



# 2009-2010 Collegiate Cheer Rules\*

Updated 9/28/2009

## GENERAL SAFETY RULES AND ROUTINE REQUIREMENTS

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. Athletes and coaches may not be under the influence of alcohol, narcotics, performance enhancing substances, or over-the-counter medications while participating in a practice or performance that would hinder the ability to supervise or execute a routine safely.
5. Athletes must always practice and perform on an appropriate surface.
6. 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.
7. 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.)
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. **During all cradle dismounts, a flyer may not hold props that are made of solid material, and have corners or sharp edges (i.e. signs, etc).** 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. *Clarification: The appropriately padded material must be such that it protects both the athlete and fellow athletes from injury.*
11. 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. Shushunovas are allowed.
12. Competition routines shall not exceed 2 minutes and 30 seconds.
13. Athletes must have at least one foot, hand or body part (other than hair) on the performing surface when the routine begins. Exception: Athletes may have their feet in the hands of base(s) if the base(s) hands are resting on the performing surface.
14. The chewing of gum and/or candy while practicing or performing is prohibited.



## COLLEGIATE RULES

### General Tumbling

- A. All tumbling must originate from and land on the performing surface. (Exception: Tumbler may [without hip-over-head rotation] rebound from his/her feet into a stunt transition. Rebounding to a prone position in a stunt is allowed.)  
**Exception: See "Stunts", free flipping or assisted flipping transition rule C1 below.**
- B. Tumbling over, under, or through a stunt, individual, or prop, is not allowed.
- C. Tumbling while holding or in contact with any prop is not allowed.
- D. Assisted or connected tumbling is not allowed. *Clarification: Double cartwheels and double forward rolls are allowed because they are interpreted as a stunt, not assisted tumbling, and they follow the inversion rules.*
- E. Dive rolls **are allowed**:
  - 1. Dive rolls performed in a swan/arched position are not allowed.
  - 2. Dive rolls that involve twisting are not allowed.

### Standing/Running Tumbling

- A. Skills are allowed up to 1 flipping and 2 twisting rotations.

### Stunts

- A. A spotter is required:
  - 1. During extended one-arm stunts other than an awesomes/cupies or liberties.
  - 2. When the load or transition involves a twist or flip.
  - 3. The top person is popped from one arm to the other.
- B. Twisting stunts and transitions are allowed up to 2 twisting rotations by the top person.
- C. **Free flipping or assisted flipping stunts and transitions are allowed as follows:**
  - 1. **Rewinds into a pyramid, stunt, loading position or cradle are allowed under the following conditions:**
    - a. **Must originate from ground level only, with both flyer's and base's both feet on the ground.**
    - b. **The top person is limited to 1 flipping and 1 twisting rotations or 1-1/4 flipping with no twist.**
    - c. **Bases are limited to 1/4 turn under the top person.**
    - d. **An active spotter is required throughout the skill.**
    - e. **If the rewind is continuous to a cradle, the spotter must assist in the cradle.**
    - f. **In a rewind to a pyramid or to another base, the original base may serve as the spotter.**
  - 2. **Flips from stunts in which the top person is in an upright position standing in the hand(s) of the base(s) are allowed under the following conditions:**
    - a. **Front flips are allowed from shoulder level and below single base stunts to a cradle or the performing surface on the feet with assistance from the base.**
    - b. **Front and back flips are allowed from shoulder level and below double base stunts to a cradle.**
    - c. **The top person is limited to 1-1/4 flipping rotation.**
    - d. **Only dismounts to a cradle may have up to a 1/2 twist.**
    - e. **Must have additional spotter active throughout the skill. In a single base stunt, the spotter may not assist in the initiation of the flip.**
  - 3. **Flips from stunts in which the top person is in a horizontal position not being supported at their feet are allowed under the following conditions:**
    - a. **Front flips and back flips from shoulder level double base stunts to a stunt, loading position, cradle or the performing surface with assistance from a base. Note that flips are not permitted from a horizontal position below shoulder level or from a single base.**
    - b. **The top person is limited to 1 flipping rotation and may not twist.**
    - c. **A spotter is not required.**
- D. Transitional stunts may involve changing bases.
- E. Single based split catches are not allowed.
- F. Single based double awesomes/cupies require a separate spotter for each top person
- G. No stunt or pyramid may move over or under another stunt or pyramid. (e.g. shoulder sits walking under prep).



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## H. Stunts - Release Moves

1. Release moves are allowed.
2. Release moves may not land in a prone position.
3. Release moves must return to original bases. **Exception: A toss, from the performing surface, to prep level is allowed to travel if the toss is from a single base and there is an additional spotter on the catch.**
4. Helicopters are allowed up to a 180° rotation with a ½ twist and must be caught by at least 3 catchers, one of which is positioned at head and shoulder area of the top person.
5. Release moves may not intentionally travel. **See exception #3 above.**
6. **Release moves may not pass over, under or through other stunts, pyramids or individuals.**

## I. Stunts - Inversions

1. Downward inversions from above prep level must be assisted by at least 2 bases. Top person must maintain contact with a base.

## Pyramids

- A. **Pyramids must follow "Stunts" free flipping or assisted flipping transition rule C1 and** are allowed up to 2-½ high.
- B. For 2-½ high pyramids, there must be a spotter in front and back for each person on the top level, and the spotter(s) must be in position the entire time the top person(s) is at the 2-½ high level(s) Spotters may stand slightly to the side but must remain in a position to adequately spot the top person. Spotters must maintain visual contact with the top person the entire time the top person is at the 2-½ high level. Spotters may not be a primary support of the pyramid.
- C. **Free-flying** mounts must originate from ground level only and are allowed up to 1 flipping and 1 twisting rotation, **1-¼ flipping with no twist**, or 0 flipping and 2 twisting rotations.
- D. **Pyramids – Release Moves**
  1. During a pyramid transition, a top person may pass above 2-½ high while in direct physical contact with at least one person at prep level or below.
- E. **Pyramids - Inversions**
  1. Inverted stunts are allowed up to 2-½ persons high and must be braced by at least 1 person at prep level or below.
  2. Downward inversions from above prep level must be assisted by at least 2 bases. Top person must maintain contact with a base or another top person.
- F. **Pyramids – Release Moves w/ Braced Inversions**
  1. Braced flips are allowed up to up to 1-¼ flipping and 1 twisting rotation.
  2. Braced flips are allowed if direct physical contact is maintained with at least 1 top person at prep level or below and must be caught by at least 2 catchers.

## Dismounts

- A. Single based cradles that exceed 1-¼ twisting rotations must have a spotter assisting the cradle with at least one hand/arm supporting the head and shoulder of the top person.
- B. Dismounts to the performing surface from stunts and pyramids ~~at prep level and above~~ must be assisted.
- C. Up to a 2-¼ twist cradle is allowed from all stunts **and pyramids up to 2 persons high** and requires at least 2 catchers.
- D. Cradles from 2-½ high pyramids:
  1. Straight cradles from 2-½ high pyramids require 2 catchers.
  2. Twisting cradles or toe-touch cradles from 2-½ high pyramids require 3 catchers.
  3. **Twisting cradles are limited to 1-1/2 twists.**
- E. Free flipping dismounts are allowed up to 1 flipping and 0 twisting rotations.
- F. Free flipping dismounts to the performance surface are not allowed.
- G. Flips into cradles:
  1. From prep level or below, require at least 2 catchers, one of which is an original base.
  2. Are limited to one flip.
  3. Front flips allowed from single or multi-based stunt from prep-level or below only.
  4. Back flips allowed from multi-based stunt from prep-level or below only.
- H. Flips that originate above prep level are not allowed. (Exception: ¾ front flip may occur from a 2-½ high pyramid but requires 2 catchers and an additional spotter positioned at the head and shoulder area of the top person. Spotter may stand slightly to the side but must use at least one hand/arm to catch under the top person's head and shoulders.)



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- I. Tension drops/rolls of any kind are not allowed.
- J. When cradling single based double awesomes/cupies 2 catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of the dismount.

## Tosses

- A. Tosses are allowed up to a total of 4 tossing bases. One base must be behind the top person during the toss and may assist the top person into the toss.
- B. Tosses must be performed from ground level and must land in a cradle position by at least 3 bases, one of which is positioned at the head and shoulders area of the top person.
- C. **Flipping tosses:**
  - 1. **Are allowed up to 1 flipping rotation and 2 twists.**
  - 2. **Are limited to up to 3 skills (Note: One twisting rotation is considered to be one skill). Examples:**

### Legal

Tuck flip, X-out, Full Twist  
Double Full-twisting Layout  
Kick, Full-twisting Layout  
Pike Open, Double Full Twist  
Arabian Front, Full twist

### Illegal

Tuck flip, X-out, Double Full Twist  
Kick, Double Full-twisting Layout  
Kick, Full-twisting Layout, Kick  
Pike, Split, Double Full Twist  
Full-twisting Layout, Split, Full Twist

**Note:** An Arabian Front followed by a 1- $\frac{1}{2}$  twist is considered to be a legal skill.

- D. No stunt, pyramid, individual, or, prop may move over or under a toss, and a toss may not be thrown over, under, or through stunts, pyramids, individuals, or props.
- E. Non-flipping tosses:
  - 1. **May not exceed 3- $\frac{1}{2}$  twists.**
  - 2. **Are limited to up to 3 skills (see above Examples C2).**
- F. Top persons tossed to another set of bases must be caught in a cradle position by at least 3 stationary catchers. Catchers may not be involved in any other choreography and must have visual contact with top person when the toss is initiated and must maintain visual contact throughout the entire toss. The toss is allowed up to 0 flipping and 1- $\frac{1}{2}$  twisting rotations. (Exception:  $\frac{3}{4}$  front flips with no twists are allowed)

\* For additional definitions of rules, please refer to the Collegiate Cheer Glossary.

**RED, BOLD font** denotes change/clarification from 2008-2009 rules.

**BLUE, BOLD font** denotes updates as of 9/28/2009.