

# Gay Games 2014: Cheerleading Rules and Regulations

## 1. General

### a. 3 divisions

#### i. Cheer Group Stunt

1. Up to 5 members allowed
2. 1 min max time
3. Competitors may compete group stunt and Pom Dance, but may not cross over and compete in partner stunt
4. Competitors may only compete in one group stunt entry

#### ii. Cheer Partner Stunt

1. Only 2 competitive members and one non-competitive spotter
2. Spotter may only assist catching the flyer, and may not help support or help to save any stunt.
3. Every partner stunt competition entry will receive a 2 point deduction for each incident of the spotter touching the stunt, other than in a catch.
4. 1 min max time
5. Competitors may compete partner stunt and Pom Dance, but may not cross over and compete in group stunt. However, the spotter is permitted to compete in another competition group.
6. Competitors may only compete in one partner stunt entry.

#### iii. Pom Dance

1. Minimum of 5 members and maximum of 30 members
2. 2 min max time
3. Competitors may cross over and also compete in either partner or group stunting
4. Competitors may only compete in one pom dance entry

### b. Exhibition

- i. No safety or crossover rules for exhibition
- ii. Must be family friendly and free of adult themes and offensive language
- iii. No time limit for exhibition

## 2. Safety

### a. Cheer Stunting

- i. Cheer stunting will follow USASF Lv 6 All-Star Safety Rules
- ii. Rules can be downloaded at [usasf.net](http://usasf.net)

### b. Pom Dance

- i. Tumbling is not permitted in Pom Dance division
- ii. Cheer stunting is not permitted in Pom Dance division
- iii. During lifts, the lifting dancer must be in contact with the lifted dancer throughout the duration of the lift, until the lifted dancer is returned to the floor.
- iv. Dancers may not jump or leap off an object or another dancer to the performance surface.
- v. During inversions, the hips of the lifted dancer must remain below shoulder height of the lifting dancer.
- vi. Dancers may use props, but may not dance on a prop
- vii. Glitter, fire, confetti, or any other prop that requires a "clean-up" after the performance is not permitted. Use of these props will result in disqualification of the dance group.
- viii. Each safety violation will receive a 5 point deduction.

### 3. Scoring

#### a. Cheer

- i. Difficulty Scores (50 possible points total) (Teams will receive a difficulty score for the ONE skill with the highest difficulty in each category. All lesser skills will not receive a score). (Attempted skills will not receive a score. Skills must hit to receive a score. Failure to complete a skill will result in a 0 for that category. Even a poorly executed skill will receive a score, as long as it hits and/or is saved.)
  1. Body Positions (out of 10 points) (Body positions are cumulative and can be repeated. Each body position must be held for at least 2 count to receive credit)
    - a. Teams will receive a 0 for zero body positions
    - b. Teams will receive a 5 for one body position
    - c. Teams will receive a 4 if the only body position is a lib
    - d. After the first body position, teams will receive one point for each additional body position until they max out at 10 points
  2. Twisting Mounts (out of 10 points)
    - a.  $\frac{1}{4}$  twist up to prep level receives 1 point
    - b.  $\frac{1}{4}$  twist up to extended level receives 2 points
    - c.  $\frac{1}{2}$  twist up to prep level receives 3 points
    - d.  $\frac{1}{2}$  twist up to extended level receives 4 points
    - e.  $\frac{3}{4}$  or a full twist to prep level receives 5 points
    - f.  $\frac{3}{4}$  or a full twist to extended level receives 6 points
    - g.  $1\frac{1}{2}$  twists to prep level receives 7 points
    - h.  $1\frac{1}{2}$  twists to extended level receives 8 points
    - i. 2 twists to prep level receives 9 points
    - j. 2 twists to extended level receives 10 points
  3. Twisting Dismounts
    - a.  $\frac{1}{4}$  twist down from prep level receives 1 point
    - b.  $\frac{1}{4}$  twist down from extended level receives 2 points
    - c.  $\frac{1}{2}$  twist down from prep level receives 3 points
    - d.  $\frac{1}{2}$  twist down from extended level receives 4 points
    - e.  $\frac{3}{4}$  or a full twist down from prep level receives 5 points
    - f.  $\frac{3}{4}$  or a full twist down from extended level receives 6 points
    - g.  $1\frac{1}{2}$  twists down from prep level receives 7 points
    - h.  $1\frac{1}{2}$  twists down from extended level receives 8 points
    - i. 2 twists down from prep level receives 9 points
    - j. 2 twists down from extended level receives 10 points
  4. Flipping Mount/Dismount (out of 10 points). Flips do NOT have to be free-flipping.
    - a. Front flipping dismount with no twist will receive 1 point
    - b. Back flipping dismount with no twist will receive 2 points
    - c. Front flipping dismount with 1 twist will receive 3 points
    - d. Back flipping dismount with one twist will receive 4 points
    - e. Back flipping mount non-free-flipping with no twist will receive 5 points
    - f. Back free flipping mount to immediate prep level with no twist will receive 6 points
    - g. Back free flipping mount to immediate extended level with no twist will receive 7 points
    - h. Back flipping mount non-free-flipping with a twist will receive 8 points

- i. Free-flipping mounts with a twist will receive from 9-10 points at judges' discretion.
  5. Release Moves
    - a. All release moves that involve no twisting will receive OR start or begin below extended level will receive from 1-5 points at the judges' discretion
    - b. All release moves that involve either a twist, OR start/begin at extended level will receive at least 5 points up to 10 at the judges' discretion
    - c. A release move that ENDS in an extended position that incorporates any twist (even  $\frac{1}{4}$ ) will receive an automatic 10 (if executed successfully).
  6. Basket Difficulty (teams must execute at least one toss that is caught in a cradle, and teams will only be scored on their most difficult toss executed.
    - a. One skill with no flip or twist (including a straight ride) will receive 1 point
    - b. Two skills with no flip or twist will receive 2 points
    - c. 1 twist with no flip and no other skills will receive 3 points
    - d. 1 twist with no flip and an additional skill, or 2 twists with no flip and no additional skill will receive 4 points
    - e. One flip with no twists will receive 5 points
    - f. 2 twists with no flip one additional skill **OR** 1 flip with no twists and one additional skill **OR** 3 twists with no flip and no additional skill will receive 6 points.
    - g. 2 twists with no flip two additional skills **OR** 1 flip with no twists and two additional skill **OR** 3 twists with no flip and one additional skill will receive 7 points.
    - h. One flip with one twist and no additional skill will receive 8 points
    - i. One flip with 2 twists **OR** one flip with one twist and an additional skill will receive 9 or 10 points, at judges discretion. (examples: double full, tuck-X full, or Arabian 1-1/2)
- ii. Technique Scores (40 possible points total)
  1. Teams receive a technique score for each category based on EVERY skill they perform in that category, not just the most difficult skill
  2. Teams will receive 10 points at judges' discretion for each of the following categories
    - a. Body Positions
    - b. Dismount / Release Moves / Transitions
    - c. Basket Tosses
    - d. Motions
- iii. Overall Impression Score (10 possible points total)
  1. Judges will give a score between 1 and 10 points for overall impression
  2. Overall impression score is at judges' discretion
  3. Overall impression score will be based on the following
    - a. Entertainment value
    - b. Creativity
    - c. Choreography
    - d. Music
    - e. Appropriateness

- iv. Deductions (See jamscore.com for definitions of bobble, fall and fall to the floor)
    1. A bobble will receive a 1 point deduction per incident off the total score
    2. A fall will receive a 2 point deduction per incident off the total score
    3. A fall to the floor will receive a 3 point deduction per incident off the total score
    4. A safety rule violation or general rule (above) violation will receive a 5 point deduction off the total score.
  - v. Tabulation
    1. 50 points for Difficulty
    2. 40 points for Technique
    3. 10 points for Overall Impression
    4. TOTAL possible raw score of 100 points
    5. Deductions and Legalities are deducted from the raw score to produce the official score.
- b. Dance Scoring
- i. Difficulty Scores (50 possible points total) (Teams will receive a difficulty score for the ONE skill with the highest difficulty in each category. All lesser skills will not receive a score). (Attempted skills will not receive a score. Skills must hit to receive a score. Failure to complete a skill will result in a 0 for that category. Even a poorly executed skill will receive a score, as long as it hits and/or is saved.)
  - ii. Technique Scores (40 possible points total)
    1. Teams receive a technique score for each category based on EVERY skill they perform in that category, not just the most difficult skill
    2. Teams will receive 10 points at judges' discretion for each of the following categories
  - iii. Overall Impression Score (10 possible points total)
    1. Judges will give a score between 1 and 10 points for overall impression
    2. Overall impression score is at judges' discretion
    3. Overall impression score will be based on the following
      - a. Entertainment value
      - b. Creativity
      - c. Choreography
      - d. Music
      - e. Appropriateness
  - iv. Deductions (See Dance Deductions Above)
    1. A safety rule violation or general rule (above) violation will receive a 5 point deduction off the total score.
  - v. Tabulation
    1. 50 points for Difficulty
    2. 40 points for Technique
    3. 10 points for Overall Impression
    4. TOTAL possible raw score of 100 points
    5. Deductions and Legalities are deducted from the raw score to produce the official score.

\*Please direct any questions or concerns to Mike Vandermause  
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