

THE DIOCESE OF PITTSBURGH SECRETARIAT FOR EDUCATION

DEPARTMENT FOR CATHOLIC SCHOOLS CATHOLIC ELEMENTARY SCHOOL

CHEERLEADING GUIDELINES

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Cheerleading in Catholic Schools

Introduction

Catholic schools are committed to the development of the whole student. Extra-curricular activities, such as cheerleading, are regarded as an important part of the total learning experience. Catholic school cheerleading activities should foster fitness, leadership, creativity, teamwork and a spirit of cooperation all within a Christian context.

Cheerleaders and cheerleading competitions should use music and routines that do not violate the high standards of moral behavior inherent in Catholic schools. In other words, cheerleading, like all Catholic school activities should comport with the teachings of Christ and His Church.

A PRAYER BEFORE THE COMPETITION

Dear Lord,

You have blessed us with many gifts and talents.

We thank you especially for the ability to participate in Cheerleading

Help us to cheer in a Christ like manner.

Help us to cheer in a way that fosters good will and teamwork.

Help us to cheer to the best of our abilities.

Win or lose, we hope to have fun, make friends and celebrate life.

Amen

DIOCESAN CHEERLEADING RULES AND REGULATIONS FOR GAMES, PRACTICES, CAMPS, COMPETITIONS, DIOCESAN TOURNAMENT AND PEP RALLIES

A. GENERAL RULES / INFORMATION

- a. Diocesan Rules and Regulations pertain to all schools (regardless of competing status) for games, camps, practices, competitions, tournaments and pep rallies.
- b. If a Diocesan school goes to a camp as a team, they must follow the Diocesan Rules and Regulations. But, if the girls go individually to a camp, the Diocesan Rules and Regulations do not apply.
- c. Any Diocesan school competing in a national or public school competition must follow the Diocesan Mounting Rules and Dance Rules.
- d. All squads (both regular and competition squads + Exhibition squads and Pep squads) must be registered by filling out and returning the appropriate Roster Form to the Diocesan Coordinator by January 2nd each year, regardless of their competing/exhibiting status
- e. At this time, schools with existing cheerleading programs cannot pull from other schools to form or enhance a cheerleading squad.
 1. However, it has come to our attention that Dr. Bowes has given permission for some Pittsburgh Diocesan School cheerleaders to combine to cheer at games for their combined athletic sport teams and for competition. These combined squads are given permission by Dr. Bowes only and not by the Diocesan Cheerleading Coordinator.
- f. The Diocesan Cheerleading Rules and Regulations do not govern the items listed below. Each Catholic grade school principal and/or athletic board has its own set of rules governing their school's athletes. Therefore, each cheerleading squad needs to ask these questions of their principal and/or athletic board, and then abide by the answers given. Also keep in mind that Dr. Bowes would like all athletes to have the opportunity to participate in their chosen activity.
 1. When cheerleading practices can begin and end for any cheerleading season.
 - a. We know of schools that practice cheerleading all year round.
 - b. Some that only cheer for football, some that only cheer for basketball, and yet others have a cheerleading season from August through the Diocesan Tournament which then ends their cheerleading season for that school year.
 2. Gym times and dates for practice.
 3. Try-outs for regular season and competition cheerleading squads.
 4. Cutting cheerleaders from any squad including competition squads.
 5. When cheerleading interest letters may be sent to interested participants.
 - a. Some schools aren't permitted to send interest letters for cheerleading until after girls volleyball or girls basketball season are over.
- g. **Any number of cheerleaders can be on a squad to cheer for football, basketball, etc – but for the safety of the cheerleaders only 24 can be on any competition squad.**

B. DANCE AND MUSIC

- a. All music and dance moves **must be approved by the school principal, coach or designee** of each catholic school. However, the school principal will ultimately be held responsible for any infractions of the music and/or dance moves. This signature is required on the cheerleading rosters that are sent to the Diocesan Coordinator.
- b. This approval is required for **all** camps, competitions, tournaments, games and school pep rallies.
- c. The following **will not be permitted:**
 1. Facials **where tongue is hanging out, mouth is open in a suggestive way or other suggestive faces. Appropriate facials are those in which the cheerleader is smiling and genuinely looking happy.**
 2. Gyration of body:
 - a. Chest shimmy
 - b. Grabbing or touching chest area
 - c. Hands should not be going up and/or down the body in a suggestive manner
 - d. Hip rolls - no grinding or pelvic thrusting of any kind
 - e. Grabbing of pelvic or posterior
 - f. Body rolls
 - g. Posterior shimmying
- d. Try to use cheerleading music consistent with the mission and doctrine of Catholic schools.
- e. No bleeping of words from a song that has sexually oriented content, swearing, or anything of a vulgar nature. These songs are inappropriate for use in a Catholic program.
- f. Dance and music moves **must** be appropriate for family viewing and age group.
- g. The Diocesan Cheerleading Coordinator is available to provide guidance and to assist you. Please send any requests in writing.
- h. **Should a cheerleading squad receive deductions for infractions to the Facial, Dance Moves/Music/Choreography Rules, that squad will receive a WARNING! However, if changes are not made to the facials, dance moves, etc., and the squad receives deductions from the next competition, then that squad will be ELIMINATED from cheerleading competitions/tournaments for the remainder of the cheerleading season.**

C. COACHING

- a. Cheerleading coach accreditation: all coaches and support staff are required to be certified pursuant to Acts 151/34 and Protecting Gods Children Clearances.
 1. **PLAY LIKE A CHAMPION CLEARANCE** - Dr. Ronald Bowes explained at the Sept. 13, 2011 Annual Moderators/Coaches Cheerleading Meeting that cheerleading coaches are not required at this time to fulfill this clearance; however, cheerleading may be required in the near future.
- b. The head coach / assistant coach **cannot be under the age of 18** and **must** be listed on the cheerleader roster sent to the Diocesan Coordinator. Being on the roster assures that the responsible coaches have their “Protecting God’s Children” Clearance.
- c. Cheerleading coaches must observe the legal and medical portions of the Diocesan Sports Accreditation video.
- d. Coaching from the sidelines either by voice, signs or movements of any kind will not be permitted by any parents, coaches or fans. **At competitions, a 5 point deduction will be given on the safety judge score sheet for coaching from the sidelines.**
 1. This includes but not limited to:
 - a. Signs in the audience prompting the cheerleaders to smile
 - b. Hand gestures prompting the cheerleaders to smile
 - c. Hand movements that follow the choreography of the dance and/or cheer
 2. Show your support by applauding as the cheerleaders enter and exit the floor **and responding to a squad’s call back cheer.**

D. GAMES

- a. All cheers must be of a positive nature and “promote school spirit”, not to put the other team down.
- b. No unsportsmanlike conduct will be tolerated. **Any violations below will result in a 5 point penalty to be assessed at the Diocesan Tournament or the following year’s Diocesan Tournament. A second occurrence will result in immediate disqualification from the Diocesan Tournament.**
 1. At basketball games, no noise, no cheering or booing while opposing team is shooting foul shots this **includes cheerleaders, coaches, fans, students, parents, etc.**
 2. **Angry insults and name calling directed at the winning squad, cheerleaders, coaches, fans, students, parents, referees, etc..**
 3. No insulting or disparaging remarks to be put on any social networking sites.
 4. **No accusations to be made towards the Diocesan Cheerleading Coordinator, referees, or host school coaches and their affiliates.**
- c. All cheerleading routines are to be performed on wood gym floors, mats, grass or rubberized track. **No stunts higher than elevator level on wooden gym floors.**
- d. Per the Diocesan Basketball Director – for the safety of the cheerleaders, when cheering any Diocesan basketball games, whether home or away:
 1. If you are cheering at home basketball games, you know where to stand or sit.
 2. If you are cheering at an away basketball game, it is preferable for the cheerleaders to sit.
- e. For any games, home or away, a *head coach or assistant coach* **must** accompany and oversee the cheerleaders.
- f. While attending away games and the host school tells you that you are not permitted to do gymnastics or mounts, then you may not do gymnastics or mounts.

E. COMPETITIONS

ROSTERS AND REGISTRATION

- a. **Any school hosting a regular season cheerleading competition or hosting the Diocesan Tournament now has the choice to compete all of their squads. This is the host school's choice. With the limited number of competitions, each squad will have the opportunity to compete a few more times before the Diocesan Tournament.**
- b. If the squads have not registered with the Diocesan Coordinator first, then those squads cannot compete and cannot submit any forms to the host school.
- c. Junior Varsity will consist of 4th-5th-6th grade. Varsity will consist of 6th-7th-8th grade. However, **no girl may cheer on both squads.**
- d. You may not split any grade level to put on different squads. For example, if using 6th grade, you may not split them between J.V. and Varsity. All of the 6th grade must be used on either J.V. or Varsity (if you are competing).
- e. When competing, substitution of girls is not permitted. CANNOT have alternates.
 1. When submitting a roster for a competition or Diocesan Tournament, include all of the cheerleaders on your squad, even though all of them may not be competing at each competition or the Diocesan Tournament. The host school must be informed of the number of cheerleaders on your squad who will be competing and your payment should match that number.
- f. There is a limit of 24 girls on any JV/Varsity Mount/Non-Mount Competition Squads. However, if you have more than 24 girls on your competition squad(s), the squad(s) can be broken down as follows:
 1. Example: JV competitive squad with 25 or more cheerleader
 - a. 4th grade can become 4th grade non-mount,
 - b. 5th and 6th grade can be JV mount
- g. Each squad must attend one posted Pittsburgh Diocesan Catholic grade school cheerleading competition **for the current cheerleading season** before they can compete at the Diocesan Tournament. You cannot attend a Catholic high school cheerleading competition to qualify for the Diocesan Tournament. The Diocesan Cheerleading Coordinator and/or Secretary must be kept informed of all of the attendees and/or squads showing interest.
- h. If a host school has only one (1) registered division (ex: Varsity Non-Mount or JV Mount, etc.) for the competition/Tournament, then the host school must inform that squad before registration fees are sent.
- i. Registration fee for attending a regular season competition or the Diocesan Tournament:
 1. Regular season competition ----- \$7.00 per cheerleader
 2. Diocesan Tournament ----- \$8.00 per cheerleader
 3. Exhibition at regular season or Diocesan ----- \$25.00 flat fee per squad
 4. Pep Squad at regular season only ----- \$25.00 flat fee per squad

GENERAL INFORMATION

- a. No heavy make-up, no jewelry or nail polish is permitted. Fake nails are not permitted and long nails must be trimmed. No glitter on body, face or hair. This is considered make-up and was brought to our attention by the judges.
- b. Pompoms and signs may or may not be used according to the host school. **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.**
 1. Glitter may be used on homemade signs
- c. No trampolines and/or mini-tramps may be used.
- d. **Important: *Requirement per the Pittsburgh Diocese – Mats must be used for all routines done at regular season competitions and the Diocesan Tournament.** There should be at least 5 or 6 mats at each regular season competition or Diocesan Tournament.

- e. A prayer must be said together before all regular season competitions and the Diocesan Tournament.
- f. As a courtesy to all competing squads, we ask that everyone remain seated and quiet during each performance. **No clapping, yelling, or noise during the routines except for responding to the team's call back cheer words.**
- g. **No student coaches will be permitted to be involved in any discussions at the regular season competitions or the Diocesan Tournament.**
- h. No unsportsmanlike conduct will be tolerated. **Any violation below will result in a 5 point penalty to be assessed at the Diocesan Tournament or the following year's Diocesan Tournament. A second occurrence will result in immediate disqualification from the Diocesan Tournament.**
 - 1. Cheerleading trophies being purposely broken after being awarded.
 - 2. **Angry insults and name calling directed at the winning squad, cheerleaders, coaches, fans, students, parents, judges, etc.**
 - 3. No insulting or disparaging remarks to be put on any social networking sites.
 - 4. **No accusations to be made towards the Diocesan Cheerleading Coordinator, judges, or host school coaches and their affiliates.**
- i. **Only one (1) head coach or moderator is permitted to sit next to the Diocesan Cheerleading Coordinator or timekeeper when their squad is performing at a competition.**
- j. **If a squad competes for the first time as a mount or non-mount division, they must remain a mount or non-mount squad for the remainder of the competition year. Cannot switch divisions during the competition year.**

JUDGES

- a. All judges must submit a biography to the Diocesan Cheerleading Coordinator,
- b. The judging staff will be made up of at least 3 qualified judges. One (1) judge from each posted regular season cheerleading competition will be selected to judge at the Diocesan Tournament. **However**, if any judge from the posted regular season competitions is not in compliance to judge at the Diocesan Tournament, the Diocesan Cheerleading Coordinator will procure another judge for the Diocesan Tournament.
- c. Judges decisions are final.
- d. **No contact with the judges will be permitted.** Do not talk with the judges before, during or after any competitions or Diocesan Tournament.
- e. If possible, judges should be seated at separate tables to avoid collaboration and to promote independent scoring.
- f. If the judges need to talk with one another due to a rule being broken, then the host school moderator needs to be present at the discussion.
- g. Judges are to pay attention to the squad on the floor at all time. Judges should not be using cell phones, pagers, etc., while judging.
- h. If you feel the judges are not paying attention to the squad on the floor, talking with one another, copying from each other's score sheet, etc., please let the host school know and the judges will be moved away from each other or their positions changed.
- i. It should be recommended that only positive comments that can help a squad should be put in the margins of the score sheet.
- j. **Half points are not to be given on the score sheet – only full points.**
- k. Judges should be reminded that they are judging elementary school girls and to avoid personal comments.
- l. The uniforms should be judged as to neatness and cleanliness, not on the basis of whether a judge does or does not like the style or a particular color combination or if the uniform is old or new.
- m. **Judges are to judge what is seen on the floor the day of the competition or the Diocesan Tournament, NOT by what they observed in previous competitions.**

- n. **Safety judge can be used as a regular judge as long as the safety judge is not affiliated with any of the competing schools.**

DIVISIONS

MOUNT DIVISION - Continuous performance of a cheer/dance with a time limit of 2 to 2 ½ minutes with 5 points total deducted for going **5 seconds or more** over time. Incorporation of each of the following is mandatory:

1. **Each squad must prep and perform a squad jump in unison.** A ripple squad jump may also be performed, but a ripple squad jump is not mandatory.
2. Floor pattern change must be performed.
3. Stunt or mount done per guidelines. (SEE “MOUNTING RULES”)
4. Gymnastics and tumbling may be performed following the Varsity gymnastic and tumbling rules. No deductions will be taken if a squad decides to not incorporate gymnastics or tumbling into their routine.

NON STUNT/NON MOUNT DIVISION - Continuous performance of a cheer/dance with a time limit of 2 to 2 ½ minutes with 5 points deducted for going **5 seconds or more** over time.

- a. **Each squad must prep and perform a squad jump in unison.** A ripple squad jump may also be performed, but a ripple squad jump is not mandatory.
 2. Floor pattern change must be performed.
 3. Mounts or stunts are NOT PERMITTED.
 4. Gymnastics and tumbling may be performed following the gymnastic and tumbling rules. No deductions will be taken if a squad decides to not incorporate gymnastics or tumbling into their routine.

EXHIBITION – Exhibition squads have no requirement on size or grade level and may consist of Kindergarten through 8th grade.

1. Kindergarten through 3rd grade is **not permitted to do any gymnastics or mounting other than thigh sits.**
 - a. Grades 4 through 6 **must** follow the JV mounting rules, if stunting.
 - b. Grades 6 through 8 **must** follow the Varsity mounting rules, if stunting.
2. ALL Exhibition squads must be registered by filling out and returning the appropriate Roster Form to the Diocesan Coordinator whether you plan on exhibiting at a regular season competition or the Diocesan Tournament **or not exhibiting at all.**
3. If you plan on exhibiting a squad at any of the posted **regular season competitions** including the Diocesan Tournament, all release forms (including the gymnastic release form for any cheerleader stunting/mounting or doing a thigh sit, thigh stand or cartwheel) must be completed and returned to the host school.
4. **For Regular Season Competitions**
 - a. Exhibition squads will perform a cheer/dance with all of the rules regarding timing to be the same as the non-mount and mount competition divisions.
5. **For the Diocesan Tournament (Round I Only – Cheer/Dance)**
 - a. Exhibition squads will only perform Round I – the Cheer/Dance with all of the rules regarding timing to be the same as the non-mount and mount competing divisions.
6. All Exhibition squads will be charged a flat fee of \$25.00 per squad and will receive a participation trophy.

PEP SQUAD – Pep squads have no requirement on size and may consist of grades Kindergarten through 3rd grade.

1. Kindergarten through 3rd grade is **not permitted to do any gymnastics or mounting other than thigh sits**.
2. All pep squads must be registered by filling out and returning the Pep Squad Roster Form to the Diocesan Cheerleading Coordinator whether you plan on allowing them to perform at a regular season competition or not.
3. For Regular Season Competitions
 - a. The Pep Squad must be registered with the Diocesan Cheerleading Coordinator first before any paperwork is sent to the host school.
 - b. All release forms (including gymnastic release form for any cheerleader doing a thigh sit must be completed and returned to the host school.
 - c. Pep squads will perform a routine **not to exceed a 2 minute time limit**.
 - d. Pep squads will be charged a flat fee of \$25.00 per squad and will receive a participation trophy.
 - e. For the Diocesan Tournament – **Pep squads are not permitted to perform** due to time constraints and limited space.

HOSTING A COMPETITION / DIOCESAN TOURNAMENT

- a. If you host the Diocesan Tournament and also annually host a cheerleading competition, you cannot do both in the same year. You can loan out your annual cheerleading date for one year.
- b. If the Diocesan Tournament Winner cannot host the following year's Diocesan Tournament, then the other Varsity winner will host the Diocesan Tournament. (For example, if the Varsity Mount winner cannot host, then the Varsity Non-Mount winner will host).
- c. No school can host a cheerleading competition if they don't compete at any other posted **regular season** Diocesan cheerleading competition **for the previous cheerleading season**.
- d. An EMT or qualified medical personnel **must** be obtained.
- e. All host schools must review and interpret the score sheet and the Diocesan Cheerleading Rules and Regulations with the judges.
- f. All host schools must send the Diocesan Cheerleading Rules and Regulations and the Score Sheets to the judges in advance of the competition and/or Diocesan Tournament.
- g. Host school will acquire facility to hold the event with guidance from the Diocesan Cheerleading Coordinator.
- h. Host school will be responsible to send out the invitations for the regular season cheerleading competition and the Diocesan Tournament.
 1. Only the squads that have competed in at least one posted regular season cheerleading competition **for the current cheerleading season** will receive an invitation to the Diocesan Tournament. **However, if hosting a regular season competition and competing in your own competition, you must attend at least one posted regular season cheerleading competition other than your own to be eligible to receive an invitation to compete at the Diocesan Tournament.**
 2. The list of qualified squads will be provided by the Diocesan Cheerleading Coordinator.
- i. Host school will provide the sound system or DJ.

- j. Host school will provide a timekeeper.
- k. Videographer must be obtained to film the Diocesan Tournament for use by the judges if necessary. Also, DVD's of the Diocesan Tournament will be pre-sold the day of the Diocesan Tournament. However, only those squads that have 100% written approval by the parents / guardians signature on the Publicity Release Form for every cheerleading on the squad, will appear in the DVD.
- l. Individual **awards** will be provided for 1st, 2nd and 3rd places, and the 4th and 5th places will receive team trophies. The trophy numbers may change due to a lower or higher number of squads in each division competing or exhibiting squads attending. Final trophy count will be decided with help from the Diocesan Coordinator.
 - 1. Performance award trophies must be awarded.
 - 2. Exhibition squads **and Pep squads** will receive a participation trophy.
- m. The host school along with the Diocesan Coordinator will be responsible for obtaining safety judges to watch for any Diocesan mount violations, overtime violations and coaching from the sideline violations.
- n. All proceeds from 50/50, t-shirt sales, food, well wishes, programs, basket/Chinese auction, pre-sale of DVD's etc. are to be kept by the host school.
- o. Soliciting or performances from outside people or organizations (ex: All Star Dance Teams or Cheer Teams), etc. is **NOT** permitted **at any Diocesan Cheerleading Competition or the Diocesan Tournament.**
- p. If a host school has only one (1) registered division (Ex: Varsity Non-Mount or JV Mount, etc.) for the competition or Diocesan Tournament, then the host school must inform that squad before registration fees are sent and accepted to allow time for them to decide if they would like to attend.
- q. If a deduction is given on a score sheet for music, dance or mount, the Diocesan Cheerleading Coordinator **MUST** be informed after the regular season cheerleading competition or Diocesan Tournament either in person, if she is attending the regular season competition / Diocesan Tournament, or by phone immediately after the regular season competition / Diocesan Tournament.

ADDITIONAL INFORMATION - HOSTING THE DIOCESAN TOURNAMENT

- a. **Varsity Mount Division and Varsity Non-Mount Division will alternate every other year hosting the next year's Diocesan Tournament.**
 - 1. **Any school hosting the Diocesan Tournament now has the choice to compete all of their squads. This is the host school's choice.**
 - 2. If the Varsity Non-Mount Division Diocesan Tournament Winner is unable to host the Diocesan Tournament, then the Varsity Mount Diocesan Tournament Winner will host.
- b. Before you begin preparation for the Diocesan Tournament, school principals and cheerleading coaches must sign the cheerleader roster forms in the appropriate area before they are submitted to the host school. This is to ensure that all involved understand what is expected of them.
- c. One (1) judge from each regular season competition will be selected to judge at the Diocesan Tournament. However, if any judge from the regular season competitions is not in compliance to judge at the Diocesan Tournament, the Diocesan Cheerleading Coordinator will procure a substitute judge.
 - 1. **If there are not enough posted regular season cheerleading competitions to allow for 3 judges at the Diocesan Tournament, then the Diocesan Cheerleading Coordinator along with the Diocesan Cheerleading Board (appointed by the Diocesan Cheerleading Coordinator) will procure a 3rd judge.**

- d. The host school along with the Diocesan Cheerleading Coordinator will be responsible for having a person listen for the words in the Contest Cheer. They must listen for the omission of any words or the addition of any words.
- e. **Only one (1) head coach or moderator is permitted to sit next to the Diocesan Cheerleading Coordinator or the timekeeper when their squad is performing at the Diocesan Tournament.**

F. MOUNTING RULES

- a. Mounts must not exceed the height of 2 people fully extended.
- b. All **support people** must have **both feet on the ground**.
- c. All spotters must be from within the competing squad. Additional experienced spotters will be provided by the host school.
- d. **Basket tosses and sponge tosses will not be permitted. Violation of this rule will result in immediate disqualification.**
- e. The only allowable dismounts:
 - 1. Cradle Catches – within cradle catches there may be a slight “pop” from bases. Dismount should result in a direct catch **with 2 bases and a back spot catching the top girl. No cradles from 3 person elevator level stunts.** Toe touches, layouts, full-downs, etc. are illegal. **Cradling while holding signs or hard poms (poms with a hard, plastic handle) is not permitted. You may cradle while holding soft poms.**
 - 2. Bump Downs – **A bump down consists of a slight dip from the bases or no dip from the bases to bring the top girl back to her original load in position.**
 - a. **In the load in position, the top girl may have both feet in the bases hands or one foot in the bases hands and one touching the floor.**
 - b. **A bump down can also be used as a transition from one stunt to another. Touching the floor with one foot as a transition to another stunt is not considered another mount session as long as one foot remains in the bases(s) hands.**
 - 3. Pencil Drop – **Releasing the top girl’s feet so she can land feet first on the ground while supporting her arms (bases) and waist (back spot).**
- f. **No full twisting stunts are permitted. Twist up elevators and extensions and barrel rolls (a half twist to dismount or transition out of a plane position. The plane position means the top girl is in a horizontal position face down – the opposite of a flatback) are permitted because they only consist of a half turn.**
 - 1. **Varsity Only – Flatbacks are permitted as long as the top girl remains in a horizontal position. Because it is an extended stunt you need 5 people.**
- g. **No tick tocks, no inverted stunts, and no swinging stunts.**
- h. Any stunt with 4 or more people is considered a mount.
- i. **No pyramids are permitted at the elevator or extension levels. A pyramid is a stunt connected to another stunt. Thigh stand pyramids are permitted but since they consist of more than 4 people, they are considered a mount group and a mount session.**
- j. **No flips off of another person will be permitted. This includes side aerials being done while bracing the legs of another girl who is standing on the ground.**
 - 1. Mount / Stunt Definitions:
 - a. Mount – One group of four (4) or more girls is mandatory, which consists of two (2) bases (one on each side), a front spotter (optional for elevator stunts at the varsity level), a back spotter, and a top girl. Also known as “mount group”. But you can have an optional 6 girls with the exception of the pendulum drop – then you must have at least 8 girls. **A pendulum drop must travel backward.**
 - a. **Please refer to specific mounting rules on Page 12.**

- b. Mount Session – The number of times during the routine that the mount group(s) may perform.
- c. Mount Bobble – A mount that is unsteady (for example, cheerleader has flailing arms and very unsteady bent knees), but stays up. Two (2) point deduction per occurrence.
- d. Mount Fail – A mount that fails and the cheerleader is caught, but does not hit the floor with any part of her body. Four (4) point deduction per occurrence.
- e. Mount Fall – A mount that fails and any part of the girl's body hits the floor. Ten (10) point deduction per occurrence.
- j. Hitches can be done at thigh stand and elevator levels as long as you do not hitch to someone in another stunt. **Elevator hitches may hitch to the secondary base (the base who is not the primary support for the top girl) but must be a member of the original stunt group or to a front spot.**
- k. **Mount scores are to be based on how the mount is executed -- NOT by the difficulty of the mount.**
- l. 4th and 5th grade are not permitted to be extended.

Varsity

- a. Anytime the bases arms are fully extended, there must be 2 bases and 2 spotters (1 spotter in the front and 1 spotter in the back). For example: extensions.
- b. **The bases and spotters must have two hands on the stunt at all times until the top girl is safely on the cheering surface. Release moves are not permitted.**
 - 1. **Varsity Mounting Sessions – (2) Mount Groups w/(3) Mount Sessions.**
 - a. Any 2 or 3 person stunts can be incorporated during your mounting session **as long as the stunt does not exceed shoulder level. The only exception to this rule is a shoulder stand.**
 - a. **Single leg thigh stand stunts (i.e. liberty or liberty variations such as heel stretches, scorpions, scales, bow and arrows) and shoulder sits may consist of 2 or 3 people.**
 - b. **Three person elevators are permitted at the varsity level only. These elevators will consist of a top girl and two bases. Pencil drops or bump downs are the only allowable dismounts. Cradle catches from 2 or 3 person stunts are not permitted.**
 - c. **Shoulder stands and single based hands (the base holds the top girl's feet in her hands just below shoulder level instead of on the shoulders like a shoulder stand), liberties and liberty variations at the elevator level, etc. must have one base and an additional spotter. The spotter must be in a position to protect the top girl's head, neck, and shoulders when coming off the stunt. The best place for the spotter is behind or beside the top person. Pencil drops or bump downs are the only allowable dismounts from these stunts. Cradle catches from single based stunts are not permitted. The spotter for these stunts must have their hands on the stunt at all times (hands are not permitted behind their back) until the top girl is safely on the cheering surface.**
 - d. A 4th person may stand behind a 3 person stunt, but cannot have any contact. If there is contact with the 4th person, **this stunt is now considered a mount group.**

- a. J. V. squads are not permitted to extend above the shoulder level – includes shoulder stands and fully extended seated mounts. J.V. may do shoulder sits, but not permitted to do shoulder stands.
- b. Front spotters required for elevators for J.V.
 1. **J.V. Mounting Sessions – (2) Mount Groups w/ (3) Mount Sessions**
 - a. Any 2 or 3 person stunts can be incorporated during your mounting session such as: thigh stands and shoulder sits. **However**, a 4th person may stand behind the **top girl**, but cannot have any contact. If there is contact with the 4th person, the stunt is considered a mount group.

Violation of the above Rules will result in immediate disqualification!!!

Do Not Call the Diocesan Coordinator or host school to get permission to perform a mount. The mount needs to be seen to make a decision. If the mount is questionable, don't do it.

G. GYMNASTICS

- a. Any cheerleader performing any kind of gymnastic stunt must have written permission of a parent or guardian. All permission slips must be handed in before the competition or tournament begins. **The coach should have the parent/guardian of cheerleaders who perform gymnastics at games, practices, pep assemblies, etc. sign a permission slip at the beginning of the season to be used for the entire year. These should be kept on file by the coaches.**
- b. No flips off of another person will be permitted. **This includes side aerials being done while bracing the legs of another girl who is standing on the ground.**
 1. **Varsity and J.V. Tumbling or Gymnastic Passes – Not more than (3) girls doing (1) round-off back handspring (including variations such as front walkover round off back handspring) or standing back handspring (including variations like toe touch back handspring) with not more than (2) passes.**
 - a. Gymnastic or Tumbling Pass – The number of times the designated number of cheerleaders may perform one round-off back handspring or standing back handspring.
 - b. Cartwheels, forward rolls, backward rolls, round-off, front walkover, **front handspring**, and back walkover will be allowed during your performance. **No aerials, brandys, back tucks, layouts, full twisting layouts, Arabians, front tucks or other no handed tumbling skills are permitted.**
 - c. **Poms may be held while performing the following tumbling skills: cartwheels, forward rolls, back walkovers, front walkovers, and roundoffs. Holding poms while doing any variation of the back handspring is not permitted.**
 2. No tumbling for entrances or exits off the floor.
 3. **Gymnastics is not a required element. Therefore, no deductions are to be given if a squad does not have gymnastics in their routine.**

H. JUMPS

- a. No direct knee drops from an upright position will be permitted. Knee slides are acceptable.
- b. **Landings for all jumps must bear weight on at least one foot. (Example: A toe touch jump to the seat, knees, or landing with both feet back, or to a push-up position is prohibited).**