

# **CATHOLIC YOUTH ORGANIZATION**

## **WINTER CHEERLEADING COMPETITION RULES**

**I. COMPETITION FORMAT:** Participation will consist of two (2) rounds. Each squad will be judged on one (1) cheer and one (1) dance routine.

A. First Round: Open Round. Time limit from first word or motion - 2 minutes. 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. Splits and crowd participation 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 jump must be performed in unison by the entire team.  
**Violation** of this rule will result in a deduction of 7 points for the round.

B. Second Round: Dance Routine. Time limit from first word, motion or music - two (2) minutes. Time infraction will be same as in the Open Round.

1. Teams are required to provide their own music on a cassette tape. A tape player will be available; however, your own tape player may be used.
2. Coaches or team representatives will be responsible for turning music on and off for their own team. Tapes must be ready to play at time of performance.
3. Music may be spliced, but must play continuously.
4. Cheers and chants are not allowed during the dance, but cheerleaders may yell a word or phrase.  
**Violation** of this rule will result in a deduction of 7 points for the round.
5. 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).

## **II. COMPETITION RULES:**

A. Mounts, gymnastics, tumbling, supported jumps and drops, slams, knee slams, sit slams, body slams, knee slides, body slides, 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 7 points for the round.

B. When splits are incorporated in either routine, hands must be placed on cheering surface prior to entry.

**Violation** of this rule will result in a deduction 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 points for the round.
- D. 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 in which the infraction occurred.
- E. The cheers and dance 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 change will not be allowed in between the various rounds.  
**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 for the round.
- H. There is no limit to the amount of cheerleaders on a team. The number of cheerleaders participating in the dance round must not exceed the number of cheerleaders participating in the open 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 for the round.
- 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 a 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 a deduction of 7 points for the round.
- K. It is the coaches responsibility to carefully scrutinize the music and choreography used in the Dance Round.
- L. **BALLOONS and any signs with GLITTER will NOT be allowed** in the gym.

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