

Last Updated on **April 5, 2022**

THUMB AREA FOOTBALL AND CHEERLEADING LEAGUE

Cheerleading Rules

These cheerleading rules are in addition to the Thumb Area Football and Cheerleading Leagues Bi-Laws.

Cheer Philosophy

The Thumb Area Football and Cheerleading League has offered cheerleading since 2005. We have achieved our goal to enhance local community youth football teams by adding a strong and supportive cheerleading program which in turn gives the "complete" football experience.

Introducing cheerleading at an early age encourages our youth to learn not only the fundamentals of cheerleading and teamwork, but also discipline, cooperation and sportsmanship.

T AFL will provide every athlete an environment in which a child can achieve athletic success which in turn lays a foundation of success in life as well. Success is only achieved when 100% of effort is given to the team from our coaches and our athletes in all practices and performances.

Coach's responsibilities, disciplinary policies and absence policies may be found in the TAFL Bi-Laws.

Section 1. Cheerleading Eligibility Rules

- A. The age of the participants, ages 5 through 13, shall be their age on or before August 1st of the year concerned.
- B. Try-outs for Cheerleading are not permitted.

Section 2. Cheerleading Rules

- A. Michigan High School Athletic Association Cheerleading Safety Rules shall apply except as hereinafter noted.
- B. The rules of the League will be binding on all members without exception.
- C. The assigned head coach, assistant coach and/or team mom should be present at all practices and games.
- D. The use of the opposing team's name in a negative manner in a cheer, banner or poster is prohibited.
- E. Cheerleaders are NOT to cheer when a football player is injured. Cheerleaders must kneel until the injured player leaves the field, or until otherwise directed by head coach.
- F. The sportsmanship and conduct of the cheerleaders, directors, coaches and/or designated persons will fall under the same rules, guidelines and penalties as the football players, unit directors and coaches.
- G. Cheerleading head coaches must be at least eighteen (18) years of age, must be approved through TAFL which requires a background check, completion of required training, and approved by the community director and/or cheer director. Assistant coaches can be under 18 but cannot assist without the head coach or other adult assistant coach present. No one will provide oversight, instruction, or supervision without approval.
- H. When teams are located on the same side of the football field, the cheerleading squads must be positioned between the 10 and 30 yard line on opposite ends of the field unless approved otherwise by the community football or cheer director.
- I. Cheerleaders shall be positioned between the 10 and 30 yard line during game play. Unique circumstances to cheer in another location should be approved by the TAFL community football or cheer director.
- J. Attendance-If two or more practices are missed in a week, an athlete is ineligible to participate in that week's game unless these absences are excused by the coach/cheer director. If a cheerleader misses 5 or more practices in a season, they are ineligible to participate in competition, if they miss two or more practices in the two weeks prior to competition, they are ineligible to participate in competition. Repeated excessive tardiness can also be treated as an absence. Whenever possible, absences should be communicated to the coach in advance of the event they will be missing. The attendance policy should be as consistent as possible throughout each community.

Section 3. Stunting and Tumbling

- A. MHSAA General Safety Guidelines shall apply to all stunting and tumbling techniques. The MHSAA rules book clarifies legal and illegal stunts and specifies required spotting techniques for each type of stunt prep and dismount in Michigan and how it relates to Junior High/Middle School age limitations. (See TAFL Cheer Stunting addendum) TAFL limitations are as follows:
 - (a) Freshmen may NOT stunt higher than waist level
 - (b) Junior Varsity may NOT stunt higher than shoulder level
 - (c) Varsity is permitted to do all stunts with the exceptions noted and stated in the addendum.
- B. All TAFL cheerleading coaches will be required to be trained by a current TAFL Cheer director or other TAFL approved person on the Safety Rules and concussion training in addition to reviewing the MHSAA guidelines. This must be completed before the first practice can take place.
- C. No tumbling skills allowed where hands do not touch the ground (i.e. aerial, tuck, etc.)
- D. A trained coach MUST be present during all stunt and tumbling activities, including instruction. If no trained coach is available practice/game will be canceled.
- E. Stunting and tumbling is allowed during practice and games with proper safety precautions.

Section 4. Squad Ages and Placement

- A. No additional cheerleaders will be added after the final uniform order date as determined by TAFL and/or cheer director.
- B. Teams will be divided by age groups for cheer as follows: Age determined by the August 1st birthdate or grade.
 - (a) Jr. Freshman: Ages 5-6 or grades K and 1
 - (b) Freshmen: Ages 7-8 or grades 2 and 3
 - (c) Junior Varsity: Ages 9 –10 or grades 4 and 5
 - (d) Varsity: Ages 11 -13 or grades 6 and 7
- C. If a community does not have enough participants to make designated teams as divided by age, they are to apply the follow divisions:
 - (a) Jr Freshman /Freshman: 5,6, 7, 8
Squad will stunt at waist level
 - (b) JV/Varsity: 10, 11, 12, 13
Squad will stunt at shoulder level
- D. If unable to divide as above due to number of athletes the TAFL Cheer Director must approve what level the squad(s) will compete at and they may perform stunting guidelines maximum to youngest age of an athlete on the team.
- E. Teams may have a minimum of 4 athletes with a maximum of 16 per team. For every 12 team members there must be an added coach for supervision at all times. Ratio 1:12
- F. Cheer team selection will be determined by the Community Cheer Directors upon approval of the TAFL Cheer Director.

Section 5. Dress and Appearance

- A. All cheerleading shoes shall consist of a laced supportive leather upper construction, with solid arch support, and will be all white in color including laces. No hard-sole shoes, sandals or bare feet are permitted.

- B. The following are considered proper personal guidelines to be followed by all cheerleaders.
 - (a) Proper undergarments.
 - (b) Dance briefs or trunks are required at all times when uniform skirt is worn.
 - (c) Make-up shall be kept moderate.
 - (d) Fingernails shall be neat and trim, no longer than the tip of your finger. No nail polish or artificial nails allowed.
 - (a) No glitter or rhinestones of any type is allowed.
- C. The following are considered hazardous and should not be worn to practices or games:
 - (a) No jewelry (earrings, rings, bracelets, anklets, etc.)
 - (b) Hooded sweatshirts with strings. In the event your hooded sweatshirt has strings, they shall be tucked inside the neck of your sweatshirt.
 - (c) Clothing that is loose fitting.
- D. Hair that is shoulder length or longer must be tied back and secured and must be out of the eyes. Hair elastics, snappy/hair clips and ribbons are the only approved hair accessories to be worn during practices, games and competition. Bobbie pins are not allowed.
- E. Only TAFL issued uniforms are allowed to be worn, no other uniforms are permitted. If a team would like to wear a different uniform for a designated date, it must be approved prior to the date by the TAFL Board of Directors at a league meeting.

Section 6. Cheer Competition

- A. A post-season Cheerleading Competition will be held on the weekend after playoffs designated by the TAFL Executive Board and will include all league franchises.
- B. The competition will be hosted as determined by the TAFL Executive Board.
- C. The exact time and location to be determined by the committee.
- D. All post-season Cheerleading Competition Rules will be discussed with the committee and made available to all league franchises.

Section 7. Safety Guidelines

- A. All athletes must be supervised during all official functions by a TAFL coach.
- B. Coaches must require proficiency before skill progression. Coaches must consider the athlete, and team skill levels with regard to proper performance level placement.
- C. All stunts and skills must be taught in proper sequence. Cheerleaders must master a stunt/skill in practice before they can perform it.
- D. No athlete should perform if they have suffered an injury that has been directed by a doctor not to participate.
- E. Athletes must always practice and perform on an appropriate surface: surface needs to be safe and/or padded. Surfaces allowed: gym floors, mats, grass, etc. Surfaces not allowed: concrete, driveways, gravel, un-level surfaces, etc. Must be adequate spacing and ceiling height for stunting. Stunting should be based on the competency of the athlete, care should be taken not to allow new stunts while on any surface other than mats and with appropriate spotters. The community cheer director/head coach discretion should be used when allowing teams to stunt while sideline.
- F. Weather: No stunting is to be done during weather conditions that are not favorable. There is no jumps, tumbling or stunting permitted when there is any precipitation.

T AFL CHEER SKILLS ADDENDUM

**At all levels of stunting and tumbling a coach must be present.

Stunting:

Freshman: Waist Height and Below- Spotter is required for all stunting at this level.

- Single Based Thigh Stand - One and Two Leg Stunts
- Double Based Thigh Stand
- Double Base Pony Stand
- Shoulder Sit
- Dismounts Directly to the Performance Surface (mat, track, spring floor, ground, etc.)
- No Cradle Dismounts

Junior Varsity: Shoulder Height and Below
(all of freshman)

- Stunts: back spot
- Pony Stand
- Elevator (spotter required)
- Suspended Splits at shoulder level (spotter required)
- Straight Cradle Dismounts and Dismounts Directly to the Performance Surface Only
- Double/Triple Base Straddle lift/V-Sit - Elevator (spotter required)
- Chair (spotter required)
- Double/Triple Base Single Leg Stunt at Elevator Level (spotter required)
- Double Based Elevator Boxed Out (spotter required)
- Double Based Log Roll
- Side Press (spotter required)
- Straight Cradle Dismounts and Dismounts Directly to the Performance Surface Only

Varsity: Extension Level and Below

(all of freshman, and junior varsity stunts)

- One leg stunts at elevator level (front and back spotter required)
- Extensions double based only (front and back spotter required)
- Cupie (front and back spotter required)
- Half Pendulum (front and back spotter required)
- Pendulum (front and back spotter required)
- 2-Foot Show and Go (front and back spotter required)
- Floor up to Extension (front and back spotter required)
- Mountain Climber (front and back spotter required)
- Cradle Dismounts (from Elevator level only)
- Dismounts Directly to the Performance Surface

Prohibited Stunts for ALL levels:

- Suspended Rolls
- Basket Tosses
- Single Extension
- Single Leg Extension
- Single/Double Base
- Twist to Cradle
- Inverted Entrances and Exits
- Aerials of any kind

Stunting levels:

****Spotters needed beyond requirements, must be used until skills are mastered**

Below shoulder level: The flyer's feet/legs are below shoulder level.

Rule:

- A. Stunts that are below shoulder level require spotters at all levels.

Shoulder level: The flyer's feet/legs are at or on shoulder level.

Rule:

- B. Stunts at shoulder level require spotters. (see individual stunts for complete spotting rules)

Extended stunt: One in which the supporting arm(s) of the base(s) is fully extended above her head.

Rule:

- C. All extended stunts require a front and back spotter.

Extension: A stunt in which the supporting arm(s) of the base(s) is fully extended above the head, and the flyer is standing in the hand(s) of the base(s).

Rule:

- D. All extensions require a front and back spotter.

Stunt, Pyramid Components:

Stunting: Stunts/pyramids involve person(s) supporting one or more persons.

A. **Rule**

- a. Stunt Limitations All stunts and/or pyramids are limited to two persons high, meaning the flyer receives primary support from a base(s) who is in direct, weight-bearing contact with the mat.
- b. No participant is allowed to be, or move, under a stunt.

Components

A. **Base:** A person who is in direct weight-bearing contact with the performing surface and provides primary support for another person.

a. **Rule:**

- i. A base is not allowed to take a backbend or inverted position such as handstand or head stand.

B. **Flyer:** A person who receives primary support from another person **anytime** during a stunt.

a. **Rules**

- i. A flyer is not permitted to drop her head backward out of alignment with her torso during a flair or a toss.
- ii. A flyer is not permitted to be in an inverted position.

b. **Flyer Positions**

- i. Horizontal – The flyer is parallel to the floor.
- ii. Splits – The flyer's legs are in an extended forward and backward position from her torso or on each side of her torso.
- iii. Straddle – Legs are bent at the hips with knees straight. Each leg is extended 45 degrees sideward from the front of the torso.
- iv. Vertical – The flyer is in an upright position.

c. **Inverted – The person's head is below her waist. This term is used with gymnastic, tumbling and stunting skills. This is illegal.**

- C. **Spotter:** A person who is in direct contact with the performing surface and may help control the building of, or dismounting from, a stunt. This person(s) shall not provide the primary support, meaning the stunt or pyramid would remain stable without the spotter(s) when the stunt is in a static position.
- a. **Required Techniques**
 - i. The spotter must **TOUCH** either the base and/or the flyer when performing a stunt in which the supporting arm(s) of the base(s) is fully extended above the head.
 - ii. During the stunt and the 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 flyer.
 - iii. While **TOUCHING**, the spotter must be sufficiently **AWAY** from the stunt so as to not provide primary support.
 - iv. Best practice would be to train all spotters to follow the **TWA** rule – whether spotting is required or not.
 - b. **Rules**
 - i. A spotter cannot provide primary support for a flyer(s).
 - ii. A spotter is required until a tumbling skill, stunt or pyramid is mastered.
 - iii. A spotter is required for stunts in which the supporting arm(s) of the base(s) is at or extended above shoulder level.
 - iv. The spotter must touch, watch, and assume a correct position which is away, not under the flyer
 - v. A spotter cannot grab the sole of the foot of the flyer or grab the hand(s) of the base(s) beneath the flyer's foot.
 - vi. A person is still considered a spotter when bracing, lifting, or balancing a stunt or pyramid.
- D. **Bracer** A bracer is a flyer who stabilizes a stunt by **direct** contact with another flyer. The stunt would remain stable without a bracer.
- a. **Rules:**
 - i. A bracer who is also a flyer, cannot provide primary support for a flyer. Last Updated on June 6, 2010
 - ii. A bracer who is in direct contact with a flyer, stabilizes the stunt with the following requirements:
 - iii. A bracer must be at shoulder height or below.

Dismount

Releasing the flyer to a cradle or onto the performing surface. It is the end of the stunt.

A. Types of Dismounts

- a. **Backward Dismount** – The flyer dismounts backwards, with or without the feet being held, to catchers who are not the original bases.
 - b. **Cradle Catch** – The flyer is caught in a face up position with the base's hands/arms up and by placing one arm under the back and one under the thighs of the flyer. The cradle catch also needs a head and shoulder catcher.
 - c. **Roll Down Dismount** – A flyer in a horizontal extended position, rolls down the front of the base(s) and is caught by the original base and a spotter.
- To the Performing Surface – The flyer goes directly from a stunt position to the performing surface.

B. Dismount rules:

- a. Dismounts from shoulder height or above must have assisted landings to the mat. An elevator is considered shoulder height.
- b. Dismounts that are caught/cradled, the catcher(s) must see the flyer at all times.
- c. A flyer dismounting from multi-bases to a cradle must be caught by at least two catchers and a head and shoulders catcher.
- d. A skill may be performed to a cradle catch EXCEPT when the dismount is backward to separate catchers.
- e. Movement of bases or catchers during a dismount is not allowed except for the safety of the flyer.
- f. The flyer may perform a skill prior to dismounting directly to the mat when constant hand-to-hand contact with the bases occurs (i.e., pike off dismount).
- g. Roll down dismounts must have a head and shoulders catcher.
- h. Backward dismounts must be to a cradle and must have at least two catchers and an additional head and shoulder catcher.

Types of Stunts:

- A. **Flatback:** The flyer is transitioned from a vertical position to a horizontal face-down or face-up position **between** two or more bases. This is NOT a pendulum.
 - a. **Rule:** It is a legal flatback when a flyer in a vertical position transitions to a horizontal position "between" at least two bases and, at least two catchers to protect the head and shoulders area of the flyer.
- B. **Helicopter:** A flyer in a horizontal position is tossed by the bases, then rotates in a horizontal plane before being caught by the original bases.
 - a. **Rule:** A helicopter is illegal.
- C. **Show-N-Go:** A "show and go" includes lifting the flyer from below elevator level to a brief extended position or to a position in which the flyer's feet are above the bases' heads, then returning instantly to a position that is below elevator level. Entrance and exit are part of this stunt. Just as a basket toss includes the cradle (the cradle is not scored separately), a show and go includes both lifting and lowering actions.
- D. **Hanging Pyramid:** The flyer(s), whose feet are free hanging, is suspended by another flyer(s).
 - a. **Rules:** A hanging pyramid is legal when:
 - i. Bases remain stationary.
 - ii. There are spotters for each shoulder stand.
 - iii. The base(s) has continuous contact with the suspended person(s).
 - iv. The suspended person is not higher than a shoulder stand.
 - v. The suspended person is not inverted.
 - vi. The suspended person's feet are not in contact with anyone.
- E. **Jump Rope:** A flyer is swung between two bases. The hands are held by one base while the feet are held by another base. A third base assists with the rotation of the flyer during the swing.
 - a. **Rules: Jump Rope is illegal.**
- F. **Log Roll:** A flyer held in a horizontal position is tossed, then rotates parallel to the performing surface before being caught by the original base(s).
 - a. **Rules:** Log Rolls
 - i. Log rolls are legal from multi-bases.

- ii. A log roll cannot revolve more than two rotations.
 - iii. The flyer in a log roll cannot be in contact with a flyer in another stunt
 - iv. The flyer must begin and end the log roll in a face-up cradle position when three or fewer catchers are present.
 - v. The flyer may be caught in a face-up or down position when four catchers are present. The flyer may be caught in a cradle or straight body position.
- G. **Pendulum:** A stunt in which the flyer in a straight body position falls forward and/or backward away from the base(s) to a horizontal position to catchers while maintaining constant hand-to- feet/legs contact with the base(s).
- a. **Rules:** A legal pendulum:
 - i. Must begin at shoulder level or below.
 - ii. A full and half pendulum requires two bases.
 - iii. Cannot pass through an extended overhead position.
 - iv. The flyer may be caught in a face-up or face-down position.
 - v. The flyer must be caught by at least 4 catchers.
 - vi. The base(s) must remain stationary.
 - vii. The catchers must remain in a stationary position.
 - viii. The area between the bases and catchers must be free of other competitors.
 - ix. A half pendulum requires a spotter facing the flyer when the flyer returns to the upright position.
- H. **Power Lift:** A power lift involves a base in a standing position lifting another standing person from the floor to a shoulder sit position.
- a. **Rules: A single base power lift to a shoulder sit is illegal.**
 - i. A single base power lift with spotter(s) to help control the lift to a shoulder sit is legal.
- I. **Suspended Roll:** The flyer rotates feet over head while both hands are in continuous hand to hand/arm contact with her bases.
- a. **Rules: *Forward Suspended Rolls are Illegal.***
- J. **Suspended Splits:** The flyer is in a split position suspended between two bases at shoulder level.
- a. **Rules:** Suspended splits are legal from multi-bases and when the flyer has both hands in contact with the bases.
 - i. A single base split is illegal.
- K. **Straddle catches:** Straddle catches are illegal.
- a. A flyer in an elevator position can be lowered into the suspended splits when these procedures are followed:
 - b. Four bases must support the flyer under her thighs and lower leg area as the flyer is being lowered to the split position, OR
 - c. Three bases must support the flyer under her thighs and lower leg area while a fourth base holds the flyer's hands.
 - d. Once the suspended splits position is reached, the flyer must have both hands in contact with the base(s).
- L. **Extended Suspended Splits:** The flyer is in a split position suspended between two bases who are extending the flyer at arm's length above their heads. Another base acts as a post in front of the flyer to support her hands/arms.

- a. **Rules:** Extended suspended splits are legal from multi-bases and the flyer must have both hands in contact with a base.
- M. **Swinging Stunt:** The flyer is held by the hands and feet and is suspended between bases.
 - a. **Rules:** A swinging stunt is legal when:
 - i. The flyer's head is above her waist.
 - ii. The flyer's head is in alignment with her torso.
 - iii. The flyer is in a face-up position.
 - iv. The flyer is swung face/head upward.
 - v. The flyer cannot be swung downward in a head first direction.
- N. **Totem Pole:** The totem pole is a pyramid in which a flyer(s) is stabilized by another flyer.
 - a. **Rules:** A totem pole is legal when:
 - i. Each flyer leaning forward is posted/supported by the stunt/flyer directly in front of her.
 - ii. No flyer in an extension posts/supports another flyer.
 - iii. A spotter is required for each flyer at shoulder level or above. (below shoulder level spotters required for Junior Freshman).
- O. **Vault:** The hands of the flyer are used when going over the top of the bases.
 - a. **Rules: Vaults are illegal.**
- A. **Inverted Entrance:** A flyer is allowed to pass through an inverted position for an entrance when all of the following conditions are met:
 - a. **Rules: Inverted Entrances are illegal.**
- B. **Inverted Exit:** A flyer is allowed to pass through an inverted position for exit when all of the following conditions are met:
 - a. **Rules: Inverted Exits are illegal.**

Motions Initiated by Bases:

- A. **Pop:** The base(s) push the flyer upward to increase the height of the flyer who will be caught in a cradle catch.
- B. **Sweep:** The bases push their arms forward to release the flyer into a cradle catch.
- C. **Toss:** The bases throw the flyer upward with enough power to allow the flyer to become free of contact from the bases.
- D. **Basket-toss:** Three to four bases toss the flyer, two of which must have their hands interlocked in a basket position.
 - a. **Rules: Basket-Tosses are illegal.**

Legal Stunt Toss Combination Rules:

- A. The flyer must be directed vertically.
- B. The flyer shall not become inverted (head below waist).
- C. The flyer shall not drop her head backward out of alignment with her torso.
- D. The flyer must not be tossed over or under other persons.

Toss requirements are:

- A. All tosses must be initiated by bases.
- B. The flyer must be directed vertically.

- C. The flyer must not be tossed over or under other persons.
- D. The catchers and spotter must remain stationary unless adjusting position for safety purposes. (It cannot be a moving skill.)
- E. The flyer shall not become inverted (head below waist).
- F. The flyer shall not drop her head backward out of alignment with her torso.
- G. A tossed flyer cannot land in a loading position (sponge, retake, reload) for another toss.
- H. A twist toss cannot involve more than one complete rotation.

Tossing to a Stunt

- A. **Rules:** Tossing to a Stunt:
 - a. A flyer can be tossed to a stunt, but the toss shall not significantly exceed the height of the stunt.
 - b. When a flyer is tossed to a stunt the flyer must be cradled or return to the performing surface before being tossed again.
 - i. Tossing a flyer to be caught in a split or straddle position is illegal.
 - ii. Toe pitches and thigh pitches are illegal.
 - iii. A swan dive is illegal.
 - iv. A helicopter is illegal.
- B. **Transitions:** A motor skill initiated by the bases to move the flyer from one stunt to the same or another stunt without the flyer bearing weight on the performing surface. A transition can involve changing bases.
 - a. **Rules:** Transitioning the flyer:
 - i. When the flyer is being transitioned from one stunt to another involving the same base(s), physical contact must be maintained between the flyer and the bases.
 - b. **Sponge** - a flyer is lowered from shoulder level or higher to a crouched position; feet are in the hands of the bases. The bases hands are held at waist to knee level.
 - i. **Head sponging or pushing off the head is illegal.**
 - c. **Reload** - a flyer in a cradle catch is popped to a position in the hands of the bases to go to another stunt.
 - d. **Retake** - a flyer is lowered to the floor, from shoulder level or higher, with one foot remaining in the hands of the bases. The supporting weight of the flyer must continuously remain with the bases who instantly lift the flyer to the next stunt.
 - e. **Power Press** – A flyer in a one leg extension stunt (braced or not braced) is lowered on one leg to the shoulder/elevator level and immediately returned to the extension level still on one leg. The transition is one continuous action with the flyer in a one leg stunt.
 - f. When the flyer is being transitioned to new base(s):
 - i. Transitions to new base(s) is limited to pendulum/flatback.
- C. **Transitions for Braced Flyers:** A braced flyer who is transitioned from one stunt to another (**involving the same bases must maintain physical contact with bases throughout the transition**).
 - a. A braced flyer is allowed to become free (no contact) of her bases when **all** of the following occurs:
 - b. The flyer does not move through an inverted position.

- c. The flyer has at least two bases and a spotter.
- d. There is a spotter for each bracer.
- e. The bracer(s) have continuous contact with the flyer.
- f. During the flyer's loss of contact with the bases the flyer is in motion.
- g. The bracer(s) does not hold the flyer in a static position while the flyer is free of the bases.
- h. The bracers must be a shoulder level or below.

Floor Skills:

Floor skills are gymnastic skills, rolls and jumps along with tumbling skills and drops that are performed by competitors when the skill begins and ends on the performing surface. Floor skills must be able to be performed without the needed assistance of another person. All jumps are allowed for all levels.

Rules

- A. **Drops:** Dropping is the action of landing on the performing surface but appearing to fall onto the performing surface.
 - a. Drops are legal from a jump, stand or inverted position when most of the weight of the competitor is absorbed by her hands/feet to allow a controlled drop. Knee, seat, thigh and split drops are legal when there is absorption of the impact by the hands/feet.
 - b. Front drops from an airborne position are always illegal.
 - c. Tension drops are illegal.
 - d. A drop from a handspring, salto, cartwheel, etc., is illegal.

- B. **Rolls:** Rolls are tumbling type skills rotating head over heels in a tuck position.
 - a. A forward roll begins with the body in a tucked, crouched position with hands on the performing surface, the person then rolls forward. This is a legal skill.
 - b. A backward roll begins with the body in a tucked, crouched position, the person rolls back-ward. This is a legal skill.
 - c. A dive roll is a forward roll with flight. The person stretches her body in a layout flight position before the roll begins. A jump/dive roll is an illegal skill.

- C. **Tumbling:** Tumbling involves an acrobatic motor skill.
 - a. A twist (jump-twist-land) performed on the competitive surface must not involve more than two complete rotations.
 - b. A flip/salto must be performed from and to the performing surface.
 - c. Tumbling at TAFL level may not contain any aerial skills.
 - d. A flip that ends into a stunt or cradle is illegal.
 - e. Tumbling, rolling, or flipping over or under a stunt is illegal.
 - f. **PROHIBITED SKILLS**
 - Shush nova
 - Drops (all skills performed must be supported by hands or feet)
 - Dive roll
 - Aerials

T AFL CHEER COMPETITION

GENERAL RULES AND REGULATIONS

- Unsportsmanlike conduct will not be tolerated by any team member, fan, parent, coach, etc.
- No music is permitted.
- No glitter is permitted of any kind.
- Teams must wear TAFL issued uniforms for the competition only. No other clothing is permissible.
- In the event that a routine is interrupted, due to an ill participant or injury, the judging will resume at the point the routine was interrupted. The team will then be allowed to redo their routine after all other teams have performed
- On competition day, each team will be given a schedule of performances. It is the teams responsibility to ensure that they are in line and ready when they are called to the floor. Each team will be given 3 minutes of mat time before the competition starts. ‘
- All athletes must be supervised during all official functions by a qualified director/coach.
- Coaches must be proficient with skill progression
- All stunts and skills must be in proper sequence/progression.
- All teams, gyms, coaches, and directors must have an emergency response plan in the event of an injury or emergency.
- Athletes and coaches must not be under the influence of any prescribed or over the counter medication while participating in a practice or performance that would hinder the ability to execute a skill safely.
- No athlete shall perform if they have suffered an injury that has been directed by a doctor not to participate. Athletes should only be allowed to return when a doctor’s note is present releasing that athlete.
- Jewelry of any kind is not allowed. Medical ID’s/tags are the only allowable jewelry.
- No candy or gum chewing at any time.

ALL STUNTS REQUIRE A SPOTTER!

TOUCH, WATCH & AWAY-REQUIRED SPOTTER TECHNIQUE

1. The spotter must TOUCH either the base and/or the flyer when performing a stunt shoulder level or above.
2. During a 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 flyer.
3. While TOUCHING, the spotter must be sufficiently AWAY from the stunt as to not be a primary support.

Procedures to assure SAFETY-the following procedures are required to enhance the level of safety when skills and stunts are taught.

1. When skills are being taught and practiced, mats are required shoulder level or higher.
2. All stunts being taught should be taught with the use of spotters.
3. Beginning skills should be taught and mastered before intermediate skills are introduced.

Round 1-PRECISION DRILL *Videos with front and back view and slow motion can be found at <https://www.mhsaa.com/sports/girls-competitive-cheer>



0-starting position, hands on hips up with hands in fists, facing forward with feet together. Must begin in this position for Round 1.



1-arms straight out in front, parallel to the ground, crossed at wrists. Hands in fists with right over left, wrists turned as if holding buckets, bend knees slightly, feet together.



2-hands in fists, Break both arms to a high V. Stand up straight with feet together.



3-Bring right foot up to left knee with toe pointed (arch of right foot should be inline with the left knee) Slice arms down to the top of right knee with hands in blades, right hand on top of left.



4-slice left arm up to high V (hand in fist) and move right hand on hip in fist while putting the right leg out to the side with a pointed toe showing shoelaces forward.



5. Break right arm up to a fight motion (hand in fist), and bring left arm to hip in fist. Bring right leg in to meet the left; Legs are straight and feet together.



6-Move left arm to a dagger and slice right arm to low V. (Hands in fists)



7-Clap; bringing hands in front of chest with fingertips at chin level, making a sound.



8-Move left arm to high V (hand in fist) and right hand to hip in a fist.



9-slice left arm down to side in a making a slap sound. Right hand (in fist) remains on hip.



10-Move left arm to hip in fist and right arm to high V (hand in fist). Step out to lunge position with right foot facing forward, left foot perpendicular.

ROUND 1 (MHSAA ROUND 2)-PRECISION DRILL

- Must be performed at the beginning of Round 1
- Must start in position indicated
- Must be performed in staggered lines, 2 lines unless 13 or more must be in 3 staggered lines.
- Must contain the 10 motions as pictured and described
- Must be performed in the order given
- Must be performed facing the panel of judges
- Must be performed in same leg, arm, and body position
- Rhythm and vocals are your choice
- No props or music for Round 1 are allowed
- Staggered lines may include a "window"
- Head position and movements are optional throughout precision drill
- Execution and unison is reflected in Precision Drill category on scoresheet
- **Jr Freshman are not required to perform a round 1 routine, only a round 2.

TIME LIMITATION

Round 1 must be performed in 1 minute 30 seconds

REQUIREMENTS

At the beginning of the routine, each team must perform the 10-count precision drill in staggered lines. During the precision drill, the team will not be allowed to change formation. In addition to the precision drill, each team must include three skills (one each in flexibility, jumping and tumbling) in the order they are indicated on the score sheet, a 4 point penalty will be assessed if not. They must be performed independently, not connecting. Each team member must perform the skills in unison, meaning the head, leg, arm, and body movements must be in the same direction and they must be facing the same direction. Vocals must be in unison except for calling the beginning and ending of the routine. Body position is expected to stay in unison for formation transition. Each competitor must ATTEMPT to execute the skills or requirements in order for credit to be awarded. If an attempt is not made, a 22 point penalty will occur. Up to 10 points will be awarded for general impression.

SKILLS

Each of the 3 different skills is evaluated in two ways, the execution itself and coordination among team members, no more than 3 are allowed. Execution includes the location/positioning of the arms, hands, torso, legs, and head. Limbs should be tight, skill should look dynamic. The torso and head need to be in the correct position for lift or rotation. Prep, skill, and landing is scored. Coordination of team members means the preps, landing, heights, and dynamics of the skills are equal among the team. Judges evaluate each of the skills on a 10 point scale. Splits, cartwheels, roundoff are to be performed with front torso parallel to the panel judges. Skills must not be connected.

GENERAL IMPRESSION

Creativity, continuity, team confidence, floor presence, overall impression are all a part of general impression. There should be poise, ease in performing, energy, and creativity in moving from one skill to another. The judges will be evaluating execution, other than skills, and the precision drill, and continuity in the category.

When evaluating the performance and giving a general score, the following should be considered:

- Floor mobility-accuracy of formations, spacing, effectiveness, transition moves, purpose of movement from formation to formation.
- Vocals-voice inflection, clarity, team volume, appropriate choice of words.
- Team coordination-precision and timing of all motions, tumbling, stunt skills, effective use of all team members.

In the General Impression category, judges are required to not favor any particular style, but to judge the style presented.

*Please see score sheet for additional information on Round 1 scoring and allowed skills.

ROUND 2 (MHSAA ROUND 3)-OPEN ROUND-SHOW US WHAT YOU GOT!

Round 2 shall include

- A choreographed routine containing one required jump in unison
- The required jump must be the first skill performed. Therefore, it must be the 1st listed skill on the Round 2 description form/scoresheet.
- The routine must include 3 movements, (4 floor formations) A movement is described as a change in the picture. The formation at the beginning of the round will round as one of the requirements.
- The routine may include jumps, stunts, tumbling skills, or any other allowed cheer skill as indicated in this manual.
- Forward and backward rolls will receive credit in the choreography category under team tumbling.
- The required jump must be submitted in writing on the score sheet
- The routine description/scoresheet must be submitted in writing.
- No music, but props are allowed, no glitter.
- Stunting is allowed but only at that squad's allowed level.

TIME LIMITATION

Round 2 must be performed in 2 minutes and 30 seconds.

REQUIREMENTS

The coach is required to submit in writing tumbling, jumps, stunts, and flairs in the order in which they will be performed with difficulty, variety, and choreography indicated numerically. A 10 point penalty will be assessed if a coach fails to submit the scoresheet. A 4 point penalty will be assessed for not providing difficulty, variety, and choreography points expected. Forms are included in this book. In the general impression category, judges are required not to favor any style but to judge on the style presented.

*Please see score sheet on other categories that will be appear.

SKILLS CATEGORY REQUIREMENTS

Each panel of judges will evaluate variety of skills on a 1 to 15 point scale. The number of different tumbling skills jumps, stunts, and flairs must be counted. Each DIFFERENT skills will be valued at 1 point.

SCORES POSSIBLE PER JUDGE

SKILLS up to a maximum of points per Judge

- Variety of skills on a 1 to 10 point scale, the number of different tumbling skills, jumps, stunts, and flairs performed will receive credit -----10 points
- Executions of skills will be evaluated on a 1 to 15 point scale, the proper execution of tumbling skills, flairs, jumps, transitions, all preps/entrances, and stunts will receive credit. -----15 points

FLOOR MOBILITY

Accuracy of formations, spacing, effectiveness, ease of transitions, transition moves, purpose of movement from formation to formation-----10 points

VOCALS

Voice inflection, clarity, squad volume, appropriate choice of words-----10 points

TEAM COORDINATION

Precision and timing of all motions, tumbling, stunt skills, effective use of all team members-----10 points

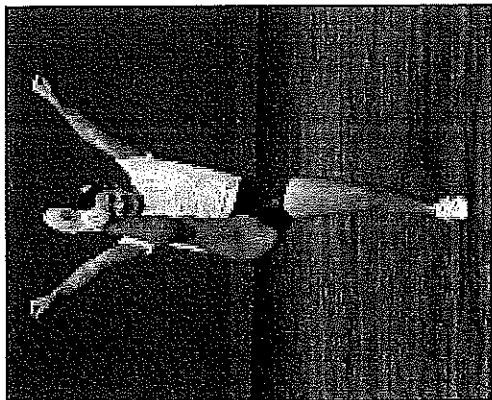
JUMP

First required skill, must be performed in unison, technique, timing, level of difficulty, execution. -----10 points

GENERAL IMPRESSION

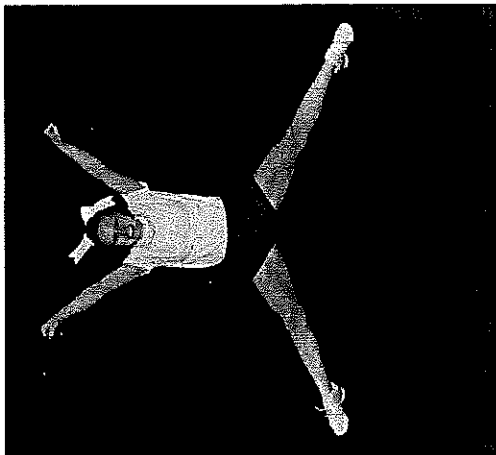
Creativity, continuity, team confidence, floor presence, overall impression-----10 points

DM = .6 points



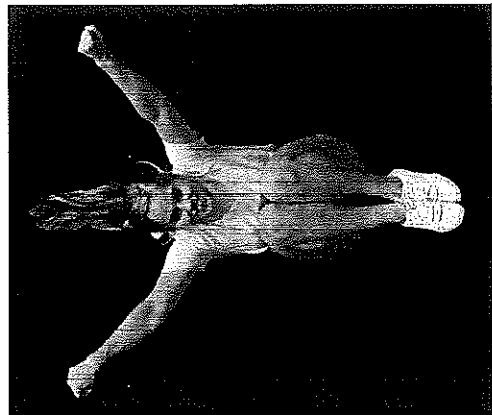
KICK — flexibility

A kick is a swinging, straight-leg motion that reaches waist high or higher. Arm positions are optional. The team may either face the panel judges or can be parallel to the panel judges. The skill begins when the foot leaves the cheering surface and is completed when return contact is made with the cheering surface. A kick can be directly in front of the torso or to the right or left, but cannot be directly to the side of the torso.



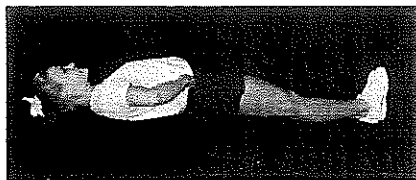
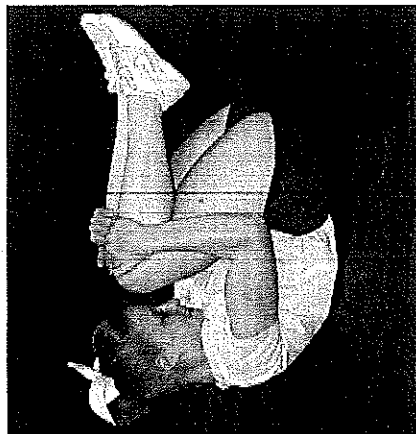
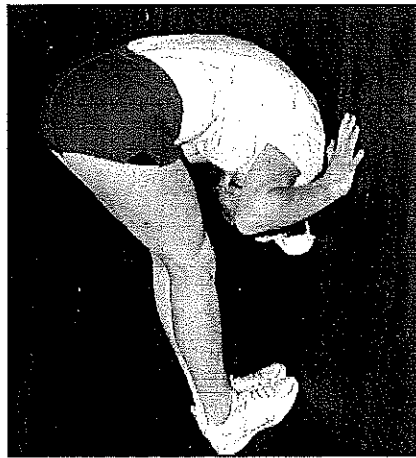
SPREAD EAGLE — jump

At the peak of the jump the body is in a straight torso position. Arms are extended in a high V position and legs are extended with an inverted V position. Body should show an "X-like" position. Competitors must face panel judges.



TUCK — jump

At the peak of this jump legs are in a knee-to-chest position. Arm positions are optional. Competitors may either face panel judges or can be sideward to panel judges.



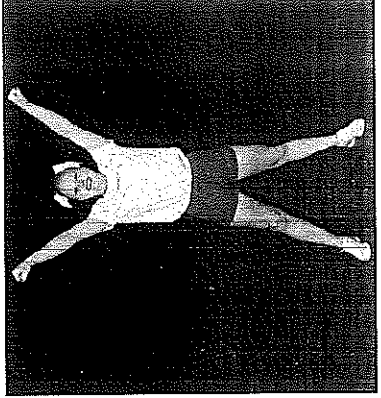
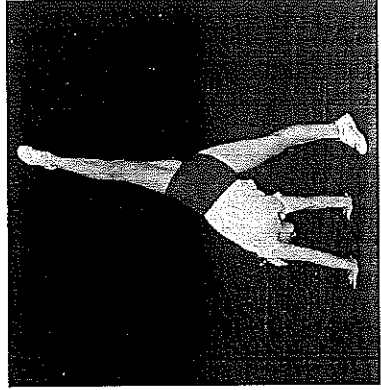
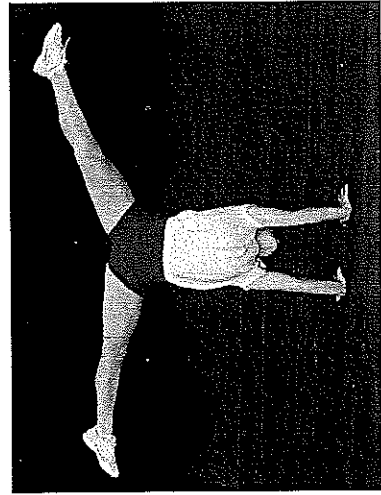
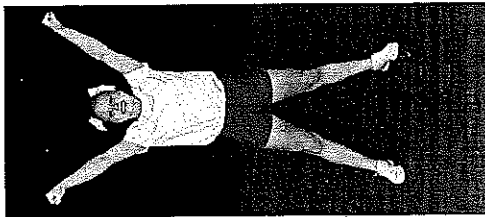
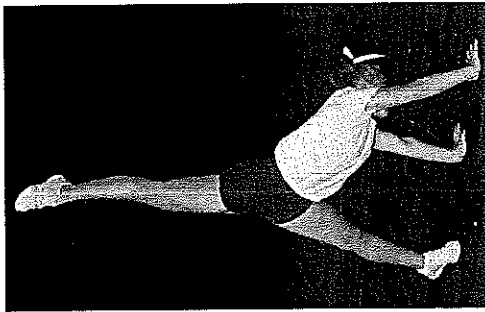
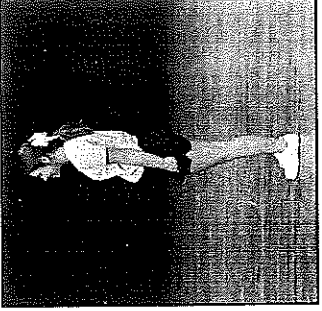
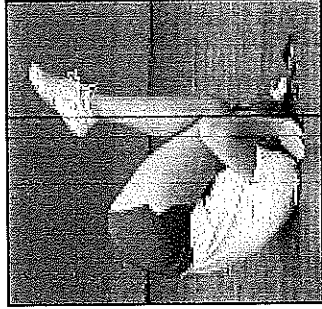
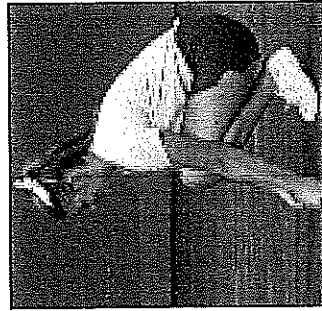
FORWARD ROLL — tumbling

The skill begins in a squat position. Arm position optional. Hands placed on cheering surface as tucked rotation occurs. Front roll ends in standing position. The skill can be performed either parallel to or toward the panel judges.

DM = .8 points

BACKWARD ROLL — tumbling

The skill must begin in a squat position. Arm position optional. Hands are placed on the cheering surface as the tucked back rotation occurs. The backward roll ends in a standing position. The skill can be performed either parallel to or facing the panel judges.



CARTWHEEL — tumbling

The skill begins when lead foot initiates inverted rotation. While inverted legs extend in "X" position. The skill ends with both feet on the cheering surface in a standing position. Cartwheel must be performed parallel to and torso facing the panel judges. Arm, torso and leg positioning are optional at the beginning and end of a skill.

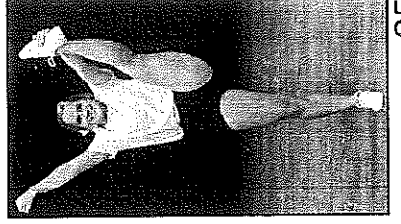
DM = 1.0 points

HEEL STRETCH — flexibility

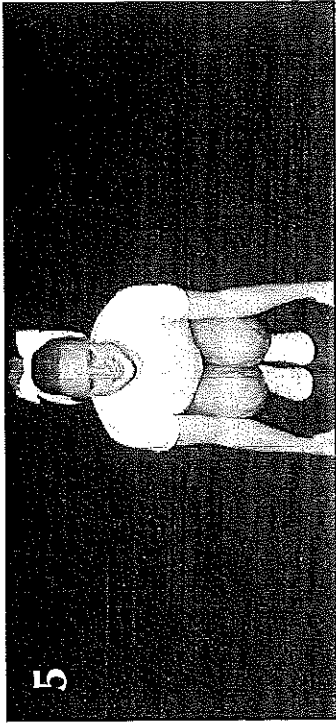
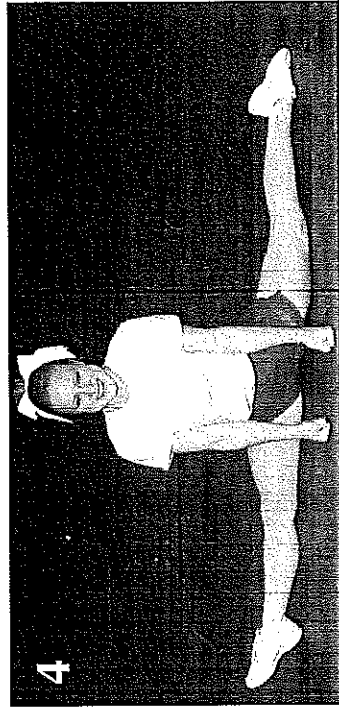
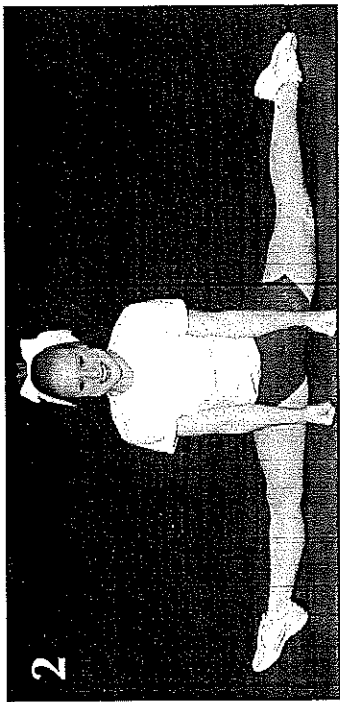
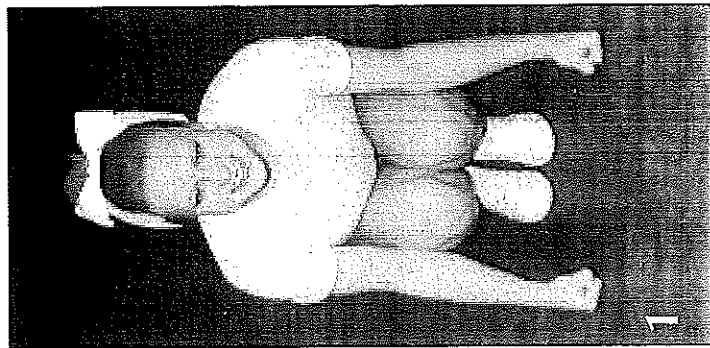
This skill must face panel judges. Leg is fully extended to a 45° to 90° position to the side. The angle of the leg must be the same for all team members. Hand-to-foot (to arch, toes, heel or in-step) contact must occur in a held position. Held indicates a controlled position. Position of free arm is optional while maintaining unison.



OR



DM = .8 points

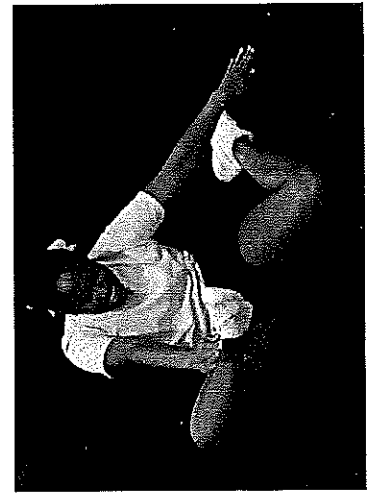


SIDE SPLITS — flexibility

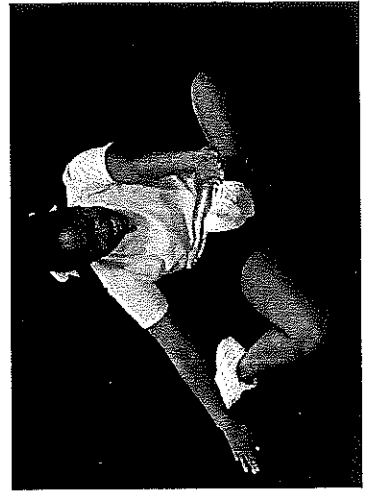
The skill begins in a squat position with both hands placed on cheering surface. Legs are extended parallel to the panel judges. Both hands during split must be removed from the cheering surface. Splits are completed by returning to the squat position. (Starting and ending positions may be hands or fists on the cheering surface.)

DOUBLE HOOK — jump

Keeping torso straight, bring knees and legs up as pictured. At the peak of the jump, the legs are bent at the knee and hip in the same direction and parallel to cheering surface. It is optional to bend legs to the left or right. Hand/arm position is optional. The jump must be performed facing the panel judges.



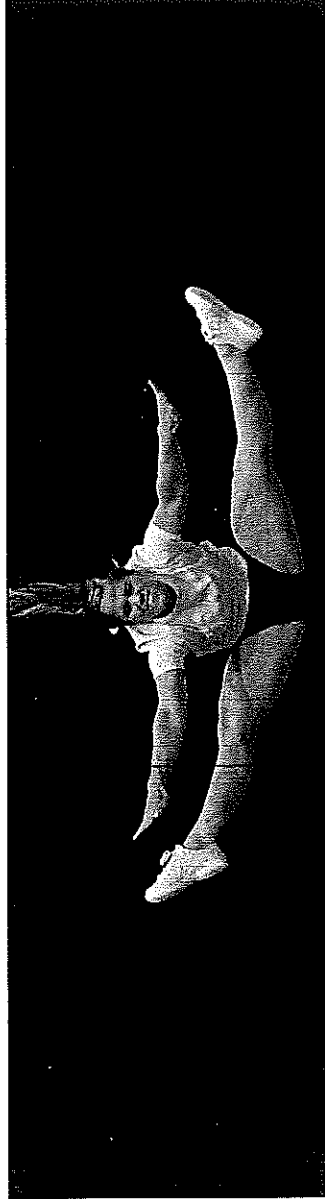
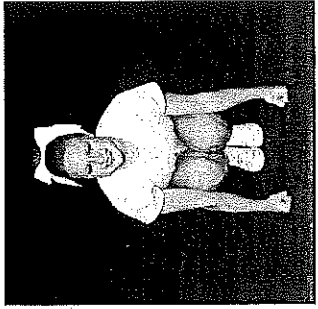
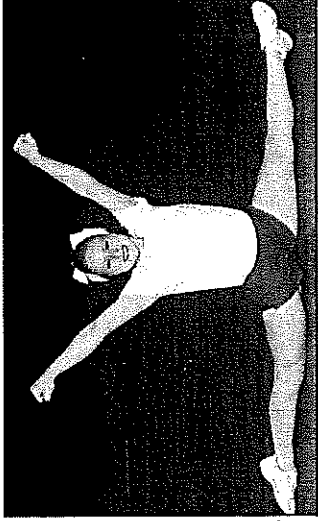
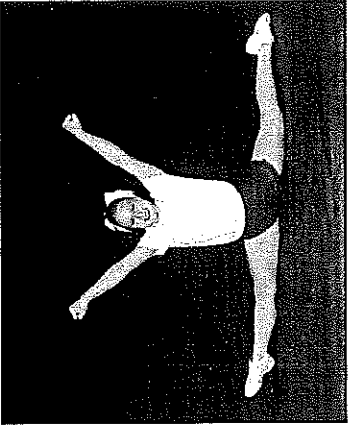
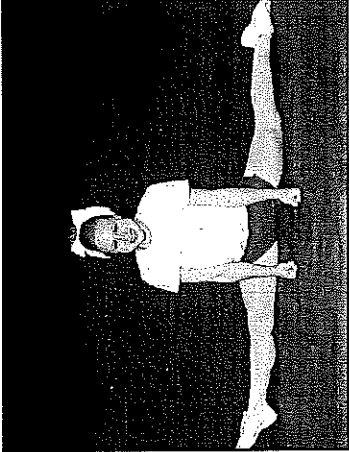
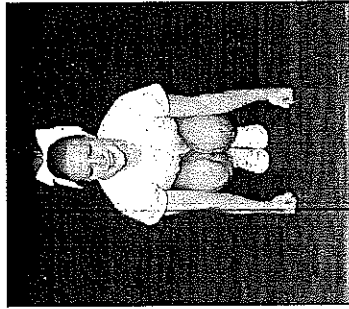
OR



DM = 1.0 points

SWITCH SPLITS — flexibility

The skill begins in a squat position with both hands placed on the cheering surface. First split is completed when position is reached and both hands/fists are removed from the cheering surface. While in the first splits, hips are switched so that the lead leg is opposite from the original split. The splits must be performed parallel to the panel judges. Both hands must be removed from the cheering surface when in the first and second split positions. The skill ends in squat position with both hands on the cheering surface (Starting and ending positions may be hands or fists on the cheering surface).



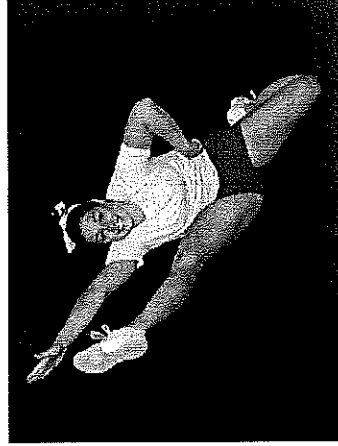
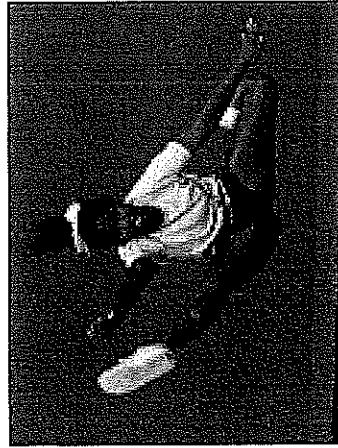
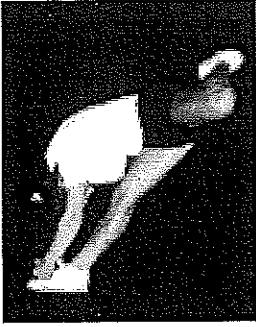
TOE TOUCH — jump

At the peak of the jump, the legs are extended in a full forward straddle. Arms are extended and hands reach for the feet. Head is up and back is straight. Upper torso must face panel judges.

DM = 1.0 points

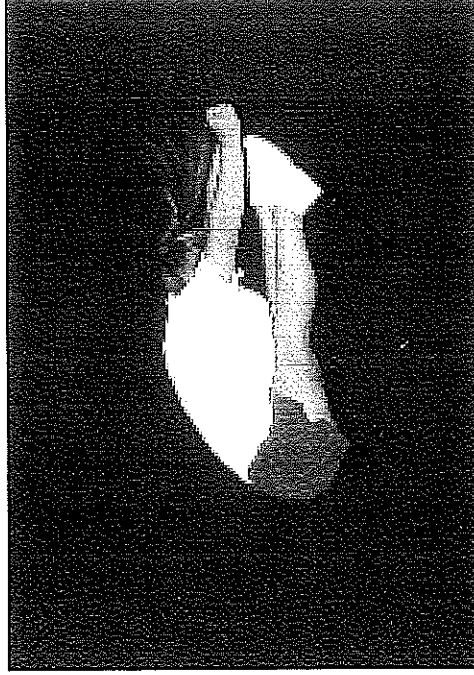
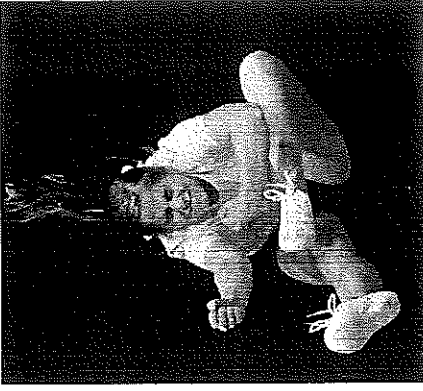
FRONT HURDLER — jump

At the peak of the jump, the front leg is extended higher than parallel to the cheering surface and is in front of the torso. The back leg is bent in a flat, hurdle position, parallel to the cheering surface OR in a back leg, bent knee to surface and toe to ceiling position. The skill/jump must be performed parallel to the panel judges with the bent leg nearest the panel judges. Arm positions are optional.



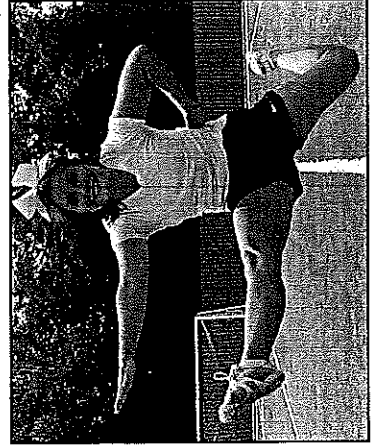
DOUBLE NINE — jump

At the peak of the jump, one leg and arm of the same side of body are fully extended in front of the body and parallel to the cheering surface. The other leg and arm are bent at the knee/elbow reaching horizontally toward the inside of the knee/elbow of the extended limbs. The bent leg and arm should also be parallel to the cheering surface. The skill may be performed facing or parallel to the panel judges. When performed parallel to the panel judges, the bent leg and arm must be the side closest to the panel judges. The skill ends when the jump has landed.



HERKIE—jump

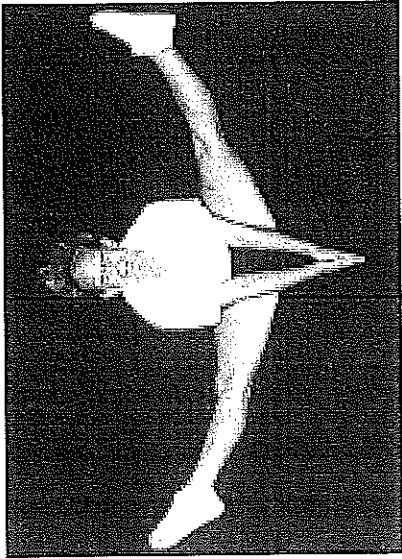
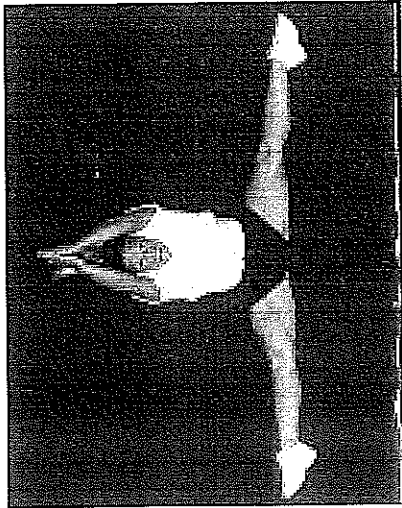
At the peak of the jump, front leg is extended above or parallel to the cheering surface and extended to 45°-60° straddle position, the upper torso facing the panel judges. Back leg is bent (knee to ground or parallel to cheer surface). Arm and hand positions are optional.



PIKE — jump

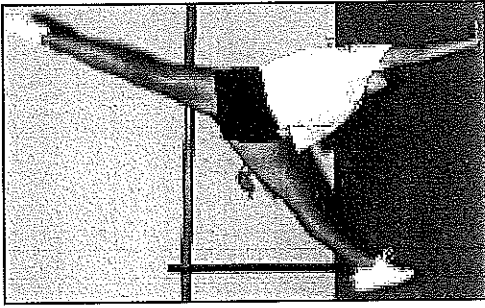
At the peak of the jump, legs are together and extended in front of the body, parallel to the cheering surface. The jump must be performed parallel to the panel judges showing the extended legs and arms. Hands and head must reach for the feet.

DM = 1.0 points



UNIVERSAL — jump

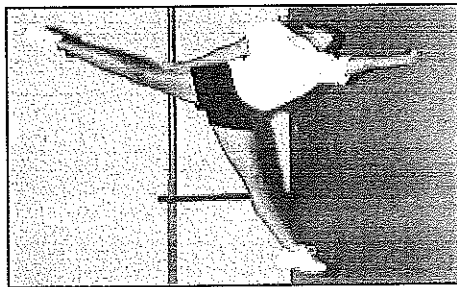
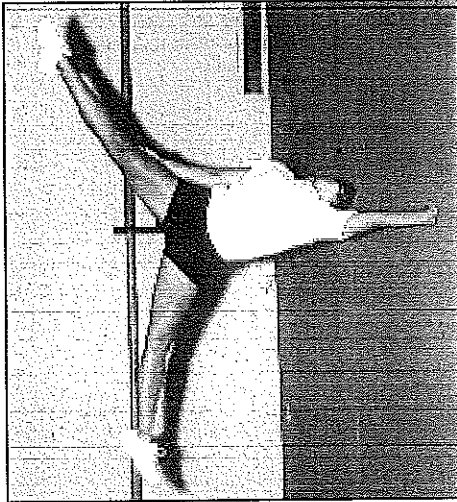
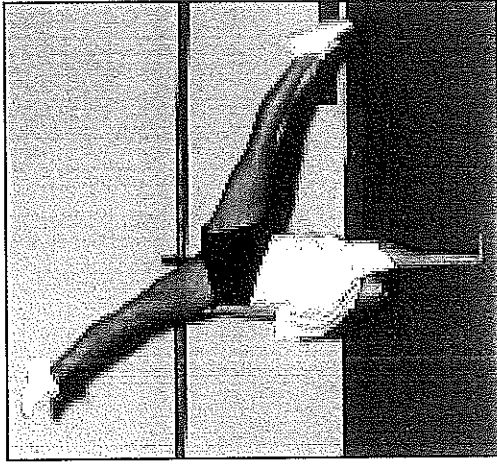
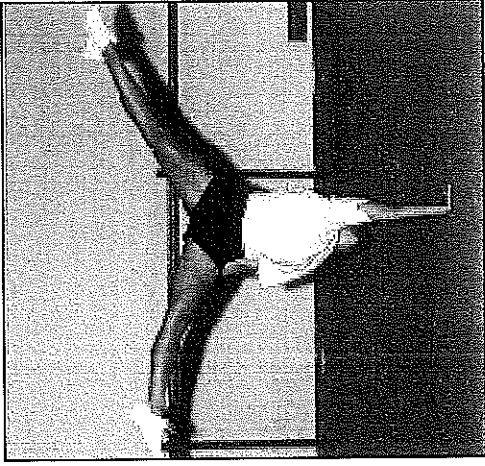
The arms reach up as the jump thrusts up; at the peak of the jump, the legs are extended in a full forward straddle; the hands touch above the head and slice down at the peak of the jump with the hands together as pictured. The upper torso must face the panel judges with head up.



**FAR ARM
CARTWHEEL —**

tumbling

The skill begins when lead foot initiates inverted rotation. Only the trail hand contacts the cheering surface. While inverted, legs extend in "X" position. The skill ends with both feet on the cheering surface in a standing position. The far arm cartwheel must be performed parallel with torso facing panel judges when in inverted position. Arm, torso and leg positioning are optional at the beginning and end of the skill.



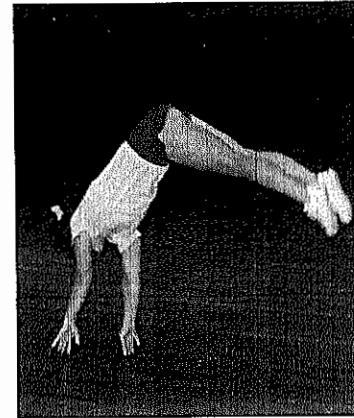
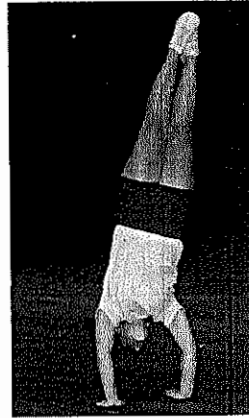
NEAR ARM CARTWHEEL — tumbling

The skill begins when the lead foot initiates inverted rotation. Only the lead hand contacts the cheering surface. While inverted, legs extend in "X" position. The skill ends with both feet on the cheering surface in a standing position. The near arm cartwheel must be performed with torso facing and parallel to the panel judges. Arm, torso and leg positioning are optional at the beginning and end of the skill.

DM = 1.0 points

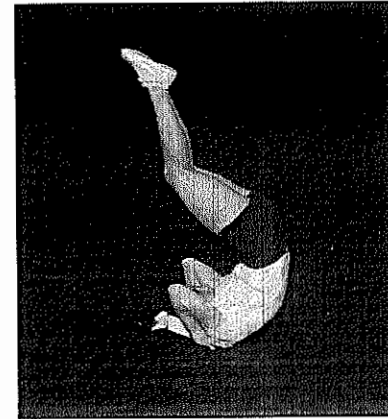
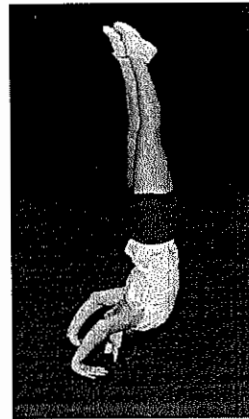
ROUND-OFF — tumbling

The skill begins when hands touch cheering surface. Legs must come together at top of skill. Skill ends with both feet on the cheering surface in a standing position. The round-off must be performed parallel to and torso facing the panel judges. Arm, torso and leg positioning are optional at the beginning and end of skill.



HANDSTAND FORWARD ROLL — tumbling

The skill begins when hands touch the cheering surface, legs must come together at the top of the skill to complete the handstand position before a controlled lowering into a forward roll. The skill ends with both feet on the cheering surface in a standing position. Entire team must lead with same leg. Skill must be performed parallel to the panel judges.



ROUND 2 – TAFL SCORESHEET

SCHOOL _____ NO. OF COMPETITORS _____ JUDGE ID# _____

COMMENTS:

VARIETY OF SKILLS

Tumbling, stunts, flairs,
jumps and transitions 1-10 points

EXECUTION

1-15 points

COMMENTS:

The following categories will be judged on a 1-10 point scale using a tenth of a point system.

JUMP

First required skill and must be performed in unison – technique, level of difficulty and togetherness ease.

Jump _____

Level	JUMP	MAX VALUE
1	All tuck jumps, spread eagle	6 pts
2	Double hook	8 pts
3	Herkie, hurdler, toe touch, double 9, head whip, pike, universal	10 pts

COMMENTS:

FLOOR MOBILITY

Accuracy of formations, spacing, effectiveness, ease of transitions, transition moves, purpose of movement from formation to formation.

VOCALS

Voice inflection, clarity, squad volume, appropriate choice of words and diction.

TEAM COORDINATION

Precision and timing of all motions, tumbling, stunt skills, effective use of all team members.

GENERAL IMPRESSION

Creativity, continuity, team confidence, floor presence, overall impression.

TOTAL

**Maximum Points Possible
75**

T AFL SAFETY JUDGES PENALTY SHEET ROUND 2

SCHOOL: _____

JUDGE ID#:- _____

SKILLS 1. _____	3. _____
2. _____	4. _____

TIME: _____

NUMBER OF COMPETITORS: _____

***Changes on scoresheet and Routine Description allowed up to half hour before meet.**

1. ___ Failure to submit completed Round scoresheets, Round penalty sheets, and the Round description by the time indicated by TAFL Cheer Director.	10 PTS ___
2. ___ Less than 4 or more than 16 competitors (unless approved by TAFL Cheer Director prior)	22 PTS ___

Time Infraction – number of seconds over limit		
3. ___ 1 to 5 seconds over time limit		6 PTS ___
4. ___ 6 seconds or more over time limit		12 PTS ___

5. ___ Mat violation/Exit off mat	___ x 2 PTS ___
6. ___ Detached hair control devices, eye glasses, shoe, etc.	___ x 2 PTS ___
7. ___ Illegal team entrance	2 PTS ___
8. ___ Coaching area violation	2 PTS ___

9. ___ Delay of meet	4 PTS ___
10. ___ Illegal uniform, hair or hair device, uncovered brace/support, badges/buttons, gum, jewelry, safety pin, glitter unsafe fingernails	___ x 4 PTS ___
11. ___ Non-competitive team members violation	4 PTS ___
12. ___ Skills not performed as submitted	4 PTS ___
13. ___ Round 2 scoresheet submitted without skills	4 PTS ___
14. ___ Elements of cheer intentionally not in unison	___ x 4 PTS ___
15. ___ Skills not performed in choreographed unison	4 PTS ___

16. ___ Team member unsafe contact	8 PTS ___
17. ___ Collapsed skill	8 PTS ___
18. ___ Unsportsmanlike conduct	8 PTS ___
19. ___ Entire team performs part of the Precision Drill differently than described in the manual/incorrect number of staggered lines	Count # 8 PTS ___
20. ___ Performance of skill(s) choreographed differently than described in manual 1. _____ 2. _____ 3. _____ 4. _____	___ x 8 PTS ___
21. ___ One team member performed a skill incorrectly/wrong skill	___ x 8 PTS ___
22. ___ Three (2.0) collapses occurred	8 PTS ___

23. ___ One or more of the required skills not attempted by all competitors	___ x 22 PTS ___
24. ___ An extra skill or illegal skill was performed	___ x 22 PTS ___
25. ___ More than one team member performed skill incorrectly or a wrong skill 1. _____ 2. _____ 3. _____ 4. _____	___ x 22 PTS ___
26. ___ At least one skill in each category was not performed	22 PTS ___
27. ___ Music/props/mascot used in Round 1 (props only allowed in Round 2)	22 PTS ___

TOTAL _____

SAFETY JUDGES RECORD VIOLATIONS AND PENALTIES

The following paragraphs describe the violations and penalties that safety judges will be responsible to view during round 1 and 2, then record on the Safety Judges Penalty Sheets. Each paragraph is placed in the order in which it appears on the sheets.

1. 10 point violation-round 1 and 2 scoresheets and description sheets not submitted.

Both round 1 and 2 scoresheets/penalty sheets with skills and round 2 description sheets must be submitted electronically to the TAFL cheer director no later than 48 hours prior to the start time of the meet. The TAFL cheer director may require that the paperwork be received earlier but the 10 point violation will only be given if the requested paperwork is not received by 48 hours prior to the start time of the meet. The penalty for non-compliance will be 10 points deducted from the team total points earned and will be posted in round 1. The TAFL cheer director will notify the safety judges and the coach upon arrival at the event. Any changes to the scoresheet must be submitted ½ hour before the meet starts.

2. 22 point violation-Incorrect number of competitors

If an incorrect number of competitors (less than 4 and more than 16) perform in round one, it is a 22-point penalty.

3 & 4. 6-12 point violations-time infractions

A routine that is not completed with the last team member off the mat within the maximum time limit allotted for each round will receive the following penalty per time infraction: 1 second to 5 seconds over the time limit – six (6) points will be deducted from the score of that round. If the time infraction is 6 or more seconds beyond the maximum time limit, the team will receive a twelve (12) point deduction from their score in that round.

2 POINT VIOLATIONS

5. Exit off mat

Stepping off the mat or any body part that touches the floor of the competition during a performance will be given a 2 (two) point penalty from the points total in the round each time the infraction occurs. If more than one (1) person steps off the mat at the same time, it is a 2 (two) point deduction. If competitors step off the mat at different times during the routine, it is a 2 (two) point deduction each time someone steps off or touches the floor of the mat. Stepping off of the front of the mat when exiting is also a mat violation per competitor.

6. Detached hair control devices, eye glasses, shoe, etc.

Legal hair devices worn during competition must remain secure. Safety judges will assess a 2 (two) point penalty when any object falls to or hits the mat in an area where it is stepped on or causes a safety hazard during a routine.

7. Illegal team entrance

When entering onto the competition mat, vocal and arm movements only are allowed. A team that enters the competition mat performing kicks, jumps, or tumbling or enters the mat before being told by announcer that they may do so will receive a 2 (two) point penalty.

8. Coaching area violations

A coaching area will be designated by the host site/TAFL cheer director for coaches during their team's performance. No more than 3 (three) coaches are allowed in the coaching area during a performance. Student coaches are allowed if they are with the head coach. A 2 (two) point penalty will be assessed for an excessive number of coaches or non-coaches in the coaches' area.

4 POINT VIOLATIONS

9. DELAY OF MEET

A 4 (four) point penalty will be assessed anytime a team does not approach the mat after receiving a second call from the announcer.

10. Illegal uniform, hair or hair device, uncovered support or brace, badges/buttons, gum, jewelry, safety pin, glitter, unsafe fingernails.

4 (four) points will be deducted from the total points earned in the round each time the infraction occurs. Examples of miscellaneous violations include: gum chewing, glitter, hair violation, wearing jewelry, wearing badges or buttons during competition. If more than one competitor is wearing jewelry, it is a 4 (four) point deduction. However, if 1 (one) competitor is wearing jewelry and 1 (one) competitor is wearing glitter, 8 (eight) points will be deducted in the round of competition. **This applies to stud earrings as well, they must be taken out on the competition floor.**

11. Non-competitive team members violation

Non-competitive team members who sit near the competition floor and perform vocals (other than crowd response) through their team's performance will receive a 4 (four) point penalty.

12. Skills not performed as submitted

The 3 (three) selected round 1 skills in their correct sequence must be presented in writing to the judges in advance of the performance. A 4 (four) point penalty will be assessed for skills not performed as submitted.

13. Round 1 scoresheet submitted without skills

Round 1 skills must be listed on the Round 1 scoresheet. A 4 (four) point penalty will be assessed for not listing the skills on the scoresheet.

14. Elements of Cheer Intentionally Not in Unison

Unison in Round 1 refers to every aspect of the routine, including formations and vocals. Unison is not required when setting the beginning or the ending of the routine. Vocals in Round 1 must be in unison except for calling the beginning or the ending of the cheer. In order to maintain the unison requirement while making formation changes, it is expected that each team member maintain the same body position while a transition is taking place. While making formation changes in Round 1, the judges will recognize that individuals must take varying number of steps to reach their new position while other team members may remain stationary. Maintaining unison during a formation change may require all team members to move to their new positions in a circling pattern or be bent at the waist or with all team members with hands on their hips and elbows out to their sides. If formation changes do not maintain a unison pattern (are not choreographed in unison) safety judges will assess a 4 (four) point penalty per infraction.

15. Skills Not Performed in Choreographed Unison

Every team member must perform the 3 (three) skills from start to finish in unison. Unison refers to the direction of skills as well as arm, leg, and body position when performing the 3 (three) skills. Every competitor must face the same direction in order to meet the unison requirement. The position of the shoulders is a good indication of the direction.

8 POINT VIOLATIONS

16. Team Member Unsafe Contact

Safety judges will be responsible to recognize and take the appropriate deduction when team members make inappropriate unsafe contact with each other when executing tumbling, jumps, and stunts.

17. Collapsed Skill

When a team member attempts to perform a tumbling or jump skill and it appears very unsafe or falls unsafely, or the Safety Judge feels that the safety of the competitor was compromised, an 8 (eight) point penalty will be assessed. It is not required to give this penalty when panel judges penalize 2.0 for a collapsed skill or fall.

18. Unsportsmanlike Conduct

The first unsportsmanlike conduct offense by an individual will be penalized and the coach will be notified. The penalty will be an 8 (eight) point deduction. The second offense by the same coach/athlete will result in disqualification.

procedure will apply.

19. Entire Team Performs Part of the Precision Drill Differently Than Described in Manual

If one or some team members perform improper hand/arm or improper feet/leg placement, it should be judged as an execution error. The Precision Drill shall be performed as prescribed, i.e. facing proper direction, correct number of staggered lines, correct beginning and ending position. If the entire team performs part of the Precision Drill differently than described in the manual, it has been choreographed incorrectly and is penalized 8 points by the Safety Judge.

20. Performance of Skill(s) Choreographed Other Than Described in Manual

The skills are described in illustration and written form in the manual. If one or more team members perform improper hand/arm or improper foot/leg placement, it should be judged as an execution error. If there is an incorrect performance of a skill per the manual by the entire team, an 8 (eight) point deduction will occur per skill infraction.

21. One Team Member Performed a Skill Incorrectly/Wrong Skill

3 (three) of the possible skills shall be performed in Round 1. These skills must be attempted by all team members. The skills are described in illustration and written form in this manual. Each skill shall be performed as prescribed, i.e. facing the proper direction, and with the proper beginning and ending positions. If one or more team members perform improper hand/arm or improper feet/leg placement, it should be judged as an execution error. If the skill is not performed as written, 8 (eight) points will be deducted per infraction.

22. Three 2.0 Falls/Collapses Occur

Safety Judges are not responsible to determine whether a 2.0 collapse skill occurs. Once the routine is completed, a safety judge must seek that information from the panel judges. If the panel judges agree that 3 (2.0) falls occurred, safety judges will deduct 8 (eight) points for the 3 (three) fails on the safety judge sheet.

22 POINT VIOLATIONS

23. One or More of the Required Skills Not Attempted by All Competitors

Round 1 requires each team to perform a 10-count precision drill at the beginning of the round as prescribed. Teams must also perform 3 (three) different skills. In Round 1, skills must be selected from the list.

24. An Extra or Illegal Skill Performed

Illegal skills are indicated in the description of each round. This shall be the guide for judges and coaches as to what skills are or are not legal.

25. More Than One Team Member Performed a Skill Incorrectly or a Wrong Skill

If a required skill is performed incorrectly or a wrong skill is performed by more than one team member, a 22 (twenty-two) point penalty will be given.

26. At Least One Skill in Each Category Was Not Performed

One skill from each category must be performed or a 22 (twenty-two) point penalty will be given.

27. Music/Prop/Mascot Used

If music, props or a mascot are used in Round 1, it is a 22 (twenty-two) point penalty. Music and mascots are not allowed in Round 2, props such as signs and pom-poms are allowed in Round 2.