

GULF COAST CHEERLEADING COMPETITION RULES

GENERAL RULES

1. Each team will have two minutes and thirty seconds to perform. Timing will begin with the first movement, voice, or first note of music, whichever comes first.
2. Each team must have at least one cheer and one chant. No routine can exceed two minutes and thirty seconds in its entirety.
3. All teams will be escorted to the 40 yard line of the field. The only team that will be escorted to the 50 yard line is the Mighty Mites and this will be done by a certified coach. Pom poms and signs may be placed on the field by the Mighty Mite coaches only. Mighty Mite coaches will be allowed thirty seconds to place props on the field. Cheerleaders in all other divisions must carry signs and pom poms on to the field. Cheerleaders will be prepared to begin the routine as soon as possible after entering the competition field. One Mighty-Mite coach will be allowed to lead the team on the field. One coach may also perform the routine with the Mighty Mite team and must stand either the left or right of the judges stand.
4. Participants must start in the competition area with at least one foot on the ground. The competition area will be determined by the League Cheerleading Commissioner according to the size of the facility being used.
5. There may not be any organized exit, cheers, chants or other activity after the official ending of the routine. Any organized exit will be considered part of the routine and judged and timed.
6. If, in the opinion of the League Officials, a team's routine is interrupted because of failure of the League equipment, facilities or other factors attributable to the League rather than the team, the team affected should stop the routine. The team will be allowed to present its routine from the place where the interruption occurred. The degree and effect of the interruption will be determined by League officials. The League's equipment is never reliable. Teams should be instructed to wait until the problem is fixed or continue the routine to 8-counts.
7. In the event a team's routine is interrupted because of failure of the team's own equipment the team must either continue the routine or withdraw from the competition. In the event that an injury causes the team's routine to be interrupted, the team must either continue the routine from the point of interruption or withdraw from the competition. League officials reserve the right to stop the routine if an injury occurs.
8. Cheer Commissioner for the league will determine the size categories within the divisions based on the number of the participants on each team in order to achieve a balanced competition.
9. No cheer coach, parent, or cheer coordinator may approach the judge's tent OR the tabulation table at any time. The coordinators at the tabulation table must

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walk away from the table to discuss any business that may need to be taken care of for their park.

PENALTIES

1. Time Limit- 5 Points per Judge
2. Safety Violations- 5 Points per Judge per offense
3. Illegal Dismount
4. Illegal Drops
5. Illegal Tosses
6. Illegal Tumbling
7. Illegal Stunts

Safety Guidelines

1. All Pyramids and partner stunts are limited to Two persons High, meaning the top person receives primary support from a base(s) who is in direct weight bearing contact with the ground.
2. Use of mini-tramps, springboards and flags or any height increasing apparatus is prohibited. **The only props to be used are poms, signs, and megaphones.**
3. Free falling flips, swan dives, and toe/leg pitch flips are prohibited.
4. Helicopters, tension rolls/drops, single based split catches and knee drops are prohibited.
5. Suspended splits must maintain hand-to-hand contact and be supported on the back thigh. When dropping a suspended split, bases must slow the momentum of the top person.
6. Basket Tosses or any type of toss must be performed at the ground level and must be cradled by the original bases. Flyer may not be tossed to another set of bases. The bases must remain stationary during the toss-**No traveling basket tosses.** Toss to prone or other flat-bodied position are prohibited. Toss flips are must maintain contact with the back spot. Tosses involving twisting rotations may not exceed two rotations and must be cradled.
7. Any Flyer above shoulder stand level requires a spotter in position to protect the head, neck, and back areas of the flyer. The spotter may hold the ankle of the flyer or the wrist of the base. If the spotter is in any way supporting the sole of the flyer's foot, she is considered a base and additional spotter is required.
8. Partner stunts, pyramids, props and participants may not pass over, under or through a stunt, individual or prop.
9. Double based forward suspended rolls are allowed, provided the bases have their feet on the ground and the flyer maintains hand-to-hand contact through out the skill.
10. Backward suspended rolls and **single-based** suspended rolls are prohibited.
11. All cradles dismounted from a stunt that is over shoulder level must use three catchers. One must be in position to support the head, neck and back of the flyer. No tumbling skills are allowed during a dismount with the exception of suspended forward rolls.

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12. Participants may not land in a stunt or catching position from a tumbling skill. (Example-Back flip into a cradle is prohibited) However, rebounding from a back-handspring into a cradle is allowed.
13. Illegal tumbling skills-dive rolls, flips greater than one rotation, and twists greater than two rotations, and double cartwheels. (Partners performing cartwheels while holding each others thighs, waists, etc.) Additional skill restrictions apply to Level I and Level II mount divisions. No tumbling with the pom poms or other props is allowed.
14. The top person in a partner stunt, pyramid, or transition may not be in an inverted position. (Head below the level of the waist) with the exception of a forward suspended roll and loading into stunts.
15. Jewelry of any kind is prohibited. This includes earrings, nose, tongue and belly button rings, necklaces, bracelets, and pins on uniforms. Jewelry must be removed.
16. Hair must be up and out of the face for competition.
17. The following props are allowed: Megaphones, pom poms and signs.
18. Any questions concerning the rules or the procedures will be handled by the head coach only of a team with the cheer coordinator. This will be done immediately following a routine being competed.
19. Music and cheer moves must be age appropriate.
20. There will be no overruling of a Judges decision unless provided by video backup and written letter given to the Cheer Commissioner within 48 hours following competition.
21. Ties will be broken at the end of the division. Example: tie for 1st in the non mount division will have a tie breaker at the conclusion of the non mount division with the two tied teams performing their routine again for the Judges.
22. All participants must conduct themselves in a manner displaying good sportsmanship throughout the competition with positive presentation throughout the competition event. Sever cases of unsportsmanlike conduct are grounds for disqualification of the team and a suspension from coaching with GCYFA.
23. Any cheerleader and coach must present a GCYFA card to be on the field. **No cards will be issued to any cheerleader within two weeks of competition. If a cheerleader is without a card the day of competition they team must pull from the competition or perform with no ranking. No exceptions!!!!**
24. Score sheets can be picked up at the end of the competition in the Judges room by the cheer coordinator for only.
25. Coaches and cheerleaders may not be under the influence of alcohol, narcotics, performance enhancing substances, or over the counter medications while participating that would hinder the ability to supervise the routine safely.
26. Soft-soled shoes must be worn while competing. No dance shoe/boots, and or gymnastics slippers allowed. Shoe must have a solid sole.
27. Casts that are hard and unyielding or have rough edges must be appropriately covered with a padded material. The appropriate padded material must be such that it protects both the cheerleader and fellow cheerleaders from injury.
28. Mighty Mite Mount teams are not allowed to do any stunt above a thigh stand. Tumbling in this division will follow level one restrictions.

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Non-Mount Division Tumbling Restrictions

All tumbling must originate from and land on the ground of the performance surface.
Flips of any kind are prohibited. (Examples: tucks, layouts, whips etc.)
Front rolls, cartwheel (single), round-off's and front and back handsprings are permitted (standing and running)
Tumbling while holding or in contact with any prop is not allowed.

Mount Division I Tumbling

All tumbling must originate from and land on the ground of the performance surface
Flips of any kind are prohibited. (Examples: tucks, layouts, whips etc.)
Front rolls, cartwheel (single), round-off's and back and front handsprings are permitted (standing and running)
Tumbling under, over or through a stunt, individual, or prop is not allowed.
Tumbling while holding or in contact with any prop is not allowed

Stunts

Single leg stunts are only allowed below shoulder level (prep).
A spotter (back spot) is required for all stunts at shoulder level and above.
No stunt can pass through another stunt.
Twisting stunts and transitions are allowed up to one full twist by the top person.
During transitions, all bases need to remain in contact with the stunt. Transitional stunts may not involve changing bases
No flipping stunts allowed.
Single based catches not allowed.
No release may land in the prone position.
Release must return to the original bases.
Helicopters are not allowed.
Barrel roll is not allowed.
Release moved may not intentionally travel.

Pyramids

Top person must receive primary support from the base.
Two leg stunts must be braced by at least two persons.

Dismounts

Cradles must have a back spot to protect the head.
Only straight pop downs and basic cradles are allowed.
Twisting dismounts are allowed.

Mount Division II (This division is limited to Mite, Midgets and Juniors only)

All tumbling must originate from and land on the ground of the performance surface
Tumbling under, over or through a stunt, individual, or prop is not allowed.
Tumbling while holding or in contact with any prop is not allowed.

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Stunts

Single based catches not allowed.

No release may land in the prone position.

Release must return to the original bases.

Helicopters are not allowed.

Release moved may not intentionally travel.

Single full twisting barrel roll is allowed. Must start and end in cradle position.

Pyramids

Top person must receive primary support from a base.

Extended single leg stunts may not brace or be braced by any other extended stunt.

No stunt, pyramid, or individual may move over or under another separate stunt, pyramid or individual.

Dismounts

Only straight pop downs, basic straight cradles and full's are allowed.

Tosses must be performed from ground level and must land in a cradle position by original bases.

Stunts

Back spot is required for all extended stunts.

Single leg extended stunts are allowed.

Twisting mounts and transitions are allowed.

During transitions bases must remain in contact with the top person.

Free flipping stunts are not allowed.

Release moves may not land in prone position.

Release moves must return to original bases.

Release moves may not intentionally travel.

No inversions above shoulder level.

Top person must receive primary support from bases.