

WNCAA CHEERLEADING SUMMARY OF RULES

	Juniors	Seniors
Performers	Minimum 16 Maximum 30	Minimum 16 Maximum 30
Time	Minimum 2:30 secs Maximum 4:00 mins <ul style="list-style-type: none"> • Excluding entrance (30 secs) and exit (30 secs) • Time starts from first movement/cheer/beat of music and ends at the last beat/note of music 	Minimum 2:30 secs Maximum 4:00 mins <ul style="list-style-type: none"> • Excluding entrance (30 secs) and exit (30 secs) • Time starts from first movement/cheer/beat of music and ends at the last beat/note of music
Props	<ul style="list-style-type: none"> • Banners • Flags • Megaphones • Pompoms <p>Note: Flags/banners with poles or any similar support are not allowed to be used with stunting or tumbling. Hard materials, electric signs, and sharp objects are prohibited.</p> <p>Maximum of 3 props are to be used.</p>	<ul style="list-style-type: none"> • Banners • Flags • Megaphones • Pompoms <p>Note: Flags/banners with poles or any similar support are not allowed to be used with stunting or tumbling. Hard materials, electric signs, and sharp objects are prohibited.</p> <p>Maximum of 3 props are to be used.</p>

	Juniors	Seniors
	Routine Requirements	
Side line and School Cheer	Minimum 20 secs Maximum 90 secs (1 min 30 secs) <ul style="list-style-type: none"> • 1 school cheer and 1 side line • Must include 1 stunt (pyramid is optional) • All members must perform at least 4 different arm motions SIMULTANEOUSLY Note: hand on hips/thighs are not counted in the series	Minimum 20 secs Maximum 90 secs (1 min 30 secs) <ul style="list-style-type: none"> • 1 school cheer and 1 side line • Must include 1 stunt (pyramid is optional) • All members must perform at least 4 different arm motions SIMULTANEOUSLY Note: hand on hips/thighs are not counted in the series
Climbing	<ol style="list-style-type: none"> 1. Any flipping toss to the third layer of the pyramid is prohibited 2. Aerial twisting into a stunt or pyramid exceeding 1 rotation is prohibited 	<ol style="list-style-type: none"> 1. Any flipping toss to the third layer of the pyramid is prohibited 2. Aerial twisting into a stunt or pyramid exceeding 2 rotation is prohibited
Dismount	<ol style="list-style-type: none"> 1. Top person cannot dismount directly towards floor unassisted from 2 high or above 2. Twisting dismount from stunt or pyramid exceeding 1 rotation is prohibited 3. Backward tumble dismount is prohibited 4. Front flip dismount is allowed if the 3 original bases will catch in a cradle position 5. Cartwheel dismount is not allowed 6. Dismount from hands to the floor is not allowed 	<ol style="list-style-type: none"> 1. Top person cannot dismount directly towards floor unassisted from 2 high or above 2. Twisting dismount from stunt or pyramid exceeding 2 rotations is prohibited 3. Backward tumble dismount is prohibited 4. Front flip dismount is allowed if the 3 original bases will catch in a cradle position 5. Cartwheel dismount is allowed with the requirement of 2 catchers for each flyer 6. Dismount from hands to the floor is allowed as long as the base breaks the fall of the flyer properly
Landing	<ul style="list-style-type: none"> • Landing on the ground other than the feet is not allowed. 	<ul style="list-style-type: none"> • Landing on the ground other than the feet is not allowed.

	Juniors	Seniors
Partner Stunts and Pyramids	<ol style="list-style-type: none"> 1. Extended stunts are permitted up to 2 ½ person high 2. Partner stunts must be performed with no more than 4 bases 3. Pyramids are up to 3 layer 2 ½ high 4. No inversion in pyramids 	<ol style="list-style-type: none"> 1. Extended stunts are permitted up to 2 ½ person high 2. Partner stunts must be performed with no more than 4 bases 3. Pyramids are up to 3 layer 2 ½ high 4. No inversion in pyramids
Tosses	<ol style="list-style-type: none"> 1. Maximum 1 flip 2. Maximum 1 twist (full down) 3. Toss must originate from a basket grip 4. No transfer of bases 5. No toe pitch/show release 	<ol style="list-style-type: none"> 1. Maximum 1 flip 2. Maximum 2 twists (double full down) 3. Toss must originate from a basket grip 4. No transfer of bases 5. No toe pitch/show release
Number of catchers in a dismount from a pyramid	Minimum 3	Minimum 3
Tumbling	<ol style="list-style-type: none"> 1. Maximum of 1 flipping and 1 twist 2. Tumbling while holding props is prohibited 3. Assisted/spotted tumbling is prohibited 4. All tumbling should start and end inside the performance area. 	<ol style="list-style-type: none"> 1. Maximum of 1 flipping and 2 twists 2. Tumbling while holding props is prohibited 3. Assisted/spotted tumbling is prohibited 4. All tumbling should start and end inside the performance area.

Deduction Guidelines for Falls in Partner Stunts, Group Stunts (2 level)

Deduction	
0.5 point	Very Shaky/ Incomplete stunt or pyramid Extremely lack of rotation for climbing or dismount Failed to catch correctly
1.0 point	Fell after a pose position (the team member(s) caught the top person safely) Extremely lack of perfection
1.5 points	Fell before a pose position After falling, the team member(s) caught the top person safely as planned
3.0 points	Extremely dangerous fall

Deduction Guidelines for Falls in 3 layer Pyramids

Deduction	
0.5 point	Very Shaky/Incomplete pyramid Failed to catch correctly
1.0 point	Fell after a pose position (the team member(s) caught the top person safely) Extreme lack of perfection Extreme lack of rotation for climbing
1.5 points	Fell before the pose position After falling, the team member(s) caught the top person safely caught as planned
3.0 points	Both the 2 nd and 3 rd layer of a pyramid fell, but were able to maintain safety.
5.0 points	Extreme dangerous fall

Deduction Guidelines for falls of Partner Stunts, Group Stunts

Deduction	
0.5 point	Very Shaky/ Incomplete stunt or pyramid Extremely lack of rotation for climbing or dismount Failed to catch correctly
1.0 point	Fell after a pose position (the team member(s) caught the top person safely) Extremely lack of perfection
1.5 points	Fell before a pose position After falling, the team member(s) caught the top person safely as planned
3.0 points	Extremely dangerous fall

PENALTIES

a) **TIME VIOLATION**

A **penalty of 10 (ten) points** will be deducted from the final score for a time violation.

b) **ENTRANCE and EXIT VIOLATION**

A **penalty of 5 (five) points** will be deducted from final score.

c) **AREA VIOLATION**

A **penalty of 5 (five) points** will be deducted from final score for any line violation (A penalty will be taken for **each athlete every time the line is crossed**).

d) **SAFETY GUIDELINE VIOLATION**

A **penalty of 10 (ten) points** will be deducted from final score for every time a violation of the Safety Guideline occurs.

e) **COMPULSORY ELEMENTS VIOLATION**

A **penalty of 10 (ten) points** will be deducted from final score for failure to perform any of compulsory exercises. (If the athlete cannot do the compulsory exercises because of injury during the performance, it will not be considered a violation.)