

Section 3: CHEER RULES – AYC REGIONALS & NATIONALS

AYC GENERAL CHEER SAFETY RULES & ROUTINE GUIDELINES

AYC Cheer Safety Rules

General Safety Rules

In addition to 2010-2011 AACCA Safety Rules, AYC cheer teams must follow the following additional general safety guidelines. These additional guidelines supersede any conflicting AACCA rule.

- Banners, flags, megaphones, poms, and signs are the only props allowed. The use of poms and/or props is prohibited during tumbling, stunt/pyramid load ins, stunt/pyramid dismounts, and during stunt transitions. The top person/flyer may obtain and use poms or props when secure in a stunt or pyramid. **Exception: a forward/backward roll may be performed with a prop or poms in hands)**
- When discarding props (signs, etc.) that are made of solid material or have sharp edges/corners, team members must gently toss or place the props so that they are under control. The placement of props or poms should be a safe distance away from skills being performed to eliminate any safety hazards.
- Hiding or hidden type props are **prohibited**. Items that may damage the performance surface are prohibited.

Specific Safety Rules

All cheer teams must follow the 2010-2011 AACCA High School Safety Rules. Please access the most up to date ACCAA High School Safety Rules at www.MyAYF.com in the Rulebooks & Manuals Section.

AYC Cheer Routine Guidelines:

- Each team will perform a choreographed performance not to exceed 2-1/2 minutes. Each team's performance must consist of a cheer component AND a music component. **The music component must not exceed one minute and thirty seconds or there will be a deduction for overtime.**
- Formal entrances (i.e. crowd response chants or cheers, tumbling or stunts) to the competition floor are **prohibited**. Entrances to the competition floor should be brief with the sole purpose of walking, running, etc to position. A quick team huddle prior to performance is allowed. Spirited entrances are allowed; teams should take no longer than 10 seconds to set for their routine.
- Timing will begin with the first organized word, movement, or note of music following the teams' announcement to take the floor. Timing will end with the last organized word, note of music, or movement by the team.
- Poms, Megaphones, signs, and banners are encouraged. No tear away uniforms or removal of clothing is allowed. Hiding or hidden type props are **prohibited**. Items that may damage the performance surface are prohibited.
- The team's name will be called at least twice (once as the team is on deck, and again once the team is next to perform). Teams missing their performance time will perform at the end of the division only if time permits.
- Gymnastic skills are required. Stunts, Lifts, and Pyramids are required.
- All choreography, material, music, and uniforms should be age-appropriate and suitable for family viewing. Teams using excessively vulgar or suggestive movements, words, or music are subject to disqualification. Extreme cases that require

disqualification will be under the discretion of the head rules judge.

AYC PENALTY INFORMATION

PENALTIES: SAFETY GUIDELINES:

5 points will be deducted from your total score for **each** infraction of the AYC Cheer Safety Rules (AACCA Safety Rules) and/or the AYC Cheer Routine Guidelines.

10 points will be deducted from your total score for **each** violation of the level division requirements (red or blue).

Please refer to the Level Divisions, AYC Cheer Safety Rules, and AYC Cheer Routine Guidelines regarding specific skill allowances and restrictions.

Teams are responsible for following all AACCA safety guidelines, as well as the Level Division skill restrictions that further restrict permitted skills within AACCA.

SKILL EXECUTION PENALTIES:

0.5 point per occurrence will be deducted from your total score for any hand touches on flipping or tumbling skills following the landing.

1 point per occurrence will be deducted from your total score for any falls during stunts, pyramids, or tumbling (see maximum below).

Falls are defined as:

Stunts – Drops from an individual stunt to a cradle, pop down, or to the ground.

Pyramid - Drops from an individual stunt (within a pyramid) to a cradle, pop down, or to the ground.

Tumbling - Individual drop completely to the floor in tumbling.

3 points **maximum** will be deducted from your total score for any multiple falls per each pyramid, stunt or tumbling section.

BOUNDARY PENALTY:

0.5 point per occurrence will be deducted from your total score if any team member steps or touches out of bounds with any part of the body. Out of bounds is considered being completely off of the mat.

TIME LIMIT PENALTIES:

1 point will be deducted from your total score if your routine goes from 6 – 10 seconds over time requirements.

3 points will be deducted from your total score if your routine goes from 11 or more seconds over time requirements.

INAPPROPRIATE MUSIC/CHOREOGRAPHY:

Age appropriate choreography and music must be used.

5 points per occurrence will be deducted from the total score if inappropriate choreography or music

is used. This deduction will be taken as a violation of the AYC Cheer Routine Guidelines.

IN CASE OF A TIE:

All ties will be broken at Regional/National competitions. Ties will be broken by using the Basic Fundamental scores on the score sheet. Those categories include: Stunts, Pyramids, Tumbling, Jumps, and Dance/Motions. If it is necessary to break a second tie, the scores under Overall Elements will be calculated along with the Fundamental score categories.

REASONS FOR DISQUALIFICATION:

Teams with illegal competitor(s) will be disqualified. Reasons for disqualification include but are not limited to overage competitor(s), competitor(s) not listed on official AYF/AYC league roster, and/or illegal competitor(s) listed on AYF/AYC official league roster. If a team is found with unregistered competitors, the team will be disqualified. Teams registering and performing in incorrect divisions and/or categories will be disqualified. See the Youth Cheer Divisions General Routine Guidelines for further details.

LEGALITY QUESTIONS (prior to event):

Coaches and Coordinators are responsible to comprehend and comply with all AYF/AYC Age Divisions, Level Division Guidelines, AYC Cheer Safety Rules (AACCA Rules) and/or Cheer Routine Guidelines pertaining to the competing division. Questions concerning any AYC Cheer Safety Rules, Level Division Guidelines or questions regarding specific stunts and /or pyramids should follow the below process:

All Legality questions must be addressed in writing prior to the event. By reason of terminology and misunderstandings, answers will NOT be provided by phone.

AYF/AYC Rule judges will address all questions in writing. All questions should be emailed to: **cheer@americanyouthfootball.com** Questions must be submitted 14 days prior to the event to ensure a reply. Questions submitted 13 days or less prior to the event are NOT guaranteed an answer prior to the event.

When you e-mail your questions make sure to include:

- 1) Event/Competition Date
 - 2) Your name
 - 3) Your team name and Region
 - 4) Your division
 - 5) Your category
- (A written answer will be provided)