

ECU COMPETITION RULEBOOK 2014

Frequently asked questions (FAQ)

General Questions - Cheer		
Question	Answer	Rule
The time of the routine for cheer has two components. What is the overall time limit for routines in the team cheerleading categories? 2:30 or 3:00 minutes?	The music portion of the routine has a strict time limit and cannot exceed 2:30 minutes. For any time violation of the music portion of the routine, a team gets 1 point deduction for 5-10 seconds and 3 points deduction for 11 seconds and over per judge. The cheer portion only has recommendation of 30 seconds and there is no deduction if you exceed that 30 seconds.	Section 2.6, paragraph 3
Is there a time limit for the Cheer portion?	No, there is not. The cheer portion only has recommendation of 30 seconds and there is no deduction if you exceed that 30 seconds.	Section 2.6, paragraph 3
Is it allowed to use music during the cheer portion of a routine?	Yes, this is allowed. However, the time used will then be added to the music portion of the routine.	Section 2.6, paragraph 3
Will there be a deduction if a team member steps outside of the performance area?	No, because there is no penalty for stepping outside the performance surface.	Section 2.7, paragraph 4
When the rulebook requires a skill to have spotters, does this position have to be filled by a team member or is it okay to have a coach spotting the skill?	All required spotters for all skills must be active team members. They have to be trained in proper spotting technique. If there are additional spotters from the team or the organizers of a competition, these persons will not be considered the required spotters according to the rulebook.	Section 3.1, paragraph 13
Can I start the cheer portion of my routine with the tops already in a load position?	No, this is illegal. Athletes must have at least one foot, hand or body part (other than hair) on the performing surface when the routine begins. This rule has to be followed both for the cheer and the music portion of a routine.	Section 3.1, paragraph 15
Will the skills that are performed during the Cheer section of a routine also be judged in the respective other section, such as stunts, pyramids, tosses and tumbling?	No, the skills shown in the Cheer section will only be judged in that specific section.	Section 3.4, Score Sheets Cheerleading
Is it allowed for all teams of the same club or country to use the same Cheer?	Yes this is allowed. The rulebook contains no restrictions for this.	-
Is a cradle considered a release move?	Yes, a cradle is a release move according to the Glossary of Terms.	Glossary of Terms, Section 5.1, paragraph 19
Is it correctly interpreted that stunt and pyramid inversions refer to inverted positions on top of a stunt or pyramid?	Yes. An inversion is whenever the shoulders of a top person are below their waist and at least one foot is above their head (arch-back dismounts to a cradle are not considered as inversions). This definition is used for stunts and pyramids.	Glossary of Terms, Section 5.1, paragraph 54
What is a pendulum stunt?	Pendulum stunts or a pendulum style transition is a stunting element where the top falls away from the bases and another set of bases catches them, but the original set of bases (at least one) stays in the contact with the flyer.	Glossary of Terms, Section 5.1, paragraph 73

Elite – Level 5		
Question	Answer	Rule
Is a spotter required for a Prep?	No, for this element no spotter is required. A spotter is only required for a top person above prep level.	Section 3.2, Elite Stunts, paragraph A.
May a stunt group perform a turn during a reload or retake?	Yes, as long as this does not exceed 2 ¼ twisting rotations by the top person in relation to the performance surface.	Section 3.2, Elite Stunts, paragraph C.
Is it allowed to perform a full down from an extension?	Yes, this element is allowed. Up to 2 ¼ twisting rotations by the top person in relation to the performance surface are allowed during mounts and transitions.	Section 3.2, Elite Stunts, paragraph C.
Is it allowed to perform an »assisted rewind« into a stunt?	Yes, this element is allowed. By definition, rewinds are free-flipping release moves used as an entrance skill into a stunt. If a flip is performed as an entrance skill to a stunt while a base remains in contact with the top, this is not considered a release move, because release moves require a moment where the base(s) and the top person become free of contact with each other. This skill is then considered an assisted flipping mount, which is allowed.	Section 3.2, Elite Stunts, paragraph D. Glossary of Terms, Section 5.1, paragraphs 83 & 86
Is it allowed to perform a »fold-over« (also known as »diver« or »pancake«) from a liberty?	Yes, this element is allowed, but has to meet the following conditions for a Downward Inversion: It must be assisted by at least 3 bases, at least 2 of which are positioned to protect the head and shoulder area, and contact must be initiated at shoulder level of the bases or above. Also, the downward inversion must maintain contact with at least 1 original base. Because this element is a downward inversion from above prep level, it may not stop inverted or land on or touch the ground while inverted. (Note: If this element is performed from prep level or below, this does not require 3 bases.)	Section 3.2, Elite Stunts, paragraph I. sub-paragraphs 2, 3 & 4
Is it allowed to perform a »toss« from a handstand position at waist level to a liberty?	Yes, this element is allowed. This element is considered an inversion (which are allowed even in extended stunts) followed by a release move that then lands in a non-inverted position, the liberty as an extended single-leg stunt. When performing a release move from an inverted position to a non-inverted position, the bottom of the dip will be used to determine if the initial position was inverted, and the point of the actual release will be used to determine if the release move consists a flipping movement (a flip being an aerial skill that involves hip-over-head rotation).	Section 3.2, Elite Stunts paragraph I. and paragraph H. sub-paragraph 2. Glossary of Terms, Section 5.1, paragraph 35
What is meant by the rule that bases may not support any weight of a top person while that base is in a backbend or inverted position?	This rule tries to force the bases to stunt with the proper technique, using "bone-over-bone" or a straight body position. Supporting the weight of a top in a backbend or inverted position is considered bad for the base's health and dangerous for a top because the base in this position is damaging their spine and does not have a full control of a stunt.	Section 3.2, Elite Stunts, paragraph J.

Is it allowed to perform a braced layout in a pyramid transition?	Yes, this element is allowed. Pyramid transitions may involve braced inversions (including braced flips) if contact is maintained with at least 1 person at prep level or below. The rotation is allowed up to 1 - ¼ flipping rotations, and the movement has to be continuous. Braced inversions must be caught by 3 stationary catchers. But there is no rule for the body position of the top.	Section 3.2, Elite Pyramids – Release Moves with Braced Inversions, paragraph E. sub-paragraphs 1, 2, 5 & 6
Is it allowed to perform a »braced rewind« into a pyramid?	Yes, this element is allowed. Pyramid transitions may involve braced inversions (including braced flips) while released from the bases if contact is maintained with at least 1 person at prep level or below. All braced inversions (including braced flips) that land in an extended upright position require at least one base and 2 additional spotters and the base(s) and spotter(s) must be stationary, maintain visual contact with the top person throughout the entire transition and may not be involved with any other skill or choreography when the transition is initiated (the dip to throw the top person is considered the initiation of the skill).	Section 3.2, Elite Pyramids – Release Moves with Braced Inversions, paragraph E. sub-paragraphs 1 & 7
Is it allowed to perform a braced flip into a prone landing as part of a pyramid transition?	Yes, this element is allowed, as long as the other requirements for braced flips are fulfilled (see above).	Section 3.2, Elite Pyramids – Release Moves with Braced Inversions, paragraph E. sub-paragraphs 1, 2, 5 & 6

Premier – Level 6		
Question	Answer	Rule
Is it allowed to perform a liberty with 2 bases but without a back spotter?	Yes, this element is allowed. A spotter is only required <ul style="list-style-type: none"> during extended one-arm stunts (other than awesomes / cupies or liberties) when the load or transition involves a twist greater than 360° or an inversion during stunts in which the top person is in an extended inverted position when the top is released from above ground level to a one-arm stunt. 	Section 3.3, Premier Stunts, paragraph A.
Is it allowed to perform a one-arm arabesque without a spotter?	No, this element is illegal. A spotter is required during extended one-arm stunts other than an awesome / a cupe or a liberty.	Section 3.3, Premier Stunts, paragraph A.
Is it allowed to perform a 540° (1 - ½) full-up with a ¾ turn of the bases?	No, this element is illegal in Level 6. Only up to 2 (!) twisting rotations by the top person in relation to the performance surface are allowed during mounts and transitions, and the additional turn by the bases in the same skill set is added to the rotation of the top.	Section 3.3, Premier Stunts, paragraph B.

Is it allowed to perform a release move with a front flip to a prone position from prep level?	No, this element is illegal. Free flipping stunts and transitions must start on the performing surface.	Section 3.3, Premier Stunts, paragraph C.
Is it allowed to perform a release move to a prone position from a liberty?	Yes, this element is allowed. Note: the top has to land with her head and shoulders clearly above hip level (see next question).	Section 3.3, Premier Stunts – Release Moves, paragraph G. sub-paragraph 2
Is it allowed to perform a release move ending in a handstand position?	No, this element is illegal. Release moves may not land in an inverted position.	Section 3.3, Premier Stunts – Release Moves, paragraph G. sub-paragraph 2
Is it allowed to perform a 2-1-1 with a heel stretch?	Yes, this element is allowed. Pyramids are allowed up to 2 - ½ high and the height for this pyramid is measured as follows: Thigh stand: 1 - ½ body lengths 3 rd level top: 1 body length.	Section 3.3, Premier Pyramids, paragraph A. Glossary of Terms, paragraph 124
Is it allowed to toss up the 3 rd level top with one full twist into a Swedish Falls pyramid?	Yes, this element is allowed. A free-flying mount may include 2 twisting rotations, both from ground level and from above ground level.	Section 3.3, Premier Pyramids, paragraph C.
Is it allowed to catch a cradle from a Swedish Falls pyramid with 2 catchers?	Yes, this element is allowed.	Section 3.3, Premier Dismounts, paragraph C.
Is it allowed to perform a double twisting cradle for the 3 rd level top from a 2-2-1 pyramid?	No, this element is illegal. Cradles from 2 - ½ high pyramids are limited to 1 - ¼ twists (except for 2-1-1 thigh stands with a forward facing stunts, where 2 twists are allowed).	Section 3.3, Premier Dismounts, paragraph C.
Is it allowed to perform a front flip cradle from a Swedish Falls pyramid with 2 catchers?	Yes, this element is allowed. A ¾ front flip cradle may occur from a 2 ½ high pyramid and requires 2 catchers.	Section 3.3, Premier Dismounts, paragraph E sub-paragraph 4
Is it allowed to perform an Arabian cradle from prep level?	Yes, this element is allowed. Free flipping dismounts are allowed up to 1 - ¼ flipping and ½ twisting rotations.	Section 3.3, Premier Dismounts, paragraph E. sub-paragraph 1
Is it allowed to perform a back tuck cradle from an extension?	No, this element is illegal. Flips may not originate above prep level (with the exception of a ¾ front flip from a 2-½ high pyramid). This skill would have to be »pumped down« to the prep level before performing the back tuck cradle.	Section 3.3, Premier Dismounts, paragraph E. sub-paragraph 4

Questions – Cheer Dance		
Question	Answer	Rule
Will there be a deduction if a team member steps outside of the performance area?	No, because there is no penalty for stepping outside the performance surface.	Section 2.7, paragraph 4
Is it allowed to perform a back tuck in the Hip Hop divisions?	Yes, this element is allowed in the Hip Hop divisions. However, these skills are not meant to incorporate gymnastics or cheerleading style tumbling; those skills are not allowed. Acrobatic skills should be performed in street style.	Section 4.2
Is it allowed to wear stud earrings during a routine?	Jewelry is only allowed as a part of a costume. Therefore, wearing stud earrings is only allowed if the entire team wears the same earrings as part of their costume.	Section 4.5, paragraph 9
Is it allowed to use a piece of cloth as a prop in the Freestyle Pom Category?	No, this is illegal. In the Freestyle Pom Category, poms are the only props allowed, because they have to be used for 80 to 100% of the routine.	Section 4.6, paragraph 3