

# RULES & REGULATIONS



2009 - 2010 season

## Includes:

- ▶ General Competition Guidelines
- ▶ General Rules & Regulations
- ▶ General Spotting/ Stunting/ Pyramid Rules
- ▶ Awards

M.A.C. rules are used by school-based and non-school-based groups, serving athletes of various skill levels, ranging from Early Years, Middle Years, High School to 18+. In order to make the rules appropriate, we have listed different skills for each level. Every individual using these rules is responsible to the prudent judgement with respect to each competition, athlete, and facility. In addition, each athlete is responsible for exercising caution and good sportsmanship. These rules should be interpreted and applied as M.A.C. intended and reasonable accommodations made for disabled athletes by coaches.

**Point of Emphasis** - M.A.C. will highlight any major rule changes and emphasize any rules for which special clarification may be needed. When in doubt, please contact the Office. The updated rules will keep with the M.A.C. policy of safety and emphasize risk management.

**Coaching Responsibilities** – Cheer coaches are responsible for the safety and wellbeing of all participants in their program. This includes, but is not limited to, assessing stunt progression and performer readiness of his or her team. Coaches are also responsible for appropriate practice and performance conditions which include heat and hydration requirements, standard first-aid and CPR, care for injuries such as concussions, sprains and strains and the knowledge of all M.A.C. rules and regulations. Further to the new risk management guidelines, **the coach or other school/club approved representative must be present at all team events and the team will be limited to performing skills that the adult in charge is knowledgeable about and capable of providing safe teaching and supervising.** Communication between school/club administration and coaches is crucial for this to be effective.

**Performer Readiness** – A prudent coach will not allow an athlete to perform without adequate skills and preparation, and will not allow their team members to perform skills for which they are not adequately trained and proficient. All coaches will be required to keep a progression chart for each athlete (see new forms). As with any sport, it is the coach's responsibility to ensure their athletes demonstrate lower level skills with proficiency before progressing to more advanced stunts.

**Special Needs** – Coaches must be prepared to meet the requirements and unique needs of a variety of student participants (diabetics, asthmatics and special needs). Cheer coaches are encouraged to continue their education in these areas of student needs to help prevent injury, seizure, etc.

## TEAM DIVISIONS

**MINI and YOUTH:** shall be any team having all athletes registered in an elementary school.

**JUNIOR:** shall be any team having all athletes registered in a junior high or middle school.

**SENIOR FEMALE / MALE:** shall be any team consisting of all one sex, with all athletes registered in a high school.

**SENIOR CO-ED:** shall be any team of male and female athletes, all of whom shall be registered in a high school.

**UNIVERSITY/COLLEGE TEAMS:** University teams shall have athletes registered at their said University or College at the time of the competition. A University/College Official and coach's signature will verify each team member's eligibility for competition.

**OPEN 18+ (All-Girl, Co-Ed):** shall be any team consisting of athletes who are 18 years-of-age or older as of Dec. 31 of the competing year.

**ADDITIONAL INFORMATION - OPEN TEAMS (Mini, Youth, Junior, Senior, Senior Co-Ed & 18+):** Open division teams should follow the USASF level system rules for their age-appropriate category unless otherwise stated by M.A.C. Rules & Regulations. Open team members may must be registered in their age appropriate category based on what school grade they are in (18+ teams excluded). Members may only be registered to compete on one Open team and on one school-based team. They will compete against other age-appropriate Open teams in the Mini, Youth, Junior, Senior, Senior Co-Ed or 18+ categories. 18+ team members will be 18 years of age or older by December 31, during the season in which they are competing.

They will be eligible to compete in the Cheer, Stunt, and Partner Stunt categories only and are not eligible for Provincial Champions; instead they will have an Overall Champion when available. Open competition will take place after the school-based teams have competed so as not to cause scheduling conflicts.

In the case where there are no other teams entered in the category, teams will compete against the mark standard or M.A.C. may combine divisions.

## ROUTINE CATEGORY GUIDELINES

**STUNT GROUP ROUTINE (3-5 PEOPLE)** -Time = 1 minute  
School-Based: Junior, Senior, Senior Co-Ed, University/College

Open: Youth, Senior, Senior Co-Ed, 18+

- Must incorporate 1 minute of music with stunting only.
- Voice or chant over music is optional. No cheering, no dance.
- Must wear athletic clothing or cheerleading uniforms.

**PARTNER STUNT ROUTINE (2 PEOPLE)** -Time = 1 minute

School-Based: University/College

Open : 18+

- Must incorporate 1 minute of music with stunting only.
- Voice or chant over music is optional. No cheering, no dance.
- Must wear athletic clothing or cheerleading uniforms.

**POM PON ROUTINE (36 PEOPLE MAX)** -Time= 2.0 minutes

School-Based: Junior, Senior, Senior Co-Ed, University/College

- Must incorporate dance, music, and poms.
- Voice is not a judged element; therefore, music may not be stopped for a cheer or chant. A team may choose to cheer over the music for effect.
- Gymnastics may be used but is not required.
- Apparel must be similar to basic cheerleading uniform or athletic type clothing. No costumes. Must follow guidelines.
- No stunting or props. In addition to poms, flags, banners or signs are allowed.

**CHEER ROUTINE (36 PEOPLE MAX)** Time = 2.5 minutes (2.0 minutes for Open Mini)

School Based: Junior, Senior, Senior Co-Ed, University/College

Open: Mini, Youth, Junior, Senior, Senior Co-Ed, 18+.

- Must incorporate music, dance, stunts, and voices.
- Props allowed are poms, signs, megaphones, flags, and banners only.
- Props must be used and discarded safely.
- Must wear athletic clothing or cheerleading uniforms.

## GROUND BOUND CHEER ROUTINE (36 PEOPLE MAX) -

Time = 2.0 minutes.

School-Based: Junior, Senior, Senior Co-Ed.

- Must incorporate music, dance and voices.
- Props allowed are poms, signs, megaphones, flags, and banners only.
- Props must be used and discarded safely.
- Must wear athletic clothing or cheerleading uniforms.
- There will be NO stunting or lifts of any kind.
- Spotters are not required.

## MARK STANDARD

**THIRD PLACE:** 0% to 59% of marks

**SECOND PLACE:** 60% to 79% of marks

**FIRST PLACE:** 80% to 100% of marks

ALL TEAMS WILL COMPETE AGAINST A MARKED STANDARD IF THERE ARE LESS THAN 3 TEAMS IN A CATEGORY. WHEN THERE ARE MORE THAN 3 TEAMS IN A CATEGORY, TEAMS WILL COMPETE WITH NO MARKED STANDARD. M.A.C. may combine divisions as needed to the Executive's discretion.

# GENERAL COMPETITION GUIDELINES

## CODE OF CONDUCT

M.A.C. asks that the following code of conduct be adhered to during all M.A.C. competitions to ensure the most positive experience for everyone involved. Questions or concerns affecting a team's performance must be expressed by the coach/advisor to the appropriate M.A.C. official. There will be no contact with the judges from any participant, coach/advisor or spectator competitions, with the exception of M.A.C. Executive. Judges' rulings are final on all decisions concerning deductions, specific rulings and final placement. Unruly behaviour by coaches/advisors, participants or spectators will result in removal from the event without refund. A waiver form for participants and schools/clubs will be sent out to all coaches/advisors participating in all M.A.C. events. They must be filled out for the team to be eligible for competition.

## PARTICIPANT ELIGIBILITY ISSUES

In fairness to all participants and members, M.A.C. strictly enforces a grade requirement in each division; however, M.A.C. has no way of knowing if an illegal participant will be performing at a particular event. Therefore, it is the responsibility of the accuser to properly document any illegal participation and send it to the M.A.C. Office at least two weeks before the event. Proper documentation includes a signed letter, yearbook or other forms of pictorial proof, showing the participant is performing illegally. The parents, coach and administrators will be notified of both the source

and the accusation, and the requirements needed for proof of eligibility. If the participant is found to be in violation of this policy, then he/she will not be allowed to compete. The coach of a team competing within the same division may challenge the eligibility of another competing team through M.A.C. officials if sufficient evidence warrants. The coach of the challenged team may at that point be required by M.A.C. to provide proof of eligibility of their team members. If M.A.C. discovers illegal participation during a event, the team will be automatically disqualified from the competition. M.A.C. reserves the right to disqualify and reclaim any and all awards (trophies, banners, gift certificates), television or newspaper appearances (if applicable), for any team found to be in violation of the policy after the competition or event.

## PARTICIPANT ELIGIBILITY

Each team member must be enrolled in the school for which she/he is participating at the time of the competition unless there is no cheerleading squad at the school they are registered in. In that case, with principal approval, they may compete with another school team. They may also join an Open team; however, students may only participate on one school based team and one Open team. Divisions may not cross over, (for example if you are on an Open Senior Team you may not compete on an Open 18+ team). 18+ division athletes may be on one All-Girl and one Co-Ed 18+ team, providing the teams do not compete against each other and are registered under the same team (banner) name.

# GENERAL COMPETITION GUIDELINES

Team members shall not compete if they have competed or cheered for the three previous years at the same level unless their high school includes grade nine, then their eligibility is a maximum of four years. To be eligible to coach a team as a recognized member of M.A.C. in the province of Manitoba, the coach must be M.A.C. certified, and must have a current and recognized first-aid certificate.

## TEAM ELIGIBILITY

Teams must register with M.A.C., pay their annual fees, and submit all of their team members' completed waivers, liability insurance and proof of accident insurance. Coaches are also required to submit their team roster at every competition. Coaches must be certified by M.A.C. have Standard First-Aid, and be at least 18 years-of-age. For consistency in training, coaches must attend all required certifications M.A.C. offers and other certifications will not be accepted unless first approved by the M.A.C. Office.

## FEES, COMPETITIONS, CAMPS & TRAINING

**M.A.C. FEES** must be paid before entering competition.

**TEAM MEMBERSHIP PARTICIPATION/WAIVER FORM** must be submitted with payment before attending any M.A.C. event. Out of province teams will not be charged M.A.C. fees. They must however pay and submit team waivers for each participant. A late fee of \$50.00 will be charged if fees and registration are not in by the specified time. The same late fee applies to late competition entrance fees and forms. Please note that all fees are subject to change. M.A.C. fees are \$75 per division per team for the season.

Each division may have a Sr. & Jr. team, but they must be registered with separate membership forms and payment. Team Membership/Waiver form is \$15 per participant for the season (fees will be increasing to \$25 for 2010-2011). Athletes are responsible for providing a waiver and fee for each team they participate on.

Competition fees are \$25 per attending participant for each event during the season.

A team must enter a category in a regular season M.A.C. sponsored competition to be eligible to participate in that category at provincial finals. During competition, coaches must refrain from sideline coaching and **teams WILL NOT** sit directly in front of their performing team. Coaches will be permitted to sit in front of their team or with the sound system. **Coaches MUST OPERATE THEIR OWN MUSIC.** There must be no coaching or assistance from the stands except for crowd participation. Competition and camp dates are to be approved by M.A.C. All competitions and camps will be EXECUTED/HOSTED by M.A.C. No other competitions or camps will be approved or sanctioned by M.A.C. Teams have an opportunity to provide volunteer help and will be offered a nominal honourarium. A volunteer request letter submitted to the M.A.C. Office will only be accepted from the school principal/club president at the beginning of each season (school year), confirming participation, and guaranteeing 15-20 volunteers for the FULL day. If the volunteers are unable to complete their duties, M.A.C. will choose a suitable replacement group, and the team will not receive their honourarium. ALL TROPHIES ARE TO BE ORDERED THROUGH/BY M.A.C. **All teams must send the coach or school representative who is to be supervising and teaching the stunts to their team to the coach's clinic portion of the annual stunt camp, when offered, to be certified in safety for the season. Coaches must be certified through M.A.C. offered courses NO EXCEPTIONS. If a coach is unable to attend, the M.A.C. Executive may approve alternate training. Ground Bound coaches, not teaching stunts, are not required to attend stunt certification.**

## JUDGING PANELS

### JUDGES AND STANDARDS OFFICER

Responsible for overseeing the entire judging panel, which consists of; panel judges, Safety Judge, and Point Deduction Judge. The M.A.C. Officials will assist with this as well. (see also Interruption of Performance).

### PANEL JUDGE(S)

Responsible for scoring each team's performance, based on the M.A.C. score sheet. Each panel judge fills out his/

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her own score sheet for each performance. Panel judges judge technical/artistic ability and the overall routine, but do not determine or judge deductions or safety violations; however, falls and errors may influence team scores. Decisions made by the panel judges are final. They will not stop a routine or stop judging unless told to do so by the M.A.C. Executive. (see interruption of a performance).

## SAFETY JUDGE and POINT DEDUCTION JUDGE

Responsible for administering all safety violations, time violations, and boundary violations. They are also responsible for assessing deductions in each routine for obvious bobbles or falls from technical skills. All decisions made by the Safety Judge are final. All decisions made by the Point Deduction Judge are final. Deductions may occur during warm-up as well. (see Interruption of Performance).

## MEDICAL PERSONNEL

Medical personnel are available at each M.A.C. event. During a competition, the trainer will decide if a participant's injury is permitted on the floor. If the trainer does not give clearance to an injured performer and the team competes with the injured participant, the team will be disqualified and relinquish the trainer and M.A.C. of all medical and financial responsibility. (see Interruption of Performance).

## LEGALITY VERIFICATION

As a coach/advisor, it is important to be current on the M.A.C. Safety Guidelines. If you have any questions concerning any safety guidelines or specific stunts, pyramids and/or dance skills, please follow these steps to ensure you receive a timely and accurate response. All questions must be in written form. Due to the differences in interpretation and terminology, **NO PHONE INQUIRIES WILL BE ACCEPTED.** For partner stunts and/or pyramid approval, send a video, demonstrating the mounting and the dismounting of the partner stunt and/or pyramid in question (showing different angles if necessary). Do not send the entire routine, just the skill(s) in question. Videos will be kept on file at M.A.C. If you fail to follow these steps when inquiring about a stunt or pyramid, M.A.C. is not responsible for any safety deductions received. Please

include your name, address and phone number on the video submission. Mail letters and video by registered mail **at least 2 weeks prior** to the competition date to:

M.A.C. legalities for (specify event)  
283 Berry St, WPG, MB R3J 1N3

**NOTE:** Do not depend on your choreographer or coach to determine if something is legal.

## MUSIC INFORMATION

Music may be on cassette tape or CD. Music is the team's responsibility so any questions regarding the sound system, should be addressed with the sound system personnel during warm-up to ensure music is working. Please be aware that most cassette tape players have slight variations in speed and pitch. Music should be recorded at medium volume. It is to your advantage to use top quality CDs and/or high bias tapes to record you music. It is up to the coach of the team to ensure backup music is available. A representative from your team (coach/advisor) must know exactly when to start the music and the music must be cued when brought to the table. The representative with your music should report to the music table when your team is called on deck. **The person responsible for bringing the tape/CD to the table is also responsible for inserting the tape/CD into the player and pushing "play" and "stop" at the proper times during the routine, the DJ IS NOT RESPONSIBLE FOR YOUR MUSIC OR ANY ERRORS.** This person must stay at the music table throughout the team's performance, and at the end of the performance, take the tape/CD away with them. All tapes/CDs should be labelled with the name of the school and coach/advisor. Coaches/advisors are strongly recommended to create routines that finish a few seconds under the time limit to ensure the team does not go overtime. Judges' decisions on timing of total routine and music portions of routines are final.

## SCORING PROCESS

The scoring process for M.A.C. competitions is similar to that of gymnastics, swimming and figure skating. Scores for each category will range from 0 to 10. All scores will be added and deductions and/or penalties will be deducted from the total of all score sheets to get the FINAL SCORE.

**MINOR BOBBLES/MISTAKES** Minor errors during technical skills (examples: hands down on tumbling, minimal weight bearing; obvious missed skills; shaky stunts/pyramids, incomplete twisting cradles; obvious errors during dance manoeuvres; etc.) will result in a 1-point deduction for EACH mistake.

**MAJOR MISTAKES** Major errors during technical skills (examples: falls from individual stunts; falls during tumbling skills; falls to floor during dance manoeuvres) will result in a 5-point deduction for each mistake.

**MAJOR FALLS** Major falls during technical skills or other **OBVIOUS SEVERE** mistakes (examples: multiple falls in a single sequence/series by a single couple/stunt group; pyramids that fall or that are severely missed) during the performance will result in a 10-point deduction for EACH mistake.

Deductions/penalties are assessed at the sole discretion of the judges. All judges' decisions are final. Ties will not be broken. Teams who receive the same score will receive the same award.

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## GENERAL RULES & REGULATIONS

THESE RULES WILL BE USED AT ALL M.A.C. SANCTIONED COMPETITIONS. COACHES ARE RESPONSIBLE FOR KNOWING AND UNDERSTANDING ALL M.A.C. RULES.

### HEIGHT

**NO HEIGHT** enhancing equipment is to be used in any routine. This includes trampolines, springboards, and beat boards, with the exception of a spring floor if applicable.

### PROPS

Flags, banners, signs, pom poms, and megaphones are the only props allowed. Props with poles or similar apparatus may not be used in a stunt or pyramid. These items must be safely incorporated for both cheerleaders and spectators. A prop that has fallen off of the participant, (hair tie etc.) or interferes with the remainder of the routine may be removed or cleared by performer's **hands (not feet)** without penalty, providing it is done in a safe manner. Throwing hard signs across the matt is prohibited. Tumbling with props is prohibited (i.e. poms).

### MASCOTS

Mascots are **ONLY** to be used during Pom and Ground Bound routines. Mascots are considered novelty performers and must wear safe, non-offensive attire. Mascots may remain on the sidelines to initiate crowd response and may be used in entrances and exits of all routines. They must be incorporated safely wherever they are used. Mascots are

not required to be part of the cheerleading roster but must be enrolled in the school. Teams must set a school mascot that does not change from year to year (i.e. Bears). In the case of an unusable mascot, such as a boat, the team shall choose a permanent mascot to use.

### CHOOSING A CATEGORY

Pom is only available to school based teams. Teams may enter one Cheer or Ground Bound Routine, and one Stunt Routine per competition. University/College and 18+ teams may enter Partner Stunt. In the event they have a second team in the same division, they must refer to the teams as Sr. and Jr. (i.e. Mustang Senior Sr. & Mustang Senior Jr.) **You are required to fill out Membership Registration and Competition Registration forms for both teams and submit a separate roster for each team.** Only the top four stunt groups per competition will earn a spot at Provincial Competition. Any team who chooses to enter in the Ground Bound category may **NOT** enter Cheer Routine. A team may graduate to participate in stunting categories such as Cheer Routine. Once a team moves up, they will not be allowed to move back down for the year.

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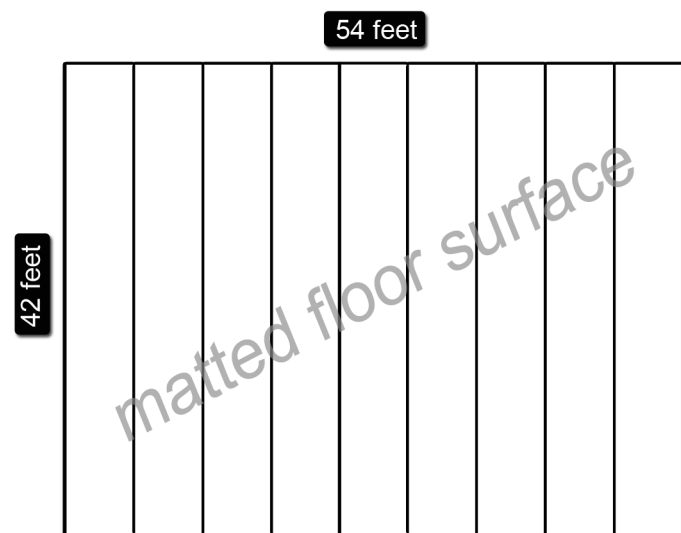
## TIME LIMIT

A ten-point penalty will be applied if a routine is over the given time limits by eleven seconds or more for all of the above events.

**ENTRANCES AND EXITS** Entrances and exits will not be timed or judged; however teams should note that they might influence the judges overall scoring. There is to be **no** stunting, jumps, gymnastics or cheers during the entrance. Cheerleaders must have one foot on the performance area when the routine starts.

## BOUNDARIES

The performance area is the International Flexi Roll Floor which measures 42'x54' (9 mats) please note this when creating your routines and formations. Boundary violations are a deduction of 50 points for performing off of the matted surface. Stepping on or touching the edge of the mat does not constitute a violation. Props may be out-of-bounds without penalty. A team member may pick up or set down a prop that is partially out-of-bounds, but must return to the matted surface. Tossing props off of the performance area is acceptable, if done safely, without hitting spectators or judges. Signs must not be thrown or tossed as this is dangerous.



## INAPPROPRIATE CHOREOGRAPHY

A deduction will be given for any vulgar or suggestive movements (hip thrusting, inappropriate touching/slapping/positioning to one another), words or music. Routines must be appropriate for family viewing. Any deductions for mistakes, time violations, safety guidelines violations or inappropriate choreography will be subtracted from the final score. Executing a “clean” routine is very important, and if the choreography is not “cleaned up” for the next competition, the team may be disqualified.

## HARASSMENT- INAPPROPRIATE CONDUCT

Any coach, team member or affiliated other (i.e. advisor, admin) who has deemed to have harassed a judge, Executive member, coach, or cheerleader(s) from an opposing team will be suspended as follows:

1st OFFENCE = warning

2nd OFFENCE = offender(s) suspended from next competition. Up to a \$500 fine.

3rd OFFENCE = offender(s) suspended from rest of season. If the third offence occurs at the Provincial Competition, the offender(s) will be suspended from participating in the following season. This may include the suspension of any coach, advisor, team member or affiliate and a \$750 fine.

M.A.C. membership may be revoked to the discretion of the Executive.

## ATTIRE

Apparel should be conducive to safe practices and performances. A cheerleading uniform or athletic clothing such as shorts and t-shirts shall be worn. **Bare mid-drifts** are not permitted and will be deducted at the Junior, Senior and Senior Co-Ed level (does not apply to OPEN teams). Jewellery of any kind, including but not limited to, earrings, nose, tongue, and belly button rings, bracelets, necklaces, pins on uniforms, rings, are not permitted at practices, games or competitions (to the discretion of the Association if the area void of jewellery is a potential hazard). **Medic Alert** bracelets/necklaces may be worn, but should be removed from the neck/wrist area and secured to the body

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with tape. **Glitter is illegal** as it may enter the eye area during a routine. Rhinestones are illegal when adhered to the skin as opposed to a uniform. The Safety Judge has the right to check any participant for jewellery. Barrettes, hair ribbons, and hair elastics are permitted but must be secure. The hair shall be worn in a manner to ensure safety while performing. No participant's hair should at any time impede vision during stunting. **Hair** is to be tied back from the face, free from decoration including, but not limited to beads, (with the exception of cheerleader bows/ribbons) and above the shoulder level. Casts and supportive braces must be padded, covered and secure. Athletic type soft-soled **shoes (runners)** must be worn. No jazz shoes or boots, canvas or other unsupportive shoes allowed. Shoelaces shall be a safe length and well secured at all times. No shoes with platform bottoms are permitted unless prescribed for medical reasons. No **nylons, spandex, shiny or other slippery** garments that would be hazardous when performing stunts shall be worn. Only **cotton lycra or performance max bodysuits purchased from a reputable cheer company will be accepted. Metallic or holograph accent will be allowed on a uniform. Please consult the M.A.C. Office BEFORE you have a uniform made.** Objectionable **body markings** shall be removed or properly covered (a gang related symbol or profanity would not be appropriate). Fingernails including artificial nails shall be kept at a safe length safe for participation. The above will be deducted **during WARM-UP** as well.

## TUMBLING

All tumbling must originate and land/finish on the matted surface. Tumbling over/under/through or into a stunt, individual, or prop is not allowed. Tumbling with props is not permitted. Spotted, assisted or connected tumbling, where two or more individuals are in direct physical contact with each other, is prohibited. (I.e. double cartwheels and chorus line flips are illegal.) Dive rolls, performed in a swan or layout position, are prohibited. When choreographing your tumbling, please remember that M.A.C. currently does not have a sprung floor so the coach is responsible to ensure that your athletes can perform their skills safely on the matted surface provided.

## COACHES' MEETING/M.A.C. MEETING PRIOR TO COMPETITION

There will be a coaches' meeting prior to the start of any M.A.C. event. **The onus is on the coach or staff advisor to attend.** The meeting will serve to notify coaches of any changes in the day's events, scheduling or judging and to report on any news or issues that required an Executive decision. Any questions or points for competition that need to be clarified should be brought up at this time. Any props that may violate safety violations (if not already approved) should be approved at this time. This meeting is **NOT** the time to ask if stunts and/or pyramids are legal. Please prepare for this meeting to make the best use of the time given. Some topics that may be included at this meeting are:

1. Competition and practice schedule
2. Announcements made by Convenor/MC/DJ
3. Team on the floor, team on deck, team in the hold
4. Warm-up area privileges
5. Location of the athletic therapist
6. When and how a routine will be stopped
7. Availability of score sheets and summary sheets at the end of the competition
8. Approach Convenor for any questions and problems
9. Coach/Advisor is responsible for the conduct of team members as well as team supporters – unsportsmanlike behaviour will not be tolerated.
10. Any further questions
11. Fire and other emergency procedures

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## RECOGNIZED COMPETITIVE DIVISIONS/ELIGIBILITY

For all M.A.C. competitions, school and Open teams will compete separately. Participants are not permitted to compete in different divisions with school-based or Open teams both school and Open teams must fulfill the following age and grade eligibility requirements.

M.A.C. will not accommodate scheduling conflicts.

Teams must follow the eligibility requirements for their appropriate division as well as follow their corresponding Safety Rules and Guidelines. No athlete can compete on more than one team in a given division.

**\*M.A.C. reserves the right to assign teams to the division appropriate to their team composition and registered teams at that competition. M.A.C. may change these names to title a division in such a way that it makes the most sense to its customer base and event logistics. The table below is set by grade not age to include more ranges. As some of our schools have different guidelines for Jr. High and High School. We will accommodate the range here, because grade 6 through 9 are registered in different ways across our province. Please remember that an athlete may not cross divisions. For example, a grade 9 athlete competing on a school-based Junior team is not eligible to compete on an Open Senior team. Athletes may be on one Open and one school-based team but must ensure they do not compete in 2 different divisions.**

Cheer Divisions	Grade	Female/Male	Number on Team	Level
Junior	6 – 8/9	Both	Up to 36	
Senior All-Girl	9/10 – 12	Female	Up to 36	
Senior All-Male	9/10 – 12	Male	Up to 36	
Senior Co-Ed	9/10 – 12	2 or more males	Up to 36	
University/College	All athletes registered in a University/College	Female/ male	Up to 36	
Open Mini	1 – 3	Female/male	Up to 36	1
Open Youth	4 – 5/6	Female/male	Up to 36	1, 2
Open Junior	6 – 8/9	Female/male	Up to 36	1, 2, 3
Open Senior All-Girl	9/10 – 12	Female	Up to 36	2, 3, 4.2
Open Senior All-Male	9/10 – 12	Male	Up to 36	2, 3, 4.2
Open Senior Co-Ed	9/10 -12	2 or more males	Up to 36	2, 3, 4.2
Open 18+	Participants must be at least 18 years-old.	Female or male	Up to 36	5, 6
Open 18+ Co-Ed	Participants must be at least 18 years-old.	2 or more males	Up to 36	5, 6

# GENERAL SPOTTING/ STUNTING/PYRAMID RULES

## SPOTTING

If a spotter must preserve the safety of the stunt, disqualification will not occur; however, the stunt will not receive full marks. For all stunts 2½ high, a spotter is required in the front and back for each person on the third level and the spotter(s) must be in position the entire time the top person(s) is at the 2½ high level(s). The spotter may stand slightly to the side but must remain in a position to adequately spot the top. Spotters must maintain visual contact with the top person the entire time the top is at the 2½ high level(s). Spotters must not be a primary support for the pyramid. These required spotters must be members of your team and trained in proper spotting techniques. A spotter is required for stunts in which the supporting arm(s) of the base(s) are fully extended above the head and where the back spot steps under the top, except for the following: Chair; Torch; Russian Lift; Dead man lift; Triple base straddle lift Suspended splits shall have continuous hand-to-hand contact unless both bases are supporting the thigh and ankle areas. Coaches are responsible for training spotters to do the job effectively. Improper spotting will be penalized. Single-based double Cupies/Awesomes require a spotter for each top.

## STUNTING

**MINI** - No stunt or pyramid shall be higher than 2 people high, above prep level, in the Mini division. The base must be in contact with the floor and the top (no intermediary person). Toss dismounts are permitted (18 inches above the bases head are not allowed); however, twist and basket-tosses are not allowed.

**YOUTH** - No stunt or pyramid shall be higher than 2 people high in the Youth division. The base must be in contact with the floor and the top (no intermediary person). Toss dismounts are permitted (18 inches above the bases head are not allowed.); however, twist and basket-tosses are not allowed. The Youth division must have a spotter for all extended stunts. Single leg stunts may not be held at or pass through an extended position

**JUNIOR**– No stunt or pyramid shall be higher than 2 people high in any Junior division. The base must be in contact with the floor and the top (no intermediary person), not including the height of a toss dismount. Basket-tosses or tosses where the top is over 18 inches above the bases head are not allowed for school-based teams.

**SENIOR**- No stunt or pyramid shall be higher than 2 people high in any Senior divisions (including Open and Co-Ed). The base must be in contact with the floor and the top no intermediary person). This does not include the height of any toss dismount or a basket-toss.

**UNIVERSITY/COLLEGE & 18+** - No stunt or pyramid shall be higher than 2½ people high at the University/College and Open 18+ divisions. This does not include the height of any toss dismount or a basket-toss.

Stunts must be performed and caught 12-16 inches from the cheer surface. No stunt, pyramid or individual may move directly over/under the head or torso of a top, except for transitional stunts where the top moves over or under an original base who is in direct contact with the cheer surface (e.g. dirty-bird, d-bird, scooper, leapfrog, etc.).

## DISMOUNTS

All dismounts to the cheering surface from shoulder height or above (extended/non-extended) shall have assisted landings. Backflip dismounts of any type are prohibited. Mini and Youth divisions will not twist dismount. Dismounts from all single-based stunts (extended/non-extended) to a single-based cradle are permitted, providing there is a separate spotter at the head and shoulder area of the partner. Dismounts from all multi-based stunts (extended/non-extended, including twists, tosses, pops and sweeps, etc.) to a cradle require at least two catchers and a separate catcher at the head/shoulder area (third). For all catch/cradle dismounts, the catcher shall have continuous visual contact with the tops. There will be three or more catchers involved (with the exception of partner stunts). There **MUST** be a third catching the head

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and neck area. Twist dismounts shall not be more than one rotation for the Senior and Co-Ed divisions and two rotations for the University/College and Open 18+ division. There will be only one rotation at the Junior level. All twists dismounts must be cradled. Junior division will not do a rotation dismount from a stunt while supported by a single leg (i.e. no twist dismounts while in a Torch or a Liberty). They may do a single twist dismount from a full extension or extended stunt, but both feet must be in contact with a base, who is in contact with the floor before the rotation is executed. All divisions are permitted a  $\frac{1}{4}$  turn in combination with a twist dismount. Stunts may dismount to a new set of bases providing one of the original base(s) maintains constant contact with the top. A top must have constant contact with at least one base at all times. The top does not have to have constant contact during a "toss" but must be cradled by the original base(s); therefore the top may NOT be tossed from a stunt to a new set of bases. Non-extended stunts (single and multi-based) may dismount directly to the cheer surface with at least one spotter assisting the landing; this may be the original base(s) or spotter. No skills (twists, toe-touches tosses) are permitted to dismount directly to the cheer surface without constant hand-to-hand contact with the base(s).

## TOSSES

School-based Junior divisions are prohibited from doing basket-tosses. Basket-tosses or any type of multi-based toss must be performed from a ground level and must be dismounted to a cradle position by the original two bases and a third. The top may not be tossed to another set of bases or to another stunt or toss without being cradled first. Tosses to a catch shall be directed vertically and not travel. Bases will have all of their feet on the ground. Basket-tosses or any type of multi-based toss will be limited to four bases in a Senior/Female and Senior Open, three bases in Co-Ed, Senior/Male and Open Co-Ed. One of the bases must be a third that catches the head and shoulder area of the top. There will be NO forward/backward rotations in

a basket-toss at the Senior Level; University/College and 18+ will be allowed one rotation. When a top is tossed into a stunt or pyramid, they cannot perform a skill (example – toe touch or twist etc.) A skill may only be performed if the top is tossed in a vertical position and cradled. No stunt, pyramid, individual or prop may move through or under a toss/pop. Tosses/pops are not to be thrown over or through stunts, pyramids, individuals or props. The head of the top must remain in line with the shoulders when hitting a back arch position during an aerial dismount from a stunt, pyramid or toss. The top may not snap their head backwards to increase arch position. Helicopter tosses are prohibited. Toss to a prone position is prohibited. Tops may not be inverted (head below waist) at any time during a toss other than assisted forward/backward rolls which transition up into or during a stunt/pyramid.

## PERFORMANCE AREA (see also BOUNDARIES)

All squads competing at a M.A.C. sanctioned competition will perform on a 42'x54' (9 mats) floor surface. The mat will be placed over existing floor surface. Only soft-soled tennis shoes are permitted on these mats. Cheerleaders may not perform off of the matted surface. It is important that routines be choreographed not to exceed these measurements, as penalty points will be assessed. This includes tumbling passes. This rule is designed for the safety of the participants due to over-rotation of tumbling and uneven surfaces and the safety issues with attached mats. The judges will score only what occurs within the boundaries. Props may start outside the performance area.

## INTERRUPTION OF PERFORMANCE

The Safety Judge, medical personnel and officials have the right to stop a routine due to an obvious injury. In the event that an injury causes the team's routine to be interrupted by the officials during preliminary competition, the team will have 30 minutes to regroup before performing the routine again. The routine will be re-scored. This does not include minor/major falls and bobbles. In the event

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of music disruption, the routine will be judged as seen with no option to perform again. In the event the music is missing or the coach has misplaced their music, the team will be given another time to perform during the category, but they will not perform without music.

## PERFORMANCE ORDER

At competitions, teams will perform in a random order determined by the M.A.C. Executive. The order is chosen place teams to prevent back-to-back performances in categories. Order is determined before competition and, when possible, made available to coaches in advance. School teams compete for overall the Provincial Championships in Junior and Senior, if they competed in both Cheer and Pom categories and the routine was judged at a previous competition. Open teams will compete for an overall award in each division of Youth, Senior and 18+.

## DEDUCTION & DISQUALIFICATION

The following are illegal, resulting in disqualification:

- Single-base catches. (Except 18+ & University/College)
- Toe pitch flips.
- Any flip dismount to the ground UNLESS the top is in constant contact with their bases.
- Hip-over-head unassisted tosses with the exception of the 18+ & University/College level.
- Any forward or backward rotation free flight over, under or through any pyramid, partner stunt or object.
- Any forward or backward rotation from/during a basket-tosses, with the exception of University/College and Open 18+ division where one rotation is permitted.
- Double flips or two (fwd/back)rotations from any stunt.
- Mini division: stunts above prep (half-extension) level.
- Mini division: twist dismounts.
- Mini/Youth/school-based Junior div.: basket-tosses.
- Mini/Youth/Junior div. will not do more than one twist rotation and Senior/Co-Ed/ University/College will not do no more than 2¼ rotations from a toss/stunt.
- Mini, Youth, and school-based Junior will not twist

dismount from a single leg extension.

- Knee slams, seat, thigh and split drops, UNLESS the weight is first born on the hands or feet to break impact.
- Full prone tension falls to the ground.
- Vaults.
- Tosses from a split position.
- Helicopters.
- All divisions are prohibited from doing free falling swan dives or swan dive catches.
- Height enhancing equipment, with exception of a sprung floor.
- Shoes not worn.
- Pushing off of a base's head, instead of the shoulder, to mount a stunt or complete a stunt.
- Illegal use of spotters (to the discretion of the judge).
- Fewer than three catchers where three are required.
- Wearing nylons/slippery fabric (judge's discretion).
- A base shall not assume a back bend position.
- Stunts will not be higher than two people for Mini, Youth/Junior/Senior divisions and 2½ for University/College and 18+ divisions. Stunts may allow an intermediate person who does not bear weight on the stunt. i.e. A foot or hand may join stunt groups, but no pressure is to be placed on the joining hand or foot.
- Gymnastics or stunts attempted outside the set rules.
- A top landing unsafely from a dismount onto the cheer surface.
- More than 36 people on the floor during any routine.

## POINT DEDUCTIONS

The following are prohibited\*, resulting in a point deduction from team scores to a maximum five times for each offence. Deductions may occur during warm up.

### ONE POINT DEDUCTION:

- Untied or unsafe shoelace length.
- Untidy appearance (per person).
- Improper/Unsafe fingernail length.

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## FIVE POINT DEDUCTION:

- Chewing gum.
- Hair not pulled back/unsecured hair accessories.
- Eyeglasses falling off.
- Any team member performing outside the matted performance surface.
- Incomplete twist dismount.
- Stepping on any props during a routine. (A team member who clears an object from the cheer surface, without stepping on it, will not be deducted.)

## TEN POINT DEDUCTION:

- Any jewellery.
- Any top who lands unsafely from a dismount.
- Improper footwear on team members.
- Improper athletic wear on team members.

## FIFTEEN POINT DEDUCTION:

- Assistance from the coach/stands during any routine.
- More than four bases in a Youth or All-girl basket-toss.
- More than three bases in a Co-Ed basket-toss.
- Touching judges with body or props.
- Wearing casts or splints not properly taped/padded including athletic supports.

## TWENTY POINT DEDUCTION:

- Any stunting/gymnastics/cheering on the sidelines before/during routine entry.
- Stunts that are performed/caught too close to the cheer surface (must be 12"-16" from surface).
- Basket-tosses that require the bases to move more than three (3) feet in distance to catch the top.

\*Safety Judge(s) may penalize anything deemed unsafe or offensive to a maximum of 20 points.

## PROVINCIAL TROPHIES

A Provincial Champ Senior Trophy and a Provincial Champ Junior Trophy is awarded based on the highest average

of the two routines (Pom and Cheer routine). 30% of the score will come from one Pom and one Cheer routine, entered at a previous competition, and added to 70% of the Pom and Cheer provincial scores (Ground Bound and Open are not considered for Provincial Champion.) The two scores are added together and a trophy is awarded to the highest Senior school team and the highest Junior school team. (One trophy per age level). Exceptions may be made at competitions hosting out-of-town teams to include overall trophies.

## CERTIFICATES

To avoid spending money on unused trophies, certificates may be issued in place of trophies at all M.A.C. recognized competitions, except the Provincial Competition (subject to change). Trophies from the previous competition will be awarded at the following competition. For the Provincial Competition, trophies will be given out the same day. Exceptions may be made for out-of-town teams.

## STUNT GROUP

The top four Stunt Groups in each division from Icebreaker and CheerFest competitions qualify their school/team to compete at the Provincial Competition. The majority of the original qualifying stunt group must be the group to perform at Provincials. Changes to the group may be made due to injury or absence of an original member. The M.A.C. Executive may review extenuating circumstances for placement consideration.

## SCORE CARDS

A copy of all score cards may be kept on file in the M.A.C. Office for one year in case of discrepancies. In the event of a score sheet error, submit the error, explained in writing, with the original score sheet for review by the Executive and Judges Panel. Tally sheets will also be prepared. A point scale, as specified by M.A.C., will be on each scorecard, or posted on the judges table.

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## VIDEOS / PHOTOS / RECORDINGS

M.A.C. will try to have one appointed person to record a competition to be kept on file for M.A.C. Copies may be available for purchase. M.A.C. holds exclusive rights to all videos/ photos/ recordings. No other materials will be sold to cheerleaders without M.A.C.'s written permission. Legal action will be perused in such a case. Contact the M.A.C. Office for more information. There is to be no other video/ photo camera set up at competitions.

## COACH RESPONSIBILITIES

There will be coaches certification program offered by M.A.C. each year. Any stunt can be dangerous if not performed correctly. M.A.C. emphasizes the reality that

our coaches are responsible for the safety of their team members, and therefore must be realistic when evaluating their team's abilities. Do not attempt stunts beyond the capabilities of your team. These rules will be in use for all M.A.C. sanctioned competitions. Coaches are responsible for knowing and understanding all M.A.C. rules. Non-compliance with these rules will result in penalty points or disqualification, depending on the severity of the infraction. All coaches of a team attending any cheer event are required to bring their own first-aid supplies and ice for their team. M.A.C. will not supply these items.

# A W A R D S

Special awards available to school-based and Open teams are: Toby Decker Most Improved Award, Ruth Hallonquist Spirit Award, Jean Walker Incentive Award. These awards are presented at the Provincial Competition each year:

## TOBY DECKER MOST IMPROVED AWARD

Recipient calculated by the M.A.C. Executive.

CRITERIA:

- Minimum of two competitions attended during the season (One of Icebreaker or CheerFest and Provincials);
- Number of routines entered at each competition during the season;
- Score differences in routines for competitions;
- Placements and improvements in placements;
- If scores are similar between teams, consideration is given to the team who entered the most competitions and routines.

## RUTH HALLONQUIST SPIRIT AWARD

Recipient decided by the M.A.C. Executive.

CRITERIA:

- Sportsmanship, energy and enthusiasm;
- Co-operation and support of other teams;
- Positive attitude towards each other;
- The above will be displayed all year by every member of the team (coaches, cheerleaders, advisors, etc.);
- Attends M.A.C.'s charity events.

## JEAN WALKER INCENTIVE AWARD

Recipient decided by the M.A.C. Executive. Considerations will be team spirit, participation and performance over the course of one cheerleading season.

CRITERIA:

- Must be a registered M.A.C. member;
- Did not win the previous Provincial Competition;
- Have not won first place at any M.A.C. recognized competition in the current year.