



Cheer & Dance Competition Regulations

The following general guidelines should be applied to all competition performances. Please read through all listed regulations carefully. If you have any questions regarding the following regulations or require further assistance deciphering the guidelines, please feel free to contact us @ 216- 201-9033/ 888-856-1006 or via email @ competitions@shakeitupinc.com

Acceptable Maneuvers

JUMPS

Tuck
Toe Touch
Double 9
Spread Eagle
Front Hurdler
Double Toe Touch
Double Hook
Side Hurdler
Combination Jumps
Herkie
Jump, combined with gymnastics
Around the World

TUMBLING

Forward/Backward Roll
Aerial Cartwheel
F/S Standing Back Handspring- Back Tuck
Cartwheel
Full Squad (F/S) Back Handsprings
F/S Standing Back Tuck
Round Off
Round Off- Back Handsprings
Round Off- Back Handspring- Back Tuck
Front/Back Walkover
Round Off- Tucks
Layout
Series Back Handsprings
Full Twist
Staggered Tumbling
Series with Whip Backs

STUNTS and PYRAMIDS

Shoulder Stand
Straddle Kufft, Extended
Basket Toss Variation
Thigh Stand
Walk-Up Chair
Heel Stretch
Extension Prep
Walk-Up Torch
Full Down and Double Down Dismounts
Straddle Life, Shoulder High
Extension
Lib
Vaults
Dead Man Lift
Awesome
180* Helicopter
Pendulum
Arabesque
Pencil Down
Scale
Basket Toss
Single-Base Extended Stunts
Transition Stunts
Tick Tock
Scorpion
Bow and Arrow
Toss to Hands
Cupie
Diamond Head

Dance/Cheer Competition Safety Rules & Guidelines

General

1. A qualified and knowledgeable coach/advisor should direct and supervise all team activities.
2. In the event of an emergency, all coaches/advisors should have an emergency response plan for all teams.
3. Participants should always be properly trained.
4. For safety reasons, a qualified, knowledgeable coach/advisor should determine the ability level of a team and its members and limit their activities accordingly.
5. All teams should have strength and conditioning program designed specifically for them.

6. Stretching and warming up should precede and follow every practice and performance.
7. Never attempt any technical skill in public that has not been mastered in practice.
8. Appropriate shoes and dress should always be worn when practicing or performing.
9. Teams should always follow a proper progression when learning new skills, and should never attempt any technical skills unless the coach/advisor is present and providing direct supervision.

Competition Area/Flooring

1. Teams are not allowed outside the stipulated performance area after the routine has begun **(5 point deduction each occurrence)**.
2. Participants must enter/exit the floor in a timely fashion. Spirited entrances and exits are permitted and are not timed.
3. Placement of Props must take place immediately after the previous performance is concluded and must be removed after routine.
4. Flags, banners, signs, poms and megaphones are the only props permitted.
5. Coaches/representative may place/remove Props for teams/individual.

Music

1. Please bring two high quality bias recorded cassette tapes or CDs.
2. You should always bring several backups!
3. All cassettes and CDs must be marked with the team name and division.
4. If you are using a cassette tape, please make sure it is cued before arriving at the sound table.
5. A coach or advisor must be present at the DJ/sound area at the start of the performance and must stay throughout the performance to ensure that the DJ is appropriately queued when to start/stop the team's or performer's music.
6. Review the content of the music for any inappropriate language or sounds. Any explicit or inappropriate lyrical content used in performances are subject to point deductions **(10 point deduction)**. Music of poor quality may detract from your performance and could affect scoring.

Interruption of Performance

1. If interruption occurs during routine performance due to tournament equipment, facilities, etc. participants will be permitted to restart the routine from the beginning or at the point of interruption.
2. If interruption occurs during routine performance due to your equipment (cassette, CD, etc.), participants may either continue or withdraw from the competition **(5 point deduction)**.
3. If an injury occurs during a routine performance, a team may either continue or withdraw from the competition.
4. The competition official will determine where the routine continuation will take place in the performance order in either scenario (#2 & #3).
5. Competition officials reserve the right to stop a performance due to injury.
6. In any case of the routine being restarted, new scores will be assessed and previous scores will be eliminated.

Routine

1. Routine Time Limit– Maximum time limit for a routine is 2-1/2 minutes.
2. Any performance that exceeds the time limit will result in a point deduction (**6 + seconds over time limit = 5 point deduction**).
3. Dance-Timing of each routine will begin with the first beat of music and end with the last.
4. Cheer-Timing of each routine will begin with the first beat of music or the first movements made and end with the last beat of music or the last movements made.
5. All performances must begin with each participant having at least one foot on the floor (**5 point deduction**).
6. Chants, spell-outs, etc. are considered part of the routine and are timed as part of the performance.
7. Mascots are not allowed during the routine.
8. All choreography should be suitable for family viewing and always in good taste. Point deductions and/or disqualification can occur if any of the following are exhibited (**10 point deduction, per violation**). If performers are aware of “questionable” movements prior to competition, please feel free to contact Shake it Up, Inc. to verify the appropriateness of the movement in question.
 - a. Inappropriate contact of one’s self or partner(s).
 - b. Removal of clothing in a suggestive manner. (Exposing “intimate” apparel)
 - c. Explicit skills
 - d. Any overtly sexual or suggestive movements
9. All routine performances should showcase athletic talent and emphasize teamwork (for group) and spirit.
10. Knee, seat, back and split drops from a standing or inverted position or a jump are prohibited unless the majority of the weight is first borne on the hands or feet in order to lessen the impact of the drop (**10 point deduction, per violation**).
11. Any spotted, assisted, or connected tumbling where two or more participants are in direct physical contact with one another is prohibited. (e.g. toe pitch flip) (**10 point deduction, per violation**).
12. Dance-All stunts, pyramids and tosses are prohibited. However, Dance Lifts are permitted (**10 point deduction, per violation**).

General Appearance & Apparel Requirements

1. Participants must wear soft-soled shoes while competing.
2. Wearing socks or tights only is prohibited.
3. Wearing hard-soled shoes is prohibited.
4. Approved jewelry that should be worn as part of the costume include; legal stud/post earrings, hair accessories, etc).
5. Prohibited jewelry includes; hoop/dangling earrings, belly and facial piercings (ex; tongue, eyebrow, chin and nose piercings) (**5 point deduction each occurrence**).
6. Dance - Bracelets, dangling necklaces, chain belts are prohibited unless secured to the dancer’s costume or body (**5 point deduction each occurrence**).

7. Cheer- Hair should be worn off of the face. Hairstyles should not cause a potential safety hazard (**5 point deduction each occurrence**).
8. Medical alert bracelets or necklaces may be worn. These items should be removed from the neck/wrist and secured to the body by tape.

Unsportsmanlike Conduct

(The following infractions will result in a 25 point deduction from the total score)

1. Inappropriate or unsportsmanlike behaviors, profanity, disrespect, and/or vandalism from anyone including coaches, athletes, parents or supporters is prohibited.
2. Individuals, teams, and their teachers, coaches and relatives are strictly prohibited from harassing the judges, scorekeepers or officials.
3. Any form of baiting or taunting, whether intended or designed to embarrass, ridicule, or demean others under any circumstances including on the basis of race, religion, gender or national origin is discouraged and disallowed.

Judging /Scoring

1. Judges' scores sheets and comments will not be available to the teams until after the competition and will be mailed from corporate offices within one business month.
2. Any questions concerning the rules of the competition, the scoring of the participants, or the rankings of teams shall be handled exclusively by the coach or the captain of the team and shall be directed to the company official. Such questions should be made prior to the team's/individual's competition day.
3. Decisions by the judges concerning competition results or awards will be final and will not be subject for review.
4. Each coach has the right to request, to the company official, a meeting with the Head Judge to voice any grievance for any tournament fouls or penalties. Grievances must be filed after the competition via email or phone the next business day.
5. Judges will make prompt and fair decisions.
6. For tied results, the discarded high score is added back in to determine the higher ranked team. If this still results in a tie, the discarded low score is then added back in. If this still results in a tie, then the final result is that both teams are tied.
7. Individual judges score sheets are for the exclusive use of each particular judge. Each judge has the responsibility and authority to review and submit his or her final scores prior to the final tally of the scores for all teams.