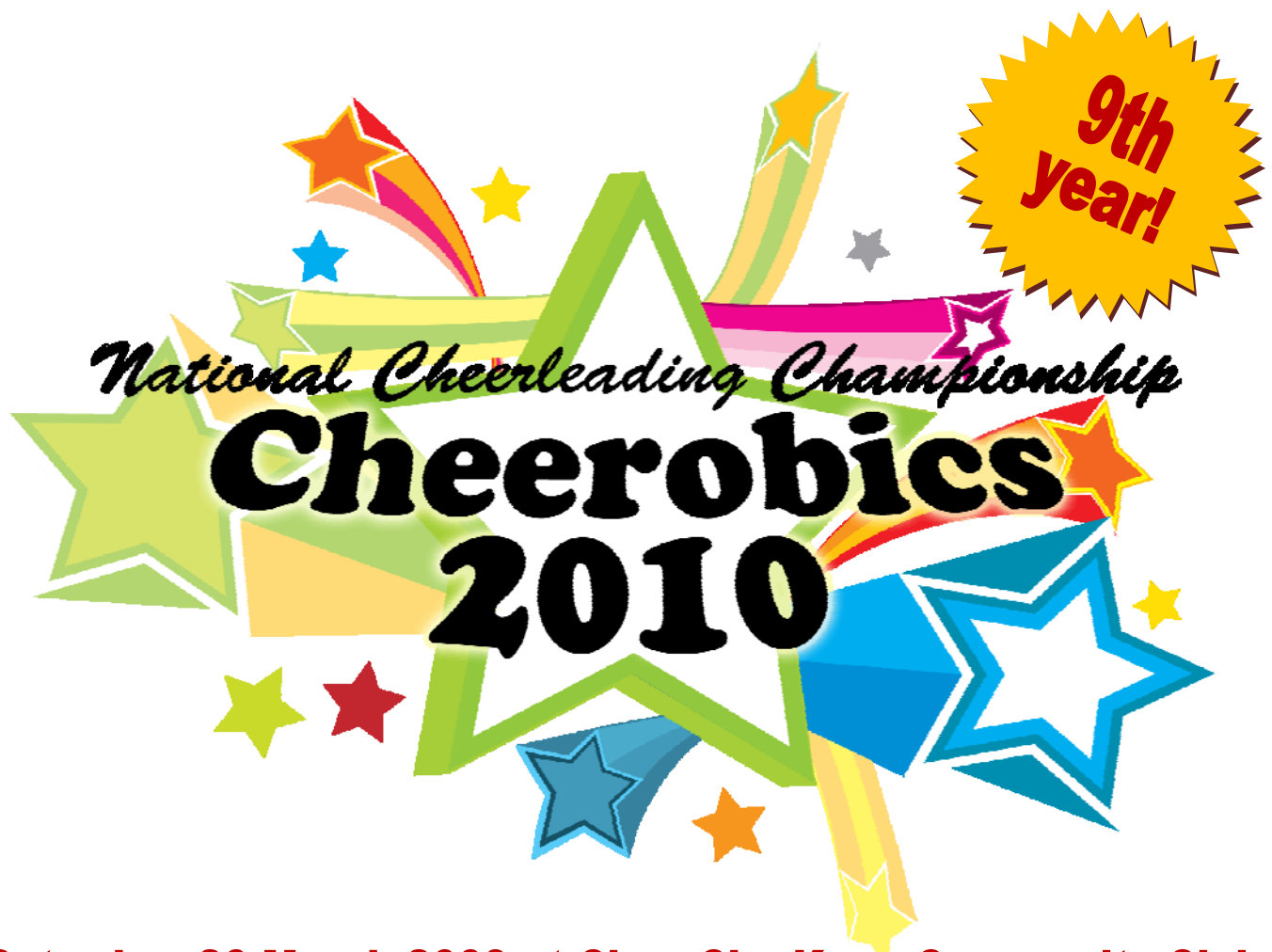


# **INFORMATION AND REGISTRATION PACKET**



**Saturday, 20 March 2009 at Choa Chu Kang Community Club**  
**Guest of Honour: Mr Gan Kim Yong, Minister for Manpower**

**This event is proudly brought to you by  
Cheerleading Association (Singapore)**

**[www.cheerleading.org.sg/cheerobics](http://www.cheerleading.org.sg/cheerobics)**

Cheerleading Association (Singapore) welcomes you and your team to the 9th annual Cheerobics 2010 – National Cheerleading Championship.

**DATE** SATURDAY, 20<sup>th</sup> MARCH 2010

**VENUE** Choa Chu Kang Community Club, 35 Teck Whye Avenue, Singapore 688892

**GUEST OF HONOUR** Mr Gan Kim Yong, Minister for Manpower

### **DIVISIONS**

Schools/organizations may send more than 1 team per division.

Athletes may not represent more than 1 team, school or organization in within 1 division.

Please see championship rules and regulations with regards to the routine requirements for the divisions.

#### **Cheer Team:**

1. Coed Primary
2. Coed Secondary
3. Coed Senior High
4. Coed Open

#### **Spirit Team:**

1. Primary
2. Secondary
3. Open

#### **Group/Partner Stunt:**

1. All Girl Open Group Stunt
2. Coed Open Group Stunt
3. Coed Partner Stunt

Cheerobics is the **1st national cheerleading championship** piloted by Singapore Sports Council in 2001 (renamed to Cheerobics in 2002, previously known as National Cheerleading Championship) and has been ongoing since then. Into its 9th year, Cheerobics is continuing its legacy in providing a competition and showcase platform for the local cheerleading community. As per past years, Cheerobics will welcome an international panel of highly qualified judges.

This year, champion teams from Senior High and Open Cheer Teams and Coed Partner Stunt will have an opportunity to represent Singapore to compete against 30 over nations in the International Cheer Union (ICU) World Cheerleading Championships happening in April at Walt Disney World Resort at Florida, USA. The ICU is the international governing body for the sport of cheerleading and CAS is the cheerleading national governing body recognized by ICU for Singapore.

This year, Cheerobics is introducing a new Spirit Team division to celebrate the true tradition of cheerleading - LEADING THE CROWD! The simple entry requirement of this division is ideal for young teams and even new teams with no prior cheerleading experience. Just a simple 1 minute and 15 seconds routine with a cheer and dance is all that is required. It's that simple!

### **AWARDS**

#### **1. Participation in ICU World Cheerleading Championship**

An opportunity to represent Singapore to compete in International Cheer Union (ICU) World Cheerleading Championship on 22<sup>nd</sup> and 23<sup>rd</sup> April 2010 at Walt Disney ® Resort at Orlando, Florida USA.

- A) Champion of Senior High Cheer Team and Open Cheer Team Division will receive up to USD12,000 worth of accommodation each from Varsity Singapore to compete in the Coed Elite and Coed Premier division respectively.
- B) Champion of Coed Open Partner Stunt will receive up to 50% sponsorship from Varsity Singapore to compete in the Coed Stunt division.

For more information about the ICU World Championship, please visit <http://www.cheerleading.org.sg>

#### **2. Coaches**

All coaches of winning teams will receive a medal (up to 2 coaches per team)

#### **3. Participants**

- A) ALL athletes will go home with a Certificate of Participation
- B) ALL teams will receive a Certificate of Participation
- C) Athletes of the winning teams will take home an individual medal
- D) Winning teams will take home a Trophy
- E) Depending on the number of participating teams, awards will be given up to 4<sup>th</sup>, 6<sup>th</sup>, 8<sup>th</sup> or 10<sup>th</sup> placing.

### **REGISTRATION**

For registration details, please refer to registration forms downloadable at <http://www.cheerleading.org.sg/cheerobics>



## GENERAL COMPETITION RULES

### ELIGIBILITY

1. **School Representation:** All members of the cheerleading team must be current members of the school they are representing.
2. All teams must compete in the division at the National Championship in which they qualify.
3. All schools/organizations may send more than one team but each individual may not represent more than one team within the division.  
*Clarification: An athlete may represent a team across different divisions (e.g. representing team X in cheer team and partner stunt) but may not represent more than one team in a division (e.g. representing team X & Y in cheer team division is not allowed).*
4. Only registered names on the original registration forms are permitted to participate in the competition.
5. In fairness to all participants, the competition strictly enforces its requirements in each division and category. It is the responsibility of the source of the accusation to properly document any illegal participation to an event official. The team in-charge / coach(es) will be notified of both the source of the accusation and the requirements needed from that individual for proof of eligibility. If a participant is found to be in violation of this policy, the team will be automatically disqualified from the competition.
6. The organizer reserves the right to reclaim any and all awards (trophies, gifts certificates, etc) and remove television appearance (if applicable) for any team to be in violation of this policy after the championship event.

### COMPETITION AREA

1. The floor size will be standard foam mat surface, 7 strips (42 feet x 42 feet or 12.8 metres x 12.8 metres), with no spring floor.
2. Participants must start in the competition area with at least one foot on the ground.
3. Signs or props may be placed or dropped outside the competition area by a team member who must remain inside the competition area.
4. There is a ten [10] point deduction for each occurrence of boundary violation. As penalties are severe, therefore teams are highly advised to adhere to the boundary restrictions.

### ROUTINE TIMING

1. **Cheer Team:** Maximum two minutes & thirty seconds / one hundred and fifty seconds (2:30)

**Spirit Team:** Maximum one minute & fifteen seconds / seventy-five seconds (1:15)

**Group/Partner Stunt:** Maximum one minute / sixty seconds (1:00)

2. If a team exceed the time limit, a ten [10] point penalty is served. As penalties are severe, it is recommended that all teams time their performance several times prior to competition and leave a several second cushion to allow for variations in sound equipment.
3. Although teams are allowed to show spirit briefly to the crowd, any skill performed before or after the allotted routine time is prohibited and will be penalised with a ten [10] point penalty.
4. **Entrance:** Props must be set on the performance floor as quickly as possible. Teams will have 30 seconds to get set.
5. **Beginning of Routine:** Timing will begin with the first organized word, movement, or note of music by the team after they are officially announced and have taken the floor. The routine must begin within the marked performance area. All team members must come to a complete standstill before beginning their routine.
6. **Ending of Routine:** Timing will end with the last organized word, movement, or note of music by the team.
7. **Exit:** Teams must exit the performance area within 30 seconds after the routine.

### TEAM SIZE

1. **Cheer Team:** Min. 12 athletes, Max. 16 athletes
2. **Spirit Team:** Min. 8 athletes, Max. 16 athletes
3. **All Girl Open Group Stunt:** Up to 5 female athletes
4. **Coed Open Group Stunt:** 1 female athlete, up to 4 male athletes
5. **Coed Open Partner Stunt:** 1 female athlete, 1 male athlete and 1 spotter

### AGE OF ATHLETES

1. **Primary Division:** Open to all cheerleading teams from primary schools or any equivalent.
2. **Secondary Division:** Open to all cheerleading teams from secondary schools or any equivalent.
3. **Senior High:** Open to all cheerleading teams from junior colleges, polytechnics, ITEs or any equivalent.
4. **Open:** 16 years or older within the year of the Championship



## MUSIC AND CHOREOGRAPHY

1. All teams must have their performance music written on a CD. Duplicate CDs must be available at the music table in case of lost or damaged CDs.
2. The CDs must be clearly labelled with the name of the team, division and category.
3. A representative of the team is responsible for the starting and stopping of the music at appropriate times during the routine and must report to the sound console before the start of the routine.
4. Routines must be appropriate for family viewing and listening. Music with overtly sexual content, racist or vulgar lyrics and choreography with vulgar or suggestive movements are prohibited. A four [4] point deduction is served for each occurrence of inappropriate choreography and music.

## INTERRUPTION OF PERFORMANCE

### Unforeseen Circumstances:

1. If, in the opinion of the competition officials, a team's routine is interrupted because of failure of the competition equipment, facilities, or other factors attributable to the competition rather than the team, the team affected should STOP the routine.
2. The team will perform the routine again in its entirety, but will be evaluated ONLY from the point where the interruption occurred. The degree and effect of the interruption will be determined by the competition officials.

### Fault of Team:

1. In the event a team's routine is interrupted because of failure of the team's own equipment, the team must either continue the routine or withdraw from the competition.
2. The competition officials will determine if the team will be allowed to perform at a later time. If decided by officials, the team will perform the routine again in its entirety, but will be evaluated ONLY from the point where the interruption occurred.

### Injury:

1. In the event that an injury causes the team's routine to be interrupted, the participant can stop the routine and seek medical assistance.
2. Competition officials reserve the right to stop the routine if an injury occurs.
3. The competition officials will determine if the team will be allowed to perform at a later time. If decided by officials, the team will perform the routine again in its entirety, but will be evaluated ONLY from the point where the interruption occurred.

## COMPETITION SPOTTERS

1. Competition spotters will be provided.

2. Participants can use their own competition spotters (maximum 3). These spotters must not be participating members in the routine.
3. Competition spotters must be in plain black attire.

## FINALITY OF DECISIONS

By participating in this championship, each team agrees that the decision by the judges will be final and will not be subject for review. Each team acknowledges the necessity for the judges to make prompt and fair decisions in this competition and each team therefore expressly waives any legal, equitable, administrative or procedural review of such decisions.

## CODE OF CONDUCT

All participants agree to conduct themselves in a manner displaying good sportsmanship throughout and following the championship. The coach and/or administrator is responsible for seeing that team members, coaches, parents and any other persons affiliated with the team conduct themselves accordingly and that the Code of Conduct is adhered to. Severe cases of unsportsmanlike conduct are grounds for disqualification.

## DEDUCTIONS AND DISQUALIFICATIONS

Any team in violation of the Rules and Regulations of the championship will be assessed a deduction for each violation. Any team that does not adhere to the terms and procedures in the Rules and Regulations may be disqualified from the competition and automatically forfeit the right to any prizes or awards presented by the competition.

## SCORES AND RANKINGS

Individual judges score sheets are for the exclusive use of each particular judge. Each judge has the responsibility and authority to review and submit his or her final scores and rankings prior to the final tally of the scores for all teams. Scored and rankings will be available only to coaches or administrators after the conclusion of the competition. Ties will be broken.

## OVERALL EXPERIENCE

Cheerleaders are ambassadors of sportsmanship, as such with Cheerobics, which congregates cheerleaders from all walks of life, teams are encouraged and expected to respect and support each other. This includes cheering for each other during the competition.

While level of competition is extremely intense, the atmosphere is congenial and professional. The judging panel is a diverse group of well-respected and experienced cheerleading adjudicators from all over the world.

## ENQUIRIES

Please forward all enquiries to [cheerobics@cheerleading.org](mailto:cheerobics@cheerleading.org)



## CODE OF CONDUCT

### Coaches and advisors should:

1. Motivate and encourage their cheerleaders to do their best at all times and not criticize cheerleaders in front of spectators, but reserve constructive criticism for later, in private, or in the presence of team members if others might benefit.
2. Be courteous to opposing coaches, cheerleaders or fans and not use abusive or profane or gestures at any time to anyone.
3. Not incite un-sportsman like conduct at any time.
4. Abstain from the possession and smoking of tobacco in the presence of spectators, officials, judges and/or team members.
5. Abstain from the usage and administration and taking of illegal substances, as stated in the "Olympic Movement Anti-Doping Code 1999" and "Appendix A (Prohibited Classes of Substances and Prohibited Methods 1st April 2000)".
6. Together with officials, be jointly responsible for the conduct and control of team fans and spectators.
7. Accept decisions of officials and judges in competition as being fair and called to the best of ability of said officials and judges.
8. Emphasize that good athletes strive for good mental and physical health.
9. Be a role model by setting a positive behavior.
10. Not initiate or have any contact with the judges during the event.
11. Should highlight any questions or concerns that affect a team's performance to the appropriate official before the commencement of the competition.
12. Adhere to all Cheerleading Association (Singapore) (CAS) rules and regulations.

### Cheerleaders should:

1. Abstain from the possession and drinking of alcoholic beverages in the presence of spectators, officials, judges and/or other teams while wearing team uniforms, tracksuit and/or jackets (representing their team).
2. Abstain from the possession and smoking of tobacco in the presence of spectators, officials, judges and/or other teams while wearing team uniforms, tracksuit and/or jackets (representing their team/country).
3. Abstain from the taking of drugs
4. Abstain from the taking of illegal substances, as stated in the "Olympic Movement Anti-Doping Code 1999" and "Appendix A (Prohibited Classes of Substances and Prohibited Methods 1st April 2000)".
5. Not criticise opposing coaches, cheerleaders or fans word of mouth or gestures.
6. Not use abusive or profane language at any time.
7. Take the responsibility of providing positive leadership both when cheering and when not cheering.
8. Always show respect and be courteous to officials, opposing coaches, cheerleaders and fans.
9. Not initiate or have any contact with the judges during the event.
10. Strive to promote good sportsmanship.
11. Strive to be modest in victory and gracious in defeat.
12. Be the ambassador of goodwill.



## ROUTINE REQUIREMENTS

### CHEER TEAM DIVISIONS

#### TIME LIMIT

Maximum two minutes & thirty seconds / one hundred and fifty seconds (2:30)

#### TEAM SIZE

Minimum 12 athletes, Maximum 16 athletes

#### AGE OF ATHLETES

1. **Primary Division:** Open to all cheerleading teams from primary schools or any equivalent.
2. **Secondary Division:** Open to all cheerleading teams from secondary schools or any equivalent.
3. **Senior High:** Open to all cheerleading teams from junior colleges, polytechnics, ITEs or any equivalent.
4. **Open:** 16 years or older within the year of the Championship.

### ROUTINE REQUIREMENTS

Cheer teams are required to perform:

#### 1. Cheer Component

- The cheer portion must be performed without music.
- No voice-overs or words may be recorded to make the teams' vocal projection sound louder.
- The cheer portion is based on the ability to lead the crowd, use of signs, poms, and practical use of stunt/ pyramids to lead the crowd.
- Please see *General Safety Rules - Props* for the list of props allowed.

#### 2. Music Component

For the music component, athletes must perform partner stunts, pyramids, tosses (exception: Primary Division), jumps, tumbling and dance.

### SPIRIT TEAM DIVISIONS

#### TIME LIMIT

Maximum one minute & fifteen seconds / seventy-five seconds (1:15)

#### TEAM SIZE

Minimum 8 athletes, Maximum 12 athletes

#### AGE OF ATHLETES

1. **Primary Division:** Open to all cheerleading teams from primary schools or any equivalent.
2. **Secondary Division:** Open to all cheerleading teams from secondary schools or any equivalent.
3. **Open:** 16 years or older within the year of the Championship.

### ABOUT SPIRIT TEAM DIVISIONS

This division is created to showcase what traditional cheerleading is all about – leading the crowd! Schools are highly encouraged to send their school or even house cheer teams to participate in this category. Organizations are also encouraged to send their athletic program fan clubs to participate in this competition.



## ROUTINE REQUIREMENTS

Spirit teams are required to perform a cheer and a dance.

For the **cheer component**, teams are encouraged to use their school/organization/team cheer. Props (poms, signs, flags, megaphones and/or banners) are permitted during this segment. Emphasize on crowd involvement and showcase your best crowd-leading material. Skills are allowed in this segment. Please refer your division safety rules.

- The cheer portion must be performed without music.
- No voice-overs or words may be recorded to make the teams' vocal projection sound louder.
- The cheer portion is based on the ability to lead the crowd, use of signs, poms, and practical use of stunt/ pyramids to lead the crowd.
- Please see *General Safety Rules - Props* for the list of props allowed.

The dance component is intended to serve the purpose of a pre-game, half-time or time-out performance. Props, except poms, are not allowed to be used during this segment. For this segment, teams are NOT allowed to incorporate tumbling or stunts. The emphasis of this segment is on crowd entertainment.

Judging will be based on the following criteria:

1. Crowd oriented movements, fit to music, using effective spacing and formations, and incorporating visual effects.
2. Placement, synchronization and strength of motions.
3. Overall impression and crowd appeal.
4. Emphasis will be placed on practicality. All material should be suitable and able to be performed multiple times during a game.

To assist new teams, Cheerleading Association (Singapore), (CAS), will be providing tutorials on the website <http://www.cheerleading.org.sg> by the 3rd week of February.

## GROUP / PARTNER STUNT DIVISIONS

### TIME LIMIT

Maximum one minute / sixty seconds (1:00)

### TEAM SIZE

1. **All Girl Open Group Stunt:** Up to 5 female athletes
2. **Coed Open Group Stunt:** 1 female athlete, up to 4 male athletes
3. **Coed Open Partner Stunt:** 1 female athlete, 1 male athlete and 1 spotter

### AGE OF ATHLETES

16 years or older within the year of the Championship.

## ROUTINE REQUIREMENTS

The divisions require only a music component which teams are to perform:

1. **All Girl / Coed Open Group Stunt**  
Only partner stunts and tosses. Pyramids and use of props are not permitted.
2. **Coed Open Partner Stunt**  
Only partner stunts. Props are not allowed.



## GENERAL SAFETY RULES

1. Athletes and coaches may not be under the influence of alcohol, narcotics, performance enhancing substances, or over-the-counter medications while participating in a practice or performance that would hinder the ability to supervise or execute a routine safely.
2. During performance, required spotters for all skills must be your own team's members.
3. The use of any height-increasing apparatus (e.g. mini-trampoline, etc.) other than a spring floor is prohibited for performance.
4. Drops including but not limited to knee, seat, thigh, front, back, and split drops from a jump, stunt, or inverted position are not allowed unless the majority of the weight is first borne on the hands or feet, which breaks the impact of the drop. Shushinovs are allowed.
5. Basket and Elevator/Sponge Tosses are prohibited on surfaces other than grass (real or artificial) or a mat.
6. Flipping skills into or from stunts, tosses or pyramids are prohibited on surfaces other than grass (real or artificial) or a mat.
7. Two and one half high pyramids are prohibited on surfaces other than grass (real or artificial) or a mat.
8. Athletes must have at least one foot, hand or body part (other than hair) on the performing surface when the routine begins.  
*Exception: Athletes may have their feet in the hands of base(s) if the base(s) hands are resting on the performing surface.*
9. Chewing of gum, candy or any other food during practice and performance is not allowed.
10. During performance, although teams are allowed to show spirit briefly to the crowd, any skill performed before or after the allotted routine time is discouraged. In a competition environment, it is not allowed and will be penalized.

## PROPS

1. Only the following props are allowed: flags, banners, signs, pompons, megaphones, and pieces of cloth.
2. Props with poles or similar support apparatus may not be used in conjunction with any kind of stunt or tumbling.
3. When discarding props (signs, etc.) that are made of solid material or have sharp edges/corners, team members must gently toss or place the props so that they are under control.  
*E.g. throwing a hard sign across the mat from a stunt would be illegal.*
4. Any uniform piece purposefully removed from the body and used for visual effect will be considered a prop.

## UNIFORM

1. Uniform must be appropriate for cheerleading. No baggy clothes, pockets, hoods, ties, aprons, bibs, suspenders or slippery materials allowed.
2. No see through material may be worn.
3. Underwear must not be visible.
4. No tear-away uniforms or clothing is allowed.

## FOOTWEAR

1. Soft-soled shoes must be worn while cheering or competing.
2. No dance shoes/boots, and/or gymnastics shoes (or similar) allowed.
3. Shoes must have a solid sole.

## HAIR ACCESSORIES

1. Accessories (example: scrunchies, ribbons, elastic hair ties etc) have to be tightly secured.
2. All hard or sharp accessories are prohibited. Hair accessories such as (but not limited to) hair barrettes, clamps, claws, clips, combs (except for snap clips) sticks, headbands (except that of cloth material), and tiaras are not allowed.  
Only basic snap clips, hair ties, ponytail holders and scrunchies, cloth headbands, ribbons and bobby pins with rounded edges are allowed.

## MEDICAL ITEMS

1. Casts that are hard and unyielding or have rough edges must be appropriately covered with a padded material. A participant wearing a cast (excluding a properly covered air cast) shall not be involved in stunts, pyramids, tosses or tumbling.  
*Clarification: The appropriately padded material must be such that it protects both the athlete and fellow athletes from injury.*
2. Physical guards such as knee support straps or wrist guards are allowed.
3. Medical bracelets are allowed provided they are taped to the body.
4. Spectacles (exception: contact lenses) and/or other medical items (unless otherwise stated) may not be worn during the performance.  
*Exception: For Primary Division, participants may wear only plastic spectacles with a safety strap to secure the spectacles during the routine. Metal spectacles are strictly disallowed.*



## PRIMARY DIVISION RULES

### CLIMBING

1. Any toss to pyramid is prohibited. Example: basket toss or elevator prep toss to a pyramid.
2. Aerial twisting into stunts or pyramids is prohibited.
3. Flipping into a stunt or pyramid is prohibited.

### DISMOUNTS

1. Only straight drops are allowed. Cradles, hip-over-head rotations and twisting dismounts are prohibited.
2. Top person cannot dismount unassisted from 2 high.
3. Top person may dismount directly to the performing surface with one assisting spotter.
4. Stunts may not dismount into a prone or face down position.
5. Tension drops/tension rolls are prohibited.

### INVERSIONS

1. Inverted stunts and pyramids are illegal.

### LANDING

1. Landing on the ground other than the feet is prohibited.

### PARTNER STUNTS & PYRAMIDS

1. Extended stunts are prohibited.
2. Pyramids are limited to 2 person high and 2 layers only. Any top person must receive primary support from a base(s) who is in direct, weight-bearing contact with the performing surface.
3. Physical contact must be maintained at all times between the top person and the base(s) during the stunt.
4. During a pyramid, minor release of physical contact between the base and the top person in a pyramid transition are allowed ONLY when:
  1. The top person remains vertical and upright
  2. The top person remains physical contact with the other members at the second layer
  3. Weight of the top person is not being borne by the second layer or on another stunt.
5. Transitional stunts involving changing bases are prohibited.

6. When a top person moves to a flat body position (Example: prone position, layout position or on side) the stunt must originate from prep level or lower and the top person must be caught by at least 4 catchers. Physical contact must be maintained with an original base. If the weight of the top person does not remain within the vertical axis of one stunt, 4 additional stationary catchers who are not original bases are required.
7. Top persons are not allowed to hold or pass through an inverted position during a stunt or dismount. This includes needle stunts, supported handstand stunts, roll-ups cartwheels or handstands into stunts.
8. Hanging pyramids are not allowed.
9. Single-based split catch is prohibited.
10. Top person in a split position must have continuous hand to body contact with a base and must be supported on the back thigh. Bases must have constant contact with the performing surface.
11. No stunt, pyramid, individual, or prop may move through, over or under a stunt or pyramid.

### TOSSES

1. No tosses are allowed.

### TUMBLING

1. Flipping and twisting are prohibited.
2. Tumbling sequences are strictly restricted to 2 tumbling skills.
3. Aerial tumbling, over, under, or through a stunt, individual, or prop is prohibited. Exception: Dive roll over a prop or individual.
4. Tumbling with a prop is prohibited. Exception: Forward roll with pompons.
5. Spotted, assisted or connected tumbling is prohibited. This includes toe and leg pitch flips and double cartwheels. All tumbling must originate from and land on the performing surface.



## SECONDARY DIVISION RULES

### CLIMBING

1. Any flipping toss to the third layer of a pyramid is prohibited.
2. Aerial twisting into stunts or pyramids exceeding 1 rotation is prohibited.
3. Flipping into a stunt or pyramid is prohibited.

### DISMOUNTS

1. Top person cannot dismount to the floor unassisted from 2 high or over.
2. Unassisted skills dismount to performing surface is prohibited.
3. Top person dismounting from single based-stunts with flips or twists is prohibited.
4. Top person dismounting from 3rd layer pyramids with a gymnastic skill (meaning: twist, somersault, toe touch etc.) must be caught in a cradle by at least two catchers.
5. Twisting dismount from stunts/pyramids exceeding 1 rotation is strictly prohibited.
6. Forward with twisting or backward roll dismounts from stunts/pyramids are prohibited.
7. Tension drops/tension rolls are prohibited.
8. Stunts in which the base uses only one arm for supporting a twist or flip dismount is prohibited.
9. Single-based stunts when cradled must have a spotter at the head and shoulder area of the partner. Exception: cradle from chair or torch.
10. Stunts may not dismount into a prone or face down position.
11. Stunts may dismount to a new set of bases if caught in a cradle position by at least 2 catchers with a separate spotter at the head and shoulder area of the partner (physical contact must be maintain with an original base) Catchers and bases must be stationary prior to the initiation of the dismount.

### INVERSIONS

1. Inverted stunts and pyramids are illegal.

### LANDING

1. Landing on the ground other than the feet is prohibited.

### PARTNER STUNTS & PYRAMIDS

1. Extended stunts are permitted to two and a half person high. Pyramids are limited to 2 layers 2.5 high OR 3 layers 2 high. However, pyramids which are 3 layers, 2.5 high are strictly prohibited. Any top person must receive primary

- support from a base(s) who is in direct, weight-bearing contact with the performing surface.
2. Single-based extended stunts are allowed if the top person is centered directly over the base. The spotter must be positioned (either to the side or directly behind the stunt) to protect the head/shoulders of the top person.
3. Physical contact must be maintained at all times between the top person and the base(s) during the stunt.
4. During a pyramid, minor release of physical contact between the base and the top person in a pyramid transition are allowed ONLY when:
  1. The top person remains vertical and upright.
  2. The top person remains physical contact with the other members at the second layer.
  3. Weight of the top person is not being borne by the second layer or on another stunt.
5. When a stunt involves changing bases, the base may make no more than a half turn (180 degrees) as they take the top person to a new base. The top person must remain in an upright (vertical) position throughout the transition.
6. When a top person moves to a flat body position (Example: prone position, layout position or on side) the stunt must originate from prep level or lower and the top person must be caught by at least 4 catchers. Physical contact must be maintained with an original base. If the weight of the top person does not remain within the vertical axis of one stunt, 4 additional stationary catchers who are not original bases are required.
7. Top persons are not allowed to hold or pass through an inverted position during a stunt, toss or dismount. This includes needle stunts, supported handstand stunts, roll-ups cartwheels or handstands into stunts.
8. Hanging pyramids are allowed if and only if they are upright and stationary. Each top person at the shoulder stand level must have a continuous spotter and bases must brace the hanging person(s). Moving or rotating diamond heads are not allowed.
9. Top persons in a suspended split or being sponge toss to the split position must have continuous hand to body contact with a base and must be supported on the back thigh. Bases must have constant contact with the performing surface.
10. Single-based split catch is prohibited.
11. No stunt, pyramid, individual, or prop may move through, over or under a stunt or pyramid.
12. Single-based double awesomes, single-based double liberties and variations are illegal



## SPOTTING

1. A spotter is required for all extended stunts.
2. All pyramids over 2 high must have a spotter for each top person on the third layer.
3. If the number of the top person on the extended stunts is over the number of base(s), there must be a spotter for each top person. Example:  
Double Awesome

## TOSSES

1. Tosses must be performed from ground level and must be dismounted to a cradle position by the original 2 bases plus a spotter at the head and shoulder of the top person.
2. Tosses must be performed by no more than 4 bases.
3. Tosses involving twisting rotations may not exceed 1 rotation OR 1 twist and must be cradled.
4. Flipping tosses are prohibited.
5. A top person may not be tossed to another set of bases or to another stunt. The bases must remain stationary during the toss.
6. No stunt, pyramid, individual or prop may move through or under a toss/pop.
7. Tosses/pops may not be thrown over or through the stunts, pyramids, individuals or props.
8. Helicopter Tosses are prohibited.

## TUMBLING

1. Tumbling skills that exceed 1 flipping rotation and/or 1 twisting rotations are prohibited.  
*Example: No double back tucks, triple fulls, etc.*
2. Tumbling sequences are strictly restricted to 3 tumbling skills.
3. Aerial tumbling, over, under, or through a stunt, individual, or prop is prohibited. Exception: Dive roll over a prop or individual.
4. Tumbling with a prop is prohibited. Exception: Forward roll with pompons.
5. Spotted, assisted or connected tumbling is prohibited. This includes toe and leg pitch flips and double cartwheels. All tumbling must originate from and land on the performing surface.

**NATIONAL CHEERLEADING CHAMPIONSHIP**



## SENIOR HIGH AND OPEN DIVISION RULES

### CLIMBING

1. Any flipping toss to the third layer of a pyramid is prohibited.
2. Aerial twisting into stunts or pyramids exceeding 2 rotations is prohibited.
3. Flipping into a stunt must originate from ground level and limited to 1 rotation.
4. Flipping into a pyramid is prohibited.

### DISMOUNTS

1. Top person cannot dismount to the floor unassisted from 2 high or over.
2. Unassisted skills dismount to performing surface is prohibited.
3. Top person dismounting from single based-stunts with a forward flipping or twist must be caught in a cradle by the original base and an additional spotter.
4. Top person dismounting from third layer pyramids with a gymnastic skill (Example: twist, somersault, toe touch etc) must be caught in a cradle by at least two bases.
5. Twisting dismount from stunts/pyramids exceeding 2 rotations are strictly prohibited.
6. Forward roll dismounts from stunts/pyramids exceeding 1 rotation are prohibited.
7. Forward roll with twisting or backward dismounts are prohibited.
8. Tension drops/tension rolls are prohibited.
9. Stunts in which the base uses only one arm for supporting a twist or flip dismount is prohibited.
10. Stunts may not dismount into a prone or face down position.
11. Stunts may dismount to a new set of bases if caught in a cradle position by at least 2 catchers with a separate spotter at the head and shoulder area of the partner (physical contact must be maintain with an original base) Catchers and bases must be stationary prior to the initiation of the dismount. This applies also to single-based double awesomes, single-based double liberties and variations

### INVERSIONS

1. Inverted pyramids are limited to 2.5 persons high and 3 layers. Inverted person must be supported by at least one person on second layer or below.
2. Downward inversions from prep level and below above must be assisted by at least two bases. The top person must maintain contact with an original base.
3. Braced flips/suspended flips from inverted pyramids are allowed if the top person remains

in direct physical contact with at least one person at prep level or below and must be caught by at least two catchers.

### LANDING

1. Landing on the ground other than the feet is prohibited.

### PARTNER STUNTS & PYRAMIDS

1. Extended stunts are permitted to two and a half person high. Pyramids up to 3 layers, 2.5 high are allowed. Any top person must receive primary support from a base(s) who is in direct, weight-bearing contact with the performing surface.
2. Single-based extended stunts are allowed if the top person is centered directly over the base. The spotter must be positioned (either to the side or directly behind the stunt) to protect the head/shoulders of the top person.
3. Physical contact must be maintained at all times between the top person and the base(s) during the stunt.
4. During a pyramid, minor release of physical contact between the base and the top person in a pyramid transition are allowed ONLY when:
  1. The top person remains vertical and upright
  2. The top person remains physical contact with the other members at the second layer
  3. Weight of the top person is not being borne by the second layer or on another stunt.
5. When a stunt involves changing bases, the base may make no more than a half turn (180 degrees) as they take the top person to a new base. The top person must remain in an upright (vertical) position throughout the transition.
6. When a top person moves to a flat body position (Example: prone position, layout position or on side) the stunt must originate from prep level or lower and the top person must be caught by at least 4 catchers. Physical contact must be maintained with an original base. If the weight of the top person does not remain within the vertical axis of one stunt, 4 additional stationary catchers who are not original bases are required.
7. Top person are not allowed to hold or pass through an inverted position during a stunt, toss or dismount. This includes needle stunts, supported handstand stunts, roll-ups cartwheels or handstands into stunts.
8. Hanging pyramids are allowed if and only if they are upright and stationary. Each top person at the shoulder stand level must have a continuous spotter and bases must brace the hanging person(s). Moving or rotating diamond heads are not allowed.
9. Top person in a suspended split or being sponge toss to the split position must have continuous hand to body contact with a base

and must be supported on the back thigh. Bases must have constant contact with the performing surface.

10. Single-based split catches is prohibited.
11. No stunt, pyramid, individual, or prop may move through, over or under a stunt or pyramid.
12. Single-based double awesomes, single-based double liberties and variations are legal, provided there is a separate spotter for each partner in the stunt. Both feet of each partner must be in contact with the main base.

## SPOTTING

1. A spotter is required for all extended stunts.
2. All pyramids over 2 high must have a spotter for each top person on the third layer.
3. If the number of the top person on the extended stunts is over the number of base(s), there must be a spotter for each top person. Example:  
Double Awesome

## TOSSES

1. Tosses must be performed from ground level and must be dismounted to a cradle position by the original 2 bases plus a spotter at the head and shoulder of the top person.
2. Tosses must be performed by no more than 4 bases.
3. Tosses are limited to either:
  - o 2 flipping rotations;
  - o 1 flipping rotation and/or a maximum of 2 twists; or
  - o 1 layout
4. No stunt, pyramid, individual or prop may move through or under a toss/pop.
5. Tosses/pops may not be thrown over or through the stunts, pyramids, individuals or props.
6. Helicopter Tosses are limited to 360 degree rotations.

## TUMBLING

1. Tumbling skills are limited to 1 flipping and 2 twisting rotations.
2. Aerial tumbling, over, under, or through a stunt, individual, or prop is prohibited. Exception: Dive roll over a prop or individual.
3. Tumbling with a prop is prohibited. Exception: Forward roll with pompons.
4. Spotted, assisted or connected tumbling is prohibited. This includes toe and leg pitch flips and double cartwheels. All tumbling must originate from and land on the performing surface.



## JUDGING PROCEDURES

1. The judges for the event will be appointed at the sole discretion of Cheerleading Association (Singapore).
2. Scoring judges will be responsible for scoring each team's performance using a 100 point system. There will be a panel of 5 or more judges. The highest and lowest score given for each team will be dropped and the remaining judges scored will be totalled to determine the team score.
3. Penalty judges will be responsible for determining and assessing all point deductions for perfection of routine and competition safety guideline violations. The penalty points will be averaged and deducted from the subtotal of the remaining scores to reach a grand total.
4. Judges will decide on the place winners based on the final score. In the event of a tie, the high and low score will be added back into the total score. If a tie remains, the ranking points from each judge will be used to break the tie.

## SCORES AND RANKINGS

Individual score sheets are for the exclusive use of each particular judge. Each judge has the responsibility and authority to review and submit his or her final scores and rankings prior to the final tally of the scores for all teams. Scores and rankings will be available **only** to coaches or captains after the conclusion of the competition. No scores or rankings will be given over the telephone. After each round of competition, teams will receive the judges' score sheets as well as their score and the top score in the group. In addition, teams will receive a ranking sheet with the names and scores of the teams final placement.

## FINALITY OF DECISIONS

By participating in this championship, each team agrees that decision by the judges will be final and will not be subject for review. Each team acknowledges the necessity for the judges to make prompt and fair decisions in this competition and each team therefore expressly waives any legal, equitable, administrative or procedural review of such decisions.

## PENALTIES

If you have any questions concerning the legality of a move or trick, please send a video to [cheerobics@cheerleading.org.sg](mailto:cheerobics@cheerleading.org.sg)

## PENALTY LIST

The following stated deduction point(s) is based on PER OCCURRENCE IN TECHNICAL SKILLS(stunt, pyramids, jumps, tumbling). The final deduction to be made to the final score is averaged from the penalty judges totalled points.

No	Description	Points
1	Obvious Wobbles	1
2	Major Mistakes	2
3	Major Misses	3
4	Safety Guidelines Violations	4
5	Major Falls (Pyramids Only)	5
6	Judges Stopping of Routine	5
7	General Competition and Safety Rules	10

**OBVIOUS WOBBLER** (1 point deduction per occurrence)

- a) Shaky stunts/pyramids
- b) Incomplete dismount
- c) Obvious errors during jumps and tumbling skills
- d) Dropped handheld prop
- e) Memory mistakes involving obvious incorrect moves execution
- f) Collisions during transitions

**MAJOR MISTAKES** (2 points deduction per occurrence)

- a) Falls prematurely from individual stunts after pose, top person is safely caught
- b) Falls from jumps and tumbling skills

**MAJOR MISSES** (3 points deduction per occurrence)

- a) Falls before pose, top person is safely caught
- b) No execution of stunt

**SAFETY VIOLATIONS** (4 points deduction per occurrence)

- a) Violation of safety guidelines
- b) Failure to catch top person

**MAJOR FALLS** (5 points deduction per occurrence) (Pyramids Only)

- a) Collapse of Pyramid

**JUDGES STOPPING OF ROUTINE** (5 points deduction per occurrence)

The Head Judge reserves the right to stop a routine due to:

- a) Uniform distraction
- b) Inappropriate exposure

## GENERAL COMPETITION AND SAFETY

### GUIDELINES (10 points per occurrence)

A 10 point deduction will be given for EACH occurrence of the General Competition and Safety Guidelines violation. This includes the following:

- Routine, Entrance & Exit Time  
Exceed the allotted time.
- Entrance and Exit  
Any skill performed before or after the allotted routine time.
- Performance Area  
Athlete steps outside of the competition boundary.
- Routine Requirements Failure to perform any of the compulsory routine requirements. (If a competitor is unable to do the compulsory exercises due to an injury, it will not be considered a violation.)
- General Safety Violation  
Refer to General Safety Rules.
- Inappropriate Choreography / Music  
Occurrence of any vulgar or suggestive movements and/or use of music with overtly sexual content, racist or vulgar lyrics

### DISQUALIFICATION

Any violation against the policies of the following found in the competition guidelines will result in disqualification of the offending coach, team or participant.

- Code of Conduct
- Eligibility
- Practice & Dry Runs Refusal to keep dry runs within the allotted time.

## SCORESHEET

### CHEER TEAM DIVISIONS

TECHNICAL	50 POINTS
EXPRESSION <i>Facial Expressions, Voice Inflection, Props, Cheer, Sideline</i>	10 POINTS
ARM MOTIONS <i>Placement, Sharpness, Powerful, Speed, Synchronization, Variety</i>	5 POINTS
DANCE <i>Accuracy, Synchronization, Energy, Level Changes, Precision, Dynamism</i>	5 POINTS
JUMPS <i>Accuracy, Flexibility, Power, Techniques, Height, Landing, Variety</i>	5 POINTS
TUMBLING <i>Techniques, Skill Level, Height, Landing, Variety</i>	5 POINTS
PARTNER STUNTS <i>Stability, Timing, Techniques, Difficulty, Transitions, Positioning, Control, Dismounts</i>	10 POINTS
PYRAMIDS <i>Stability, Techniques, Timing, Positioning, Variety, Difficulty, Dismounts</i>	10 POINTS
<b>DIFFICULTY</b>	<b>20 POINTS</b>
OVERALL DIFFICULTY <i>Skill Level, Standard Level, Speed, Flow, Delivery</i>	10 POINTS
SPEED / TRANSITION <i>Sharpness of Skills, Timing, Flow</i>	10 POINTS

OVERALL EVALUATION	30 POINTS
SYNCHRONIZATION <i>Precision, Placement, Techniques, Timing, Creativity, Level Changes, Difficulty</i>	10 POINTS
OVERALL EVALUATION <i>Choreography, Speed, Projection, Precision</i>	10 POINTS
PERFECTION <i>Overall Perfection, Skills, Stunts/Pyramids, Poise, Energy, Confidence, Spacing</i>	10 POINTS
<b>TOTAL</b>	<b>100 POINTS</b>

### SPIRIT TEAM DIVISIONS

CHEER COMPONENT	50 POINTS
CROWD EFFECTIVE MATERIAL <i>Easy to follow, encourages crowd participation</i>	10 POINTS
SPACING AND FORMATIONS <i>Spacing, formations, positioned to cover crowd</i>	10 POINTS
VOICE AND PACE <i>Loud natural voices, good inflection, moderate controlled pace</i>	10 POINTS
USE OF SIGNS/ POMS/ FLAGS/ MEGAPHONES/ SKILLS <i>Used to encourage crowd response</i>	10 POINTS
MOTIONS <i>Placement, synchronization and strength</i>	10 POINTS
MUSIC COMPONENT	30 POINTS
CHOREOGRAPHY <i>Creativity, musicality, transitions and formations,</i>	10 POINTS
MOTIONS <i>Placement, synchronization and strength of motions/movement</i>	10 POINTS
GENERAL EFFECT <i>Visual effect, spacing</i>	10 POINTS
<b>OVERALL EFFECT</b>	<b>20 POINTS</b>
OVERALL IMPRESSION <i>Audience appropriateness, execution</i>	10 POINTS
CROWD APPEAL <i>Facial expression, eye contact, energy</i>	10 POINTS
<b>TOTAL</b>	<b>100 POINTS</b>

### GROUP STUNT/PARTNER STUNT DIVISIONS

PARTNER STUNTS <i>Stability, timing, techniques, difficulty, transitions, positioning, control, dismounts, variety</i>	20 POINTS
PERFECTION <i>Skills, stunts, poise, energy, confidence, positioning</i>	10 POINTS
SYNCHRONIZATION <i>Precision, placement, techniques, timing, creativity, level changes</i>	10 POINTS
OVERALL EVALUATION <i>Choreography, speed, projection, expression</i>	10 POINTS
<b>TOTAL</b>	<b>50 POINTS</b>



## GLOSSARY

Aerial	To be free of contact with a person or the performing surface.
Aerial Tumbling	An aerial maneuver involving hip-over-head rotation in which a person uses their body and the performing surface to propel himself/herself away from the performing surface.
Arch	A body position achieved with a slightly curved total body shape with the knees and hips fully extended with the back in a position of slightly hyperextension (chest rounded forward) and arms positioned directly overhead.
Assisted Tumbling	Any form of physical assistance to an individual performing a tumbling skill. This does not apply to gymnastic oriented stunts.
Awesome	An extended stunt where a partner has both feet together in the hand(s) of the base(s). Also referred to as "Cupie"
Back Bend	A body position with an high degree of bending with an arched back and stretched shoulders where the hands and feet are on the floor.
Back Handspring	See "Backward Handspring"
Back Somersault	See "Forward Somersault"
Back Tuck	An aerial body position that is achieved by a hip-over-head rotation where one rotates backward through an inverted position by lifting the hips over the head and shoulders and assuming a tuck position.
Backward Handspring	A non-aerial tumbling skill where one takes off from one or two feet, jumps backward onto the hands and lands on the feet.
Backward Roll	A non-aerial tumbling skill where one rotates backward into/or through an inverted position by lifting the hips over the head and shoulders while curving the spine to create a motion similar to a ball "rolling" across the floor.
Backward Somersault	An aerial tumbling skill that usually begins with taking off two feet to rotate hip over head, then lands again on the feet. Also referred to as "Back Somersault".
Backward Walkover	A non-aerial tumbling skill where one moves backward into an arched position, with the hands making contact with the ground first, then rotates the hips over the head and lands on one foot/leg at a time.
Base	A person with at least one foot on the floor who is in direct weight-bearing contact with the performing surface and provides primary support for another person. The person(s) that holds, lifts or tosses a top person into a stunt.
Basket Toss	A toss with no more than 4 bases, 2 of which use their hands to interlock wrists.
Block	A rapid rebounding off of the floor with the arms. The block comes from the shoulders exploding towards extension.
Brace	A physical connection providing stability to a top person without having weight-bearing contact. The stunt could remain stable without a brace.
Braced Flip	A stunt in which a top person performs a hip-over-head rotation while in constant physical contact with another top person(s).
Cartwheel	A non-aerial gymnastic skill where one supports the weight of the body with the arm(s) while rotating sideways through an inverted position landing on one foot at a time.
Catcher	One of the person(s) responsible for the safe landing of a top person during a stunt.
Chair	A stunt in which the flyer is in a sitting position on the fully extended hand(s) of the base(s).
Cheer	A cheer always includes words for the crowd to yell and normally begins with a Captain's "Ready" or "1, 2, 3, 4!" Example: Ready, Ok!...or 1, 2, 3, 4! Singapore yell Go! Go! Singapore yell Fight! Fight! Singapore yell Win! Win! Put it all together now Go! Fight! Win!
Connected Tumbling	Physical contact between to or more individuals performing tumbling skills simultaneously.
Cradle	Catcher(s), with palms up, catches a flyer by placing one arm under the back and the other under the thighs of the flyer. The flyer must land in a pike position.
Cupie	See "Awesome"
Dead Man Lift	Stunt in which the flyer is in a layout position, supported away from the ground level by one or more bases.
Diamond Head	A hanging pyramid in which two flyers are supported away from the ground level by holding onto the arms of a third flyer in a shoulder stand. The shoulder stand base supports the two suspended flyers with his/her arms.
Dismount	The process of leaving or finishing a stunt, pyramid or release onto the performing surface or into a cradle.
Dive Roll	An aerial forward roll where the hands and feet are off of the performing surface simultaneously.



Double-Based Stunt	A stunt having 2 bases not including the spotter.
Double Cartwheel	Two partners performing cartwheel(s) while holding each others' thighs, waist, etc.
Downward Inversion	A stunt or pyramid in which an inverted top person's center of gravity is moving toward the performing surface.
Drop	Dropping to the knee, thigh, seat, front, back or split position onto the performing surface from a jump, stand or inverted position without first bearing most of the weight on the hands/feet which breaks the impact of the drop.
Extended Stunt	A stunt which the entire body of the top person is supported in an upright position by the bases(s)' arm(s) fully extended above the head. Examples of stunts that are not considered "extended stunts": Chairs, torches, flat backs, arm-n-arms and straddle lifts. These are stunts where the bases arms are extended overhead, but are NOT considered to be "extended stunts" since the height of the body of the top person is similar to a prep level stunt. Clarification: If the primary bases go to their knees and extend their arms, the stunt would be considered extended.
Flat Back	A stunt in which the top person is lying horizontal and is usually supported by two or more bases.
Flip	An aerial skill that involves hip-over-head rotation without contact with the performing surface as the body passes through the inverted position. The acrobatic movement can be done forward, backward or sideward.
Flipping Toss	A toss where the top person rotates through an inverted position.
Fly-Over Back Flip	A basket toss or multi-based toss with and backward flip that is cradled by a new set of bases.
Fly-Over Toss	A basket toss or multi-based toss that travels and is cradled by a new set of bases.
Flyer	The person(s) on top of a stunt or toss. Also referred to as the "Top Person".
Forward Handspring	An aerial front tumbling skill that rotates 360 degrees from feet to hands to feet again with a strong shoulder block and straight arms and legs. Front handsprings can be stepped out or landed on two feet. Also referred to as "Front Handspring"
Forward Roll	A non-aerial tumbling skill where one rotates forward through an inverted position by lifting the hips over the head and shoulders while curving the spine to create a motion similar to a ball "rolling" across the floor.
Forward Walkover	A non-aerial tumbling where one into a split handstand and continues to walk over and step out onto the feet.
Front Drop	Dropping to the performing surface in a stomach down position.
Front Handspring	See "Forward Handspring"
Front Limber	A non-aerial tumbling skill where one rotates forward through an inverted position to a non-inverted position by arching the legs and hips over the head and down to the performing surface landing both feet/legs at the same time.
Front Tuck	An aerial tumbling skill in which the tumbler generates momentum upward to perform a forward flip.
Front Walkover	See "Forward Walkover"
Full	A 360 degree twisting rotation.
Ground Level	To be at the height of or supported by the performing surface.
Half High	Refer to "High"
Handstand	An inverted gymnastic control skill performed by supporting the body on both hands, with the arms straight and the body vertical.
Hanging Pyramid	A pyramid in which one or more persons are suspended off the performing surface by one or more top persons. Hanging pyramids must remain upright.
Helicopter Toss	A stunt where a top person in a horizontal position is tossed to rotate around a vertical axis (like helicopter blades) before being caught by original bases.
High	A unit used to express the height of pyramids and stunts. One High – Height of one person standing straight Half (0.5) High – Half the height of one person standing straight As height increases, the skill is expressed one and a half (1.5) – two (2) – two and a half (2.5) high.
Inverted Position	A body position where the person's head and shoulders is below his/her waist. Arch-back dismounts to a cradle are not considered inverted.
Jump	An airborne position not involving hip-over-head rotation created by using one's own feet and lower body power to push off the performance surface (bending the legs and pushing).
Layout	A stretched body position with neither the hips nor legs bent, straight, hollow, or slightly arched.

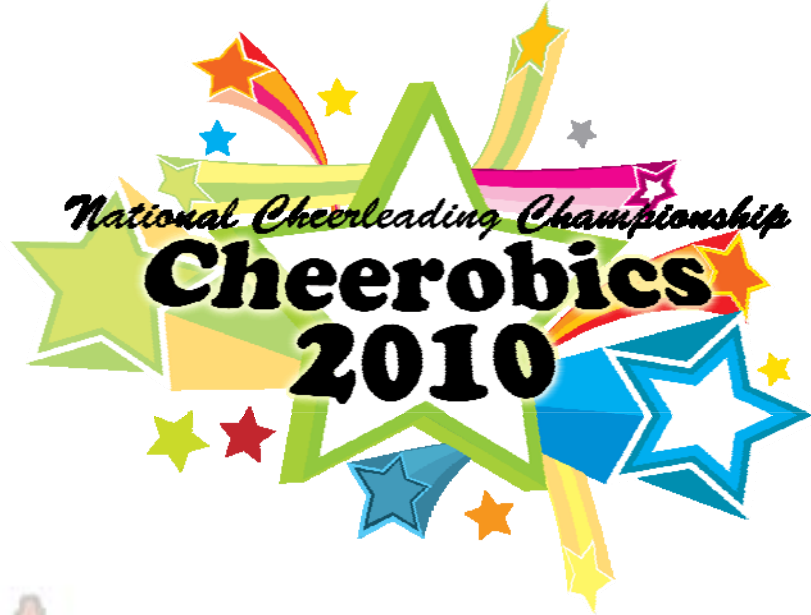
# Glossary

Layer	A unit used to express the number of layers there is to a stunt or pyramid. One Layer – A person standing with at least one foot stationed on the performing surface. 2 Layers – A stunt with flyer(s) having more than half of their weight on the 1st layer. 3 Layers – A stunt with flyer(s) having more than half of their weight on the 2nd layer.
Leg Pitch Flip	A single or multi-based toss in which the base(s) push upward on a single foot or leg of the partner to increase the partner's height (often resulting in a hip over head rotation/flip).
Log Roll	A partner in a horizontal position is tossed, the rotation parallel to the performing surface (twists) before being caught by the original bases.
Mount	See "Stunt"
Multi-Based Stunt	A stunt having 2 or more bases not including the spotter.
Needle	An inverted stunt position where the partner extends one leg vertically while pulling their body down to the supported leg. The head of the partner is below waist level.
One-Arm Stunt	Any extend single-based stunt in which one arm of the base has primary support of the partner.
One and a Half (1½) High Pyramid	See "High"
Partner Stunt	Any skill in which only one top person is supported above the performance surface by one or more persons.
Pike	A body position with the body bent forward at the hips with the legs kept straight.
Pop	A controlled pushing motion upward by a base(s) to increase the height of the partner or to release the partner to a cradle catch or dismount directly to the cheering surface.
Prep Level	The height of the bases hands and at least one foot of the top person are at shoulder-level (also known as shoulder-height). Chairs, torches, flat backs, arm-n-arms and straddle lifts will be considered prep level stunts.
Primary Support	Supporting a majority of the weight of the top person.
Prone	A body position with the front of the body facing the floor (face down), body straight.
Punch	A gymnastic term referring to an airborne position not involving hip-over-head rotation created by using one's own feet and lower body power to bounce off the performance surface from a tumbling skill. It involves an almost perfectly straight leg quick plyometric movement as opposed to a jump (bending the legs and pushing).
Pyramid	A grouping of multiple stunts that may or may not be connected to create a visual effect. Individuals standing at ground level may be incorporated into the grouping.
Rebound	See "Punch"
Regrab	Landing from a multi-based toss in a new toss, stunt, or any position other than a dismount.
Release	See "Aerial"
Roll-Up	A stunt in which a flyer starts lying down or seated on the cheering surface performs an assisted forward/back roll which transitions up into a stunt. The flyer goes through an inverted position before finishing the roll-up.
Rotation	The circular motion around an axis of the body.
Round Off	A non-aerial tumbling skill similar to a cartwheel but landing on both feet at the same time to the performing surface.
Second Level	A person being supported by one or more person(s) in contact with the ground and beneath the top person in a stunt.
Sequence	Two or more tumbling skills which are performed together creating a different combination skill.
Sideline	A repetition of short phrases. Example: Singapore Singapore All the Way! Singapore Singapore All the Way!
Single-Based Stunt	A stunt using a single base for support.
Somersaults	See "Flip"
Suspended Flip	A stunt in which a top person performs a hip over head rotation while in constant physical contact with a person(s) who is in direct weight bearing contact with the performing surface. Also referred to as a "Suspended Roll"
Suspended Roll	See "Suspended Flip"
Split	Any front or sideward body position in which the legs are extended apart as far as possible in opposite directions with the ideal angle of the legs being 180 degrees or more apart.
Split Catch	A stunt in which a flyer is in a Spread Eagle position, supported off the performing surface by the base(s) on the thighs (not to be confused with Straddle lift or Suspended Split). Single-based Split catches are prohibited.
Spotted Tumbling	See "Assisted Tumbling"



Spotter	A person whose primary responsibility is the protection of the head and shoulders area of a top person during the performance of a stunt/toss and may help control the building of, or dismounting from a stunt/toss. The spotter shall not provide primary support for the stunt, meaning the stunt or pyramid would remain stable without the spotter(s). The spotter must be in direct contact with the performing surface and shall be positioned to the side, back or front of the stunt/toss. The spotter must be in the proper position to prevent injuries and does not have to be in direct contact with the stunt. The spotter's torso cannot be under a stunt. An inattentive person(s) whose mobility or whose visions of the stunt is blocked are not considered a spotter. A spotter is required for all extended stunts.
Stunt	Any skill in which a top person is supported above the performance surface by one or more persons. Also referred to as a "Mount."
Sweep	A controlled pushing forward motion by a base(s) to release a partner to a cradle catch.
Tension Drop	A pyramid/stunt in which the base(s) and top(s) lean in formation until the top person(s) leave the base(s) without assistance. Also referred to as "Tension Roll"
Tension Roll	See "Tension Drop"
Three Layer Pyramid	See "Layer"
Toe Pitch Flip	See "Leg Pitch Flip"
Top Person	The person(s) on top of a stunt or toss. Also referred to as the "Flyer"
Torch	A stunt position in which the partner is standing on one foot with the lower part of her body turn to one side, while the upper part of the partner's body remains turned to the front (performed at shoulder level).
Toss	An aerial stunt where base(s) execute throwing motion from waist level to increase height of top person. Top person becomes free from all bases. Top person is free from performing surface when toss is initiated (example: basket toss or sponge toss). Note: Toss to hands, toss to extended stunts and toss chair are NOT included in this category.
Transitional Pyramid	A top person moving from one stunt to another. The transition may involve changing bases, however at least one person at prep level or below must maintain constant contact with the top person.
Transitional Stunt	Top person or top persons moving from one stunt to another thereby changing the configuration of the beginning stunt.
Tuck	A body position in which the knees and hips are bent and drawn into the chest. The hands may or may not grasp the legs.
Tumbling	Any gymnastic or acrobatic skill executed on the performing surface.
Twist	The rotation about the body's longitudinal, or vertical, axis (the axis that runs from head to toes) while airborne.
Twisting Toss	Any type of toss that involves the top person rotating at least 1/4 rotation around the vertical axis of the body.
Two High Pyramid	See "High"
Two and a Half (2½) High Pyramid	See "High"
Two Layer Pyramid	See "Layer"
Vertical Axis of a Stunt	The up and down direction of a top person with a stationary stunt group during stunts and pyramids.

NATIONAL CHEERLEADING CHAMPIONSHIP



All the items below are due by **SUNDAY, 28<sup>th</sup> FEBRUARY 2010.**

- Registration Form – Contact Information\*
- Registration Form – Athletes Information\*
- Registration Form – Teams Information – Cheer Team Divisions
- Registration Form – Teams Information – Spirit Team Divisions
- Registration Form – Teams Information – Group Stunt Divisions
- Registration Form – Teams Information – Partner Stunt Division
- Registration Form – Agreement of Compliance & Indemnity
- Cheque\*

\*Compulsory

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