 5. Hair

- 5.1. All competitors whose hair is longer than a bob have to tie it away from the face.
- 5.2. Accessories (example: scrunches, ~~hair bands~~, ribbons, rubber bands, etc) have to be tightly secured.
- 5.3. All hard or sharp accessories are prohibited. ~~Only flat hairpins may be worn.~~

#### 6. Jewelry

- 6.1. Jewelry of all kinds is prohibited. This includes earrings, nose, tongue and belly button rings, necklaces and pins on uniforms. (Including for religious purposes).
- 6.2. Jewelry is not allowed to be taped over or covered.

#### 7. Medical Items

- 7.1. Spectacles (exception: ~~safety goggles and~~ contact lenses) hearing aids and/or other medical items may not be worn during the performance.
- 7.2. Casts that are hard and unyielding or have rough edges must be appropriately covered with a padded material.
- 7.3. Physical guards such as knee support straps or wrist guards are allowed.

#### 8. Uncertainty and Approval

- 8.1. In cases of uncertainty, please email to support@cheerleading.org.sg for advice and/or approval.



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#### PRIMARY DIVISION SAFETY GUIDELINES

#### 1. Climbing

- 1.1. Any toss to pyramid is prohibited. *Example: basket toss or elevator prep toss to a pyramid.*
- 1.2. Aerial twisting into stunts or pyramids is prohibited.
- 1.3. Flipping into a stunt or pyramid is prohibited.

#### 2. Dismounts

- 2.1. Only straight drops are allowed. Cradles, hip-over-head rotations and twisting dismounts are prohibited.
- 2.2. Top person cannot dismount unassisted from 2 high.
- 2.3. Top person may dismount directly to the performing surface with one assisting spotter.
- 2.4. Stunts may not dismount into a prone or face down position.
- 2.5. Tension drops/tension rolls are prohibited.

#### 3. Inversions

- 3.1. Inverted stunts and pyramids are illegal.

#### 4. Landing

- 4.1. Landing on the ground other than the feet is prohibited.

#### 5. Partner Stunts & Pyramids

- 5.1. Extended stunts are prohibited.
- 5.2. Pyramids are limited to 2 person high only. Any top person must receive primary support from a base(s) who is in direct, weight-bearing contact with the performing surface.
- 5.3. Physical contact must be maintained at all times between the top person and the base(s) during the stunt.



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- 5.4. During a pyramid, minor release of physical contact between the base and the top person in a pyramid transition are allowed ONLY when:
  - a. The top person remains vertical and upright
  - b. The top person remains physical contact with the other members at the second layer
  - c. Weight of the top person is not being borne by the second layer or on another stunt.
- 5.5. Transitional stunts involving changing bases are prohibited.
- 5.6. When a top person moves to a flat body position (*Example: prone position, layout position or on side*) the stunt must originate from prep level or lower and the top person must be caught by at least 4 catchers. Physical contact must be maintained with an original base. If the weight of the top person does not remain within the vertical axis of one stunt, 4 additional stationary catchers who are not original bases are required.
- 5.7. Top persons are not allowed to hold or pass through an inverted position during a stunt or dismount. This includes needle stunts, supported handstand stunts, roll-ups cartwheels or handstands into stunts.
- 5.8. Hanging pyramids are not allowed.
- 5.9. Single-based split catch is prohibited.
- 5.10. Top person in a split position must have continuous hand to body contact with a base and must be supported on the back thigh. Bases must have constant contact with the performing surface.
- 5.11. No stunt, pyramid, individual, or prop may move through, over or under a stunt or pyramid.
6. Tosses
  - 6.1. No tosses are allowed.
7. Tumbling
  - 7.1. Flipping and twisting are prohibited.
  - 7.2. Tumbling sequences are strictly restricted to 2 tumbling skills.
  - 7.3. Aerial tumbling, over, under, or through a stunt, individual, or prop is prohibited. *Exception: Dive roll over a prop or individual.*
  - 7.4. Tumbling with a prop is prohibited. *Exception: Forward roll with pompons.*
  - 7.5. Spotted, assisted or connected tumbling is prohibited. This includes toe and leg pitch flips and double cartwheels. All tumbling must originate from and land on the performing surface.



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## NATIONAL CHEERLEADING CHAMPIONSHIP SECONDARY DIVISION SAFETY GUIDELINES

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### SECONDARY DIVISION SAFETY GUIDELINES

1. Climbing
  - 1.1. Any flipping toss to the third layer of a pyramid is prohibited.
  - 1.2. Aerial twisting into stunts or pyramids exceeding 1 rotation is prohibited.
  - 1.3. Flipping into a stunt or pyramid is prohibited.
2. Dismounts
  - 2.1. Top person cannot dismount to the floor unassisted from 2 high or over.
  - 2.2. Unassisted skills dismount to performing surface is prohibited.
  - 2.3. Top person dismounting from single based-stunts with flips or twists is prohibited.
  - 2.4. Top person dismounting from 3rd layer pyramids with a gymnastic skill (meaning: twist, somersault, toe touch etc.) must be caught in a cradle by at least two catchers.
  - 2.5. Twisting dismount from stunts/pyramids exceeding 1 rotation is strictly prohibited.
  - 2.6. Forward with twisting or backward roll dismounts from stunts/pyramids are prohibited.
  - 2.7. Tension drops/tension rolls are prohibited.
  - 2.8. Stunts in which the base uses only one arm for supporting a twist or flip dismount is prohibited.
  - 2.9. Single-based stunts when cradled must have a spotter at the head and shoulder area of the partner.  
*Exception: cradle from chair or torch.*
  - 2.10. Stunts may not dismount into a prone or face down position.
  - 2.11. Stunts may dismount to a new set of bases if caught in a cradle position by at least 2 catchers with a separate spotter at the head and shoulder area of the partner (physical contact must be maintain with an original base) Catchers and bases must be stationary prior to the initiation of the dismount.
3. Inversions
  - 3.1. Inverted stunts and pyramids are illegal.
4. Landing
  - 4.1. Landing on the ground other than the feet is prohibited.

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together with the support from  
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### 5. Partner Stunts & Pyramids

- 5.1. Extended stunts are permitted to two and a half person high. Pyramids are limited to 2 layers 2.5 high OR 3 layers 2 high. However, pyramids which are 3 layers, 2.5 high are strictly prohibited. Any top person must receive primary support from a base(s) who is in direct, weight-bearing contact with the performing surface.
- 5.2. Single-based extended stunts are allowed if the top person is centered directly over the base. The spotter must be positioned (either to the side or directly behind the stunt) to protect the head/shoulders of the top person.
- 5.3. Physical contact must be maintained at all times between the top person and the base(s) during the stunt.
- 5.4. During a pyramid, minor release of physical contact between the base and the top person in a pyramid transition are allowed ONLY when:
  - a. The top person remains vertical and upright
  - b. The top person remains physical contact with the other members at the second layer
  - c. Weight of the top person is not being borne by the second layer or on another stunt.
- 5.5. When a stunt involves changing bases, the base may make no more than a half turn (180 degrees) as they take the top person to a new base. The top person must remain in an upright (vertical) position throughout the transition.
- 5.6. When a top person moves to a flat body position (*Example: prone position, layout position or on side*) the stunt must originate from prep level or lower and the top person must be caught by at least 4 catchers. Physical contact must be maintained with an original base. If the weight of the top person does not remain within the vertical axis of one stunt, 4 additional stationary catchers who are not original bases are required.
- 5.7. Top persons are not allowed to hold or pass through an inverted position during a stunt, toss or dismount. This includes needle stunts, supported handstand stunts, roll-ups cartwheels or handstands into stunts.
- 5.8. Hanging pyramids are allowed if and only if they are upright and stationary. Each top person at the shoulder stand level must have a continuous spotter and bases must brace the hanging person(s). Moving or rotating diamond heads are not allowed.
- 5.9. Top persons in a suspended split or being sponge toss to the split position must have continuous hand to body contact with a base and must be supported on the back thigh. Bases must have constant contact with the performing surface.
- 5.10. Single-based split catch is prohibited.
- 5.11. No stunt, pyramid, individual, or prop may move through, over or under a stunt or pyramid.
- 5.12. Single-based double awesomes, single-based double liberties and variations are illegal

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# CHEEROBICS 2008

## NATIONAL CHEERLEADING CHAMPIONSHIP SECONDARY DIVISION SAFETY GUIDELINES

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### 6. Spotting

- 6.1. A spotter is required for all extended stunts.
- 6.2. All pyramids over 2 high must have a spotter for each top person on the third layer.
- 6.3. If the number of the top person on the extended stunts is over the number of base(s), there must be a spotter for each top person. *Example: Double Awesome*

### 7. Tosses

- 7.1. Tosses must be performed from ground level and must be dismounted to a cradle position by the original 2 bases plus a spotter at the head and shoulder of the top person.
- 7.2. Tosses must be performed by no more than 4 bases.
- 7.3. Tosses involving twisting rotations may not exceed 1 rotation OR 1 twist and must be cradled.
- 7.4. Flipping tosses are prohibited.
- 7.5. A top person may not be tossed to another set of bases or to another stunt. The bases must remain stationary during the toss.
- 7.6. No stunt, pyramid, individual or prop may move through or under a toss/pop.
- 7.7. Tosses/pops may not be thrown over or through the stunts, pyramids, individuals or props.
- 7.8. Helicopter Tosses are prohibited.

### 8. Tumbling

- 8.1. Tumbling skills that exceed 1 flipping rotation and/or 1 twisting rotations are prohibited. *Example: No double back tucks, triple fulls, etc.*
- 8.2. Tumbling sequences are strictly restricted to 3 tumbling skills.
- 8.3. Aerial tumbling, over, under, or through a stunt, individual, or prop is prohibited. *Exception: Dive roll over a prop or individual.*
- 8.4. Tumbling with a prop is prohibited. *Exception: Forward roll with pompons.*
- 8.5. Spotted, assisted or connected tumbling is prohibited. This includes toe and leg pitch flips and double cartwheels. All tumbling must originate from and land on the performing surface.



# CHEEROBICS 2008

## NATIONAL CHEERLEADING CHAMPIONSHIP

### OPEN DIVISION SAFETY GUIDELINES

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#### OPEN DIVISION SAFETY GUIDELINES

#### 1. Climbing

- 1.1. Any flipping toss to the third layer of a pyramid is prohibited.
- 1.2. Aerial twisting into stunts or pyramids exceeding 2 rotations is prohibited.
- 1.3. Flipping into a stunt must originate from ground level and limited to 1 rotation.
- 1.4. Flipping into a pyramid is prohibited.

#### 2. Dismounts

- 2.1. Top person cannot dismount to the floor unassisted from 2 high or over.
- 2.2. Unassisted skills dismount to performing surface is prohibited.
- 2.3. Top person dismounting from single based-stunts with a forward flipping or twist must be caught in a cradle by the original base and an additional spotter.
- 2.4. Top person dismounting from third layer pyramids with a gymnastic skill (*Example: twist, somersault, toe touch etc*) must be caught in a cradle by at least two bases.
- 2.5. Twisting dismount from stunts/pyramids exceeding 2 rotations are strictly prohibited.
- 2.6. Forward roll dismounts from stunts/pyramids exceeding 1 rotation are prohibited.
- 2.7. Forward roll with twisting or backward dismounts are prohibited.
- 2.8. Tension drops/tension rolls are prohibited.
- 2.9. Stunts in which the base uses only one arm for supporting a twist or flip dismount is prohibited.
- 2.10. Stunts may not dismount into a prone or face down position.
- 2.11. Stunts may dismount to a new set of bases if caught in a cradle position by at least 2 catchers with a separate spotter at the head and shoulder area of the partner (physical contact must be maintain with an original base) Catchers and bases must be stationary prior to the initiation of the dismount. This applies also to single-based double awesomes, single-based double liberties and variations



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### 3. Inversions

- 3.1. Inverted pyramids are limited to 2.5 persons high and 3 layers. Inverted person must be supported by at least one person on second layer or below.
- 3.2. Downward inversions from prep level and ~~below~~ above must be assisted by at least two bases. The top person must maintain contact with an original base.
- 3.3. Braced flips/suspended flips from inverted pyramids are allowed if the top person remains in direct physical contact with at least one person at prep level or below and must be caught by at least two catchers.

### 4. Landing

- 4.1. Landing on the ground other than the feet is prohibited.

### 5. Partner Stunts & Pyramids

- 5.1. Extended stunts are permitted to two and a half person high. Pyramids up to 3 layer, 2.5 high are allowed. Any top person must receive primary support from a base(s) who is in direct, weight-bearing contact with the performing surface.
- 5.2. Single-based extended stunts are allowed if the top person is centered directly over the base. The spotter must be positioned (either to the side or directly behind the stunt) to protect the head/shoulders of the top person.
- 5.3. Physical contact must be maintained at all times between the top person and the base(s) during the stunt.
- 5.4. During a pyramid, minor release of physical contact between the base and the top person in a pyramid transition are allowed ONLY when:
  - a. The top person remains vertical and upright
  - b. The top person remains physical contact with the other members at the second layer
  - c. Weight of the top person is not being borne by the second layer or on another stunt.
- 5.5. When a stunt involves changing bases, the base may make no more than a half turn (180 degrees) as they take the top person to a new base. The top person must remain in an upright (vertical) position throughout the transition.
- 5.6. When a top person moves to a flat body position (*Example: prone position, layout position or on side*) the stunt must originate from prep level or lower and the top person must be caught by at least 4 catchers. Physical contact must be maintained with an original base. If the weight of the top person does not remain within the vertical axis of one stunt, 4 additional stationary catchers who are not original bases are required.



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- 5.7. Top person are not allowed to hold or pass through an inverted position during a stunt, toss or dismount. This includes needle stunts, supported handstand stunts, roll-ups cartwheels or handstands into stunts.
  - 5.8. Hanging pyramids are allowed if and only if they are upright and stationary. Each top person at the shoulder stand level must have a continuous spotter and bases must brace the hanging person(s). Moving or rotating diamond heads are not allowed.
  - 5.9. Top person in a suspended split or being sponge toss to the split position must have continuous hand to body contact with a base and must be supported on the back thigh. Bases must have constant contact with the performing surface.
  - 5.10. Single-based split catches is prohibited.
  - 5.11. No stunt, pyramid, individual, or prop may move through, over or under a stunt or pyramid.
  - 5.12. Single-based double awesomes, single-based double liberties and variations are legal, provided there is a separate spotter for each partner in the stunt. Both feet of each partner must be in contact with the main base.
6. **Spotting**
- 6.1. A spotter is required for all extended stunts.
  - 6.2. All pyramids over 2 high must have a spotter for each top person on the third layer.
  - 6.3. If the number of the top person on the extended stunts is over the number of base(s), there must be a spotter for each top person. *Example: Double Awesome*
7. **Tosses**
- 7.1. Tosses must be performed from ground level and must be dismounted to a cradle position by the original 2 bases plus a spotter at the head and shoulder of the top person.
  - 7.2. Tosses must be performed by no more than 4 bases.
  - 7.3. Tosses are limited to either:
    - a. 2 flipping rotations;
    - b. 1 flipping rotation and/or a maximum of 2 twists; or
    - c. 1 layout
  - 7.4. No stunt, pyramid, individual or prop may move through or under a toss/pop.



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- 
- 7.5. Tosses/pops may not be thrown over or through the stunts, pyramids, individuals or props.
  - 7.6. Helicopter Tosses are limited to 360 degree rotations.
  
  8. **Tumbling**
    - 8.1. Tumbling skills are limited to 1 flipping and 2 twisting rotations.
    - 8.2. Aerial tumbling, over, under, or through a stunt, individual, or prop is prohibited. *Exception: Dive roll over a prop or individual.*
    - 8.3. Tumbling with a prop is prohibited. *Exception: Forward roll with pompons.*
    - 8.4. Spotted, assisted or connected tumbling is prohibited. This includes toe and leg pitch flips and double cartwheels. All tumbling must originate from and land on the performing surface.



# CHEEROBICS 2008

## NATIONAL CHEERLEADING CHAMPIONSHIP

### SCORING AND PENALTIES

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#### SCORING AND PENALTIES

#### 1. Scoring Process

- 1.1. Scoring judges will be responsible for scoring each team's performance based on 100 points per score sheet. There will be a panel of 5 or more judges. The highest and lowest scores are dropped.
- 1.2. Penalty judges will be responsible for determining and assessing all point deductions for perfection of routine and competition safety guideline violations. There will be a panel of 2 or more judges. These penalty points will be averaged and deducted from the subtotal of the remaining scores to reach a grand total.
- 1.3. Judges will decide on the 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place winners based on the final score. Ties will not be broken. Extra medals and trophy will be made for the other winning team. Cash prizes (if any) are to be divided among the winning teams.

#### 2. Judging Scale for Team Categories

No	Components	Maximum Points
<b>TECHNICAL</b>		
1	<b>Expression</b> <i>Facial Expressions, Voice Inflection, Props, Cheer, Sideline</i>	10
2	<b>Arm Motions</b> <i>Placement, Sharpness, Powerful, Speed, Synchronization, Variety</i>	5
3	<b>Dance</b> <i>Accuracy, Synchronization, Energy, Level Changes, Precision, Dynamism</i>	5
4	<b>Jumps</b> <i>Accuracy, Flexibility, Power, Techniques, Height, Landing, Variety</i>	5
5	<b>Tumbling</b> <i>Techniques, Skill Level, Height, Landing, Variety</i>	5
6	<b>Partner Stunts</b> <i>Stability, Timing, Techniques, Difficulty, Transitions, Positioning, Control, Dismounts</i>	10
7	<b>Pyramids</b> <i>Stability, Techniques, Timing, Positioning, Variety, Difficulty, Dismounts</i>	10
<b>DIFFICULTY</b>		
8	<b>Overall Difficulty</b> <i>Skill Level, Standard Level, Speed, Flow, Delivery</i>	10
9	<b>Speed / Transition</b> <i>Sharpness of Skills, Timing, Flow</i>	10
<b>OVERALL EVALUATION</b>		
10	<b>Synchronization</b> <i>Precision, Placement, Techniques, Timing, Creativity, Level Changes, Difficulty</i>	10
11	<b>Overall Evaluation</b> <i>Choreography, Speed, Projection, Precision</i>	10
12	<b>Perfection</b> <i>Overall Perfection, Skills, Stunts/Pyramids, Poise, Energy, Confidence, Spacing</i>	10
<b>TOTAL</b>		<b>100</b>

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### 3. Judging Scale for Group Stunt Categories

No	Components	Maximum Points
1	<b>Stunts</b> <i>Stability, Timing, Techniques, Difficulty, Transitions, Positioning, Control, Dismounts, Variety</i>	20
2	<b>Perfection</b> <i>Skills, Stunts, Poise, Energy, Confidence, Spacing</i>	10
3	<b>Synchronization</b> <i>Precision, Placement, Techniques, Timing, Creativity, Level Changes</i>	10
4	<b>Overall Evaluation</b> <i>Choreography, Speed, Projection, Expression</i>	10
<b>TOTAL</b>		<b>50</b>

### 4. Penalty System

#### 4.1. Penalty List

The following stated deduction point(s) is based on PER OCCURRENCE IN TECHNICAL SKILLS(stunt, pyramids, jumps, tumbling). The final deduction to be made to the final score is averaged from the penalty judges totaled points.

No	Description	Points
1	Obvious Wobbles	1
2	Major Mistakes	2
3	Major Misses	3
4	Safety Guidelines Violations	4
5	Inappropriate Choreography and Music	4
6	Major Falls (Pyramids Only)	5
7	Judges Stopping of Routine	5
8	General Competition and Safety Guidelines	10

#### 4.2. Obvious Wobbles (1 point deduction per occurrence)

- Shaky stunts/pyramids.
- Incomplete dismount
- Obvious errors during jumps and tumbling skills.

#### 4.3. Major Mistakes (2 points deduction per occurrence)

- Falls prematurely from individual stunts after pose, top person is safely caught
- Falls from jumps and tumbling skills



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- 4.4. Major Misses (3 points deduction per occurrence)
  - a. Falls before pose, top person is safely caught
  - b. No execution of stunt
- 4.5. Safety Violations (4 points deduction per occurrence)
  - a. Violation of safety guidelines
  - b. Failure to catch top person
- 4.6. Inappropriate Choreography / Music (4 points deduction per occurrence)
  - a. Occurrence of any vulgar or suggestive movements
  - b. Use of music with overtly sexual content, racist or vulgar lyrics
- 4.7. Major Falls (5 points deduction per occurrence) (Pyramids Only)
  - a. Collapse of Pyramid
- 4.8. Judges Stopping of Routine (5 points deduction per occurrence)  
The Head Judge reserves the right to stop a routine due to:
  - a. Uniform distraction
  - b. Inappropriate exposure
  - c. Cases of injury
- 4.9. General Competition and Safety Guidelines (10 points per occurrence)

A 10 point deduction will be given for EACH occurrence of the General Competition and Safety Guidelines violation. This includes the following:

- a. Routine, Entrance & Exit Time  
Exceed the allotted time.
- b. Entrance and Exit  
Any skill performed before or after the allotted routine time.
- c. Performance Area  
Participant unintentionally steps outside of the competition boundary.
- d. Routine Requirements  
Failure to perform any of the compulsory routine requirements. (If a competitor is unable to do the compulsory exercises due to an injury, it will not be considered a violation.)
- e. General Safety Violation  
Refer to General Safety Guidelines.



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#### 4.10. Disqualification

Any violation against the policies of the following found in the competition guidelines will result in disqualification of the offending coach, team or participant.

- a. Code of Conduct
- b. Eligibility
- c. Participation
- d. Practice & Dry Runs  
Refusal to keep dry runs within the allotted time (5 minutes /300 seconds).



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### GLOSSARY

Aerial	To be free of contact with a person or the performing surface.
Aerial Tumbling	An aerial maneuver involving hip-over-head rotation in which a person uses their body and the performing surface to propel himself/herself away from the performing surface.
Arch	A body position achieved with a slightly curved total body shape with the knees and hips fully extended with the back in a position of slightly hyperextension (chest rounded forward) and arms positioned directly overhead.
Assisted Tumbling	Any form of physical assistance to an individual performing a tumbling skill. This does not apply to gymnastic oriented stunts.
Awesome	An extended stunt where a partner has both feet together in the hand(s) of the base(s). Also referred to as "Cupie"
Back Bend	A body position with an high degree of bending with an arched back and stretched shoulders where the hands and feet are on the floor.
Back Handspring	See "Backward Handspring"
Back Somersault	See "Forward Somersault"
Back Tuck	An aerial body position that is achieved by a hip-over-head rotation where one rotates backward through an inverted position by lifting the hips over the head and shoulders and assuming a tuck position.
Backward Handspring	A non-aerial tumbling skill where one takes off from one or two feet, jumps backward onto the hands and lands on the feet.
Backward Roll	A non-aerial tumbling skill where one rotates backward into/or through an inverted position by lifting the hips over the head and shoulders while curving the spine to create a motion similar to a ball "rolling" across the floor.
Backward Somersault	An aerial tumbling skill that usually begins with taking off two feet to rotate hip over head, then lands again on the feet. Also referred to as "Back Somersault".
Backward Walkover	A non-aerial tumbling skill where one moves backward into an arched position, with the hands making contact with the ground first, then rotates the hips over the head and lands on one foot/leg at a time.



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Base	A person with at least one foot on the floor who is in direct weight-bearing contact with the performing surface and provides primary support for another person. The person(s) that holds, lifts or tosses a top person into a stunt.
Basket Toss	A toss with no more than 4 bases, 2 of which use their hands to interlock wrists.
Block	A rapid rebounding off of the floor with the arms. The block comes from the shoulders exploding towards extension.
Brace	A physical connection providing stability to a top person without having weight-bearing contact. The stunt could remain stable without a brace.
Braced Flip	A stunt in which a top person performs a hip-over-head rotation while in constant physical contact with another top person(s).
Cartwheel	A non-aerial gymnastic skill where one supports the weight of the body with the arm(s) while rotating sideways through an inverted position landing on one foot at a time.
Catcher	One of the person(s) responsible for the safe landing of a top person during a stunt.
Chair	A stunt in which the flyer is in a sitting position on the fully extended hand(s) of the base(s).
Cheer	A cheer always includes words for the crowd to yell and normally begins with a Captain's "Ready" or "1, 2, 3, 4!"  Example: Ready, Ok!...or 1, 2, 3, 4! Singapore yell Go! Go! Singapore yell Fight! Fight! Singapore yell Win! Win! Put it all together now Go! Fight! Win!
Connected Tumbling	Physical contact between two or more individuals performing tumbling skills simultaneously.
Cradle	Catcher(s), with palms up, catches a flyer by placing one arm under the back and the other under the thighs of the flyer. The flyer must land in a pike position.
Cupie	See "Awesome"
Dead Man Lift	Stunt in which the flyer is in a layout position, supported away from the ground level by one or more bases.



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Diamond Head	A hanging pyramid in which two flyers are supported away from the ground level by holding onto the arms of a third flyer in a shoulder stand. The shoulder stand base supports the two suspended flyers with his/her arms.
Dismount	The process of leaving or finishing a stunt, pyramid or release onto the performing surface or into a cradle.
Dive Roll	An aerial forward roll where the hands and feet are off of the performing surface simultaneously.
Double-Based Stunt	A stunt having 2 bases not including the spotter.
Double Cartwheel	Two partners performing cartwheel(s) while holding each others' thighs, waist, etc.
Downward Inversion	A stunt or pyramid in which an inverted top person's center of gravity is moving toward the performing surface.
Drop	Dropping to the knee, thigh, seat, front, back or split position onto the performing surface from a jump, stand or inverted position without first bearing most of the weight on the hands/feet which breaks the impact of the drop.
Extended Stunt	<p>A stunt which the entire body of the top person is supported in an upright position by the bases(s)' arm(s) fully extended above the head.</p> <p>Examples of stunts that are not considered "extended stunts": Chairs, torches, flat backs, arm-n-arms and straddle lifts. These are stunts where the bases arms are extended overhead, but are NOT considered to be "extended stunts" since the height of the body of the top person is similar to a prep level stunt.</p> <p>Clarification: If the primary bases go to their knees and extend their arms, the stunt would be considered extended.</p>
Flat Back	A stunt in which the top person is lying horizontal and is usually supported by two or more bases.
Flip	An aerial skill that involves hip-over-head rotation without contact with the performing surface as the body passes through the inverted position. The acrobatic movement can be done forward, backward or sideward.
Flipping Toss	A toss where the top person rotates through an inverted position.
Fly-Over Back Flip	A basket toss or multi-based toss with and backward flip that is cradled by a new set of bases.
Fly-Over Toss	A basket toss or multi-based toss that travels and is cradled by a new set of bases.



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Flyer	The person(s) on top of a stunt or toss. Also referred to as the "Top Person".
Forward Handspring	An aerial front tumbling skill that rotates 360 degrees from feet to hands to feet again with a strong shoulder block and straight arms and legs. Front handsprings can be stepped out or landed on two feet. Also referred to as "Front Handspring"
Forward Roll	A non-aerial tumbling skill where one rotates forward through an inverted position by lifting the hips over the head and shoulders while curving the spine to create a motion similar to a ball "rolling" across the floor.
Forward Walkover	A non-aerial tumbling where one into a split handstand and continues to walk over and step out onto the feet.
Front Drop	Dropping to the performing surface in a stomach down position.
Front Handspring	See "Forward Handspring"
Front Limber	A non-aerial tumbling skill where one rotates forward through an inverted position to a non-inverted position by arching the legs and hips over the head and down to the performing surface landing both feet/legs at the same time.
Front Tuck	An aerial tumbling skill in which the tumbler generates momentum upward to perform a forward flip.
Front Walkover	See "Forward Walkover"
Full	A 360 degree twisting rotation.
Ground Level	To be at the height of or supported by the performing surface.
Half High	Refer to "High"
Handstand	An inverted gymnastic control skill performed by supporting the body on both hands, with the arms straight and the body vertical.
Hanging Pyramid	A pyramid in which one or more persons are suspended off the performing surface by one or more top persons. Hanging pyramids must remain upright.
Helicopter Toss	A stunt where a top person in a horizontal position is tossed to rotate around a vertical axis (like helicopter blades) before being caught by original bases.



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High	A unit used to express the height of pyramids and stunts.  One High - Height of one person standing straight  Half (0.5) High - Half the height of one person standing straight  As height increases, the skill is expressed one and a half (1.5) - two (2) - two and a half (2.5) high.
Inverted Position	A body position where the person's head and shoulders is below his/her waist. Arch-back dismounts to a cradle are not considered inverted.
Jump	An airborne position not involving hip-over-head rotation created by using one's own feet and lower body power to push off the performance surface (bending the legs and pushing).
Layout	A stretched body position with neither the hips nor legs bent, straight, hollow, or slightly arched.
Layer	A unit used to express the number of layers there is to a stunt or pyramid.  One Layer - A person standing with at least one foot stationed on the performing surface.  2 Layers - A stunt with flyer(s) having more than half of their weight on the 1 <sup>st</sup> layer.  3 Layers - A stunt with flyer(s) having more than half of their weight on the 2 <sup>nd</sup> layer.
Leg Pitch Flip	A single or multi-based toss in which the base(s) push upward on a single foot or leg of the partner to increase the partner's height (often resulting in a hip over head rotation/flip).
Log Roll	A partner in a horizontal position is tossed, the rotation parallel to the performing surface (twists) before being caught by the original bases.
Mount	See "Stunt"
Multi-Based Stunt	A stunt having 2 or more bases not including the spotter.
Needle	An inverted stunt position where the partner extends one leg vertically while pulling their body down to the supported leg. The head of the partner is below waist level.
One-Arm Stunt	Any extend single-based stunt in which one arm of the base has primary support of the partner.
One and a Half (1½) High Pyramid	See "High"



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Partner Stunt	Any skill in which only one top person is supported above the performance surface by one or more persons.
Pike	A body position with the body bent forward at the hips with the legs kept straight.
Pop	A controlled pushing motion upward by a base(s) to increase the height of the partner or to release the partner to a cradle catch or dismount directly to the cheering surface.
Prep Level	The height of the bases hands and at least one foot of the top person are at shoulder-level (also known as shoulder-height). Chairs, torches, flat backs, arm-n-arms and straddle lifts will be considered prep level stunts.
Primary Support	Supporting a majority of the weight of the top person.
Prone	A body position with the front of the body facing the floor (face down), body straight.
Punch	A gymnastic term referring to an airborne position not involving hip-over-head rotation created by using one's own feet and lower body power to bounce off the performance surface from a tumbling skill. It involves an almost perfectly straight leg quick plyometric movement as opposed to a jump (bending the legs and pushing).
Pyramid	A grouping of multiple stunts that may or may not be connected to create a visual effect. Individuals standing at ground level may be incorporated into the grouping.
Rebound	See "Punch"
Regrab	Landing from a multi-based toss in a new toss, stunt, or any position other than a dismount.
Release	See "Aerial"
Roll-Up	A stunt in which a flyer starts lying down or seated on the cheering surface performs an assisted forward/back roll which transitions up into a stunt. The flyer goes through an inverted position before finishing the roll-up.
Rotation	The circular motion around an axis of the body.
Round Off	A non-aerial tumbling skill similar to a cartwheel but landing on both feet at the same time to the performing surface.
Second Level	A person being supported by one or more person(s) in contact with the ground and beneath the top person in a stunt.



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Sequence	Two or more tumbling skills which are performed together creating a different combination skill.
Sideline	A repetition of short phrases.  Example: Singapore Singapore All the Way! Singapore Singapore All the Way!
Single-Based Stunt	A stunt using a single base for support.
Somersaults	See "Flip"
Suspended Flip	A stunt in which a top person performs a hip over head rotation while in constant physical contact with a person(s) who is in direct weight bearing contact with the performing surface. Also referred to as a "Suspended Roll"
Suspended Roll	See "Suspended Flip"
Split	Any front or sideward body position in which the legs are extended apart as far as possible in opposite directions with the ideal angle of the legs being 180 degrees or more apart.
Split Catch	A stunt in which a flyer is in a Spread Eagle position, supported off the performing surface by the base(s) on the thighs (not to be confused with Straddle lift or Suspended Split). Single-based Split catches are prohibited.
Spotted Tumbling	See "Assisted Tumbling"
Spotter	<p>A person whose primary responsibility is the protection of the head and shoulders area of a top person during the performance of a stunt/toss and may help control the building of, or dismounting from a stunt/toss.</p> <p>The spotter shall not provide primary support for the stunt, meaning the stunt or pyramid would remain stable without the spotter(s).</p> <p>The spotter must be in direct contact with the performing surface and shall be positioned to the side, back or front of the stunt/toss. The spotter must be in the proper position to prevent injuries and does not have to be in direct contact with the stunt. The spotter's torso cannot be under a stunt.</p> <p>An inattentive person(s) whose mobility or whose visions of the stunt is blocked are not considered a spotter.</p> <p>A spotter is required for all extended stunts.</p>



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Stunt	Any skill in which a top person is supported above the performance surface by one or more persons. Also referred to as a "Mount."
Sweep	A controlled pushing forward motion by a base(s) to release a partner to a cradle catch.
Tension Drop	A pyramid/stunt in which the base(s) and top(s) lean in formation until the top person(s) leave the base(s) without assistance. Also referred to as "Tension Roll"
Tension Roll	See "Tension Drop"
Three Layer Pyramid	See "Layer"
Toe Pitch Flip	See "Leg Pitch Flip"
Top Person	The person(s) on top of a stunt or toss. Also referred to as the "Flyer"
Torch	A stunt position in which the partner is standing on one foot with the lower part of her body turn to one side, while the upper part of the partner's body remains turned to the front (performed at shoulder level).
Toss	An aerial stunt where base(s) execute throwing motion from waist level to increase height of top person. Top person becomes free from all bases. Top person is free from performing surface when toss is initiated (example: basket toss or sponge toss).  Note: Toss to hands, toss to extended stunts and toss chair are NOT included in this category.
Transitional Pyramid	A top person moving from one stunt to another. The transition may involve changing bases, however at least one person at prep level or below must maintain constant contact with the top person.
Transitional Stunt	Top person or top persons moving from one stunt to another thereby changing the configuration of the beginning stunt.
Tuck	A body position in which the knees and hips are bent and drawn into the chest. The hands may or may not grasp the legs.
Tumbling	Any gymnastic or acrobatic skill executed on the performing surface.
Twist	The rotation about the body's longitudinal, or vertical, axis (the axis that runs from head to toes) while airborne.
Twisting Toss	Any type of toss that involves the top person rotating at least 1/4 rotation around the vertical axis of the body.
Two High Pyramid	See "High"



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Two and a Half (2½) High Pyramid	See "High"
Two Layer Pyramid	See "Layer"
Vertical Axis of a Stunt	The up and down direction of a top person with a stationary stunt group during stunts and pyramids.