

CHEERLEADING CONTEST RULES – Updated January 2023

Divisions for Competitions:

1. Teams will be divided into 3 different categories: **Small, Large, and Stunt**. Each cheerleading team must choose one of these 3 divisions. **Small and Large division refers to the number of athletes on the cheer team. If your team has 9 or less members, then your team is in the small division. If your team has 10 or more athletes, then your team is in the large division. If your team does stunts, refer to the rules of competition section for approved stunts, then your teams is in the stunt division. The stunt division does not have a minimum or maximum number of athletes to compete in the division.**
2. Competing squads of cheerleaders will be divided into a minimum of two divisions.
3. Additional divisions for competition could be established depending upon the number of squads entering. The decisions as to the number of divisions will be made by the judges.
4. All squads will be assigned to divisions by the cheerleading judges without the assistance of any sponsors or coaches.
5. The divisions are based on the preliminary round. We try to place squads with similar cheerleading ability and motor function in the same divisions.
6. **ALL DECISIONS BY THE JUDGE WILL BE FINAL.**

Rules for Competition:

1. Competition shall consist of each squad of cheerleaders performing two cheers.
2. Finals – each team will perform one cheer which must be one of the two cheers performed during prelims.
3. Routines should consist of a choreographed performance, yells, jumps, high kicks, somersaults and gymnastics moves.
4. **Pyramids (refer to attached approved stunts), can be used in the stunts division. If the team does not do any stunts, then the team must be registered in either the small or large division.**
5. Dance routines, music and props (other than pom-poms, banner or mascots designating the groups, team or organization) are not allowed.
6. Communication devices will be allowed for non-verbal participants who will be competing in this event.
7. There should be no prompting the audience. However, this is a cheerleading competition, crowd response is allowed. It is up to the judges to determine whether the cheerleaders are leading the crowd, or the crowd is leading the cheerleaders. Prompting can result in disqualification.
8. All violations of the above rules will result in a disqualification. One disqualification during any routine will cause a team to drop a place upon completion of the competition. The accumulation of two disqualifications during any routine throughout the competition will expel that team from competition. The team will be allowed to finish the competition but will only receive participation awards.

Cheerleading squads will be judged in the following 5 categories:

1. **Personal Appearance** - This will include neatness, formations, and overall appeal
2. **Execution of cheer** - Judges will look for how well the cheer was performed; this includes arm motions, knowledge of words, and voice projection.
3. **Acrobatic for jumps** - Judges will look at execution including, height, timing, take off, and ending. Overall technique will be judged.
4. **Poise** - Judges look for overall poise in front of the crowd. Does the squad continue to perform even if they make mistakes?
5. **Enthusiasm** - Show us you spirit!! Judges will look for smiles and overall spirit projection.

Special Olympics Kansas Approved Stunts

Pony Sit

Front View



Side View



Mount -
JR Single Table Top



JR Single Table Top



Special Olympics Kansas Approved Stunts

Single Knee Base L Stand



Single Knee Base Liberty



**Load -
Single Knee Base Heel Stretch**



**Single Knee Base
Heel Stretch**



Special Olympics Kansas Approved Stunts

JR Double-Based Thigh Stand

Please note: Bases are on one knee



1 - first step load



2 - second step load



3 - STUNT, arms in high V



4 - dismount, prep



5 - dismount, off

Special Olympics Kansas Approved Stunts

JR Double-Based Thigh Stand

Please note: Bases are on one knee



1 - first step load



2 - second step load



3 - STUNT, arms in high V



4 - dismount, prep



5 - dismount, off

Special Olympics Kansas Approved Stunts

Stunt Combo Single Knee Base Stand | Jr. Double Table Top



Stunt Combo Pony Sit | Jr. Double Table Top



Special Olympics Kansas Approved Stunts

Stunt Combo Pony Sit

