



General Rules for Spectacular

1. All teams participating in Spectacular must be affiliated with the Chesterfield Cheerleader League, either through football or basketball cheer.
2. Use of glitter is prohibited to preserve CCL's mats.
3. For the safety of all participants, the following rules safety apply¹¹:
 - a. Jewelry of any kind is prohibited except for the following: A religious medal without a chain is allowed but must be taped and worn under the uniform. A medical-alert medal must be taped and may be visible.
 - b. Fingernails, including artificial nails, must be kept short, near the end of the fingers.
 - c. Hair must be worn in a manner that is appropriate for the activity involved. Hair devices and accessories must be secure. In general, hair should be pulled back away from the face and secured.
 - d. Supports, braces, soft casts, etc., that are unaltered from the manufacturer's original design/production do not require any additional padding. Supports/braces that have been altered from the manufacturer's original design/production must be padded with a closed cell, slow-recovery foam padding no less than one-half-inch thick if the participant is involved in partner stunts, pyramids or tosses. A participant wearing a plaster cast or a walking boot must not be involved in partner stunts, pyramids, tosses, jumps or tumbling.
 - e. Participants must not chew gum or have candy in their mouths during performances.
 - f. The only props allowed to be used are megaphones, poms, signs and flags. The only props allowed to be used while in stunts or pyramids are poms or signs in use by the top person only. A top can hand a sign to a base or spotter with the intent of immediately releasing it to the ground as long as the top is not extended.
4. The age guidelines set forth by CCL will be followed for each division.
5. We will allow one Flag, Minor, Junior & Senior team from each association.
****Exception – Teams with 40 or more participants at a single level will be allowed to split the team equally to create an additional team for Spectacular purposes.****
6. Teams above the Flag level can combine up to one level up.
 - a. Minors and Juniors can combine, or Juniors and Seniors can combine. Minors and Seniors may not combine. Flag cheerleaders cannot cheer with athletes on any other level.
 - b. Combining teams of 11 or less participants will be allowed.
 - c. When combining in accordance with these rules, you must combine entire

¹Source: [Microsoft Word - USA Cheer Youth Rec Sideline Rules.docx](#).



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- teams. Crossovers will not be allowed.
- d. Teams that have combined will perform based on the higher age level.
7. Level rules are outlined in the CCL SCORING SYSTEM AND RULES document published for the current year.
8. Each team must choose one style: Performance or Traditional.

Definitions

Division

A division refers to flag, minor, junior and senior teams within CCL member associations as determined by age. For Spectacular purposes, divisions can be further delineated by performance style and size of the teams.

Performance Style

Performance is defined as a division that will follow the level and routine guidelines for recreation cheer set by CCL. They will be allowed 2 minutes and 30 seconds of a music only routine.

Traditional Style

Traditional is defined as a game day focused division that will follow the level guidelines set forth by CCL. Routines will include a cheer portion. These teams will be allowed only 1 minute 30 seconds of music and up to 3 minutes total for their routine.

Crossovers

Crossovers within the context of CCL can be defined as one or all of the following:

1. Athletes that do not perform with the team of their age level.
2. Athletes that perform with the team of their age level and perform with one or more teams outside of their age level.
3. Crossovers are not allowed at CCL Spectacular.

Running Tumbling

Tumbling that involves a forward step or a hurdle used to gain momentum as an entry to a tumbling skill.

Standing Tumbling:

Tumbling that is executed from a standing position without any previous forward momentum.

Legality Questions

For questions on what level a stunt or tumbling is considered, please send an email to cheer4ccl@gmail.com.