

Please join us for our

FOURTH ANNUAL

KATS CHEER and DANCE KLASSE

Saturday February 9, 2008

Inclement Weather Date: Sunday February 10, 2008

**Hollinger Field House
West Chester University**

*** SPRING FLOOR COMPETITION ***
(School and Rec League Teams compete on foam mat floor)

Session I – 8:00 am (subject to change)
Session II – 1:30 pm

*(KATS Cheer Klassic is not affiliated with competition(s)
hosted by West Chester University cheerleading teams)*

This exciting, fun-filled event will be held in the Hollinger Field House at West Chester University. Once again, we will have **ALL-STAR Divisions** (female only), **Co-Ed Divisions** (male and female participants), and **School and Recreational Divisions**. KATS uses a variety of highly qualified judges from a variety of organizations. Event security and emergency staff will be readily available.

GENERAL INFORMATION

- A. There will be two sessions: 8:00 am and 1:30 pm. Registration for each session begins one and one half hour before the session is scheduled (6:30 am for morning and 12:00 pm for afternoon). There will be a coaches' meeting prior to each session. An AWARDS CEREMONY will be held at the end of the morning session followed by a brief intermission before the afternoon competition begins. A separate AWARDS CEREMONY will follow the afternoon session.
- B. Cash only admission will be \$10.00 for adults and \$5.00 for children 3-9 years old (2 & under are free).
- C. Food concessions will be available beginning at 8:00 am (no food or coolers are permitted in the spectator areas).
- D. Cheerleading/dance clothing and other memorabilia will be available from vendors.
- E. Cheergrams and 50/50 tickets will also be on sale.
- F. Good conduct and sportsmanship are expected and appreciated.

Information will be posted on the KATS website, www.katsallstars.com.
Please email questions to: katsklassic@yahoo.com

REGISTRATION

- A. The registration fee consists of a per cheerleader fee of \$14.00. Completed squad roster form are due by January 4, 2008 for cheer teams.
- B. Cheer teams can take advantage of an early bird registration fee of \$10.00 per cheerleader if the fees and roster are received by December 7, 2007. Early bird registration guarantees your team name on the event t-shirt. The KATS Klassic is not responsible for post office failure or delay – please mail your forms in plenty of time to be received by the deadline.
- C. Liability Release Form is attached, please copy and distribute to all participating squad members. No one will be permitted to participate without the form completed and signed by a parent or legal guardian.
- D. Generally, the registration fee is non-refundable. In the unavoidable situation of event cancellation, 80% of the registration fee will be refunded. Cancellation of the event is at the discretion of the Event Directors. Information will be posted on the KATS website at: www.katsallstars.com. In the event that any team wishes withdraw their participation in this event after submitting payment, please be advised that there will be no refunds after the registration deadline of January 4, 2008 has passed.
- E. No division changes will be permitted after February 1, 2008. Any division changes made after February 1, 2008 will be subject to a \$100 change fee.
- F. Two (2) coaches per team will be admitted free.

GENERAL COMPETITION AND TEAM GUIDELINES

- Squads should arrive and check-in at the Team Registration table by 6:30 am for the morning session and/or 12:00 noon for the afternoon session.
- Order of appearance, floor time and practice time will be provided upon registration. KATS will provide a hostess for each team upon arrival. The Event Directors will determine order of performance.
- A sound system will be available. Teams are responsible for the operation of their own music. A back up CD or tape is strongly encouraged.
- Routines must be appropriate for family viewing. Any vulgar or suggestive words, movements or music may result in a score deduction. No tear-away uniforms or removal of any clothing is permitted.
- Organized formal entrances which involve organized cheers or run-ons with jumps or stunts are **not** permitted. Cheerleaders and stunt participants should enter the performance area in a timely fashion.
- Teams should utilize all areas of their squad's technical strength in jumps, tumbling, partner stunts, pyramids, motion technique, projection and expression, choreography, showmanship and dance.
- KATS will not provide safety spotters; please provide your own spotters.
- Trophies will be awarded for Champion, 1st, 2nd, and 3rd runner up. If there are three (3) or less teams in a particular division, all teams will receive trophies. An award for Grand Champion will be conferred at the awards ceremony following each session, based on the highest score of the session. The Event Directors have the authority to combine or separate divisions as appropriate and required for the success of the competition.
- The KATS organization is not responsible for items or personal belongings left unattended.

COMPETITION RULES AND REGULATIONS

All-Star Teams

All-Star teams will compete on a regulation spring floor. The KATS Klassic follows current USASF Level Rules and Safety Guidelines for All-Star competitions:

GENERAL SAFETY GUIDELINES

1. All teams must be supervised during all official functions by a qualified director/coach.
2. Coaches must require proficiency before skill progression. Coaches must consider the individual, group, and team skill levels with regard to proper performance level placement.
3. All teams, gyms, coaches and directors should have an emergency response plan in the event of an injury.
4. Coaches are recommended that their athletes practice and perform on an appropriate surface.
5. Soft-soled shoes must be worn while competing. No dance shoes/boots, and/or gymnastics slippers
6. (or similar) allowed. Shoes must have a solid sole. Clarification: If you can roll it up and put it in your
7. pocket, it's illegal.
8. Jewelry of any kind including but not limited to ear, nose, tongue, belly button and facial rings, clear plastic jewelry, bracelets, necklaces and pins on uniforms are prohibited. Jewelry must be removed and may not be taped over. (Exception: medical ID tags/bracelets, and uniform rhinestones.
9. Rhinestones are illegal when adhered to the skin as opposed to a uniform. Temporary tattoos are also allowed.)
10. Routines shall not exceed 2 minutes and 30 seconds. Cheerleaders must have at least one foot on the performing surface when the routine starts.
11. Any height increasing apparatus used to propel a competitor is prohibited. (Exception: spring floor)
12. Flags, banners, signs, pom poms, megaphones, and pieces of cloth are the only props allowed. Props with poles or similar support apparatus may not be used in conjunction with any kind of stunt or tumbling. All props must be safely discarded out of harms way (e.g. throwing a hard sign across the mat from a stunt would be illegal). Any uniform piece purposefully removed from the body and used for visual effect will be considered a prop.
13. Casts that are hard and unyielding or have rough edges must be appropriately covered with a padded material. Clarification: The appropriately padded material must be such that it protects both the athlete and fellow athletes from injury.
14. On the level grid, all skills allowed for a particular level encompass all skills allowed in the preceding level.
15. Required spotters for all levels must be your own team's members.
16. Drops including but not limited to knee, seat, thigh, front, back, and split drops from a jump, stunt, or inverted position are prohibited unless the majority of the weight is first borne on the hands/feet, which breaks the impact of the drop. Shushinovs are allowed.

LEVEL 1 RULES

LEVEL 1 GENERAL TUMBLING

- A. All tumbling must originate from and land on the performing surface. (Exception: Tumbler may [without hip-over-head rotation] rebound from his/her feet into a stunt transition. Rebounding to a prone position in a stunt is allowed.)
- B. Tumbling over, under, or through a stunt, individual, or prop, is prohibited. (Exception: forward/backward rolls over a prop are legal.)
- C. Tumbling while holding or in contact with any prop is prohibited.
- D. Spotted, assisted, or connected tumbling is prohibited. (Example: Double cartwheels and chorus line flips are illegal.)
- E. All dive rolls are illegal at this level.

LEVEL 1 STANDING/RUNNING TUMBLING

- A. Skills must involve constant physical contact with the performing surface. (Exception: block cartwheels/round offs)
- B. Forward and backward rolls, front and back walkovers, and handstands are allowed.
- C. Cartwheels and round offs are allowed. Clarification: One-arm cartwheels are not allowed.
- D. Front and back handsprings, and dive rolls are not allowed.

LEVEL 1 STUNTS

- A. No extended stunts allowed (see definition of extended stunts in glossary). A stunt may not be held at or pass through an extended position. **Clarification: Passing through an extended position is illegal. If it is obvious to the safety judge that the intent of the stunt group is to gain a competitive advantage by passing through an extended position, then it is a violation of this rule. Taking the top person above the head of the bases would be illegal.**
- B. During a transitional stunt, if the weight of the top person does not remain within the **original** vertical axis of the stunt **group**, three stationary catchers are required. Physical contact must be maintained with the base(s). **(Example: During a transitional stunt, if the entire stunt group moves, the skill is illegal because it doesn't stay within the vertical axis.)**
Clarification: Walking Stunts (where the top person is stationary) are allowed.
- C. No stunt, pyramid, or individual may move over or under another stunt, pyramid or individual (e.g. shoulder sits walking under prep).
- D. Single based split catches are prohibited.
- E. Single leg stunts are only allowed below shoulder (prep) level. Clarification: If the primary bases squat, go to their knees or drop the overall height of the stunt and hold the top person at their shoulder level, this skill would be considered shoulder level and therefore illegal, regardless of the back spot's positioning.
- F. Transitional stunts may not involve changing bases. All bases need to remain in contact with the stunt.
- G. Twisting mounts are not allowed.
- H. No free flipping or assisted flipping mounts or transitional stunts allowed.
- I. All stunts at shoulder level and above (except a shoulder sit or straddle sit) require a spotter (Example: suspended splits, flat-bodied positions, extension preps, etc). Clarification: The center base in an extended v-sit may be considered a spotter as long as they are in a position to protect the head and shoulders of the top person.

LEVEL 1 DISMOUNTS

- A. Cradles from single based stunts at prep level must have a spotter with at least one hand/arm supporting the head and shoulder area through the cradle.
- B. Cradles from multi-based stunts at prep level or above must have two catchers and a separate spotter positioned at the head and shoulder area through the cradle.
- C. Dismounts to the performing surface from stunts and pyramids must be assisted by an original base.
- D. No free flipping or assisted flipping dismounts allowed.
- E. Tension drops/rolls of any kind are prohibited.
- F. Only straight pop downs and basic straight cradles are allowed.
- G. 1/4 turns are not allowed.
- H. No cradles are allowed from extended stunts in pyramids.

LEVEL 1 RELEASE MOVES

(Release moves do not refer to pyramid transitions, only free standing stunts.)

- A. Release moves are not allowed.

LEVEL 1 INVERSIONS

- A. No inversions allowed.

LEVEL 1 PYRAMIDS

- A. Pyramids must follow Level 1 "Stunts" and "Dismounts" rules and are allowed up to 2 high.
- B. Top persons in two leg extended stunts must be braced by at least two persons at prep level or below with hand/arm connection only. The connection must be made at or below prep level.
- C. Single leg stunts at prep level must be braced by at least two top persons at prep level or below with hand/arm connection only. The connection must be made prior to executing single leg stunt & must be made at or below prep level.
- D. No cradles are allowed from extended stunts in pyramids.
- E. All stunts at shoulder level and above (except a shoulder sit or straddle sit) require a spotter (Example: suspended splits, flat-bodied positions, extension preps, etc.) Clarification: The center base in an extended v-sit may be considered a spotter as long as they are in a position to protect the head and shoulders of the top person.

LEVEL 1 TOSSES

- A. No tosses allowed.

LEVEL 2 RULES

LEVEL 2 GENERAL TUMBLING

- A. All tumbling must originate from and land on the performing surface. (Exception: Tumbler may [without hip-over-head rotation] rebound from his/her feet into a stunt transition. Rebounding to a prone position is allowed.)
- B. Tumbling over, under, or through a stunt, individual, or prop, is prohibited. (Exception: forward/backward rolls over a prop are legal.)
- C. Tumbling while holding or in contact with any prop is prohibited.
- D. Spotted, assisted, or connected tumbling is prohibited. (Example: Double cartwheels and chorus line flips are illegal.)
- E. Dive rolls performed in a swan or layout position are prohibited.

LEVEL 2 STANDING TUMBLING

- A. No flips or aerials allowed.
- B. Series front and back handsprings are not allowed. Clarification: Back walk over into a back handspring is allowed.
- C. No Jump Skill is allowed in immediate combination with a handspring. (e.g. no toe touch back handsprings or back handspring toe touches)

- D. No twisting while airborne. (Exception: Round offs)
- E. Airborne skills must involve hand support with both hands when passing through the inverted position.

LEVEL 2 RUNNING TUMBLING

- A. No flips or aerials allowed.
- B. Airborne skills must involve hand support with at least one hand when passing through the inverted position.
- C. Series front and back handsprings are allowed.
- D. No twisting while airborne. (Exception: Round offs)

LEVEL 2 STUNTS

- A. A spotter is required for all extended stunts.
- B. Single based double awesomes/cupies require a separate spotter for each top person.
- C. Single leg stunts may not be held at or pass through an extended position.
Clarification 1: Passing through an extended position is illegal. If it is obvious to the safety judge that the intent of the stunt group is to gain a competitive advantage by passing through an extended position, than it is a violation of this rule. Taking the top person above the head of the bases would be illegal.
Clarification 2: If the primary bases squat, go to their knees or drop the overall height of the stunt while extending their arms, this skill would be considered extended and therefore illegal, regardless of the back spot's positioning.
- D. During transitions, at least one base must remain in contact with the top person.
- E. Twisting mounts and transitions are permitted up to 1/2 twist by the top person. Exception: Assisted log rolls are allowed.
- F. Single based split catches are prohibited.
- G. See Level 2 "Pyramids" for further restrictions and/or exceptions.
- H. No free flipping or assisted flipping mounts or transitional stunts allowed.
- I. When catching a transitional stunt that is above prep level, at least three catchers are required. If the weight of the top person does not remain within the vertical axis of the stunt, three stationary catchers that are not original bases are required.

LEVEL 2 DISMOUNTS

- A. Cradles from single based stunts at prep level or above must have a spotter with at least one hand/arm supporting the head and shoulder area through the cradle.
- B. Cradles from multi-based stunts at prep level or above must have two catchers and a separate spotter positioned at the head and shoulder area through the cradle.
- C. When cradling single based double awesomes/cupies, 2 catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of the dismount.
- D. Dismounts to the performing surface from stunts and pyramids must be assisted by an original base.
- E. Cradles are allowed from extended single leg stunts in pyramids.
- F. No free flipping or assisted flipping dismounts allowed.
- G. Tension drops/rolls of any kind are prohibited.
- H. Only straight pop downs, basic straight cradles and 1/4 turns are allowed.
- I. Twist cradles exceeding 1/4 turn are not allowed. All other positions (e.g. toe touch, pike, tuck, etc) are not allowed.

LEVEL 2 RELEASE MOVES

(Release moves do not refer to pyramid transitions, only free standing stunts.)

- A. No release moves allowed other than those permitted at Level 2 in "Dismounts" and "Tosses."
- B. Release moves may not land in a prone position.
- C. Release moves must return to original bases.
- D. Helicopters are not allowed.

- E. A single full twisting log/barrel roll is allowed as long as it starts and ends in a cradle position. Clarification: Log/Barrel roll must return to original bases and may not include any skill other than the twist (ex: no kick full twists).

LEVEL 2 INVERSIONS

- A. No inversions above ground level allowed. Clarification: Transitions from ground level inversions to non-inverted positions are allowed. (Example: Going from a handstand on the ground to a non-inverted stunt such as a shoulder sit is legal.) (Example: Going from a cradle to a handstand would be illegal.)

LEVEL 2 PYRAMIDS

- A. Pyramids must follow Level 2 "Stunts" and "Dismounts" rules and are allowed up to 2 high with the following exceptions: Extended single-leg stunts 1) must be braced by two top persons at prep level or below and 2) the connection to the braces can be hand or foot and must be established at or below prep level. Prep level top persons must have both feet in bases hands. (Exception: shoulder sit, double base thigh stand or shoulder stand)
Clarification: Anytime a top person is released by the bases during a pyramid transition, the top person must land in a cradle or dismount to the performing surface.
- B. Top persons must receive primary support from a base. (Exception: In hanging pyramids, primary supporting top person must be at prep level or below.)
- C. No stunt, pyramid, or individual may move over or under another stunt, pyramid or individual (e.g. shoulder sits walking under prep).
- D. Extended single leg stunts may not brace or be braced by any other extended stunts.
- E. Hanging pyramids must remain upright. Each top person at the prep level must have a continuous spotter and bases must brace the hanging person(s).
- F. Cradles are allowed from extended single leg stunts in pyramids.

LEVEL 2 TOSSES

- A. Tosses are allowed up to a total of 4 tossing bases. One base must be behind the top person during the toss and may assist the top person into the toss.
- B. Tosses must be performed from ground level and must land in a cradle position. Top person must be caught in a cradle position by at least 3 original bases one of which is positioned at the head and shoulder area of the top person. Bases must remain stationary during the toss (i.e. No intentional traveling tosses).
- C. The only body positions allowed are straight rides.
- D. During the straight body ride, the top person may use different arm variations such as (but not limited to) a salute or blowing a kiss but must keep the legs and body in the straight ride position.
- E. No stunt, pyramid, individual, or, prop may move over or under a toss, and a toss may not be thrown over, under, or through stunts, pyramids, individuals, or props

LEVEL 3 RULES

LEVEL 3 GENERAL TUMBLING

- A. All tumbling must originate from and land on the performing surface. (Exception: Tumbler may [without hip-over-head rotation] rebound from his/her feet into a stunt transition. Rebounding to a prone position is allowed.)
- B. Tumbling over, under, or through a stunt, individual, or prop, is prohibited. (Exception: forward/backward rolls over a prop are legal.)
- C. Tumbling while holding or in contact with any prop is prohibited.
- D. Spotted, assisted, or connected tumbling is prohibited. (Example: Double cartwheels and chorus line flips are illegal.)
- E. Dive rolls performed in a swan or layout position are prohibited.

LEVEL 3 STANDING TUMBLING

- A. No flips or aerials allowed. Clarification: Front flipping seat drops are illegal at this level.

- B. Airborne skills must involve hand support with at least one hand when passing through the inverted position.
- C. Series front and back handsprings are allowed.
- D. No twisting while airborne (Exception: round offs)

LEVEL 3 RUNNING TUMBLING

- A. Flips may ONLY be performed in tuck position only from a round off or round off back handspring(s). (Exception: aerial cartwheels and running tuck fronts are allowed). The following tumbling skills are examples of skills not allowed: X-outs, layouts, layout step outs, whips, pikes, aerial walk overs, and Arabians. Other skills with hand support prior to the round off or round off back handspring are allowed. Ex: front handsprings and front walkover through to round off back handspring back tucks are allowed.
- B. Cartwheel tucked flip are not permitted.
- C. No tumbling is allowed after a tuck flip. (Exception: a forward or backward roll is allowed after a tuck flip —no tumbling allowed after forward or backward roll)
- D. No twisting while airborne. (Exception: round offs)

LEVEL 3 STUNTS

- A. A spotter is required for all extended stunts.
- B. Single based double awesomes/cupies require a separate spotter for each top person.
- C. Single based split catches are prohibited.
- D. When catching a transitional stunt that is above prep level, at least three catchers are required. If the weight of the top person does not remain within the vertical axis of the stunt, three stationary catchers that are not original bases are required. Physical contact must be maintained with at least one original base or with a person at prep level or below.
- E. No stunt, pyramid, or individual may move over or under another stunt, pyramid or individual (e.g. shoulder sits walking under prep).
- F. Single leg extended stunts are allowed.
- G. Twisting mounts and transitions are permitted up to one twist by the top person.
- H. During transitions, at least one base must remain in contact with the top person.
- I. No free flipping mounts or transitional stunts allowed.

LEVEL 3 DISMOUNTS

- A. Cradles from single based stunts at prep level or above must have a spotter with at least one hand/arm supporting the head and shoulder area through the cradle.
- B. Cradles from multi-based stunts at prep level or above must have two catchers and a separate spotter positioned at the head and shoulder area through the cradle.
- C. When cradling single based double awesomes/cupies 2 catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of the dismount.
- D. Dismounts to the performing surface from stunts and pyramids must be assisted by an original base.
- E. No free flipping dismounts allowed.
- F. Tension drops/rolls of any kind are prohibited.
- G. Only straight pop downs, basic straight cradles and quarter turns are allowed from any single leg stunt.
- H. Up to 1-1/4 twists are allowed from any two legged stunts.
- I. Up to 1 trick allowed during a dismount from any two legged stunt.

LEVEL 3 RELEASE MOVES

(Release moves do not refer to pyramid transitions, only free standing stunts.)

- A. No release moves allowed other than those permitted at Level 3 in "Dismounts" and "Tosses."
- B. Release moves may not land in a prone position.
- C. Release moves must return to original bases.
- D. Helicopters are not allowed.
- E. Log/barrel roll is allowed.

LEVEL 3 INVERSIONS

- A. No inverted stunts above shoulder level. (Exception: Double base suspended forward roll dismount to a cradle or the performing surface is allowed) The connection and support of the top person with the base(s) must be at shoulder level or below. Clarification: An Arm-and-arm would be legal at this level.
- B. Downward inversions are only allowed below prep level and must be assisted by at least two bases positioned at the head and shoulder area. Top person must maintain contact with an original base. Clarification: The stunt may not pass through prep level and then become inverted below prep level (the momentum of the top person coming down is the primary safety concern).

LEVEL 3 PYRAMIDS

- A. Pyramids must follow Level 3 "Stunts" and "Dismounts" rules and are allowed up to 2 high.
- B. No stunt, pyramid, or individual may move over or under another stunt, pyramid or individual (e.g. shoulder sits walking under prep). Illegal: leap frog pyramids and wolf wall transitions.
- C. Extended single leg stunts may not brace or be braced by any other extended stunts.
- D. Hanging pyramids must remain upright. Each top person at the prep level must have a continuous spotter and bases must brace the hanging person(s).
- E. During pyramid transition, a top person may pass above 2 persons high only while in direct arm-to-arm contact with at least two top persons at prep level or below. These transitions may not involve changing bases. Clarification: Arm-Arm/Hand-to-Hand connection must be made with EACH of the two supporting bracers. Top person must be braced arm-to-arm with EACH of the two bracers. Being braced by one side with both arms and the other side by hand-foot connection is NOT permitted. If top person is braced on each side with arm-to-arm connection and a THIRD bracer with hand-foot connection, the skill would be legal.
- F. Pyramid transitions may not involve inversions while released from the bases.
- G. Top persons must receive primary support from a base. (Exception: In hanging pyramids, primary supporting top person must be at prep level or below.)

LEVEL 3 TOSSES

- A. Tosses are allowed up to a total of 4 tossing bases. One base must be behind the top person during the toss and may assist the top person into the toss.
- B. Tosses must be performed from ground level and must land in a cradle position. Top person must be caught in a cradle position by at least 3 original bases one of which is positioned at the head and shoulder area of the top person. Bases must remain stationary during the toss (i.e. No intentional traveling tosses).
- C. Flipping and traveling tosses are not allowed.
- D. Up to 1 trick allowed during a toss. Twisting tosses may not exceed 1 twisting rotation. (Legal: toe-touch, ball out, pretty girl, etc...) (Illegal: Switch kick, pretty girl-kick, double toe-touch) Clarification: The 'arch' does not count as a trick. Exception: a Ball X is allowed at this level.
- E. During a twisting toss, no skill other than the twist is allowed. (e.g. kick fulls, 1/2 twist toe touches, etc... are not allowed)
- F. No stunt, pyramid, individual, or, prop may move over or under a toss, and a toss may not be thrown over, under, or through stunts, pyramids, individuals, or props
- G. No inversions allowed.
- H. Other toss positions besides straight rides are allowed.

LEVEL 4 RULES

LEVEL 4 GENERAL TUMBLING

- A. All tumbling must originate from and land on the performing surface. (Exception: Tumbler may [without hip-over-head rotation] rebound from his/her feet into a stunt transition. Rebounding to a prone position is allowed.)
- B. Tumbling over, under, or through a stunt, individual, or prop, is prohibited. (Exception: forward/backward rolls over a prop are legal.)
- C. Tumbling while holding or in contact with any prop is prohibited.

- D. Spotted, assisted, or connected tumbling is prohibited. (Example: Double cartwheels and chorus line flips are illegal.)
- E. Dive rolls performed in a swan or layout position are prohibited.

LEVEL 4 STANDING TUMBLING

- A. Standing flips and flips from a back handspring entry are allowed.
- B. No jump skills are allowed in immediate combination with a standing flip (e.g. no toe touch back tucks, no back tuck toe touches, or pike jump front flips, etc - However, toe touch back handspring back tucks are allowed because the flip skill is not connected immediately after the jump skill).
- C. No consecutive flip-flip combinations are allowed (e.g. back tuck-back tuck, back tuck-punch front, etc).
- D. Skills are allowed up to 1 flipping and 0 twisting rotations. (Exception: aerial cartwheel, Onodi)

LEVEL 4 RUNNING TUMBLING

- A. Skills are allowed up to 1 flipping and 0 twisting rotations. (Exception: aerial cartwheel, Onodi)

LEVEL 4 STUNTS

- A. A spotter is required for all extended stunts
- B. Single based split catches are prohibited.
- C. Single based double awesomes/cupies require a separate spotter for each top person.
- D. When catching a transitional stunt that is above prep level, at least three catchers are required. If the weight of the top person does not remain within the vertical axis of the stunt, three stationary catchers that are not original bases are required. Physical contact must be maintained with at least one original base or with a person at prep level or below.
- E. No free flipping mounts or transitional stunts allowed.
- F. No stunt, pyramid, or individual may move over or under another stunt, pyramid or individual (e.g. shoulder sits walking under prep).
- G. Single leg extended stunts are allowed.
- H. Twisting mounts and transitions are permitted up to 1-1/2 twists by the top person.
- I. During transitions, at least one base must remain in contact with the top person. (Exception: See "Release Moves")

LEVEL 4 DISMOUNTS

- A. Cradles from single based stunts at prep level or above must have a spotter with at least one hand/arm supporting the head and shoulder area through the cradle.
- B. Cradles from multi-based stunts at prep level or above must have two catchers and a separate spotter positioned at the head and shoulder area through the cradle.
- C. When cradling single based double awesomes/cupies 2 catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of the dismount.
- D. Dismounts to the performing surface from stunts and pyramids must be assisted by an original base.
- E. No free flipping dismounts allowed.
- F. Tension drops/rolls of any kind are prohibited.
- G. Up to a 1-1/4 twisting rotation allowed from all single leg stunts.
- H. Up to a 2-1/4 twisting rotation allowed from all two legged stunts.
- I. During a cradle that exceeds 1-1/4 twists, no skill other than the twist is allowed.

LEVEL 4 RELEASE MOVES

(Release moves do not refer to pyramid transitions, only free standing stunts.)

- A. Release moves are allowed but must not exceed extended arm level (exception: cradles). Release moves must come back to original base(s). (i.e. Tick-tocks are permitted.)
- B. Release moves may not land in a prone position.
- C. Helicopters are not allowed.

LEVEL 4 INVERSIONS

- A. Extended inverted stunts allowed. Also, see "Stunts" and "Pyramids."

- B. Downward inversions are allowed at prep level or below and must be assisted by at least two bases positioned at the head and shoulder area. Top person must maintain contact with an original base. Clarification: The stunt may not pass through a level above prep level and then become inverted at prep level. (The momentum of the top person coming down is the primary safety concern.)

LEVEL 4 PYRAMIDS

- A. Pyramids must follow Level 4 "Stunts" and "Dismounts" rules and are allowed up to 2 high.
- B. No stunt or pyramid may move over or under another stunt or pyramid (e.g. shoulder sits walking under prep). In a pyramid transition, a top person may travel over another top person while connected to another top person at prep level or below. Clarification: Leap frog pyramids are legal.
- C. Extended single leg stunts may not brace or be braced by any other extended stunts.
- D. Hanging pyramids must remain upright. Each top person at the prep level must have a continuous spotter and bases must brace the hanging person(s).
- E. During a pyramid transition, a top person may pass above 2 persons high while in direct physical contact with at least one person at prep level or below. Primary weight may not be borne at second level.
- F. Pyramid transitions may involve inversions (including braced flips) while released from the bases if contact is maintained with at least 2 persons at prep level or below and the top person that has been released from the bases stays in continuous movement.
- G. Braced inversions (including braced flips) are allowed up to 1-1/4 flipping rotations, 0 twisting rotations, may not travel downward while inverted, and may not involve changing bases.
- H. Non inverted transitional pyramids may involve changing bases. Physical contact during transitions must be maintained with a person at prep level or below.
- I. Top persons must receive primary support from a base. (Exception: In hanging pyramids, primary supporting top person must be at prep level or below.)

LEVEL 4 TOSSES

- A. Tosses are allowed up to a total of 4 tossing bases. One base must be behind the top person during the toss and may assist the top person into the toss.
- B. Tosses must be performed from ground level and must land in a cradle position. Top person must be caught in a cradle position by at least 3 original bases one of which is positioned at the head and shoulder area of the top person. Bases must remain stationary during the toss (i.e. No intentional traveling tosses). (Exception: A 1/2 turn is allowed by bases as in a kick full basket.)
- C. No stunt, pyramid, individual, or, prop may move over or under a toss, and a toss may not be thrown over, under, or through stunts, pyramids, individuals, or props
- D. Up to 2 tricks allowed during a toss. (e.g. kick full, full up toe touch, etc.)
- E. Tosses may not exceed 2 twisting rotations.
- F. During a toss that exceeds 1-1/2 twisting rotations, no skill other than the twist is allowed. (e.g. kick doubles are not allowed)
- G. No flips or inversion are allowed.

LEVEL 5 RULES

LEVEL 5 GENERAL TUMBLING

- A. All tumbling must originate from and land on the performing surface. (Exception: Tumbler may [without hip-over-head rotation] rebound from his/her feet into a stunt transition. Rebounding to a prone position is allowed.)
- B. Tumbling over, under, or through a stunt, individual, or prop, is prohibited. (Exception: forward/backward rolls over a prop are legal.)
- C. Tumbling while holding or in contact with any prop is prohibited.
- D. Spotted, assisted, or connected tumbling is prohibited. (Example: Double cartwheels and chorus line flips are illegal.)
- E. Dive rolls performed in a swan or layout position are prohibited.

LEVEL 5 STANDING/RUNNING TUMBLING

- A. Skills are allowed up to 1 flipping and 2 twisting rotations.

LEVEL 5 STUNTS

- B. A spotter is required for all extended stunts.
- C. Single based split catches are prohibited.
- D. When catching a transitional stunt that is above prep level, at least three catchers are required. If the weight of the top person does not remain within the vertical axis of the stunt, three stationary catchers that are not original bases are required. Physical contact must be maintained with at least one original base.
- E. Single based double awesomes/cupies require a separate spotter for each top person.
- F. Twisting mounts and twisting transitions are permitted up to 2 twisting rotations by the top person.
- G. No free flipping mounts or transitional stunts allowed.

LEVEL 5 DISMOUNTS

- A. Cradles from single based stunts at prep level or above must have a spotter with at least one hand/arm supporting the head and shoulder area through the cradle.
- B. Cradles from multi-based stunts at prep level or above must have two catchers and a separate spotter positioned at the head and shoulder area through the cradle.
- C. When cradling single based double awesomes/cupies 2 catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of the dismount.
- D. Dismounts to the performing surface from stunts and pyramids must be assisted by an original base.
- E. No free flipping dismounts allowed.
- F. Up to a 2-1/4 twisting rotation allowed from all stunts.
- G. Tension drops/rolls of any kind are prohibited.

LEVEL 5 RELEASE MOVES

(Release moves do not refer to pyramid transitions, only free standing stunts.)

- A. Release moves are allowed but must not exceed more than eighteen inches above extended arm level. Release moves must come back to original base(s). (i.e. Tic-tocks are permitted.)
- B. Release moves may not land in a prone position.
- C. Helicopters are allowed up to a 180 degree rotation with a 1/2 twist and must be caught by at least 3 catchers, one of which is positioned at head and shoulder area of the top person.

LEVEL 5 INVERSIONS

- A. Extended inverted stunts allowed. Also, see "Stunts" and "Pyramids."
- B. Downward inversions are allowed from an extended position if the primary weight of the top person is assisted by at least three bases, at least one of which is assisting at the head and shoulder area. Contact must be initiated at the shoulder level (or above) of the bases. (Exception: A controlled powerpressing of an extended inverted stunt (i.e. needle) to shoulder level is allowed).
- C. Downward inversions must maintain contact with an original base.

LEVEL 5 PYRAMIDS

Pyramids must follow Level 5 "Stunts" and "Dismounts" rules.

- A. Hanging pyramids must remain upright. Each top person at the prep level must have a continuous spotter and bases must brace the hanging person(s).
- B. Non inverted transitional pyramids may involve changing bases. Physical contact during transitions must be maintained with at least one person at prep level or below.
- C. Pyramid transitions may involve inversions (including braced flips up to 1 and 1/4 flipping rotations) while released from the bases if contact is maintained with at least 1 person at prep level or below.
- D. Braced Inversions (including braced flips) are allowed up to 1 and 1/4 flipping rotations and 1 twisting rotation.
- E. Braced inversions (including braced flips) that maintain contact with only 1 top person at prep level or below may not twist.

- F. All braced inversions (including braced flips) must be caught by at least two catchers.
- G. Catchers must be stationary and must maintain visual contact with the top person when the braced inversion (including braced flips) is initiated. Clarification: Visual contact must be maintained throughout the entire transition.
- H. Braced inversions (including braced flips) may not travel downward while inverted.
- I. Pyramids are allowed up to 2 persons high.
- J. During a pyramid transition, a top person may pass above 2 persons high while in direct physical contact with at least one person at prep level or below. Primary weight may not be borne at second level. Clarification: The transition must be continuous.

LEVEL 5 TOSSES

- A. Tosses must be performed from ground level and must land in a cradle position. Top person must be caught in a cradle position by at least 3 original bases one of which is positioned at the head and shoulder area of the top person. Bases must remain stationary during the toss (i.e. No intentional traveling tosses).
- B. Tosses are allowed up to a total of 4 tossing bases. One base must be behind the top person during the toss and may assist the top person into the toss.
- C. No stunt, pyramid, individual, or prop may move over or under a toss, and a toss may not be thrown over, under, or through stunts, pyramids, individuals, or props.
- D. Up to 2-1/2 twisting rotations allowed.
- E. No flipping rotations allowed.

LEVEL 6 RULES

LEVEL 6 GENERAL TUMBLING

- A. All tumbling must originate from and land on the performing surface. (Exception: Tumbler may [without hip-over-head rotation] rebound from his/her feet into a stunt transition. Rebounding to a prone position is allowed.)
- B. Tumbling over, under, or through a stunt, individual, or prop, is prohibited. (Exception: forward/backward rolls over a prop are legal.)
- C. Tumbling while holding or in contact with any prop is prohibited.
- D. Spotted, assisted, or connected tumbling is prohibited. (Example: Double cartwheels and chorus line flips are illegal.)
- E. Dive rolls performed in a swan or layout position are prohibited.

LEVEL 6 STANDING/RUNNING TUMBLING

- A. Skills are allowed up to 1 flipping and 2 twisting rotations.

LEVEL 6 STUNTS

- B. Single based split catches are prohibited.
- C. Single based double awesomes/cupies require a separate spotter for each top person
- D. Transitional stunts may involve changing bases.
- E. Twisting mounts and twisting transitions are allowed up to 2 twisting rotations by the top person.
- F. Rewinds must originate from ground level only and are allowed up to 1 flipping and 2 twisting rotations. Clarification: Rewinds to a cradle position are also permitted.

LEVEL 6 DISMOUNTS

- A. Single based cradles that exceed 1-1/4 twisting rotations must have a spotter assisting the cradle with at least one hand/arm supporting the head and shoulder of the top person. Dismounts to the performing surface from stunts and pyramids must be assisted.
- B. When cradling single based double awesomes/cupies 2 catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of the dismount.
- C. Tension drops/rolls of any kind are prohibited.
- D. Free flipping dismounts to the performance surface are prohibited.

- E. Up to a 2-1/4 twist cradle is allowed from all stunts and pyramids up to 2 persons high. Cradles from 2-1/2 high pyramids are allowed up to 1-1/4 twist and require 3 catchers. (Exception: 2-1-1 thigh stands may perform 2 twists from a forward facing stunt only. E.g. extension, liberty, heel stretch).
- F. Free flipping skills are allowed up to 1 flipping and 0 twisting rotations.
- G. Flips into cradles from prep level require at least 2 catchers, one of which is an original base.
- H. Flips that originate above prep level are prohibited. (Exception: 3/4 front flip may occur from a 2-1/2 high pyramid but requires 2 catchers and an additional spotter positioned at the head and shoulder area of the top person. Spotter may stand slightly to the side but must use at least one hand/arm to catch under the top person's head and shoulders.)

LEVEL 6 RELEASE MOVES

(Release moves do not refer to pyramid transitions, only free standing stunts.)

- A. Release moves are allowed.
- B. Helicopters are allowed up to a 180 degree rotation with a 1/2 twist and must be caught by at least 3 catchers, one of which is positioned at head and shoulder area of the top person.

LEVEL 6 INVERSIONS

- A. Inverted stunts are allowed up to 2-1/2 persons high and must be braced by at least 1 person at prep level or below.
- B. Downward inversions from above prep level must be assisted by at least 2 bases. Top person must maintain contact with a base or another top person.

LEVEL 6 PYRAMIDS

- A. For 2-1/2 high pyramids, there must be a spotter in front and back for each person on the top level, and the spotter(s) must be in position the entire time the top person(s) is at the 2-1/2 high level(s). Spotters may stand slightly to the side but must remain in a position to adequately spot the top person. Spotters must maintain visual contact with the top person the entire time the top person is at the 2-1/2 high level. Spotters may not be a primary support of the pyramid.
- B. Braced flips are allowed up to up to 1-1/4 flipping and 1 twisting rotation.
- C. Pyramids are allowed up to 2-1/2 high.
- D. During a pyramid transition, a top person may pass above 2-1/2 high while in direct physical contact with at least one person at prep level or below.
- E. Free-flipping mounts must originate from ground level only and are allowed up to 1 flipping and 2 twisting rotations.
- F. Braced flips are allowed if direct physical contact is maintained with at least 1 top person at prep level or below and must be caught by at least 2 catchers.
- G. Rewinds on to a 2-1/2 high pyramid are not allowed.

LEVEL 6 TOSSES

- A. Tosses must be performed from ground level and must land in a cradle position by at least 3 bases, one of which is positioned at the head and shoulders area of the top person. (Exception: Helicopter tosses).
- B. Tosses are allowed up to a total of 4 tossing bases. One base must be behind the top person during the toss and may assist the top person into the toss.
- C. No stunt, pyramid, individual, or prop may move over or under a toss, and a toss may not be thrown over, under, or through stunts, pyramids, individuals, or props.
- D. Non-flipping tosses may not exceed 3-1/2 twists.
- E. Flipping tosses are allowed up to 1 flipping rotation and 2 twists.
- F. Top persons tossed to another set of bases must be caught in a cradle position by at least 3 stationary catchers. Catchers may not be involved in any other choreography and must have visual contact with top person when the toss is initiated and must maintain visual contact throughout the entire toss. The toss is allowed up to 0 flipping and 1-1/2 twisting rotations. (Exception: 3/4 front flips with no twists are allowed)

School and Rec Teams

School and Rec teams will compete on a foam mat surface. The KATS Classic follows NFHS Spirit Guidelines for School and Rec team competitions:

Rule 1 Definitions

(NFHS Spirit Rules as approved by the NCSSE)

Section 1 STUNTS

1. **Stunt** - Any tumbling skill, toss, partner stunt/mount or pyramid.
2. **Partner stunt** - Any skill in which one or more persons support one or more persons.
3. **Pyramid** - Multiple partner stunts.
4. **Sponge** – A skill in which the base(s) absorb the flyer’s downward momentum to push/lift the flyer into position for the next stunt/skill.
5. **Prep** - A skill in which the base(s) hold(s) a standing flyer at approximately chest height.
6. **Tumbling** - Rolls (forward, backward), inverted extended skills (cartwheel, handstand, walkover, front/back handsprings, etc.) and flips.
7. **Forward Roll** – A roll beginning from a position with hands on the performing surface.

Section 2 STUNTING PERSONNEL

1. **Base** - A person in direct weight-bearing contact with the performing surface who provides support for another person.
 - a. NOTE: A prop that provides primary support for a person(s) is also considered a base.
2. **Post** – A person in direct weight-bearing contact with the performing surface, generally standing in front of a base(s), who supports a flyer’s weight during the execution of a stunt.
3. **Flyer** - A person who receives primary support from another person or prop at any time during a stunt. Also referred to as “top person.”
4. **Spotter** - A person in direct weight-bearing contact with the performing surface whose primary function is to minimize risk to a flyer. A spotter shall be in a position and location to prevent injuries, with special emphasis on protecting the flyer’s head, neck and back.
5. **Bracer** - A second-level person who is in physical contact with another flyer but does not provide primary support. The stunt should remain stable without the bracer.

Section 3 BODY POSITIONS

1. **Inverted** – One in which a participant’s head is below her/his waist. (Examples: Chorus-line flip, back handspring, needle scale, arch back where head is below the waist)
2. **Handstand** – An inverted, straight-body position in which the arms are extended and beside the head, and the hips are directly over the head and shoulders.
3. **Layout** – Straight-body position.
4. **Pike** – Bent at the hips with legs straight and together.
5. **Tuck** – Bent at the hips and knees with knees drawn toward the torso.
6. **Straddle** – Bent at the hips with legs straight and apart.
7. **Splits** – Legs extended in opposite directions at right angles to the trunk.

Section 4 DISMOUNTS

1. **Dismount** – Ending a stunt by releasing the flyer to:
 - a. The performing surface.
 - b. Be cradled by the original bases.
 - c. Be cradled by catchers who are not the original bases.
2. **Cradle** - Occurs when catcher(s), with palms up, catches the flyer in a face-up, pike position, by placing one arm under the back and the other under the thighs of the flyer.

Section 5 DROPS

1. **Front Drop** - Dropping to a horizontal, face-down position on the performing surface.

2. **Knee/Seat/Thigh Drop** - Dropping to the knee(s), seat or thighs onto the performing surface.
3. **Split Drop** - Dropping to the performing surface, landing in a split position.
4. **Tension Drop** – A partner stunt, e.g., shoulder stand, in which the base initiates a forward lean until the flyer leaves the base without assistance.

Section 6 AERIAL STUNTS

1. **Aerial** - A stunt performed free of contact with a person or the performing surface.
2. **Flip** - An aerial stunt involving head-over-heels rotation in a tuck, pike or layout position.
3. **Swan Dive** - An aerial stunt in which a flyer is caught in a prone (face down) position.
4. **Twist** - An aerial stunt involving rotation perpendicular or parallel to the performing surface in a straight body position.
5. **Dive roll** - A stretched, forward roll with flight.

Section 7 EXTENDED STUNTS

1. **Extended stunt** - One in which the supporting arm(s) of the base(s) is/are fully extended above the head, e.g., Russian Lift, Liberty, Cupie. Most extended stunts require a spotter.
2. **Extension** - A specifically defined extended stunt in which the supporting arms of the base(s) are fully extended above the head, and the flyer has both feet in the hands of the base(s). All extensions require a spotter.

Section 8 SUSPENDED STUNTS

1. **Suspended Roll** – A flyer dismounts with heels-over-head rotation while having both hands in continuous hand-to-hand/arm contact with bases or posts who control the flyer's descent to the performing surface or cradle.
2. **Suspended Splits** – A flyer supported in a split position between two bases.
3. **Swinging Stunt** – A flyer is suspended and swung between multiple bases.

Section 9 NONRELEASE, SPECIALIZED STUNTS

NOTE: Stunts in this section may also be known by other names. This section does not attempt to list every stunt mentioned in this rules book.

1. **Cupie** – A stunt in which both feet of a flyer are in one hand of a base.
2. **Deadman Lift** – A stunt in which base(s) fully extend a flyer overhead, face up or face down, in a horizontal straight-body position.
3. **Flatback** – A stunt in which a flyer is transitioned from a vertical position to a horizontal position between two original bases.
4. **Handing Pyramid** – A stunt in which a flyer(s) is suspended from a shoulder stand stunt(s).
5. **Pendulum** – A stunt in which the flyer in a straight-body position falls forward and/or backward away from the base(s) to a horizontal position to catchers while maintaining constant hands-to-arms/legs contact with the base(s).
6. **Totem Pole** – A multi-base stunt that creates a tiered appearance by connecting stunts of increasing height, one behind the other.
7. **Vault** – A stunt in which the hands of the flyer are used to assist in clearing a base(s) or prop(s).
8. **Chorus-Line Flip** – A stunt in which a participant performs a backward flip while being supported by the arms of other participants.
9. **Liberty** – A one-leg stunt, (usually extended) that may include variations such as a hitch (front or side), a torch, a heel stretch, an arabesque, a scorpion, etc.
10. **Swedish Fall** – A stunt in which the flyer is in an extended prone (face-down) position, generally supporting her own upper body on a base, while being supported on her lower body by a base(s) with extended arms. One of the flyer's legs may be lifted above her body.

Section 10 RELEASE SKILLS/STUNTS

1. **Pop** – A controlled upward pushing motion by a base(s) to increase the height of a flyer to initiate a dismount or a transitional stunt.
2. **Sweep** – A controlled forward pushing motion by a base(s) to release a flyer to a cradle.

3. **Toss/Pitch** – A forceful upward throwing motion by base(s) to significantly increase the height of a flyer, who is then caught by the original bases.
4. **Basket Toss** – Toss involving three or four tossers, two of whom have their hands interlocked.
5. **Release Stunt** – A specifically designated stunt that is initiated by a moderate upward throwing motion by the bases to increase the height of the flyer.
6. **Helicopter** – A release stunt in which the flyer in a horizontal position is released upward, then rotates like helicopter blades in a horizontal plane before being caught by the original bases.
7. **Log Roll** – A release stunt in which a flyer in a horizontal position is released upward, then twists parallel to the performing surface before being caught by the original base(s).

Section 11 TRANSITIONAL STUNTS

1. **Transitional Stunt** – Involves a flyer moving from one stunt to another. The transition may involve changing bases.
2. **Tick-tock** – A one-leg (usually extended) release stunt in which a flyer switches from one support leg to the other.

Section 12 PROPS

1. **Props** – Items which may be
 - a. manipulated (e.g., poms, signs, flags, etc.)
 - b. used as a base

NOTE: A single, unfolded mat on the performing surface is not considered to be a prop.

Rule 2 General Risk Management

Note: All provisions of this rules book shall be in effect for all spirit team activities including practices, games, performances, and competition.

Section 1 GENERAL

1. A coach must not permit a team member to participate if in the judgment of the coach, the participant does not conform to NFHS rules.
2. Participation in spirit team activities during interscholastic contests and spirit competitions must be limited to bona-fide students of the school who are designated as members of the school's spirit team(s). Only those students may participate in spirit team activities on the sidelines, court, field or contest area during an interscholastic event, except when exhibitions during a pregame, halftime or postgame period are authorized by the administration of the participants' school and the host school administration, if applicable. A bona fide student is one who has not graduated and is eligible to participate with and/or compete for a designated school according to the rules of that state's high school association and/or the local board of education.
3. Practice sessions must be held in a location suitable for spirit activities, i.e. appropriate surface/area, reasonably free of obstructions and excessive noise, etc.
4. Performing surfaces must be suitable and free from objects. When discarding props (signs, etc.) that are made of solid material, or have corners or sharp edges, team members must gently toss or place the props.
5. Stunts must be modified to be appropriate to the performing surface/area.
6. An adequate warm up, including stretching, must precede all activities.
7. Use of mini-tramps, springboards, spring-assisted floors or any height-increasing apparatus is illegal for use during performances/competitions.
8. Stunts must not be performed during a basketball or volleyball game when the ball is in play, including free throws in basketball and just prior to the serve in volleyball.
9. Spirit participants must not warm up stunts on the court or sideline area during player warm-up if an alternate area is available. If no appropriate alternate area is available, the coach must take reasonable precautions to minimize the risk to participants.

NOTE: See suggestions in the Coaches Responsibilities.

10. Spirit participants must remain outside the playing area during a 30-second or less time-out in a basketball game.
11. Artificial noisemakers must not be used at indoor athletic contests except during pregame or halftime performances.
EXCEPTION: Megaphones, appropriately used by spirit participants on the sidelines, floor or court, are permitted, if allowed by the contest official.
12. Participants must not chew gum or have candy in their mouths during practice or performance.
13. Spirit participants must not stand behind the free throw lane extended during a basketball game.
14. When it is detected that a participant is bleeding, has an open wound or an excessive amount of blood on the uniform, the participant must stop performing to receive proper treatment. (See Communicable Disease Procedures)
15. When a participant is rendered unconscious or apparently unconscious, the participant must not be permitted to resume participation without written authorization from a physician (MD/DO).

Section 2 PARTICIPANT APPAREL/ACCESSORIES

1. Jewelry must not be worn except for religious or medical medals, which shall be taped to the body (without a chain) under the uniform.
2. Fingernails, including artificial nails, must be kept at an appropriate length (short, near the end of the fingers) to minimize risk for the participants.
3. The hair must be worn in a manner to minimize risk for the participant. Hair devices, if worn, must be secure and appropriate for the activity.
4. Apparel and accessories must be appropriate for the activity involved to minimize risk for the participants.
Cheer team members must wear athletic shoes (not gymnastics slippers).
5. A participant in full head and/or body costume must not spot or stunt except for a forward roll or cartwheel.
6. When standing at attention, apparel must cover the midriff.
7. Glitter that does not readily adhere on the hair, face, uniform, costume or the body is illegal. Glitter may be used on signs, props or backdrops if laminated or sealed.
8. Supports, braces, etc., which are hard and unyielding or have rough edges or surfaces must be appropriately covered. A participant wearing a cast (excluding a properly covered air cast) must not be involved in a stunt.
9. A single partial/whole manufacturer's logo/trademark (no more than 2 1/4 square inches with no dimension exceeding 2 1/4 inches) is permitted on the apparel.
10. An American flag, not to exceed 2 by 3 inches, and either a commemorative or memorial patch, not to exceed 4 square inches and with written state association approval, may be worn on the uniform/costume.
11. Each state association may authorize the use of artificial limbs which in its opinion are no more dangerous to participants than the corresponding human limb and do not place an opponent at a disadvantage.

Section 3 HEIGHT LIMITATIONS

1. All partner stunts and pyramids are limited to two levels high. The top person (flyer) receives primary support from one or more base/s who is/are in direct, weight-bearing contact with the performing surface.

Section 4 SPOTTING

1. A spotter may help control the building of, or dismounting from, a stunt, but must not provide primary support for the flyer.
2. Additional spotters are required until a stunt is mastered.
3. A spotter must be in the proper location with the appropriate body position to help minimize risk to the flyer.
4. A spotter must remain visually focused on the head-and-shoulder area of a flyer, except when it is necessary to briefly check other stunt personnel.

5. A spotter's arms and hands must be in one of the following positions:
 - a. Hands grasping the wrist(s)/forearm(s) of the base(s);
 - b. Hands touching or grasping the ankle(s)/lower leg(s) of the flyer;
 - c. Arms lifted toward the flyer's head and shoulders (if not touching either the flyer or a base).

NOTE: It is not necessary for the arms to be straight, but they must be in a "ready" position.
6. A spotter must not:
 - a. Grasp the sole of the flyer's foot.
 - b. Grasp the base(s) hand(s) under the flyer's foot.
 - c. Place her/his torso underneath the stunt.
7. A spotter is required for stunts in which the supporting arm(s) of the base(s) is(are) fully extended above the head, except for the following:
 - a. Chair
 - b. Russian lift
 - c. Torch
 - d. Double-base split catch
 - e. Triple-base dead-man lift
 - f. Triple-base extended suspended splits
 - g. Double base vertical T-lift

Section 5 BASE/BRACER

1. A base must not assume a back-bend, headstand, or handstand position.
2. Bases of extended stunts must have both feet in direct weight-bearing contact with the performing surface.
3. A bracer must not provide primary support for a flyer.

Section 6 DISMOUNTS

1. Dismounts to the performing surface from shoulder height or above must have assisted landings.

NOTE: Extension prep height is considered shoulder height.
2. For all cradle dismounts, the catcher(s) must have continuous visual contact with the flyer.
3. Neither bases nor catchers shall move during dismounts except for safety purposes.
4. No skill, e.g., toe touch, twist, etc., without constant hand-to-hand contact shall be performed prior to landing on the performing surface.
5. A skill may be performed to a cradle except during dismounts to separate catchers.
6. A twist to cradle (including a log roll) must not involve more than two complete rotations.

EXCEPTION: When dismounting to a cradle from a side-facing stunt, 2 1/4 rotations are permitted.
7. Dismounts from multi-base stunts to a cradle must be cradled by at least two catchers and an additional head and shoulders catcher/spotter.
8. Dismounts from single base stunts to a single base cradle must have an additional catcher/spotter who is responsible for the head-and-shoulder area of the flyer.

EXCEPTION: No additional catcher/spotter is required when cradling a chair or a torch.
9. Dismounts to catchers who are not the original bases must have at least three catchers, one being a head and shoulders catcher/spotter. Following the pop to release the flyer, no skill, e.g., toe touch, twists, etc., shall be performed into the cradle.
10. Dismounts from, or passing through, an inverted position are illegal.

EXCEPTION: Forward suspended roll.

Section 7 DROPS

1. Knee, seat, thigh and split drops from a jump, stand or inverted position are illegal unless most of the weight is first borne on the hands/feet, or is controlled to absorb the impact of the drop.
2. Front drops from an airborne position are illegal.
3. Tension drops are illegal.
4. A handspring/flip over to any drop is illegal

Section 8 PARTNER STUNTS/PYRAMIDS

1. A participant must not move under or over a partner stunt or pyramid.
2. A flyer must not be in an inverted position except for the following:
 - a. During a forward suspended roll;
 - b. During a mount that begins from an inverted position on the performing surface to a non-inverted stunt shoulder height or below. It must include a base or spotter who protects the head/neck/shoulder area of the flyer.
3. In braced partner stunts/pyramids, at least one bracer of each pair must be at shoulder height or below.

EXCEPTIONS:

 - a. The following extended stunts may brace any other extended stunt:
 1. Chair
 2. Multi-base deadman lift
 3. Multi-base straddle lift
 - b. Extensions may brace the stunts listed above and other extensions (except a totem pole).
4. A hanging pyramid is legal provided all the following conditions are met:
 - a. The bases remain stationary.
 - b. Spotters are present for each shoulder stand.
 - c. Base(s) maintain constant contact with the suspended flyer.
 - d. Suspended flyer is lower than the shoulder stand(s).
 - e. Suspended flyer's feet are hanging free.
 - f. Suspended flyer is not inverted.
 - g. Suspended flyer does not rotate on the dismount.
5. A pendulum, or pendulum-type stunt is legal provided all the following conditions are met:
 - a. The flyer begins at shoulder height or below.
 - b. The flyer does not pass through an extended overhead position.
 - c. The flyer is caught in a face up or face down position.
 - d. There are at least three stationary catchers who remain in their original positions.
 - e. No participant is standing between the base(s) and catchers.
 - f. Only the flyer may turn.
 - g. The base(s) has/have constant visual contact with the catchers; therefore, all full pendulums require two bases.
 - h. The bases remain stationary.
6. A pendulum may end in an extension.
7. A half or full pendulum must have a designated spotter facing the flyer when he/she returns to vertical in a straight body position at the end of the stunt.
8. A flatback is legal provided both of the following conditions are met:
 - a. The flyer begins in a vertical position and is transitioned to a horizontal, straight body position between two original bases.
 - b. At least two additional catchers catch the upper body of the flyer.
9. A release of a vertical flyer from above shoulder height to a catch in a layout position is illegal.
10. A totem pole is legal provided all the following conditions are met:
 - a. Each flyer leaning forward is stabilized/supported by the stunt directly in front.
 - b. No extended stunt stabilizes/supports another flyer.
 - c. A spotter is present for each extended stunt.
11. A swinging stunt is legal provided both the following conditions are met:
 - a. The flyer is swung in an upward direction.
 - b. The flyer is in a face-up position.
12. Suspended splits originating at shoulder level or below and ending at any level are legal provided all the following conditions are met:
 - a. There are at least two bases.
 - b. The flyer has both hands in constant contact with a base(s).
 - c. A spotter is in place if the flyer passes through or ends in an extended position.
13. Suspended splits originating above shoulder height and dropping to any level are legal provided that at least four bases slow the momentum of the flyer.
 - a. In side-facing splits, the four bases support under the flyer's thighs and legs prior to reaching the full

split position. The flyer has both hands in contact with a base(s) once she reaches the full split position.
b. In forward-facing splits, three of the four bases support the flyer under her thighs and legs, and both hands of the fourth base support both hands of the flyer prior to reaching the full split position.

14. Single-base stunts in which the flyer is supported under the legs in a split or straddle position are illegal.
15. T-lifts to roll-downs must have an additional head-and-shoulders catcher/spotter.

Section 9 ROLLS / TUMBLING

1. A forward suspended roll is legal provided all the following conditions are met:
 - a. It begins from a stunt at shoulder height or below.
 - b. In multi-base stunts, the flyer maintains continuous hand-to-hand/arm contact with two bases or two posts.
 - c. In single-base stunts, the flyer maintains continuous hand-to-hand/arm contact with two posts.
 - d. The bases or posts control the flyer's dismount to the performing surface or cradle.
2. Backward suspended rolls are illegal.
3. Suspended rolls from a basket toss position, pitch or toss are illegal.
4. Tumbling over or under a stunt, person or prop is illegal.
EXCEPTION: Forward rolls over a prop.
5. A forward roll from an airborne position is illegal.
6. A flip into a mount or cradle is illegal.
7. A flip in a tumbling pass must not involve more than one complete rotation or more than one complete twist.

Section 10 TOSSES

1. In all tosses:
 - a. The flyer must be directed vertically and be caught by the original bases.
 - b. Participants must not pass over or under other participants.
 - c. The tossers/catchers and spotter must remain in their original positions unless making adjustments for safety purposes.
 - d. The flyer must not become inverted (head below waist).
 - e. The flyer must not hold objects in her/his hands (e.g., poms, signs, etc.)**EXCEPTION:** Load-in tosses (also called "tosses into partner stunts" or "toss to hands," etc.)
2. Basket tosses and other similar multi-base tosses are permitted only on appropriate mats, grass, rubberized and soft-yielding surfaces.
3. Basket tosses and other similar multi-base tosses must not involve more than four tossers, including the person who may set or "load" the flyer.
 - a. One of the tossers must be behind the flyer during the toss
 - b. The flyer must be cradled by at least two of the original tossers and have a separate head and shoulders spotter who was one of the original tossers
4. Tosses through a prop are illegal.
5. Toe/thigh pitches to a jump, tumbling skill or suspended roll are illegal.
6. Tosses to a position in which the flyer's weight is supported under the legs in a split or straddle position are illegal.
7. A twist that occurs during a toss must not involve more than two complete rotations.
8. Load-in tosses to stunts are legal provided all the following conditions are met:
 - a. The toss does not significantly exceed the height of the intended stunt.
 - b. The flyer does not land in a loading position for another toss.
 - c. The flyer is not tossed again not loses contact with her/his bases without first dismounting to a cradle or the performing surface.**EXCEPTION:** Loss-of-contact stunts meeting the criteria of Rule 2-12-1.

Section 11 RELEASE STUNTS

1. In all release stunts:
 - a. The flyer must be directed vertically and be caught by the original bases.

- b. Participants must not pass over or under other participants.
 - c. The tossers/catchers and spotter must remain in their original positions unless making adjustments for safety purposes.
 - d. The flyer must not become inverted.
2. A helicopter is legal, provided all the following conditions are met:
 - a. The rotation in the horizontal plane is not greater than 180 degrees.
 - b. The flyer does not twist.
 - c. The flyer is in a face-up position.
 - d. There are at least four bases who serve as both tossers and catchers.
 - e. At least one tosser/catcher must be in position to support the flyer's head, neck and shoulder area.

NOTE: A helicopter is an exception to the transition rule.
 3. A log roll is legal provided the following conditions are met:
 - a. It does not involve more than two complete rotations.
 - b. The flyer is not in contact with a person in another stunt.

NOTE: A log roll is an exception to the transition rule.
 4. In a single-base log roll, the flyer must:
 - a. Rotate toward the base.
 - b. Begin and end in a face-up position.
 5. In multi-base log rolls:
 - a. With fewer than four catchers, the flyer must begin and end in a face-up position.
 - b. With four catchers, the flyer may be caught face-up in a cradle or in a lay-out position; or face-down in a layout position.

NOTE: The face-down catch is an exception to the swan dive rule (2-11-6).
 6. A swan dive is illegal.

Section 12 TRANSITIONAL STUNTS

1. In transitional stunts, physical contact must be maintained between the flyer and the base(s) except when all of the following conditions are met:
 - a. The flyer is braced.
 - b. The flyer does not become inverted.
 - c. The flyer has at least two bases.

EXCEPTION: A single-base tick tock is permitted provided the flyer remains vertical.

 - d. The flyer and each bracer have a separate spotter.
 - e. The loss of contact is a continuous up-and-down movement in which the flyer's center of gravity remains directly over the bases, the flyer's weight is not supported by the bracer(s), and does not pause at the top.
 - f. The flyer is not released to a toss.
2. When a transitional stunt involves changing bases, the new base(s) must be to the side or in front of the person moving the stunt except when the flyer remains upright (vertical) throughout the transition to the new base(s). The person moving the stunt can make no more than a half turn to face the new base(s).

Section 13 TWISTS

1. A twist performed on the performing surface (jump-twist-land) must not involve more than two complete rotations.
2. A twist performed to a cradle must not involve more than two complete rotations except, when dismounting to a cradle from a side-facing stunt, 2 1/4 rotations are permitted.
3. A twist performed during a tumbling pass must not involve more than one complete rotation.

Section 14 VAULTS

1. Vaults that do not involve heels over head rotation are legal.

Section 15 SPORTSMANSHIP/CONDUCT

1. A participant, coach, substitute, trainer, or other team attendant must not commit an unsporting act. This includes, but is not limited to, acts or conducts such as:
 - a. Disrespectfully addressing or contacting an official or gesturing in such a manner as to indicate resentment.
 - b. Using profane or inappropriate language or gestures.
 - c. Baiting or taunting an opponent.

NOTE: The NFHS disapproves of any form of taunting which is intended or designed to embarrass, ridicule or demean others under any circumstances including on the basis of race, religion, gender or national origin.
2. A participant, coach, substitute, trainer or other team attendant must not use tobacco, smokeless tobacco, alcohol, or other controlled substances while representing the school.

DIVISIONS

The Event Directors have the authority to combine or separate divisions as appropriate and required for the success of the competition.

Elementary/Middle/High Schools

There is no maximum number of participants for elementary, middle and high schools.

Small Middle (20 members or less; 8th grade and below)
Large Middle (21 members or more; 8th grade and below)
Freshmen (9th grade only)
Junior Varsity (11th grade and below)
Small Varsity (20 members or less; 12th grade and below)
Large Varsity (21 members or more; 12th grade and below)
Small Co-Ed Varsity (20 members or less; 2 or more males; 12th grade and below)
Large Co-Ed Varsity (21 members or more; 2 or more males; 12th grade and below)
Small Elementary (20 members or less; 6th grade and below)
Large Elementary (21 members or more; 6th grade and below)

Recreational Leagues

The maximum number of participants for Recreational Leagues is 35. Any squad that competes with more than the maximum number of participants in the given division will be disqualified.

Elementary Rec (35 members or less; 5th grade and below)
Junior Rec (35 members or less; 8th grade and below)
Senior Rec (35 members or less; 12th grade and below)

Recreational, Elementary, Middle School and High School teams cannot compete in the All-Star category if they cheer for a school or organized team.

All-Star Divisions

All-Star squads are made up of members from various schools with the primary focus on performance and competition. All-Star squads, generally, do not cheer for any particular organized sport. Every squad must consist exclusively of members who have not graduated high school. Divisions are determined by the age of the participants as of May 31, 2007, regardless of the participants' current age.

Exhibition

Tiny (5 years and younger)
Small Mini (20 members or less; 8 years and younger)
Large Mini (21 or more members; 8 years and younger)
Small Youth (20 members or less; 11 years and younger)
Large Youth (21 members or more; 11 years and younger)
Small Junior (20 members or less; 14 years and younger)
Large Junior (21 members or more; 14 years and younger)
Small Senior (20 members or less; 18 years and younger)
Large Senior (21 members or more; 18 years and younger)

We will also accommodate Collegiate Squads.

REQUIREMENTS FOR DANCE

- J. Each team will have a maximum of 2 minutes and 15 seconds (2:15) to demonstrate their style and expertise. Timing will begin with the first note of the music or the first movement, whichever comes first. Timing will end with the last note of the music or the last movement, whichever comes first.
- K. Formal entrances, which involve organized run-ons or structured marching are not permitted. Dancers should enter the performance area in a timely fashion.
- L. Teams must exit the performance area immediately following the routine.
- M. Dance teams may use hand held props and/or costuming but it is not mandatory. Items that may damage or alter the performance floor are **prohibited**.
- N. Soft-soled shoes must be worn while competing.
- O. Jewelry is **prohibited**.
- P. Only forward rolls, back rolls, and shoulder rolls are allowed. Individual back bends and handstands are permitted so long as they do not involve hip over head rotation (exception: Hip Hop stalls are allowed). No back handsprings, back tucks or aerials allowed.
- Q. Dance lifts are permitted and are defined as an action in which a dancer is elevated from the performance surface and set down. The lifting dancer must maintain direct contact with the performance surface at all times. The lifting dancer must maintain ultimate control over the momentum, positioning, changes in position and return to the performance surface of the lifted dancer through hand/arm to body contact.
- R. If the lifted dancer is supported by 2 or more people, rotation below the lifting dancer's shoulders may occur.
- S. All cheer stunts and/or pyramids, or tosses are **prohibited**.
- T. Suggestive, offensive, or vulgar choreography is inappropriate for family audiences and therefore lacks audience appeal. Routine choreography should be appropriate and entertaining for all audience members. Vulgar or suggestive material is defined as any movement or choreography implying something improper or indecent, appearing offensive or sexual in content, and/or relaying lewd or profane gestures or implications. Inappropriate choreography affects the judges' overall impression of the routine. Please make sure that all choreography is age appropriate. All costuming should be appropriate for all dancers.
- U. Wearable items are allowed (Examples: Hats, sunglasses, gloves and jackets).

Dance Categories

JAZZ

A jazz routine incorporates stylized dance movements and combinations, formation changes, group work, leaps and turns. Emphasis is placed on proper technical execution, extension, control, body placement and team uniformity.

POM

Pom poms must be used 80% of the routine. Important characteristics of a pom routine include synchronization and visual effect, clean and precise motions, strong pom technique, and incorporate dance technical elements. Visual effect includes level changes, group work, formation changes, the use of different color poms, etc.

HIP HOP

Routines emphasize the street style movements with an emphasis on execution, style, creativity, body isolations and control, rhythm, uniformity and musical interpretation. Teams may also put an additional focus on athletic incorporations such as jumps, jump variations, combo jumps and other tricks.

Dance Divisions

School Divisions

Junior High/Middle School (9th grade and below)

Junior Varsity (11th grade and below)

Small Varsity (15 members or less; 12th grade and below)

Large Varsity (16 members or more; 12th grade and below)

All-Star Divisions

Divisions are determined by the age of the participants as of May 31, 2007, regardless of the participants' current age.

Exhibition

Tiny (5 years and younger)

Small Mini (15 members or less; 8 years and younger)

Large Mini (16 members or more; 8 years and younger)

Small Youth (15 members or less; 11 years and younger)

Large Youth (16 members or more; 11 years and younger)

Small Junior (15 members or less; 14 years and younger)

Large Junior (16 members or more; 14 years and younger)

Small Senior (15 members or less; 18 years and younger)

Large Senior (16 members or more; 18 years and younger)

If there are any questions concerning the rules for this competition, please send an email to:

katsklassic@yahoo.com

KATS CHEER KLASSIC Cheer/Dance Team Registration Forms

Complete and return this official application along with the Cheer Squad Registration Fees to:

KATS Cheer Klassic
c/o Debbie Holcombe
656 Militia Hill Drive
West Chester, PA 19382

Amount enclosed: \$14.00 per participant (if application received between December 8, 2007 and January 4, 2008)
\$10.00 per participant (if application received by December 7, 2007) Early bird registration guarantees team name on event t-shirt.
Total enclosed: _____

Squad: _____ Mascot: _____

Colors: _____ Circle all that apply: CHEER DANCE SCHOOL REC ALL-STAR
ALL-STAR Division (circle one) EXHIBITION TINY MINI YOUTH JUNIOR SENIOR **LEVEL:** _____
SCHOOL Division (circle one) ELEMENARTY MIDDLE FRESHMEN JR. VARSITY VARSITY CO-ED
REC Division (circle one) ELEMENTARY JUNIOR SENIOR
DANCE Division (circle one) EXHIBITION TINY MINI YOUTH JUNIOR SENIOR
JUNIOR HIGH/MIDDLE JR. VARSITY VARSITY

Coach(es) ** _____ Phone () _____
_____ Phone () _____

Contact Information:

Name: _____ Email: _____
Address: _____

Phone Numbers: (Home) _____ (Other) _____

Please team/participant information on the forms located on the next pages.

My signature below indicates that I fully understand that the nature of the competition being offered may involve certain risks to squad members. In light of this, I do hereby fully release and discharge KATS coaching staff and other parties from any liability for any damages accruing of any accident or injury which may occur while participating in this event. I fully understand that the registration fee is non-refundable after the deadline of January 4, 2008 and that in the event of non-attendance on the inclement weather date, the registration fee is non-refundable.

Signature of Coach: _____ Date: _____

**All coaches must pre-register. 2 coaches per team are admitted free. Additional coaches are admitted for \$8.00 each – please add to your total above.

KATS CHEER KLASSIC Cheer/Dance Squad Roster

(Registration page 3)

Participants: *(use as many copies of this sheet as needed)*
All participants must submit a Liability Release Form (next page)

Name	Age/Birthdate	Name	Age/Birthdate
1. _____		21. _____	
2. _____		22. _____	
3. _____		23. _____	
4. _____		24. _____	
5. _____		25. _____	
6. _____		26. _____	
7. _____		27. _____	
8. _____		28. _____	
9. _____		29. _____	
10. _____		30. _____	
11. _____		31. _____	
12. _____		32. _____	
13. _____		33. _____	
14. _____		34. _____	
15. _____		35. _____	
16. _____		36. _____	
17. _____		37. _____	
18. _____		38. _____	
19. _____		39. _____	
20. _____		40. _____	

KATS CHEER KLASSIC Liability Release Form

_____ elects to take part in the KATS Cheerleading Event, which is sponsored by KATS Parent Organization. We acknowledge that this is an extra curricular activity which our son/daughter is participating in voluntarily and understand that there may be some risks of illness or injury (minimal, serious, or catastrophic) in connection with the activity itself and/or transportation to and from the activity. In consideration of our son/daughter being permitted to participate in the activity, we hereby assume all of these risks and waive any possible claim that we might have against KATS, the Host Organization, and any of their employees, agents, or students, in conjunction with our participation in this activity. I further acknowledge that the above individual is covered by health insurance, the particulars of which are described below. I hereby agree that I am responsible for any required medical treatment, and give permission for my child to receive medical treatment in the event that I am unable to be contacted. In order that the participant may receive necessary treatment, I hereby hold KATS, the Hosting Organization and their directors and representatives harmless in exercise of this authority.

Name of Cheerleader _____ DOB _____

Squad _____

Address _____

City _____ State _____ Zip _____

Parent Name _____ Phone () _____

Medical Insurance Carrier _____ Policy # _____

Address of Carrier _____

Name & Phone Number of Emergency Contact (if parents cannot be reached):

_____ Phone () _____

Please list any pre-existing conditions, allergies, medications, etc.:

Parent Signature: _____ Date _____