

ROUTINE INFRACTIONS

ATHLETE FALL - 0.25

Drops to the floor during tumbling and/or jump skills

Other examples:

- Hand/s, or head down in tumbling or jump skills
- Knee or knees down in tumbling or jump skills
- Tumbling transitions in and/or out of building skills

This does not include the following:

- An athlete that trips while walking during a transition

BUILDING BOBBLE - 0.40

Stunts and/or pyramid skills that almost drop, but are saved

Other Examples:

- Base and/or Spotter falls to the performance surface during a building skill
- Top person sits backwards onto the base/spotter and is pushed back up into the stunt/skill
- Lowering of a stunt (not timing issues) eg. extended position to prep level etc.
- Single based coed style stunts that drop to a load in position
- Pyramid skills which fall without the bracer/s support
- Both feet of the top person come in contact with the performance surface during a cradle (excluding one foot)
- Step down to performance surface from a nugget, thigh stand and/or waist level style stunts (not timing issues)

Does not include the following:

- An omitted skill
- Top person has a drop in body position
- Excessive movement made by bases
- Balance check by top person
- Hand/s of top person come in contact with the performance surface during a cradle

BUILDING FALL - 0.75

Drops from a building skill or transition during a stunt and/or pyramid

Other examples:

- Drops to a cradle position
- Drops to a load in position
- Drops to a prone position

Does not include the following:

- Dropping from an extended position to a prep level stunt/skill
- Single based stunts that drop to a coed load in position

MAJOR BUILDING FALL - 1.25

Drops to the performance surface from a stunt, pyramid or toss by the top person and/or the bases/spotter

Other examples:

- Single based coed style stunt where the top person lands on performance surface without assistance from bases and/or spotter
- Multiple bases and/or spotters drop to the performance surface
- Top person lands on base and/or spotter who drops to the performance surface

Does not include the following:

- Top person comes in contact with the performance surface during a transitional stunt and/or pyramid that is continuous without interrupting or stopping.

RULE VIOLATIONS

BOUNDARY VIOLATIONS - 0.25

The performance surface is defined as the 42' x 54' competition floor. The competition boundary is defined as the performance surface and any immediate adjacent safety border. A 0.25 deduction will be assessed per occurrence for an athlete that makes contact with both feet outside the competition boundary. Stepping on, or just past the white tape is not a boundary violation.

TIME LIMIT VIOLATIONS – 0.25

Teams that exceed the allotted time will be subject to the following deduction:

- 1 or more seconds over time will result in a .25 deduction

Routines that exceed the time limit run a risk of being assessed a deduction. Judges will use a stopwatch or similar device to measure the official time. Acknowledging the potential variance caused by human reaction speed and sound system time variations.

Teams that exceed the allotted time per category below will be subject to the deduction:

- All Star - 2:30
- Novice - 2:30
- All Star Non Tumbling - 2:00
- Cheersport - 1:30

LEGALITY VIOLATIONS - 0.25, 0.50, 1.0

- 0.25 Tumbling skills performed out of level will be issued a 0.25 deduction.
- 0.50 Building skills performed out of level will be issued a 0.50 deduction.
- 1.0 - Building safety violation will be issued a 1.0 deduction.

Clarification for building safety violation:

- If a skill is performed illegally and appears to be inherently dangerous and/or unsafe - regardless of the number of building groups
- If a skill is missing the number of athletes required to perform a certain skill legally (eg. not having the number of required catches for a cradle)

IMAGE POLICY – 0.25

Inappropriate choreography and/or music, as well as violations that break the image policy will be issued a .25 deduction.

UNSPORTSMANLIKE CONDUCT DEDUCTION – 1.0

When a coach is in discussion with an official, other coaches, athletes and parents/spectators they must maintain proper professional conduct. Failing to do so will result in 1.0 deduction and removal of coach or disqualification.

Includes the following:

- Inappropriate and deliberate physical contact between athletes during the event
- Abuse of equipment or any items associated with the event
- Using language or a gesture that is obscene, offensive, or insulting
- Using language or gestures that offend race, religion, colour, descent or national or ethnic origin
- Failing to perform a routine
- Excessive appealing at Score Reviews
- Showing dissent towards scoring official decision by word or action
- Threat of assault to an event representative
- Public criticism of an event related incident or event official

NOVICE DIVISION

To maintain the spirit of the division, Novice teams will receive warnings for athlete falls or where a rule violation was the result of a performance error. In other instances, the team may receive a deduction.

CHEERABILITY

Any violation of the CheerABILITY rules may include a 2-point deduction.

Judges reserve the right to assess warnings and/or deductions when a team's choreography, uniform, make up, bows etc do not meet the standards of 'appropriate' as described in this policy.

Cover-up Guidelines

Athletes with non-full top uniforms must wear a t-shirt or other suitable cover up over their uniforms unless they are in the warm-up area, travelling as a group directly to or from the warm up area, or on the performance stage.

Appropriate Choreography

All facets of a performance/routine, including both choreography and music selection, should be appropriate and suitable for family viewing and listening.

Examples of inappropriate choreography may include, but are not limited to, movements such as hip thrusting and inappropriate touching, gestures, hand/arm movements and signals, slapping, positioning of body parts and positioning to one another. Music or words unsuitable for family listening, which includes, but is not limited, to swearwords and connotations of any type of sexual act or behaviour, drugs, explicit mention of specific parts of the body torso, and/or violent acts or behaviour are other examples of inappropriate choreography. Removing improper language or words from a song and replacing with sound effects or other words may still constitute 'inappropriate.'

Music or movement in which the appropriateness is questionable or with which uncertainty exists should be assumed by the coach to be inappropriate and removed as to not put their team in an unfortunate situation.

Make-up

Makeup should be uniform and appropriate for both the performance and the age of the athletes.

Face/Eyelid/Hair Rhinestones are not allowed. False eyelashes are allowed but may not be decorated in rhinestones or additional jewellery. No rhinestones, plastic or metallic decorations to be glued on or woven into hair.

Bows

Bows should not be excessive in size (acceptable bows are generally no more than 3" in width) and shouldn't be a distraction to the performance. Bows should be worn in a manner to minimise risk for the participants, should be adequately secured and should not fall over the forehead into the participants' eyes or block the view of the participant while performing.

General Uniform Guidelines

No risqué, sexually provocative or lingerie looking or inspired uniform or garments allowed. All uniform pieces should adequately cover an athlete and must be secured to eliminate any possible wardrobe malfunction. Appropriate undergarments must be worn.

In addition to the below specific guidelines, athletes must also consider that a combination of uniform pieces may also deem a uniform appropriate or inappropriate. ALL garments must properly cover the athlete and the athlete's undergarments during the routine.

Uniform Skirt/Shorts Guidelines

When a skirt is worn as part of the uniform, briefs under the skirt are required. The skirt must fully cover the hips. The skirt must completely cover the briefs and must fall at least 1 inch below briefs (regular and boy cut briefs). When shorts are worn as part of the uniform, there must be a minimum of a 2" inseam.

Uniform Top Guidelines

Uniform tops may not include an exposed midriff (crop top) except when worn by athletes competing in Senior & Open divisions. Uniform tops must be secured by straps or material over at least one shoulder or around the neck (tube tops are not allowed).