



RECREATIONAL SQUAD RULES

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- Total time limit is 2 min 30 sec and may be all-music or music-cheer. Timing will begin with first movement, voice or note, which ever comes first.
- Participants must start in the competition area with at least 1 foot on the ground. Squads may line up anywhere inside the competition area. The competition area will be a 54' x 42' spring floor.
- All introductions are considered part of the routine and are timed as part of the performance. There should not be any organized exits or other activities after the official ending of the routine.

Age of competitor – will be as of May 31, 2007.

Standing Tumbling – Only series front and back handsprings are allowed.

Running Tumbling – Flips may only be performed in a tuck position from a round off or round off back handspring entry. (exception: aerial cartwheels and running tuck fronts are allowed. No tumbling allowed after the tucked flip.) Twisting during flip is not allowed.

Cradles/Dismounts – Only basic straight cradles and quarter turns are allowed from single leg stunts. Only single full twists are allowed from two legged stunts.

Pyramids – During pyramid transitions, top person must remain in contact with a base at all times unless dismounting to a cradle or the performing surface.

Tosses – Twisting in tosses is not allowed.

GENERAL SAFETY GUIDELINES

1. All teams must be supervised during all official functions by a qualified director/coach.
2. Coaches must require proficiency before skill progression. Coaches must consider the individual, group, and team skill levels with regard to proper performance level placement.
3. All teams, gyms, coaches and directors should have an emergency response plan in the event of an injury.
4. Coaches are recommended that their athletes practice and perform on an appropriate surface.
5. Soft-soled shoes must be worn while competing. No dance shoes/boots, and/or gymnastics slippers (or similar) allowed. Shoes must have a solid sole. If you can roll it up and put it in your pocket, it's illegal.
6. Jewelry of any kind including but not limited to ear, nose, tongue, belly button and facial rings, clear plastic jewelry, bracelets, necklaces and pins on uniforms are prohibited. Jewelry must be removed and may not be taped over. (Exception: medical ID tags/bracelets, and uniform rhinestones. Rhinestones are illegal when adhered to the skin as opposed to a uniform. Temporary tattoos are also allowed.)

7. Routines shall not exceed 2 minutes and 30 seconds. Cheerleaders must have at least one foot on the performing surface when the routine starts.
8. Any height increasing apparatus used to propel a competitor is prohibited. (Exception: spring floor)
9. Flags, banners, signs, pom poms, megaphones and pieces of cloth are the only props allowed. Props with poles or similar support apparatus may not be used in conjunction with any kind of stunt or tumbling. All props must be safely discarded out of harms way (e.g. throwing a hard sign across the mat from a stunt would be illegal). Any uniform piece purposefully removed from the body and used for visual effect will be considered a prop.
10. Casts that are hard and unyielding or have rough edges must be appropriately covered with a padded material. The appropriately padded material must be such that it protects both the athlete and fellow athletes from injury.
11. On the level grid, all skills allowed for a particular level encompass all skills allowed in the preceding level.
12. Required spotters for all levels must be your own team's members.
13. Drops including but not limited to knee, seat, thigh, front, back, and split drops from a jump, stunt, or inverted position are prohibited unless the majority of the weight is first borne on the hands/feet, which breaks the impact of the drop. Shushinovs are allowed.

JUDGING CRITERIA

The judges will score the squads according to the judging criteria on a 100-point system. In keeping with the proper role of cheerleading, emphasis will be placed on practicality of material. Any squad in violation of the Specific Safety Regulations or level guidelines will be assessed a deduction.

SCORES AND RANKINGS

Each judge has the responsibility and authority to review and submit his/her final scores and ranking of squads, prior to the final tally of the scores for all squads. Individual judges score sheets will be made available to the coaches of each squad after the presentation of awards.

HOW TO HANDLE PROCEDURAL QUESTIONS

Any questions concerning the rules or procedures of the tournament will be handled exclusively by the advisor of the squad and will be directed to the Tournament Director. Such questions should be made prior to the squad's competition performance. Any questions concerning the squad's performance should be made to the Tournament Director immediately after the squad's performance.

Questions concerning the final scores or squad ranking must be handled exclusively by the advisor of the squad and should be directed to the Tournament Director. Only the coach who signed the Competition Regulations may questions with the Tournament Director.

SPORTSMANSHIP

All participants agree to conduct themselves in a manner displaying good sportsmanship throughout the tournament. The advisor and/or captain of each squad are responsible for seeing that squad members, coaches, parents and any other persons affiliated with the squad conduct themselves accordingly. Severe cases of unsportsmanlike conduct are grounds for disqualification.

DAY OF COMPETITION

At the Registration table, you must submit all participant Waivers and the signed Competition Regulations prior to your warm-up time. You will receive you T-Shirts at this time.