

ECDA 2007-08 COMPETITION PERFORMANCE GUIDELINES

EFFECTIVE AUGUST 2007

ECDA Competition Performance Guidelines are in effect at all Eastern Cheer and Dance Association events.

There is a **20-point*** deduction for each different **ECDA Safety Guideline** infraction. (Jewelry is a **5-point** penalty). *At ECDA Nationals, a **10-point warning penalty** will be given to teams on Day One.

SPOTTERS: For stunts requiring spotters, the spotters **must be team members**.

For any stunt that requires a spotter, **the spotter must be looking at the flyer at all times**. The spotter cannot be looking at the crowd; he/she must remain focused on the flyer. The spotter must also be in a position to catch the flyer should he/she begin to fall. The spotter must either be bracing the stunt, or have his/her hands in position to catch the flyer. An **inattentive spotter** will result in a **5-point** penalty per infraction.

SAFETY PEOPLE: ECDA recommends that teams whose routines include stunts have at least 2 Safety People (do not have to be team members) standing behind the performing team who can move in to assist cheerleaders who may fall. Safety is their sole purpose. They cannot touch or assist climbers unless they are falling. **Failure to abide by this rule will result in a 5-point penalty per infraction**. Safety People must have ECDA waiver forms.

VULGARITY: Vulgar/suggestive/offensive movements, words or music are not permitted. Routine should be appropriate for family viewing. There will be a **5-point penalty** assessed for infraction of this rule.

STUNT/TOSS FALLS (3-point penalty per occurrence):

1. Falls to the performance surface in which the flyer does not land on his/her feet.
2. For stunts that **require assisted landings**: An obvious loss of control in which the flyer lands on his/her feet, but is unassisted in the dismount.
3. If base(s) falls to the performance surface and the **majority of the flyer's weight** is caught by the falling base(s).

STUNT/TOSS BOBBLES (1-point penalty per occurrence):

1. Flyer/base(s) exhibits **obvious** instability, loss of control or body position during a stunt but does not fall.
2. Flyer performs an obvious early dismount/cradle.
3. Flyer exhibits obvious loss of control during cradle which causes flyer to land in a prone position.

TUMBLING FALLS (3-point penalty per occurrence):

1. Tumbler lands on the performance surface on any body part other than his/her feet.
2. After skill is landed, forward/backward momentum causes an obvious loss of control in which the tumbler falls to the performance surface. (If the tumbler's hands are the only part of his/her body that touches the performance surface, a 1-point tumbling bobble penalty will be incurred.)

TUMBLING BOBBLES (1-point penalty per occurrence):

1. Tumbler lands skill on his/her feet, but touches the performance surface in a manner that was not a part of the intended skill.



(REVISED 9/12/07) **changes in RED**

NLCC All-Star Safety Guidelines



Level 1, 1A, 2, 3, 4 & 5

*The following NLCC member companies have aligned their rules for the 2007-2008 Competition Season:
ECA, AmeriCheer, Cheer Power, American Cheer and Dance Academy, Cheer Nation, Diamond Cheer & Dance and Spirit Unlimited*

GENERAL

1. Participants must wear soft-soled shoes while competing. Jazz shoes, boots or any hard-soled shoes are not permitted. Gymnastics slippers (or similar type shoe) are not permitted.
2. Participants cannot wear jewelry of any type. This includes, but is not limited to, ear, nose, tongue, belly button or facial rings, clear plastic jewelry, bracelets, necklaces and pins on uniforms. Jewelry cannot be taped over; it must be removed.
Exceptions: Medical ID tags/bracelets (must be taped to body) and rhinestones on uniforms.
3. Gum and/or candy are prohibited.
4. Drops including, but not limited to, knee, seat, thigh, front, back and split drops from a jump, stunt or inverted position are not permitted unless the majority of the weight is first borne on the hands/feet, which lessens the impact of the drop.
5. With the exception of a competition spring floor, the use of any height increasing apparatus is not permitted.
6. Flags, banners, signs, poms, **pieces of cloth** and megaphones are the only props permitted. Props with poles or similar support apparatuses cannot be used when stunting or tumbling. All props and signs must be discarded in a safe manner to insure that they do not interfere with the performance or harm participants/spectators/event staff.
7. Casts, braces, etc. that are hard and unyielding or have rough edges or surfaces must be appropriately covered (**i.e. appropriately padded material must be covering in a manner in which it protects all performing participants from injury**).
8. Back bends that support any primary weight are not permitted.
9. Vulgar/Suggestive/Offensive movements, words or music are not permitted. Should be appropriate for family viewing.

TUMBLING

(Please remember that in addition to these rules, you must adhere to the NLCC Guidelines for your team's specific Level.)

1. All tumbling skills must originate from and land on the performance surface. **Exception:** A tumbler, without hip-over-head rotation, may rebound into a stunt transition after landing.
2. Participants are not permitted to tumble over, under or through a stunt, individual or prop. **Exception:** Forward/backward rolls over a prop are permitted. (Transitional stunts do not apply.)
3. Participants are not permitted to tumble while holding/in-contact with any prop. **Exception:** Forward/backward rolls with a prop are permitted.
4. Spotted, assisted or connected tumbling is not permitted. **Example:** Toe-pitch flip, Double Cartwheels, Chorus Line Flips are prohibited. **Exceptions:**
 - a. Maintaining contact is allowed when rebounding from tumbling into a transitional stunt.
 - b. Tricks such as cartwheels, round-offs, walkovers, and rewinds used in mounts, dismounts, and transitions in/out of stunts, are not considered tumbling, but rather a part of the transitional stunt; however, all inversion rules must be followed.
 - c. Assisted/Connected Tumbling is allowed when used as a Dance Lift/Trick and/or a Choreographed Transition/Gymnastics Stunt. Flyer must remain in contact with at least one person in direct weight bearing contact with the performance surface at all times. All Rules must still be followed for each Ability Level.
5. Dive rolls that are performed in a swan or layout position are not permitted.

PARTNER STUNTS/PYRAMIDS

(Please remember that in addition to these rules, you must adhere to the NLCC Guidelines for your team's specific Level.)

1. Partner Stunts and Pyramids are limited to 2 persons high.
2. Flyers must receive their primary support from a base that has direct weight bearing contact with the performance surface.
Exception: In Hanging Pyramids, top supporting person must be at prep level or below.
3. For any stunt that requires a spotter, the spotter cannot be involved in any other choreography during the stunt.
4. Single based split catches are not permitted.
5. Single based double cupies/awesomes must have a spotter for each flyer.
6. Extended single-leg stunts are not permitted to brace other extended stunts. **Exception:** Level 5.
7. When executing Hanging Pyramids, flyers must remain upright. There must be a continuous spotter for each flyer at the prep level. Bases must brace hanging persons.
8. Extended stunts require a spotter.
9. Free flipping mounts are not permitted.



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NLCC All-Star Safety Guidelines



TRANSITIONAL STUNTS

(Please remember that in addition to these rules, you must adhere to the NLCC Guidelines for your team's specific Level.)

1. When catching a transitional stunt that is above prep level, a minimum of 3 catchers is required. Three stationary catchers (who are not original bases) are required if the weight of the flyer does not remain around the vertical axis of the stunt. Physical contact must be maintained with at least one original base or flyer at prep level or below. **Exception: Level 5 Brace Inversions.**
2. No stunt, pyramid or individual may move over or under the head or torso of the flyer. **Exception:** Transitional stunts or entrance skills where the flyer moves over or under an original base who is in direct weight-bearing contact with the performance surface. **Examples:** leap frog, pooper-scooper, vault-over, etc. (When Level Rules apply.)
3. **Level 4 & 5 (Exception to Transitional Stunts #2):** When transitioning over or under an individual, stunt or pyramid, direct physical contact must be maintained between the flyer and a person at prep level or below. Three catchers must catch the flyer.
4. Free flipping transitional stunts are not permitted.

DISMOUNTS

(Please remember that in addition to these rules, you must adhere to the NLCC Guidelines for your team's specific Level.)

1. Tension drops/rolls are not permitted.
2. Dismounts to the performance surface from stunts and pyramids prep level and above, must be assisted by an original base.
3. Single based double cupies/awesomes must have 2 catchers for each flyer. Catchers must be stationary prior to dismount.
4. Free flipping dismounts are not permitted.
5. Free falling flips to the performance surface are not permitted.
6. For single based stunts at prep level or above, a spotter must assist the cradle using at least one hand/arm to support the head and shoulder area of the flyer during the cradle.
7. Multi-based stunts at prep level or above must have at least two catchers and a separate spotter assisting with the cradle. The spotter must be positioned at the head and shoulder area of the flyer.

TOSSES

(Please remember that in addition to these rules, you must adhere to the NLCC Guidelines for your team's specific Level.)

1. All tosses must originate from the ground level and must be caught in a cradle position by 3 original bases, one of which must be positioned at the head and shoulder area of the flyer.
2. Bases must remain stationary during tosses. (No **intentional** traveling tosses). **Exception:** A 1/4 turn by the bases to catch a cradle is permitted.
3. Tosses cannot involve more than 4 bases tossing. One of the 4 bases must be behind the flyer during the toss. This base may assist the flyer into the toss, as well as assist with the toss.
4. Helicopter tosses are not permitted. **Exception:** Level 5
5. Flyers cannot be tossed from one set of bases to another set of bases.
6. No person(s), pyramid, stunt or object may move over, through or under a toss/pop. **Exception:** Single based tosses and stunt transitions.