



2009 - 2010 COA Safety Guidelines

Collegiate Cheer

COA's Rules comply with 2009-2010 AACCA Safety Rules

Updated 6/12/2009

General Restrictions

1. Jewelry of any kind is prohibited (i.e. navel jewelry, tongue jewelry, earrings, necklaces, etc.) Medical bracelets are allowed provided they are taped to the body.
2. Soft-soled athletic shoes must be worn. Gymnastics shoes, jazz shoes and boots are prohibited.
3. Drops (knee, seat, thigh, front, back and split) from a jump, stand 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.
4. All athletes must start on the performance floor. Athletes must have at least one foot on the performing surface when the routine starts. For safety reasons, athletes must try to stay on the performance floor for the duration of their routine.
5. The use of any height-increasing apparatus (i.e. mini trampoline, etc.) other than a spring floor is prohibited.
6. The top person in a partner stunt, pyramid or transition cannot be released from bases with the intent to land or be caught in an inverted body position.
7. An individual may not jump, flip, or dive over, under, or through partner stunts, pyramids or individuals from basket tosses, similar tosses, partner stunts or other tosses from hands.

Partner Stunts

1. Twisting dismounts with more than a 360 degree rotation require an additional spotter that assists on the cradle.
2. Stunts in which the base uses only one arm for support require a spotter when:
 - a. the stunt is anything other than a cupie/awesome or basic liberty. All other one-arm stunts require a spotter (e.g., heel stretch, arabesque, high torch, scorpion, bow and arrow, etc.).
 - b. the load-in or dismount involves a twist. The spotter must be in place during the twist and assist on the cradle during twisting dismounts.
 - c. the top person is popped from one arm to the other.
3. Single based split catches are prohibited.
4. Flips into or from partner stunts are prohibited, with the following exceptions (These exceptions are limited to one flip and require an additional spotter who assists with the cradle.):
 - a. Rewinds (no twisting allowed.)
 - b. Front flip dismounts from shoulder height or below to a cradle.
 - c. Back flip dismounts from shoulder height double based stunts to a cradle.
5. Leg pitch, toe pitch, walk-in, sponge, and straddle catch front and back flips are prohibited.

Rules are updated throughout the year.
Visit www.COAcHeeranddance.com for updated information.





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Partner Stunts (continued)

6. Twisting dismounts greater than two rotations are prohibited. Exception: side facing stunts - i.e. Arabesque, Scorpion, double full twisting cradles to the front are legal.
7. Front, back and side tension drops are prohibited.

Interruption of Performance

1. In the event the performance of any athlete must be interrupted because of failure of event equipment, facilities, etc., the athlete affected will be allowed to resume their performance from the place where the interruption occurred, or from a point determined to be fair by COA Officials.
2. In the event the performance of any athlete must be interrupted because of failure of the athlete's own equipment or supplies, the athlete must either continue the performance or withdraw from the performance. Same holds true if an interruption is caused by any athlete or their coach(es).
3. In the event an injury causes the performance of an athlete to be interrupted, the athlete must either continue the performance or withdraw from the performance. COA reserves the right to stop the performance due to an injury if deemed necessary

Music

1. Eliminate all profanity or other inappropriate language from your music.

Props

1. Wearable articles (i.e. hats, gloves, sunglasses) are not considered to be hand held props and are permitted.
2. Flags, banners, signs, pom poms, and megaphones 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.
3. Mascots are permitted to use any prop except fire, liquids, confetti, glitter, and live animals.

Pyramids

1. Pyramids higher than 2 ½ body lengths are prohibited. Pyramid height is measured by body lengths as follows: chairs, thigh stands and shoulder straddles are 1½ body lengths; shoulder stands are 2 body lengths; extended stunts (i.e. extension, liberty, etc.) are 2½ body lengths. Exception: an extended stunt on top of a thigh stand is allowed.





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Pyramids (continued)

2. In all pyramids, there must be at least two spotters designated for each person who is above "two persons high" and whose primary support does not have at least one foot on the ground. One of the spotters must be in the back and the other can be at the side or in front of the pyramid to spot the front. Once the pyramid shows adequate stability and just prior to the dismount, this spotter can move to the back to catch the cradle.
3. Cradles from pyramids over two high must use at least two catchers.
4. Toe touch and twisting dismounts off of pyramids two high or above must use three catchers.
5. All flips into or from pyramids are prohibited, with the exception of a forward flip dismount to a cradle.
6. Front, back and side tension drops are prohibited.

Routine Timing

1. Cheer Team, Cheer Individual, and Mascot Division timing will begin with the first organized movement of a cheer, sideline or dance, the first note of music, the first word of a cheer or sideline, or the building of a pyramid or stunt. Example: The lifting of or support of another person off the ground. Timing of the routine will stop when the team captain, individual, or coach gives an ending signal. Athletes may do a spirited tumbling exit without being timed or judged.
2. Coed Partner and Stunt Group timing will begin with the first note of music and will end with the last note of music. Once the routine is completed, athletes may do a spirited exit without being timed or judged.

Sportsmanship

1. If a COA Official observes unsportsmanlike behavior from anyone (including coaches, athletes, parents, and fans), that official has the right to assess a **ten (10) point** penalty against the associated team, program, or Specialty Division Athlete. Multiple sportsmanship infractions can result in disqualification and disbarment from future COA events.

Tosses

1. Basket tosses or similar tosses may only be performed from ground level, can use no more than four bases, and must be cradled by three of the original bases, one of which must catch in a "scoop" under the head and shoulders.
2. Basket and elevator tosses may not be directed so that the bases must move to catch the top person.
3. Basket and elevator tosses cannot exceed one flipping and two twisting rotations.





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Tosses (continued)

4. In flipping basket or elevator tosses (tuck, layout, or pike position) only two additional skills are allowed. One twisting rotation is considered to be one skill. Examples:

Legal (two skills)

Tuck flip, X-out, Full Twist
Double Full-twisting Layout
Kick, Full-twisting Layout
Pike, Open, Double Full Twist
Arabian Front, Full twist

Illegal (three skills)

Tuck flip, X-out, Double Full Twist
Kick, Double Full-twisting Layout
Kick, Full-twisting Layout, Kick
Pike, Split, Double Full Twist
Full-twisting Layout, Split, Full Twist

Note: An Arabian Front followed by a 1 ½ twist is considered to be a legal skill.

5. Basket and elevator load-ins can land in a stunt or pyramid provided that the toss does not significantly exceed the height of the intended skill. Flips into stunts or pyramids from a basket or elevator load-in are prohibited.

Tumbling

1. Tumbling skills performed over, under or through partner stunts, pyramids or individuals are prohibited.
2. Tumbling skills that exceed one flipping rotation are prohibited.
3. Tumbling skills with two or more twisting rotations are prohibited.
4. Dive rolls are prohibited.

