

CATHOLIC YOUTH ORGANIZATION

FALL CHEERLEADING COMPETITION RULES

I. COMPETITION FORMAT: Participation will consist of two (2) rounds and each squad will be judged on two (2) cheers.

A. **COMPULSORY CHEER:** Time limit from first word or motion, to the last word or motion: one (1) minute - 30 seconds. Time infraction will result in 7 points deducted for 1 to 5 seconds over time limit; 14 points deducted for 6 or more seconds over time limit.

1. A 10 - count precision drill will be performed in 2 staggered lines at the beginning of this cheer, and will consist of 10 different motions.
Violation of this rule will result in a deduction of 7 points for this round.
2. Teams will select three (3) skills from the list below and note them on the score sheet.
 - a. **Level 1 (1 to 5 points):** Forward Roll, Spread Eagle Jump, Tuck Jump, Kick.
 - b. **Level 2 (1 to 7 points):** Side Splits, Backward Roll, Cartwheel, Double Hook.
 - c. **Level 3 (1 to 10 points):** Toe Touch Jump, Switch Splits, Double Nine Jump, Herkie Jump, Heel Stretch, Near Arm Cartwheel, Front Hurdler, Round Off, Pike Jump, Universal Jump.
 - d. **Level 4 (1 to 12 points):** Triple Splits, Far Arm Cartwheel.
3. The entire cheer must be performed in unison by the entire team. A team can perform level changes in unison, lunges, and can make formation changes. In this compulsory cheer sequence, a team cannot perform peel-offs, pick-ups, fire-ups, create varying levels or perform log rolls. Only the three selected skills can be performed.
Incorrect performance of skill (i.e. if one cheerleader fails to perform a skill) will result in a deduction of 7 points.
4. Every team member must perform the three (3) selected skills from start to finish in unison. Unison refers to direction of skill as well as arm, leg, and body position when performing the three (3) selected skills.
5. Skills are valued by degree of difficulty for scoring. The selected moves and their sequence must be presented to the judges in advance of the performance.
6. Each team member must attempt to execute the skill in order for credit to be awarded to the team.
Violation of this rule will result in deduction of 7 points for the round.

B. **SIDELINE CHEER:** Time limit from first word or motion: one (1) minute - forty-five (45) seconds. Sidelines should be a minimum of thirty (30) seconds. Time infraction will result in 7 points deducted for 1 to 5 seconds over or under the time limit; 14 points deducted for 6 or more seconds over or under the time limit.

1. Crowd participation and formation changes are permitted and encouraged.
2. When squads take knee positions in this cheer, they must hand brace, walk down, or sit down (Please review Competition Rules section II. A. - regarding drops).
3. A sideline is a cheer that is performed on the sidelines during a game, and is repeated over and over. For this competition, teams must perform one sideline as their second cheer. Sidelines must be repeated at least two times. Sidelines may be repeated as many times as the team wishes in their performance.
Violation of the repeat rule will result in a deduction of 7 points for the round.
4. Teams may incorporate any of the twenty (20) skills from the compulsory round in their sideline. Log rolls are also permitted. Skills are not required to be performed in unison.

II. COMPETITION RULES:

- A. Mounts, gymnastics, tumbling, supported jumps, drops, slams, knee slams, sit slams, body slams, knee slides, body slides and seat slides ARE NOT PERMITTED. Drops are defined as dropping forcefully onto the cheering surface without first bearing most of the weight on the hands/feet which breaks the impact of the drop.
Violation of this rule will result in a deduction of 7 points for the round.
- B. When splits are incorporated in either routing, hands must be placed on cheering surface prior to entry.
Violation of this rule will result in a deduction of 7 points for the round.
- C. When switch splits are incorporated in either routing, hands must be placed on cheering surface prior to entry. After first split is completed hands must be placed on cheering surface prior to the switch.
Violation of this rule will result in the deduction of 7 point for the round in which the infraction occurred.
- D. Entrances and exits will not be judged. You may enter and exit from any side of the competition area, EXCEPT THE SIDE ON WHICH THE JUDGES ARE SEATED.
Violation of this rule will result in the deduction of 7 points for the round.
- E. The cheers may not include the use of any props, (examples of props are pom-poms, toys, gloves, banners, costumes, etc.), or any form of special effects anywhere on her person, uniform or shoes. Uniform changes will not be allowed in between cheers.
Violation of this rule will result in a deduction of 7 points for the round.
- F. Girls who are above the sixth grade **cannot** compete in the sixth grade competition. Girls cannot compete in both the J.V. and Varsity competition; they may only compete at one level. Cheerleaders may be registered on one team only.
Violation of this rule will result in a void round.
- G. All jewelry is prohibited with the exception of religious or medical medals. If such medals are worn, they shall be taped to the body under the uniform.
Violation of this rule will result in the deduction of 7 points per cheer in which the infraction occurred.

- H. There is no limit to the amount of cheerleaders on a team. The number of cheerleaders participating in the open round must not exceed the number of cheerleaders participating in the compulsory round. All cheerleaders must be listed on the eligibility form which is to be on file with the CYO office.
Violation of this rule will result in the deduction of 7 points per cheer.
- I. Cheerleaders must keep one foot on the floor at all times when in contact with another cheerleader.
Violation of this rule will result in deduction of 7 points for the round.
- J. Glitter is not permitted on the cheerleaders including the hair or face.
Violation of this rule will result in deduction of 7 points for the round.
- K. **BALLOONS and any signs with GLITTER will NOT be allowed** in the gym.

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