

# CCA SCHOOL & EMPOWER GENERAL RULES



**2025-2026**



[WWW.CHEERCCA.COM](http://WWW.CHEERCCA.COM)

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# 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 consulted to discuss the situation.
2. Participants, coaches, or spectators are prohibited from contacting any scoring judges during or immediately after 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 person(s) from a competition for unsportsmanlike conduct

## School Eligibility Policy

All members of the cheerleading team must be current members of the official school/program 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 they 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 Team Roster to be submitted at check-in for each event. Roster forms can be found online at [cheercca.com/forms](http://cheercca.com/forms).

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



## Time Limitations

Teams should take the floor immediately when announced with appropriate spirit and enthusiasm.

All team rituals, traditions, hype chants, etc. should be done prior to entering the mat.

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 = -0.50 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.

## Competition Performance Area

All participants must start a performance in the competition area with at least one foot on the ground.

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 both hands or feet touch outside the performance surface.

## Sportsmanship

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

The coach of a team is responsible for ensuring 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 the coach, or disqualification of the 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 made 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' score sheets and comments are not viewable to opposing teams.

## Interruption of Performance

If a team's performance 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 "0" 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. Performing at a later time is at the sole discretion of the competition officials.

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 event staff member.

## 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 the detailed schedule for an event and request corrections for any incorrect divisions. No division corrections can be made at the competition itself, with the exception of division size changes due to injury. 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.

Programs may not have more than one team compete in each Grand Champion division.

## 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 exclusively 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 virtual 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.

## Virtual Competitions

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

Routine must be recorded specifically for the event. Videos from previous competitions may not be accepted. Please make sure your division is correct.

Video footage must be submitted in .mp4 or .mov format. Other formats cannot be accepted.

Videos must be filmed in horizontal/landscape mode. Vertical videos cannot be accepted.

Do not remove audio from your video before uploading. Record with audio on. Music cannot be edited.

Filming Guidelines:

1. 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.
2. Good lighting is essential when filming.
3. Cameras should be held still at a wide angle. Do not zoom in/out to capture specific participants while they are moving. Tripods are highly recommended. Camera view should remain consistent without zoom.
4. 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.
5. If possible, the camera view should be centered for an accurate view of formations and spacing. The camera should be set to view all four corners of the floor, if possible. If your space does not allow for all four 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. 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. Judges cannot score what they do not see.
6. Please adhere to the same guidelines for jump/tumble 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.
7. At the beginning of the video, please hold up a piece of paper that has the school and team name as well as their division.
8. Announce the team onto the floor just as if you were at an in-person event. For GameTime, please have someone announce the situational sideline cue.

Awards - Division placement banners will be awarded to each team submitting a video. Awards will be mailed following the event. The awards presentation will be hosted on the CCA YouTube account and will be free to all viewers of the Virtual Competition.