

CHEER RULES AND REGULATIONS

2016 COLLEGE CHEER TEAM NATIONAL CHAMPIONSHIP

(BOLD and grey indicates a change in rules)



I. GENERAL RULES

A. COLLEGE / UNIVERSITY TEAM GUIDELINES

1. The competition is open to all colleges, universities, and junior colleges in the country.
2. Teams may not exceed sixteen (16) members, with the exception of All Girl Divisions. All Girl Divisions may not exceed twenty (20) female team members.
3. Individuals may not represent more than one team at the National Championship.
4. Large Coed Divisions will be limited to a maximum number of nine male participants.
5. There are NINE separate competitive cheer divisions:
 - a. Division IA (NCAA Division I – FBS)
 - b. Division I (NCAA Division I – FCS)
 - c. Division II (NCAA II)
 - d. Open Coed (Division III, Jr. Colleges, NAIA and all other schools)
 - e. All Girl IA (NCAA Division I - FBS)
 - f. All Girl I (NCAA Division I – FCS & Division II)
 - g. Open All Girl (Division III, Jr. Colleges, NAIA and all other schools)
 - h. Small Coed I (4 males or less, NCAA Division I-FBS & NCAA Division I-FCS schools)
 - i. Small Coed II (4 males or less, NCAA Division II, Jr. Colleges, NAIA and all other schools)

B. PARTICIPATION GUIDELINES

1. All participants must be registered full-time students of their college or university and official members of the school's spirit team (no club teams or competition only teams). Official member's of the school's spirit team is that team recognized by their institution as the actual sideline/courtside spirit team that regularly supports their school athletic teams.
2. Transcripts or a notarized letter from the Dean of Students or registrar's office is required upon registering for the National Championship for the fall semester. DOCUMENTATION OF FULL TIME STATUS MUST NOT BE DATED ANY EARLIER THAN DECEMBER 1, 2015. Teams violating this rule could forfeit their titles and be prohibited from entering the competition the following year. For any clarification on these rules please call 1-888-CHEERUCA.
3. Each cheer team must be accompanied by a current AACCA certified coach in order for the team to be eligible to compete. Proof of certification is required upon registering for the National Championship.
4. The team and each participating member/coach should constantly display good sportsmanship throughout the entire performance in regards to respect for themselves, other teams and the viewing audience of all ages. Teams should refrain from any taunting, bragging, or suggestive expressions or gestures as well as discrimination of any nature.

5. We recommend that the team and each of its members display an overall appearance conducive to serving as public representatives and ambassadors of their school in regards to grooming, traditional and appropriate attire, conservative make-up, uniformity, etc.

C. ELIGIBILITY GUIDELINES

1. Any university or college competing in a Varsity College National Championship shall not permit a student-athlete to represent their school unless the student-athlete meets all applicable eligibility requirements, and the coach and program administrative supervisor has certified the student-athlete's eligibility.
2. A student-athlete may only represent ONE (1) school in a National Championship competition for each academic year. For example, a student-athlete may not compete for one school in January, transfer and compete for another school in April.
3. At the Junior College level, any student-athlete will only be eligible to compete in a **maximum of three (3)** National Championships during the course of his/her college career.
4. A student-athlete can be a part of the institution's cheer / dance spirit squad but will only be allowed to compete for a **maximum of five (5)** National Championships during the course of his/her college career, regardless of the number of universities or colleges they have attended.
5. A student-athlete may not compete in more than **five (5)** National Championships in combined Junior College and/or 4-year college / university.
6. Individual Championships such as Partner Stunt and Group Stunt will follow **five (5)** year eligibility rules.
7. An alternate or injured student-athlete that does not take the competition floor will not be perceived as a competing member and will not count towards the maximum of five (5) National Championships.
8. This will apply for any student-athlete competing at any one of the Varsity Brands College National Championships (UCA/UDA, NCA/NDA) as well as any other designated College National Championship.
9. Verification of eligibility will be required by the school's Registrar's Office and the program's administrative supervisor in addition to the coach. It will be the responsibility of these individuals to verify that all student-provided information and documentation is correct and valid.
10. Teams violating this rule could forfeit their titles and rankings as well as be prohibited from entering any other Varsity Brands Championship the following year. For any clarification on these rules, please contact the event producer of the Championship you wish to attend.
11. Any interpretations or decision of eligibility for the 2016 College Cheerleading and Dance Team National Championship will be rendered by the Rules Committee, which will consist of the Tournament Director, the UCA/UDA College Program Director and one other UCA/UDA official appointed by the Tournament Director. The Rules Committee will render a judgment in a manner consistent with the general goals of the championship.

D. TIME LIMITATIONS

1. Each team's presentation must include at least one cheer and / or sideline chant.
2. Each team will have a maximum of 2 minutes and 30 seconds (1 minute 45 seconds maximum of music) to demonstrate its cheerleading expertise. Timing will begin with the first movement, voice, or note of the music, whichever comes first.
3. If a team exceeds the time limit, a penalty will be assessed for each violation. Three (3) point deduction for 1 – 5 seconds over, Five (5) point deduction for 6-10 seconds over and Seven (7) point deduction for 11 seconds and over.
4. The routine time limit is 2:30. Acknowledging the potential variance caused by human reaction speed and sound system time variations, judges will not issue a deduction until their stopwatches show a time of 2:33.
5. Because penalties are severe, it is recommended that all teams time their performance several times prior to competition and leave a several second cushion to all for variations in sound equipment.
6. Introductions
 - a. All introductions (tumbling, entrances, chants, spellouts, etc. are considered part of the routine and will be timed as part of the performance.
 - b. All team breaks, rituals and traditions need to take place prior to entering the mat.
 - c. Teams should take the floor immediately with spirit and enthusiasm, but without excessive gestures. Example: chest bumps, hugs, handshakes, etc.
 - d. All teams should refrain from any type of excessive celebration following the team's performance. Any team in violation will receive a ONE point deduction.
 - e. There should not be any organized exits or other activities after the official ending of the routine.

E. MUSIC

1. Teams may use an unlimited number of songs in their routine at all competitions.
2. Teams may not use Disney themes nor may they have costumes that resemble a Disney character. However, Disney music is acceptable.

F. COMPETITION AREA

1. Participants must start in the competition area with at least one foot on the ground.
2. Teams may line up anywhere inside the competition area.
3. The competition area will be determined by the tournament director according to the size of the facility being used.
4. Approximate floor size will be fifty four feet wide by forty two feet deep (9 strips).
5. Any team member stepping outside the performance area will cause the squad to receive a point-five (.5) penalty per occurrence.
 - a. The white line is considered a warning mark.
 - b. A penalty will be assessed when any ONE full hand, foot or body part touches outside of the performance surface.
6. Signs or props may be placed or dropped outside the competition area by a team member who must remain inside the competition area. If a sign or prop is thrown outside the competition area, that team will receive a one (1) point deduction for each violation.
7. **All team mascots, props, center markers, etc. are prohibited. We will have the center marked on all performance surfaces.**

F. SPOTTER POLICY

In an effort to promote a higher level of safety for competing athletes, UCA will provide additional spotters for all rehearsal and competition floors. **Note:** To provide the safest competitive environment, teams should not attempt skills beyond their ability level.

H. LOGO USAGE

Teams will not be allowed to use the UCA logo including; banners, rings, bows, t-shirts etc. without prior approval for the UCA Office. The use of the UCA letters will be allowed.

II. INTERRUPTION OF PERFORMANCE

A. UNFORSEEN CIRCUMSTANCES

1. If, in the opinion of the competition officials, a team's routine is interrupted because of failure of the competition equipment, facilities, or other factors attributable to the competition rather than the team, the team affected should **STOP** the routine.
2. The team will perform the routine again in its entirety, but will be evaluated **ONLY** from the point where the interruption occurred. The degree and effect of the interruption will be determined by the competition officials.

B. FAULT OF TEAM

1. In the event a team's routine is interrupted because of failure of the team's own equipment, the team must either continue the routine or withdraw from the competition.
2. The competition officials will determine if the team will be allowed to perform at a later time. If decided by officials, the team will perform the routine again in its entirety, but will be evaluated **ONLY** from the point where the interruption occurred.

C. INJURY

1. The only persons that may stop a routine for injury are: a) competition officials, b) the advisor / coach from the team performing or c) an injured individual.
2. The competition officials will determine if the team will be allowed to perform at a later time. If the competition officials allow a routine to be performed at a later time, the spot in the schedule where the re-performance is to take place is at the sole discretion of competition officials. The team may perform the routine again in its entirety, but will be evaluated **ONLY** from the point where the interruption occurred.
3. The injured participant that wishes to perform may not return to the competition floor unless:
 - a. The competition officials receive clearance from, first, the medical personnel attending to that participant, the parent (if present) **AND THEN** the head coach/advisor of the competing team.
 - b. If the medical personnel do not clear the participant, the participant can only return to the competition if a parent or legal guardian in attendance signs a return to participation waiver.
 - c. Any athlete who exhibits signs or symptoms consistent with concussion should be removed from the activity at that time and should not be allowed to return to activity that day. The athlete should not return to activity on a subsequent day until evaluated by and receives written clearance for such participation from a qualified physician (MD or DO specifically trained in concussion management).

- d. In addition to the USA Cheer head injury policy, we encourage you to be familiar with the specific law of the state where the competition is being held.

III. HOW TO HANDLE PROCEDURAL QUESTIONS

A. RULES & PROCEDURES

Any questions concerning the rules or procedures of the competition will be handled exclusively by the advisor / coach of the team and will be directed to the Competition Director. Such questions should be made prior to the team's competition performance.

B. PERFORMANCE

Any questions concerning the team's performance should be made to the Competition Director immediately after the team's performance and/or following the outcome of the competition

IV. INTERPRETATIONS AND / OR RULINGS

Any interpretation of any aspect of these Rules and Regulations or any decision involving any other aspect of the competition will be rendered by the Rules Committee. The Rules Committee will render a judgment in an effort to ensure that the competition proceeds in a manner consistent with the general spirit and goals of the competition. The Rules Committee will consist of the Competition Director, Head Judge, and a designated competition official.

V. SPORTSMANSHIP

All participants agree to conduct themselves in a manner displaying good sportsmanship throughout the competition with positive presentation upon entry and exit from the performance area as well as throughout the routine. The advisor and coach of each team is responsible for seeing that team members, coaches, parents and other persons affiliated with the team conduct themselves accordingly. Severe cases of unsportsmanlike conduct are grounds for disqualification.

VI. EVENT RULE VIOLATIONS

Any team in violation of these Rules and Regulations or any of the above mentioned guidelines will be assessed a ten point (10) deduction for each violation. This deduction does not apply to violations mentioned above that are designated a lesser point value.

VII. DISQUALIFICATION

Any team that does not adhere to the terms and procedures of these "Rules and Regulations" will be subject to disqualification from the competition, will automatically forfeit any right to any prizes or awards presented by the competition, and may also forfeit the opportunity to participate in a competition or the National Championship the following year.

VIII. FINALITY OF DECISIONS

By participating in this championship, each team agrees that the decisions by the judges will be final and results may ONLY be reviewed for clarification. Each team acknowledges the necessity for the judges to make prompt and fair decisions in this competition and each team therefore expressly waives any legal, equitable, administrative or procedural review of such decisions.

IX. SCORES AND RANKINGS

Individual judges score sheets are for the exclusive use of each particular judge. Each judge has the responsibility and authority to review and submit his/her final score and rankings prior to the final tally of the score for all teams. Scores and rankings will be available only to advisors or coaches at the conclusion of the competition.

X. AWARDS AND PRIZE

All teams in the final round of competition will receive a trophy. Teams who rank first, second, or, third place will additionally receive a gold, silver, or bronze medallion.

XI. JUDGING PROCEDURES

The judges for the event will be appointed at the sole discretion of Universal Cheerleaders Association. The judges will score each squad according to the judging criteria to determine their total score. The "crowd highlights" will account for 15 points of your score. The judges' scores will be averaged together with deductions being taken off the averaged scores. In the event of a first place tie, the tie will be broken by carrying the decimal places out for the total score. If a tie remains, the ranking points from each judge will be used to break the tie. For more information on scoring, score sheet and judging criteria, please visit uca.varsity.com.

XII. JUDGING CRITERIA

1. There will be 2 panels of judge's to score each team's routine. The two score sheets will equal out to 50 points going toward your cheer and practicality score (35 on the sheet and 15 from the crowd tape) and 50 points to the music portion of the tape.
2. One panel will be using a score sheet which will focus on the cheer / sideline of the routine. It will involve practicality, incorporation, use of skills, use of signs or poms or megaphones, while also taking into consideration the overall cheer execution that is used.
3. The other judging panel will be using a score sheet specific to the music portion of the routine. This will involve more of the creative and difficult skills attempted while looking at the overall effect and crowd appeal plus the entertainment value of this portion of the routine.
4. Deductions will be assessed to each team for errors in routine performance. For detailed information go to uca.varsity.com.

JUDGING SHEET (For All Girl Divisions)

Cheer Score Sheet- 35 points

CROWD LEADING 15 POINTS
Crowd Effectiveness (5)
Proper Use of Signs, Poms or Megaphones & Motion Technique (5)
Ability & Energy to Lead the Crowd (5)

SKILL INCORPORATIONS 15 POINTS
Proper Use of Skills to Lead the Crowd (5)
Difficulty of Practical Skills (5)
Performance (5)

OVERALL CHEER IMPRESSION 5 POINTS

MUSIC Score Sheet - 50 POINTS

PARTNER STUNTS PERFORMANCE 10 POINTS
Proper Technique, Synchronization, Spacing

DIFFICULTY 5 POINTS

Level of Skill, Number of Stunts Performed, Number of Bases Used, Transitions, & Variety

PYRAMIDS PERFORMANCE 10 POINTS

Proper Technique, Synchronization, & Spacing

DIFFICULTY 5 POINTS

Level of Skill, Number of Stunts Performed, Number of Bases Used, Transitions, & Creativity

BASKET TOSSES 5 POINTS

Performance & Variety

GROUP TUMBLING 5 POINTS

Proper Technique, Difficulty of Skills Performed In Groups & Synchronization

DANCE 5 POINTS

Technique, Sharpness, Placement, Timing, Spacing, Use of Levels, Overall Choreography & Visual Appeal

OVERALL PRESENTATION 5 POINTS

Routine Creativity, Flow, Use of Formations/Transitions

**COED JUDGING SHEET
(For ALL Coed Divisions)**

Cheer Score Sheet- 35 points

CROWD LEADING 15 POINTS

Crowd Effectiveness (5)

Proper Use of Signs, Poms or Megaphones & Motion Technique (5)

Ability & Energy to Lead the Crowd (5)

SKILL INCORPORATIONS 15 POINTS

Proper Use of Skills to Lead the Crowd (5)

Difficulty of Practical Skills (5)

Performance (5)

OVERALL CHEER IMPRESSION 5 POINTS

MUSIC Score Sheet - 50 POINTS

PARTNER STUNTS

PERFORMANCE 10 POINTS

Proper Technique, Synchronization, Spacing

DIFFICULTY 5 POINTS

Level of Skill, Number of Stunts Performed, Number of Bases Used, Transitions, & Variety

USE OF COED SKILLS 5 POINTS

Use of Coed Skills / Partner Stunts Throughout Routine

PYRAMIDS

PERFORMANCE 10 POINTS

Proper Technique, Synchronization, & Spacing

DIFFICULTY 5 POINTS

Level of Skill, Number of Stunts Performed, Number of Bases Used, Transitions, & Creativity

BASKET TOSSES 5 POINTS

Performance & Variety

GROUP TUMBLING 5 POINTS

Proper Technique, Difficulty of Skills Performed In Groups & Synchronization

OVERALL PRESENTATION 5 POINTS

Routine Creativity, Flow, Use of Formations/Transitions

XIII. SAFETY, GUIDELINES FOR PARTNER STUNTS, PYRAMIDS AND TOSSES

A. Definitions

1. Base - A person who is in direct contact with the performing surface and is supporting another person's weight.
2. Cradle - Dismount from a stunt/pyramid/toss in which the top person lands in a face-up, semi-piked position.
3. Cupie/Awesome – A stunt in which both of the top person's feet are in one hand of the base.

4. Dive Roll - An aerial forward roll where the feet of the performer are at or above the performer's waist prior to the hands making contact with the performing surface.
5. Flatback - A stunt in which the top person is in a face-up, straight-body position parallel to the performing surface.
6. Flip - When a person is airborne while the feet pass over the head.
7. Height-increasing Apparatus - Any type of equipment that increases the height of a skill.
8. Helicopter Toss - A stunt in which the top person is tossed into the air with the body parallel to the ground and completes a 360 degree horizontal rotation (like the blades of a helicopter.)
9. Loading Position - Any intermediate position below shoulder level that uses continuous motion to put a top person in a stunt or pyramid. Examples: Elevator/sponge load, basket load, smooch, scoop from the back, etc.
10. Middle - A person who is being supported by a base while also supporting a top person.
11. Pyramid - A skill in which a top person is being supported by a middle layer person.
12. Rewind - Skill in which the top person starts with BOTH FEET in a standing position on the ground, is tossed into the air and performs a backward or side rotation into a stunt, pyramid or loading position (this would include a cradle).
13. Spotter - A person who is responsible for assisting or catching the top person in a partner stunt or pyramid. This person cannot be in a position of providing primary support for a top person but must be in a position to protect the top person coming off of a stunt or pyramid.
14. Stunt - A skill in which a top person is supported by a base or bases.
15. Top - A person who is either being supported by another while off of the performing surface or who has been tossed into the air by another person.
16. Toss - A movement by a participant or group of participants that propels a person into the air so that the person is airborne (i.e., free of contact with the performing surface).

B. General Program Guidelines

1. Cheerleading squads should be placed under the direction of a qualified and knowledgeable advisor or coach.
2. All practice sessions should be supervised by the advisor/coach and held in a location suitable for the activities of cheerleaders (e.g., use of appropriate matting, away from excessive noise and distractions, etc.)
3. Prior to the performance of any skill, the immediate environment for the activity should be taken into consideration including, but not limited to proximity of non-squad personnel, performance surface, lighting and/or precipitation. Technical skills should not be performed on concrete, asphalt, wet or uneven surfaces or surfaces with obstructions.
4. Advisors/coaches should recognize the particular ability level of all participants and should limit the squad's activities accordingly. Participants should not be pressed to perform activities until they are safely prepared.
5. Skills that have not been mastered should be performed only in a supervised practice environment.
6. Thorough training in proper spotting techniques should be mandatory for all squads.
7. All cheerleaders should receive proper training before attempting any form of cheerleading gymnastics (tumbling, partner stunts, pyramids and jumps).
8. All cheerleading squads should adopt a comprehensive conditioning and strength building program.

9. An appropriate warm-up exercise should precede all cheerleading activities.
10. All programs should qualify cheerleaders according to accepted teaching progressions. Appropriate spotting should be used until all performers demonstrate mastery of the skill, and when spotting is required by specific rule.
11. In environments where there is close proximity to the athletic event and out of bounds plays pose a significant risk of injury to the participant, no technical skills should be performed while the ball is in play.
12. All partner stunts, pyramids, and tosses should be reviewed and approved by the coach prior to execution.

C. General Restrictions

1. The use of any height-increasing apparatus (e.g. mini-trampoline, etc.) other than a spring floor is prohibited for performance.
2. The top person in a partner stunt, pyramid or transition cannot be released from bases or leave the floor unassisted with the intent to land or be caught in an inverted body position.
3. An individual may not jump, flip or dive over, under, or through partner stunts, pyramids or individuals from basket tosses, similar tosses, partner stunts or other tosses from hands.
4. Drops (knee, seat, thigh, front, back and split) from a jump, stand or inverted position are prohibited unless the majority of the weight is first borne on the hands/feet which breaks the impact of the drop.
5. Jewelry of any kind is prohibited (e.g., navel jewelry, tongue jewelry, earrings, necklaces, etc.) Medical bracelets are allowed provided they are taped to the body.
6. Soft-soled athletic shoes must be worn while cheering or competing. Gymnastics shoes, jazz shoes and/or boots are prohibited.

D. Partner Stunts

1. **Dismounts with more than one and one quarter twists require an additional spotter that assists on the cradle.**
2. Released load-ins from a handstand position (stationary or through a handspring load-in) to a partner stunt require an additional spotter.
3. Stunts in which the top person is in a handstand position require an additional spotter.
4. Stunts in which the base uses only one arm for support require a spotter when:
 - a. The stunt is anything other than a cupie/awesome or basic liberty. All other one-arm stunts require a spotter (e.g., heel stretch, arabesque, high torch, scorpion, bow and arrow, etc.).
 - b. The load-in or dismount involves a twist. The spotter must be in place during the twist and assist on the cradle during twisting dismounts.
 - c. The top person is popped from one arm to the other.
5. Single based split catches are prohibited.
6. All leg pitch, toe pitch, walk-in, sponge, and straddle catch flips are prohibited.
7. Twisting dismounts greater than two rotations are prohibited. Exception: side facing stunts - i.e. Arabesque, Scorpion, double full twisting cradles to the front are legal.
8. Front, back and side tension drops are prohibited.
9. Flips into or from partner stunts are prohibited, with the following exceptions.
 - a. Rewinds into a pyramid, stunt, loading position or cradle are allowed under the following conditions:
 1. The top person is limited to one and one quarter rotations and may not twist.

2. Bases are limited to one quarter turn under the top person.
3. An active spotter is required throughout the skill.
4. If the rewind is continuous to a cradle, the spotter must assist in the cradle.
5. In a rewind to a pyramid or to another base, the original base may serve as the spotter.
- b. Flips from stunts in which the top person is in an upright position standing in the hand(s) of the base(s) are allowed under the following conditions:
 1. An additional spotter must be active throughout the following skills. Exception: An additional spotter is not required for a double base front flip to the performing surface.
 2. Front flips to the performing surface are allowed from single or double base shoulder level stunts. The top person must land on at least one foot with assistance from at least one base.
 3. Front flips to a cradle are allowed from single or double base stunts shoulder level and below.
 4. Back flips to a cradle are allowed from double base stunts shoulder level and below.
 5. The top person is limited to one and one quarter flipping rotations.
 6. Dismounts to a cradle may have up to one half twist. No other twists are allowed.
- c. Flips from stunts in which the top person is in a horizontal position not being supported at their feet are allowed under the following conditions:
 1. Front flips and back flips from shoulder level double base stunts to a stunt, loading position, cradle or the performing surface with assistance from a base. Note that flips are not permitted from a horizontal position below shoulder level or from a single base.
 2. The top person is limited to one and one quarter rotation and may not twist.
 3. A spotter is not required.

E. Pyramids

1. Pyramids higher than 2 ½ body lengths are prohibited. Pyramid height is measured by body lengths as follows: chairs, thigh stands and shoulder straddles are 1 ½ body lengths; shoulder stands are 2 body lengths; extended stunts (i.e. extension, liberty, etc.) are 2 ½ body lengths. Exception: an extended stunt on top of a thigh stand is allowed.
2. In all pyramids, there must be at least two spotters designated for each person who is above two persons high and whose primary support does not have at least one foot on the ground. Both spotters must be in position as the top person is loading onto the pyramid. One spotter must be behind the top person and the other must be in front of the top person or at the side of the pyramid in a position to get to the top person if they were to dismount forward. Once the pyramid shows adequate stability and just prior to the dismount, this spotter can move to the back to catch the cradle. As pyramid design varies greatly, we recommend a review of any new pyramids where the spotting position may be in question.
3. In all “2-1-1 thigh stand tower” pyramids, there must be a spotter who is not in contact with the pyramid in place behind the top person. If a bracer is needed to assist the thigh stand middle later, they do not fill this role and an additional spotter who is not in contact with the pyramid is required.
4. Cradles from pyramids over two high must use at least two catchers, one on each side of the top person.

5. All flips into or from pyramids are prohibited, with the exception of a forward flip dismount to a cradle and legal rewinds.
6. Releases to prone dismounts are prohibited.
7. Front, back and side tension drops are prohibited.

F. Tosses

1. Basket tosses or similar tosses may only be performed from ground level, can use no more than four bases, and must be cradled by three of the original bases, one of which must catch in a scoop under the head and shoulders.
2. Basket and elevator/sponge tosses may not be directed so that the bases must move to catch the top person.
3. Basket and elevator/sponge tosses cannot exceed one flipping and two twisting rotations.
4. In flipping basket or elevator/sponge tosses (tuck, layout, or pike position) only two additional skills are allowed. One twisting rotation is considered to be one skill.

Examples:

Legal (two skills)

Tuck flip, X-out, Full Twist
Double Full-twisting Layout
Kick, Full-twisting Layout
Pike, Open, Double Full Twist
Arabian Front, Full Twist

Illegal (three skills)

Tuck flip, X-out, Double Full Twist
Kick, Double Full-twisting Layout
Kick, Full-twisting Layout, Kick
Pike, Split, Double Full Twist
Full-twisting Layout, Split, Full Twist

Note: An Arabian Front followed by a 1 ½ twist is considered to be a legal skill. A Kick Double Full Twist with no flip is legal.

5. Basket and elevator/sponge load-ins can land in a stunt or pyramid provided that the toss does not significantly exceed the height of the intended skill. Flips into stunts or pyramids from a basket or elevator/sponge load-in are prohibited.

G. Tumbling

1. Tumbling skills performed over, under or through partner stunts, pyramids or individuals are prohibited.
2. Tumbling skills that exceed one flipping rotation are prohibited.
3. Tumbling skills with two or more twisting rotations are prohibited.
4. Dive rolls are prohibited.
5. Airborne drops to a prone position on the performing surface are illegal. (Examples: A back flip or a jump landing in a pushup position is illegal. A handspring to a pushup position is legal as it is not airborne prior to the prone landing.)

H. Specific Surface Restrictions

1. The following skills are only allowed on a mat, grass (real or artificial) **or rubberized track surface**.
 - a. Basket tosses, elevator/sponge tosses and other similar multi-based tosses.
 - b. Flipping skills into or from stunts, tosses or pyramids.
 - c. Two and one half high pyramids. Mounts or dismounts to and from 2 ½ high pyramids may not flip or twist on a rubberized track surface.
2. Kick double baskets and baskets that flip AND twist are not allowed at a football game during regular play or timeouts. They may be done during a pre-game or half-time situation, but only on grass (real or artificial) or matted surface with dimensions of at least 10' X 10'.
3. At indoor court-type games such as basketball, the following skills may only be performed during pre-game, halftime, or post-game (not during timeouts) where the area is free of obstructions and non-cheer personnel, and all skills are performed on a matted surface.
 - a. Basket tosses, elevator/sponge tosses and other similar multi-based tosses.

- b. Partner stunts in which the base uses only one arm to support the top person. Exception: Cupies/awesomes are allowed with an additional spotter.
- c. Flips into or from partner stunts.
- d. Inversions. Exception: High school level inversions are allowed. (For example, suspended forward and backward rolls, low-level inversions, and braced flips with two bracers are allowed. For college, the two bracers and top person are not required to be double based.)
- e. Twisting dismounts greater than 1 ¼ rotation. Twisting dismounts up to 1 ¼ rotation on the court require an additional spotter.
- f. Two and one half person high pyramids.
- g. Airborne twisting tumbling skills (Arabians, full twisting layouts, etc. Cartwheels, roundoffs and aerial cartwheels are allowed.)

The above safety rules are general in nature and are not intended to cover all circumstances. All cheerleading skills, including tumbling, partner stunts, pyramids, jumps and tosses should be carefully reviewed and supervised by a qualified and knowledgeable advisor or coach. The American Association of Cheerleading Coaches and Administrators makes no warranties or representations, either expressed or implied, that the above guidelines will prevent injuries to individual participants. For the most recent safety rules and information, visit <http://www.aacca.org>.

XIV. TOURNAMENT FACILITY

1. The competition is scheduled to be held at ESPN's Wide World of Sports® Complex.
2. The tournament officials shall have the right to alter the time and location of the competition in the event changes become necessary due to inclement weather, facility problems, television production requirements, or any other situation deemed by the tournament officials to be essential to the successful execution of the championship.

XV. PRELIMINARIES, SEMI-FINALS AND FINALS

1. UCA reserves the right to determine if a preliminary, semi-final or final round will be necessary. All divisions with only one round prior to the finals will be classified as a semi-final.
2. There will be a minimum of 50% of the teams that will advance from each round of competition.

XVI. NATIONAL CHAMPIONSHIP PARTICIPATION

It is understood that teams participating in the College Cheerleading and Dance Team National Championship will not knowingly and willingly participate in any other event promoted as a "open championship", "national championship" or "international championship" for the 2015-2016 school year (Exception: USA National Championship). Teams who do not adhere will automatically be disqualified from the 2016 Championship and will forfeit the opportunity to participate in the tournament the following year.

XVII. APPEARANCES, ENDORSEMENTS AND PUBLICITY

All squads winning titles, awards or prizes agree to have all appearances, endorsements and publicity approved through the UCA office.

XVIII. TELEVISION COVERAGE

The UCA/UDA College Cheerleading and Dance Team National Championship nationally televised on ESPN and ESPN2. Because of the format of the show, not all finalist teams will be shown on the telecast.

For any clarification or interpretation of the above safety guideline please call Orry Clayborne at 1-888-CHEERUCA or Email oclayborne@varsity.com

ON BEHALF OF MY TEAM, I HEREBY ACCEPT THE COMPETITION AND ROUTINE RULES AND GUIDELINES AND AGREE TO ABIDE BY THESE RULES.

(School/Team Name)

(Division — Division I, Small Coed, etc.)

(City/State)

(Advisor / Coach’s Signature)

(Date)

(Administrator’s Signature)

• Retain a copy of these rules for your files •