



South African Majorette and Cheerleading Association



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PERFORMANCE CHEER INFORMATION RULES AND REGULATIONS

Wayne Oberem (President), Moses Ngobeni (Vice-President), Keith Alho (Coaches: Majorettes), Amanda Bowden (Coaches:- Cheerleading), Eunisa Muller (Finance), Kelsey Butler (Adjudication), Matthew Higgs (Development), Helette Rau (Compliance Officer), Taryn Dressing (Public Relations), Pam Greenway (Secretary)

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for Majorettes, Cheerleading, Baton Twirling and Marching Bands



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GENERAL INFORMATION

I. SAMCA CHEERLEADING DIVISIONS

(16 Total: 4 Primary School divisions, 6 High School divisions, and 6 Tertiary divisions)

A. PRIMARY SCHOOL DIVISIONS (4 Divisions = Grade 1 – Grade 7 in the year of competition)

Teams can select to compete in the following divisions:

1. Primary School Pom (Team)
2. Primary School Hip Hop (Team)
3. Primary School Pom (Doubles)
4. Primary School Hip Hop (Doubles)

Notes: Each team can enter Primary School Pom (Team and Doubles) and Primary School Hip Hop (Team and Doubles), athlete crossover between divisions will be allowed provided the athlete meets division eligibility criteria. No athlete may compete for two (2) teams entered in the same division.

B. HIGH SCHOOL DIVISIONS (6 Divisions = Grade 8 – Grade 12 in the year of competition)

Teams can select to compete in the following divisions:

- High School Pom (Team)
- High School Hip Hop (Team)
- High School Jazz (Team)
- High School Pom (Doubles)
- High School Hip Hop (Doubles)
- High School Jazz (Doubles)

Notes: Each team can enter High School Pom (Team and Doubles), High School Hip Hop (Team and Doubles), and High School Jazz (Team and Doubles), athlete crossover between divisions will be allowed provided the athlete meets division eligibility criteria. No athlete may compete for two (2) teams entered in the same division.

C. TERTIARY DIVISIONS (6 Divisions = 18 years and older in the year of competition and not registered at a secondary institution)

Teams can select to compete in the following divisions:

- Tertiary Pom (Team)
- Tertiary Hip Hop (Team)
- Tertiary Jazz (Team)
- Tertiary Pom (Doubles)
- Tertiary Hip Hop (Doubles)
- Tertiary Jazz (Doubles)

Notes: Each team can enter Tertiary Pom (Team and Doubles), Tertiary Hip Hop (Team and Doubles), and Tertiary Jazz (Team and Doubles), athlete crossover between divisions will be allowed provided the athlete meets division eligibility criteria. No athlete may compete for two (2) teams entered in the same division.

II. CATEGORY DEFINITIONS

A. POM

Incorporates the use of proper Pom motion technique that is sharp, clean, and precise while allowing for the use of concepts from Jazz, Hip Hop and High Kick. An emphasis is placed on group execution including synchronization, uniformity and

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spacing. The choreography of a dynamic and effective routine focuses on musicality, staging of visual effects through fluid and creative transitions, levels, and groups, along with complexity of movement and skills. Poms are required to be used throughout the routine. The uniform / costuming should reflect the category style.

See score sheet for more information.

B. HIP HOP

Incorporates authentic street style influenced movements with groove and style. An emphasis is placed on group execution including synchronization, uniformity and spacing. The choreography of a dynamic and effective routine utilizes musicality, staging, complexity of movement and athleticism. Distinctive clothing and accessories reflecting the Hip Hop Culture must be worn.

See score sheet for more information.

C. JAZZ

Incorporates traditional or stylized dynamic movements with strength, continuity, presence, and proper technical execution. An emphasis is placed on group execution including synchronization, uniformity, and spacing. The choreography of a dynamic and effective routine utilizes musicality, staging, complexity of movement and skills. The overall impression of the routine should be lively, energetic, and motivating, with the understanding that the dynamics of movement may change to utilize musicality. The uniform / costuming should reflect the category style.

See score sheet for more information.

III. COSTUME AND CHOREOGRAPHY

- A. Suggestive, offensive, or vulgar choreography, costuming, makeup and / or music are inappropriate for family audiences and therefore lack audience appeal.
- B. Routine choreography should be appropriate and entertaining for all audience members. Vulgar or suggestive material is defined as any movement or choreography implying something improper or indecent, appearing offensive or sexual in content, and / or relaying lewd or profane gestures or implications.
- C. Teams may not compromise the integrity of the performance surface. (Examples: residue from sprays, powders, oils, etc.)
- D. Use of fire, noxious gases, live animals, and other potentially hazardous elements are strictly prohibited.
- E. Inappropriate choreography, costuming and / or music may also affect the judges' overall impression and / or score of the routine.
- F. All costuming, makeup, and choreography should be age appropriate and acceptable for family audiences.
- G. All costuming should be secure and offer full coverage of body parts. Costume malfunctions resulting in team members being exposed may be grounds for disqualification.
- H. Tights should be worn under briefs, hot pants or excessively short shorts.
- I. Footwear is required. Partial sole shoes are acceptable. Performing barefoot, in socks and / or footed tights, high heels, roller skates, roller blades, or any other footwear that is inappropriate for the sport is prohibited. If in doubt, please consult the Chief Adjudicator for approval.
- J. Jewellery as a part of the costume is allowed.
- K. All male performers' costumes must include a shirt that is fastened; however, it can be sleeveless.
- L. No cheers or chants are allowed.
- M. **A one (1) point per judge penalty will be assessed for each costume and choreography rule violation.**

IV. PERFORMANCE TIMES

- A. The competition will start on the start time and run.
- B. Should there be a delay in the competition every effort will be made to get the competition running back on time.

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- C. A team cannot refuse to move up a slot.
- D. If a team leaves the competition area, it is at their own peril. If a team misses their slot to perform, they will receive a five (5) point deduction per judge and will be slotted in at the discretion of the Chief Adjudicator.

V. TIME OF ROUTINE

- A. Each Team will have a maximum of two (2) minutes and fifteen (15) seconds (2:15).
- B. Each Doubles will have a maximum of 1 minute and 30 seconds (1:30).
- C. Every effort should be made to ensure that the lyrics of the music are appropriate for all audience members.
- D. Timing will begin with the first choreographed movement or note of the music.
- E. Timing will end with the last choreographed movement or note of the music, whichever comes last.
- F. If a performance (Team or Doubles) exceeds the time limit, a penalty will be assessed for each violation. One (1) point deduction per judge for 5-10 seconds over the time limit and a three (3) point deduction per judge for 11 seconds or more over the time limit.
- G. To keep the competition on time, teams must enter the performance area as quickly as possible. Teams will have limited time to enter the floor and start their routine. Elaborate choreographed entrances will not be allowed. (Videos can be sent out to all teams as to the expectations for team entry and exit from the performance area, as well as the expectation of starting the routine).
- H. Time penalties cannot be appealed.
- I. **BECAUSE PENALTIES ARE SEVERE, IT IS RECOMMENDED THAT ALL TEAMS TIME THEIR PERFORMANCE SEVERAL TIMES PRIOR TO COMPETITION AND LEAVE A SEVERAL SECOND CUSHION TO ALLOW FOR VARIATIONS IN SOUND EQUIPMENT.**

VI. PROPS

- A. A prop is defined as anything that is used in the routine choreography that is not / was not originally part of the costume.
Clarification: For Pom Categories, Poms are considered part of the uniform.
- B. Handheld props and free "standing props" in all categories are not allowed
- C. Use of parts of a costume (e.g. costume elements-such as a necklace, jacket, hat, etc.) is allowed and may be used and discarded.
Clarification: (Please see #A for further clarification)
- D. Within the Pom Division, it is compulsory to use poms throughout the entire routine. If there are male performers in this category, they are not required to use poms.
- E. No large free "standing props" will be allowed in any category, such as chairs, stools, benches, boxes, stairs, steps, ladders, bars, sheets, etc. Any item that bears the weight of the participant is considered a "standing prop".
- F. Mobility and support device support:
 - 1. All mobility equipment, prosthesis, and braces are considered part of the athlete unless they are removed and used to enhance the visual aspect of the performance, in which case they are considered props – and this is not allowed.
Clarification: However, if any device is removed based on the need for an athlete to perform a skill and the device itself is not used as a prop for the purpose to enhance the visual aspect of the performance, then the device is not considered a prop and is allowed.
 - 2. Mobility devices (i.e. wheelchairs, crutches, etc.) are allowed within the rules of the division and may be used to support the athlete during the execution of skills.
 - 3. It is the responsibility of the Coach to assure that there are no rocks or other sharp objects lodged in the wheels of the mobility device that could damage the performance surface, prior to the performance.
- G. **A one (1) point per judge penalty will be assessed for each prop rule violation.**

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VII. TEAM SIZE / NUMBER OF ATHLETES PER TEAM

- A. Pom (Team) – Maximum 24 athletes.
- B. Hip Hop (Team) – Maximum 24 athletes.
- C. Jazz (Team) – Maximum 24 athletes.
- D. Pom (Doubles) – Will comprise of 2 athletes.
- E. Hip Hop (Doubles) – Will comprise of 2 athletes.
- F. Jazz (Doubles) – Will comprise of 2 athletes.
- G. All genders are allowed to participate on a team.

VIII. AGE OF ATHLETE

A. PRIMARY SCHOOL DIVISIONS

Grade 1 – 7 in the year of competition.

B. HIGH SCHOOL DIVISIONS

Grade 8 – 12 in the year of competition.

C. TERTIARY DIVISIONS

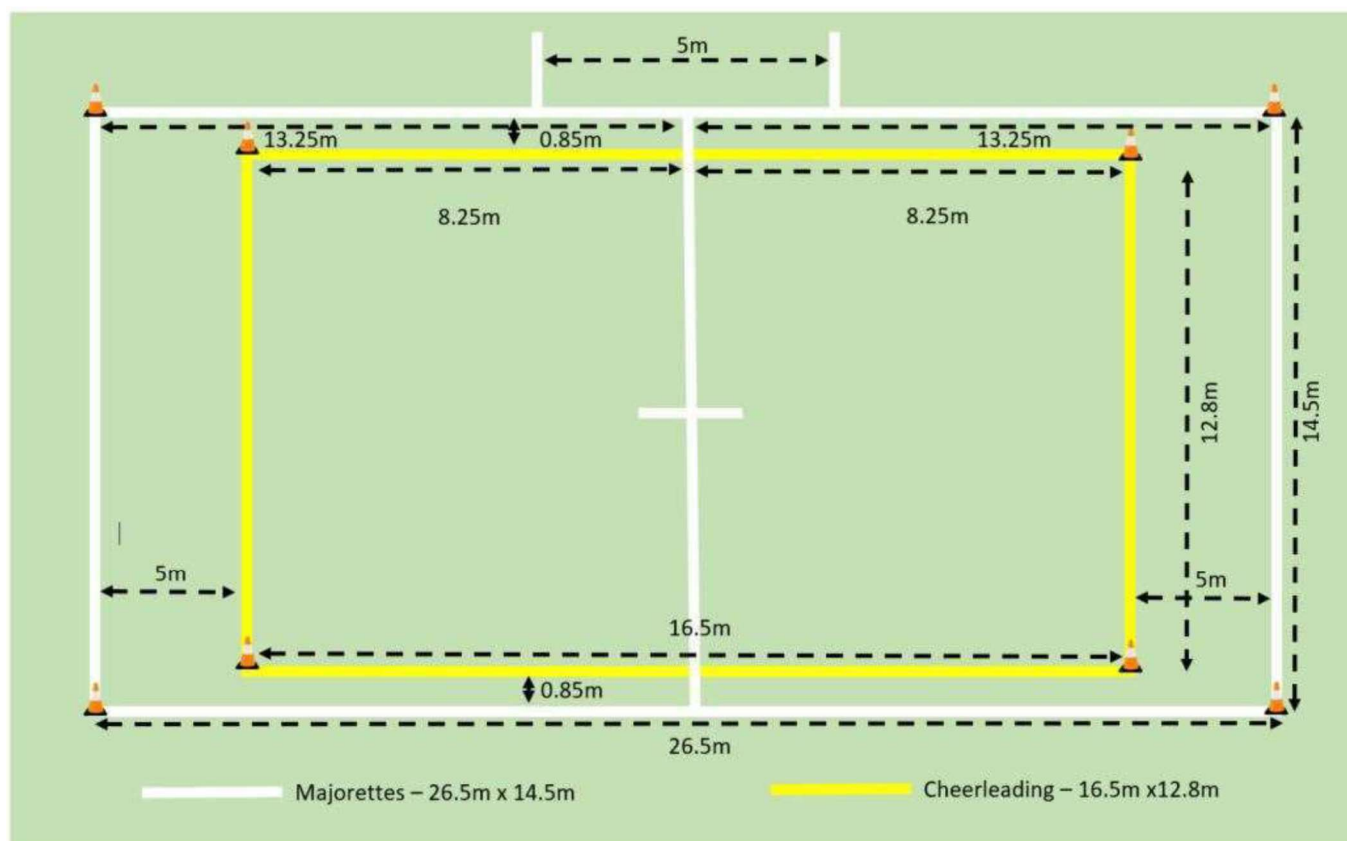
18 years and older in the year of competition and not registered at a secondary institution.

IX. PERFORMANCE SURFACE

- A. The performance area will be 12.8 meters x 16.5 meters. Athletes must always practice and perform on an appropriate surface. Athletes may not perform on concrete, asphalt, wet or uneven surfaces or surfaces with obstructions.
- B. The performance area must be marked with a clearly visible line colour.
- C. The outer line must be a minimum of 150mm and a maximum of 200mm.
- D. The centre line is to be 100mm and it is from the back to front of the demarcated area with a small line in the centre of the field parallel to the front of the field.
- E. Teams may line up anywhere inside the competition area.
- F. No penalty for stepping outside the area. **(Athletes should not be gaining an athletic advantage by taking a longer run-up from outside of the performance area or performing extra skills outside of the performance area).**
- G. A one (1) point per judge penalty will be assessed to any team that has an athlete that steps out the performance area to gain an athletic advantage.

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X. CROSSOVER ATHLETES

- A. Athlete crossover between divisions will be allowed provided the athlete meets division eligibility criteria. No athlete may compete for two (2) teams entered in the same division.

XI. SAMCA ANTI-DOPING RULES AND REGULATIONS

- A. SAMCA is committed to drug free sport, the safety of our athletes, and fairness of play for our sport. Please refer to the following link for more details. <http://www.drugfreesport.org.za/>



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RULES AND REGULATIONS

I. GENERAL RULES

- A. All teams must be supervised during all official functions by a qualified director / advisor / coach.
- B. Coaches must require proficiency before skill progression. Coaches must consider the athlete, group, and team skill levels with regard to proper performance level placement.
- C. All directors, advisors, and coaches should have an emergency response plan in the event of an injury.

II. HOW TO HANDLE PROCEDURAL QUESTIONS

- A. **RULES & PROCEDURES:** Any questions concerning the rules or procedures of the competition will be handled exclusively by the director / coach of the team and will be directed to the Chief Adjudicator. The Chief Adjudicator may consult with the Cheerleading Coach's Representative when needed. Such questions should be made prior to the team's competition performance. For any questions concerning the legality of a move or trick, it is recommended to send a video copy of any skill of question to the Chief Adjudicator. The Chief Adjudicator may consult the Cheerleading Coach's Representative when needed.
- B. **PERFORMANCE:** Any questions concerning the team's performance should be made to the Cheerleading Coach's Representative immediately after the team's performance and an appeal form submitted to the Cheerleading Coach's Representative. Appeal forms can be obtained from the music / announcer's table.

III. SPORTSMANSHIP

- A. All participants agree to conduct themselves in a manner displaying good sportsmanship throughout the competition with positive presentation upon entry and exit from the performance area as well as throughout the routine. The advisor and coach of each team is responsible for seeing that team members, coaches, parents, and other persons affiliated with the team conduct themselves accordingly. Severe cases of unsportsmanlike conduct are grounds for disqualification.

IV. INTERRUPTION OF PERFORMANCE

- A. **UNFORSEEN CIRCUMSTANCES**
 - 1. If, in the opinion of the Chief Adjudicator, a team's routine is interrupted because of failure of the competition equipment, facilities, or other factors attributable to the competition rather than the team, the team affected should STOP the routine.
 - 2. The team will perform the routine again in its entirety but will be evaluated ONLY from the point where the interruption occurred. The degree and effect of the interruption will be determined by the Chief Adjudicator.
 - 3. If a team needs to re-perform a routine but fails to do the routine in its entirety, then this team will receive a score based on the lower-level performance.
- B. **FAULT OF THE TEAM**
 - 1. 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.

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2. The Chief Adjudicator will determine if the team will be allowed to perform at a later time. If decided by the Chief Adjudicator, the team will perform the routine again in its entirety but will be evaluated ONLY from the point where the interruption occurred.
3. If a team needs to re-perform a routine but fails to do the routine in its entirety, then this team will receive a score based on the lower-level performance.

C. INJURY

1. The only persons that may stop a routine for injury are:
 - a. The Chief Adjudicator.
 - b. The advisor / coach from the team performing.
 - c. The injured individual.
2. The Chief Adjudicator will determine if the team will be allowed to perform at a later time. If the Chief Adjudicator allows a routine to be performed at a later time, the spot in the schedule where the reperformance is to take place is at the sole discretion of Chief Adjudicator. The team may perform the routine again in its entirety but will be evaluated ONLY from the point where the interruption occurred.
3. If a team needs to re-perform a routine but fails to do the routine in its entirety, then this team will receive a score based on the lower-level performance.
4. The injured participant that wishes to perform may not return to the competition floor unless:
 - a. The competition officials receive clearance from, first, the medical personnel attending to that participant, the parent (if present) AND THEN the head coach / advisor of the competing team.
 - b. In the event of a suspected concussion, the participant cannot return to perform without clearance from a medical professional that has training related to head injuries, and waiting 24 hours, even with a waiver from a parent or legal guardian.
 - c. In addition to the head injury policy, we encourage you to be familiar with the specific law where the competition is being held.

V. INTERPRETATIONS AND / OR RULINGS

- A. Any interpretation of any aspect of these Rules and Regulations or any decision involving any other aspect of the competition will be rendered by the Chief Adjudicator. The Chief Adjudicator will render a judgment to ensure that the competition proceeds in a manner consistent with the general spirit and goals of the competition. The Chief Adjudicator may consult with the Cheerleading Coach's Representative when needed.

VI. MUSIC GUIDELINES

- A. Trainers must make use of recorded music on a memory stick and are to be prepared in perfect working order, and set at the correct position, in case of a mishap.
- B. Two well marked memory sticks must be at music / announcer's desk prior to the team's performance. A SAMCA or Provincial Organisation designated person will press play once signalled by an athlete in the performance area, by the athlete raising their hand.
- C. Memory sticks must be handed in at the music / announcer's desk at least one section prior to the team's performance.
- D. Judging of a team's performance will take place when the first choreographed movement or note of the music and end with the last choreographed movement or note of music whichever comes last.
- E. Penalties will be imposed by the Penalty Judges and ratified by the Chief Adjudicator where an infringement of the rules has occurred.



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- F. In the event of an athlete becoming ill or incurring an injury during the performance the athlete should move to the edge of the field where a medic will attend to them, the Chief Adjudicator will stop the music. The Chief Adjudicator will determine if the team will be allowed to perform at a later time. If the Chief Adjudicator allows a routine to be performed at a later time, the spot in the schedule where the reperformance is to take place is at the sole discretion of Chief Adjudicator. The team may perform the routine again in its entirety but will be evaluated ONLY from the point where the interruption occurred. If a team needs to re-perform a routine but fails to do the routine in its entirety, then this team will receive a score based on the lower-level performance.
- G. In the event of an athlete becoming incapacitated during the performance the Chief Adjudicator will stop the music. The Chief Adjudicator will determine if the team will be allowed to perform at a later time. If the Chief Adjudicator allows a routine to be performed at a later time, the spot in the schedule where the reperformance is to take place is at the sole discretion of Chief Adjudicator. The team may perform the routine again in its entirety but will be evaluated ONLY from the point where the interruption occurred. If a team needs to re-perform a routine but fails to do the routine in its entirety, then this team will receive a score based on the lower-level performance.
- H. The trainer is permitted to attend the chill area but may not communicate with the team or the adjudicators. All communication must take place through the marshal.

VII. GENERAL SAFETY RULES

- A. All athletes must be supervised during all official functions by a qualified director / coach.
- B. Coaches must require proficiency before skill progression. Coaches must consider the athlete, group, and team skill levels with regard to proper performance level placement.
- C. All teams, coaches, and directors must have an emergency response plan in the event of an injury.
- D. Athletes and coaches may not be under the influence of alcohol, narcotics, performance-enhancing substances or over-the-counter medications that would hinder the ability to supervise or execute a routine safely, while participating in a practice or performance.
- E. Athletes must always practice and perform on an appropriate surface. Athletes may not perform on concrete, asphalt, wet or uneven surfaces or, surfaces with obstructions.
- F. Footwear is required. Partial sole shoes are acceptable. Performing barefoot, in socks and / or footed tights, high heels, roller skates, roller blades, or any other footwear that is inappropriate for the sport is prohibited. If in doubt, please consult the Chief Adjudicator for approval.
- G. Jewellery as part of the uniform is allowed.
- H. The competitors who begin a routine must remain the same throughout the course of a routine. An athlete is not permitted to be "replaced" by another athlete during a routine.
- I. An athlete must not have gum, candy, cough drops or other such edible or non-edible items, which may cause choking, in her / his mouth during practice and / or performance.

VIII. JUDGING CRITERIA AND SCORESHEETS

- A. The judges will score the teams according to the judging criteria on a 100-point system.

IX. JUDGING PROCEDURES

- A. The judges will be appointed at the sole discretion of SAMCA and Provincial Organizations.
- B.
- C.

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- D. As the teams make their presentations, the judges will score the teams using a 100-point system. The highest score and the lowest score given for each team will be dropped and the remaining judges' scores will be totaled to determine the overall team score. Unless there is 4 or less judges on the panel then all scores will count.

X. SCORES AND RANKINGS

- A. Individual score sheets are for the exclusive use of each particular judge.
- B. Scores and rankings will be available only to coaches or captains at the conclusion of the competition.
- C. No scores or rankings will be given over the telephone. After each round of competition, teams will receive the judges' scores sheets as well as their score and the top score in the group. In addition, teams will receive a ranking sheet with the names and scores of their respective team's final placement.

XI. FINALITY OF DECISIONS

- A. By participating in SAMCA affiliated competitions, each team agrees that decisions by the judges will be final and will not be subject for review.
- B. Each team acknowledges the necessity for the judges to make prompt and fair decisions in competitions and each team therefore expressly waives any legal, equitable, administrative, or procedural review of such decisions.

XII. PENALTIES

- A. A five (5) point per judge penalty will be assessed to any team violating any of the specific rules as stated.
- B. This deduction does not apply to violations mentioned that are designated a lesser point value.
- C. For any questions concerning the legality of a move or trick, it is recommended to send a video copy of any skill of question to the Chief Adjudicator. The Chief Adjudicator may consult the Cheerleading Coach's Representative when needed.

PERFORMANCE CHEER CATEGORY – RULES BY GENRE

POM CATEGORY RULES

A. PERFORMED BY INDIVIDUALS

- 1. Inverted Skills:
 - a. Non-airborne inverted skills are allowed.
Example: Headstand.
 - b. Airborne inverted skills with hand support are not allowed while holding poms and / or articles of clothing (e.g. used for choreography purposes).
 - c. Airborne inverted skills with hand support that land in a perpendicular inversion or shoulder inversion are allowed as long as the athlete is not holding poms and / or an article(s) of clothing. (e.g. used for choreography purposes).
- 2. Skills with hip over-head rotation:
 - a. That includes hand support, must use hand(s) free of any materials in the supporting hand(s) for the skill. *Exception: Forward rolls and backward rolls are allowed.*
 - b. Non-airborne skills are allowed.

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- c. Airborne skills with hand support are allowed provided that they are limited to two (2) consecutive hip overhead rotation skills.
- d. Airborne skills without hand support are allowed provided that all of the following criteria are met:
 1. Involves no more than one (1) twisting transition.
 2. Does not connect to another skill that is airborne with hip over-head rotation without hand support.
 3. Are / Is limited to two (2) consecutive hip over-head rotation skills.
3. Simultaneous hip over-head rotation over and / or under another athlete is not allowed.
4. A drop to any body part other than the hand(s) or foot / feet is not allowed.
Exception: Only drops to the shoulder, back, or seat are permitted provided that the height of the airborne individual does not exceed hip level.
5. Landing in a push up position is not allowed from any airborne skill in which the legs start in front of the body and swing behind the body while holding poms and / or articles of clothing in supporting hand(s).

B. PERFORMED BY GROUPS AND PAIRS

Lifts and Partnering are allowed, but not required in all divisions with the following limitations:

1. At least one supporting athlete must maintain direct contact with the performance surface when the height of the skill of the performing athlete exceeds shoulder level.
2. At least 1 supporting athlete must maintain contact with the performing athlete(s) throughout the entire skill above head level.
Exception: When a performing athlete is supported by one (1) supporting athlete, the performing athlete may be released at any level provided:
 - a. The performing athlete does not pass through an inverted position after the release.
 - b. The performing athlete is either caught or supported to the performance surface by one (1) or more supporting athlete(s).
 - c. The performing athlete is not caught in a prone position.
 - d. Any supporting athlete must have hands free for the duration of the skill to aid in the support / catch / release as needed.
3. Hip over-head rotation of the performing athlete(s) is allowed provided that contact between the performing athlete and at least one (1) supporting athlete(s) must be maintained until the performing athlete returns to the performance surface or is returning to the upright body position.
4. Vertical inversion is allowed provided:
 - a. Contact between the performing athlete and at least one (1) supporting athlete is maintained until the performing athlete returns to the performance surface or is returning to the upright body position.
 - b. At the point when the height of the performing athlete's shoulders exceeds shoulder level, there is at least one (1) additional athlete to spot who is not concurrently bearing the weight of the performing athlete.

Clarification: When there are three (3) supporting athletes, an additional spot is not required.

C. PERFORMED BY GROUPS AND PAIRS – DISMOUNTS TO THE PERFORMANCE SURFACE

Clarification: May be assisted but not required

1. A performing athlete may jump, leap, step, or push off a supporting athlete(s) provided:
 - a. The highest point of the released skill does not elevate the performing athlete's hips above head level.
 - b. The performing athlete does not pass through the prone or inverted position after the release.
2. A supporting athlete(s) may toss a performing athlete provided:
 - a. The highest point of the toss does not elevate the performing athlete's hips above head level.
 - b. The performing athlete is not supine or inverted when released.
 - c. The performing athlete does not pass through a prone or inverted position after release.

HIP HOP CATEGORY RULES

A. PERFORMED BY INDIVIDUALS

1. Inverted Skills:
 - a. Non-airborne inverted skills are allowed.
Example: Headstand
 - b. Airborne inverted skills with hand support are not allowed while holding article(s) of clothing (e.g. used for choreography purposes)
 - c. Airborne inverted skills with hand support that land in a perpendicular inversion or shoulder inversion are allowed as long as the athlete is not holding an article(s) of clothing. (e.g. used for choreography purposes)
2. Skills with hip over-head rotation:
 - a. That includes hand support, must use hand(s) free of any materials in the supporting hand(s) for the skill. *Exception: Forward rolls and backward rolls are allowed.*
 - b. Non-airborne skills are allowed.
 - c. Airborne skills with hand support are allowed provided the skill is limited to two (2) consecutive hip overhead rotation skills.
 - d. Airborne skills without hand support are allowed provided all of the following criteria are met:
 1. Involves no more than one (1) twisting transition.
 2. Does not connect to another skill that is airborne with hip over-head rotation without hand support.
 3. Are / Is limited to two (2) consecutive hip over-head rotation skills.
3. Simultaneous hip overhead rotation over and / or under another athlete is not allowed.
4. A drop to any body part other than the hand(s) or foot / feet is not allowed.
Exception: Only drops (airborne) to the shoulder, back, or seat are permitted provided the height of the airborne individual does not exceed hip level.
5. Landing in a push up position from an airborne skill in which the legs start in front of the body and swing behind while holding article(s) of clothing (e.g. used for choreography purposes) is not allowed.

B. PERFORMED BY GROUPS OR PAIRS

Lifts and partnering are allowed, but not required in all divisions with the following limitations:

1. At least one supporting athlete must maintain direct contact with the performance surface when the height of the skill of the performing athlete exceeds shoulder level.
2. At least one (1) supporting athlete must maintain contact with the performing athlete(s) throughout the entire skill above head-level.
Exception: When a performing athlete is supported by one (1) supporting athlete, they may be released at any level provided:
 - a. *The performing athlete does not pass through an inverted position after the release.*
 - b. *The performing athlete is either caught by or supported to the performance surface by one (1) or more supporting athletes(s).*
 - c. *The performing athlete is not caught in a prone position.*
 - d. *Any supporting athlete(s) must have hands free for the duration of the skill to aid in the support / catch / release as needed.*
3. Hip over-head rotation of the performing athlete(s) is allowed provided contact between the performing athlete and at least one (1) supporting athlete(s) is maintained until the performing athlete returns to the performance surface or is returning to the upright body position.
4. A Vertical inversion is allowed provided:
 - a. Contact between the performing athlete and at least one (1) supporting athlete is maintained until the performing athlete returns to the performance surface or is returning to the upright body position.

- b. At the point when the height of the performing athlete's shoulders exceeds shoulder level, there is at least one (1) additional athlete to spot who is not concurrently bearing the weight of the performing athlete.
Clarification: When there are three (3) supporting athletes, an additional spot is not required.

C. PERFORMED BY GROUPS AND PAIRS – DISMOUNTS TO THE PERFORMANCE SURFACE

Clarification: May be assisted but not required.

1. A performing athlete may jump, leap, step, or push off a supporting athlete(s) provided:
 - a. At least one part of the performing athlete's body is at or below head-level at the highest point of the released skill.
 - b. The performing athlete does not pass through the prone or inverted position after the release.
2. A supporting athlete(s) may toss a performing athlete provided:
 - a. At least one part of the performing athlete's body is at or below head-level at the highest point of the release skill.
 - b. The performing athlete may be supine or inverted when released but must land on their foot / feet.
 - c. The Performing Athlete does not pass through an inverted position after release.

JAZZ CATEGORY RULES

A. PERFORMED BY INDIVIDUALS

1. Inverted Skills:
 - a. Non-airborne inverted skills are allowed.
Example: Headstand
 - b. Airborne inverted skills with hand support are not allowed while holding article(s) of clothing (e.g. used for choreography purposes).
 - c. Airborne inverted skills with hand support that land in a perpendicular inversion or shoulder inversion are allowed as long as the athlete is not holding an article(s) of clothing (e.g. used for choreography purposes).
2. Skills with hip over-head rotation:
 - a. That includes hand support, must use hand(s) free of any materials in the supporting hand(s) for the skill. *Exception: Forward rolls and backward rolls are allowed.*
 - b. Non-airborne skills are allowed.
 - c. Airborne skills with hand support are allowed provided the skill is limited to two (2) consecutive hip overhead rotation skills.
 - d. Airborne skills without hand support are allowed provided all of the following criteria are met:
 1. Involves no more than one (1) twisting transition.
 2. Does not connect to another skill that is airborne with hip over-head rotation without hand support.
 3. Are / Is limited to two (2) consecutive hip over-head rotation skills.
3. Simultaneous hip overhead rotation over and / or under another athlete is not allowed.
4. A drop to any body part other than the hand(s) or foot / feet is not allowed.
Exception: Only drops (airborne) to the shoulder, back or seat are permitted provided the height of the airborne individual does not exceed hip level.
5. Landing in a push up position from an airborne skill in which the legs start in front of the body and swing behind while holding article(s) of clothing (e.g. used for choreography purposes) is not allowed.

B. PERFORMED BY GROUPS OR PAIRS

Lifts and Partnering are allowed, but not required in all divisions with the following limitations:

1. At least one supporting athlete must maintain direct contact with the performance surface when the height of the skill of the performing athlete exceeds shoulder level.
2. At least one (1) supporting athlete must maintain contact with the performing athlete(s) throughout the entire skill above head-level.



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Exception: When a performing athlete is supported by one (1) supporting athlete, they may be released at any level provided:

- a. *The performing athlete does not pass through an inverted position after the release.*
 - b. *The performing athlete is either caught by or supported to the performance surface by one (1) or more supporting athlete(s).*
 - c. *The performing athlete is not caught in a prone position.*
 - d. *Any supporting athlete must have hands free for the duration of the skill to aid in the support / catch / release as needed.*
3. Hip over-head rotation of the performing athlete(s) is allowed provided that contact between the performing athlete(s) and at least one (1) supporting athlete(s) is maintained until the performing athlete(s) returns to the performance surface or is returning to the upright body position.
4. A vertical inversion is allowed provided:
- a. Contact between the performing athlete and at least one (1) supporting athlete is maintained until the performing athlete returns to the performance surface or is returning to the upright body position.
 - b. At the point when the height of the performing athlete's shoulders exceeds shoulder level, there is at least one (1) additional athlete to spot who is not concurrently bearing the weight of the performing athlete.
- Clarification: When there are three (3) supporting athletes, and additional spot is not required.*

C. PERFORMED BY GROUPS AND PAIRS – DISMOUNTS TO THE PERFORMANCE SURFACE

Clarification: May be assisted but not required

1. A performing athlete may jump, leap, step or push off a supporting athlete(s) provided:
 - a. At least one (1) part of the performing athlete's body is at or below head-level at the highest point of the released skill.
 - b. The performing athlete does not pass through the prone or inverted position after the release.
2. A supporting athlete(s) may toss a performing athlete provided:
 - a. At least one (1) part of the performing athlete's body is at or below head-level at the highest point of the release skill.
 - b. The performing athlete may be supine or inverted when released but must land on their foot / feet.
 - c. The performing athlete does not pass through an inverted position after release.

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GLOSSARY

AERIAL CARTWHEEL: An airborne tumbling skill, which emulates a cartwheel executed without placing hands on the ground.

AIRBORNE (EXECUTED BY INDIVIDUALS, GROUPS OR PAIRS): A state or skill in which the performer is free of contact from a person and / or the performing surface.

AIRBORNE HIP OVER HEAD ROTATION (EXECUTED BY INDIVIDUALS): An action in which the hips continuously rotate over the head and there is a moment of no contact with the performance surface.

Example: Round off or a back handspring.

CATEGORY: Denoting the style of the routine.

Example: Pom, Hip Hop, and Jazz

CONNECTED / CONSECUTIVE SKILLS: An action in which the individual performs skills continuously, without a step, pause or break in between.

Example: Double pirouette or double toe touch.

CONTACT (EXECUTED BY GROUPS OR PAIRS): The state or condition of physical touching. Touching of the hair or clothing is not considered contact.

DIVISION: Denoting the composition of a competing group of individuals.

Example: Primary school, high school, and tertiary

DROP (EXECUTED BY INDIVIDUALS): An action in which the airborne individual lands on a body part other than his / her hand(s) or feet.

ELEVATED: An action in which an individual is moved to a higher position or place from a lower one.

EXECUTING INDIVIDUAL: An individual who performs a skill as a part of "Groups or Pairs" who use(s) support from another individual(s).

HEAD LEVEL: A designated and averaged height; the crown of the head of a standing individual while standing upright with straight legs.

Clarification: this is an approximate height to measure space, and is not changed by bending, inverting, etc.

HEIGHT OF THE SKILL: Where the action is taking place.

HIP LEVEL: A designated and averaged height, the height of a standing individual's hips while standing upright with straight legs.

Clarification: this is an approximate height to measure space, and is not changed by bending, inverting, etc.

HIP OVER HEAD ROTATION (EXECUTED BY INDIVIDUALS): An action characterized by continuous movement where an individual's hips rotate over his / her own head in a tumbling skill.

Example: Back walkover or cartwheel.

HIP OVER HEAD ROTATION (EXECUTED BY GROUPS OR PAIRS): An action characterized by continuous movement where the executing individual's hips rotate over his / her own head in a lift or partnering skill.

INVERSION / INVERTED: A position in which the Individual's waist and hips and feet are higher than his / her head and shoulders and there is a stop, stall or change in momentum.

INVERTED SKILLS (EXECUTED BY INDIVIDUALS): A skill in which the individual's waist and hips and feet are higher than his / her head and shoulders and is characterized by a stop, stall, or pause.

LIFT (EXECUTED BY GROUPS OR PAIRS): A skill in which an individual(s) is elevated from the performance surface by one or more individuals and set down. A Lift is comprised of an executing individual(s) and a supporting individual(s).

PARTNERING (EXECUTED BY PAIRS): A skill in which two performers use support from one another. Partnering can involve both supporting and executing skills.

PERPENDICULAR INVERSION (EXECUTED BY INDIVIDUALS): An inverted position in which the individual's head, neck, and shoulders are directly aligned with the performance surface at a 90-degree angle.

PRONE: A position in which the front of the individual's body is facing the ground, and the back of the individual's body is facing up.

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PROP: Anything that is used in the routine choreography that is not / was not originally part of the costume.

Clarification 1: For Pom Categories, Poms are considered part of the uniform.

Clarification 2: For ParaCheer Divisions, all mobility equipment, prosthesis, and braces are considered part of the athlete unless they are removed, in which case they are considered legal props, until replaced or returned to the athlete.

SHOULDER INVERSION (EXECUTED BY INDIVIDUALS): A position in which the individual's shoulders / upper back area are in contact with the performance surface and the individual's waist and hips and feet are higher than his / her head and shoulders.

SHOULDER LEVEL: A designated and average height, the height of a standing performer's shoulders while standing upright with straight legs.

Clarification: this is an approximate height to measure space, and is not changed by bending, inverting, etc.

SUPINE: A position in which the back of the individual's body is facing the ground, and the front of the individual's body is facing up.

SUPPORTING INDIVIDUAL: An individual who performs a skill as a part of "Groups or Pairs" who supports or maintains contact with an executing Individual.

TOSS: A skill where the supporting individual(s) releases the executing individual. The executing individual's feet are free from the performance surface when the toss is initiated.

TUMBLING: A collection of skills that emphasize acrobatic or gymnastic ability by an individual without contact, assistance, or support of another individual(s) and begin and end on the performance surface.

VERTICAL INVERSION (EXECUTED BY GROUPS OR PAIRS): A skill in which the executing individual's waist and hips and feet are higher than his / her own head and shoulders and bears direct weight on the supporting individual(s) by a stop, stall, or change in momentum.

INFORMATION, RULES, AND REGULATIONS AGREEMENT

We have reviewed the SAMCA performance cheer information, rules, and regulations with our entire team and we hereby accept the information, rules, and regulations as a fair and integral part of competition and agree to adhere to the rules, policies, and procedures contained herein. Rule clarifications and changes may occur throughout the season.

TEAM NAME

DATE

PROVINCIAL ORGANIZATION

COACH / DIRECTOR'S SIGNATURE

RETAIN A COPY OF THESE RULES FOR YOUR RECORDS

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