



09-10 GAME TIME GUIDELINES

I. GENERAL RULES

A. DIVISIONS:

- High School
- Junior High / Middle School

B. SCHOOL REPRESENTATION:

- All members of the cheerleading squad must be current members of the official school spirit squad and must attend the school they are representing. These must be individuals who cheered on the sidelines for games during the appropriate season. (Exception: this will not preclude participation from sister schools for same-gender schools as long as they are official members of the squad.)
- Cheer teams are encouraged to include other sideline spirit groups (i.e. dance team, song/pom, mascot, pep/short flag, etc.), but sideline spirit groups will not be judged separately. Additional performance-based and spirit groups may not enter the division without their cheerleaders.
- Routines must be appropriate for family viewing. Any vulgar and/or suggestive movements, words, or music will result in a score deduction.
- 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.
- 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:

- All participant uniforms must cover the midriff when standing at attention. Covered midriff does include flesh or nude colored body suits and liners; however fringe would not count as a cover.
- No tear-away uniforms and/or removal of clothing is permitted.

D. COMPETITION AREA:

- Participants may stand or enter outside the competition area.
- All permitted skills (stunts, pyramids, tumbling etc.) must be performed on the competition mat.
- Competitions comply with the NFHS & AACCA surface ruling that school based programs may not compete on a spring floor. Approximate floor size will be a traditional mat of 54 feet wide by 42 feet deep (9 strips). Performance floor for the Time-Out dance will depend upon event location.
- Objects cannot be thrown outside the competition floor.
- Poms, Signs, flags, megaphones and/or banners may be placed or dropped outside the competition area by a team member.

E. TIME LIMITATIONS:

- Each team will perform a routine not to exceed 1 minute and 15 seconds.
- Timing will begin with the first organized movement, voice or note of music, whichever comes first and end with the last beat of music or movement.
- All introductions if permitted (tumbling, entrances, chants, spell-outs, etc.) are considered part of the routine and are timed as part of the performance.
- There should not be any organized exits or other activities after the official ending of the routine.

II. FIGHT SONG CATEGORY

A. ROUTINE AND JUDGING REQUIREMENTS:

- Teams are encouraged to use their traditional school fight song.
- Props (poms, signs, flags, megaphones and/or banners) are permitted in this category.
- Performances can incorporate up to two (2) eight counts of skills (stunts, tumbling and/or jumps). The two (2) eight counts must be consecutive and the same two (2) eight counts can be repeated if the fight song is repeated.
- Judging will be based on the following criteria:
 - Crowd oriented material, fit to music, using effective spacing and formations, and incorporating visual effects.
 - Placement, synchronization and strength of motions
 - Overall impression and crowd appeal.
 - Emphasis will be placed on practicality. All material should be suitable and able to be performed multiple times during a game or pep rally.

B. SPECIFIC SKILL RESTRICTIONS:

- No baskets, sponge, elevator, or similar type tosses permitted.
- No inversions and /or twisting into or out of stunts regardless of contact with bases.
- No single leg stunts.
- A jump is considered a skill and can only be performed in the two (2) eight count segment.
- A kick will not be considered as a skill and can be performed at any time during the routine.
- Maximum difficulty in tumbling is limited to back handsprings.
- Running tumbling is permitted only during team entrance and must be performed on the competition mat. Running tumbling will be limited to 1 flipping and 0 twisting rotations.

III. SIDELINE CHEERLEADING CATEGORY

A. ROUTINE AND JUDGING REQUIREMENTS:

- No music may be used during the performance. Live drummer and / or drum track is allowed.
- Each team's presentation must include at least two components required from the following: cheers, chants, traditional yells, and/or drum cadences.
- Teams should utilize all areas of their squad's crowd-leading strengths. The use of poms, signs, flags, megaphones and/or banners is encouraged.
- Judging will be based on the following criteria:
 - Crowd communication, including; crowd effective material, spacing and formations, voice and pace, crowd leading skills and use of poms, signs, flags, megaphones and/or banners.
 - Placement, synchronization and strength of motions
 - Overall impression and crowd appeal.
 - Emphasis on crowd involvement and practicality. All material should be suitable for a game or pep rally.

B. SPECIFIC SKILL RESTRICTIONS:

- No baskets, sponge, elevator, or similar type tosses permitted.
- No inversions and /or twisting into or out of stunts regardless of contact with bases.
- No single leg stunts.
- Maximum difficulty in tumbling is limited to back handsprings.
- Running tumbling is permitted only during team entrance and must be performed on the competition mat. Running tumbling will be limited to 1 flipping and 0 twisting rotations.

IV. TIME-OUT DANCE CATEGORY**A. ROUTINE AND JUDGING REQUIREMENTS:**

- Any dance style that is appropriate for a time-out situation within a sideline cheering setting is acceptable (i.e. jazz, pom, hip hop, etc.)
- Camp material may be easily adapted to fit this category.
- Poms are the only props permitted.
- Judging will be based on the following criteria:
 - Creativity and musicality, variety and the execution of transitions and formations.
 - Placement, synchronization and strength of motions/movement.
 - Visual effect and spacing.
 - Overall impression and crowd appeal.
 - Emphasis will be on audience appropriateness and appeal. This is a performance-based division. Crowd leading components will not be judged.

B. SPECIFIC SKILL RESTRICTIONS:

- Tumbling and/or stunting of any kind is prohibited, including during entrances and exits.
- Dance skills (i.e. turns, leaps, kicks, etc.) are permitted.