

General Rules and Legalities:

1. All teams/athletes must be supervised by a qualified director or coach at all official functions.
2. Coaches must require that their athlete(s) have proficiency in a skill(s) before skill progressions. Coaches must consider that the individual's, group's, and team's skill level when determining the appropriate performance level.
3. In the event of an injury, all teams, directors, and coaches should have an emergency response plan.
4. On the competition floor only soft-soled shoes can be worn. Dance shoes, boots, or gymnastics slippers are not allowed.
5. Jewelry of any kind in any location is prohibited. It must be removed and is not allowed to be taped over. This may include but is not limited to: earrings, nose rings, belly button rings, tongue rings, facial rings, bracelets, necklaces, rings, anklets, uniform pins, and clear plastic jewelry. Rhinestones applied to the skin are also prohibited. The only exceptions are as follows: Medical alert bracelets/id tags, rhinestones on the uniform, or temporary tattoos. Please inform the judges of any exceptions so that points are not deducted.
6. Long nails and/or artificial nails are prohibited. In addition, there should not be colored polish applied.
7. All cheerleaders must have at least 1 One foot on the cheerleading mat's surface when the routine begins. School & Recreation has the choice of all music or Cheer/Dance. Routines shall not exceed 3 minutes in length.
8. Any height increasing apparatus (mini tramp, blanket, etc.) used to project a cheerleader is prohibited. The only exception allowed is the competition's spring floor mat.
9. All Props are illegal except for the following: Pom-poms, signs, banners, flags, pieces of cloth and megaphones. All props must be safely discarded out of harm's way. (i.e. no throwing of hard signs from a pyramid.) Props that have poles or a similar support apparatus may not be used in conjunction with any type of stunt, pyramid, or tumbling.
10. All casts that are either hard, unyielding, or have rough edges must be appropriately covered with a padded material, so that it protects both the athlete and fellow athletes from injury.
11. If spotters are required for any and all levels, they must be supplied by your own organization. They are there for added safety and may not assist with tumbling and/or building/dismounting of stunts/pyramids
12. Inappropriate material in any routine will not be tolerated.
13. Cheer Tech's Safety judge has the right to declare a stunt, pyramid, jump, dance move, or toss illegal even if it is not stated in Cheer Tech's guidelines. If you have created new material and/or you are just not sure, please videotape and send it to Cheer Tech for an official ruling at least 3 weeks prior to competition.

Cheer Tech has organized these guidelines to protect our athletes as well as coaches.

Cheerleading is developing and changing. Coaches are developing and augmenting stunts, cradles, and pyramids to get an edge. If you are performing a new stunt, pyramid, or cradle and you are not 100% confident that it stays within the parameters of the rules, please contact Cheer Tech..

If you have Legality Questions call us!

1-866-52-CHEER