



## 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

### **BUILDING FALL - 0.75**

Drops to a cradle, uncontrolled dismounting and/or uncontrolled lowering of a building skill (not timing issues)

*Other examples:*

- Top person shifts weight and/or alignment onto a base or spotter during a building skill
- Base or spotter drops to the performance surface during a building skill
- Safety spotter touches stunt

### **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:*

- Top person drops to the performance surface
- Multiple bases and/or spotters drop to the performance surface
- Top person lands on base and/or spotter who drops to the performance surface

### **MAXIMUM - 1.75**

When multiple deductions should be assessed during a stunt or toss (by a single group) or during a pyramid transition, then the sum of those deductions will not be greater than 1.75.

\*\*\*Bobbles, balance checks and controlled timing errors will be reflected in technique scores\*\*\*

## 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 .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 2:30 will be subject to the following deduction:

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

The routine time limit is 2:30. Routines that exceed this time limit run a risk of being assessed a deduction. Judges will use a stop watch or similar device to measure the official time. Acknowledging the potential variance caused by human reaction speed and sound system time variations, judges will not issue a deduction until their stopwatch/clock shows a time that exceeds 2:33.

### **SAFETY VIOLATIONS**

- 0.50 Tumbling skills performed out of level and General Safety Guidelines will be issued a 0.50 deduction.
- 1.0 - Building skills performed out of level will be issued a 1.0 deduction.

## **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

## **MINIMUM ATHLETE REQUIREMENT**

If a team competes with fewer than the minimum number of athletes for their specific division, a deduction will not be assessed if that team is registered and rostered with the minimum amount of athletes required for that division. Teams that register, roster and compete with fewer than the number of athletes required for a specific division will either be moved to the correct division or issued a 5 point deduction.

From a judging perspective, all teams competing with fewer than the number of athletes required will be scored as if they meet the minimum athletes requirement (in terms of majority and most) and will not be eligible for bids to any end-of-season events.

## **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).