



2023 - 2024

CCA SCHOOL RULES & REGULATIONS



CODE OF CONDUCT

All CCA officials, administration and staff encourage sportsmanship and integrity among coaches, participants, and spectators. CCA endeavors to uphold the highest standards in the industry. We believe that coaches are the primary source of promoting this among their athletes.

To provide the most positive experience for everyone involved, CCA asks that teams adhere to the following Code of Conduct during all CCA competitions:

1. Any questions or concerns that affect a team's performance or experience at a CCA event must be communicated by the coach to the Scoring Coordinator. The appropriate official(s) will be conferred with to discuss the situation.
2. Participants, coaches, or spectators are prohibited from contacting any scoring judges during the competition.
3. Judges' rulings are final. This includes deductions, final team placements and legalities.
4. Any unsportsmanlike, disrespectful, aggressive, or belligerent behavior by participants, coaches or spectators toward any other attendee or event staff will result in a deduction, potential team disqualification, removal from the event and/or barred participation from future CCA events.
5. CCA reserves the right to remove any persons from a competition for unsportsmanlike conduct.

SCHOOL ELIGIBILITY POLICY

All members of the cheerleading team must be current members of the official school and must attend the school they are representing. Proper permission should be obtained by the coach from the school for the team to compete. Any solo/duo/trio or stunt team competing whose school/program is not participating in the team competition must also have their school's permission in writing in order to participate as a representative of that school and wear that school's uniform. If solo/duo/trio or stunt team participants are not representing their school, they may participate in the Empower Division separately and represent only themselves, but must have a coach or parent with them.

The team should display behavior conducive to serving as ambassadors of their school/organization.

All athletes and coaches must be registered and listed on the Event Roster to be submitted at check-in for each event. Roster forms can be found online at cheercca.com/forms.

Warm-up areas are only accessible to coaches and designated assistants who have been background checked by their schools/sponsoring programs.

TIME LIMITATIONS

Introductions:

1. All team rituals, traditions, hyper chants, etc. need to take place prior to entering the mat.
2. Teams should take the floor immediately when announced with appropriate spirit and enthusiasm.

Timing will begin with the first movement, voice, or note of music, whichever comes first.

If a team exceeds the time limit for their division, a penalty will be assessed for each violation. There are 3 seconds of grace to allow for potential variance caused by human reaction speed and sound system time variation. Deductions accrue as follows: 1-5 seconds over = -0.25 point deduction. 6+ seconds over = -1.00 point deduction.

CCA recommends that all teams time their performance prior to competition and leave a several second cushion to allow for sound system variations.

VIRTUAL COMPETITIONS

All videos must be recorded in one single take. No edited footage will be accepted.

Filming Guidelines

1. Routines must be recorded specifically for the event. Videos from previous competitions or events may not be accepted. Please make sure your division is correct.
2. Routines may be recorded with any camera, phone, or device you choose that can capture high-quality video. There is no need to purchase special equipment.
3. Video footage must be submitted in .mp4 or .mov format. Other formats cannot be accepted.
4. Videos must be filmed in horizontal/landscape mode. No vertical or tall videos will be accepted.
5. Good lighting is essential when filming.
6. Cameras must be held still at a wide-angle. Do not move the camera or adjust to capture specific participants while they are moving. Tripods are highly recommended. Camera view must remain consistent without zoom.
7. Music should be loud and clearly heard in the recording of your video. Holding your speaker directly next to your phone/camera is recommended for the best results.
8. Do not remove audio from your video before uploading and record with audio on.
9. Music cannot be edited into the video.
10. The camera should be set to view all 4 corners of the floor. Camera view should be centered for accurate view of formations and spacing.
11. If your space does not allow for all 4 corners of the floor to be captured, capture as much of the floor as possible to ensure that all skills that you want counted in your score are in full view for judges.
12. Any skill that is not visible in the frame or occurs behind an obstruction will be treated as if it did not happen and will not be scored.
13. Please adhere to the same filming guidelines for jump/tumble off participants. Jumpers should submit a video of a single toe touch as well as a double toe touch in case of a tie that requires a run-off. Tumblers should submit their best running pass one way from corner to corner.

Awards – Division placement banners will be awarded to each team that submits a video. Awards will be mailed following the event. The Awards presentation for each Virtual Competition will be hosted on the CCA YouTube or Vimeo account and will be FREE to all viewers of the Virtual Competition.

To upload a performance video, you will need a Google account.

COMPETITION PERFORMANCE AREA

1. All participants must start a performance in the competition area with at least one foot on the ground.
2. Boundaries – Any athlete stepping outside the performance area will incur a - 0.5 penalty per occurrence. The white boundary line is considered a warning mark. A team will be charged a penalty when any ONE full hand, foot or body part touches outside of the performance surface at CCA Nationals. A team will be charged a penalty when BOTH hands or feet touch outside the performance surface at CCA Regional or Classic Competitions.

INTERRUPTION OF PERFORMANCE

If a team's routine is interrupted because of failure of the competition equipment, facilities or other factors of the competition (not the team), the team affected should STOP the routine. In the event a team's routine is interrupted because of failure of the team's own equipment, the team must either continue the routine or withdraw from the competition. Competition officials will determine if the team will be given the opportunity to repeat their performance at a later time. If the competition officials allow a team to perform again, the spot in the schedule where the performance is repeated is at the sole discretion of the competition officials. The final decision as to fault is decided by the competition officials.

If a team is allowed to perform again, judging will resume from the point at which the injury/interruption occurred as determined by the timekeeper/judge coordinator. The routine must be performed full-out from the beginning of the routine. All deductions accumulated to that point will carry over. If a team prefers not to perform again (coach's decision), they will take the score they have received up to that point. If a skill has not been performed a "O" will be given in that category. Teams that mark skills prior to the point of injury/interruption could result in adjustments in scores based on the skills performed.

The persons authorized to stop a routine for injury are: competition officials and the coach of the performing team/injured individual. The responsibility to recognize an injury has occurred is a shared responsibility of all parties involved. Competition officials will determine if the team will be allowed to perform again at a later time.

Injured participants may not return to the competition floor unless the following is true:

1. The competition officials receive clearance from the medical personnel attending to that participant, the parent (if present), and the head coach of the team.
2. If the participant does not obtain clearance from the medical personnel, the participant can only return to the floor if a parent in attendance signs a return to participation waiver.
3. A participant with a suspected concussion should be removed from activity immediately and should not be allowed to return to participation the same day of the incident without being cleared by a medical professional in accordance with state law and CCA policy.

In the event of an injury or emergency, a parent may be allowed backstage during the evaluation process. While backstage, they will need to remain with the athlete or a CCA even staff member.

SPORTSMANSHIP

All participants agree to conduct themselves in a manner displaying good sportsmanship throughout the competition with positive presentation at all times.

The coach of a team is responsible that team members, coaches, parents, and fans conduct themselves accordingly. Unsportsmanlike conduct from any of the aforementioned is grounds for disqualification.

A coach in discussion with officials, other coaches, athletes or parents/spectators must maintain proper professional conduct. Failing to do so may result in a -1.0 deduction, removal of coach or disqualification of team.

DISQUALIFICATION

Any team that is disqualified will automatically forfeit any right to any prizes or awards presented by CCA.

FINALITY OF DECISION

Each participant and coach agree that the decisions by the judges will be final and results may ONLY be reviewed for clarification. Teams acknowledge the necessity for judges to make prompt and unbiased decisions and each team expressly waives any legal, equitable, administrative or procedural review of such decisions.

Individual score sheets are for the exclusive use of each particular judge. Judges have the responsibility and authority to review and submit their final scores and rankings prior to the final tally of the scores for all teams. Judges' decisions are final. Judges' score sheets and comments are not viewable to opposing teams.

PROCEDURAL QUESTIONS

Any questions concerning the rules or procedures of the competition will be handled exclusively by the coach of a team and may only be directed to the Competition Director. Questions should be made prior to the team's performance.

Any questions concerning the team's performance should be made exclusive by the coach and directly to the Competition Director immediately after the team's performance or following the outcome of the competition.

A coach has the option to request a scoring review at CCA Nationals. The proper procedures for this are sent out prior to the event and explained during the coaches' meeting. Legality scores and difficulty scores are the only reviewable categories. If a scoring review is requested, the competition director reserves the right to review the entire routine and correct any missed deductions during the review process.

DIVISIONS

Division rules may differ from year to year based on industry standards and updates. Please check the competition packet carefully for any division changes and call the CCA office if you have any questions or do not understand anything related to divisions.

It is imperative for coaches to check division details immediately upon receiving schedules for an event and request corrections of any incorrect divisions. No division corrections can be made at the competition itself with the exception of division size changes due to injury at the event. Any corrections to the schedule should be submitted to the CCA office and written confirmation of the update should be returned from the CCA office. If the coach does not receive written confirmation, please call the CCA office to update.

AWARDS

CCA DIVISION REQUIREMENTS - 2023-2024

SCHOOL DIVISIONS *(using NFHS Spirit Safety Rules)*

Elem (Grades K-5 - 3rd) **Intermediate** (Grades 4-5) **Junior High/Middle Sch** (Grades 8th & Below)
Junior Varsity (Grades 10th & Below) **Varsity** (Grades 12th & Below) **Varsity Coed** (team considered coed only if a Varsity team. Males in other divisions not separated by gender. One male constitutes coed for Varsity)

DIVISION SIZES (SCHOOLS)

Small (11 or less team members) **Medium** (12-16 team members)

Large (17-23 team members) **X-Large** (24 -35 team members)

DIVISION SIZES (GameTime)

1A - 15 or less members

2A - 16 to 35 members

DIVISION CATEGORIES

To determine division variations/category please review the rubric for schools and requirements below,

Non-Music Max Time- 2:00 Min Time: 1:00

Cheers, Sidelines, Jumps, Tumbling, Pyramids. No music or sound effects allowed.

Cheer/Music Max Music Time - 1:30 Max Cheer Time: 1:00 Max Total Routine 2:30 Min Total Routine 1:00

Cheers, Sidelines, Dance, Jumps, Tumbling, Pyramids

1:30 music based on the CCA Music, Moves, Dress policy. 1:00 of non-music cheer

Time Penalties apply for max music and max routine.

All Music Max Time 2:30 Min time: 1:00

Cheers, Sidelines if desired but not on score sheet; Jumps, Tumbling, Pyramids, Stunts, Dance

Music based on CCA Music, Moves and Dress policy.

VARIATIONS TO MAIN TEAM DIVISION CATEGORIES (sub-divisions)

Non-Tumbling - Time limits follow guidelines of particular main division requirements.

This variation may be used in Non-Music, Cheer Music or All Music Routines.

NO tumbling at all is allowed with the exception of stunt load-ins or dismounts. When used, the tumbling must not be separated from the load-in/dismount. All skills allowed except tumbling.

Non-Building - Time limits follow guidelines of particular main division requirements.

This variation may be used in Non-Music, Cheer Music or All Music Routines.

All Skills allowed except stunting. No stunt or pyramid building. Routine is ground bound.

This division is **NOT eligible for Grand Champion**.

Novice - Time limits follow guidelines of particular main division requirements.

This variation may be used in Non-Music, Cheer Music or All Music Routines.

Skill rules for this division are as follows:

- No tumbling more advanced than walkovers (back & front).

- No stunting above shoulder level. (Elevator with back spot allowed)

- No twisting dismounts

This division is **NOT eligible for Grand Champion**.

Coed - one male constitutes coed. No teams are considered coed except varsity teams. Gender will not be separated in lower levels. Coed is grouped with all girl for Grand Champion. Coed will be judged on actual coed stunts in the coed/quantity category to allow percentage to be equal to all girl.

CCA DIVISION REQUIREMENTS - 2023-2024

SOLO/DUO/TRIO STUNT-A-THON STUNT (all levels incl SCH/EMP/ALLSTAR/COLLEGE)

SOLO/DUO/TRIO DIVISIONS (divisions may be combined depending on participation levels. Only offered at Classics and Nationals)

School and Empower Divisions are Elem, Intermediate, Junior High/Middle School, Freshman, Sophomore, Junior, Senior.

All Star Divisions are by division, but not level. Tiny, Mini, Youth, Junior, Senior

All Divisions - Guys and Girls compete in the same division. Not separated by gender.

Solo (this division offered only at Classics and Nationals) Time: 1:00 Christian testimony. 1:00 Cheer Routine. No minimum time

Routines may be non-music, cheer/music or all music. all will compete in same division. Christian testimony should include scripture.

Tumbling - May include all tumbling allowed in school, empower and all star categories, no matter the level.

Non-Tumbling - may include round-off, cartwheels, forward/backward rolls. These skills will not be scored as tumbling, only in overall.

NFHS Spirit Safety rules apply for School and Empower. USASF rules apply for All Stars. All Stars do not have to follow their team divisions.

Duo and Trio (this division offered only at Classics and Nationals) Time is 1:30. 1:00 minimum; Routines may be non-music, cheer/music or all music. All in same division. Divisions all the same as listed for solo in School/Empower/All Stars. Goes by highest grade/age in grouping.

NFHS Spirit Safety rules apply for School and Empower. USASF rules apply for All Stars. All Stars do not have to follow their team divisions.

Tumbling - May include all tumbling allowed in school. empower and all star categories, no matter the level.

Non-Tumbling - may include round-off, cartwheels, forward/backward rolls. These skills will not be scored in tumbling. Only in overall.

Stunting by level will be allowed but not scored as stunting, Only in overall. Will count for routine difficulty.

Most important scoring aspect of these divisions are synchronization and all competitors doing the same skills.

Stunt-a-Thon (this division only offered at Classics and Nationals) Time is 1:00. No minimum. Non-music, part music or all music routines ok.

Teams from 4-5 members per team. One male constitutes coed. Coed only in Varsity/Senior Divisions. All other divisions no gender separation

School - NFHS Spirit Safety Rules apply. Stunts allowed based on Division. Divisions are Elem, Intermediate, JHigh/Mid Sch, JR, Senior, Senior Coed

Empower - NFHS Spirit Safety Rules Apply. Stunts allowed based on Divisions. Categories are Tiny and Mini- Primary Division

Youth, Junior, Senior. Senior Coed - Primary, Plus or Premier Divisions. May change division from their regular team division if desired.

All Star - USASF safety rules by category and level. Stunts allowed based on Division. Divisions are Tiny and Mini - Levels 1 & 2;

Youth, Junior, Senior and Senior Coed - Levels 1-5 No tumbling is scored in Stunt-a-thon unless as load in or dismount to a stunt.

Stunt (this division only offered at Classics and Nationals) This division is the same basic division as Stunt-a-Thon except that it is for college and open teams only. Time is 1:00 minute. No minimum. Partner Stunts team can have two competitors and one spotter. Spotter is only allowed to spot, NOT assist in building in any way. Open teams may have 4-5 members.

Coed rules are the same as above. USA/AACCA College Safety Rules Apply. Divisions are:

College Partner Stunt AG, College Partner Stunt Coed; College Group Stunt AG; College Group Stunt Coed, Open Stunt AG; Open Stunt Coed. Divisions may be added as applicable.