

GENERAL RULES FOR CHEER & DANCE page 1

Midwest Reserves the Right to:

**ADD, DELETE, COMBINE OR CHANGE ANY DIVISION OR LEVEL FOR ANY REASON
**CHANGE ANY RULES FOR ANY REASON
**REJECT A REGISTRATION BECAUSE OF PAST MISCONDUCT AT OR AFTER A COMPETITION
**OFFER NO REFUNDS ONCE WE RECEIVE YOUR REGISTRATION
**DISQUALIFY TEAMS WHO DO NOT FOLLOW THE COACHES'-PARTICIPANTS'-PARENTS CODE OF ETHICS FORM
**OFFER NO REFUNDS AT THE DOOR TO SPECTATORS IF THEY MISS A PERFORMANCE (spectators should arrive at least 45 min- an hour before the scheduled performance time)
**STOP A PERFORMANCE BECAUSE OF AN INJURY

DIVISION RULES (also listed on the division page)

ALL DIVISIONS

****Midwest Cheer/Dance reserves the right to combine, change, or delete divisions for any reason***
****YOU MAY ENTER AS AN EXHIBITION TEAM IN ANY DIVISION--JUST WRITE IT ON REG.
THIS MEANS YOU CHOOSE NOT TO COMPETE BUT PERFORM AND GET SCORESHEETS**
*****SPIRIT TROPHY--- YOU DO NOT HAVE TO REGISTER FOR THIS DIVISION--
We watch all the teams during the day to see who demonstrated the best spirit & sportsmanship for all teams performing! Have your spectators show spirit too & make signs--We will be watching them also!!!!!!

CHEER ALL STAR

***** ALL STAR DIVISIONS WILL BE DETERMINED BY THE OLDEST MEMBER OF YOUR TEAM*****

****the age of your oldest as of Aug. 31 2011---Whatever age they are on Aug 31 2011 is the age we will use****

****SMALL GYM--we will be adding Small Gym category for ALL divisions (we will follow the rules of USASF to determine if you are a SMALL Gym & form must be filled out and signed) HOWEVER just as breaking up divisions into Lg and Sm--there must be at least 2 in each division to have a Small Gym division

****THE DIVISIONS WILL ONLY BE BROKE INTO SM-5-20 & LG 21 -36 AND SMALL GYM---- IF THERE ARE at least 2 OR MORE IN each DIVISION*****

**** WE HAVE ADOPTED THE USASF RULES / LEVELS & Divisions--GO TO www.USASF.net FOR LEVEL RULES*****

WHAT DEFINES AN ALL STAR TEAM --Does NOT cheer/dance for an organization but is formed through a gym, studio, or other--to compete only as a competitive team
EXCEPTION--A team that is formed through a gym, studio, or other and does NOT cheer/dance for an organization--but the gym/studio considers them a Recreation/Youth team and Not an all star--They may compete in Recreation/Youth if this is only the third competition they have competed in--You will be disqualified if we find you are dishonest!

DANCE --SCHOOL - ALL STAR - STUDIO - REC

ALL STAR/STUDIO & REC. DIVISION WILL BE DETERMINED BY THE OLDEST MEMBER OF YOUR TEAM

****the age of your oldest as of Aug. 31 2011---Whatever age they are on Aug. 31 2011 is the age we will use****

***Jump off will be during the Cheer portion--See Cheer School division if you are a dancer wanting to compete in the jump off

***ALL STAR/STUDIO --Rec--& Schools will compete together--in Teams and specialty divisions

***Rules --School--All Star/Studio--& Rec will use USASF Dance rules go to www.usaf.net

DEPENDING ON REGISTRATION NUMBERS--WE MAY COMBINE JAZZ --HIP HOP--POM INTO A GENERAL DANCE CATEGORY-DIVISION--SEE THE SEPARATE SCORESHEET FOR GENERAL DANCE CATEGORY-DIVISION--***

**Teams may enter 2 or more different categories

CHEER--SCHOOL / REC

*****JV & VARSITY MAY COMBINE TO COMPETE IN THE VARSITY DIVISION*****

****Rec/Youth will compete with the schools in all Specialty Divisions BUT will have a separate team divisions see below**

****SMALL (5-11) --MEDIUM (12-18) --LARGE (19-24) --SUPER LARGE (25-35) --We will only divide divisions into Sm-Med-Lg-SuperLg--only if there are at least 2 in each division

*** REC Teams --Whatever member is the oldest -(age as of AUG. 31, 2011) that is the division you will be in***

***ELEMENTARY / Junior High SCHOOLS that will bring a team of 5th-6th graders or even lower grades--you may compete in the Jr high (8th grade & under) OR if there are other teams of the same age we will add a 5th-6th grade division etc... OR you may choose to compete against a rec team (as long as you don't hold try outs)

WHAT DEFINES A JUNIOR OR HIGH SCHOOL TEAM

All members of the junior or high school cheer/dance team must be current members of the team and must attend the school they are representing--**EXCEPTION:** If the school is an ALL BOY private school team participants must consist of members that attend the-- official feeder/sister-- ALL GIRL --schools affiliated with the All Boy school AND cheer/dance for the sports offered at the ALL BOY School (not just formed for competitive reasons only)
No other exceptions will be allowed--If you are found in violation-disqualification and no refund

WHAT DEFINES RECREATION / YOUTH--Team is affiliated with a governing Youth organization (Pop Warner-American Youth Football-AAU-Local Football & Basketball)
The cheer/dance team supports, is affiliated, and cheers/dances for an organized sport ---1ST EXCEPTION--An elementary team that was formed through an elementary school & the school does not have sports for you to cheer/dance at--You may still be in Rec/Youth but must all be from the same school & NOT hold tryout
2ND EXCEPTION--If you are a team that is affiliated with a governing Youth organization but have also formed a *competitive* team-- you may enter the All Star division
3RD EXCEPTION--A team that is formed through a gym, studio, or other and does NOT cheer/dance for an organization--but the gym/studio considers them a Recreation/Youth team and Not an all star--They may compete in Recreation/Youth if this is only the third competition they have competed in--You will be disqualified if we find you are dishonest!

*** REC. & YOUTH COMPETITORS WHO DO NOT HAVE OTHER GROUPS TO COMPETE AGAINST IN TEAM DIVISIONS--MAY CHOOSE TO COMPETE IN THE SCHOOL DIVISION or all Star divisions**

AWARDS & CASH PRIZES

Hoosier Open & Open National

****If groups or individuals drop the day of the competition--We will use that final number for determining Cash prizes and awards***

***EVERY ATHLETE WILL RECEIVE A MEDAL** Every TEAM will receive a placement trophy

Teams will receive trophies--

Individual -Solo-Duet-Trio-Ensemble-jump off-power Turn- Girl Stunt group and Coed Partner Stunt--tumble group will receive me (Subject to Change)

CASH PRIZES--teams 10 1st place \$100

teams 12 -up 1st place \$100 2nd place \$75
 Individual / Solo 10-19 1st place \$100
 Individual / Solo 20- up 1st place \$100
 2nd place \$ 75
 Scholarship 4- up 1st place \$500 (will be eliminated if not 4 in the Scholarship-they can compete in IND.)

We will award a Grand champion (Highest Score for the Session) for Cheer team & Dance team

OPEN NATIONALS--

Will receive the above plus Championship Banners

***If you are the only competitor in a division you will NOT receive a banner BUT receive a 1st place trophy ***

2 teams 1st place--Banner with CHAMPIONS
 3 teams or more 1st place--Banner with Champions
 2nd place--Banner with 2nd place
 5 or more 1st place--Banner with Champions
 2nd place--Banner with 2nd place
 3rd place--Banner with 3rd place

PLUS--1st place winners (except divisions with only one team) will receive either backpack--Hoodie--or Jacket for each Athlete
 with Midwest's Logo and National Champion----Check coaches letter about 7 days before the event on the website to see which award it will be

HOOSIER OPEN-

All 1st place winner will receive \$8 off of every participant for Open Nationals

ALL 1st place winners will receive **free participant fees** for the winning team-for **NATIONALS**

We will award a Grand champion for the following: Cheer team & Dance team (All star-rec-studios and schools will be all in one group)

ENTERING & TIME START-END: This is how you will enter--

Please Read

ANNOUNCER: "Midwest please set up" (Quickly your team will enter , get into positions & set up props etc.)
 ******YOU MAY SPIRIT IN** !!!**BUT --If we feel that you are taking advantage of this opportunity to use excessive organized entrance then we will STOP you and Announcer will start your time and announce you immediately!!-----We move very fast and need to stay on schedule--NO team should take longer than 45 seconds to set up and Spirit in----- NO EXCEPTIONS!!!
ANNOUNCER: "Silence please, now performing Midwest"
 (You may not begin until the silence announcement)
TIME WILL START: After the silence announcement & our timekeeper hears the music or 1st word--sees first motion
TIME WILL END: When your team has come to a stationary position or a designated person signals timekeeper
 ***YOU MAY SPIRIT OFF!!!!** Once again quickly----

PERFORMANCE AREA:

CHEER: **Hoosier Open--** Foam performance mat 42 X 42
Open Nationals-- ALL STAR TEAMS ***SPRING FLOOR***** 56 x 42**
SCHOOL TEAMS*****Foam performance mat 42 x 42--pending registration
DANCE: **Hoosier Open--**the entire gym floor--full basketball court
 **Pending dance registration--could also perform on the cheer matt--you will know in advance
Open Nationals -Will perform on spring floor

WARM UP AREA:

CHEER: **Hoosier Open--**will have a carpeted performance mat 42 X 42
Open Nationals-- carpeted performance mat--42x42
 *****SPRING TUMBLE STRIP 12x42*****
DANCE: **Hoosier Open --**the entire gym floor--or 42x42 performance mat
Open Nationals--42x42 performance mat
 **Remember ALL cheer dance for Hoosier & Nationals must bring their own CD player for the warm up area **

COACHES PHYSICALLY INSTRUCTING TEAMS AS THEY PERFORM:

****NO COACH OR ASSISTANT MAY SIT RIGHT BY THE MAT AND HELP THEIR TEAM WITH MOTIONS OR DANCE MOVES OR COUNTS-- EXCEPTIONS--TINY & MINI TEAMS AND Specialty**
****THERE WILL BE A PENALTY IF WE SEE COACHES IN VIOLATION****

MUSIC:

** All teams **MUST bring at least 3 CD's**---If your CD is not read or does not work-you must try your other CD's---If you do not bring extra copies it is your fault if your music can't be played--NO TAPES will be accepted
 ** **A coach will have to go to the sound booth to play the music & stop music (Must stay at the sound booth)**
 Midwest has a professional sound company --The DJ/Sound engineer will load the CD and press play and stop--
 However the coach needs to be there to instruct when to play-stop and incase you need to give them another CD
 ** If you use a CD--it should NOT have multiple songs--Your CD should only have your song on it--It is very hard to play the correct #--If your song is played incorrectly--it is your fault if it has multiple songs
 ** The sound system is PRE SET--you are not to move the treble--bass--etc....the only control that you are allowed to touch is the volume----and pressing play and stop
 ** A mandatory sound check will be enforced--watch coaches info sheet closer to event

INTERRUPTION OF PERFORMANCE:

YOU WILL HAVE THE OPTION TO PERFORM AGAIN IF:

**Your music is interrupted because of the facilities' sound system
 **Your team has an injury during the performance --in which the injured leaves the floor (If you perform again we will use 2 nd performance)

YOU WILL NOT HAVE THE OPTION TO PERFORM AGAIN

**Your music stops or is not working because of the facilities' sound system & YOU DID NOT BRING An extra CD to try instead of the current CD
 You must bring at least 3 copies of your CD
 **Your CD has poor sound because of the CD your music was copied on
 **Your team has a fall during the performance
 **Your team has an injury during the performance but the injured keeps performing
****If you miss your warm up time and have to go on the floor**
 MIDWEST RESERVES THE RIGHT TO STOP A PERFORMANCE DUE TO AN INJURY

GLITTER & SPIRIT TATTOOS:

You may wear glitter on face, hair, and uniforms--BUT not in excess
 You may wear only one spirit tattoo (small tattoo on corners of eyes (2) are legal)

SCORES:

ALL SCORES & DECISIONS ARE FINAL-- INCLUDING SUBJECTIVE--PENALTY--TIME ETC...
 ***Midwest staff & coordinator will NOT discuss any scores with coaches at the competitions**Concerns can be directed to Coordinator via EMAIL**

HOOSIER OPEN--Midwest does not post ranking of the teams--If you wish to ask a coach if you could see their score and they agree that is fine

OPEN NATIONALS--Midwest WILL post rankings and scores on the website about 5-6 days after the event

HOOSIER OPEN & OPEN NATIONALS
 Score sheets may be picked up by the HEAD COACH after each awards ceremony--MUST be picked up 15 minutes from the end of the awards ceremony--IF NOT picked up by 15 minutes -you will need to email your address and ask for the score sheets to be mailed---otherwise they will NOT be mailed
 Specialty Score sheets will NOT be given to Individuals--ONLY THE HEAD COACH

SAMPLE Score sheets can be found on the website

TIES:

If there is a tie we will take the highest score in --
 CHEER- (Sportsmanship/Choreograph) -- If still a tie will take highest score in (Building/Stunting)
 DANCE- (Projection/Sportsmanship) -- If still a tie will take highest score in (Fundamental Dance Skill)

MAKING CHANGES:

You may change levels or divisions BUT there is a fee if done between Feb 1st-March 10th
 If done before Jan. 31st there is no fee---Specific INSTRUCTIONS for making changes are posted on the website under REGISTRATION GUIDELINES & POLICIES--these must be followed or changes will not be processed---No Changes can be made once the 1st Draft Schedule is posted usually 10 days before the event

SUBS & DROP OUTS:

You may bring in a substitute for an emergency and the sub must be from the same school--MUST NOTIFY CHRISTY FOR APPROVAL
If you have a team member that drops out the day of or after the 1st draft schedule is posted on the website or emailed to coaches - We will NOT move your team down to small--If you decide not to perform there is NO REFUND
 Whatever division you are at on the performance schedule is where you will stay!--Also you may NOT ADD member to your team the day of or once the performance schedule is sent out

CROSSOVERS:

Crossovers are allowed and there are no limits--- HOWEVER---
 Please be advised that Midwest does NOT change schedules for crossover conflicts
 We make every effort to adhere to the following-----There will be at least 15-20 minutes in between teams and crossover performances-- ***BUT warm up times may conflict with crossover teams and individuals***
 WARM UP TIMES WILL NOT BE CHANGED---Example A persons specialty warm up is when their other specialty division they are on is performing--They will just loose their warm up
 Another Example---An athlete is on 2 teams a Junior L2 and L3 OR Dance teams and Cheer All Star
 The one team they are on is warming up when the second team they are on are performing--then they miss the warm up-----

COACHES VERIFICATION OF PENALTY (STUNTS/PYRAMIDS/TUMBLING)-----

****AT THE COMPETITION AFTER Performance---** *If your team has received a building PENALTY--the Coach and Assistant Coach will be asked to come to the warm up area---You will be explained your penalty and the judge and coach will review it on the instant replay DVD---This is to ensure that the coach understands the penalty and to make sure that the stunt could not be interpreted differently-----The coach will sign the penalty sheet and penalty stands-----*

VERIFICATION OF LEGAL STUNTS & DANCE SKILLS :**BEFORE THE COMPETITION**

QUESTIONS regarding legal stunts and Dance moves will NOT BE DISCUSSED ON THE PHONE--You MUST SEND a video/DVD to Midwest for our feedback POSTMARKED BY FEBRUARY 1st
 VIDEO WILL BE SENT BACK IF NOT POSTMARKED BY FEB. 1 st !!!!**
 Video/DVD must include:
 **Written explanation of skill in question
 **Front, Back, and side view of skill
 **Coaches' Name, team name, address, COACHES' PHONE on tape or DVD
 **Do not send the entire routine-but just the skill in question
 **Videos/DVD that are not in the above format will be returned & will NOT be viewed
 ADDRESS: Midwest Cheer/Dance PO BOX 11602 Merrillville, IN 46410

VIDEO/DVD CAMERAS--- *We have a professional video company taping--Do not bring*

*video/dvd recorders---If we see a person with one--we will ask them to leave the competition with NO REFUND
 Lockwood Media offers a DVD you may take home that day*