

RULES FOR CHEER COMPETITION

1. Routine length is limited to 3 minutes, with no more than 1 and 1/2 minutes of music(CD).
2. Timing will begin with the first motion, word, or note of music and end with the last organized motion, word, or note of music. If a team exceeds the time limit a 5 point penalty will be assessed.
3. A 5 second grace period is allowed for the musical segment of the routine prior to the assessment of a 5 point penalty. Should your music fail due to technical malfunction, you will be allowed to start from the beginning of that musical portion without penalty. The musical segment of your routine is defined by any tape recorded sound amplified over the microphone system. Please bring TWO (CD) copies of your music with you.
4. Squads must follow the National Federation Spirit Rules Guidelines (www.nfhs.org) as well as any specific restrictions their individual organization requires.
5. All squads must use the mat provided to perform their routine. Squads will be performing on an official competition mat. All stunts and gymnastics must be performed on the matted area.
6. Safety Judges will evaluate all stunts in the practice room for compliance with the rules, but it is ultimately the coaches responsibility to ensue the legality of all skills in their teams routine. Any illegal skill performed during the competition will result in a 10 point deduction for each and every infraction.
7. Medical release forms for all participating cheerleaders must be turned in to the registration table on the day of the competition.

Sportsmanship

All participants agree to conduct themselves in a manner displaying good sportsmanship throughout the contest. The advisor and/or captain of each team is responsible for seeing that team members, coaches, parents, and any other persons affiliated with the team conduct themselves accordingly. Severe demonstrations of unsportsmanlike conduct are grounds for disqualification.

RULES FOR YOUTH CHEER COMPETITION

1. Routine length is limited to 2 1/2 minutes, with no more than 75 seconds of music(CD).
2. Timing will begin with the first motion, word, or note of music and end with the last organized motion, word, or note of music. If a team exceeds the time limit (either music or overall) a 5 point penalty will be assessed.
3. A 5 second grace period is allowed for the musical segment of the routine prior to the assessment of a 5 point penalty. Should your music fail due to technical malfunction, you will be allowed to start from the beginning of that musical portion without penalty. The musical segment of your routine is defined by any tape recorded sound amplified over the microphone system. Please bring TWO copies(CD) of your music with you.
4. Squads must adhere to the Safety Guidelines adopted by the National Youth Organization they represent as well as any specific restrictions their individual organization requires. (www.newenglandpopwarner.com)
5. All squads must use the mat provided to perform their routine. Squads will be performing on an official competition mat. All stunts and gymnastics must be performed on the matted area.
6. Safety Judges will evaluate all stunts in the practice room for compliance with the rules, but it is ultimately the coaches responsibility to ensue the legality of all skills in their teams routine. Any illegal skill performed during the competition will result in a 10 point deduction for each and every infraction.
7. Medical release forms for all participating cheerleaders must be turned in to the registration table on the day of the competition.

Sportsmanship

All participants agree to conduct themselves in a manner displaying good sportsmanship throughout the contest. The advisor and/or captain of each team is responsible for seeing that team members, coaches, parents, and any other persons affiliated with the team conduct themselves accordingly. Severe demonstrations of unsportsmanlike conduct are grounds for disqualification.

RULES FOR ALL-STAR CHEER COMPETITION

1. All- music routine lengths limited to 2 1/2 minutes, Cheer-music routine lengths limited to 2 1/2 minutes with no more than 1 minute and 45 seconds of music.
2. Timing will begin with the first motion, word, or note of music(CD) and end with the last organized motion, word, or note of music. If a team exceeds the time limit (either music or overall) a 5 point penalty will be assessed.
3. A 5 second grace period is allowed for the musical segment of the routine prior to the assessment of a 5 point penalty. Should your music(CD) fail due to technical malfunction, you will be allowed to start from the beginning of that musical portion without penalty. The musical segment of your routine is defined by any tape recorded sound amplified over the microphone system. Please bring TWO (CD) copies of your music with you.
4. Squads must adhere to the USASF Safety guidelines.. These rules are comparable to National Federation Guidelines with some specific restrictions absent (head out of alignment, maintaining contact with flyer, single twist tumbling skills, some inverted body positions, etc). Guidelines can be found online at Varsity.com <http://www.varsity.com/competitions/invitationals/cheer/rules.htm>
5. All squads must use the mat provided to perform their routine. Squads will be performing on an official competition mat. All stunts and gymnastics must be performed on the matted area.
6. Safety Judges will evaluate all stunts in the practice room for compliance with the rules, but it is ultimately the coaches responsibility to ensue the legality of all skills in their teams routine. Any illegal skill performed during the competition will result in a 10 point deduction for each and every infraction.
7. Medical release forms for all participating cheerleaders must be turned in to the registration table on the day of the competition.

Sportsmanship

All participants agree to conduct themselves in a manner displaying good sportsmanship throughout the contest. The advisor and/or captain of each team is responsible for seeing that team members, coaches, parents, and any other persons affiliated with the team conduct themselves accordingly. Severe demonstrations of unsportsmanlike conduct are grounds for disqualification.

DANCE AND HIP HOP TEAM CONTEST RULES

1. Music must be on a CD and recorded at the beginning of the tape. A representative from the squad must be with the CD to start and stop the music.
2. Time limit will be a maximum of 2 minutes and 30 seconds. This does not include entrances; exits and positioning which will not be judged. If music is used for the entrance and/or exit, it will be timed in the 2:30 minutes as part of the routine. Timing will start with the first note of music.
3. Teams must adhere to the safety guidelines adopted by the National Federation specifically for dance teams. These rules can be found online at www.NFHS.org. Dance teams will follow rules set out by UDA.
4. Any violation of stated rules will result in a 5 point per judge penalty. A violation will be determined by and only by the judges. Decisions by the judges are final.
5. Your team's performance will be directly on a rubberized floor (not on mats).

Sportsmanship

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HIP HOP TEAM CONTEST RULES

1. Music must be on a CD tape and recorded at the beginning of the tape. A representative from the squad must be with the tape to start and stop the music.
2. Time limit will be a maximum of 2 minutes and 30 seconds. This does not include entrances; exits and positioning which will not be judged. If music is used for the entrance and/or exit, it will be timed in the 2:30 minutes as part of the routine. Timing will start with the first note of music.
3. Teams must adhere to the safety guidelines adopted by the National Federation specifically for hip hop teams. These rules can be found online at www.NFHS.org. College hip hop teams will follow rules set out by UDA..
4. Any violation of stated rules will result in a 5 point per judge penalty. A violation will be determined by and only by the judges. Decisions by the judges are final.
5. Your team's performance will be directly on a rubberized floor (not on mats).

Sportsmanship

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