

# CATHOLIC YOUTH ORGANIZATION

## FALL CHEERLEADING RULES/REGULATIONS

### **I. PARTICIPATION RULES:**

- A. Official Rules: The rules of the CYO Cheerleading are those established specifically for the sport of CYO Cheerleading. It is imperative that each coach have a working knowledge of the CYO Cheerleading rules for contest, league or non-league contests, and CYO sponsored competitions, in addition to those rules governing CYO Athletics.
- B. Cheer Selection: Carefully scrutinize the words and choreography that are used. Teams will be responsible for the content and should be certain that the values present in the Catholic Parish/School are upheld. Cheers in poor taste should be avoided and eliminated.

### **II. LEAGUE RULES/REGULATIONS:**

- A. Officials: The CYO will assign Michigan High School Athletic Association officials for competitions.
- B. Competition Sites: Balloons and any signs with glitter will not be allowed in the competition sites.
- C. Insurance: Secondary medical insurance is provided for participants for all athletics through the Michigan Catholic Conference. This coverage has some limitations and is secondary to parent's medical coverage. This coverage is in effect if the student has no medical coverage. Information can be obtained through School Principals or Parish Pastors.

### **III. VIOLATION AND PENALTIES:**

Violations of CYO rules and regulations shall subject a member Parish/School to any or all, but not limited to, the following: censure, probation with competition, probation without competition, forfeiture, suspension, and expulsion.

### **IV. SPORTSMANSHIP AWARD:** A Sportsmanship Award will be presented to the team voted on by all participating teams. Teams will be judged on the following criteria:

- A. Coaches Behavior – With own team, opponents and officials during and after competition; reaction to scores; crowd interaction; control of emotions.
- B. Cheerleaders Behavior and Attitude – Interaction with own team, opponents and crowd; positive promotion of other teams; positive control of emotions.
- C. General Activity of Spectators - Sportsmanlike attitude; cooperative with host site and competing schools; accepting official scores.

### **V. COMPETITION FORMAT:** The Fall Competition will offer the following divisions:

- (1) J.V. Division I (tumbling teams)
- (2) J.V. Division II (non-tumbling teams)

- (3) Varsity Division I (stunting/tumbling/mounting teams)
- (4) Varsity Division II (non-stunting/tumbling teams)

Format and rules for J.V. and Varsity Divisions I and II are outlined below.

## **VI. COMPETITION RULES/REGULATIONS:**

### **A. GENERAL COMPETITION RULES for all 5/6<sup>th</sup> grade (J.V.) and 7/8<sup>th</sup> grade (Varsity) teams:**

1. Drops, slams, knee slams, sit slams, body slams, knee slides, body slides and 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 of 7 points per each round it occurred.
2. Entrances and exits will not be judged. Teams 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 a deduction of 7 points per each round it occurred.
3. Uniform changes will not be allowed in between rounds.  
**Violation** of this rule will result in a deduction of 7 points per each round it occurred.
4. 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.
5. 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 a deduction of 7 points per each round it occurred.
6. There is no limit in the amount of cheerleaders on a team. There may be no more than a difference of two cheerleaders competing from round to round. Example: A team competes with 10 competitors in the Jump Cheer. The team may compete with 8, 9, 10, 11 or 12 competitors in the Open Cheer. All cheerleaders must be listed on the eligibility roster which is to be on file with the CYO office.  
**Violation** of this rule will result in a deduction of 7 points per each round it occurred.
7. 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 each round it occurred.
8. No more than three coaches are permitted in the designated coaches area.  
**Violation** of this rule will result in a deduction of 7 points for each round it occurred.
9. The cheers may include the use of pom-poms, signs, props. If signs are glittered, they must be laminated.  
**Violation: If a cheerleader steps on or kicks a sign, pom-pon, prop, etc. during a performance a 7 point deduction will be assessed.**
10. Detached hair devices.  
**Violation** of this rule will result in a deduction of 3 points for each round it occurred.

### **B. COMPETITION FORMAT for all J.V. and Varsity teams:** Participation will consist of two (2) rounds and each squad will be judged on two (2) cheers. The Jump Cheer rules apply to all teams. Teams may incorporate the use of props in both rounds.

- 1. ROUND ONE – JUMP CHEER:** Time limit from first word or motion, to the last word or motion: two (2) minutes. The minimum time is 1 minute. Time infraction will result in 7 points deducted for 1 to 5 seconds over 2 minutes or under the 1 minute minimum time limit; 14 points deducted for 6 or more seconds over 2 minutes or under the 1 minute minimum time limit.

**Teams may incorporate a chant or cheer when entering the cheer surface, however, it will be timed with the entire performance.**

- a. Crowd participation, level and formation changes are permitted and encouraged.
- b. When squads take knee positions in this cheer, they must hand brace, walk down, or sit down (please review General Competition Rules, section A. #1 regarding drops).
- c. Teams will be judged on a scale of 1 to 10 points.
- d. Junior Varsity teams will be judged on four formations (3 formation changes). Varsity teams will be judged on five formations (4 formation changes). Formations can be used more than one time.  
**Violation** of this rule will result in a deduction of 7 points for the round.
- e. Mounts, gymnastics, tumbling, heel stretches, log rolls, splits, or supported jumps ARE NOT PERMITTED.  
**Violation** of this rule will result in a deduction of 7 points for the round.
- f. 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.
- g. Teams will be judged on the performance of two jumps. The first two jumps performed will be judged, must be in unison, and written on the scoresheets that coaches will submit prior to the competition.**
- h. All jumps must be performed in unison by the entire team.

Jumps will be rated as follows:

Level One jumps will receive 2 extra difficulty level points, Level Two jumps will receive 3 extra difficulty level points, Level Three jumps will receive 4 extra difficulty level points. Jumps may be selected from any level. Coaches will write in each jump in order of performance on the scoresheet. The jumps must be performed in the order written on the scoresheet. The jumps must be different. The scoresheet will be submitted via e-mail to the site supervisor the Friday before the competition.

**Level One Jumps (receiving 2 extra points for difficulty):**

Tuck (spirit tuck) – Spread Eagle

**Level Two Jumps (receiving 3 extra points for difficulty):**

Double Hook – Slap Jump

**Level Three Jumps (receiving 4 extra points for difficulty):**

- i. A Difficulty and Variety category where teams can perform any variety of enhancements in cheers, i.e. peel offs, level changes, ripples. A list of possible enhancements is below. In order for a varsity team to receive a 10 in this category, they must perform as the chart shows below.

	10	9	8	7	6	5	4	3
	15v-3d	15v-2d	15v-1d	15v-0d	13v-0d	11v-0d	9v-0d	7v-0d
	14v-3d	14v-2d	14v-1d	14v-0d	12v-0d	10v-0d	8v-0d	6v-0d
	13v-4d	13v-3d	13v-2d	13v-1d	11v-1d	9v-1d	7v-1d	5v-1d
	12v-4d	12v-3d	12v-2d	12v-1d	10v-1d	8v-1d	6v-1d	4v-1d
	11v-5d	11v-4d	11v-3d	11v-2d	9v-2d	7v-2d	5v-2d	
	10v-4d	10v-3d	10v-2d	8v-2d	6v-2d	4v-2d		
	9v-5d	9v-4d	9v-3d	7v-3d	5v-3d			
			8v-4d	8v-3d	6v-3d			
			7v-4d					

<b>Examples of Simple Variety</b>	<b>Examples of Difficult Variety</b>	
Additional Formation Changes	Arm Whips	Blades
Below the waist foot/leg work	Diagonal Spins	Spinning
Diagonal arm motions	Dips	Hopping
Non-complex oppositions	Difficult Oppositions	
Ripples	Side stepping formation changes	
Waist level kick	Extra jump (beyond the required number)	
	Knee level movements	
	Moving Backwards	High Kicks

2. **ROUND TWO – OPEN CHEER:** Time limit from first word or motion, to the last word or motion: two (2) minutes. The minimum time is 1 minute. Time infraction will result in 7 points deducted for 1 to 5 seconds over 2 minutes or under the 1 minute minimum time limit; 14 points deducted for 6 or more seconds over 2 minutes or under the 1 minute minimum time limit.

**Teams may incorporate a chant or cheer when entering the cheer surface, however, it will be timed with the entire performance.**

- Splits, crowd participation, formation changes are permitted and encouraged.
- When squads take knee positions in this cheer, they must hand brace, walk down, or sit down (please review General Competition Rules, section A. #1 regarding drops).
- When splits are incorporated in the **Open Cheer**, both hands must be placed on cheering surface prior to entry.  
**Violation** of this rule will result in a deduction of 7 points per each round it occurred.
- When switch splits are incorporated in the **Open Cheer**, both 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 a deduction of 7 points per each round it occurred.

**DIVISION I MOUNTING/STUNTING VARSITY AND  
TUMBLING J.V. TEAMS**

- A. Junior Varsity and Varsity teams may perform gymnastics, tumbling, stunting and mounting this cheer. Junior Varsity teams may stunt or mount only to the shoulder level. Junior Varsity teams may not perform extended stunts.**
- B. J.V. and Varsity teams are not permitted to perform aerial tumbling (front tucks, back tucks, aerial cartwheels, etc.)**
- C. Teams will be judged on Voices: inflection, diction, clarity of words, squad volume.**
- D. Originality and Creativity – complexity of material.**
- E. Skill Incorporation – Are skills and stunts performed cleanly.**
- F. Overall Impression – The overall “wow” factor of the performance.**

**DIVISION II NON-TUMBLING/MOUNTING/STUNTING  
J.V. AND VARSITY TEAMS**

**A. Non-tumbling and non-stunting J.V. teams will be required to incorporate three skills in unison. Varsity teams will be required to incorporate four skills. The first three skills performed for J.V. and first four skills for Varsity will be judged. A list is outlined below. As in the Jump Cheer, the skills will be awarded extra points based on the designated level. Teams will not be required to choose a flexibility skill, i.e., teams can perform three or four jumps. Coaches will note skills on the scoresheet prior to the competition. The skills will be listed on the scoresheet in order of performance.**

**Level One – 2 points**

- Tuck Jump
- Spread Eagle
- Kick
- T-Kick (side kick)

**Level Two – 3 points**

- Splits
- Double Hook
- Slap Jump

**Level Three – 4 points**

- |               |               |
|---------------|---------------|
| Double Nine   | Switch Splits |
| Front Hurdler | Toe Touch     |
| Heel Stretch  | Universal     |
| Scorpion      | Pike Herkie   |

**B. Mounts, gymnastics, tumbling or supported jumps ARE NOT PERMITTED. Violation of this rule will result in a deduction of 7 points for the round.**

**C. 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.**

**D. A Degree of Difficulty category which will include any variety of enhancements in the cheer, i.e. peel offs, level changes, ripples, extra jumps and extra skills. This category will be subjective and judged accordingly.**

After the required skills are performed, teams may incorporate other skills in this cheer that do not have to be performed in unison. For instance, teams can perform heel stretches, splits, jumps, etc. in different directions and at different times after the required skills are performed. These enhancements will be included in the Degree of Difficulty judging category.

**E. Teams will be judged on a scale of 1 to 10 points.**

**F. Junior Varsity teams will be judged on four formations (3 formations changes). Varsity teams will be judged on five formations (4 formation changes). Formations can be used more than one time. Violation of this rule will result in a deduction of 7 points for the round.**

**G. Teams will be judged on Voices: inflection, diction, clarity of words, squad volume.**

**H. Precision – timing of all motions with entire team, team coordination.**

**I. Originality and Creativity – complexity of material.**

**J. Overall Impression – The overall “wow” factor of the performance.**

**C. J.V. AND VARSITY DIVISION I GENERAL COMPETITION RULES:** Teams will not be judged on the amount of mounting/stunting/tumbling/gymnastics in the cheers, but rather the total performance of each individual round.

a. TOUCH WATCH & AWAY – Required Spotting Technique

- I. The spotter must TOUCH either the base and/or the top when performing a stunt shoulder level or above.
- II. During the stunt and dismount, the spotter must be WATCHING for possible errors and ACTING to prevent injuries with special emphasis on the head, neck, and back areas of the top.
- III. While TOUCHING, the spotter must be sufficiently AWAY from the stunt so as to not be a primary support.

**D. J.V. TEAMS: Spotters are required for all mounts/stunts at the elevator level. Extended stunts (where all bases' arms are extended overhead), are not permitted. Inverted entrances and exits are not permitted. Stunts permitted without a spotter are pony stand, double pony stand, shoulder sit and thigh stand. A hitch at the elevator level is permitted if the flyer's weight is on the elevator. Inverted entrances and exits are not permitted**

**Violation of this rule will result in a deduction of 7 points for the round.**

**E. VARSITY TEAMS: Spotters are not required for the following: pony stand, thigh stand, double base pony stand, shoulder sit.**

**F. VARSITY Prohibited Stunts: Suspended Rolls, Basket Tosses, Basket Tosses to any Flair, Single Base Extension, Single Leg Extension, Toe Touch Cradle from Extension, Twist to cradle from extension, flairs at extension level, double twist to cradle, Extensions are permitted with an extra spotter in the front (two spotters required). Shoot throughs are permitted. Aerial tumbling (i.e. back tucks, aerial cartwheels, front tucks) will not be permitted by either J.V. or Varsity teams. Inverted entrances and exits are not permitted.**

**Violation** of this rule will result in a deduction of 7 points for the round.

**G.** Bases and/or spotter must maintain contact with the flyer.

**Violation** of this rule will result in a deduction of 7 points for each round it occurred.

**H.** Head must remain above the waist when performing stunts.

**Violation** of this rule will result in a deduction of 7 points for each round it occurred.

**I.** Procedures to assure SAFETY – The following procedures are recommended to enhance the level of safety when skills and stunts are taught.

1. When skills and stunts being taught and practiced, mats must be used.
2. All stunts must be taught with the use of spotters.
3. Beginning skills and stunts should be taught and mastered before intermediate and/or advanced skills and stunts are introduced.

- J. The following chart lists beginning, intermediate and advanced skills and stunts. This list is not complete, but should serve as a guideline for coaches to use when practice is conducted so that skills are practiced and mastered in a progressive order according to difficulty.

<b>BEGINNING SKILLS</b>	<b>INTERMEDIATE SKILLS</b>	<b>ADVANCED SKILLS</b>
Forward Roll	Backward Roll	Back handspring
Kicks	Cartwheel	Back walkover
Spread eagle jump	Herkie Jump	Heel stretch
Tuck jump	Round off	Front Hurdler Jump
	Side Splits	Switch splits
	Double Hook Jump	Toe touch jump

<b>Varsity Stunts at or Above Shoulder Level that Require a Spotter</b>		
<b>STUNTS</b>	<b>STUNTS</b>	<b>STUNTS</b>
<b><i>NO SPOTTER NEEDED</i></b>	<b><i>SPOTTER NEEDED</i></b>	<b><i>SPOTTER NEEDED</i></b>
Pony stand	Elevator	Double/Triple based straddle lift/V-sit
Double base pony stand	Shoulder stand	Chair
Thigh stand	Double base shoulder stand	Torch
Shoulder sit	Double base split catch	Extended suspended splits
	Suspended splits	Pop to a stunt
	Russian Lift-spotter on waist	Extension with two bases, one front spotter and one back spotter
	Triple base Deadman lift	Half pendulum
	Double based elevator boxed out	Full pendulum
	Shoot through	Show-n-go
		Floor up to extension (front and back)
		Twist up to extension (front and back)
		Mountain climber

**VII. Scoring and Penalties:** Officials will be available for questions at the conclusion of the second round of competition for coaches who wish to receive clarifications. If clarification is not resolved prior to the conclusion of the competition, scores will stand.