

2016 2017

c h e e r l d

COMPETITION GUIDELINES

Safety Rules

Teams must adhere to the following sets of safety rules according to their team affiliation and division entered:

DIVISION/AFFILIATION	RULE SET	ROUTINE Min Max	OFFERED @ Reg./Opens	OFFERED @ Nationals
Intermediate Recreation	Cheer Ltd Intermediate Rec Restr. & Guidelines	n/a 2:30 min	X	X
Advanced Recreation	AACCA	n/a 2:30 min	X	X
Junior High/Middle School	AACCA	n/a 2:30 min	X	X
Freshman, Junior Varsity, Varsity*	AACCA	n/a 2:30 min	X	X
Collegiate	AACCA College Rules	n/a 2:30 min	X	X
Intermediate Collegiate	Cheer Ltd Intermediate Collegiate Restr. & Guidelines	n/a 2:30 min	X	X
*Teams competing in the NCHSAA Cheerleading Invitational Championship must follow NFHS rules				
SPECIALTY:				
Individual Cheerleader	Scholastic: AACCA All Star: USASF	n/a 1:30 min	X	X
Solo Dancer	USASF Dance Rules	n/a 1:30 min	X	X
Stunt Group	Scholastic: AACCA All Star: USASF	n/a 1:30 min	X	X
Dance Duo	USASF Dance Rules	1:45 2:30 min		X
Dance Trio	USASF Dance Rules	1:45 2:30 min		X

Divisions

- All divisions offered by Cheer Ltd are available at www.cheerltd.com.
- Cheer Ltd reserves the right to combine, divide, add, or delete divisions based on registration for each event. All star divisions will be combined/subdivided according to the guidelines set forth by the USASF.

Surface and Flooring

- REGIONAL/PRE STATE CHAMPIONSHIPS - 54' x 42' performance floor. 42' x 42' flat cheer floor minimum for practice and performance.
- OPENS - 54' x 42' spring floor for all performances; 42' x 42' flat cheer mat plus a spring tumble strip minimum.
- NATIONALS - 54' x 42' flat cheer floor for scholastic, rec; 54' x 42' spring floor for all stars, individuals, stunt groups & collegiate; 40' x 40' dance floor for dance.

Music and Timing

- Each team, individual, and stunt group will be responsible for providing someone to play/pause/stop/control music. Depending on the event location, some players may not be available. For this reason, we recommend that you have your music on both a CD as well as iPod, phone, etc. Please do not only have an iPhone or iPod as your only source of routine music.
- Routine time maximum/minimum limits are outlined in the table above. School and Recreation teams are allowed a max music time of 1:30.
- All Star, Dance, Individual/Solo, and Small Group (Stunt, Duo, Trio) routines are typically performed to all-music. Scholastic & recreation routines are judged on traditional-style score sheets (UCA scoresheet) where cheer and crowdleading is very important. A maximum of 1:30 music is allowed leaving 1:00 for crowdleading/cheer which should include cheer/chants/signs/poms - anything to lead the crowd. Collegiate team routines do not have a maximum of music allowed but do have "voice" and "crowdleading" on the (Cheer Ltd College) scoresheet so voice MUST be utilized in a cheer/chant.
- Timing will begin with the first organized movement, choreographed vocal, or beat of music. Spirited entrances and exits are permitted and are not included in the routine time (above). All events have strict time limits so fast and efficient entrances and exits are expected so we stay on time.
- A 5-second grace period is given to compensate for any sound equipment playback differences or more importantly for the timekeeper that is tracking the start and end time of each routine. After the grace period, 3 pt deduction for 1-5 seconds over; 5 pt deduction for 6-10 seconds over; 7 pt deduction for 11+ seconds over. *USASF cheer and dance team rules do include a maximum routine length and therefore any routine's music that is over the 2:30 time limit will be deducted starting at 2:31 as outlined.

Tie Break Policy

In the event of a tie, the following protocol is followed at all events:

- The team with the lowest Falls/Errors Deduction (right side of deduction sheet for school, rec., and college teams) will break the tie;
- If the Falls/Errors Deduction is the same and a tie still remains, all difficulty categories will be added to break the tie;

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Out of Bounds

Cheer Ltd does not recognize or penalize for going off the performance surface (cheer mat or dance floor), although a tumbling skill or stunt/pyramid that occurs in part or completely outside/off the designated floor will be warned or penalized depending on the severity if the deduction/safety judge(s) consider it unsafe. All sets of safety rules require these skills be performed on a proper surface so most tumbling and stunting skills that occur off a mat will be considered illegal.

Qualifying Score (School and Recreation Teams)

Cheer Ltd Pre-State and Open Championships are qualifiers for Cheer Ltd Nationals at CANAM. Not all divisions are required to qualify in order to attend Cheer Ltd Nationals. The following types of teams must qualify with a minimum score equal to 70% of the points possible (or as deemed appropriate by the event director): Scholastic - JH/MS, Freshman, JV, Varsity, and all Recreation divisions.

NOTE: All Stars, All Star Prep, Collegiate, Dance, Individuals/Solos, Stunt Groups, Duos/Trios, and Special Needs do not need to qualify.

Post-Event Debriefing

After most events (excluding Cheer Ltd Nationals), coaches are invited to speak with the judges immediately following the awards ceremony. This opportunity allows coaches (2 max per team) to speak directly to the judges to receive valuable feedback and clarity on their evaluation and comments. Infractions, deductions, penalties, scores, comments, critique, and opinions can be verbalized directly...this is truly an invaluable opportunity! This post-event debriefing is available for approximately 20 minutes (total) after each event and coaches are encouraged to attend.

Judging & Scoring Clarification Protocol

Cheer Ltd will make every effort to contact a coach prior to a final awards ceremony at Pre-State and Open Championships to inform them of an illegality when placement has been effected. There are some events where this is not possible due to but not limited to judging administrator availability, time constraints, scheduling, etc.

At Cheer Ltd Nationals, there is a formal procedure in place for any questions a coach may have about scoring, judging, infractions, deductions, comments, etc. Any team attending Cheer Ltd Nationals will receive these guidelines and a packet to request such a review or clarification.

QUESTIONS? Call Cheer Ltd 800-477-8868 or email Lori Wickham at loriw@cheerltd.com. Thank you for reviewing this information! We appreciate and encourage contact prior to an event and are always happy to help.