

COMPETITION GUIDELINES

SQUADS WILL BE PLACED IN DIVISIONS ACCORDING TO THE OLDEST CHEERLEADER ON THE SQUAD BASED ON AGES AS OF 8/01/21

No all-star squads or youth squads that have try-outs. Squads MUST cheer for a football team.

All youth squads must provide a photo & a copy of each participant's birth certificate upon request.

Each squad must perform a routine consisting of at least a crowd participation cheer, chant and dance. It must not exceed 5 min. but be at least 2 min.

A 42 x 42 mat will be provided for the event.

- ❑ Timing will begin with the first note of music -or-organized word by the team after the team is officially announced to take the floor. THERE WILL BE A 5 PTS PER JUDGE DEDUCTION FOR GOING OVER THE 5 MIN. LIMIT!
- ❑ Timing will end with the last organized word, movement, or note of music by the team. Teams must exit the floor immediately following their routine. In the event that your music messes up your time will stop and will not begin until the music starts. If your music failure is due to no fault of the coach your squad will be permitted one restart with no type of penalty.
- ❑ Spiriting on and off the floor will not be counted in the time.
- ❑ The order of competition will be determined the day of competition.

This is a Non-building Competition...

****ANY SQUAD THAT HAS A MOUNT IN THEIR ROUTINE WILL BE DISQUALIFIED****

A MOUNT is also defined as a STUNT- any skill in which a top person is supported above the performance surface by one or more persons. ALL cheerleaders MUST be in control of their own body.

- ❑ No partner stunts (holding hands cartwheels are permissible).
- ❑ No dive rolls. Definition of dive role: A forward roll where the feet leave the ground before the hands reach the ground.
- ❑ Drops (knee, thigh, front back & split drops) from a jump, stand, or inverted position are prohibited unless the majority of the weight is first borne on the hands/feet, which breaks the impact of the drop. (Ex.: splits from a cartwheel).
- ❑ Tumbling with a prop is prohibited! This includes when spiriting on/off the floor. This includes Poms even if they have an elastic band attached to them.
- ❑ Poms, signs, flags, and megaphones are the only props permitted.

5-6 yr. Old Squad

- ❑ Coach may place poms & signs on the floor prior to the start of the routine. Anything carried onto the floor, should be carried off by same squad
- ❑ Coaches may sit in front of the girls during their routine, but they may not help!! Any coaching from the stands or from coaches will constitute a 25 pt. deduction from the total score. (after all judges scores are added together)

7, 8, 9, 10, 11 yr. Old Squads...

- ❑ Cheerleaders must place their own poms & signs. This may be done before the start of the routine. Anything carried onto the floor, should be carried off by same squad.
- ❑ Coaches may sit in front of their squad during their routine but may not help!!! Any coaching from the stands or from coaches will constitute a 25 pt. deduction from the total score. (after all judges scores are added together.)

ADVANCED & INTERMEDIATE DIVISIONS:

(Divisions CAN be divided into ADVANCED & INTERMEDIATE at discretion of the host organization when there is a minimum of 2 squads signed up in each division)

DEFINITION OF DIVISIONS:

INTERMEDIATE DIVISION: Tumbling that consists of cartwheels, roundoffs, walkovers (front & back), & forward & backward rolls. You may also have ONE (1) CHEERLEADER who has advance tumbling. **More than one (1) cheerleader doing advanced tumbling & your squad is considered in the ADVANCED DIVISION.

ADVANCED DIVISION: Two (2) OR MORE CHEERLEADERS with the following... Tumbling that consists of handsprings (front & back), aeriels, and any tumbling greater than aforementioned will be considered ADVANCED and your squad need to be in the ADVANCED DIVISION.

Other Important Details...

- ❑ NO JEWELRY or GLITTER OF ANY KIND!! (This includes glitter on signs unless covered by laminate) LIGHT GLITTER MAKEUP IS ACCEPTABLE... BUT NO GLITTER SPRAY
- ❑ CHEEK CHEERS (FACE TATOOS) ARE ACCEPTABLE!
- ❑ NO ONE is permitted to stand behind the judges table. No sideline coaching!!
- ❑ NO ONE will be permitted to enter or leave during a performance. Doors will remain closed during performances...
- ❑ One coach will be permitted to bring their cd to the sound table. Phone or iPod can be used BUT you must bring your own connection cord. We suggest you bring more than one copy of your music.
- ❑ Video cameras are permitted but NO tripods. Video cameras must be hand held in the stands.
- ❑ Concessions will be available throughout the day.
- ❑ NO PETS OR ANIMALS OF ANY KIND. (THIS INCLUDES ANIMALS USED AS TEAM MASCOTS)

FAILURE TO COMPLY WITH RULES COULD RESULT IN A DEDUCTION OF POINTS OR DISQUALIFICATION!!