

## 2019 COMPETITION GUIDELINES

- All divisions state the highest degree of difficulty permitted.
- Not all stunts mentioned are required.
- If a team does not comply with the guidelines, they will be subject to deductions.
- Each organization is required to follow these guidelines, the National Federation Spirit Rules and AACCA Safety Guidelines.

**NOTE: Basket tosses, elevator tosses and similar multi-based tosses are NOT PERMITTED for any youth/middle school team AND the total number of twists from dismounts may NOT exceed more than 1 - 1 1/4 rotations.**

**SPOTTING: SPOTTERS MUST have direct, weight-bearing contact with the performing surface and be in the proper location to protect a top person's head, neck and shoulders. The spotter must remain visually focused on their top person.**

### **DEFINITIONS:**

**Basic Dismounts** - Hand to hand, Shrug, Shove Wrap, Pencil Down

**Intermediate Dismounts** - Basic cradle dismount

**Advanced Dismounts:** Single twist, toe touch, scissor kick, X-outs, Double 9 and Lib Kick-out dismounts.

**Thigh Stand Variations:** hitches, L stands, etc. **Inversions:** Shoulders are below the waist

- 20 Participants Maximum
- There is one division for all teams
- Teams will be scored and receive awards.

## DOLL DIVISION Pre-K - Grade 2

### **Stunts Allowed:**

- Thigh Stands
- Kneeling Thigh Stands and variations of Kneeling high Stands
- Stunts must remain stationary

- Every Stunt must have one foot at thigh stand level or below at all times.

### **Dismounts Allowed:**

- Basic dismounts only
- Dismounts to the performing surface shall have assisted landings.

### **Spotting:**

- Back Spotters are required on all stunts.  
(Exception: As long as the flyer has one foot on the ground a back spotter is not required)
- Spotters must have physical contact with the top person at all times AND eyes must be on their flier.

## MINI DIVISION Grades 3 - 5

### **Mini Teams - Division 2**

#### **Stunts Allowed:**

- Thigh stand & thigh stand variations
- One foot must remain at thigh level or lower at all times. • Stunts must remain stationary
- Inversions are not allowed

#### **Dismounts Allowed:**

- Basic dismounts
- Dismounts to the performing surface shall have assisted landings.

#### **Spotting:**

- Back spotters are required for all stunts unless the flier has one foot on the ground

### **Mini Teams - Division 1 Stunts Allowed:**

- Prep level two-legged stunts
- Prep one-legged **BRACED** stunts or pyramids
- One foot must remain at prep level or below at all times
- Thigh stand & thigh stand variations
- Stunts may move
- Inversions are allowed at waist height or lower
- Top person may move vertical to horizontal position in accordance with NFHS 3-4-4

### **Dismounts Allowed:**

- Basic Dismounts
- Dismounts to the performing surface shall have assisted landings.

### **Spotting:**

- Unless flier has one foot on the ground, back spotters are required for all stunts. EXCEPT for thigh stands, shoulder sits, prep level V-sits, Chair, Triple-Base flatback lift, Double Base vertical T-Lift and Triple-based Swedish fall provided all 3 bases face the top person.
- Front spotters are strongly recommended for safety, but not required.

## **• PEEWEE DIVISION Grades 4 – 6**

### **Pee Wee Teams - Division 2 Stunts Allowed**

- Thigh stand variations
- Two-legged Prep level stunts
- One legged braced stunts are allowed at prep level
- Inversions are allowed at waist height or lower
- Stunts may move

- Top person may move from vertical to horizontal in accordance with NFHS 3-4-4.

**Dismounts Allowed:**

- Basic & Intermediate dismounts
- Dismounts to the performing surface must have assisted landings

**Spotting:**

- Back spotters are required for all stunts unless flier has one foot on the ground EXCEPT for thigh stands, shoulder sits, prep level V-Sits, Chair, Triple-Base Flatback lift, Double Base vertical T-lift and Triple-base Swedish Fall provided all 3 bases face the top position.
- Front spotters are strongly recommended for safety, but not required.

**Pee Wee Teams - Division 1**

**Stunts Allowed:**

- Two-legged Extensions
- One legged braced extension level stunts
- One or two-legged Prep level stunts
- Thigh Stand variations
- Inversions (including forward and backward suspended rolls) allowed per NFHS rules at prep level or below.
- Stunts may move
- Top person may move from vertical to horizontal position in accordance with NFHS 3-4-4.

**Dismounts Allowed:**

- Basic&Intermediate
- Dismounts to the performing surface must have assisted landings

**Spotting:**

- Back spotters are required for all stunts unless flier has one foot on the ground EXCEPT For thigh stands, shoulder sits, prep level V-Sits, Chair, Triple-Base flatback lift, Double Base vertical T-Lift and Triple-based Swedish fall provided all 3 bases face the top person.
- Front spotters are strongly recommended for safety, but not required.

## **Stunts Allowed:**

- Prep level two-legged stunts only
- Thigh stand variations (one leg must remain at thigh level or lower at all times)

## **Dismounts Allowed:**

- Basic & Intermediate
- Dismounts to the performing surface must have assisted landings

## **Spotting:**

- Back spotters are required for all stunts unless flier has one foot on the ground EXCEPT for thigh stands, shoulder sits, prep level V-Sits, Chair, Triple-Based flatback lift, Double Base vertical T-Lift and Triple-based Swedish fall provided all 3 bases face the top person.
- Front spotters are strongly recommended for safety, but not required.

## **Grades:**

You must have representatives of at least three of the six grades on your team in order to compete in this division.

This Division was designed for the small schools who need to take athletes from multiple grades in order to field a team.

# MIXED TEAM DIVISION

## Grades 3 - 8

## **Mixed Teams - Division 2**

## **Stunts Allowed:**

- Two-legged prep level stunts
- One-legged braced stunts at prep level
- Thigh stand variations
- Inversions allowed at waist level or lower

## **Dismounts Allowed:**

- Basic & Intermediate dismounts
- Dismounts to the performing surface must have assisted landings

## **Spotting:**

- Back spotters are required on all stunts unless flyer has one foot on the ground EXCEPT for thigh stands, shoulder sits, prep level V-Sits, Chair, Triple-Base Flatback lift, Double Base vertical T-Lift and Triple based Swedish fall provided all 3 bases face the top person.
- Front spotters are strongly recommended for safety, but not required.

## **Mixed Teams - Division 1**

### **Stunts Allowed:**

- Two-legged extensions
- One-legged braced extension level stunts permitted
- One or two-legged prep level stunts
- Thigh stand variations
- Inversions allowed at prep level or below (including forward and backward suspended rolls if done as allowed per NFHS rules)

### **Dismounts Allowed:**

- Basic & Intermediate dismounts
- **Advanced** dismounts from PREP level only
- Dismounts to the performing surface must have assisted landings

### **Spotting:**

- Back spotters are required on all stunts unless flyer has one foot on the ground EXCEPT for thigh stands, shoulder sits, prep level V-Sits, Chair, Triple-Base Flatback lift, Double Base Vertical T- Lift and Triple-base Swedish Fall provided all 3 bases face the top person.

- Front spotters are strongly recommended for safety, but not required.  
**Grades:** You must have three of the six grades in this division to compete.

## JR. HIGH SCHOOL DIVISION 2 Grades 6-8

All teams in the JHS Division will follow National Federation Rules.  
The difference between divisions is the stunting level and the dismounts allowed.

### JHS Teams - Division 2

#### Stunts Allowed:

- Two-legged extended stunts
- Braced one-legged stunts at extension level are permitted
- One-legged stunts at prep level
- Stunts may move
- Top person may move from vertical to horizontal position in accordance with NFHS 3-4-4.

#### Dismounts Allowed:

- Basic & Intermediate dismounts
- **Advanced** dismounts from **prep level** only

#### Spotting:

Back spotters are required on all stunts except for thigh stands, shoulder sits, prep level V-Sits, Chair, Triple-Base Flatback lift, Triple-base Extended Suspended Splits, Double Base Vertical T-Lift and Triple-base Swedish Fall provided all 3 bases face the top person.

## JR. HIGH SCHOOL DIVISION 1 Grades 6-8

### JHS Teams - Division 1

#### Stunts Allowed

- One-legged extended stunts & variations
- Two-legged extended stunts
- Stunts may move
- Top person may move from vertical to horizontal position in accordance with NFHS 3-4-4.

### **Dismounts Allowed:**

- Basic, Intermediate and Advanced dismounts

### **Spotting:**

Back spotters are required on all stunts except for thigh stands, shoulder sits, prep level V-Sits, Chair, Triple-Base Flatback lift, Triple-base Extended Suspended Splits, Double Base Vertical T-Lift and Triple-base Swedish Fall provided all 3 bases face the top person.

**NOTE:** The Jr High Division is a School Division and all cheerleaders must be attending the same High School.

## **ROUTINE GUIDELINES & HINTS FOR COACHES**

Routines will be scored in the following categories:

- Cheer(s) - no certain time or length, but long enough for voices and motions to be judged
- Jumps - minimum of 3 WHOLE TEAM jumps
- Dance - whole team dance sequence(s), minimum of 4 eight-counts
- Partner Stunts & Pyramids
- Tumbling
- Motion Technique
- Transitions/Flow
- Formations/Spacing
- Projection/Voice/Showmanship/Expression
- Overall Effect & Performance Appeal

Coaches should practice perfection before progression. Be sure that your team does only what they can do well and do safely. Use your routine to showcase their strengths, and mask their weaknesses. Younger teams are expected to be performing at the basic level, and scoring will and should reflect that.



Jumps: Variety, height, landings, timing, and technique (proper arm & leg placement, pointed toes) are all considered. Be sure to do 3 jumps, and to maximize your score, work on showing a variety of jumps. Once your team has mastered single jumps, work on doing consecutive jumps. Always keep striving to get jumps waist level or above.

**Basic jumps** - Tuck, tuck variations, spread eagle, herkie, double hook **Advanced jumps** - toe touch, side hurdler, front hurdler, pike, double nine

Dance: The progression is from basic (majority double count, basic cheer moves, minimal movement, and basic technique) to Advanced (Single/half count moves, level and formation changes, done with amplitude and precision). Fun, peppy music can help your team perform enthusiastically and energetically. Precision, sharp motions and timing are as important here as in your cheer! **Be sure to listen to your music to be sure the words are appropriate for your age group and for family audiences.**

Partner Stunts & Pyramids: Stunt within your ability level (perfection before progression) and maximize your stunt groups. As well as the actual stunt, also considered is the way a team gets into and out of a stunt, flexibility, transitions, timing, and technique. Step, lock tighten!

**Partner Stunts** (not all listed):

**Basic** - thigh stands & variations, preps, shoulder sits, shoulder stands, straddle press

**Beginner/Intermediate** - two legged extended stunts, single leg prep level stunts

**Intermediate** - preps to extensions, single leg stunts with front spots

**Advanced** - extended single leg stunt variations with variety of entrances & dismounts

**Elite** - same as advanced with above average flexibility

**Dismounts:**

**Basic** - Hand to hand, Shrug, Shove Wrap, Pencil Down

**Intermediate** - Cradle

**Advanced** - twists, tuck out, toe touch, scissor kick, X out, double nine, lib kick out

**Pyramids:** Pyramids are connected partner stunts. A group of stunts in close proximity can also be considered a pyramid. Pyramids will range from a very basic single pyramid to a series of connected elite stunts with multiple transitions.

**Tumbling:** Work to have everyone do something in the tumbling category. The tumbling ability (difficulty) of your team will put you into a specific range, but technique, timing, incorporation, and synchronization are all considered and can help you maximize your score within that range.

**Basic** - rolls, cartwheels, round-offs

**Intermediate** - back handsprings (bhs), round-off bhs, multiple bhs

**Advanced** - round-off bhs/back tuck (bt), jumps into bhs, standing bt, standing bhs/bt **Elite** - standing bt, series passes with elite skills - X-outs, whips, layouts, twists, etc.

**Motion Technique:** The judges are looking for strong/sharp motions with great timing & synchronization among the team. Arm levels, angles, claps, clasps, and lunges should all be uniform. Technique is judged throughout the routine...in your cheer, transitions, jumps, stunts, dance, tumbling...from beginning to end.

**Transition/Flow:** This category is where your routine choreography is important. Your routine should not have a lot of stops and starts, excessive travel, or bumping. Each element of your routine should flow naturally into the next. The best transitions are those you don't even notice!

**Formations & Spacing:** Try to have a variety of formations that are visually effective. Be sure your spacing, alignment and symmetry is good throughout the routine.

**Projection/Voice/Expression/Showmanship:** Work to blend your voices, (not too high, not too low), enunciate, and EVERYONE needs to yell! (Make sure your music is turned down during the cheer so your team can be heard) At the same time, you need vocal inflection to emphasize certain words and phrases. Avoid "singing" the words. Facial expressions should be natural, with lots of smiles and enthusiasm showing through. This is the category that will reward your team for enthusiasm and energy...so pour it on!

Coaches should not count out loud. Teach the kids how to do it themselves (internally). Also, coaches should not yell the cheer louder than the athletes. This will affect their voice score.

**Overall Effect/Performance Appeal:** In this category your team will be rewarded for a confident, solid performance. Multiple mistakes, memory errors, bobble, falls, timing errors will be considered here. But a fun, creative routine done well and within your ability level will serve you well!

**GOOD LUCK AND HAVE FUN!!!**