



THE GLOBAL CHEER AND DANCE LEAGUE

NON PROFIT 501(c)3

www.Globalleague.org

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GENERAL RULES

- 1.0 Anything worn by an athlete must be soft athletic material
- 1.1 Tube tops are not allowed
- 1.2 Athletes must wear soft soled shoes
- 1.3 No Jewelry allowed of any kind can be worn in warm-up or on the performing surface. Hair ties must only be worn in hair
- 2.0 The Premier League routine must not exceed 2 minutes and 30 seconds
- 2.1 The Major League routine must not exceed 2 minutes and 30 seconds
- 2.2 The Skills League routine must not exceed 1 minute
- 3.0 The performance Floor is a 42x54 marked area
- 3.1 All skills must be performed on the performance area
- 3.2 All athletes must have at least one foot or hand on the performance surface at the start of the routine
- 3.3 The performance and music must be age appropriate for family listening and viewing
- 3.4 The same athletes that start the routine must finish the routine
- 3.5 All braces or casts with a hard surface must be covered
- 4.0 All athletes must be supervised by a coach or representative of the program
- 5.0 Athletes not involved in a stunt cannot go under a stunt
- 5.1 No stunt may move over or under a separate stunt
- 6.0 No tumbling without hand support on the performance floor is allowed to travel over or under another athlete
- 6.1 All tumbling must originate from and land on the performance floor
- 7.0 If a stunt is released it is not allowed to land inverted
- 7.1 If a released stunt travels more that 12 inches above extended level it will be considered a dismount
- 8.0 Dismounts must land assisted to the performance floor or in a cradle
- 8.1 Dismounts must be assisted/caught by bases or spotters involved in that stunt
- 8.2 Dismounts must remain in the same area in which they were released
- 9.0 A bracer must be in static position
- 9.1 Multiple stunts that are releasing, twisting, inverting or dismounting may not come in contact with each other
- 9.2 All pyramid skills that pass through an inversion must have 3 catchers
- 9.3 All pyramid skills that are released must have 2 catchers
- 10.0 No baskets can come in contact with other baskets or stunts