



I. SCHOOL AND YOUTH/RECREATION TEAM CHEER GUIDELINES

A. PERFORMANCE CATEGORIES:

1. ELEMENTARY: 6th grade and below.
 - Division I- Small: 16 members or less, single school
 - Division II- Large: 17 or more members, single school, no limit of squad members.
2. JUNIOR HIGH: 4th through 8th grade.
 - Division I- Small: 12 members or less.
 - Division II- Medium: 13-16 members.
 - Division III- Large: 17-20 members
 - Division IV- Super Large: 21 plus members, no limit of squad members
 - Division V- Coed: 3 or more male squad members, no limit of squad members.
3. HIGH SCHOOL JUNIOR VARSITY: Grade: 7th through 12th grades.
 - Division I- Small: 16 members or less.
 - Division II- Large: 17 or more members, no limit of squad members.
4. HIGH SCHOOL VARSITY: Grade: 7th- 12th grades.
 - Division I- Small: 12 members or less.
 - Division II- Medium: 13-16 members.
 - Division III- Large: 17- 20 members
 - Division IV- Super Large: 20 plus member, no limit of squad members.
 - Division I- Coed: 3 or more male members, no limit of squad members.
5. GAME DAY CHEER/POM - MIDDLE SCHOOL:
 - Division I- 4th through 8th grades, no limit of squad members.
6. GAME DAY CHEER/POM - HIGH SCHOOL:
 - Division I- 7th through 12th grade, no limit of squad members
7. YOUTH LEAGUE:
 - Division I- Small: 16 members or less, multiple schools
 - Division II- Large: 17 or more members, multiple schools, no limit of squad members.

B. SCHOOL REPRESENTATION AND TEAM PARTICIPATION

1. All members of the cheerleading squad must be current members of the official school spirit squad and must attend the school they are representing. (Exception: this will not preclude participation from sister schools for same-gender schools as long as they are official members of the squad?)
2. Individuals are NOT permitted to compete on two School Teams in the same category, such as two different high school teams. Athletes are permitted on both a School Team and an All Star Team at the same event, and permitted to compete on two school teams if athlete if in different categories, such as a Junior High or Middle School Team and a High School Team.
3. Teams may participate in more than one competition during the season.
4. The team and each participating member/coach should constantly display good sportsmanship throughout the entire performance in regards to respect for themselves, other teams and the viewing audience of all ages. Teams should refrain from any taunting, bragging, or suggestive expressions or gestures as well as discrimination of any nature.
5. We recommend that the team and each of its members display an overall appearance conducive to serving as public representatives and ambassadors of their school in regards to grooming, traditional and appropriate attire, conservative make-up, uniformity, etc.

C. UNIFORM GUIDELINES

1. All participant uniforms must cover the midriff when standing at attention. Covered midriff does include flesh or nude colored bodysuits and liners; however, fringe would not count as a cover.
2. Any team in violation of the uniform guidelines will be assessed a five (5) point deduction.

D. TIME LIMITATIONS

1. Performance Routine
 1. Each team's presentation must include at least one cheer or sideline chant. The musical portion must not exceed one minute and thirty seconds. Total time limit is two minutes and thirty seconds. Timing will begin with the first movement, voice or note of music, whichever comes first.
 2. If a team exceeds the time limit, a penalty will be assessed for each violation. Three (3) point deduction for 1 – 5 seconds over, Five (5) point deduction for 6-10 seconds over and Seven (7) point deduction for 11 seconds and over.
 3. The routine time limit is 2:30. Acknowledging the potential variance caused by human reaction speed and sound system time variations, judges will not issue a deduction until their stopwatches show a time of 2:33.
 4. 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 all for variations in sound equipment.
 5. Introductions
 - a. All introductions (tumbling, entrances, chants, spell outs, etc. are considered part of the routine and will be timed as part of the performance.
 - b. All team breaks, rituals and traditions need to take place prior to entering the mat.
 - c. Teams should take the floor immediately with spirit and enthusiasm, but without excessive gestures. Example: chest bumps, hugs, handshakes, etc.
 - d. All teams should refrain from any type of excessive celebration following the team's performance.
 - e. There should not be any organized exits or other activities after the official ending of the routine.
 - f. Game Time Routines- See Game Time Routine and Judging Requirements

E. MUSIC

1. Performance Routine - A representative from your school must remain at the sound area throughout the entire performance and will be responsible for knowing when to start and stop the music. No Exceptions! Please be sure to have two copies of your music, preferably in two formats. For example, CD and iPod/Phone. In addition, all music must comply with all music copyright laws.

F. COMPETITION PERFORMANCE AREA

1. Performance Routine
 1. Participants must start in the competition area with at least one foot on the ground.
 2. Teams may line up anywhere inside the competition area.
 3. The Team Spirit Shop's competitions comply with the NFHS surface ruling that school based programs may not compete on a spring floors.
 4. Approximate floor size will be 54 feet wide by 42 feet deep (9 strips).
 5. Deductions will not be assessed for out of bounds at any of the Team Spirit competitions.
 6. Signs or props may be placed or dropped outside the competition area by a team member who must remain inside the competition area.
2. Game Day Routines- See Game Day Routine and Judging Requirements

II. INTERRUPTION OF PERFORMANCE

A. UNFORSEEN CIRCUMSTANCES

1. If, in the opinion of the competition officials, 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 competition officials.

B. FAULT OF 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.
2. The competition officials will determine if the team will be allowed to perform at a later time. If decided by officials, the team will perform the routine again in its entirety, but will be evaluated ONLY from the point where the interruption occurred.

C. INJURY

1. The only persons that may stop a routine for injury are:
 - a. Competition officials
 - b. The advisor / coach from the team performing
 - c. An injured individual.
2. The competition officials will determine if the team will be allowed to perform at a later time. If the competition officials allow a routine to be performed at a later time, the spot in the schedule where the re-performance is to take place is at the sole discretion of competition officials. The team may perform the routine again in its entirety, but will be evaluated ONLY from the point where the interruption occurred.
3. 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. If the medical personnel do not clear the participant, the participant can only return to the competition if a parent or legal guardian in attendance signs a return to participation waiver.
 - c. In the event of a suspected concussion, the participant cannot return to perform without clearance from a licensed medical professional that has training related to head injuries, even with a waiver from a parent or legal guardian.

III. HOW TO HANDLE PROCEDURAL

- A. RULES & PROCEDURES - Any questions concerning the rules or procedures of the competition will be handled exclusively by the advisor/ coach of the team and will be directed to the Competition Director. Such questions should be made prior to competition start time.
- B. PERFORMANCE- Any questions concerning the team's performance should be made to the Competition Director immediately after the team's performance and/or following the outcome of the competition.

IV. INTERPRETATIONS AND / OR RULINGS

Any interpretation of these Rules and Regulations or any decision involving any other aspect of the competition will be rendered by the Rules Committee. The Rules Committee will render a judgment in an effort to ensure that the competition proceeds in a manner consistent with the general spirit and goals of the competition. The Rules Committee will consist of the Competition Director, Head Judge, and a designated competition official.

V. SPORTSMANSHIP

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.

VIII. FINALITY OF DECISIONS

By participating in this competition, each team agrees that the decisions by the judges will be final and results may ONLY be reviewed for clarification. Each team acknowledges the necessity for the judges to make prompt and fair decisions in this competition and each team therefore expressly waives any legal, equitable, administrative or procedural review of such decisions.

IX. SCORES AND RANKINGS

Individual score sheets are for the exclusive use of each particular judge. Each judge has the responsibility and authority to review and submit his or her final scores and rankings prior to the final tally of the scores for all teams. Scores and rankings will be available only to coaches or captains at the conclusion of the competition.

X. JUDGING CRITERIA

The judges will score teams using the criteria listed on the score sheet. Each team will be evaluated with any deductions or violations will be taken off of the final totaled score. For more information on scoring, score sheet and judging criteria, please see a sample sheet at www.teamspiritcheer.com.

XI. TOURNAMENT FACILITY

The tournament officials shall have the right to alter the time and location of the competition in the event changes become necessary due to inclement weather, facility problems, television production requirements, or any other situation deemed by the tournament officials to be essential to the successful execution of the championship.

XII. PENALTIES AND DISQUALIFICATIONS

The following penalties will apply for all cheerleading/dance divisions:

1. All Star teams should visit www.usasf.net for a complete list of rules, penalties and disqualifications.
2. Youth/ Parks and Recreation and School teams should visit www.nfhs.org for a complete list of rules, penalties and disqualifications.