



## SCHOOL/REC CHEER PERFORMANCE DIVISIONS



\*SCA reserves the right to split, combine and delete divisions as warranted and/or deemed appropriate. Divisions may be split into small and large. Please refer to the SCA Competition and Skill Restrictions prior to registering for a particular division. The age of the competitor as of August 31, 2020 will be the age used for competition purposes for all Rec teams.

JR HIGH/JR VARSITY PERFORMANCE DIVISIONS				
<b>Jr High/Middle</b>	9 <sup>th</sup> Grade and below	Female/Male	5 – 30 members	
<b>Junior Varsity</b>	7 <sup>th</sup> grade – 12 <sup>th</sup> grade	Female	5 – 30 members	Official JV team or a JH team with a majority of 9th grade team members.
<b>Junior Varsity Coed</b>	7 <sup>th</sup> grade – 12 <sup>th</sup> grade	Female/+ 1 male	5 – 30 members	Official JV team or a JH team with a majority of 9th grade team members. 1 or more Males.

VARSITY PERFORMANCE DIVISIONS			
<b>Varsity</b>	8 <sup>th</sup> – 12 <sup>th</sup> grade	Female	5 – 30 members
<b>Varsity Coed</b>	8 <sup>th</sup> – 12 <sup>th</sup> grade	Female/+ 1 male	5 – 30 members

\* Judging will be based on crowd involvement communication. Please see [scacheerleading.com](http://scacheerleading.com) for more information.

NON-BUILDING PERFORMANCE DIVISIONS			
<b>Junior Non-Building</b>	9 <sup>th</sup> Grade and below	Female/Male	5 – 30 members
<b>Varsity Non-Building</b>	7 <sup>th</sup> grade – 12 <sup>th</sup> grade	Female	5 – 30 members

Non-Building Divisions: No partner stunts, pyramids or tosses allowed

NON-TUMBLING PERFORMANCE DIVISIONS			
<b>Junior Non-Tumbling</b>	9 <sup>th</sup> Grade and below	Female/Male	5 – 30 members
<b>Varsity Non-Tumbling</b>	7 <sup>th</sup> grade – 12 <sup>th</sup> grade	Female	5 – 30 members

\* Non-Tumbling Divisions will prohibit any and all tumbling with feet over head rotation i.e. rolls and walkovers not allowed. Legal inversions into or from stunts will not be considered tumbling and are allowed in this division. Exception: a back-handspring entry into stunts / pyramids will not be allowed.

TRADITIONAL RECREATIONAL PERFORMANCE DIVISIONS		
<b>8 and younger</b>	Female/Male	5 – 36 members
<b>10 and younger</b>	Female/Male	5 – 36 members
<b>12 and younger</b>	Female/Male	5 – 36 members
<b>14 and younger</b>	Female/Male	5 – 36 members

\* Traditional Recreational Affiliated Recreational Division Policies: • The Affiliated Recreational Divisions exist for teams with the main purpose of cheering for and supporting a recreational team (i.e. youth football, pee wee sports, community sports teams, etc.) • All Affiliated Recreational teams must be affiliated with, report to, and be governed by an organization such as; YMCA, Boys and Girls Club, County Parks and Recreation Program, American Youth Cheer, Pop Warner Association, or other community run program no associated with All Star. Each team must cheer for a sport during the 2020 – 2021 cheer season. • All Affiliated Recreational programs will need to provide the Recreation Cheer Verification Form and Roster that proves legitimacy of the organization for each event competing. • Teams with a school affiliation may compete in the recreational division, only if at least half of the participants are in 6th grade and below and meet the age requirements or younger. • Affiliated Recreational divisions will follow same routine format and rules and regulations (including additional restrictions for Elementary teams, Middle and Junior High School teams) along with all other teams competing at any UCA event and the NHSCC. • The age of the competitor as of Aug. 31, 2020 will be the age used for the competition purposes throughout the 2020-2021 season for all Rec Divisions



## SCHOOL/REC CHEER GAMEDAY DIVISIONS



\*SCA reserves the right to split, combine and delete divisions as warranted and/or deemed appropriate. Divisions may be split into small and large. Please refer to the SCA Competition and Skill Restrictions prior to registering for a particular division. The age of the competitor as of August 31, 2020 will be the age used for competition purposes for all Rec teams. Teams are evaluated on crowd-leading ability, skill incorporations, performance, motions, dance, and overall composition. There is a **three (3) minute time** limit for the GameDay Competition Routine.

SCHOOL / RECREATION GAMEDAY DIVISIONS			
DIVISIONS	GAMEDAY COMPETITION (3min max)	GAMEDAY DANCE (1:30 max)	GAMEDAY MASCOT
Recreation	5 - 36 members 14 years & Younger Female/Male	5 - 36 members 14 years & Younger Female/Male	Female/Male
Jr High/Middle	5 - 30 members 9th grade and below Female/Male	5 - 30 members 9th grade and below Female/Male	Female/Male
High School	5 - 30 members 8th grade – 12th grade Female/Male	5 - 30 members 8th grade – 12th grade Female/Male	Female/Male

**BAND CHANT:** is to be performed to marching band music or cadence that encourages crowd involvement.

**SITUATIONAL SIDELINE:** An announcer-led cue will be given, and the team will demonstrate an effective DEFENSE or OFFENSE response. Teams should wait until the announcer finishes the cue and show the proper response to the game day situation.

**CROWD LEADING CHEER:** Crowd Leading should include a cheer reflective of a timeout cheer, general sideline, spell-out, or other cheer material with minimal words, inciting a response and encouraging the crowd to yell along. Teams should incorporate spirit props and skills.

**FIGHT SONG:** Fight Song consists of your school's traditional fight song performed to recorded band music.

### Restrictions

- No tosses (basket, sponge or elevator) are allowed.
- No inversions are allowed.
- No twisting **released** dismounts are allowed.
- No running tumbling is allowed.
- Single leg stunts are limited to liberties and liberty hitches.
- Standing tumbling is limited to one tumbling skill, and a back tuck is the most elite tumbling skill allowed. *For example, standing full twists are not allowed. Rippled single back handsprings would be allowed. Jumps immediately followed by a single tumbling skill would also be allowed.*
- Teams should take the floor immediately with spirit and enthusiasm, but without excessive gestures, such as running of the flags, chest bumps, and intricate handshakes. Stunts are not allowed during the team's entry to the floor or any time before the performance begins.
- In between elements, teams must always return to the performance floor. Teams may kick, jump or tumble but they may **NOT** stunt.
- During the Band Chant, only kicks and jumps are permitted.



## SCHOOL/REC CHEER GAMEDAY COMPONENT DIVISIONS



\*SCA reserves the right to split, combine and delete divisions as warranted and/or deemed appropriate. Divisions may be split into small and large. Please refer to the SCA Competition and Skill Restrictions prior to registering for a particular division. The age of the competitor as of August 31, 2020 will be the age used for competition purposes for all Rec teams. There is a **one (1) minute fifteen (15) second** time limit for the GameDay Component Competitions.

SCHOOL / RECREATION GAMEDAY COMPONENT DIVISIONS				
DIVISIONS	BAND CHANT COMPETITION (1:15 max)	SITUATIONAL SIDELINE COMPETITION (1:15 max)	CROWD LEADING CHEER COMPETITION (1:15 max)	FIGHT SONG COMPETITION (1:15 max)
RECREATION	5 - 36 members 14 years & Younger Female/Male	5 - 36 members 14 years & Younger Female/Male	5 - 36 members 14 years & Younger Female/Male	5 - 36 members 14 years & Younger Female/Male
Jr HIGH MIDDLE	5 - 30 members 9th grade and below Female/Male	5 - 30 members 9th grade and below Female/Male	5 - 30 members 9th grade and below Female/Male	5 - 30 members 9th grade and below Female/Male
HIGH SCHOOL	5 - 30 members 8th grade – 12th grade Female/Male	5 - 30 members 8th grade – 12th grade Female/Male	5 - 30 members 8th grade – 12th grade Female/Male	5 - 30 members 8th grade – 12th grade Female/Male

### Restrictions

- No tosses (basket, sponge or elevator) are allowed.
- No inversions are allowed.
- No twisting **released** dismounts are allowed.
- No running tumbling is allowed.
- Single leg stunts are limited to liberties and liberty hitches.
- Standing tumbling is limited to one tumbling skill, and a back tuck is the most elite tumbling skill allowed. *For example, standing full twists are not allowed. Rippled single back handsprings would be allowed. Jumps immediately followed by a single tumbling skill would also be allowed.*
- Teams should take the floor immediately with spirit and enthusiasm, but without excessive gestures, such as running of the flags, chest bumps, and intricate handshakes. Stunts are not allowed during the team's entry to the floor or any time before the performance begins.
- In between elements, teams must always return to the performance floor. Teams may kick, jump or tumble but they may **NOT** stunt.
- During the Band Chant, only kicks and jumps are permitted.