

CATHOLIC YOUTH ORGANIZATION

WINTER CHEERLEADING RULES/REGULATIONS

I. PARTICIPATION RULES:

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.

Cheer/Music Selections: Carefully scrutinize the music, 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. Music, cheers or dance in poor taste should be avoided and eliminated.

II. LEAGUE RULES/REGULATIONS:

- A. Prep Bowl: All teams participating in the CYO Prep Bowl will receive 15 bonus points added to their Winter Competition score.
- 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. COMPETITION FORMAT AND RULES: The Winter 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)
- (5) Varsity Division III (MHSAA Competitive Format)

Format and rules for J.V. and Varsity Divisions I and II are outlined below. Varsity Division III will follow the MHSAA rule book which can be found at the website: www.MHSAA.com. If you plan to participate in the Varsity Division III format, please print the rule book or purchase it from MHSAA.

NOTE: Scores will not be posted at the Varsity Division III competition (MHSAA format).

J.V. DIVISION I **TUMBLING TEAMS** **FORMAT AND RULES**

J.V. DIVISION I COMPETITION FORMAT: Participation will consist of two (2) rounds and each squad will be judged on a cheer and a dance.

A. **ROUND ONE - OPEN ROUND:** Time limit from first word or motion, to the last word or motion: two (2) minutes. Time infraction will result in 7 points deducted for 1 to 5 seconds over time limit; 14 points deducted for 6 or more seconds over time limit.

1. A jump must be performed in unison by the entire team. The first jump performed will be judged.

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

B. **ROUND TWO – DANCE ROUND:** Time limit from first word, motion or music – two (2) minutes. Time infraction will result in 7 points deducted for 1 to 5 seconds over time limit, 14 points deducted for 6 or more seconds over time limit.

1. Teams are required to provide their own music on a cassette tape/CD. A tape/CD player will be available if needed. Music may be spliced, but must play continuously. It is the coaches' responsibility to carefully scrutinize the music and choreography used in the Dance Round.
2. Coaches or team representatives will be responsible for turning music on and off for their own team. Tapes/CDs must be ready to play at time of performance.
3. Cheers and chants are not allowed during the dance, but cheerleaders may yell a word or phrase.

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

J.V. DIVISION I GENERAL COMPETITION RULES: Teams may incorporate gymnastics and/or tumbling skills in both the open and dance rounds. Skills are not required to be performed in unison. Teams are not permitted to perform partner stunting or mounting in the cheer and/or dance. Aerial tumbling (i.e. back tucks, aerial cartwheels, front tucks) is not permitted. Teams will not be judged on the amount of tumbling included in the cheer and/or dance, but rather the total performance of each separate round.

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. When squads take knee positions, they must hand brace, walk down, or sit down.

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

2. When splits are incorporated in either routine, both hands must be placed on cheering surface prior to entry and exit. If switch splits are performed, both hands must be placed on cheering surface prior to entry, prior to the switch, and prior to the exit of the splits.

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

3. 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.

4. The cheer and dance may not include the use of any props (examples of props are pom-poms, toys, gloves, banners, costumes, etc.) or any form of special effects anywhere on the individual's person, uniform or shoes. Uniform changes will not be permitted in between rounds.
Violation of this rule will result in a deduction of 7 points per each round it occurred.
5. The cheer and dance may include the use of signs. If signs are glittered, they must be laminated.
If a cheerleader steps on or kicks a sign during a performance a 7 point deduction will be assessed.
6. Girls who are above the sixth grade **cannot** compete in the J.V. 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.
7. 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.
8. 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 Open Round. The team may compete with 8, 9, 10, 11 or 12 competitors in the Dance Round. 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.
9. 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.
10. Three coaches are permitted in the coaches area.
Violation of this rule will result in a deduction of 7 points for each round it occurred.
11. Detached hair devices.
Violation of this rule will result in a deduction of 3 points for each round it occurred.

J.V. DIVISION II **NON-TUMBLING TEAMS** **FORMAT AND RULES**

J.V. DIVISION II COMPETITION FORMAT: Participation will consist of two (2) rounds and each squad will be judged on a cheer and a dance routine.

1. **ROUND ONE - OPEN ROUND:** Time limit from first word or motion, to the last word or motion: two (2) minutes. Time infraction will result in 7 points deducted for 1 to 5 seconds over time limit; 14 points deducted for 6 or more seconds over time limit.
 - a. Splits, crowd participation, formation changes are permitted and encouraged.
 - b. A jump must be performed in unison by the entire team. The first jump performed will be judged.

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

2. **ROUND TWO – DANCE ROUND:** Time limit from first word, motion or music, to the last word or motion: two (2) minutes. Time infraction will result in 7 points deducted for 1 to 5 seconds over time limit, 14 points deducted for 6 or more seconds over time limit.
 - a. Teams are required to provide their own music on a cassette tape/CD. A tape/CD player will be available if needed. Music may be spliced, but must play continuously. It is the coaches responsibility to carefully scrutinize the music and choreography used in the Dance Round.
 - b. Coaches or team representatives will be responsible for turning music on and off for their own team. Tapes/CDs must be ready to play at time of performance.
 - c. Cheers and chants are not allowed during the dance, but cheerleaders may yell a word or phrase.

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

J.V. DIVISION II GENERAL COMPETITION RULES: Teams will not be judged on the amount of splits, heel stretches, formation changes, or crowd participation included in the cheer and dance, but rather the total performance of each round.

1. Mounts, stunts, gymnastics, tumbling or supported jumps ARE NOT PERMITTED.

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

2. 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.

3. 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. When squads take knee positions, they must hand brace, walk down, or sit down.

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

4. Teams may incorporate splits, heel stretches, and jumps. Tumbling (i.e. cartwheels, forward rolls, handsprings, etc.), stunting and mounting are not permitted.

Violation of this rule will result in a deduction of 7 points per each round the tumbling, stunting and/or mounting occurred.

5. When splits are incorporated in either routine, both hands must be placed on cheering surface prior to entry. If switch splits are performed, both hands must be placed on cheering surface prior to entry, prior to the switch, and prior to the exit of the splits.
Violation of this rule will result in a deduction of 7 points per each round it occurred.
- 6.. 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.
7. The cheer and dance may not include the use of any props (examples of props are pom-poms, toys, gloves, banners, costumes, etc.) or any form of special effects anywhere on the individual person, uniform or shoes. 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.
8. The cheer and dance may include the use of signs. If signs are glittered, they must be laminated.
If a cheerleader steps on or kicks a sign during a performance a 7 point deduction will be assessed.
9. Girls who are above the sixth grade **cannot** compete in the J.V. 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.
10. 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.
11. 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 Open Round. The team may compete with 8, 9, 10, 11 or 12 competitors in the Dance Round. 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.
12. 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.
13. Three coaches are permitted in the coaches area.
Violation of this rule will result in a deduction of 7 points for each round it occurred.
14. Detached hair devices.
Violation of this rule will result in a deduction of 3 points for each round it occurred.

VARSITY DIVISION I **MOUNTING/STUNTING/TUMBLING TEAMS** **FORMAT AND RULES**

VARSITY DIVISION I COMPETITION FORMAT: Participation will consist of two (2) rounds and each squad will be judged on a cheer and a dance. **Varsity teams may perform gymnastics, tumbling, stunting and mounting in the cheer and/or dance. Skills are not required to be performed in unison. Varsity teams are NOT REQUIRED to perform stunting/mounting/tumbling in this cheer.**

Crowd participation and formation changes are permitted and encouraged.

A. **ROUND ONE - OPEN ROUND:** Time limit from first word or motion, to the last word or motion: two (2) minutes. Time infraction will result in 7 points deducted for 1 to 5 seconds over time limit; 14 points deducted for 6 or more seconds over time limit.

1. A jump must be performed in unison by the entire team. The first jump performed will be judged.

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

B. **ROUND TWO – DANCE ROUND:** Time limit from first word, motion or music – two (2) minutes. Time infraction will result in 7 points deducted for 1 to 5 seconds over time limit, 14 points deducted for 6 or more seconds over time limit.

1. Teams are required to provide their own music on a cassette tape/CD. A tape/CD player will be available if needed. Music may be spliced, but must play continuously. It is the coaches' responsibility to carefully scrutinize the music and choreography used in the Dance Round.
2. Coaches or team representatives will be responsible for turning music on and off for their own team. Tapes/CDs must be ready to play at time of performance.
3. Cheers and chants are not allowed during the dance, but cheerleaders may yell a word or phrase.

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

VARSITY DIVISION I GENERAL COMPETITION RULES: Teams will not be judged on the amount of mounting/stunting/tumbling/gymnastics in the cheer and/or dance, but rather the total performance of each individual round.

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. When squads take knee positions, they must hand brace, walk down, or sit down.

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

2. When splits are incorporated in either routine, both hands must be placed on cheering surface prior to entry. If switch splits are performed, both hands must be placed on cheering surface prior to entry, prior to the switch, and prior to the exit of the splits.

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

3. 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.

4. The cheer and dance may not include the use of any props (examples of props are pom-poms, toys, gloves, banners, costumes, etc.) or any form of special effects anywhere on the individual person, uniform or shoes. Uniform changes will not be permitted in between rounds.
Violation of this rule will result in a deduction of 7 points per each round it occurred.
5. The cheer and dance may include the use of signs. If signs are glittered, they must be laminated.
If a cheerleader steps on or kicks a sign during a performance a 7 point deduction will be assessed.
6. 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.
7. 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.
8. 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 Open Round. The team may compete with 8, 9, 10, 11 or 12 competitors in the Dance Round. 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.
9. 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.
10. Three coaches are permitted in the coaches area.
Violation of this rule will result in a deduction of 7 points for each round it occurred.
11. Detached hair devices.
Violation of this rule will result in a deduction of 3 points for each round it occurred.
12. **A spotter must be used when performing all stunts at or above shoulder level.**
Violation of this rule will result in a deduction of 7 points per stunt.
 - 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.
13. **Spotters are not required for the following: pony stand, thigh stand, double base pony stand, shoulder sit.**

14. **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, inverted entrances, 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 Varsity teams.**

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

16. 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.

17. 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.

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

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

19. 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.

BEGINNING SKILLS	INTERMEDIATE SKILLS	ADVANCED SKILLS
Forward Roll	Backward Roll	Back handspring
Kicks	Cartwheel	Back walkover
Spread eagle jump	Front hurdler jump	Heel stretch
Tuck jump	Round off	Herkie jump
	Side Splits	Switch splits
	Double Hook Jump	Toe touch jump
STUNTS AT OR ABOVE SHOULDER LEVEL THAT REQUIRE A SPOTTER		
STUNTS	STUNTS	STUNTS
<i>NO SPOTTER NEEDED</i>	<i>SPOTTER NEEDED</i>	<i>SPOTTER NEEDED</i>
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
		Twist up to extension
		Mountain climber

VARSIY DIVISION II **NON-STUNTING/TUMBLING TEAMS** **FORMAT AND RULES**

VARSIY DIVISION II COMPETITION FORMAT: Participation will consist of two (2) rounds and each squad will be judged on a cheer and a dance routine.

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

- a. Splits, crowd participation, formation changes are permitted and encouraged.
- b. A jump must be performed in unison by the entire team. The first jump performed will be judged.

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

2. **ROUND TWO – DANCE ROUND:** Time limit from first word, motion or music, to the last word or motion: two (2) minutes. Time infraction will result in 7 points deducted for 1 to 5 seconds over time limit, 14 points deducted for 6 or more seconds over time limit.

- a. Teams are required to provide their own music on a cassette tape/CD. A tape/CD player will be available if needed. Music may be spliced, but must play continuously. It is the coaches responsibility to carefully scrutinize the music and choreography used in the Dance Round.
- b. Coaches or team representatives will be responsible for turning music on and off for their own team. Tapes/CDs must be ready to play at time of performance.
- c. Cheers and chants are not allowed during the dance, but cheerleaders may yell a word or phrase.

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

VARSIY DIVISION II GENERAL COMPETITION RULES: Teams will not be judged on the amount of splits, heel stretches, formation changes, or crowd participation included in the cheer and dance, but rather the total performance of each round.

1. Mounts, gymnastics, tumbling or supported jumps ARE NOT PERMITTED.

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

2. 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.

3. 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. When squads take knee positions, they must hand brace, walk down, or sit down.

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

4. Teams may incorporate splits, heel stretches, and jumps. Tumbling (i.e. cartwheels, forward rolls, handsprings, etc.), stunting and mounting are not permitted.

Violation of this rule will result in a deduction of 7 points per each round the tumbling, stunting and/or mounting occurred.

VARSITY DIVISION II
NON-STUNTING/TUMBLING TEAMS
FORMAT AND RULES
PAGE 2

5. When splits are incorporated in either routine, both hands must be placed on cheering surface prior to entry. If switch splits are performed, both hands must be placed on cheering surface prior to entry, prior to the switch, and prior to the exit of the splits.
Violation of this rule will result in a deduction of 7 points per each round it occurred.
6. 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.
7. The cheer and dance may not include the use of any props (examples of props are pom-poms, toys, gloves, banners, costumes, etc.) or any form of special effects anywhere on the individual person, uniform or shoes. 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.
8. The cheer and dance may include the use of signs. If signs are glittered, they must be laminated.
If a cheerleader steps on or kicks a sign during a performance a 7 point deduction will be assessed.
9. 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.
10. 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.
11. 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 Open Round. The team may compete with 8, 9, 10, 11 or 12 competitors in the Dance Round. 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.
12. 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.
13. Three coaches are permitted in the coaches area.
Violation of this rule will result in a deduction of 7 points for each round it occurred.
14. Detached hair devices.
Violation of this rule will result in a deduction of 3 points for each round it occurred.