

Midwest Cheer/Dance

PENALTIES

CHEER & DANCE --DIVISIONS

PENALTY	PTS. DEDUCTED OFF TOTAL SCORE	DESCRIPTION
<u>CHEER & DANCE</u>		
<u>ROUTINE TIMES</u>	---5 PTS	3--UP SEC. OVER ENTIRE ROUTINE TIME
<u>CHEER</u> <u>PROPS</u>	---10 PTS	The following ARE allowed: signs, banners, flags, poms, megaphones (there are no size restrictions on the above props) Props other than the above will be a penalty
<u>CHEER</u> <u>STUNTING & BUILDING</u>	----10 PTS ***for each violation***	<u>School & Rec/Youth teams</u> -:Strict compliance to AACCA Safety Stunting & Building rules-print rules out aacca.org/hssafety.asp <u>All Star</u> -:Strict compliance to the USASF Safety Rules & levels--PRINT RULES OUT usasf.net
<u>DANCE</u> <u>SAFETY</u>	-----10 PTS ***For each violation**	NO back handsprings, back tucks, or aeriels **exception to tumbling--you MAY do forward rolls, back rolls, and shoulder rolls--Individual handstands & back bends (they can not involve hip over head rotation-- --exception--Hip Hop Stalls are allowed-- NO cheer stunts-pyramids or tosses allowed Dance lifts are allowed--dancer is elevated from the dance surface and set down--
<u>CHEER/DANCE</u> <u>JEWELRY</u> (studio is different)	5 PTS	Jewelry is prohibited--NO TAPE is allowed to cover Take the jewelry out! This includes any body/ face-tongue piercing!!! <u>All Star/Studio Dance</u> --MAY wear jewelry <u>Cheer (all divisions)</u> --No hard or plastic hair accessories **a few bobby pins are allowed** <u>Dance (all divisions)</u> --You may wear hair accessories
<u>CHEER/DANCE</u> <u>HAIR</u>	5 PTS	<u>Cheer (all divisions)</u> --should be up in a pony tail (curled is fine) pig tails, braided (short hair--at least the sides need to be up) <u>Dance (all divisions)</u> -- Hair may be worn down
<u>CHEER/DANCE</u> <u>UNIFORMS</u> <u>CHOREOGRAPHING</u> <u>MUSIC</u>	10 PTS	<u>Uniforms</u> --should be appropriate for family viewing suggestive uniforms will NOT be allowed <u>Music</u> -:should be appropriate for family listening no swearing - sexual connotation or behavior etc. <u>Choreographing</u> -- should be appropriate for family viewing--No suggestive or vulgar moves etc. The following interpretation of any of the above will be determined by Midwest Staff
<u>CHEER</u> <u>ROUTINE DESCRIPTION</u>	5 PTS	Must abide by the rules of the routine descriptions <u>Tumble group</u> -- Must consist of only tumbling-no cheer or dance movements-which includes jumps-chants-turns etc... <u>All girl stunt group--coed partner</u> Must be performed to only MUSIC --NO Cheer/chant or motions--No jumps--NO dances or tumbling-EXCEPTION standing back hand spring into a stunt
<u>CHEER & DANCE</u> <u>SPORTSMANSHIP</u>	10 PTS **for each occurrence**	Reminder that each participant-parent and coach signed a code of ethics form--With that in mind--any unsportmanship-vulgar language / behavior towards any staff member, other teams, other coaches, or other spectators by a coach , spectator, participant WILL RESULT IN A 10 pt deduction If the COACH, SPECTATOR, PARTICIPANT gets way out of control YOUR TEAM WILL BE ESCORTED OUT BY SECURITY and IF A TROPHY WAS GIVEN TO YOUR TEAM--YOU WILL BE ASKED TO GIVE THE TROPHY UP and TITLE Keep in mind that just ONE parent or coach / participant could ruin it for the WHOLE TEAM!!! COACHES REMIND your parents that they signed the form and all spectators coming must abide by the rules also Remind Parents --If there is a concern about the placement of a team or suggestions about the organization of the competition Because scores are FINAL--Spectators ARE NOT TO COME UP after the awards ceremony or anytime during the cmpetition-BUT

they can voice their suggestion to you (the coach) and you
may voice your suggestions via email AFTER THE COMPETITION
NOT the parent but the COACH