

LUTHERAN SCHOOLS' CHEERLEADING FESTIVAL

CONSISTS OF 5 DIVISIONS
IN 3 DIFFERENT LEVELS

PEE-WEE

2ND GRADE AND UNDER
2 LEVELS—"NOVICE" & "ADVANCED"

ELEMENTARY

MOSTLY 2ND, 3RD, AND 4TH GRADE
2 LEVELS—"NOVICE" & "ADVANCED"

JUNIOR VARSITY

MOSTLY 5TH AND 6TH GRADE
3 LEVELS—"NOVICE", "INTERMEDIATE", & "ADVANCED"

VARSITY DIVISION

MOSTLY 7TH AND 8TH GRADE
3 LEVELS—"NOVICE", "INTERMEDIATE", & "ADVANCED"

NON-MOUNT DIVISION

ANY OF THE ABOVE DIVISIONS
LEVELS—according to Tumbling Guidelined

GENERAL ROUTINE RULES

THESE APPLY TO ALL DIVISIONS

ALL PARTICIPANTS MUST HAVE A SUBMITTED MEDICAL/LIABILITY
WAIVER IN ORDER TO PARTICIPATE.

DRESS AND ACCESSORIES

Cheerleading uniforms (or other performance uniform) must be worn for competition.

No tear-away uniforms or removal of clothing allowed.

NO JEWELRY *points will be deducted if judges notice jewelry.

Long hair must be pulled back and secured, so that judges can see faces.

Shoes must be worn at all times.

ROUTINE

1. Routines must be appropriate for family viewing. No vulgar or suggestive movements, words, or music is permitted.

2. Each team will perform a choreographed routine not to exceed the allotted time. **Pee-Wee/Elementary total allotted time is 3 minutes. JV/Varsity total allotted time is 4 minutes.** You may use a combination of floor cheers, chants, and/or dance to fill the allotted time. (It is not required that you do all three styles.)

3. **Pee-Wee/ Elementary Divisions:** Up to 1 and a half minutes (90 seconds of routine may be to music.

JV and Varsity: Up to 2 (two) minutes (120 seconds) of the routine may be preformed to music. You may not use only music as the entire routine (cheer/chant must be performed in conjunction). Exceptions have been made for other performing groups such as color guard.

4. Boundary for the routine is the cheerleading mat - 54' x 42'. Performers may not perform in the audience or judges area. There is no penalty for stepping off the mat.

5. No voice-overs or words may be recorded to make the teams vocal projection sound louder.

6. If the routine contains stunts, all "General Stunting Rules" apply.

7. If the routine contains tumbling, all "General Tumbling Rules" apply. NO tumbling permitted in "Novice" divisions.

8. The use of props such as a pompons, signs, megaphones, etc. can be used, but may not interfere with the safety of the performance.

9. Entrance on and exiting off the court/mat will not be considered part of the routine/performance.
10. Timing of the routine begins with the first word, music, or movement and ends with the last word, music, or movement.
11. Squads are to remain on the floor until dismissed by judges.
12. Each team is given an assigned warm-up time on the floor.

Judging and Awards

1. Judges use a scale of 1-5, with 1 being the low and 5 being the high.
2. All cheerleaders will receive a participation award. Two cheerleaders from each squad are chosen by the coach for the "Best All Around" cheerleader. Trophies will be awarded to every team competing.

GENERAL STUNTING RULES

1. Multi-based is defined as two (2) main bases and a spotter at the head/shoulders of the partner.
*All stunts performed at "prep/half" level (below shoulder level and including thigh stands) must have 2 (two) bases and spotter at the head/shoulder area of partner (front spotter is optional).
*All stunts performed at "extended" level (above shoulders) must have 2 (two) bases, back spotter and front spotter.
2. All stunts and/or pyramids are limited to 2 (two) persons high. Any partner must receive primary support from the bases who are in direct, weight-bearing contact with the performing surface.
3. No stunt, pyramid, individual, or prop may move through, over, or under a stunt or pyramid.
4. Single based stunts are illegal. *NOTE: Pony mounts and shoulder sits are permitted.
5. Shoulder stands are illegal.

TOSES:

1. Basket tosses or any type of multi-base tosses must be performed from ground level and must be dismounted to a cradle position by the original two (2) bases and a spotter at the head/shoulder of the partner. (Front spotter is optional and may assist in toss.)
2. The partner may not be tossed to another set of bases or to another stunt or toss before before the cradle. The bases must remain stationary during the toss. (No traveling baskets permitted.)
3. No stunt, pyramid, individual, or prop may move through or under a toss/pop. Tosses/pops are not allowed to be thrown over or through stunts, pyramids, individuals, or props.
4. Flip/basket-back are ILLEGAL. (NO hip over head rotation.)
5. Helicopter tosses are ILLEGAL. (Legal if bases maintain contact with the partner.)
6. Toss to prone position is ILLEGAL.
7. The head of the partner must remain in line with shoulders when hitting a back arch position during an aerial dismount from a stunt, pyramid, or toss. The partner may not snap their head back to increase the arch position.
8. The partner may not be inverted at any point during a toss.

GENERAL TUMBLING RULES

TUMBLING: Defined as hip over head rotation. Legal examples: Back and forward roll, cartwheel, round-off, aerial, back/front handspring, whip, back tuck, punch front, Arabian, layout, pike, full twist.

1. All tumbling must be performed by an experienced/trained athlete.
2. Tumbling skills that exceed one flipping rotation and/or one twisting rotation are prohibited. (No double fulls and double backs.)
3. Tumbling over, under, or through a stunt, individual, or prop is not permitted.
4. Tumbling with a prop (pompons, sign, banner, megaphones, etc.) is not permitted.

5. All tumbling must originate from the ground level. The person performing a tumbling stunt may (without hip over head rotation) rebound from his/her feet into a cradle.
6. Double person cartwheels are not permitted.
7. Spotted or assisted flips are not permitted. (example: toe and leg pitch flips, forward and backward suspended rolls)
8. Dive rolls are not permitted.
9. Aerial knee drops and aerial split drops are not permitted.
10. Front, back, and tension drops are not permitted.
11. Use of mini-tramp, springboards, or any other height increasing apparatus is not permitted.

*Coaches, please allow enough distance and time during tumbling passes to avoid collisions.

PEE-WEE DIVISION

Consists of students primarily in grades 2nd grade and below.

Pee-Wee division has two levels of entrance: NOVICE & ADVANCED

PEE-WEE "NOVICE"

All "General Routine Rules" apply.

All "General Stunting Rules" apply.

In addition:

1. One (1) legged stunts are not permitted (ie: liberties, heel stretch, arabesques, scorpions, torches, bow & arrow)

*Inside/Outside hitches ARE permitted ONLY if hitched foot is based.

2. Basket tosses or sponges are not permitted.
3. Full twisting dismounts (twist-cradles) are not permitted.
4. Inverted stunts are not permitted (head cannot go below waist).
5. All stunts must be done at the "prep" (half) level.
6. All stunts must consist of two (2) main bases and one (1) back spotter. (Front spotter is optional). This includes all stunts.
7. No connecting stunts/pyramids allowed.

TUMBLING: NO tumbling permitted.

PEE-WEE "ADVANCED"

All "General Routine Rules" apply.

All "General Stunting Rules" apply.

In addition:

1. "Extension" (full) stunt may be performed and must consist of two (2) main bases, one (1) back spotter and one front spotter.
2. All one (1) legged stunts (ie: liberties, heel stretch, arabesques, scorpions, torches, bow & arrow) must be performed at the "prep" (half) level ONLY.
3. Basket tosses or sponge tosses are not permitted.
4. Full twisting dismounts (twist-cradles) are not permitted.

TUMBLING: All "General Tumbling Rules" apply.

In addition: Splits, forward/backward rolls, cartwheels, round off, back handsprings are permitted.

ELEMENTARY DIVISION

Consists of students primarily 5th grade and below. No 6th, 7th, or 8th grade students permitted.

Elementary division has two levels of entrance: NOVICE & ADVANCED

ELEMENTARY "NOVICE"

All "General Routine Rules" apply.

All "General Stunting Rules" apply.

In addition:

1. One (1) legged stunts are not permitted (ie. liberties, heel stretch, arabesques, scorpions, torches, bow & arrow)

*Inside/Outside hitches ARE permitted ONLY if hitched foot is based.

2. Basket tosses or sponges are not permitted.
3. Full twisting dismounts (twist-cradles) are not permitted.
4. Inverted stunts are not permitted (head cannot go below the waist).
5. All stunts must be done at the "prep" (half) level.
6. All stunts must consist of two (2) main bases and one (1) back spotter. (Front spotter is optional.) This includes all stunts.
7. No connecting stunts/pyramids allowed.

TUMBLING: NO tumbling permitted.

ELEMENTARY "ADVANCED:

All "General Routine Rules" apply.

All "General Stunting Rules" apply.

In addition:

1. "Extension" (full) stunt may be performed and must consist of two (2) main bases, one (1) back spotter and one (1) front spotter.
2. All one (1) legged stunts (ie: liberties, heel stretch, arabesques, scorpions, torches, bow & arrow) must be performed at the "prep" (half) level ONLY.
3. Basket tosses or sponge tosses are not permitted.
4. Full twisting dismounts (twist-cradles) are not permitted.

TUMBLING: All "General Tumbling Rules" apply.

In addition: Splits, forward/backward rolls, cartwheels, round off, back handsprings are permitted.

JUNIOR VARSITY DIVISION

Consist primarily of 5th and 6th grade students.

Junior Varsity division consists of three levels: NOVICE, INTERMEDIATE, ADVANCED

JUNIOR VARSITY "NOVICE"

All "General Routine Rules" apply.

All "General Stunting Rules" apply.

In addition:

1. All stunts must be done at the "prep" (half) level.
2. All stunts must consist of two (2) main bases and one (1) back spotter (front spotter is optional) this includes thigh stands.
3. One (1) legged stunts are not permitted (ie: liberties, heel stretch, arabesques, scorpions, torches, bow & arrow)

*Inside/outside hitches are permitted only if hitched foot is based.

4. Basket tosses or sponge tosses are not permitted.
5. Full twisting dismounts (twist cradles) are not permitted
6. Inverted stunts are not permitted (head cannot go below waist)
7. No connecting stunt/pyramids allowed.

TUMBLING: NO tumbling permitted.

JUNIOR VARSITY "INTERMEDIATE"

All "General Routine Rules" apply.

All "General Stunting Rules" apply.

In addition:

1. "Extension" (full) stunts may be performed and must consist of two (2) main bases, one (1) back spotter and one (1) front spotter.
2. All one (1) legged stunts (ie: liberties, heel stretch, arabesques, scorpions, torches, bow & arrow) must be performed no higher than "prep" (half) level.
3. Basket tosses or sponge tosses are permitted and are limited to "toe-touch" only.
4. Full twisting dismounts (twist cradles) are permitted from the "prep" (half) level only, and cannot exceed one (1) twisting rotation.
5. Connecting stunts/pyramids are permitted but limited to:

*Forearm to forearm connecting stunts/pyramids: "extended" (full) stunt cannot be used to brace another "extended" (full) stunt. There must be a "prep" (half) in the middle on vice-versa.

*Hand to foot connecting stunts/pyramids: The partner must not be supporting the majority of the other partner's weight. Please remember that the one (1) legged stunts must be performed at "prep" (half) level.

*Foot to back or hip connecting stunts/pyramids: All stunts must be performed at "prep" (half) level. The partner must not be supporting the majority of the other partner's weight.

TUMBLING: All "General Tumbling Rules" apply.

In addition: Splits, forward/backward rolls, cartwheels, round off, back handsprings are permitted.

JUNIOR VARSITY "ADVANCED"

All "General Routine Rules" apply.

All "General Stunting Rules" apply.

In addition:

1. All "extended" (full) and one (1) legged extended stunt (ie: liberties, heel stretch, arabesques, scorpions, torches, bow & arrow) are permitted but require two (2) main bases, one (1) back spotter, and one (1) front spotter.
2. All basket tosses and sponge tosses are permitted, however, full (twisting) basket /sponges are not permitted.
3. Full dismounts (twist cradles) are permitted at "prep" and "extended" levels, however, cannot exceed one (1) twisting rotation.
4. Connecting stunts/pyramids are permitted but limited to:

*Forearm to forearm connecting stunts/pyramids. "Extended" (full) stunt cannot be used to brace another "extended" (full) stunt. There must be a "prep" (half) or one (1) legged stunt must be performed at "prep" (half) level.

*Foot to back or hip connecting stunts/pyramids: All stunts must be performed at "prep" (half) level. The partner must not be supporting the majority of the other partner's weight.

TUMBLING: All "General Tumbling Rules" apply.

VARSITY DIVISION

Consists primarily of 7th and 8th grade students.

Varsity division consists of 3 levels: NOVICE, INTERMEDIATE, AND ADVANCED

VARSITY "NOVICE"

All "General Routine Rules" apply.

All "General Stunting Rules" apply.

In addition:

1. All stunts must be done at "prep" (half) level.
2. All stunts must consist of two (2) main bases and one (1) back spotter (front spotter is optional) this includes thigh stands.
3. One (1) legged stunts are not permitted (ie: liberties, heel stretch, arabesques, scorpions, torches, bow & arrow).

*Inside/outside hitches are permitted only if hitched foot is based.

4. Basket tosses and sponge tosses are not permitted.
5. Full twisting dismounts (twist cradles) are not permitted.
6. Inverted stunts are not permitted (head cannot go below waist).
7. No connecting stunts/pyramids allowed.

TUMBLING: No tumbling permitted.

VARSITY "INTERMEDIATE"

All "General Routine Rules" apply.

All "General Stunting Rules" apply.

In addition:

1. "Extension" (full) and "awesomes" stunts may be performed and must consist of (2) main bases, one (1) back spotter and one (1) front spotter.
 2. All one (1) legged stunts (ie: liberties, heel stretch, arabesques, scorpions, torches, bow & arrow) must be performed no higher than "prep" (half) level.
 3. Basket tosses and sponge tosses are permitted and are limited to "toe-touch" only.
 4. Full twisting dismounts (twist cradles) are permitted, however must be done from "prep" (half) level only, and cannot exceed one (1) twisting rotation.
 5. Connecting stunts/pyramids are permitted but limited to:
 *Forearm to forearm connecting stunts/pyramids: "extended" (full) stunt cannot be used to brace another "extended" (full) stunt. There must be a "prep" (half) in the middle or vice-versa.
 *Hand to foot connecting stunts/pyramids: The partner must not be supporting the majority of the other partner's weight. There must be a "prep"(half) or one (1) legged stunt must be performed at "prep" (half) level.
 *Foot to back or hip connecting stunts/pyramids: All stunts must be performed at "prep" (half) level. The partner must not be supporting the majority of the other partner's weight.
- TUMBLING: All "General Tumbling Rules" apply.** In addition: Splits, forward/backward rolls, cartwheels, round off, back handsprings are permitted only.

VARSITY "ADVANCED"

All "General Routine Rules" apply.

All "General Stunting Rules" apply.

In addition:

1. All extended, awesomes, and one (1) legged extended stunts (ie: liberties, heel stretch, arabesques, scorpions, torches, bow & arrow) are permitted but require two (2) main bases, one (1) back spotter, and one (1) front spotter.
2. All basket tosses and sponge tosses are permitted, however, full (twisting) baskets/sponges cannot exceed one (1) twisting rotation.
3. Full dismounts (twist cradles) are permitted at "prep" and "extended" levels, however cannot exceed two (2) twisting rotations.
4. Connecting stunts/pyramids are permitted, however, the partner must not be supporting the majority to the other partner's weight.

TUMBLING: All "General Tumbling Rules" apply. In addition: Splits, forward/backward rolls, cartwheels, round off, back handsprings, and standing back tuck, etc. are permitted.

NON-MOUNT DIVISION

Can be in any age group or grade level.

All "General Routine Rules" apply.

All "General Tumbling Rules" appropriate to age group and division.