



Impact Cheerleading Competition Rules and Regulations

Please read through the following thoroughly to avoid deductions:

Excessive costuming is not allowed. If a small accessory or an article of clothing adds to the overall effect and or the routine, it will not be penalized.

In Cheer, Song leading and Pep Flag props are not allowed. A prop is any physical object used to enhance the overall effect and/or theme of your routine. Hand-held signs, flags, poms or megaphones are permitted. 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.

***Uniform Distractions* – The judges reserve the right to stop a routine for a uniform malfunction (e.g. garment not being securely fastened/attached, straps break, pants split, etc.). Each performer is required to take the necessary steps to avoid inappropriate exposure prior to the performance.**

***Appropriateness of Choreography, Music, and Outfitting* – All facets of a performance or routine, including choreography, music selection and outfitting, should be suitable for family viewing and listening.**

Uniforms for all team types should appear appropriate for the age of the participants performing the routine.

In general, performances from IMPACT teams, including but not limited to the actual routine, signs, chants, and hand signals/gestures, should adhere to outfitting, performances and music guidelines and criteria in place and approved by the administration or ministry in which the team belongs. Deductions can be given for vulgar or suggestive choreography, which includes, but is not limited to, movements and signals, slapping, positioning of body parts to one another. Deductions will be given for music or words unsuitable for family listening, which includes, but is not limited, to swear words and connotations of any type of sexual act or behavior, drugs, violent acts or behavior.

- 1. 2:30 Total Routine Time: which should include music and cheer section. Each routine must include a required “voice projection/cheer” element.**

Cheer & Music: The routine will be broken down into two parts: music and cheer. Each routine is limited to 2:30, and music cannot exceed 1:30 of that time. The cheer portion must have a “voice projection/cheer” element. Timing will begin with the first word or beat of music, exceeding this time limit will result in a 1 point deduction from your final score. All competitors must begin their routine with one foot on the ground.

2. Squads must adhere to the safety guidelines. Failure to do so will result in a 1 point deduction per offense from your final score.
3. Performances will be on matted 42' by 54' area for all competitions. No penalty will be assessed for stepping off the mat.
4. Squads choosing to perform in more than one division must use a completely different routine. Failure to do so will result in a 5 point deduction from your final score.
5. You must compete in the division of the oldest cheerleader competing.
6. Please keep in mind this is a Christian competition and all movements and music must be chosen in good taste. Failure to do so could jeopardize your standing.

Rules and Regulations

Standing Tumbling: All skills with hand support performed, from a standing position is allowed. This includes (Front rolls, back rolls, front walkovers, cartwheels, hand stands and round offs, front hand springs and back hand springs are allowed.) At least one hand must remain in contact with the floor during skill execution (Exception: both hands must remain in contact with the floor when performing a front or back hand spring.) Aerials and toe-pitched flips are prohibited. Participants may not tumble over, under, stunts or pyramids, or over or under individuals. Participants may not land in a partner stunt or in a catching position from an aerial tumbling skill. (Example: A back flip from a tumbling pass into a cradle is prohibited, however, rebounding from a back hand spring into a cradle is allowed.)

Running Tumbling: Flips may ONLY be performed from a round off back handspring entry. Aerial cartwheels and running front tucks are not allowed. Flips may be performed in alternate positions such as layout, x-out, pike etc. No tumbling is allowed after a flip. Flips are allowed but may not exceed one flipping and one twisting rotation. Participants may not tumble over, under, or through stunts or pyramids, or over or under individuals. Participants may not land in a partner stunt or in a catching position from an aerial tumbling skill. (Example: A back flip from a tumbling pass into a cradle is prohibited, however, rebounding from a back handspring into a cradle is allowed.)

Stunts: Extended single – leg stunts are allowed. Twisting during the load in/mount is limited to one full twist by the flyer only (bases cannot turn during the load in/mount, transition or dismount). At least one base must remain in contact with the flyer during transitions. Front, back or side tension rolls, split stunts, and swing up stunts are prohibited. Transitional stunts may change bases and may include up to one full twist. Front, back or side tension rolls, split stunts, and swing up stunts are prohibited.

Inversions: Inversions are prohibited. Thus, the flyer must never pass through an upside–down position (hips-over-head position) at any time during the load- in/mount transition or dismount.

Dismounts: Cradles from extensions, prep level single-leg stunts and extensions preps may not exceed more than one and one half twisting rotation. Only basic cradles (straight and quarter turn) are allowed from extended single leg stunts. Anything other than a step off the front or shove wrap must be caught in a cradle. Flips are prohibited. Cradles may not land in a prone position (on stomach). Cradles from all stunts are limited to 1 and a half twist. Cradle dismounts to different bases (i.e. fallbacks, and pendulum) must originate from prep level or below.

Release Moves: No release moves are allowed other than those mentioned in the Dismounts and Tosses sections. Exceptions:

1. A single full twisting barrel (log) roll is allowed if it starts and ends in a cradle position. Helicopters are prohibited.

Tosses: Basket tosses are allowed and must be caught in the cradle position by the original bases. Other basket positions are allowed (i.e. toe touch, kick arch). Flipping (front or back) and traveling tosses are not allowed. Tosses that exceed one full twist are prohibited.

Pyramids: Pyramids must follow stunt and dismount rules and are allowed to be up to 2 high. The flyer must remain in contact with at least one base at all times. Unless braced between two extended preps when released no more than extended arm level when performing a tic tock. Thus a braced tic tock would be allowed.

Moving/walking and hanging pyramids are allowed. Collapsible pyramids are prohibited. Pyramids must follow stunt and dismount rules and are allowed up to 2 high ONLY.