

COMPETITION RULES AND REGULATIONS

The rules for the NRC Cheerleading competition are listed below. All categories are judged on a point value system, designed to work for cheerleaders of all ages. Individual participants **MUST** participate in at least 3 of the individual categories listed. Participants interested in registering as a squad will need a minimum of 5 participants (not exceeding 15) and be required to create an original routine for the competition. The routine must be at least 2 minutes in length (cannot exceed 3 minutes) and contain the following elements: Original chant, dance sequence, 2 stunts/pyramid, tumbling, and jump sequence. The routine will be judged based on the execution of the criteria below. Participants must acknowledge at the time of enrollment if they plan to participate as an individual, in a squad, or for both. **FAILURE TO FOLLOW THE CRITERIA AND CATEGORY RULES WILL RESULT IN DEDUCTIONS OR DISQUALIFICATION. PLEASE READ ALL THE CRITERIA CAREFULLY AND REACH OUT WITH ANY QUESTIONS.**

This event was created to promote cheerleading within the community, offer current cheerleaders a chance to engage in friendly competition, and provide a safe, fun athletic experience for all participants. This event does **NOT** qualify cheerleaders for any state or national competitions. The rules provided will be strictly followed.

CRITERIA EXPLANATION AND DRESS CODE

Each category below has been assigned a point value. A cheerleader's score will be based on how well the requirements for that category are achieved. 10 points will be added to the individual cheerleader's total and squad totals for following cheer attire/dress code. All participants should be dressed in athletic attire they can move in. Please no overly baggy or suggestive clothing. Absolutely no denim, leather, laces, or slick materials. Each cheerleader should be in appropriate footwear: Sneakers, tennis shoes, or an official cheer shoe. No crocs, cleats, boots, sandals, heels, flats, slip-ons, etc. Hair should be pulled back and out of the eyes. Additionally, no jewelry or glitter should be worn during competition. If a cheerleader has earrings that cannot be removed, they will need to put tape over them to protect the ear. These guidelines are instilled for safety. It is also an easy way to gain 10 points as an individual or squad.

NOTE: USA Cheer Rules will be strictly followed, as well as the safety guidelines set by the Rec Center's cheer program! Safety is our main priority. Any stunts or tumbling performed not deemed appropriate will result in disqualification. Judges and participants will be given a printout of the rules and judging criteria at the time of enrollment.

INDIVIDUAL

Categories: Jumps, Tumbling, Spirit Building, Original Cheer/Chant.

Each participant registering as an individual is trying to earn 100 points. All categories are worth 30 points. All participants enrolled as individuals are required to enter in at least 3 categories. A participant may enroll in all four categories if desired, but only their scores from the highest earning categories will be figured for their cumulative score. A cumulative score cannot exceed 100 points. Prizes will be awarded to the top 3 cheerleaders in each category and a single award will be given to the cheerleader with the highest cumulative score.

- Cheer/Chants (30 points): Cheerleader must create an ORIGINAL cheer or chant. Sharpness of motions, pronunciation of words, creativity, enthusiasm, crowd involvement, vocal projection, and confidence will be judged. A cheer only needs to be performed once. A chant should be repeated 4 times.
- Spirit Building (30 points): Cheerleader should perform a chant (minimum of 4 times) and use one of the listed spirit building tools to engage a crowd: megaphone, poms, or signs. The chant DOES NOT have to be an original chant for this category. The cheerleader will be judged on execution of the chant (i.e. sharpness of motions, vocal projection, confidence, and enthusiasm). They will also be judged on the use of the prop and the transition of its use in the chant, as well as engaging the crowd.
- Tumbling (30 points): Cheerleaders will be judged on how well they execute the skill performed for their skill level. Although difficulty will be assessed, most points in this category will be earned based on the execution of the skill. All participants will be required to perform 2 forms of standing tumbling and a single tumbling pass, as well as demonstrate one form of flexibility. Participants can perform each skill twice. They will be judged on proper technique, form, and landings. Mistakes, falls, or any safety violations will result in deductions. In accordance with our rules, series or connected airborne tumbling and twisting airborne skills are not allowed. Back/front handspring series and variations are allowed, non-twisting standing handsprings and standing back tucks are allowed. Jumps into tumbling are also allowed. DO NOT ATTEMPT TUMBLING YOU ARE UNFAMILIAR WITH FOR COMPETITION. Mats will be provided for safety, and a spotter will be available.
- Jumps (30 points): All jumps and jump combinations are allowed. A participant must perform at least 2 jumps. The jumps will be judged on technique and form. Judges will focus on proper execution of the jumps (pointed toes, straight legs, proper arm placement, jump height and landing, etc.). Each jump may be performed twice.

SQUAD:

Each squad is trying to earn 100 points. The top 3 squads will receive prizes. Squads will be required to create an original routine. A chant (crowd engagement segment) must be incorporated into the routine. Squads will be judged on the following criteria: Time, dress code, chant, dance sequence, 2 stunts, tumbling, and a jump sequence. Please note: All music must be clean and free of any cursing or inappropriate suggestions. Additionally, all dances must be appropriate.

- **TIME (5 points):** The routine must be at least 2 minutes in length and cannot exceed 3 minutes. A team will receive a time deduction if the routine falls shorter or longer than the specified requirements.
- **DRESS CODE (10 points):** All participants should be following the required dress code listed under the criteria. Points will be deducted for anyone who does not comply. Any squad attempting to perform tumbling or stunts wearing inappropriate footwear will be disqualified.
- **CHANT (15 points):** Cheerleaders are synchronized and chanting together. Motions are sharp and cleanly executed. Squad articulates words clearly and projects to the crowd. Participants are engaging, confident, enthusiastic, and builds spirit.
- **DANCE (15 points):** The dance sequence should be well performed with a focus on rhythm and timing. The squad should show a sense of unity and originality. No suggestive motions or inappropriate lyrics allowed.
- **TUMBLING (25 points):** A tumbling sequence is required. Judging will focus on squad synchronization, tumbling form and technique, transitions, and landings.
- **STUNTING/PYRAMIDS (30 points):** Judging will focus on proper execution of stunts, including following stunt safety protocol below. Form, technique, and difficulty will also be assessed, as well as transitions to and from stunts and dismounts. Two stunts must be incorporated into the routine. Stunts must be performed at least at knee level (no grounders)
 - **SAFETY REQUIREMENTS:** Spotters are required for all stunts!
 - Any participant 12 years of age or under may NOT do any extended stunts. Prep level stunts are allowed.
 - No inversions (the head can never be below the hips)
 - No release stunt transitions other than a reload from a cradle position.
 - Half twist loading is allowed. Full twist to a loading position allowed.
 - Liberties and Liberty hitches are allowed at prep level.

- Dismounts: Non-twisting cradles and pop downs are allowed for dismounts. No Spinning/twisting, no released dismounts such as bump down, regrab hands, use a post and pop down, etc.
- No Basket Tosses!