



General Guidelines

1. All teams compete both days with the first day score accounting for one third and the second day score accounting for two thirds of the overall score.
2. All teams must have proof of age for all athletes competing. At any time during a championship, a team may be required to provide verification for any athlete. Illegal participation or lack of age verification will result end disqualification.
3. Athletic reserves the right to add, change, delete or combine any divisions for any reasons as well as move teams to designated divisions.
4. All team members must start within the competition floor.
5. Teams will compete on a 54 foot x 42 foot spring floor.
6. Teams may not pre-build any partner stunts or pyramids before timing starts.
7. Timing will begin with the first organized movement of a cheer or dance, the first note of music, the first words or building of a partner stunt or pyramid.
8. One representative from your group will be responsible for running your music during the competition. This person is required to remain at the sound booth through your team's entire performance.
9. Bring your music on CD for better sound, however some custom burned CDs will not play on some systems. ALWAYS have a cassette backup.
10. In the event your routine is interrupted due to failure of Athletic Championship equipment, facilities, etc., you may restart your routine from the beginning or from when the interruption occurred.
11. If the interruption is due to failure of your equipment, supplies, personnel or injury, you may either continue or withdraw from the competition.
12. Athletic officials reserve the right to stop a performance due to injury.

All-Star Cheer Team Guidelines

1. Routines may not exceed 2 minutes and 30 seconds.
2. All-Star cheer teams must follow the NACCC/USASF rules and general safety guidelines.
3. Divisions are determined by the **AGE** of the oldest member on the team.
4. Team members may compete in more than one all-star division as long as they abide by the age restrictions in all the divisions in which they compete.

School-Affiliated and Recreational Cheer Team Guidelines

1. Routines may not exceed 2 minutes and 30 seconds. Routines must contain at least one cheer.
2. School-affiliated and recreational cheer team divisions are determined by the **GRADE** of the oldest member on the team.
3. Mascots may perform with their team. However, they will be counted as a member of the squad.
4. School teams must follow the rules of the National High School Federation spirit rules book.

Dance Team Guidelines

1. Routines may not exceed 2 minutes and 30 seconds.
2. Dance team divisions are determined by the **AGE** of the oldest member on the team.
3. Jewelry IS allowed in the dance team divisions only.
4. Handheld props may be used in all dance team divisions.
5. The following are not allowed for dance teams: tumbling, partner stunts, pyramids, knee-drops, or toe touches to push up position.
Exception: Tumbling **IS** allowed in the **hip hop** division.