

# 2009 National Youth Cheerleading Championships

## Eastern Division – Daytona Beach, Florida

### Competition Rules & Regulations



Welcome to the 2009 National Youth Football Championships! Your group has the opportunity to enter your cheerleaders into the upcoming National Youth Cheerleading Championships (NYCC). As in past years, the NYCC will be held at the Ocean Center Arena. This venue is well suited to the competition with an indoor venue with a great sound system, huge video screen to see the action, raised seating for thousands, concessions, dressing rooms and plentiful parking.

The National Youth Cheerleading Championships have been designed to provide both a "Challenge Level" and a "Masters Level" competition. The Challenge Level is for squads that have cheered for a youth football team all season and are interested in a more low-key competition. The Masters Level is designed to accommodate stronger, more competitive squads that perform more complex routines which include stunts, including pyramids. The Challenge Level will only be maintained should sufficient squads register. While the Masters Level competition will allow cheer squads that do not cheer for youth football teams (club squads), it is not our intention to morph this event into the event many of you see on television. This is still first & foremost a youth football cheerleading competition and we do not believe that many of the stunts shown on these television events are appropriate for the ages allowed to compete at the NYCC.

The NYCC is intended to encourage all squads to participate, regardless of their previous competition experience. This is why the NYCC has a flexible competition format; designed so teams from many ability levels can perform in the style that they are accustomed to, without having to alter their routines to fit a rigid set of rules & requirements. When you bring together teams from across North America, it is very difficult to have one strict set of rules that everyone could easily follow. Therefore, the NYCC has been set up to make it very easy for all types of cheerleading squads to perform in their own style.

To enter the competition, each cheerleading organization is required to pay a \$100.00 registration fee per competing squad (\$125.00 if received after September 15<sup>th</sup>.) Additionally, your cheerleaders and cheer coaches (like football players, football coaches, and other adults) are required to attend the NYCC through the Team Package Plan (which includes competition mementos). Please see your team's Trip Manager for complete details in this area.

Along with these Cheerleading Competition Rules, you will also find the Cheer Event Roster Form for your cheer squad to enter the NYCC competition. Receipt of this Cheer Roster Form and NYCC Registration Fee secures your entry into the NYCC, and enables us to place teams into competition age divisions. Be sure to list each cheerleader that is planning to compete (we can always change this list if girls add or drop up to the day of the competition). Please list each girl's age and birth date on the roster as of November 29<sup>th</sup>, the competition date. Important Note: Mascots should be listed under the "mascot" section on the Cheer Registration Form. This way we will not to include their ages in computing your squad's average age.

The guidelines also include a sample scoresheet which specifies exactly what skills the judges' evaluations will be based on. These guidelines contain all of the rules and regulations covering the National Youth Cheerleading Championships. There will be no official Cheer Coach's meeting at the event to go over competition details. Any questions concerning the event can be answered in advance by telephone, or addressed at Event Registration in Daytona Beach - on Tuesday or Wednesday just prior to the event (at the Ocean Center). We will be glad to answer any questions you may have prior to or during the event. It will be your responsibility to make sure that any questions you have get answered.

## SECTION I - EVENT OVERVIEW

### *A. General NYCC Information*

1. The National Youth Cheerleading Championships (NYCC) are held each year as a major part of the NYFC. The NYCC event will be held on Saturday morning and early afternoon during the event.
2. Squads may be attending the NYFC with or without a football team. All cheer squads representing NYFC football teams are encouraged to enter the NYCC, but may also attend the NYFC just to cheer for their team. All cheerleaders attending must pay the hotel package fee whether they are competing or not. Being a part of the competition is optional. The Registration Fee to enter the competition is just \$100 per squad (\$125.00 if received after September 15<sup>th</sup>). All teams are encouraged to compete. Competing squads must complete and return to SNI the NYCC Registration Form & the Registration Fee in order to secure a competition slot.
3. The NYCC will allow youth football cheer squads AND also cheer club squads to participate. All squads attending from cheer clubs will automatically be entered into the Masters Level Division.
4. Should you have any questions regarding the NYCC interpretation of any movements within your routine that could be considered questionable, IT IS ALWAYS YOUR RESPONSIBILITY to contact the NYCC Coordinator for rule clarification on your particular movement(s) WELL IN ADVANCE of the NYCC competition.

### *B. Competition Site Information*

1. The competition is scheduled to be held at the Ocean Center located directly across the street from the Atlantic Ocean and the Headquarters Hotel, [The Hilton Daytona Beach Oceanfront Resort](#).
2. Performance Area: We will be utilizing a 42' x 42' competition space on the arena floor for our competition. The floor surface is concrete with cheerleading mats laid on top (we will not be using a raised stage). There is bleacher seating throughout the arena. A huge 20' x 15' video screen is placed behind the competitors to give the venue a big-time feel for the kids.

### *C. While at the Competition Site*

1. While at the venue, either waiting to perform or simply watching the competition, it is mandatory that your squad be as quiet as possible. Judges will note this as consideration on the part of your cheerleading organization. No practicing or other official warm-up may take place anywhere inside the venue at any time. Teams may warm-up only outside the venue. Cheerleaders and cheer coaches are not allowed to walk (step-out their routine) inside the competition area at any time before performing.
2. During the National Youth Cheerleading Championships, we support the enthusiastic cheering from teams for other cheer squads after performances. It is also encouraged if you wish to coach your spectators to respond appropriately during "response cheers," (for example, "Give me an A," and your spectators respond with "A"). However, it is not appropriate for your spectators to cheer with the squad performing during every aspect of the cheer. Part of your squad's score is voice projection, clarity, and energy; if the judges cannot hear your squad due to the spectators' involvement, your team may receive a lower score because the judges cannot determine how much of what they are hearing is from the cheerleaders.
3. The NYCC competition has a ZERO tolerance policy when it comes to negative chanting, loud conversations, unrelated noise or taunts from squad to squad or individual to individual. We expect all teams, coaches, and spectators to represent themselves and their community in a positive manner. Any unsportsmanlike behavior may result in your squad's removal from the event. We will hold the cheer coach COMPLETELY RESPONSIBLE for ensuring that ALL MEMBERS TRAVELING WITH YOUR GROUP (cheerleaders, players, and ALL ADULTS) behave appropriately at all times while in Daytona Beach for this competition.

### *D. Event Parking & Arrival at the Venue Competition Site*

1. Team should be aware that there is limited street parking around the Ocean Center. There is always paid parking available at the parking garage located next to the Ocean Center. Your trip manager has detailed information on the parking rates (included with the Team Folder).
2. All teams should arrive at least 30 minutes prior to their scheduled competition time. Upon arrival, the Head Cheer Coach should check in at the Competition Desk (location is noted on the site map). The Cheer Coach will confirm the team as having arrived. The Event Coordinator will inform the Cheer Coach regarding the competition schedule running on time (or perhaps a little ahead or behind) and re-confirm when that team will be competing.

## SECTION 2 - GENERAL EVENT REGULATIONS

### A. Competition Judging

1. The National Youth Cheerleading Championships will be judged by qualified cheerleading judges. The judges for the NYCC are planned to be current members of the Tampa Bay Buccaneers NFL Cheerleading Squad. NYCC Cheerleading Director, Ms. Samantha Ste. Claire, will supervise the event and all judging. She will also maintain the final word on all penalties and disqualifications.

### B. Competition Registration

1. Upon arrival in Daytona Beach on Tuesday or Wednesday, the Head Cheer Coach must check in at Event Registration at the NYCC Registration Desk. At Event Registration, you are required to show a copy of each girl's birth certificate or league issued ID cards to confirm the ages of your cheerleaders. You will also have your Cheerleading Roster confirmed, and will then receive the NYCC Competition Schedule. Within each level and division's time frame, there will be a specific competition schedule that will list out each squad's competition time.

### C. Competition Performance Times

1. Cheer squads will be given a time schedule that in most all cases should allow them to both compete in the NYCC, as well as to cheer on the sidelines for at least part of their football team's game (should they play on Saturday). It is the sole responsibility of the cheer squad to get to the competition site at their scheduled competition time. These competition times will be given to the Cheer Coach during Event Registration. Unexpected events such as traffic delays, game delays (usually due to injuries), or limited ability to move the football game time may affect your ability to cheer for your Saturday football game if you have one AND compete in the cheer competition at your scheduled time.
2. The competition is held beginning with the Challenge Level from the youngest squads first in the morning, up through the oldest squads ending around lunch. We will then begin the Masters Level competition from the youngest squads to the oldest squads.
3. SNI attempts to be as flexible as possible with squads rushing back from a football field to compete, however all squads are expected to compete at their assigned competition times.

### D. Cheer Squad - Size & Ages

1. All cheer squads must have a minimum of five cheerleaders, not including mascots. There is no maximum limitation. All competing cheer squads in the NYCC will be assigned to a Competition Level and Division following their submission of the NYCC Registration Form and Cheer Event Roster.
2. Although this text will often refer to cheerleaders as "girls," squads are welcome to have boys cheer during the competition as long as they are shown on the league/club roster.
3. Squads are allowed to choose which competition level they would like to compete within. However, all cheer clubs (organizations that do not strictly cheer for youth football teams) are required to compete at the Masters Level. Any youth football cheer squad may choose to compete at either level, keeping in mind that the Challenge Level includes only the spirit and dance categories. SNI does reserve the right to move strong squads into the Masters Level of the NYCC.
4. Assignment of squads to a competition division within each level is based on the Average Team Age of girls on the squad (not including mascots). For example, a nine-girl squad has six girls 8 years of age, one girl 9 years of age, and two girls 11 years of age. Their Average Team Age is 8.77. The maximum age for cheerleaders is 16 (as of the date of the competition). No pre-posted age divisions are utilized. These cheer divisions are created to provide the fairest competition possible for all squads.
5. All cheer squads are required to provide a copy of their official league/club roster. Only cheerleaders listed on this league roster will be allowed to cheer at the NYCC (junior coaches, even though they are listed on the league roster, will not be allowed to join the cheerleading squad for competition). The league roster must be issued by your league and show the official league stamp or be signed by a league official (cannot be signed by the attending cheer coach). Cheer clubs that do not have a "league roster" must provide an official club roster signed by a club representative other than the attending cheer coach.
6. Cheer squads will be allowed to combine multiple existing squads into one for the purpose of NYCC competition provided that a league roster is supplied showing that each cheerleader is an active cheerleader for your team. For example, the Eastside Cougars have four different cheer squads (freshmen, sophomore, junior and senior). These squads can combine to create one or more squads and they will be placed in the appropriate competition division based on their average age. However, the Eastside Cougars may not combine with or pick up cheerleaders from outside of their organization. If you have any questions regarding this rule, please call for clarification immediately.

7. If a team has "mascot" cheerleaders, they are encouraged to perform with the squad at the NYCC. Mascots are not scored by judges either pro or con during the competition; mascots who are extra cute get no plus points and mascots who are nervous or unsure and make mistakes are assessed no minus points. Only 2 mascots are allowed on the competition area at any one time.
8. Mascots are allowed to perform with the team but are not allowed to be "flyers" in stunts. If your mascots are involved in your stunts in this capacity, you must list them as cheerleaders on your roster. Their age will be calculated as part of the average age and they will be judged along with the entire squad.

### *E. Competition Divisions & Categories*

1. The NYCC event is divided into two competition levels: Challenge and Masters. Teams will be placed into a specific age division within either of these two competition divisions based upon the squad's average age (ages as of the competition date) as outlined above.
2. Each competition level of the NYCC (Challenge and Masters) will be divided into a minimum of TWO and a maximum of FOUR different age divisions. Teams will be placed into specific age divisions after all squad rosters have been received by SNI.
3. The NYCC will have separate competition categories for each competition level AND division in which each squad is eligible to compete. Challenge Level teams will be able to compete in Spirit and Dance. Masters Level teams will be able to compete in Spirit, Dance and Pyramid. Any squad that does not compete in all categories within their competition level will not be eligible for the Overall Trophy for that division.

## SECTION 3 – COMPETITION EVENT SPECIFICS

### *A. Competition Specifications*

1. Each squad will perform one time only. During their 5-minute time limit, they will perform one routine. Within this one routine they will combine the different elements of spirit and dance (and stunts/pyramids in the Masters Level). The routine is timed using a "running clock" which begins at the first coordinated movement of the squad and stops at the obvious ending of your routine. All transitions between elements will be included in the overall time for the routine. The maximum time limit for both levels is 5 minutes.
2. The NYFC cheer competition is broken into three separate categories:
  - a. *Spirit* - May include poms (the use of or lack of poms will not affect judging). There is no specified quantity of cheers/chants that can be done within the routine. Teams may do however many different cheers that they choose, provided that it fits within the overall routine's time limit.
  - b. *Dance* - In the dance segment of the competition more than one song may be utilized. Squads may utilize "mixed" music, which features pieces out of several songs, mixed together to make the routine more exciting and changing the pace of the routine by changing the pace of the songs. Poms may or may not be used. No additional scoring will be added for poms; as noted above, it is the quality of the performance that counts.
  - c. *Stunts/Pyramids (Masters Level)* – A pyramid is defined as any mount where one or more cheerleaders are not in direct contact with the ground. Squads may do as many pyramids (stunts) as they want as long as the entire routine does not exceed overall routine's time limit. Stunts/Pyramids may be combined as part of your overall spirit or dance routine. Judges will score based on the complete pyramid performance. Squads competing in this segment are not required to perform more than one pyramid, but most squads perform an average of two mounts. This segment is judged strictly on the quality of the performance, NOT on the quantity. The NYCC has changed many rules – please make sure to read the entire SOP for the competition to make sure your squad is performing within the guidelines.

### *B. Order of Performance Routines*

1. You may perform your routine in any order you prefer cheer, pyramid, then dance or any other order. Most squads blend their routine to be a mixture of cheers and dance with pyramids or mounts place throughout the routine.

### *C. Timing, Penalties & Tiebreaking Procedures*

1. Teams will be staged in the ready area immediately prior to their performance. Once the judges are ready, the team supporters at the music table are ready and the team is ready, the team name will be announced to the crowd. Teams SHOULD NOT enter the competition area until the team name is announced.
2. Teams will be allowed to enter the performance area and position themselves before timing begins. The routine is timed using a "running clock" which begins at the first coordinated movement of the squad and stops at the obvious ending of your routine. All transitions between elements will be timed. The time limit for both levels is a maximum of 5-minutes – there is no minimum time limit.
3. Penalties will be 1 point per second over the 5-minute time limit. The total penalty points will be divided among the competition categories in which the squad performed. After being divided, any fraction of a point will be rounded to the nearest point. For example: a squad competes in Spirit, Pyramid, and Dance and goes over by 25 seconds. The 25-second penalty would be divided by 3 (25 divided by 3 = 8.3). The Spirit total would be reduced by 8 points (rounding the 8.3 to the nearest point), the pyramid total would be reduced by 8 points and the dance total would be reduced by 8 points. Any fraction .5 or higher will be rounded up to the nearest whole point.
4. Ties in any division of the NYCC will be settled with the following tiebreaking procedure, in this order: 1)use Head Cheer Judge total score only for whichever category is tied (Spirit/Pyramid/Dance); 2)Overall scores only, total all judges; 3)Overall Originality of Routine scores only, total all judges. Any tie that remains after these three tiebreakers are applied will stand, and duplicate trophies will be awarded to both squads.

### *D. The Use of Mascots*

1. If a team has any "mascot" cheerleaders, they are encouraged to perform with the squad at the NYCC. Mascots are not scored by judges either pro or con during the competition; mascots who are extra cute get no plus points and mascots who are nervous or unsure and make mistakes are assessed no minus points. Only 2 mascots are allowed in the performance area at any one time.
2. Mascots are allowed to perform with the team but are not allowed to be "flyers" in stunts. If your mascots are involved in your stunts in this capacity, you must list them as cheerleaders on your roster. Their age will be calculated as part of the average age and they will be judged along with the entire squad.
3. Mascots are not required to stay (& pay) through the Team Package Plan BUT will be allowed to participate in the competition AND be on the sidelines. You may choose to have them stay through the package if you desire and simply list them as cheerleaders on your participant list. However, if they don't pay through the package, they do not receive any package materials. Please communicate your preference to your Trip Manager.

### *E. Individual Cheerleader Participation in Entire Routine*

1. At the NYCC, there is no requirement for a certain number or all of your cheerleaders to compete in all competition categories. The reason for this is that some cheerleaders may be physically unable to participate in a given competition category, or you may have a cheerleader become ill during a portion of the event and be unable to continue, etc. It is at the sole discretion of the cheer coach who should participate in any given portion of the cheer routine.
2. SNI's experience over the years has been that the best cheer squads (in terms of quality performances and trophy finishes) are those that have all their cheerleaders compete in all categories in one fluid routine that moves from one category to another.
3. Any cheerleader that is not competing in a particular segment of your routine must go to the side of the competition area and stand or kneel on the perimeter. They are not allowed to go to the back of the competition area and they may not "hide" behind props.
4. If you have a large number of non-participating cheerleaders throughout your routine, you will likely be marked unfavorable in the "Participation" segment of the scoresheet which will negatively affect your score for the Overall Trophy.

### *F. Props & Other Competition Peripherals*

1. Props such as signs, hats, canes, masks, jumping out of bags, etc. are allowed in all phases of the NYCC.
2. Props are intended to enhance your routine; they are not to be used to hide behind or to be used in any way to detract from your cheerleaders. The squad is responsible for removing all props from the facility.

3. If your squad intends to use any props, you are welcome to set the props on or around the competition space before your girls begin to compete. It is best to do this immediately following the squad before you while the judges are scoring the previous team. Please do not take time to fluff poms or measure the exact distance of your signs. Setting props needs to be extremely quick and efficient.
4. **Any special lighting, pyrotechnics, or anything else that would alter the competition environment *is NOT allowed*** (examples: fireworks, smoke cans, strobe lights, confetti, live musical instruments (bugles, etc.). Again, call WELL in advance if you plan something that could violate this rule.

### *G. Regulations for Music Format for Dance Competition*

1. All music used by performing squads must be on CD only. All squads are required to have a back-up second CD in case of a problem with the original CD.
2. All music will be played through the venue sound system, thereby eliminating the concern of portable sound systems. Under no circumstances may any other equipment be plugged into the venue house sound system.
3. All music must be presented to the competition coordinator's table in advance of their routine AT THE CORRECT STARTING POINT OF THE MUSIC, with the CD track clearly marked. You will need to provide someone to sit at the sound deck during your team's routine to press play at the proper time for your dance segment.

### *H. Age Appropriateness in Selection of Music and Movements*

1. SNI defers to Cheer Coaches when it comes to the selection of music or their choice of movements during competition. Due to an unfortunate trend towards adult music (lyrics laced with sexual innuendo) and graphic sexual movements, SNI has instituted restrictions regarding such music/movements. The scoresheet includes and the judges are briefed regarding the "Appropriateness" of the music as well as the movements exhibited during the performance.
2. In designing your competition routine, cheer coaches should carefully review any music under consideration. Critique the lyrics and make sure the content is not suggestively sexual or inappropriate. Please note: Removing improper language and replacing with sound effects still constitutes inappropriate. If the original lyrics of the song need to be "bleeped out" – you should not select that song. SNI feels that as a Youth Cheerleading competition, there is no place for songs that feature lyrics that include vulgar language or are in any way sexually suggestive.
3. In choreographing your dance routines (and your spirit/cheer routine) keep in mind that all routines should be appropriate for family viewing. Any vulgar or suggestive movements will result in either a minor (20 points) or major (50 points) penalty on the scoresheet. There is often a fine line between movements that are innocently coy & flirtatious and those that are suggestively sexual in nature. Make sure that your choreography cannot be interpreted by anyone as being sexually suggestive or inappropriate (with particular emphasis on hip/pelvic thrusts, "booty" shaking and undulating movements).
4. As in all other areas of competition, scoring is subjective and at the complete discretion of the judges. Any inappropriate lyrics or movements will result in a penalty on the head judge's scoresheet for that category (dance or spirit). All four judges will discuss the offending movement(s) or lyrics with the SNI Cheerleading Director before the penalty is assessed. All four judges and the Cheerleading Director will determine whether the penalty is minor (20 points) or major (50 points). An explanation will be added to the scoresheet's comments section explaining the reason for the penalty. The decision of the on-site Cheerleading Director is the final word. This penalty cannot be appealed to SNI and will not be overturned.
5. If you think a part of your routine or music is in question, err on the side of conservative. Please feel free to contact Samantha Ste.Claire, Sharron Ritch, or Jenn Ladd at SNI to discuss in detail should you have any questions or require any clarification on this matter.
6. PLEASE DO NOT WHINE/COMPLAIN ABOUT WHAT OTHER TEAMS DO REGARDING MUSIC SELECTION AND/OR SUGGESTIVE MOVEMENTS AT THE NYCC. Take care of your own team in regard to following the rules of the NYCC. Penalties/other infractions are penalized regardless of complaints (or lack there of) brought forth by other teams.

## SECTION 4 – COMPETITION LEVELS

### *A. Challenge Level Specifics*

1. The Challenge Level squads will adhere to all of the preceding General Rules and Regulations.
2. The Challenge Level of the competition is designed as a low-key competition. This level will only compete in Spirit and Dance categories. First through third trophies will be awarded for Spirit category per age division and first through third trophies will be awarded for the Dance category per division. One Overall Trophy will be awarded per age division.

3. Squads will be placed into competition divisions based on the Average Age of the competing cheerleaders as outlined above.
4. Partner Stunts / Pyramids are allowed in the Challenge Level but should be minimal. If a squad is extremely adept at Pyramids, they should probably be competing in the Masters Level. Keep in mind, there will be no separate Pyramid scoring in the Challenge Level, if you do any partner stunts or mounts, they will be considered as part of either your Spirit or Dance performance and judged as such.
5. Individual gymnastics, tumbling and running tumbling is allowed but not required. This can be included in both Spirit and Dance categories.
6. Squads are encouraged but not required to compete in both Spirit and Dance categories. However, if you do not compete in both categories, your squad will not be eligible for the Overall Trophy within your division.
7. As stated in the General Rules and Regulations, the maximum time limit for the entire routine is 5-minutes.

### *B. Masters Level Specifics*

1. The Masters Level squads will adhere to all of the preceding General Rules and Regulations.
2. The Masters Level of the competition is designed as a more competitive competition which will allow more advanced skills than the Challenge Level. This level will compete in Spirit, Stunts/Pyramids, and Dance categories. First through third trophies will be awarded for each of the three categories (Spirit, Stunts/Pyramids, and Dance) per age division.
3. Squads will be placed into competition divisions based on the Average Age of the competing cheerleaders as outlined above.
4. Individual gymnastics, tumbling & running tumbling is allowed but not required. This can be included in all categories.
5. Squads are encouraged but not required to compete in all three categories (Spirit, Stunts/Pyramids, and Dance). However, if you do not compete in all three categories, your squad will not be eligible for the Overall Trophy within your age division.
6. As stated in the General Rules and Regulations, the maximum time limit for the entire routine is 5 minutes.
7. Pyramid and partner stunts are allowed in the Masters Level competition. Cheer coaches should recognize the entire team's skill levels and limit their choreography accordingly. Do not allow your cheerleaders to attempt skills during competition that they are not proficient at performing.

### *C. Pyramid/Partner Stunt Restrictions*

1. Pyramid and partner stunts must conform to the following guidelines:
  - a. Pyramids must be no higher than 2 tiers – Pyramids are allowed to be no more than two persons high. Any partner must receive primary support from a base(s) who is in direct, weight-bearing contact with the performing surface.
  - b. Flip dismounts are illegal. A flip is considered any movement that causes a somersault effect. A cheerleader dismounting from a pyramid (one who is not in contact with the ground) cannot perform any "head-over-heels" or "hip-over-heels" movement as she dismounts.
  - c. Flip mounts are not allowed. A free-flying flip movement cannot be used in creating the pyramid. If a cheerleader is performing a tumbling run, they cannot "land" into a cradle or any pyramid position from a flip. A back walk-over into a cradle is allowed because the cheerleader is in contact with the ground and is not free-flying. Cheerleaders are not permitted to perform any type of flip movement unless standing on the ground performing gymnastics.
  - d. Basket tosses and basket catches are allowed – A basket toss is defined as a stunt which uses two side bases, a back base and an optional front base interweaving and interlocking their arms to form a basket to toss the flyer straight up. Once airborne, the flyer may perform any number of tricks (toe touch, pike, scissor kick, kick out, twist etc.) Basket tosses can be performed from either ground or waist level. All flyers **MUST** be caught in a cradle by the original bases, one of which is positioned at the head and shoulder position of the flyer. Traveling tosses are not allowed.
  - e. Twists are allowed – A twist is defined as an aerial stunt involving rotation parallel or perpendicular to the performance surface. Any twist dismount from a stunt must be caught by a minimum of three bases.

- f. No helicopter tosses are allowed – A helicopter toss is where the flyer in a horizontal position is tossed by the bases then rotates (like helicopter blades) before being caught by the original bases. If the bases maintain contact with the flyer at all times, it is not considered a helicopter and therefore would be a legal movement.
  - g. Teeter-Totters are allowed – as long as two original bases maintain contact with the flyer at all times. (no free-flying – you cannot toss from one set of bases to another).
  - h. Pop Cradles are allowed – You are allowed to “pop” the flyer into the air to gain height and catch her in a cradle. She must be caught by her original bases.
  - i. No inverted partner stunts - No cheerleader is allowed to be in an inverted position as part of a pyramid or partner stunt. (Head must not be lower than her hips)
  - j. Extensions are allowed - cheerleaders can execute a partner stunt that has one cheerleader standing in another cheerleader's hands, with the support person's arms fully extended, as long as the base is standing on the ground.
  - k. Spotters – You are required to provide spotters for any and all portions of your routine that would require a spotter under generally accepted rules of spotting. The spotters are expected to have their hands up and ready during any stunt in which general safety would dictate a spotter be present. The spotter can touch the flyer if needed, but if the spotter is not a cheerleader, they are not allowed to assist the flyer in any way except in the event where safety is a concern. Although you are allowed to have spotters that are not cheerleaders (coaches/parents), your placement of spotters and their attentiveness and effectiveness will be judged. Make sure your spotters know what they are doing and where they should be – this is considered as a part of your overall routine. It is also YOUR RESPONSIBILITY to be sure that your pyramid/stunt routines, as well as all other facets of your program, are safe for all of the participants on your team. Sports Network International does not provide spotters for the NYCC competition.
2. Any violation of the above referenced restrictions for pyramid/partner stunts will result in the squad's disqualification from the pyramid portion of the routine. The squad would receive a zero for all pyramid scores. Please make sure that you do not violate the letter or spirit of these rules. If you have any movement that is questionable in any way, please call our office for clarification. We will even accept an advance videotape of the questionable movement so that we can advise you correctly. Please do not “push the envelope” and attempt a movement that could cause your squad to be disqualified.
  3. **Remember, the safety of your girls should be the utmost priority in designing/performing your routine.** There is NOTHING we take more seriously at this competition than this item!

## SECTION 5 – POST COMPETITION ITEMS

### A. Penalties

1. Teams that are penalized with a point deduction will have these penalty points clearly noted on their score sheets but will not be contacted on this matter in advance of the Awards Ceremony.
2. The judgments/decisions of the scoring judges, as well as the Judging Director regarding any areas of this competition are final and may not be protested or appealed in any manner. Great care is taken to ensure teams are not penalized without merit, therefore no penalty is assessed without careful study of all pertinent information on any questionable matter BEFORE any decision for penalties has been finalized. This includes instant videotape review of the routine to determine if movements/music warrants a penalty.

### B. NYCC Trophies

1. All team trophies for the NYCC are squad trophies. No individual trophies are awarded. First through third place trophies are awarded in each of the competition categories in each age division within each level, as well as an overall championship trophy in each division.
2. Teams will not know the results of the competition until the Saturday evening Awards Gala. All trophies will be presented at that time (see “The Closing Night Awards Gala” on page 5-6 of the Team Folder for details). Cheerleaders are encouraged, but not required to attend the Awards Gala in cheer uniform.

*The preceding rules and regulations are general in nature and are not intended to cover all circumstances. A team performing any illegal stunt or breaking any rule may be penalized. In addition, a “spirit of the law” penalty will result if a team decides to test (force) the ambiguity of any rule. It is ALWAYS the coaches' responsibility to verify the legitimacy of any element in question with the Judging Director a minimum of 14 days in advance of the competition.*