

cheer ltd

COMPETITION GUIDELINES

Safety Rules

Teams must adhere to the following sets of safety rules according to their team affiliation and division entered:

DIVISION/AFFILIATION	RULE SET
Intermediate Recreation	Cheer Ltd Intermediate Rec Rules
Advanced Recreation	NFHS Spirit Rules
Junior High/Middle School	NFHS Spirit Rules w/ AACCA Recommended Restrictions
Freshman, Junior Varsity, Varsity	NFHS Spirit Rules
Collegiate	AACCA College Rules
All Star	USASF Cheer Rules
Dance	USASF Dance Rules

NOTE: Recreation teams following different rules may submit a set of rules for review. Contact Cheer Ltd for more information.

Surface and Flooring

- a. REGIONALS - 42' x 42' cheer floor minimum for practice and performance. Most Regional events will have a 54' x 42' cheer floor for performance with a few offering a 54' x 42' spring floor for all stars (only). Call Cheer Ltd to ask which Regional events will have a spring floor. If the dance division participation warrants a floor change, some events may use the gym floor for dance team performances.
- b. OPENS - 54' x 42' cheer floor for scholastic, recreation, collegiate; 54' x 42' spring floor for all stars; dance will perform on either the spring or cheer floor depending on the event schedule and team affiliations.
- c. NATIONALS - 54' x 42' cheer floor for scholastic, recreation, collegiate; 54' x 42' spring floor for all stars; 40' x 40' dance floor for dance.

Music and Timing

- a. Each team, individual, and stunt group will be responsible for providing someone to play/pause/stop/control music. Music must be provided on a standard CD. Having a backup copy is advised. Other means of playing audio (i.e. iPod) are not guaranteed.
- b. Routine time limits are as follows:
Cheer Team 2:30 Dance Team 2:30 Individual Cheerleader/Solo Dancer 1:30 Stunt Group/Partner Stunt 1:30
- c. All Star, Dance, Individual/Solo, and Stunt Group routines are typically performed to all-music. Scholastic, Recreation, and Collegiate routines are judged on traditional-style score sheets where "voice" is a judged element. Most routines in these division do include a cheer/chant portion. Cheer Ltd does not mandate a break in music for a cheer/chant, therefore it is acceptable to perform an all-music routine in one of these divisions.
- d. Timing will begin with the first organized movement, choreographed vocal, or beat of music. Spirited entrances and exits are permitted and are not included in the routine time (above).
- e. A 10 second grace period is given to compensate for any sound equipment playback differences. After the grace period, 1 point per second will be deducted for any routine over the time limit. (Up to a maximum of 10 points.)

Divisions

- a. All divisions offered by Cheer Ltd are available at www.cheerltd.com/comps. Individual Dancer divisions are only offered at Regional and Open Championships, not a Cheer Ltd Nationals. Click on the event category - Nationals, College Open, Regional Championships, Soffe Opens to see divisions for those events. Individual Cheerleader and Stunt Group Nationals as well as National Cheerleader of the Year Competition information can be found under "Specialty."
- b. Cheer Ltd reserves the right to combine, divide, add, or delete divisions based on registration for each event. All star divisions will be combined/subdivided according to the guidelines set forth by the USASF.

Sportsmanship

Cheer Ltd believes that good sportsmanship is essential at every athletic event and competition. Any participant, coach, parent, or spectator displaying unsportsmanlike conduct during a Cheer Ltd event may subject the team to a severe Sportsmanship Penalty (25 points). The sportsmanship clause is in effect from the time of arrival until the time of departure from the venue. The levying of any penalty is at the discretion of a Cheer Ltd Administrator, Head Judge, Arena Facilitator, or other event personnel.