



CRESCENT CITY JAYCEES

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



Annual Boys Basketball Tournament CHEER TEAM COMPETITION RULES 2025

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 and unless stated below please follow all NFHS/ISA safety guidelines for middle schools.

Cheerleaders must have cheered at the 8th grade level all season to be eligible. This does not mean they perform at half times with the 8th grade team. **THEY MUST BE ON THE 8th GRADE TEAM THE ENTIRE SEASON TO BE ELIGIBLE FOR OUR TOURNAMENT.** If your school brings two basketball teams then you can bring a second team with 6th/7th graders but you can not move 6th/ 7th graders up to the 8th grade team just for our tournament. **They must have been cheering for the 8th grade players for the entire season.**

GENERAL RULES

ASSIGNED ALL TOURNEY NUMBERS NEED TO BE SAFETY PINNED TO THE CHEERLEADER'S BACK.

1. 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.
2. 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.
3. Choosing to leave before awards is at the discretion of the school/cheer coach but please be advised that we do not mail trophies, medals, all tourney/mvp awards or certificates.
4. Cheer teams in all divisions may consist of no more than fourteen (14) cheerleaders, two (2) alternate Cheerleaders, and up to two (2) mascots.



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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.

5. Cheer teams must wear the same uniform throughout the competition. 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.
6. 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 **Chairman**, 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. Both the Cheerleaders and players Must be present to be eligible for sportsmanship award.

SAFETY RULES

The following Safety Rules must be observed and adhered to all times. Anyone not following these safety rules may be penalized and possibly disqualified. **Warnings will not be given to teams who are in violation of these safety rules.** Any



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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. Cheer 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 attachment, bow etc. 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 3 points per judge. This rule is applied for safety reasons. Cheerleaders can pick up and toss the fallen item out of the way without penalty.
- e. Religious or medical ID's must be taped flat to the body with medical tape. **In order to avoid any deductions, please notify the cheer chairman at the coaches meeting if you have someone that falls into this category. They may not be allowed to tumble or stunt. A decision will be made before the first game.**
- f. 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.

TUMBLING

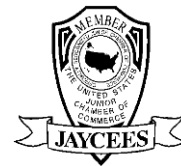
7. **The following tumbling policy must be adhered to at all times during the competition. A violation may result in point penalization, loss of place standing, and/or disqualification.** Judges will refer to the Cheer Chairman who will make the final decision. The Cheer Chairman's decision will be final with no right of appeal.
 - a. Teams should not attempt any tumbling skills that are beyond their ability and will be penalized **5** 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, running back tucks and layouts.
 - c. No cartwheels or tumbling of any kind is permitted while holding pompons in hands

STUNTS



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8. Judges will refer to the Cheer Chairman who will make the final decision. The Cheer Chairman's decision will be final with no right of appeal. Once judging sheets are turned in, tallied and places given, no changes will be allowed except in the event of calculation error.

9. The following stunting policy must be adhered to at all times during the competition. **A violation will result in a 5 point penalization per judge. You are encouraged to send a video for pre approval of stunts to the head chairman prior to tournament.**
 - a. All stunts must have hands-on spotting at all times.
 - b. 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 than an unstable more advanced stunt.
 - c. No stunts or pyramids above two people high are allowed and you must always utilize a three-man base unless specified below. (2 bases and a back)
 - d. No Assisted or non assisted one-man stunts will be allowed.
 - e. 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.
 - f. Splits from full are allowed as long as the side bracers, bases and back spots have hands on contact at all times.
 - g. Transitional (moving) stunts are allowed from a re-load and prep level (not passing thru a level) only. Bases and the back spotter must maintain constant contact with the flyer.
 - h. Full or prep v-sits are allowed with a three-man bases.
 - i. 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. If transitioning, back spot must have hands on at all times.
 - j. Belly, back stands, knee drops, or body drops are **NOT** allowed.
 - k. Backward Pendulums are only allowed from prep position. Must include 2 bases, 4 spotters (2 on each side) and one head spotter. **No face forward pendulums will be allowed.**
 - l. Two extended stunts can not become attached until at least one is back at the prep level.
 - m. **The only stunt involving head over heels that is allowed at waist or prep level is a suspended forward flip with the assistance of bracers on both sides of the flyer 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.**
 - n. **No inversions are allowed. For example, but not limited to hand stands.**
 - o. **A backhand spring to a cradle is allowed as long as they tumbler lands on the floor and jumps into the cradle.**



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- p. No tumbling out of a cradle, flyer must be let out onto their feet.
- q. No front or back flip dismounts are allowed.
- r. **Tic toks at waist, prep or full will be allowed** but must have the three-man base and hands on contact with bracers on each side at all times.
- s. 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.
- t. Barrel rolls in a cradle position are allowed.
- u. **Bajas and 360's are not allowed.**

DISMOUNTS

In an effort to minimize risk of injury to cheerleaders, NFHS/USA 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. Bases must have hands on contact at all times. Assisted or braced tosses are not allowed. Any violation of this rule will result in a 3-point deduction per judge. **NO TOSSES/RELEASES ARE ALLOWED!**

- v. All cradle dismounts must be executed using the pop-up method and not the sweep method. Sweeping dismounts are illegal and will be penalized.
- w. 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. Back cradles are allowed. No prone or face forward dismounts allowed.

Dismounts can be made from the full extension/elevator or prep extension/elevator positions. The dismount must utilize a three-man-base, regardless of if it is a cradle, **pop off**, or step-out dismount.

Flyers cannot toe touch or do any other trick during a regular dismount. Single twist downs are allowed at both prep and full levels.

POMS AND SIGNS

- x. The only props allowed are cheer-related props, such as, signs, **flags**, megaphones, and pompons. Signs made out of boxes are allowed but cannot be stood on. Cheer teams must carry onto the floor, position, and



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remove all cheer props that is used during their routines. No one else is permitted to assist the cheer teams with their cheer props.

- y. Placing any part of the body on pompons and sliding across the floor is not permitted. Pompoms 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.
- z. No sign or pompoms can be held during the build or dismount of any stunt.

GAMES

10. 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 bench or taped to the wall.**
11. 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 with an AUX cord. Please bring whatever adaptor you need for your phone.** Back up music should be brought with you at the time of your performance. 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.

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 **and Mascot routines.**

12. 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



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evaluation sheet. A Cheer team or will not be permitted to perform a routine other than at its regularly scheduled time.

GAME#1:

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 45-60 seconds in length. This routine will be judged based on the creative incorporation of the provided music, a simultaneous jump, a roll off and a level change. Have fun with this routine and be creative!

ALL COMPULSARY ROUTINES MUST INCLUDE :

- SIMULTANEOUS JUMPS
- LEVEL CHANGE
- ROLL OFF

TO MAXIMIZE POINTS

- * STUNTS
- * TUMBLING

GAME#2

The Second game (Saturday morning) half-time cheer will be performed without music. **This cheer will include a full cheer, and may include signs, flags, stunts, tumbling, pyramids or stunts.** This routine shall be no longer than 45-60 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 **45-60** seconds).
 - b. Home Team mascot (No longer than **45-60** seconds).
 - c. Visiting Team cheerleaders (No longer than **45-60** seconds)
 - d. Home Team cheerleaders (No longer than **45-60** seconds)
 - e. Be prompt and ready to perform when it is your turn, so that everyone has the opportunity to perform.

Cheer Coaches should communicate with each other prior to the start of the game to ascertain if mascots have a prepared skit to perform.

14. Mascots and cheerleaders are judged separately. **Mascots must be 6th grade or above.** Mascots are not allowed to perform with the cheer team during the half-time routines or the Saturday afternoon Cheer/Dance combined routine. Cheerleaders are not allowed to perform with the mascots during the mascots half time or Saturday afternoon routines.

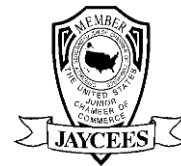
SATURDAY AFTERNOON ROUTINE

15. 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



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necessitate the combining of **two/three** 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.

16. 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. All teams must have one representative with their music at all times.
17. 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 5 points per infraction per judge.
18. THE GYM SCORE CLOCK IS THE OFFICIAL CLOCK. Each team must provide a person to be in charge of their music 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.
19. TUMBLERS MUST START AND FINISH ON THE MAT.
20. 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 **chants, cheers 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 **5 points per judge**. CRESCENT CITY JAYCEES WILL NOT REVIEW ANY VIDEO TAPES. ALL JUDGES DECISIONS ARE FINAL.

Violations that are observed during the Saturday afternoon routine will receive the **5** points per judge penalty without warning.

21. **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. In the case of a tie, the team without safety violations will receive the award.**



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22. Teams with blatant or multiple safety violations will be disqualified from the running of the most out standing cheer team award.

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.

Please treat the practice party as you would a game as far as safety rules. This means, no jewelry, proper shoes and clothing must be worn to participate in jump contests. Please leave all personal items with the coach in the stands.

*****Costumes are welcome and encouraged. If we get enough teams dressed up, we will have a best costume contest. *****

There will be a jump contest so make sure your two jumpers wear appropriate cheer shoes and have appropriate clothing to participate. If you wear a costume you must be able to remove any loose-fitting items to participate.

All coaches may test music at the practice party.

****All girls must know their secret friend number prior to the practice party.****



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STUNT LEVEL ILLUSTRATION

The diagram shows a female performer in a pink sports bra and black leggings performing a handstand. Horizontal black lines are drawn across the image to indicate different levels. Red double-headed arrows indicate the vertical distance between these levels. Labels on the left side of the diagram include: 'Extended Level' or 'Passing Above Prep Level' (between the top two lines), 'Shoulder Level' (pointing to the third line), and 'Waist Level' (between the fourth and fifth lines). A label on the right side, 'Prep Level', is positioned between the second and third lines. A label at the bottom left, 'Ground Level', is positioned below the fifth line. The performer's hands are positioned between the first and second lines.

'Extended Level' or
'Passing Above Prep
Level'

'Shoulder Level'

'Waist Level'

'Prep Level'

'Ground Level'

Note: You must consult the glossary and the rules for further specifications, explanation, and restrictions when interpreting the stunt level.