



CHEER AND DANCE RULES AND REGULATIONS

ARTICLE 19: Cheer and Dance

19.1 Safety

19.1.1 NFHS current version will be strictly followed during all practices and competitions.

19.1.2 Refer to the current version of NFHS Spirit Rules and Regulations for legal and illegal moves for all divisions.

19.2 Skills Performed (Surfaces)

19.2.1 Following surfaces only: Mat, grass or rubberized track surface

- 19.2.1.1 Basket tosses
- 19.2.1.2 Elevator/sponge tosses and other similar multi-based tosses
- 19.2.1.3 Partner stunt in which the base uses only one arm to support the top person.
- 19.2.1.4 Twisting tumbling skills (Arabians, full twisting layouts, etc.).
- 19.2.1.5 The exception to this rule is the following: Cartwheels, round-offs and aerial cartwheels are allowed on surfaces other than a mat, grass or rubberized track.
- 19.2.1.6 Basket tosses, elevator tosses and similar multi-based tosses are prohibited for ALL ELEMENTARY grades 1-5, MIDDLE SCHOOL and JUNIOR HIGH TEAMS or ATHLETES IN THESE GRADE LEVELS PERFORMING WITHIN A HIGH SCHOOL LEVEL, regardless of ability.
- 19.2.1.7 Elementary is a CAA non-sanctioned division.

19.3 Competition Levels and Guidelines.

19.3.1 Game Time:

19.3.1.1 Elementary - may include grades K - 6th grade.

19.3.1.2 Jr. High School - may include grades K - 8th.

19.3.1.3 High School – may include grades 6th – 12th.

19.3.1.4 This category may not include music during the cheer section, tumbling or lifts above shoulder level. 2 cheers must be performed and 1 band dance. Length of cheers may not exceed 1 min and the band dance may not exceed 1.5 minutes. These 3 will be performed simultaneously. Squads will be judged from the total score of all three. Shoulder sits are allowed.

19.3.2 Novice ShowCheer:

19.3.2.1 Elementary - may include grades K - 6th grade.

19.3.2.2 Jr. High - may include grades K - 8th.

19.3.2.3 High School - may include grades 7th – 12th.

19.3.2.3 Total routine time not to exceed 2.5 min. Cheer/Chant Section not to exceed 1 min and Music Section may not exceed 1.5 min. You may have music through the entire routine. Just keep in mind the judges will need to hear the words to the cheer. Stunts/Lifts are not allowed above shoulder level and both feet must be supported at all times at prep level. 1 leg stunts are allowed at waist level and below ONLY. These restrictions also apply to the pyramids. Cradle catches with a flare not exceeding 1 1/4 twist are allowed at both Jr. High and High School levels. There are to be no basket/shotgun tosses or inversions in the novice category. In order to receive credit for a stunt, the top person must be completely off of the performance surface, supported by another person following the stunt guidelines of the level. In order to receive credit for a pyramid, the same applies for stunt, but 2 top persons must connect by hand or foot as well during the pyramid. Standing tumbling in this category may not exceed a kick-over/walkover. Examples of standing tumbling allowed: front rolls, handstands, cartwheels, round-offs, back or front kick over/walkover. Running tumble is not to exceed a single handspring in connection. Examples include a round off back handspring, front walkover round off handspring. Handspring Series are NOT allowed In this level.

19.3.3 Intermediate ShowCheer:

19.3.3.1 Elementary K-6th

19.3.3.2 Jr. High - may include grades K - 8th.

19.3.3.3 High School - may include grades 6th – 12th.

19.3.3.4 Total routine time 2.5 min. Cheer Section not to exceed 1 min and music section may not exceed 1.5 min. You may have music through the entire routine. Just keep in mind the judges will need to hear the words to the cheer. Stunts/Lifts above shoulder level are allowed but both feet must be supported at all times. 1 leg stunts are allowed at Prep Level or below (At or below shoulder level ONLY). 1 leg stunts in extended position are allowed in pyramids if and

only if there is a hand to hand connection that is maintained through the entire skill which either ends in a cradle or ends in a prep level stunt. Cradle catches with a flare not exceed 1 1/4 twist are allowed at both Jr. High and High School levels. Straight ride only basket/shotgun tosses are allowed but only at the High School level. Inversions are permitted at Prep level or below but MUST follow NFHS guidelines. In order to receive credit for a stunt, the top person must be completely off of the performance surface, supported by another person following the stunt guidelines of the level. In order to receive credit for a pyramid, the same applies for stunt, but 2 top persons must connect by hand or foot as well during the pyramid. Standing Tumbling in this category must use hand support in all tricks. No flips allowed in this category. Examples of standing tumbling allowed: all included in Novice level, back-handsprings, back-handspring series. Running Tumbling in this category may not exceed 1 flipping rotation and must be connected to a running pass. Examples are round off double backhandspring, round off back tuck, round off backhandspring tuck, ariels(no handed cartwheel).

19.3.4 Advanced ShowCheer:

19.3.4.1 Jr. High - may include grades 5th - 8th.

19.3.4.2 High School - may include grades 7th-12th

19.3.4.3 Total routine time 2.5 min. This category may include Cheer & Music combination. Cheer section is not to exceed 1 min and music section may not exceed 1.5 min. You may have music through the entire routine. Just keep in mind the judges will need to hear the words to the cheer. Stunts/Lifts above shoulder level, 1 leg stunts, inversions, and basket tosses are allowed but must follow the NFHS 2021-2022 CAA Article 19 guidelines. Cradle catches with a flare not exceed 1 1/4 twist are allowed at both Jr. High and High School level. No Jr. High or below student can be involved in a basket toss. In order to receive credit for a stunt, the top person must be completely off of the performance surface, supported by another person following the stunt guidelines of the level. In order to receive credit for a pyramid, the same applies for stunt, but 2 top persons must connect by hand or foot as well during the pyramid. There are no restrictions for tumbling other than what is already stated in the NFHS guidelines.

19.3.5 Group Stunt:

19.3.5.1 Elementary may include grades K – 6th

19.3.5.2 Jr. High - may include grades 5th - 8th.

19.3.5.3 High School - may include grades 7th - 12th

19.3.5.4 Stunt group routines must not exceed 1:30 and use all-music. Stunt routines **may not** incorporate choreographed motions (other than the flyer during a stunt), tumbling (unless part of the stunt/transition), dance or jumps. Jr. High Students or below cannot be involved in basket/shotgun tosses. However, cradle catches with a flare not exceed 1 1/4 twist are allowed at both Jr. High and High. Maximum number in group may not exceed 5 participants. In order to

receive credit for a stunt, the top person must be completely off of the performance surface, supported by another person following the stunt guidelines of the level.

19.3.6 Tumbling:

19.3.6.1 Participant is to perform one single standing tumble skill, one running tumble pass not to exceed one length of the floor. Division may not exceed one participant per entry. 1st , 2nd and 3rd place Medals will be awarded. Entry fee is \$25 per participant. No limit on the number of entries per school.

19.3.7 Jumping:

19.3.7.1 Participant is to perform one standing jump and one combo not to exceed three jumps in combo. No tumbling or dance may be incorporated. Division may not exceed one participant per entry. 1st , 2nd and 3rd place Medals will be awarded. Entry fee is \$25 per participant. No limit on the number of entries per school.

19.3.8 Dance:

19.3.8.1 Elementary Dance – may include grades K-6th

19.3.8.2 Jr. High - may include grades K - 8th.

19.3.8.3 High School - may include grades 6th – 12th

19.3.8.3 Routine will include music and may not exceed 2.5 min without penalty. Props and pom-poms are allowed. Any props must be set up prior to the beginning of the routine by the team or their representative. Tumble and lifts will follow all Dance Rules from the NFHS. Although there are no tumble or lift category on the score sheet it may add to your overall score.

19.3.8.4 Score points and deduction sheet are also available so you know what your squads will be judged on.

19.3.8.5 Music may not include any verbal content that is offensive, sexually suggestive, degrading to persons for any reason or of a violent nature. A deduction of 2.0 points or disqualification may be assessed by the judges. Coaches watch your music closely or secure music that has no vocals.

19.4 Competition Trophies:

19.4.1 All Stunt and Team categories will be rewarded with a team trophy. All individual categories will be rewarded with a medal. Trophies/Medals will be awarded as follows:

19.4.1.1 At Least 5 entries in a division: 1st , 2nd , 3rd

19.4.1.2 At Least 3 entries in a division: 1st , 2nd

19.4.1.3 If there are less than 3 entries in a division, only a 1st place trophy will be awarded.

19.4.2 All awards will be decided by the judges and their decision is final. The following exception does apply. Should there be 3 teams registered by the registration close date, and a team drops out before the competition lowering the category count, a trophy will still be presented to the 1st and 2nd place team.

19.5 Stunt/Pyramid Deductions

19.5.1 Bobbles – 0.5 Deduction Examples: 1. Stunts and Pyramids that almost drop or fall but are saved 2. Blatant incomplete twisting cradles (landing on stomach) 3. Knee or hand touching ground during cradle or dismount 4. Severe balance checks

19.5.2 Falls – 1.0 Deduction Examples: 1. Falls from individual stunts/pyramids etc. 2. Falls from individual stunts to a pop down dismount 9.5.3

19.5.3.1 Major Falls – 1.5 Deduction Examples: Falls from individual stunt to the ground (top person lands on ground or multiple bases land on the ground)

19.5.4 Collapse – 2.0 Deduction

19.5.4.1 When multiple deductions are assessed during an individual stunt sequence or during a pyramid sequence and the sum of those deductions are greater than 2.0, the occurrences are instead combined and converted into a single deduction of 2.0 and noted as a collapse.

19.6 Athlete Deductions

19.6.1 Bobbles - 0.25 Deduction Examples 1.Hands down on tumbling

19.6.2 Falls – 0.5 Deduction Examples 1.Drops to the floor during individual skills (Jumps and tumbling) 2. Knees touch down in a handspring or tuck pass

19.7 Time Limit Violations

19.7.1 Teams that exceed 2.5 mins will be subject to the following deduction:

19.7.1.1 1-5 seconds over time will result in a 0.5 deduction

19.7.1.2 6-10 seconds over time will result in a 1.0 deduction

19.7.1.3 11 or more seconds over time will result in a 2.0 deduction

19.7.2 The routine limit is 2.5 mins. Routines that exceed this time limit will run the risk of being assessed a deduction. Time keepers and or judges will use a stopwatch or similar device to measure the official time. Acknowledging the potential variance caused by human reaction speed and sound system time variations, time keepers/ judges will not issue a deduction until their stopwatch/clock shows a time that exceeds 2.33.

19.8 Safety Violations

19.8.1 Violations of general safety guidelines and any skills performed out of level will be issued a 2.0 deduction. This will include hair exceeding shoulder length not being securely tied back in a way not to impede safety, stunts/tumble that are higher than the division limitations, and any violation from the NFHS Rules.

19.9 Boundary Violations

19.9.1 A 0.25 deduction will be assessed per occurrence for an athlete that makes contact with both feet outside the competition boundary. Stepping on or just past the boundary marker with one foot is not a violation.