East Central Tournament Cheerleading Guidelines for Judging

- Judges will sit as they feel appropriate, but keeping in mind that they need to judge separately.
- The same judges will see all squads that are competing.
- Judges will view the entire game for each squad wishing to compete.
- In case of a tie, the tie breaker will be left up to the judges to decide who receives what place.
- **Judging will take place during your first two games of the tournament, as it has been in the past.** Dance routines will not be allowed during games. Music will not be played for squads to perform to at games. (Dance routines will ONLY be allowed during the exhibition portion of the tournament. The cheerleading exhibition will not be judged.)
- Floor cheers at half-time should be kept to a minimum. The players need warm-up time as well.
- Dance routines will be allowed during the cheer exhibition. Please try to keep them around 3 minutes or less. (We do have a sound system that plays CD's or i-pods. If you choose a CD format, please have the name of the school on the CD.)
- There will be no music played at half-time or during the initial last 3 minutes of warm-ups so that cheerleaders can be heard, if cheerleaders are present.
- Spotters must be built into any mount with performing members only. No additional members from another squad, coaching staff, or crowd may be used.
- All jewelry, buttons, and pins are prohibited with the exception of medical medals which would be taped to the chest, under the uniform.
- Hair must be fastened with soft holders that are close to the head. Spring action barrettes are illegal. Hair ribbons, scrunchies, etc. should be fastened securely. Any hair fastener or decoration on the floor, which becomes a safety hazard, will result in a safety infraction.
- Long hair should be secured in some way as loose hair can become a hazard.
- Performance Hazards – If poms, signs, laces, or hair decorations, etc. are in a performance area, no point deduction will occur if a team member picks it up or removes it before it becomes a hazard (a trip, slip, or fall due to an object on the floor). The hazards should be placed or tossed gently if they are of a solid material.
- No trampolines are allowed.
- Stunts and pyramids are limited to two persons high. Top person receives primary support from base(s) that is/are in direct, weight bearing contact with the cheer surface.
- Shoulder height stunts need no spotter since the base is acting as the spotter. Any stunts higher than shoulder level need a spotter built in.
- Free falling flips from mounts are not allowed.
- The following moves are not allowed: knee drops/slams, split drops.
- Suspended splits are permitted provided the person performing the splits is able to lower her own weight into the split position, and/or the base provided support at thigh level.
- Cheerleading teams and fans are assigned the same side of the gym as their basketball team is sitting on. The home team is the team on the top of the bracket and the visitor team is on the bottom. Sideline cheering during the game (excluding pre-game and time outs) must be done on the end of the court...NOT in front of the bleachers.
- Warm-ups must be supervised by coaches. Warm-up space is limited, so please be considerate of other teams.
- There are to be no floor cheers during the 30 second time outs. There is to be no stunting when basketballs are present.
- Poms are allowed, but may be used for only half the game.
- The AWAY team performs their floor cheer after the 1st quarter and second half of half time. The HOME team performs their floor cheer at the first half of half time and after the 3rd quarter.
- Pyramid Definition: A pyramid is made up of one of more stunts that either physically or visually connects to another person or another stunt. The flyer of any stunt is NOT allowed to place ANY weight onto the other flyer or stunt. (i.e. An elevator hitched onto a thigh stand (the flyers foot in elevator is held by flyer of thigh-stand)