

## WNCAA CHEERLEADING SUMMARY OF RULES FOR JUNIORS AND SENIORS

	Juniors	Seniors
Performers	Minimum 16 Maximum 30	Minimum 12 Maximum 16
Performance Area	16 m x 16 m	16 m x 16 m
Time	Minimum 2:30 secs Maximum 4:00 mins <ul style="list-style-type: none"> <li>• Excluding entrance (30 secs) and exit (30 secs)</li> <li>• Time starts from first movement/cheer/beat/note of music and ends at the last beat/note of music</li> </ul>	Minimum 2:30 secs Maximum 4:00 mins <ul style="list-style-type: none"> <li>• Excluding entrance (30 secs) and exit (30 secs)</li> <li>• Time starts from first movement/cheer/beat/note of music and ends at the last beat/note of music</li> </ul>
Props	<ul style="list-style-type: none"> <li>• Banners</li> <li>• Flags</li> <li>• Megaphones</li> <li>• Pompoms</li> </ul> <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"> <li>• Banners</li> <li>• Flags</li> <li>• Megaphones</li> <li>• Pompoms</li> </ul> <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"> <li>• 1 school cheer and 1 side line</li> <li>• Must include 1 stunt (pyramid is optional)</li> <li>• All members must perform <b>at least 4 different arm motions</b> SIMULTANEOUSLY</li> </ul> Note: clasp, clap, 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"> <li>• 1 school cheer and 1 side line</li> <li>• Must include 1 stunt (pyramid is optional)</li> <li>• All members must perform <b>at least 4 different arm motions</b> SIMULTANEOUSLY</li> </ul> Note: clasp, clap, hand on hips/thighs are not counted in the series
Climbing	<ol style="list-style-type: none"> <li>1. Any flipping toss to the third layer of the pyramid is prohibited</li> <li>2. Aerial twisting into a stunt or pyramid <b>exceeding 1 rotation is prohibited</b></li> </ol>	<ol style="list-style-type: none"> <li>1. Any flipping toss to the third layer of the pyramid is prohibited</li> <li>2. Aerial twisting into a stunt or pyramid <b>exceeding 2 rotation is prohibited</b></li> </ol>
Dismount	<ol style="list-style-type: none"> <li>1. Top person cannot dismount directly towards floor unassisted from 2 high or above</li> <li>2. Twisting dismount from stunt or pyramid <b>exceeding 1 rotation is prohibited</b></li> <li>3. Backward tumble dismount is prohibited</li> <li>4. Front flip dismount is allowed if the 3 original bases will catch in a cradle position</li> <li>5. Cartwheel dismount is not allowed</li> <li>6. Dismount from hands to the floor is not allowed</li> </ol>	<ol style="list-style-type: none"> <li>1. Top person cannot dismount directly towards floor unassisted from 2 high or above</li> <li>2. Twisting dismount from stunt or pyramid <b>exceeding 2 rotations is prohibited</b></li> <li>3. Backward tumble dismount is prohibited</li> <li>4. Front flip dismount is allowed if the 3 original bases will catch in a cradle position</li> <li>5. Cartwheel dismount is allowed with the requirement of 2 catchers for each flyer</li> <li>6. Dismount from hands to the floor is allowed as long as the main base breaks the fall of the flyer properly</li> </ol>
Landing	<ul style="list-style-type: none"> <li>• Landing on the ground other than the feet is not allowed.</li> </ul>	<ul style="list-style-type: none"> <li>• Landing on the ground other than the feet is not allowed.</li> </ul>

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

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

<b>Deduction</b>	
0.5 point	Very Shaky/ Incomplete stunt, extremely lack of rotation for climbing or dismount, failed to catch correctly but no floor contact
1.0 point	Fell after a pose position but (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
3.0 points	Extremely dangerous fall (flyer has floor contact)

Deduction Guidelines for Falls in 3 layer Pyramids

<b>Deduction</b>	
0.5 point	Very Shaky/Incomplete pyramid Failed to catch correctly but no floor contact
1.0 point	Fell after a pose position (the team member(s) caught the top person safely), extremely 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
3.0 points	Both the 2 <sup>nd</sup> and 3 <sup>rd</sup> layer of a pyramid fell, but were able to catch the flyers without floor contact
5.0 points	Extreme 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.)