

CENTRAL PIEDMONT CHEERLEADING COMPETITION RULES

CODE OF CONDUCT

Coaches should:

1. Not criticize cheerleaders in front of spectators, but reserve constructive criticism for later, in private, or the presence of squad member is other might benefit.
2. Not criticize opposing coaches, cheerleaders or fans by word of mouth or by gesture.
3. Not use abusive or profane language at any time
4. Not incite unsportsmanlike conduct.
5. Abstain from the possession and drinking of alcoholic beverages in the presence of spectator, judges and/or squad member.
6. Abstain from the possession and smoking of tobacco in the presence of spectators, judges, and/or squad members.
7. Together with officials, be jointly responsible for the conduct and control of team fans and spectators.
8. Accept decision of officials and judges in competition as being final.
9. Emphasize that good athletes strive for good mental and physical health.
10. Emphasize that winning is the result of teamwork
11. Be a role model by setting a positive example.
12. Adhere to all rules and regulations as defined in the Central Piedmont competition guidelines.

CHEERLEADERS SHOULD:

1. Abstain from the possession and drinking of alcoholic beverages in the presence of spectators, officials, judges and /or other squads while wearing team uniform and representing their squad.
2. Not criticize opposing coaches, cheerleaders or fans by word of mouth or gesture.
3. Not use abusive or profane language at any time.
4. Take the responsibility of providing positive leadership at all times.
5. Always show respect and be courteous to officials, opposing coaches, cheerleaders and fans.

6. Strive to promote good sportsmanship.
7. Strive to be modest in victory and gracious in defeat

Cheerleading Competition Rules

PERFORMANCE RULES

Each squad will perform a three (3.00) minute routine utilizing jumps, dance, cheers, creativity, transitions, etc. Guidelines for your routine are listed below. Strict compliance with all rules is required

- 1) **TIME:** Routine maximum time limit is three minutes. Timing begins when your team is ready on the floor and your team name is announced. Penalties will be imposed for going over the allotted time.
- 2) **PRACTICE AREA:** There will be an area setup away from the performance area for your squad to practice and warm up. Each squad will be given ample time to practice prior to competition. Please arrive early.
- 3) **BEGINNING OF ROUTINE:** Routine must begin within the approximately 40' x 40' perform area. You may not begin in a pyramid or stunt. Poms must be placed on the performance areas in manner that aides in cheerleader positioning.
- 4) **MUSIC:** You are required to bring your own CD's or iPods. A representative of your squad must start and stop your music.
- 5) **PERFORMANCE AREA:** You, nor any props, are allowed outside the approximate 40' x 40' performance area after you begin your routine. The performance area will be marked. Stepping outside the performance area will result in and out-of-bounds infraction.
- 6) **BACJUP SPOTTERS:** Members of your competition squad must fulfill all special requirements as listed in these guidelines. See the attached copy of Central Piedmont Cheerleading Rules concerning stunts and dismounts. Flag squads will be allowed to have an adult give LIMITED help them get started. The squad needs to know the routine and if there is excessive coaching throughout then the judges will note this on the score sheets. All other age division are allowed to have adult spots, but will need to perform the routine without the help of an adult other than lining up in the beginning, placing signs, poms or megaphones, or to start and stop the music. Adults ARE NOT to be the support

of the stunt, but only the extra spot that a particular stunt may need. If an adult needs to be a main support, then the stunt is not mastered and the squad does not need to perform this particular, and no points will be given.

- 7) PROPS: Signs, megaphones, banners and poms are the only props that are allowed.
- 8) ENDING OF ROUTINE: Timing will stop when your squad comes to a stationary position,
- 9) POINT DEDUCTION: Points will be deducted from your final score for each infraction. The amount of the penalty depends on the severity of the infraction.

Cheerleading Competition Rules

General Information

- ELIGIBILITY** The Cheerleading Competition is open to all registered Central Piedmont cheerleading squads.
- REGISTRATION** All participants will be required to provide proof of age on the day of competition. Any violation will result in squad disqualification
- SAFETY** Please adhere to Central Piedmont's rules and regulations with regards to stunts, sportsmanship and personal appearances. A copy of Central Piedmont's Cheerleading rules has been included in this packet.
- WITHDRAW** Squads who cannot participate in the competition once registration has been received should let the HOST know as soon as possible. Entry fees are NON-REFUNDABLE.
- COMPETITION FACILITY** The competition facility will be declared a tobacco free, alcohol free, and drug free area.
- SOUND SYSTEM**-Each squad must provide its own CD's and/or iPods for competition. The Host will provide a microphone.
- MUSIC** Must be suitable for the relevant age group and in good taste. Profanities and referrals of an extreme nature (sexual or racial) may result in disqualification.
- SCORE SHEET** Score sheets taken from judges cannot be returned form amendment. Copies will be available to coaches following the award ceremony.
- JUDGES** 3 independent judges will sit on the panel. Under no circumstances are judges to be approached by coaches, participants or spectators. Judges will be identified by nametags Failure to adhere to this ruling will result in

disqualification of the whole team. *Judges decisions are final!*

AWARDS Squads in 1st and 2nd place will be awarded individual trophies. A Spirit Award will also be awarded (team only). The award ceremony will take place at the conclusion of ALL competition divisions.

VIDEO CAMERAS Flash photography can be distracting during a routine so picture taking during the competition is prohibited. Failure to comply with these ruling will result in persons being ejected. Pictures may be taken while squad is at a standstill or during intermissions. A suitable area will be designated for picture taking.

SALE OF MERCHANDISE All potential vendors must obtain permission form HOST organization prior to competition,

ADMISSION ONLY cheerleaders listed on the official registration forms, two coaches and one trainer will be admitted on competition day FREE of charge. NO EXCEPTIONS! The general public will be admitted at the following rates:

Adults (ages 13 and older)	\$5.00
Youth (age 5 – age 12)	\$3.00
Children (birth – age 5)	FREE

Please relay the information regarding admission charges to parents and other spectators so they may be prepared.

DATES The Cheerleading competition will be held on a date determined by the host site. Host area will be determined yearly by the Cheerleader Competition Committee. First round of competition will normally begin at 10:00am but can be changed by host.