

**ARCHDIOCESE OF PHILADELPHIA**  
**CATHOLIC YOUTH ORGANIZATION**  
**2008 CHEERLEADING CHAMPIONSHIP**

\* **Note: Varsity Teams may include 5<sup>th</sup> through 8<sup>th</sup> Graders**  
**JV Teams include 5<sup>th</sup> & 6<sup>th</sup> Graders**

**PLEASE READ THIS PACKET CAREFULLY AS THERE MAY BE CHANGES**  
**IN THE FORMAT, LENGTH OF ROUTINES, AND RULES IN THE**  
**CHEERLEADING CATEGORY, ESPECIALLY IF YOUR TEAM DID NOT COMPETE IN**  
**2007**

I. **COMPETITION (CLASSES)**

- A. Cheerleading
- B. Dance

II. **DIVISION FORMAT**

A. Teams are divided into two or three divisions based on team size, depending on the number of teams registered. This is intended to facilitate balanced competition in these events.

- 1. Decisions on where parish squads are placed are based on the size of the team in relation to the squads which have registered to participate. Head coaches will be notified as to their division and the general schedule for the event by mail.

"C" (small) Division will perform in the morning.

"Y" (medium) Division will perform in the afternoon. (If a 3<sup>rd</sup>

Division is necessary)

"O" (large) Division will perform in the afternoon

J.V. will participate in a one time Archdiocesan exhibition and will follow the Varsity "C" Division on the schedule.

B. **CHEERLEADING AND DANCE COMPETITION**

All team members who compete in the cheerleading division must also compete in the dance division. The only exception will be from an injury that occurs during the competition. All injuries must be reported to a tournament official prior to the dance segment.

C. **Conduct and Sportsmanship:**

All squads are responsible for the conduct of members of their program including coaches, parents, fans, and participants.

All attendees are expected to conduct themselves in a respectful manner.

Failure to do so may result in penalization of the squad and/or expulsion from the competition.

D. **Safety:**

Absolutely NO JEWELRY OR GLITTER

Temporary spirit tattoos will be permitted.

Fingernails must be in accordance to National Federation Guidelines.

Spotters will be provided.

Squads are encouraged to perform skills within their ability level.

**TIEBREAKERS** - In the event of any ties in score during any of the competition, the

teams tied will be declared as co- winners of that spot.

The Judges decisions in all competitions are final. **NO APPEALS**.

III. **CHEERLEADING Category:**

**Time Limits and Routine Structure**

- Timing will begin with the first official movement or voice, or the first note of music, whichever comes first.
- The music portion of your routine may not exceed 1 ½ minutes for school divisions.  
Total routine length is limited to 2 ½ minutes with a 5 second grace period. (i.e. – 2:25 to 2:35)
- All performances must begin with each participant having at least one foot on the floor.  
Both feet leaving the floor constitute the beginning of the timed portion.
- If a routine is interrupted by equipment failure, the team will be permitted to perform their routine from the point which the disruption occurred.
- In case of injury the team may continue with the routine or withdraw from the competition. CYO Officials reserve the right to halt a routine in the case of injury.

**Definitions**

- **Base**- A person who supports the majority of a top person's weight while the top person is off the ground.
- **Cradle**- A dismount from a partner stunt, pyramid or toss in which the top person is caught in a face-up, piked position before being placed on the performance area or remounting into another stunt, pyramid or loading position.
- **Dismount**-The movement from a stunt or a pyramid to a cradle on the performing surface. The movement from a cradle to the performing surface is not considered to be a dismount.
- **Dive Roll**- An aerial forward roll where the feet are off of the performing surface simultaneously.
- **Double Based Suspended Roll**- Dismount with a foot-over-head rotation where the top person has continuous hand-to-hand contact with the bases who are controlling the top person onto the performance surface or into a cradle.
- **Extended Stunt**- When the entire body of the top person is extended in an upright position over the base (s). (Chairs, torches, flatbacks, and straddle lifts are examples of stunts where the bases arms are extended overhead, but are NOT considered to be extended stunts since the height of the body of the top person is similar to a shoulder level stunt.)
- **Helicopter**- A stunt in which the top person is tossed in the air and rotates more than 180 degrees parallel to the ground in the same motion as a helicopter blade.
- **Inverted**- When the top person's head is below the waist. Archback dismounts to a cradle are not considered to be inverted.
- **Knee Drop**- Dropping to the knees without first bearing the majority of the weight on the hands or feet.
- **Release Move**- When the base(s) and top person become free of contact with each other.
- **Spotter**- A person whose primary responsibility is the protection of another during the performance of a skill.

- **Top Person**- A person who is held off of the floor by another person or persons.

## **GENERAL RULES**

### **Partner Stunts/Pyramids**

- A. All pyramids and partner stunts are limited to two persons high. "Two high" is defined as the base having at least one foot on the ground.
- B. The top person in a partner stunt, pyramid or transition may not be in an inverted (head below the waist) position and cannot transition to another stunt, the ground or a dismount in an inverted position. Exceptions to this rule are the following: Double based suspended forward rolls.
- C. Suspended splits in a transition are allowed provided there are a total of four bases that support the top person; at least three of the bases must support under the legs of the top person, and the fourth base may support under the legs or make contact with the hands of the top person. Top person must have hand contact with bases during transition.
- D. Partner stunts and pyramids higher than shoulder stand level. Spotters are considered part of the squad with regard to the squad to the squad member maximum limitation. For single-based extended stunts, the spotter may hold at the ankle of the top person and/or wrist of the base. If the spotter is supporting under the sole of the foot in any way, they are considered to be a base and would require an additional spotter.
- E. When one person is bracing another (including over lapping of arms), one of the individuals must be at shoulder height or below. Exceptions to this are the following:
1. Extensions (double base or single base) may brace other extensions.
  2. Double Cupies (two cupies being held by the same base) are allowed. If the stunt is dismounted to cradles, there must be three people for each top person being cradled. This exception does not include variations such as Double Heel Stretches.
- F. If a person in a partner stunt or pyramid is used as a brace for an extended stunt, that brace must not be supporting a majority of the top person's weight. (To demonstrate this, the foot of the top person's braced leg must be at or above the knee of their supporting leg.)
- G. Extended Straddle Lifts must have an additional spotter for the head and shoulders of the top person (similar position to a Double Based Elevator).
- H. Hanging pyramids (example diamond head) must have a continuous spotter for each shoulder stand involved in suspending another person.
- I. In pyramid transitions where the top person is released from their primary bases and assisted in an up and down transition the following rules apply:
1. At least 3 bases must be under top person throughout the transition.
  2. For each person(s) bracing the top person in the transition must have a spotter in place during the transition movement.
  3. The top person must be in contact with the bracers during the up and down transition. The top person may not be supporting on any other body part of the person(s) assisting (i.e. Shoulders of the bracer).
  4. The top person must be continuous in motion and cannot be supported so that they pause at the top of the transition.
- J. Basket tosses, toe pitch tosses, elevator tosses or similar tosses are limited to no more than four tosses and must be dismounted to a cradle position by tow of the original bases, plus an additional spotter at the head and shoulder

are. These tosses may not be directed so that the bases must move to catch the top person.

- K. Participants may not pass over or under other participants from tosses. An exception to this rule is the following: Single based tosses can go over another person.
- L. Free falling flips or swan dives from any type of toss, partner stunt or pyramid are prohibited.
- M. Partner stunts, pyramids and participants may not pass over, under or through other partner stunts or pyramids.
- N. Single based stunts in which the top person is parallel to the performing surface and the bases' arms are extended must have a continuous spotter at the head and shoulder of the top person. (i.e. Bird, Side T, Single Based Flatback, etc.)
- O. Multi-based tosses that land in stunts (i.e. basket to elevator, etc.) are allowed; however, they cannot significantly exceed the height of the intended stunt. Multi-based tosses cannot land in a landing position. Exception to this rule: A single based toss (one base touching during the toss movement) is allowed into a landing position to that original base.
- P. Backward suspended rolls and single based suspended rolls are prohibited.
- Q. Cradle dismounts from partner stunts or above require one spotter in addition to the original base(s).
- R. Cradle dismounts from partner stunts (other than basket tosses, elevator tosses or similar tosses) to another set of bases must be caught by three bases. Any type of gymnastics movement (1/2 turn, twist toe touch, etc) is prohibited.
- S. Twists greater than two rotations in stunts, tosses or dismounts are prohibited. Exception to this rule: Side facing stunts (i.e. Arabesque, Scorpion, etc.) may add a one quarter twist in order to cradle to the front.
- T. Basket tosses, elevator tosses and similar tosses are considered one stunt and twists must not TOTAL more than two rotations. (i.e. A basket toss quarter turn kick out and then double down into the cradle would be illegal.)
- U. Tension drops are prohibited.
- V. Helicopter tosses are prohibited.
- W. Single based split catches are prohibited.
- X. The use of mini-trampolines, springboards, or any other height-increasing apparatus is prohibited.

### **Tumbling/Jumps**

- A. Dive rolls are prohibited
- B. Flips greater than one rotation are prohibited.
- C. Twists greater than one rotation are prohibited for all school squads.
- D. A forward three-quarter flip to the seat or knees is prohibited.
- E. Participants may not tumble over, under, or through partner stunts or pyramids, or over or under individuals.
- F. Participants may not land in a partner stunt or in a catching position from an aerial tumbling skill. (Example: A back flip from a tumbling pass into a cradle is prohibited, however, rebounding from a back handspring into a cradle is allowed.)
- G. Landings for all injuries including knee drops must bear weight on at least one foot. (Example: A toe touch jump or kick to a hurdler position, to the seat, knees, or landing with both feet back, or to a push-up position are prohibited.)
- H. Any type of hurdler position or the position with both feet back (sitting, landing or lying) is prohibited with the exception of "Z" sit.
- I. Squad members must wear athletic shoes (no gymnastic slippers).

- J. Any squad in violation of these Specific Safety Regulations will be assessed a 10 point per judge deduction.

IV. **DANCE Category**

Music

- Music is expected to be in good taste (no foul language, etc.) as are the movements and choreography of each routine.
- Coaches will be expected to start and stop their own music.
- **There will be a one point per second penalty for every second a routine exceeds the time limits established.**

DANCE RULES - GENERAL

- A. No Cheering allowed. (a yell or chant not exceeding three words will be allowed, e.g. "Let's Go B.V.M.:" or "Yeah" or "Go Cats").
- B. Taped music is permitted.
1. Squads will submit the name of the music they are using for the competition.
  2. Coaches should be prepared and have a backup copy of their tape in case the original tape breaks.
  3. Coaches are responsible to check and see the audio equipment which will be supplied. If not, coaches are responsible to bring and operate their own equipment.
  4. Music should be ready to begin to play within 10 seconds.
- C. No props are permitted with the exception of pom-poms, gloves (cheerleading apparel). Please be conservative.
- D. Rubber soled shoes or sneakers only permitted on the gym floor.

DANCE RULES - SPECIFIC

- A. Each team will have a maximum of (2) two minutes to demonstrate their style and expertise. Timing will begin with the first note of the music. Timing will end with the last note of music or the last movement. There will be a 5 second grace period. (i.e.- 1:55 to 2:05)
- B. There is no limitation on the number of team members.
- C. Entrances and exits will not be judged unless they are included in the (2) two minute overall time period.
- D. No tumbling, partner stunts or pyramid building will be allowed. This includes standing or stepping on backs, cartwheels and forward rolls.
- E. Knee drops are prohibited.
- F. Toe touches to a push up position are prohibited.
- G. A 10 point **per judge** penalty will be assessed to any team violating any of the specific rules as stated above. **Because penalties are severe it is recommended that all teams time their performance several times prior to attending the championship.**

V. **OTHER SITUATIONS**

Any situations requiring interpretation of the rules or a decision involving any aspect of the tournament shall be considered by the Head Judge and Tournament Director. This

group will render a judgment in an effort to insure that the tournament proceeds in a manner as equitable as possible to all teams and consistent with the general spirit of the rules and goals of the tournament.

VI. **JUDGING CRITERIA**

The judges will score the teams according to the judging criteria on a 100 points system. To keep with the proper role of cheerleading, emphasis will be placed on practicality of material.

**CHEERLEADING:** Refer to Score Sheet included in packet

**DANCE SCORE:**

The method of scoring will be as follows:

Appearance/Projection	(5)	_____
Grooming		
Facial Expression		
Eye Contact		
Choreography	(20)	_____
Variety		
Difficulty		
Formations		
Compatibility with Music		
Technique	(25)	_____
Body Positioning		
Kicks: Extension		
Uniformity		
Use of Props/Pom –Poms (applies to prop/pom routines only)		
Synchronization	(25)	_____
Overall effect	(25)	_____
Audience Appeal		
Visual effect		
TOTAL POINTS	(100)	_____

VII. **DISQUALIFICATION**

It is further understood that any team that does not adhere to the terms and procedures of these "Articles of Understanding" shall be disqualified from the tournament, shall automatically forfeit any right to any prizes or awards presented by the tournament, and also forfeit the opportunity to participate in the regional tournaments for the following year.

VIII. **HOW TO HANDLE PROCEDURAL QUESTIONS**

Any question concerning the rules of the tournament, the scoring or the participants or the rankings of teams shall be handled exclusively by the captain or the advisor of the team and shall be directed to Tournament Director. This shall be done within 24 hours after completion of the tournament.

IX. **Awards and Judges**

- Trophies will be determined by the number of teams in a division
- Judges will be qualified and impartial individuals representing all facets and

- styles of the cheerleading realm.
- Decisions made by the judging panel are final and may not be appealed. Under NO CIRCUMSTANCES is a participant, coach, parent or fan permitted to question or approach a judge on score sheet or legality decisions.
- Any team violating a safety rule or regulation will receive a 10-point per violation deduction from their final score.

SPIRIT AWARD - Will be awarded in each Division.

AWARDS - Will be presented to all championship squads.

GRAND CHAMPIONSHIP AWARD - The teams with the most total points from all categories combined (cheerleading and dance) will receive the Grand Champion's Award. Divisions C, Y and O will be eligible for this award.

X. **Vendors and Medical Services**

Various vendors will be available throughout the day.  
CYO Cheer Champion T-Shirts will be available.  
Programs will be available throughout the day.  
Extensive concessions will be available throughout the day.  
An athletic trainer will be available in case of emergency.

XI. **Competition Floor**

There will be no penalties for leaving the matted gymnasium floor.

XII. **Questions**

Please email all questions to: Brian Hanlon – [bhanlon@adphila.org](mailto:bhanlon@adphila.org)  
or call 215-965-4638