

Texas Charter School Academic & Athletic League Competitive Cheerleading
2010-11 Academic Year

- I. Dates/Location
- II. Rounds
- III. Fees
- IV. Events & Event Rules
 - A. Group Cheer
 - B. Group Dance
 - C. Solo Stunt
- V. Safety Rules
 - A. Skill Restrictions
 - B. 2010-2011 AACCA Safety Rules General Guidelines
 - C. Partner Stunts/Pyramids/Tosses
 - D. Tumbling & Jumps
 - E. Specific Basketball/Indoor Court Restrictions
 - F. Additional Restrictions for Elementary, Middle and Junior High School
- VI. Scoring
- VII. Upcoming Additions

I. Dates/Location

The 1st annual TCSAAL State Cheerleading Competition will take place on **May 7, 2011**. As of February 2011, a specific location has not yet been determined.

II. Rounds & Divisions

There will be only one (1) round of competition during the 2010-11 school year. The competition will include competitors statewide and awards will be based on a state level. Squads will be divided amongst two (2) divisions: i) 6th – 8th grade, and ii) 9th – 12th grade.

III. Fees

Fees for TCSAAL Competitive Cheerleading are based on entry type:

- 1. Group Entries: \$300.00/each
 - a. Group entries consist of two (2) or more students.
 - b. There is no maximum number of group entries for campuses.
 - c. The fee for group entry pays for entry into **both** the *Group Cheer* and *Group Dance* competitions (see *Section IV* below).
 - d. Participation within both events, however, is not mandatory. For scheduling purposes, TCSAAL encourages those teams entering but only participating in one (1) event to inform us prior to the registration deadline.

- e. There are no event-specific cross-entry restrictions for students, each student is able to compete in the *Group Dance*, *Group Cheer*, and *Solo Stunt* competitions.
2. Individual Entries: \$20/each
- a. Solo entries consist of only one (1) student.
 - b. There is no maximum number of individual entries for campuses.
 - c. Individual entries can be exclusive of group entries (participation in group events is not required to be eligible to compete individually).
 - d. Individual entry fees pay for entry into the *Solo Stunt* competition (see *Section IV* below).
 - e. Participation within both events, however, is not mandatory. For scheduling purposes, TCSAAL encourages those teams entering but only participating in one (1) event to inform us prior to the registration deadline.

IV. Events & Event Rules

Please note that *IV. Events & Event Rules* section violations result in score deductions, while violations of the *V. Safety Rules* section could result in the disqualification of the routine.

- **A. Group Cheer**

- 1. Routines must be no more than 1.5 minutes (1:30/1 minute, 30 seconds), with both starting and ending time being signaled audibly by tournament administration.
- 2. *Group Cheer* emphasizes traditional cheerleading over the more contemporary, dance-focused approach. As such, *Group Cheer* requires either a portion of the vocal routine to be performed without music, or the vocal cheer must effectively surpass the volume of the music or sound effects, such that the vocal cheer can be heard and understood by the audience.
- 3. **Routine music is the sole responsibility of the squad – In order to discourage compatibility or audio-related complications between squads and site host(s), squads are required to provide not only their music, but a device to play their music as well.**
- 4. Routines will only be allowed to start over in the event of a tournament administered equipment failure or other routine-stopping complication exclusive of the performing squad – squad-caused interruptions of any type other than injury will not be granted the opportunity to restart their routine.
- 5. In addition, **all** safety rules detailed within the section *V. Safety Rules* must be adhered to in order to ensure successful and continued participation with TCSAAL Competitive Cheerleading.
- 6. Lastly, competitive cheerleading within the TCSAAL is intended for a family-oriented audience. Routines will have their scoring penalized for

inappropriate dress, movements, or audible vocals, as well as unoriginal or plagiarized routines – Such penalties will be determined solely by the judge(s), and cannot be reversed. Appeals for unjustified penalties can be made and will be addressed by TSCAAL for the purposes of judge(s) selection, but will not have a retroactive effect on the squad or performance's scoring.

- **B. Group Dance**

- 1. Routines must be no more than 2.5 minutes (2:30/2 minutes, 30 seconds), with both starting and ending time being signaled audibly by tournament administration.
- 2. *Group Dance* emphasizes contemporary, synchronized dancing over the more traditional, vocally-focused approach. As such, *Group Dance* requires that no less than half of the routine (1.25 minutes/1:15/1 minute, 15 seconds) be performed exclusive of vocal cheers or chants.
- 3. **Routine music is the sole responsibility of the squad – In order to discourage compatibility or auto-related complications between squads and site host(s), squads are required to provide not only their music, but a device to play their music as well.**
- 4. In addition, a squad member or coach will be expected to operate the music player, as there will not be one provided. For the purposes of registration, squad members who operate the music do not count against the number of participants within a squad, but said members are not allowed to participate beyond providing music for the routine.
- 5. Routines will only be allowed to start over in the event of a tournament administered equipment failure or other routine-stopping complication exclusive of the performing squad – squad-caused interruptions of any type other than injury will not be granted the opportunity to restart their routine.
- 6. In addition, **all** safety rules detailed within the section *V. Safety Rules* must be adhered to in order to ensure successful and continued participation with TSCAAL Competitive Cheerleading.
- 7. Lastly, competitive cheerleading within the TSCAAL is intended for a family-oriented audience. Routines will have their scoring penalized for inappropriate dress, movements, or audible vocals, as well as unoriginal or plagiarized routines – Such penalties will be determined solely by the judge(s), and cannot be reversed. Appeals for unjustified penalties can be made and will be addressed by TSCAAL for the purposes of judge(s) selection, but will not have a retroactive effect on the squad or performance's scoring.

- **C. Solo Stunt**

- 1. Routines must be no more than 1.5 minutes (1:30), with both starting and ending time being signaled audibly by tournament administration.

- 2. Solo routines are entirely unassisted – there is to be no interaction with or assistance from spotter(s), mascot(s), fellow cheerleader(s), or coach(es)/teacher(s).
- 3. Solo routines are stunt-focused – music is allowed but not required.
- 4. Solo routines are stunt-focused, and as such, cheer-intended vocals are not allowed – points will not be deducted for oral releases or vocal exertions (heavy-breathing, vocal responses to routine-related pain or injury, etc.)
- 5. **Routine music is the sole responsibility of the squad – In order to discourage compatibility or audio-related complications between squads and site host(s), squads are required to provide not only their music, but a device to play their music as well.**
- 6. In addition, a squad member or coach will be expected to operate the music player, as there will not be one provided. For the purposes of registration, squad members who operate the music do not count against the number of participants within a squad, but said members are not allowed to participate beyond providing music for the routine.
- 7. Routines will only be allowed to start over in the event of a tournament administered equipment failure or other routine-stopping complication exclusive of the performing squad – squad-caused interruptions of any type other than injury will not be granted the opportunity to restart their routine.
- 8. In addition, **all** safety rules detailed within the section *V. Safety Rules* must be adhered to in order to ensure successful and continued participation with TSCAAL Competitive Cheerleading.
- 9. Lastly, competitive cheerleading within the TCSAAL is intended for a family-oriented audience. Routines will have their scoring penalized for inappropriate dress, movements, or audible vocals, as well as unoriginal or plagiarized routines – Such penalties will be determined solely by the judge(s), and cannot be reversed. Appeals for unjustified penalties can be made and will be addressed by TSCAAL for the purposes of judge(s) selection, but will not have a retroactive effect on the squad or performance's scoring.

V. Safety Rules

As competition cheerleading has potential to cause injury, we have adopted a strict set of stunt and routine-specific rules provided by the National Cheerleading Association (NCA) and the American Association of Cheerleading Coaches & Administrators (AACCA), that must be adhered to as a means of best reducing the potential for extensive or severe injury. These rules apply to all events, and must be adhered to at all times – violations of safety rules will not be tolerated and can result in immediate disqualification from the event.

- **A. Skill Restrictions:**

- 1. **Standing Tumbling.** Flips are not allowed. (No standing back tucks or back handspring back tucks).
- 2. **Running Tumbling.** Flips may only be performed in a tuck position. Flips may only be performed from a round off or round off back handspring entry. No tumbling is allowed after the flip. No twisting during the flip.
- 3. **Stunts.** Twisting transitions to and from an extended position may not exceed 1/2 twisting transition.
- 4. **Pyramids.** During a pyramid transition, top person may pass above 2 persons high while in direct, arm-to-arm contact with two other top persons at prep level or below.
- 5. **Dismounts.** Only straight pop downs, basic straight rides, and 1/4 turns are allowed from any single leg stunt. Up to 1-1/4 twists are allowed from any two leg stunt.
- 6. **Tosses.** Up to one trick, may not exceed one twist.

- **B. 2010-2011 AACCA Safety Rules General Guidelines**

- 1. Cheerleading squads should be placed under the direction of a qualified and knowledgeable advisor or coach.
- 2. All practice sessions should be supervised by the coach and held in a location suitable for the activities of cheerleaders (i.e., use of appropriate mats, away from excessive noise and distractions, etc.).
- 3. Advisors/coaches should recognize a squad's particular ability level and should limit the squad's activities accordingly. "Ability level" refers to the squad's talents as a whole and individuals should not be pressed to perform activities until safely perfected.
- 4. All cheerleaders should receive proper training before attempting any form of cheer leading gymnastics (tumbling, partner stunts, pyramids and jumps).
- 5. Professional training in proper spotting techniques should be mandatory for all squads.
- 6. All cheerleading squads should adopt a comprehensive conditioning and strength building program.
- 7. **Jewelry of any kind is prohibited. Religious medals and medical medals are not considered to be jewelry. A religious medal without a chain must be taped and worn under the uniform. A medical alert medal must be taped and may be visible.**
- 8. An appropriate warmup routine should precede all cheerleading activities.
- 9. Prior to the performance of any skill, the immediate environment for the activity should be taken into consideration including, but not limited to proximity of non-squad personnel, performance surface, lighting and/or precipitation.

- 10. Technical skills such as tumbling, partner stunts, pyramids and jumps should not be performed on concrete, asphalt, wet or uneven surfaces or surfaces with obstructions.
- 11. As a general rule, all programs should qualify cheerleaders accordingly to accepted teaching progressions. Appropriate spotting should be used until all performers demonstrate mastery of the skill.
- 12. Supports, braces, etc., which are hard and unyielding or have rough edges or surfaces must be appropriately covered. A participant wearing a cast (excluding a properly covered air cast) shall not be involved in stunts, pyramids, tosses or tumbling.
- 13. Squad members must wear athletic shoes (no gymnastic slippers).
- 14. 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.

- **C. Partner Stunts/Pyramids/Tosses**

- 1. All pyramids and partner stunts are limited to two persons high.
- 2. The top person in a partner stunt, pyramid or transition may not be in an inverted (head below the waist) position and cannot transition to another stunt, the ground or a dismount in an inverted position. Exceptions to this rule are the following:
 - Double based suspended forward rolls, where the top person has continuous hand-to-hand contact with two primary bases or with two posts who are controlling the top person, are allowed to a cradle or to the performing surface. They may not land in a loading position for a stunt. The top person cannot have contact with one base and one post.
 - The top person in a stunt may begin in an inverted position on the performing surface and be loaded into a non-inverted position shoulder height or below provided that they have constant contact with a base or spotter until they are in the non-inverted position. A base or additional spotter if necessary must be in a position to protect the head, neck and shoulder area of the top person.
- 3. Suspended splits in a transition are allowed provided there are a total of four bases that support the top person; at least three of the bases must support under the legs of the top person, and the fourth base may support under the legs or make contact with the hands of the top person. Top person must have hand contact with bases during transition.
- 4. Partner stunts and pyramids higher than shoulder stand level must have a continuous spotter for each person over shoulder stand level. Spotters are considered part of the squad with regard to the squad member maximum limitation. For single-based extended stunts, the spotter may hold at the ankle of the top person and / or the wrist of the base. If the spotter is supporting under the sole of the foot in any way, they are considered to be a base and would require an additional spotter.

- 5. **Released transition stunts must be braced on at least one side.** Note: This applies to stunts such as tic tocs where a stunt has taken place and is then released to another stunt. It does not apply to releases during load-in stunts such as a Switch Liberty from the ground. An additional spotter for the bracer(s) is not required unless the release meets the definition of a “Released Pyramid Transition”.
- 6. When one person is bracing another (including over lapping of arms), one of the individuals must be at shoulder height or below. Exceptions to this are the following:
 - Extensions (double base or single base) may brace other extensions.
 - Double Awesomes/Cupies (two awesomes/cupies being held by the same base) are allowed. If the stunt is dismounted to cradles, there must be three people for each top person being cradled. This exception does not include variations such as Double Heel Stretches.
- 7. If a person in a partner stunt or pyramid is used as a brace for an extended stunt, that brace must not be supporting a majority of the top person’s weight. (To demonstrate this, the foot of the top person’s braced leg must be at or above the knee of their supporting leg.)
- 8. Extended Straddle Lifts must have an additional spotter for the head and shoulders of the top person (similar position to a Double Based Extension Prep).
- 9. The bases of any extended stunt must have both feet in direct weight-bearing contact with the performing surface.
- 10. Hanging pyramids must have a continuous spotter for each shoulder stand involved in suspending another person. Hanging pyramids are not allowed to rotate.
- 11. In a Released Pyramid Transition the following rules apply:
 - At least 3 bases must be under the top person throughout the transition.
 - Bracers at shoulder level must have a spotter in place during the transition movement. Exception: Shoulder sits and double based thigh stands do not require an additional spotter.
 - The top person must be in hand/arm to hand/arm contact with at least one bracer during the entire transition.
 - The top person may not be supporting their weight on any other body part of the person(s) assisting (i.e. Shoulders of the bracer).
 - The top person must be continuous in motion and cannot be supported so that they pause at the top of the transition.
- 12. Basket tosses, toe pitch tosses, sponge tosses or similar tosses are limited to no more than four tossers and must be dismounted to a cradle position by two of the original bases, plus an additional spotter at the head and shoulder area. These tosses may not be directed so that the bases must move to catch the top person. The top person may not hold any objects

(poms, signs, etc.) during the toss. (This rule does not apply to a “Quick Toss.”)

- 13. Participants may not pass over or under other participants from tosses. Exceptions to this rule are the following:
 - Single based tosses can go over another person.
- 14. Free falling flips or swan dives from any type of toss, partner stunt or pyramid are prohibited.
- 15. Partner stunts, pyramids and participants may not pass over, under or through other partner stunts or pyramids.
- 16. Single based stunts in which the top person is parallel to the performing surface and the bases’ arms are extended must have a continuous spotter at the head and shoulder of the top person. (i.e. Bird, Side T, Single Based Flatback, etc.)
- 17. Multi-based tosses that land in stunts (i.e. basket to extension prep, etc.) are allowed; however, they cannot significantly exceed the height of the intended stunt and cannot include a skill (twist, toe touch, etc.) during the toss. Multi-based tosses cannot land in a loading position. Multi-based tosses that include a skill (twist, toe touch, etc.) must be cradled. (This rule does not apply to a “Quick Toss.”)
- 18. A single based toss (one base touching during the toss movement) is allowed into a loading position to that original base.
- 19. Backward suspended rolls and single based suspended rolls are prohibited.
- 20. Cradle dismounts from partner stunts or pyramids shoulder height or above require one spotter in addition to the original base(s).
- 21. Cradle dismounts from multi-based tosses require one spotter in addition to the original base(s).
- 22. Cradle dismounts from partner stunts (other than basket tosses, sponge tosses or similar tosses) to another set of bases must be caught by three bases. Any type of gymnastics movement (1/2 turn, twist, toe touch, etc) is prohibited.
- 23. The total number of twists in a dismount from stunts or tosses cannot be greater than two rotations. Exception to this rule:
 - Side facing stunts and tosses (i.e. Arabesque, Scorpion, Kick Double Full Basket, etc.) may add a one-quarter twist in order to cradle to the front.
- 24. **A minimum of three catchers are required when the top person falls away from the bases to a horizontal, flat-body position.**
- 25. Tension drops are prohibited.
- 26. Helicopter tosses greater than a 180 degree rotation (half-turn) are prohibited. Helicopter tosses require 4 bases to be in position during the entire release. There must be a base at the head/shoulder area during the initiation of the toss as well as the catch. The bases are not allowed to change positions during the release.
- 27. Single based split catches are prohibited.

- 28. The use of mini-trampolines, springboards, spring-assisted floors or any other height-increasing apparatus is prohibited for competition or performance. These devices may be used for skill development and practice under the supervision of a coach trained in their use.
- 29. Basket tosses, elevator/sponge tosses and similar multi-base tosses are prohibited on surfaces other than a mat, grass or rubberized track.

- **D. Tumbling & Jumps**

- 1. Dive rolls are prohibited.
- 2. Flips greater than one rotation are prohibited.
- 3. Twists greater than one rotation are prohibited.
- 4. A forward three-quarter flip to the seat or knees is prohibited.
- 5. Participants may not tumble over, under, or through partner stunts or pyramids, or over or under individuals.
- 6. Participants may not tumble over a prop including poms. Example: Back handspring or back tuck with poms in the hands are illegal.
 - Exception: A forward roll over a prop is legal. This rule does not apply to inverted load-in skills as they are not tumbling and are required to have a head and shoulders spotter.
- 7. Participants may not land in a partner stunt or in a catching position from an aerial tumbling skill. (Example: A back flip from a tumbling pass into a cradle is prohibited, however, rebounding from a back handspring into a cradle is allowed.)
- 8. Landings for all jumps including knee drops must bear weight on at least one foot. (Example: A toe touch jump or kick to a hurdler position, to the seat, knees, or landing with both feet back, or to a push-up position are prohibited.)
- 9. Any type of hurdler position or the position with both feet back (sitting, landing or lying) is prohibited with the exception of a “Z” sit.
- 10. Airborne drops to a prone position on the performing surface are illegal. (Examples: A back flip or a jump landing in a pushup position is illegal. A handspring to a pushup position is legal as it is not airborne prior to the prone landing.)

- **E. Specific Basketball/Indoor Court Restrictions**

- 1. The following skills are prohibited at basketball and other athletic contests conducted on courts, except where the area is free of obstructions and non-cheer personnel, and all skills are performed on a matted surface.
- 2. Basket tosses, elevator/sponge tosses and other similar multi-based tosses.
- 3. Partner stunts in which the base uses only one arm to support the top person.
- 4. Released twists into or from partner stunts.
- 5. Twisting tumbling skills.

- **F. Additional Restrictions for Elementary, Middle and Junior High School**

The following restrictions for elementary, middle school and junior high teams are in addition to the above rules for high school teams:

- **1. Basket tosses, elevator tosses and similar multi-based tosses are prohibited.**
- **2. The total number of twists in a dismount from stunts cannot be greater than one rotation. Exception to this rule:**
 - **Side facing stunts (i.e. Arabesque, Scorpion, etc.) may add a one-quarter twist in order to cradle to the front.**

VI. Scoring

Scoring will be based on a generic consensus of cheerleading competition rubrics compiled by TCSAAL. The rubrics for both group and individual events have respectively been attached to the end of this document. The combined scores will determine rank, with the three squads with the highest total scores placing. In the event of a tie, the more difficult and skill-demanding routine, as determined solely by the judge or judging panel, will assume the higher ranking.

VII. Upcoming Additions

- Location to be determined and finalized.
- Planned 2010-11 additions will be based on the event facility and will establish a maximum permitted area for which all routines can be performed.

2010-11 TCSAAL Cheerleading Competition Scoring Rubric

Group Competitions: Cheer

Squad: _____

Category	Points	Comments
Gymnastic Skills	___/10	
Jumps	___/10	
Communication Skills Voice, facial expression, confidence	___/10	
Motion Technique Arm levels, sharp motions, correct fists	___/10	
Dance Technique Sharp motions, keeps beat, expression	___/10	

2010-11 TCSAAL Cheerleading Competition Scoring Rubric

Group Competitions: Dance

Squad: _____

	Points	Comments
Judge's Total ____/50		
<input type="text"/>		
Judge's Signature: _____		
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Category		

Gymnastic Skills ____/10

Jumps ____/5

Choreography Synchronicity,
Organization, Presentation /10

2010-11 TCSAAL Cheerleading Competition Scoring Rubric

Individual Competition

Participant: _____

Category	Score	Comments
Motion Sharpness	___/10	
Motion Placement	___/10	
Tumbling	___/10	
Timing & Execution	___/10	
Choreography	___/10	

Judge's Total ___/50

Rank: ___ / ___

Judge's Signature: _____