



# CRESCENT CITY JAYCEES

P.O. Box 521, Crescent City, CA 95531  
Phone (707) 954-4424 Email: [tourney@ccjaycees.org](mailto:tourney@ccjaycees.org)



**March 6th and 7th 2020**

## **Annual Boys Basketball Tournament CHEER TEAM COMPETITION RULES 2020**

**The Crescent Jaycees Basketball tournament is a scholarship tournament. Every all-tournament basketball player, cheerleader and princess will have the opportunity to apply for a scholarship.**

**All cheer teams participating at the Crescent City Jaycees Annual Eight Grade Basketball Tournament must adhere to the following rules.**

- 1. In an effort to minimize risk of injury to cheerleaders, AACCA has stated that basket tosses and other multi-based tosses at the junior high level is prohibited for example but not limited to... no baskets, shot guns, toss to full or split twist cradles are allowed. Any violation of this rule will result in a 3-point deduction per judge.**
- 2. Mats will be set up in the Thunen gym at Del Norte High School. the mat size is (42' x 42'), all teams must contain their routine within the mat area. Teams who step off the mat at any time will be penalized 3 points per infraction per judge.**
- 3. TUMBLERS MUST START AND FINISH ON THE MAT.**
- 4. Cheer team member's conduct and will be observed at all times. Evaluation sheets will be completed on conduct and performances prior to, during, and after the games. If your school plays a third game, no evaluation sheets will be completed for that game. However, your third game will be observed and any violation of these rules or display of bad conduct could result in a place standing penalty in the final standings.**
- 5. All cheer teams present during any phase of the tournament must be competing and will be judged. No cheer teams will be allowed to cheer without entering the competition. If at any point during the tournament, a team elects to withdraw from the competition, the cheer team must change into street clothes and become spectators for the remainder of the tournament. This is for safety reasons as well as keeping the integrity of the competition consistent.**



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## CHEER TEAM COMPETITION RULES

6. **Cheer teams in all divisions may consist of no more than fourteen (14) cheerleaders, two (2) alternate Cheerleaders, and up to two (2) mascots. Alternates may be substituted for a regular cheerleader only in the case of an injury and/or illness to one of the regular members of the team. If a substitution is made, it is for the remainder of the tournament. Alternates and managers will be recognized and will receive the same award earned by the regular team even if the alternate is not called upon to perform. Mascots are judged separately and they are not allowed to perform with the cheer team during the half-time routines or the Saturday afternoon Cheer/Dance combined routine.**
7. **Cheer teams must wear the same uniform throughout the competition including socks and shoes. Uniforms should be a standard cheerleader outfit. Shorts, sweat suits, and jackets may not be worn during tournament competition performances. Wearing uniform sweatshirts/jackets to and from events is permitted.**
8. **The following Safety Rules must be observed and adhered to all times. Anyone not following these safety rules may be penalized and possibly disqualified. Judges may give warnings to teams who are in violation of these safety rules. Any decision made by the judges to penalize or disqualify a team because of a safety violation shall be final with no right of appeal.**
  - a. **A cheerleader who becomes injured during the tournament or who has not completely recovered from a prior injury should not be allowed to compete in any phase of the competition. Many schools solve this problem by training and bringing an alternate cheerleader with their team to the tournament.**
  - b. **Shoes and socks must be worn at all times. Bare feet, tights are not permitted.**
  - c. **No jewelry of any kind is permitted. This means no corsages, necklaces, earrings, bracelets, watches, rings, ankle bracelets, and braces that cover the entire shoe are not allowed. Knee and ankle supports are permitted. No hair ties around the wrist are allowed.**
  - d. **Hairpieces fake curly hair attachments, scrunchies or ribbons in the hair may be worn as long as they are not longer than the length of the cheerleader's hair. If any hair paraphernalia falls out of the cheerleader's hair or any cheerleader's number falls off during any part of the competition, that cheer team will be penalized 1 point per judge. This rule is applied for safety reasons. ASSIGNED NUMBERS NEED TO BE ON THE CHEERLEADER'S BACK.**



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- e. **No cartwheels or tumbling of any kind is permitted while holding pompons in hands.**
  - f. **Placing any part of the body on pompons and sliding across the floor is not permitted. Pompons that have been tossed, thrown, or dropped on the floor or mats during a routine may be kicked or pushed out of the way by a cheerleader, without a penalty being assessed. Walking, jumping or tumbling over poms is not allowed. Poms should not be placed behind the cheerleader feet on the side lines for safety reasons.**
  - g. **No sign or pompons can be held during the build or dismount of any stunt.**
  - h. **After performing a routine, cheerleaders should check the gym floor and mats and clean up any residue from pompons or other material that may have shaken loose during their performance.**
- 9. The following tumbling policy must be adhered to at all times during the competition. Any team observed breaking the rules will receive one warning. A second violation may result in point penalization, loss of place standing, and/or disqualification. Judges will refer to the Cheer Coordinator/Head Judge who will make the final decision. The Cheer Coordinator/Head Judge's decision will be final with no right of appeal.**
- a. **Teams should not attempt any tumbling skills that are beyond their ability and will be penalized 3 points per judge if they do so.**
  - b. **The only tumbling allowed are forward rolls, cartwheels, aerials, round offs, back and front handsprings, front and back walk over, standing back tucks and running back tucks.**
- 10. The following stunting policy must be adhered to at all times during the competition. Any team observed not adhering to the rules during the first or second game will receive one warning. A second violation may result in a 3-point penalization per judge and a loss of place standing. Judges will refer to the Cheer Coordinator/Head Judge who will make the final decision. The Cheer Coordinator/Head Judge's decision will be final with no right of appeal.**
- a. **Cheer teams should never attempt any stunts or pyramids that they do not have complete confidence in or one that they have not perfected. If the coach or cheer team is uneasy about the stunt/pyramid, do not attempt it. You will get higher points for sturdy basic stunts then an unstable more advanced stunt.**



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- b. No standing stunts or pyramids above two people high are allowed.
- c. Full extensions will be permitted with a three-man base. The spotter position of the base must utilize hands-on spotting at the flyer's ankles, base's wrists, or the highest position the spotter can reach.
- d. Transitional (moving) stunts are allowed from a re-load and prep position only. Bases and the back spotter must maintain constant contact with the flyer.
- e. Full or prep straddle lifts are allowed with a three-man base.
- f. All stunts shoulder level and higher must have hands-on spotting at all times.
- g. Shoulder sits must be spotted for the build. After the flyer is securely stationed on the shoulder, the spotter may leave the stunt. No spotter required on dismount.
- h. No belly or back stands, knee drops, or body drops are allowed.
- i. Cradle catches at all levels (prep/full) must include a three-man base. The spotter position must cradle the shoulders of the flyer at the landing of the dismount.
- j. Dismounts can be made from the full extension/elevator or prep extension/elevator positions. The dismount must utilize a three-man-base, regardless if it is a cradle, drop, or step-out dismount. Flyers cannot toe touch during a regular dismount. Single twist downs are allowed.
- k. Pendulum and Waterfall stunts are only allowed from prep position. Both stunts must include 2 bases, 4 spotters (2 on each side) and one head spotter.
- l. Double down from any toss is not allowed. The only stunt involving head over heels that is allowed is a suspended forward flip with the assistance of 2 halves as long as they maintain continuous hands on contact thru the entire flip and until the flyer lands back in the cradle or their feet are on the floor. No other stunts involving head over heels motion will be allowed. No inversions are allowed except a backhand spring to a cradle as long as they tumbler lands on the floor and jumps into the cradle. **SINGLE TWIST DOWNS FROM A FULL OR PREP ARE ALLOWED.**
- m. No front or back flip dismounts are allowed.
- n. All cradle dismounts must be executed using the pop-up method and not the sweep method. Sweeping dismounts are illegal and will be penalized.
- o. Cheer teams must do their own spotting while performing stunts and pyramids. Cheer team spotting requirements will remain in effect at all times during the tournament.
- p. The only props allowed are cheer-related paraphernalia, such as, signs, megaphones, and pompons. Signs made out of boxes are allowed but cannot be stood on. Cheer teams must carry onto the floor, position, and remove all cheer paraphernalia that is used during their routines. No one else is permitted to assist the cheer teams with their cheer paraphernalia.



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- q. **The only head over heels stunt (see l above) and tick tok that will be allowed must have hands on contact with bracers on each side at all times.**
  - r. **Leap frog will be allowed with two groups. One base group in front and one base group in the back totaling 7 cheerleaders for this stunt.**
  - s. **Barrel rolls at the reload level are allowed.**
- 11. During game evaluations some of the gyms utilized are very crowded and space for cheer teams is limited. Cheer teams may use sidelines, around the corner or end line areas of the basketball court for cheering. However, if the referee requests that a cheer team move to a different area from the one they are occupying, the cheer team is required to move. If you are using the end line or around the corner areas, you may do cheer routines facing the playing areas. If you are using the sidelines and have a cheering section to lead, cheer teams should be facing and leading their section for crowd cheers. Switching areas at half-time is not required; however, if both teams agree to exchange areas, then it is permissible to do so. Teams who have a cheering section they are leading should not be asked to exchange areas. No chant lists can be on the floor, they must be on a chair, bench or taped to the wall.**
- 12. The competition for both mascots and cheer teams will include half-time routines. Mascots and cheer teams must perform a half-time routine during the First and Second games. If you miss one game you will receive zero (0) points on the evaluation sheet. A cheer team or mascot will not be permitted to perform a routine other than at its regularly scheduled time. The First game's half-time routine will be a compulsory music routine. The music for this routine will be provided to you prior to the tournament. All cheer teams will receive the same music which is located on the Jaycess website, which will be 45 seconds in length. This routine will be judged based on the creative incorporation of the provided music, the inclusion of stunts and/or tumbling, a simultaneous jump, a roll off and a level change. Have fun with this routine and be creative!**



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**The compulsory music routine will be performed during half-time at the First game (Friday). Compulsory music can be found on the Crescent City Jaycees Basketball Tournament website.**

## **ALL COMPULSARY ROUTINES MUST INCLUDE**

- SIMULTANEOUS JUMPS**
- LEVEL CHANGE**
- ROLL OFF**

**The Second game (Saturday morning) half-time routine will be performed without music. This routine will include a full cheer, and/or series of chants, and may include stunts, tumbling, and/or pyramid or stunt builds. This routine shall be no longer than 45 seconds in duration.**

- 13. During half-times there is limited time for performances. To save time and confusion, mascots and cheer teams will perform in the following order:
  - a. Visiting Team mascot (No longer than 45 seconds).**
  - b. Home Team mascot (No longer than 45 seconds).**
  - c. Visiting Team cheerleaders (No longer than 45 seconds)**
  - d. Home Team cheerleaders (No longer than 45 seconds)**
  - e. Be prompt and ready to perform when it is your turn, so that everyone has the opportunity to perform.****



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**Cheer Coaches should communicate with each other prior to the start of the game to ascertain if**

**mascots have a prepared skit to perform. Mascots without a prepared skit will forfeit their turn.**

**14. The scheduled Saturday Afternoon Cheer and Dance routine shall be performed in the center of Thunen Gymnasium (High School main gym) floor on the mats and facing the scorekeeper's table. Any team performing their routine in any other area of the gym may lose points. All teams must have one representative with their music at all times.**

**15. The Saturday Afternoon Cheer/Dance routine will be timed. The time line will be two and one half (2-1/2) minutes. The routine may include a combination of yells, cheers and/or chants, and music. The routine may include stunts, pyramid builds, tumbling, signs, megaphone, and/or pompons. The music portion of the routine must not exceed one and one half (1-1/2) minutes of the allotted time. This routine may be split into any of the following sequences:**

- a. Music / Cheer**
- b. Cheer / Music**
- c. Cheer / Music / Cheer**
- d. Music / Cheer / Music**

**The time clock will start with the first movement and or word made by any cheerleader. If you exceed the 2-1/2 minute total time, the cheer team will be penalized one (1) place in the final standings. CRESCENT CITY JAYCEES WILL NOT REVIEW ANY VIDEO TAPES. ALL JUDGES DECISIONS ARE FINAL. THE GYM SCORE CLOCK IS THE OFFICIAL CLOCK. Each team must provide a person to be in charge of their music CD during the Saturday Afternoon Cheer/Dance routine. The music for your Saturday Afternoon Cheer/Dance routine must be cued and ready to play. Music not cued and ready to play is considered a Coach Error and your team will not be allowed to begin again. Coaches must ensure their music is prepared.**

**16. Cheer teams are placed in the same division as their school's basketball team. The exception is if there are only three or four teams in a division, this may necessitate the combining of two divisions. First, Second and Third place awards will be given in each division or combined division. To be eligible for an award each team must perform their routines at the time scheduled. Deviation from the assigned order of appearance may result in elimination from the competition. Requests for a schedule change will not be considered.**



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- 17. One cheer team will be selected as the Most Outstanding Cheer Team. To be eligible for this award, the team must place first in their division. Teams that place first in their division but are penalized to second place for a violation of the rules will not be eligible for this award. The team that moves into First place will be considered for this award.**
  
- 18. Within each division an All Tournament Cheer Team will be selected. A coach or representative must be at the coaches meeting in order to have any all tourney selections. This team may include one or more cheerleaders from each team but does not mean every team is guaranteed one cheerleader placement on the All Tournament Team. In addition to All Tournament honors, the top two cheerleaders who receive the most votes for All Tournament honors in each division will be placed on the scholarship eligibility list. Please refer to the Scholarship Rules for more detailed information.**
  
- 19. Foremost to the competition, is the desire of the Crescent City Jaycees that courtesy, friendship, and sportsmanship are fostered and maintained throughout the tournament. A signed statement may be submitted to the Cheer Coordinator/Head Judge, or a member of the Jaycee Tournament committee, by any coach who has observed any unfavorable conduct by a team of cheerleaders. The statement must contain the date, time, and place of the offense; the game being played, the school hallway, or place of any scheduled event. Examples of undesirable conduct would be, booing, verbal or physical fighting, bad language, public displays of affection (boy/girl), poor sportsmanship if their team should lose a game, and smoking and/or drinking of alcoholic beverages. While cheerleaders are not expected to control unruly fans, they should attempt to quell undesirable conduct by their fans. Written complaints will be reviewed by the Jaycee Tournament committee and upon acceptance of the complaint, a team may be penalized at least one (1) place in the final standings. Cheer teams will be evaluated and will share in the Sportsmanship Award.**

  - a. Unfavorable conduct at locations other than Jaycees facilities will be handled at the discretion of the individual school districts.**
  
- 20. All cheer teams and mascots must provide their own sound equipment and extension cords for all half-time routines. The sound system at Del Norte High School Thunen Gym will be utilized for the Saturday Afternoon Cheer and Dance routines. This system is set up for CD's and has an AUX cord. Back up music**





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should be brought with you at the time of your performance, in case of music CD's breaking or destroyed. Please have all music cued and ready to play. Delays because music is not cued will result in penalties to the performing team. Each team must provide a person to be in charge of their music during the Saturday Afternoon Cheer and Dance portion of the competition. **ALL TEAMS WILL RECEIVE MEAL TICKETS FOR CHEERLEADERS.**

## **PRACTICE PARTY**

Cheerleaders, mascots, and princess's attendance at the Practice Party is mandatory. You will receive 5 extra points from each judge in your division for attending the Practice Party. This could mean the difference in First, Second or Third place or not placing in your division. You will not be judged at this party. It is intended to be a fun party with group based activities that focus on team building and friendship. Because of time limitations, individual team skits or routines are not encouraged. All coaches may test music at the end of the practice party. All girls must know their number for their secret friend prior to the practice party.

## **SPIRIT DANCES**

Cheer teams may perform spirit dances as a pre-game warm-up while the basketball team is warming up. Do not monopolize the pre-game time. Cheer coaches should coordinate with each other to ensure equal pre-game warm-up time is given to both cheer teams. No other music will be allowed during games except for the First game (Friday) Compulsory routines.

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