



Gay Games 2018

Cheerleading Rules and Regulations

1. General

a. 4 divisions

i. Cheer Group Stunt

1. Up to 5 members allowed
2. 1 min max time
3. Competitors may compete group stunt and Show Cheer, 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 Show Cheer, 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. Show Cheer (aka. Pom Dance)

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

iv. Spirit Exhibition

1. No safety or crossover rules for exhibition
2. Must be family friendly and free of adult themes and offensive language
3. No time limit for exhibition

b. Music

- i. We encourage everyone to follow copyright law and the USA Cheer Music guidelines to guarantee that you will be able to use your music at competition. If the event producers or any videographers require a license for your music and you cannot provide one, an 8count track will be provided for your use in competition
- ii. Make sure your music is family friendly
- iii. Questions on music legality and copyright law can be written to CheerJudgesGG2018@gmail.com

2. Safety

a. Cheer Stunting

- i. Cheer stunting will follow USASF/IASF Cheer safety rules for Level 6
- ii. Rules can be requested by writing to CheerJudgesGG2018@gmail.com

b. Show Cheer

- i. Show Cheer will follow USASF/IASF Dance Safety rules for Pom divisions in Senior & Open, with one exception: Airborne skills without hand support are NOT allowed. An airborne skill with hand support is limited to one hip-over-head rotation skill, e. g. cartwheels, front walkover or rolls.
- ii. Rules can be requested by writing to CheerJudgesGG2018@gmail.com
- iii. Stunts performed within the Show Cheer division will not be judged.
- iv. 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.
- v. Dancers may not jump or leap off an object or another dancer to the performance surface.
- 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 (Group: 60/Stunt: 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 point)

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 4 if the only body position is a lib
- c. Teams will receive a 5 for one body position
- 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 ½ 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 (out of 10 points)
- a. ¼ twist down from prep level receives 1 point
 - b. ¼ twist down from extended level receives 2 points
 - c. ½ twist down from prep level receives 3 points
 - d. ½ twist down from extended level receives 4 points
 - e. ¾ or a full twist down from prep level receives 5 points
 - f. ¾ or a full twist down from extended level receives 6 points
 - g. 1 ½ twists down from prep level receives 7 points
 - h. 1 ½ twists down from extended level receives 8 points
 - i. 2 twists down from prep level receives 9 points
 - j. 2 or 2 ¼ 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 (out of 10 points)
- a. All release moves that involve no twisting OR end below extended level will receive from 1-5 points at the judges' discretion
 - b. All release moves that involve either a twist, OR ENDS 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 ¼) will receive an automatic 10 (if executed successfully)
6. Basket Difficulty (Only Group stunts; out of 10 points)
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 and 2 additional skills, **OR** 1 flip with no twists and 2 additional skills, **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 one additional skill will receive 9-10 points (example: double full or X-out full) will receive 9-10 points (at Judges discretion)
- ii. Technique Scores (Groups: 40/ Partner: 30 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. Motions
 - d. Basket Tosses (only Groups)
- iii. Overall Impression Score (20 possible points total)
1. Judges will give a score between 1 and 10 points on each section for overall impression
 2. Overall impression score is at judges' discretion
 3. Overall impression score will be based on the following
 - a. Entertainment value, Creativity, Choreography, Music, Appropriateness
 - b. Showmanship, Energy, Expression, Confidence, Appearance
- iv. Deductions
1. A bobble will receive a 1 point deduction per incident off the total score. (Definition bobble: Stunts or tosses that almost drop/fall but are saved. Including incomplete twisting cradles.)
 2. A fall/early cradle **OR** illegal use of spotter (PS only) will receive a 2 point deduction per incident off the total score. (Definition fall/early cradle: Uncontrolled cradling,

dismounting or bringing down a stunt early. Base falling to the floor during a cradle or dismount)

3. A fall to the floor will receive a 3 point deduction per incident off the total score. (Definition: Falls from stunt or tosses to the ground (top person lands on ground))
4. A safety rule violation or general rule violation will receive a 5 point deduction off the total score.
5. A Time limit violation will receive a 1, 4 or 8 pts deduction, depending on length of music.

v. Tabulation

1. 60/50 points for Difficulty
2. 40/30 points for Technique
3. 20 points for Overall Impression
4. TOTAL possible raw score of 120 points
5. Deductions and Legalities are deducted from the raw score to produce the official score.

b. Show Cheer Scoring

i. Difficulty Scores (40 possible points total)

Teams will receive a difficulty score for performing at least 2 skills from the Skills Grid below. Scoring in the shown range low, mid or high, will be determined by how many athletes show the skill simultaneously. 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.

SKILLS	LOW (1-6 pts)	MID (4-8 pts)	HIGH / ELITE (7-10 pts)
TURNS	Single Pirouette en dehors Tour en L'air Pirouette sur le cou-de-pied Turns with Chase 1-2 Chenne Turns Pose Turn	Double Pirouette en dehors 1-3 Fouette Turns 3+ Chenne Turns	Triple Pirouette en dehors Pirouette into outside illusion 4+ fouettes Turns changing spots Leg Holding turns Double tour en lair
LEAPS / JUMPS	Grande Jete Developpe Tilt Jump/Leap Straddle Jump	Leap in Second Calypso Axel Turn Firebird Jete Turning C jump Turning tilt jump	Switch split leap Switch firebird leap Turning open second leap Turning Discs Turning tilt jump (renverse)
KICKS	Straight kicks – Front and Back Tilt Kick Fan Kick	Combination Kicks	
OTHER	Chase Kick ball change Pas de bouree Arabesque	Walkover Illusion Leg Hold Shoulder roll Ponche Splits Developee below 90*	Developpe above 90* Ponche into forward roll

- ii. Technique Scores (50 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. Poms, motions, arm movements
 - b. Turns, leaps, kicks
 - c. Lifting moves
 - d. Spacing, transitions
 - e. Cleanliness, solidity, uniformity, precision, unison
- iii. Overall Impression Score (30 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, creativity, choreography, appropriateness
 - b. Costuming, appearance, theme usage, prop usage, dramatic effect
 - c. Showmanship, energy, expression, confidence, appearance
- iv. Deductions
 - 1. A fall will receive a 2 point deduction per incident off the total score. (Definition fall: Uncontrolled fall to the performance area from an Airborne or inverted position). Choreographed and controlled drops to the performance area are considered part of the routine and will not be deducted.
 - 2. A safety rule violation or general rule violation will receive a 5 point deduction off the total score
 - 3. A Time limit violation will receive a 1, 2 or 4 pts deduction, depending on length of music.
- v. Tabulation
 - 1. 40 points for Difficulty
 - 2. 50 points for Technique
 - 3. 30 points for Overall Impression
 - 4. TOTAL possible raw score of 120 points
 - 5. Deductions and Legalities are deducted from the raw score to produce the official score

*Please direct any questions or concerns to CheerJudgesGG2018@gmail.com