



CHEER AMERICA

COLLEGE CHEER RULE BOOK 2022-2023



ELIGIBILITY REQUIREMENTS

- Every student-athlete participating must be a current member of the team they are representing, AND enrolled at the institution they are representing
 - *Teams must be prepared to prove enrollment by showing current class enrollment if requested by Cheer America Championships.*
- A student-athlete may not compete for more than five years in total.
 - *An alternate or injured student-athlete that does not take the competition floor will not be considered as a competing member, and will NOT count towards the maximum of five years of eligibility.*

COLLEGIATE EXPECTATIONS

All aspects of a performance, including choreography, music, & uniforms, MUST be family friendly.

COLLEGIATE IMAGE

Teams will be evaluated on the overall representation of their institution. Participants should reflect the core values, and standards that are mandated by their College/University.

SPORTSMANSHIP

- All participating members/coaches should display good sportsmanship for the duration of the event with respect for themselves, opposing teams and spectators. Taunting or bragging, as well as discrimination of any nature is not prohibited.

PERFORMANCE INTEGRITY & SCHOOL REPRESENTATION

- Performances should represent the standards as expected by athletes and student body representatives at the collegiate level. Routines should highlight the skills being performed in a safe and collegiate style.

UNIFORMS

- Appropriate uniform attire and undergarments are required during all practices, performances, and awards ceremonies.
- No risqué, or provocative uniforms or garments.
- All apparel should be secured to prevent a wardrobe malfunction.
- Soft-soled athletic shoes must be worn while competing.

DIVISIONS OFFERED

If enrollment allows, divisions may be split further. | **Small Coed: 1-4 Males** | **Large Coed: 1-11 Males**

- | | |
|---------------------------|-----------------------|
| • Intermediate All Girl | • Advanced All Girl |
| • Intermediate Small Coed | • Advanced Small Coed |
| • Intermediate Large Coed | • Advanced Large Coed |
| • GAME DAY | |
-



CHEER AMERICA

COLLEGE CHEER RULE BOOK 2022-2023



ROUTINE REQUIREMENTS (*ADVANCED & INTERMEDIATE*)

1. Routine maximum time limit is 2 minutes and 15 seconds (135 seconds).
2. Teams are limited to a maximum of twenty participants plus one mascot. The mascot may NOT participate in any technical skill (e.g. stunts, pyramids, tosses, or tumbling) and may NOT serve as a spotter.
3. Music is allowed for all or any portion of the performance.
4. Organized entrances are NOT permitted. Teams should not have organized cheers or run-ons with jumps, tumbling, or stunts. All participants should enter the performance area in a timely fashion.
5. Time will begin with the first note of music or start of the performance by the team or individual after they are officially announced.
 - a. All performers must have at least one foot on the performing surface when the Routine starts. A deduction will be assessed for any skills performed prior to the start of the routine.
6. Timing will end with the last organized word, movement, or note of music by the team or individual. Teams or individuals must exit the performance area immediately following the Routine.
7. Only the following props are allowed for cheer teams: flags, banners, megaphones, poms, and signs. Flags and/or banners with poles or similar support apparatus may NOT be used with a stunt or tumbling.
8. All teams Must follow the USA Cheer College Safety Rules.

INTERMEDIATE DIVISION RESTRICTIONS

STUNTS / PYRAMIDS

- Release inversions into a stunt are ALLOWED but may NOT exceed prep level.
 - *Unassisted Rewinds are NOT permitted.*
- Release inversions out of stunts are NOT allowed.
- Braced inversions must make contact with a bracer prior to initiation and remain connected until the top person is no longer inverted
- Release full twists to an extended position are prohibited
- Twisting dismounts are limited to ONE and a quarter twist ($1\frac{1}{4}$)
- Pyramids sustained over 2 persons high are prohibited.
- Twisting stunts (*EXAMPLE: full ups*) are limited to one and a quarter ($1\frac{1}{4}$) twisting rotation.
 - *One and a half ($1\frac{1}{2}$) ups and double ups are prohibited.*
- When Released skills involve new catchers, these catchers must be stationary at the time of initiation of the release

TOSSES

- Release flips from basket/sponge tosses are prohibited.
- Twisting dismounts from basket/sponge tosses may not exceed 2 rotations ($\frac{1}{4}$ turn is allowed to set for the twist)

TUMBLING

- Standing back tucks or other flips, and standing tumbling with back tucks or other flips is prohibited.
 - Airborne flips out of running tumbling are permitted (*EXAMPLE: tucks, layouts, whips, etc.*)
 - Twisting flips are prohibited- includes running tumbling (*EXAMPLE: Aerials and Onodis are NOT allowed*)
-



CHEER AMERICA

COLLEGE CHEER RULE BOOK 2022-2023



GAME DAY DIVISION FORMAT:

This division places emphasis on Crowd Leading, and high-level execution as well as overall entertainment.

Must include at least one cheer and/or sideline chant, and at least one fight song and/or band chant.

SCORING

- Teams should display true Game Day material with the intent to promote and engage crowd participation. While the incorporation of skills are considered when scoring, so is the view on how applicable skills are to a traditional Game Day setting.

CROWD-LEADING

- The Crowd-Leading section is without music and consists of at least one cheer and/or one sideline chant. Formations and level changes are encouraged to meet the desired level of visual effect. Crowd-leading props should be incorporated (signs, poms, flags, megaphones). The performance should be well structured and visually appealing. The goal is to create an easy to follow method for crowd response while utilizing visual props.

FIGHT SONG/BAND CHANT

- If performing the school's Fight Song, teams should use the traditional fight song at its normal pace and length. If performing the Band Chant teams should use a traditional band chant that promotes crowd engagement. All participants should be coordinated and utilizing props and visual tools. Traditional game day formations should be used and skills should require minimal transitions and be conducive to a sideline setting. The incorporated skills should be performed with a high level of execution and at a quick pace. The performance should be conducive to repetitive and effortless execution.

ROUTINE REQUIREMENTS (*GAME DAY*)

- Routine maximum time limit is 3 minutes (180 seconds). There is no minimum time.
- Maximum of 30 participants. Any combination of cheerleaders, dancers, mascots, band or other spirit organizations is allowed.
- Cheer teams and/or participants may **NOT** compete in Game Day and another division at the same event.
- Dance teams and/or participants may utilize Game Day as their second routine.
- Teams will perform on a regulation size SPRING cheer floor unless otherwise stated.
- Teams should use props such as signs, poms, megaphones or more during the crowd leading segment.
- No items may be thrown, tossed, or released from the performance area into the crowd.
- Standard deductions will be applied to skill execution and performance errors as well as time violations.
- All the same eligibility, uniform, sportsmanship, collegiate image, etc. rules apply in this division.

GAME DAY RESTRICTIONS

- CHEERLEADERS** must follow USA Cheer College Safety Rules and the skills allowed are those permitted during timeouts on a hard surface. Refer to the USA Cheer College Safety Rules Section H.3. found at USACheer.org
 - DANCERS** must follow safety rules listed in the Freedom Dance College Dance Rule Book.
-