

**Frequently Asked Questions**  
**2009 Rules Clarifications**  
**Updated 11/6/09**

The questions below are based on feedback from the eight Pop Warner regions across the country in both cheer and dance. They have been added to clarify the new category divisions, Novice, Intermediate, and Advanced, listed in the 2009 Pop Warner Rules Book. They will be added to the next addition of the rules book in 2010 and apply for this upcoming season.

1. Updated 8/7/09

**QUESTION: FLATBACK STUNT**

Does the Flatback require two additional catchers; there is confusion over the rule (Page 80) and the glossary (Page 114)?

**RESPONSE: FLATBACK STUNT**

Yes, PWLS follows the National Federation for High Schools basic guideline for the Flatback stunt, for further guidance and photos reference NFHS 2009-2010 Spirit Rules page, 57.

The 2009 Pop Warner Rule (Page 80) is as follows:

**Flatback** is a horizontal, face-up or face down position of a top person between two or more bases. A flatback is permitted provided:

1. The flyer begins in a vertical position and is transitioned to a horizontal straight body position between two original bases.
2. **At least two additional catchers catch the upper body of the flyer.**
3. References categories for permitted flatback stunt variations.
4. Head stays in alignment with the body, no inversions/arch.

**Disregard** the definition in the rules book for Flatback (Page 114):

**Flatback:** A horizontal, face up or face down position of a top person between two or more bases. A stunt in which the top person is being held at shoulder level by the base(s), two bases and one continuous back (head-shoulder) spot is required with continuous contact.

2. Updated 8/7/09

**QUESTION: FLATBACK VS. TRIPLE BASED DEAD MAN LIFT, STUNT**

What is the difference between the Flatback (Page 80) and the Triple Based Dead Man Lift (Page 83)?

**RESPONSE: FLATBACK VS. TRIPLE BASED DEAD MAN LIFT, STUNT**

Although very close in nature, the positioning of the bases in the Triple Based Dead Man Lift has three bases holding the weight of the flyer with one at the Head of the Flyer, no additional spotter is necessary (3 bases only). In the Flatback stunt, the weight is distributed between two Bases and two additional Catchers. Keep in mind that the confusion is added because some spirit reference books, not following Federation, sometimes call both the Dead Man Lift and the Flatback, the same stunt.

For the 2009-2010 season, we will continue to name two different stunts. Further note, that transitioning to a Flatback position in all pyramids, Intermediate and Advanced should follow the Flatback rule and not

the Triple Based Dead Man Lift Rule. A pyramid transition into a Flatback position would require two bases and two additional catchers to catch the upper body of the flyer.

**3. Updated 10/8/09 and 11/6/09**

**QUESTION: FLATBACK STUNT**

Is an extended Flatback permitted in the Novice Category?

**RESPONSE: FLATBACK STUNT**

No, per the Pop Warner rules book, Page 82, C 7 a, the flyer begins in a vertical position below shoulder prep level and is transitioned to a horizontal straight body position between two original bases at prep/shoulder level. Therefore, an extended Flatback, bases of the arms are fully extended, would not be permitted in the Novice category.

- Not Permitted in Novice: Prep Level Flatback pushed up to Extended Flatback

**4. Updated 11/6/09**

**QUESTION: NOVICE PARTNER STUNTS**

Can a base move in a novice partner stunt?

**RESPONSE: NOVICE PARTNER STUNTS**

Reference Rule, Page 82, C, 6: A base cannot turn during mounting while the top is in upward or downward motion. Bases can move after building is completed. Bases can move in a sponge.

- Permitted: Basic, required positioning in order to perform a novice stunt correctly.
- Not Permitted: Traveling Show and Go, bases move forward while flyer is in up and down motion.
- Permitted: Pony to Prep
- Permitted: Prep Level Liberty transitions to Prep Level Scorpion, flyer stays at prep level throughout, bases re-position to transition to Scorpion.

**5. Updated 11/6/09**

**CLARIFICATION: PENDULUM PARTNER STUNT – Head/Waist below Hips**

When performing a Pendulum Stunt, the top person is caught in a face-up or face-down straight body, layout, position. The top person/flyer's head/shoulders cannot fall below the waist. (The same guideline would also apply to the Swedish Fall Partner Stunt, Surfboard and Flatback positions.) A **Non-Inverted position** has the body upright and the **flyer's shoulders are at or above the waist.**

**6. Updated 7/31/09**

**QUESTION: ¼ TURN DISMOUNTS**

Novice allows ¼ turn for cradle dismounts and Advanced allows 2 ¼ rotations, but Intermediate only permits one rotation and doesn't allow the 1¼ . The extra ¼ turn should be allowed for consistency among the divisions, one legged stunts, facing the side, need the same ¼ turn, as a sideways one leg extended stunt that doubles. Twisting dismounts should square to the front.

**RESPONSE: ¼ TURN DISMOUNTS**

¼ Turn Dismounts are permitted at each level to insure that stunts facing the side can properly complete the rotation (i.e., Novice ¼ Turn Dismount, Intermediate 1 ¼ Turn Dismount (Pg 85, D2), Advanced 2 ¼ Turn Dismount (Pg 88, D1)).

**7. Updated 7/31/09**

**QUESTION: NOVICE PYRAMID**

Novice pyramids require hand to hand connection with bracers to be made before the one leg position when going to an extended one leg stunt. However, Novice Partner Stunts allow for one leg prep level stunts. So the stunt is legal on one leg but requiring one to brace PRIOR to prep in a pyramid about to extend.

**RESPONSE: NOVICE PYRAMID**

Single leg stunts (prep and extended) in a Novice Pyramid must be braced on both sides by prep level or lower stunts with hand/arm connection only. The connection must be prior to executing **extended** single leg stunt and must be made at or below prep level. (Pg 83, F, 2)

**8. Updated 9/1/09**

**QUESTION: NOVICE PYRAMID**

In a novice pyramid, stunts are connected arm to arm, can a "foot", while they are connected arm and arm; rest on a shoulder of another flyer?

**RESPONSE: NOVICE PYRAMID**

No, Single leg stunts (prep and extended) in a Novice Pyramid must be braced on both sides by prep level or lower stunts with **hand/arm connection *only***. This above mentioned connection, foot resting on a shoulder, would not be permitted in the Novice Level as the only connection possible is hand/arm connection. **Any type of connection with the foot in a pyramid (at prep level or above) is reserved for Intermediate and Advanced Divisions only.**

**Updated 10/8/09**

**FURTHER CLARIFICATION: NOVICE PYRAMID, Below Prep Level**

Per the Glossary, A below, prep level hitch is **permitted** in the Novice Level. Example: A Thigh Stand with one leg of the flyer hitched to the lower back of a base (standing on the ground) would be viewed as a two legged stunt because both feet of the flyer (at thigh stand level) are on bases that are on the ground.

**9. Updated 11/6/09**

**CLARIFICATION: HAND ARM CONNECTION IN A PYRAMID** (from 2008....Follow for 2009)

As long as the attempt to connect hand/arm is in place, the deduction for hand/wrist, fingertips, would be a deduction in execution of the stunt. If there is no attempt to connect then there would be a safety deduction.

**10. Updated 9/1/09**

**QUESTION: FAN LIFT PYRAMID**

Is this pyramid permitted in Pop Warner? (PAGE 113-114, PW Rules Book)

**RESPONSE: FAN LIFT PYRAMID**

No, the Fan Lift Pyramid is not permitted.

**11. Update 10/8/09**

**QUESTION: CONNECTED PUSH UP; CHEER OR DANCE**

Can a cheer or dance squad perform a connected push up in their routine? (A basic push-up performed by individuals in a grouping (bowling ball formation). Participants are face down on the floor with back straight, palms on the floor, shoulder width apart, legs locked and rather than toes being on the floor they rest on the backs of two participants behind them. Together the group begins to lift and lower their bodies by pushing upward until arms are fully extended while toes/feet are connected to the back/shoulder area of two participants behind them.)

**RESPONSE: CONNECTED PUSH UP; CHEER OR DANCE**

No, Dance squads are not permitted to perform this move as it involves a weight bearing skill, requires another participant to support the skill. This type of weight bearing skill is reserved for cheer squads only.

Yes, Cheer squads are permitted to perform this move as it is not a safety concern, a ground level weight bearing skill. However, when performing this skill in a uniform (skirt), be mindful of positioning as it may be considered suggestive movement.

**12. Updated 11/6/09**

**QUESTION: INDIVIDUAL SKILL, UNDER/OVER RULE - ALL DIVISIONS**

Can an individual cross under another individual's arms while standing on the floor?

**RESPONSE: INDIVIDUAL SKILL, UNDER/OVER RULE - ALL DIVISIONS**

Yes, an individual can walk under the arms of another participant (as in a chorus line) as long as all members have two feet on the ground. This is usually performed in a portion of dance or cheer choreography and not a safety concern. Page 78, C: A Partner Stunt, Pyramid and Individual cannot pass over, under or through another Partner Stunt, Pyramid and Individual.

- Not Permitted: An individual crawling under the legs of another participant standing on the ground.
- Not Permitted: An individual kicks a leg over another individual on the ground.

**13. Updated 11/6/09**

**QUESTION: INDIVIDUAL SKILL - ALL DIVISIONS**

Is a Log Roll permitted on the floor (an individual does a side roll/barrel roll, in a straight body position, on the floor)?

**RESPONSE: INDIVIDUAL SKILL - ALL DIVISIONS**

Yes, an individual can perform a side roll/log roll on the floor. Please keep in mind that another individual may not go over (jump, hop, tumble, walk, etc.) the individual rolling on the floor per the under/over rule listed above.

**14. Updated 9/1/09**

**QUESTION: STANDING TUMBLING**

Is an Onodi, tumbling skill, legal in intermediate? p.117 glossary; start from a back handspring position after pushing off the tumbler performs a half twist to the hands, ending the skill as a front handspring step-out.

**RESPONSE: STANDING TUMBLING**

No, Pop Warner Intermediate squads are not permitted to twist while tumbling, therefore the Onodi tumbling skill is reserved for Advanced Squads only. (There are no twists except for round offs in Intermediate.)

**15. Update 7/31/09**

**QUESTION: INTERMEDIATE RUNNING TUMBLING**

Intermediate Running Tumbling states that you can only perform a flip from a tuck position from a round off or round off backhandspring. In the next part it lists legal skills including a cartwheel back handspring or fronthandspring, step out to cartwheel, back handspring. It goes on to say any combination/series of these skills is legal. So it can be confusing: Is the tuck ONLY allowed from a round off or round off backhandspring or can it come from a cartwheel or front handspring step out, round off backhandspring? Is the point nothing can come before the roundoff or round off backhandspring? Is the point that you can't do a tuck out of any other skill IMMEDIATELY preceding it other than a round off or a round off backhandspring. It is a fine line but huge choreography and skill difference.

**RESPONSE: INTERMEDIATE RUNNING TUMBLING**

In all passes with a tucked flip, the tuck must be immediately preceded by either a round off or a backhandspring (Pg 84, B, 3). Therefore you can perform other Novice/Intermediate Tumbling skills prior to the Roundoff Tuck or Roundoff Backhandspring Tuck as long as the skill leading into the tuck is a roundoff or roundoff backhandspring.

**16. Updated 10/8/09**

**QUESTION: RUNNING TUMBLING INTO/OUT OF CRADLE**

Can a cheerleader finish a tumbling pass with a back handspring that rebounds into a cradle? Further, can the bases holding that cradle and then toss the participant back out into a round-off to start another tumbling pass?

**RESPONSE: RUNNING TUMBLING INTO/OUT OF CRADLE**

A cheerleader is permitted to rebound from a back handspring into a cradle. (Page 81, Tumbling F- A back flip from a tumbling pass into a cradle is not permitted; however, rebounding from a back handspring into a cradle is permitted.)

For the second part of the question, a participant cannot be tossed from a cradle to a round-off, as all gymnastic stunts must originate from ground level. The partner can be released / set down from the cradle to two feet and then start the tumbling pass.

**17. Update 11/6/09**

**QUESTION: INTERMEDIATE PARTNER STUNT**

Can a flyer start in a sponge and 360 back to a sponge in the Intermediate Division?

**RESPONSE: INTERMEDIATE PARTNER STUNT**

Yes, a flyer in a sponge can 360 twist (no release from bases) and land back in a sponge position to transition to the next move in the Intermediate Division. Rule, page 84, C, 3: Twisting mounts and transitions are permitted up to one twist by the top person. Full Twisting must land/originate from prep level or below only.

**18. Update 10/8/09**

**QUESTION: INTERMEDIATE/ADVANCED BACKWARD DISMOUNT**

If a squad lines up three extension preps (in a row) and each one dismounts, at the same time, by means of a backward dismount to the prep behind them, releasing the flyer at the top of the dismount to catch the new flyer in front of them, would that be permitted?

**RESPONSE: INTERMEDIATE/ADVANCED BACKWARD DISMOUNT**

No, the bases/flyer in a backward dismount must stay connected/no release until the stunt is complete to a cradle position in the arms of new bases. This means that the bases (original) cannot release the flyer's feet until the stunt is finished in the cradle, and not during the downward motion to the cradle. Although they have an original back spot connected to the flyer throughout the transition, the new bases would not be in ready position at the start of the flyer's backward dismount because they are releasing their own flyer at the same time.

**Reference PWLS Rules: Page 85 D 1 a) & Page 88 D 3**

Backward and cradle dismounts to different bases are permitted provided:

1. If caught by two additional stationary bases and an additional spotter at the head and neck.
2. **Top person may not lose contact with original bases during the dismount.**
3. Original bases may not travel (they can turn to dismount the flyer)
4. New bases are in place prior to the dismount of the flyer.

**Disregard** the industry definition in the rules book for Backward Dismount (Page 110):

The top person dismounts backwards, with or without the feet being held, to catchers who are not original bases to the performing surface from a stunt.

**19. Update 11/6/09**

**QUESTION: INTERMEDIATE/ADVANCED BACKWARD DISMOUNT**

Can a flyer in a double based, thigh stand dismount/fall back to new bases in the Novice Category?

**RESPONSE: INTERMEDIATE/ADVANCED BACKWARD DISMOUNT**

No, the Novice Category is not permitted to Backward Dismount to New Bases. This skill is reserved for the Intermediate and Advanced Categories following the PW Rules as listed above, page 85 D1 & Page 88 D3.

Backward and cradle dismounts to different bases are permitted provided:

1. If caught by two additional stationary bases and an additional spotter at the head and neck.
2. Top person may not lose contact with original bases during the dismount.
3. Original bases may not travel (they can turn to dismount the flyer)
4. New bases are in place prior to the dismount of the flyer.

## 20. Updated 7/31/09

### **QUESTION: INTERMEDIATE TOSSES**

In Intermediate tosses, it says you are allowed to do up to one trick. However, it lists specifically a Ball Out in the examples. For many coaches they think of the Ball Out as a tuck position, opening to an x position, then closing to the cradle or straight body position. Other coaches understand a Ball Out is just the tuck and the straight body position. Would the first instance be permitted in Intermediate, Tuck position to an “x” position, prior to the cradle?

### **RESPONSE: INTERMEDIATE TOSSES**

No, it would not be permitted in Intermediate, the “X” position, after the tuck/ball position, would be considered a second trick. It would be considered a second trick since you will have to return to a straight body/cradle position. This would also apply to the pike x-out vs. just the pike open (to straight/cradle position).

## 21. Updated 9/1/09

### **QUESTION: ADVANCED RUNNING TUMBLING**

Can you do a Round off back hand spring, back hand spring, back layout, back layout? In other words, can a girl perform 2 aerial moves in one tumbling pass?

### **RESPONSE: ADVANCED RUNNING TUMBLING**

The rule for Advanced Running Tumbling is as follows (page 87): Flips permitted but may not exceed one flipping and one twisting rotation. Therefore, yes, you would be permitted to perform this tumbling pass in the Advanced Division as it does not involve more than one flipping rotation and/or twisting rotations in the same skill movement.

#### **Not Permitted:**

**Double Back:** A tumbling skill with two consecutive backwards somersaults done in the same skill movement. Double backs can be done in any body position – tuck, pike, open, or layout. This skill is prohibited in cheerleading.

**Double Full:** A gymnastic tumbling skill consisting of a single layout salto with two twists, also called a Double Twist.

## 22. Updated 7/31/09

### **QUESTION: ADVANCED TOSSES**

Can an advanced team perform Kick Double Baskets, the rules state up to two twists?

### **RESPONSE: ADVANCED TOSSES**

Yes, Kick Double Baskets are permitted in the Advanced Level to complete the proper rotation. Advanced is permitted 2 ¼ Twists from Basket Toss (Pg 80 A, 1, I and Pg 89, G, 5, a)).

### 23. Updated 7/31/09

#### **QUESTION: RELEASE MOVES**

Novice level stunts do not allow release moves and transitional stunts require bases to maintain physical contact with the flyer (pg 82 C4). However, a toss to a stunt such as toss to hands is not considered a release move or transitional stunt as defined in the glossary (pg 121). There is a group stunt version of a toss into a stunt. The first version is a true toss, where all bases let go of the skill and re-catch the flyer in the actual stunt (prep, extension), same as a co-ed stunt. The second is where one base holds the foot continuously and the other tosses (releases and catches). The other versions are arguably legal, however the first version in my opinion should not be permitted under Novice rules since it is complete release of the flyer. The second version maintains some contact and should be legal at the Novice Level.

#### **RESPONSE: RELEASE MOVES**

- Novice Division, Not Permitted: Although listed in the skills of Novice Partner Stunts, a toss/release to a stunt from the performance floor, to load a stunt, (i.e., toss to hands), is not permitted in Novice Stunts.

PWLS the Novice Division States:

No release moves allowed other than those mentioned in Dismounts (83, E, 1).

- Intermediate Division, Permitted: Toss to a stunt is permitted as listed in Intermediate Partner Stunts.

PWLS Intermediate Release Moves states:

No release moves are permitted other than those permitted in Dismounts and Tosses (86, E, a).

PWLS Intermediate and Advanced Toss Guidelines:

Tosses into stunts are permitted (i.e., toss to hands, toss to extension, toss to chair, etc.) The toss shall not significantly exceed the height of the intended stunt (Pg 80, A, 1, d).

### 24. Updated 7/31/09

#### **QUESTION: ADVANCED PARTNER STUNTS: INVERSIONS**

Inversions must start from the performance surface, correct?

#### **RESPONSE: ADVANCED PARTNER STUNTS: INVERSIONS**

Yes, the Inversion must start from the ground (handstand, headstand and other non-aerial/non-airborne and slow momentum type initiations of the inverted position) and cannot rebound from tumbling:

PWLS Rules on Inversion:

- **Inversions-Stunts** –A flyer must not be in an inverted position except for the following: When beginning a stunt from an inverted position on the performing surface, which goes directly to a non-inverted position shoulder height or below. This stunt must include a base or spotter who protects the head/neck/shoulder area of the flyer. The base or spotter must maintain contact with the flyer from the inverted position until the flyer is no longer inverted.

Permitted: Handstand on the ground to a non-inverted stunt (i.e., handstand to shoulder sit)

Not Permitted: Going from a cradle to a handstand or from a prone position to a forward roll.

Not Permitted: Forward Suspended Rolls are not permitted.

Not Permitted: Handspring into a stunt.

Not Permitted: Back Roll Extension stopping at handstand to begin inversion, tumbler must complete the tumbling skill before starting an inversion. Tumbler needs to return to feet from back roll extension skill.

- **Basic Pop Warner Tumbling Rule, page 81:**

Participants may not land in a partner stunt or in a catching position from an aerial tumbling skill. (i.e., A back flip from a tumbling pass into a cradle is not permitted; however, rebounding from a back handspring into a cradle is allowed.)

**25. Updated 7/31/09**

**QUESTION: ADVANCED PARTNER STUNTS: INVERSIONS**

Inversions that progress from the floor to a below prep level, load position, enter the stunt by means of an individual person/spotter, is this considered going over an individual?

**RESPONSE: ADVANCED PARTNER STUNTS: INVERSIONS**

No, this is not considered passing over an individual. The rule about passing over an individual is not applicable because it applies to a single person passing over another stunt/person/object. In the case of a stunt passing over an individual, the TRANSITION/ENTRY is not a stunt in the sense of a finished/landed position passing over an individual. Passing over a base into a stunt, who is actively loading the stunt, is part of the process of building into a stunt.

**26. Updated 9/1/09**

**QUESTION: ADVANCED PARTNER STUNT: LEAP FROG**

In the Pop Warner Rule Book, Page 87, C5: Second Level Leap Frog, same as above but performed at any level above ground level.

**RESPONSE: ADVANCED PARTNER STUNT: LEAP FROG**

This wording will be removed from the 2010 rules book; the Second Level Leap Frog is the same as the Traditional Leap Frog at Prep Level.

**27. Updated 11/6/09**

**CLARIFICATION: INTERMEDIATE VAULT PARTNER STUNT /  
ADVANCED LEAP FROG PARTNER STUNT**

The post, the base/brace that the flyer progresses forward over, must have two feet on the ground. Per the definition, page 116, a braced top person is transitioned from one set of bases to another by going through the arms of a brace; this brace must have two feet on the ground.

**28. Updated 8/11/09**

**QUESTION: USE OF SIGNS IN COMPETITION: ADVANCED DIVISION ONLY**

When can a flyer in a partner stunt hold a sign? Also, how do we discard signs from the competition floor? What is the rule for Props and Out of Bounds?

**RESPONSE: USE OF SIGNS IN COMPETITION: ADVANCED DIVISION ONLY**

The use of signs is not permitted during tumbling, partner stunt/pyramid building and transitions that require the use of hands in mounting or dismounting. Mounting or dismounting with signs in hand is not permitted. A person up in a stunt may be handed signs but they must be safely discarded before dismounting.

- Situation: If a flyer, in an Extension Prep Stunt, is handed a sign once secure at Prep Level, after mounting, and then the flyer is transitioned to an Extension with sign in hand, that would be considered a transition without the use of hands and permitted. The sign must be discarded prior to the dismount.
- Situation: If a flyer, in an Extension Prep Stunt, is handed a sign once secure at Prep Level, after mounting, and the flyer is transitioned to a Straddle Sit with sign in place, no use of hands during the transition, that would be permitted, as long as the sign was discarded prior to dismount.
- Situation: If a flyer, in an Extension Prep Stunt, is handed a sign once secure at Prep Level, after mounting, and is then transitioned to a Thigh Stand, without the use of hands, sign in hand, that would be permitted as long as the sign was discarded prior to dismount.

When discarding signs that are made of solid material or have sharp edges/corners, participants must gently toss or place props so that they are under control. (i.e., throwing a sign across the mat would be a safety issue.) You can also hand the sign down to a participant on the ground who should then lay the sign back on the ground or drop the sign where it will not interfere with your dismount or other participants. The signs should be placed far enough away so as not to interfere with subsequent portions of the performance. Keep in mind; if a participant steps or slips on a sign, it would be a safety hazard and a deduction.

Further, signs may be partially touching out of bounds without penalty. A participant may touch a sign that is partially out of bounds as long as that person does not reach or touch out of bounds to retrieve or discard the prop. Stepping on or touching the edge of the mat is not a deduction for a participant.

#### 29. Updated 8/11/09

##### **QUESTION: USE OF SIGNS IN COMPETITION: GLITTER- ADVANCED DIVISIONS ONLY**

Can we put glitter on our team signs?

##### **RESPONSE: USE OF SIGNS IN COMPETITION: GLITTER-ADVANCED DIVISIONS ONLY**

Glitter may only be used on a sign only if it is laminated or “sealed” to keep the glitter from falling onto the floor or the participants.

#### 30. Updated 8/11/09

##### **QUESTION: USE OF POMS IN COMPETITION: ALL DIVISIONS**

When can a flyer in a partner stunt hold poms? Also, how do we discard poms from the competition floor? What is the rule for Props and Out of Bounds?

##### **RESPONSE: USE OF POMS IN COMPETITION: ALL DIVISIONS**

This follows the same basic rule as signs, listed above, the use of poms is not permitted during tumbling, partner stunt/pyramid building and transitions that require the use of hands in mounting or dismounting. Mounting or dismounting with poms in hand is not permitted. A person up in a stunt may be handed poms but they must be safely discarded before dismounting.

When discarding poms, the participants must gently toss or place props so that they are under control. (i.e., throwing a pom across the mat would be a safety issue.) You can also hand the poms down to a participant on the ground or drop the poms where it will not interfere with your dismount or other

participants. The poms should be placed far enough away so as not to interfere with subsequent portions of the performance. Keep in mind; if a participant steps or slips on a pom, it would be a safety hazard and a deduction.

Further, poms may be partially touching out of bounds without penalty. A participant may touch a pom that is partially out of bounds as long as that person does not reach or touch out of bounds to retrieve or discard the prop. Stepping on or touching the edge of the mat is not a deduction for a participant.

**31. Updated 8/11/09**

**QUESTION: USE OF POMS IN COMPETITION: GLITTER – ALL DIVISIONS**

Can we put glitter on our poms?

**RESPONSE: USE OF POMS IN COMPETITION: GLITTER – ALL DIVISIONS**

Glitter may only be used on poms if it is laminated or “sealed” to keep the glitter from falling onto the floor or the participants.

**32. Updated 7/31/09**

**QUESTION: MUSIC “You Spin Me Right Round” – ALL DIVISIONS**

Can we use the song, “You Spin Me Right Round”?

**RESPONSE: MUSIC “You Spin Me Right Round”**

The original version of the song from the 80’s “You Spin Me Right Round” would be totally fine. The new version would be unacceptable because of the content and its meaning. It would not be appropriate; most competitions would count off for the explicit nature of the underlying meaning. I would either go back to the original version or completely remove those words, better to play it safe. No need to start the season with a deduction that can be controlled with a little adjustment or removal.

**33. Updated 8/11/09**

**QUESTION: UNIFORM APPAREL – BRIEFS - ALL DIVISIONS**

Can a team place their team logo on the back of their briefs? (i.e., panther, paw, claw, etc.)

**RESPONSE: UNIFORM APPAREL - BRIEFS**

It's OK for the team to put the mascot on their briefs as long as everyone on the team has the same item (same paw print etc.), it is uniform and more importantly age appropriate. Also, keep in mind that the team or individual should not display the mascot (lifting skirt/bending over); rather it should only be visible from natural movement in stunting or tumbling.

**34. Updated 8/11/09**

**QUESTION: UNIFORM APPAREL – KNEE SOCKS - CHEER DIVISIONS**

Can a cheerleading team wear knee socks?

**RESPONSE: UNIFORM APPAREL – KNEE SOCKS**

No, knee socks can be considered a safety issue with stunting at the youth level. Knee socks may also cause a uniform deduction with falling socks or inappropriate colors that are not a part of the squad uniform. Therefore, knee socks are not permitted for cheer squads in 2009-2010.

**35. Updated 10/8/09**

**QUESTION: UNIFORM APPAREL – BOWS - CHEER DIVISIONS**

Can a cheerleading team wear a bow that opens to a new color during the routine, as part of the routine?

**RESPONSE: UNIFORM APPAREL – BOWS**

No, for a cheer squad this would be considered a prop, reserved for dance teams.

**36. Updated 8/11/09**

**QUESTION: MEDICAL ALERT TATTOO - ALL DIVISIONS**

Can a participant wear a medical alert tattoo? (i.e., <http://www.fiddledeedids.com/alert-stickers-tattoos-c-14.html?zenid=ir2g6m1c8o3lp9va35t6ctini2>) I understand the safety concerns and why we need rules/guidelines. I am also however, a teacher of children with special needs and understand the importance of medical ID bracelets. That's why when I heard about these tattoos I thought it was a GREAT idea!

**RESPONSE: MEDICAL ALERT TATTOO**

A participant is permitted to wear a medical alert tattoo for the added safety of the participant. The parent/guardian should put in writing (to the Head Coach) that the child will wear the tattoo and the location. This will insure that the Head Coach knows how to handle properly and promptly in case of emergency. For competition/championships, the Head Coach should inform the PWLS Competition Official (LCDC, RCDC or NCDC) at book check, so that the Event Day Officials (i.e., Judges, Trainer or EMT) understand that this is a tattoo for medical purposes and can aid the child, if necessary.

**37. Updated 10/8/09 & 11/6/09**

**CHANGE: MINIMUM SCORE FOR DANCE AND CHEER - ALL DIVISIONS**

Based on the new score sheet changes for both Dance and Cheer squads, we have removed the minimum final score rule, necessary for a squad to continue to advance to the next level for this season. (Keep in mind that this score applies only to those squads that do not have competition within their division.) In our first year of the new score sheets, it is necessary to remove the rule for the benefit of the squads to allow for fair competition until we can re-look the rule next season.