

# Chester County Cheer Classic 2009

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## Rules & Regulations

Chester County Cheer Classic recognizes that cheerleading exists today on a variety of levels. For this reason, we have created three separate levels of competition for teams to choose from:

- Beginner
- Intermediate
- Advanced

This is just a brief overview. Please follow our guidelines. Routine limit 2:30 sec and can be all music or music and cheer.

### REGISTRATION:

1. There is no limit to the number of members on any teams.
2. It is the responsibility of the coach to register the team in the correct division. If there are any questions concerning this decision please address it with us prior to registering.

### ELIGIBILITY:

1. All school teams must represent said school. All members must be enrolled and currently attending the same school.
2. Recreation teams must cheer for a recreation team sport during the length of said sport season.

### COMPETITION:

1. If the stereo equipment causes a problem with the playing of your music, the team may perform their routine again. HOWEVER, if it is the fault of the CD, the team will need to continue with the routine to the best of their ability.
2. All participants agree to conduct themselves in a manner displaying good sportsmanship throughout the competition. The coaches of each squad are responsible for seeing that squad members conduct themselves accordingly.

3. If you have a complaint or concern we will listen. Take the correct channels and you will be heard. Chester County Cheer Classic takes pride in providing the most qualified, non-partisan judges possible. No matter the instance, the word of the judges will be followed. **Under no circumstances will fans, participants or coaches approach the judges.** Decisions are final.
4. Please make sure your team is in the right competitive division and age group.
5. There will be no divisional switching on the day of competition.

Competition officials reserve the right to combine divisions where necessary to ensure competition within each category.

#### ROUTINE REQUIREMENTS:

1. Each team will perform a choreographed routine not to exceed 2 minutes and 30 seconds (150 seconds).
2. 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. Cheerleaders must have at least one foot on the performing surface when the routine starts. Cannot start in fully loaded stunt positions.
3. Timing will end with the last organized word, movement, or note of music by the team. Teams must exit the performance area immediately following the routine.
4. Routines must be appropriate for family viewing. Any vulgar or suggestive movements, words, or music may result in a score deduction. No tear-away uniforms or removal of clothing is allowed.

#### TUMBLING FOR SCHOOL AND RECREATIONAL TEAMS:

##### Beginner Division:

1. Cartwheels, round offs and connection of two skills only.
2. At least one hand must remain in contact with the floor while performing the gymnastic skills. No running tumbling other than round-offs and cartwheels.
3. Only pop cradles and straight drops are allowed. Twist downs are not permitted.
4. Only Prep level high stunts permitted.
5. Basket tosses are not permitted.
6. No single leg extended stunts
7. Pyramids (Liberty's, Heal Stretch's, Etc.) must be connected by hands and not feet. The center stunt may extend but must be connected on both sides. Pyramids are not necessary in this division but will be on the score sheet and counted as bonus points.

### Intermediate Division:

1. No Standing Back Tucks, Whips or layouts.
2. Connected tumbling is allowed. Back tucks are allowed if completed after back handsprings. Cannot begin a tumbling pass with a tuck. Can start passes with front tumbling if they begin with both hands on the floor. Can jump i.e. toe touch connection to hand spring.
2. Only pop cradles and up to a single full twists are allowed.
3. Tic Tocs are not permitted.
4. Basketoss - limited toe touch etc, up to a single twist toss.
5. Single leg extended stunts and/or pyramids (Liberty's, Heal Stretch's, Etc.) are permitted. Single twist cradles are permitted. Twist loads are permitted.
6. Must follow Inversion rules. (Head not to be below the waist)

### Advanced Division:

#### Tumbling:

1. Jump sequence followed by standing tuck or standing full twist.
2. Tumbling passes ending in twists. No more than one rotation.  
Round off back hand spring tuck.
3. Round off back hand spring tuck and layouts, standing back handspring series, standing tuck, standing BHS tuck or front tucks.
4. Jump combinations with BHS back tucks.

#### Stunts:

1. Advanced ext. one leg stunt including transition to extended two leg stunt and single full twist cradle.
2. Advance ext. one leg stunt transition w/straight cradle.
3. Two leg ext. stunt trans. w/double full twist cradle or adv ext one leg stunt /single full twist cradle.
4. Elite ext one leg stunts w/ single twist cradle.
5. Double twist cradles from one leg stunts
6. Elite single leg stunts with double leg twist cradles and unique transitions.
7. Advance Ext. on leg stunt inc. transition to ext. two leg stunt and single full twist cradle.

ALL-STAR GUIDELINES AND DIVISIONS ARE LISTED ON THE WEB UNDER  
USASF