

SUPER SATURDAY CHEER COMPETITION RULES

*All cheer teams will have a maximum of 2.0 minutes to complete their routine. There are no minimum time requirements on any type of routine. Timing and judging of routines will begin with the first word or motion and end with a wave. All participants should walk/spirit onto the floor. Any unsportsmanlike conduct while entering or exiting the floor may result in a deduction.

*Mascots are welcome to perform with members of their squad, but must adhere to all rules and regulations expected of team members. A participant in full head and/or body costume must not spot or stunt at any time.

*All routines must be suitable for viewing by audiences of all ages. Vulgar or suggestive material is restricted and will result in a 10 point deduction for each incident. Vulgar or suggestive material is defined as any movement or choreography implying something improper or indecent, appearing offensive or sexual in content and/or relaying lewd or profane gestures or implications. Vulgarity will be determined at the discretion of the judges.

*All tumbling must originate from and land on the court. (Exception: Tumbler may rebound for his/her feet into a stunt transition. For example, doing a back handspring and jumping into the bases arms.

*Tumbling over, under, or through a stunt, individual, or prop, is illegal.

*Spotted, assisted, or connected tumbling is prohibited. (Example: Double cartwheels are illegal. This does not mean tumbling series.)

*No stunt, pyramid, or individual may move over or under another stunt, pyramid or individual (e.g. shoulder sits walking under prep).

*No free flipping or assisted flipping mounts or transitional stunts are allowed.

*A flyer must be in constant contact with their base. The base must be in constant contact with the floor.

*A flyer must not be in an inverted position.

*A spotter must keep their eyes on the flyer at all times.

*All squads must perform in the uniform of their school.

***Remember our Golden Rule:
EVERYTHING SPOTTED, NOTHING EXTENDED***