

Indy Crossroads 2023 Cheerleading Competition Expectations, Rules, and Policies:



Cheerleading Content:

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USA Cheerleading Safety Rules (Page 6):

- Jumps, tumbling, stunts & pyramid safety restrictions.

2023 Competition information including the following & more will be sent to coaches through email:

- Coach Check-In
- Warm-up Check-In
- Team meeting location & times
- Jump-Off Information
- Participation Packets

Indy Crossroads Performance Rules & Expectations:

Competition Divisions:

Divisions will be separated by grade levels and teams compete with teams only in the same division. Grade levels may combine but must perform in the higher grade level division of the oldest cheerleader. Grade Divisions: Kindergarten, 1st grade, 2nd grade, 3rd grade, 4th grade, 5th grade, 6th grade, 7th grade, & 8th grade

- Small and large grade divisions will be determined based on size of the competition and/or major team size differences.
- Note: it is possible for a division to have only one team competing however, competition & awards work the same.

Routine Timing:

The maximum total performance time may not exceed two minutes and thirty seconds (2:30) for exhibition and competition teams. Timing will begin with the first word, movement, or beat of music, and end with the last word, movement or beat of music. Spiriting onto the performance space is encouraged and will not start your teams performance time. If a team runs onto the floor and uses “5-6-7-8” set to get ready, this will NOT be counted as part of the team’s performance time.

- 2 minutes and 30 seconds performance time limit.

Scoring:

Competition Judging Sheet can be found on the Indy Crossroads Website under the “Cheer/ Features” tab. Teams will be scored on cheer and/or chants, dance, engagement, jumps, overall execution, pyramid, stunts, and tumbling. Judges will be focusing on proper technique, energy, and synchronization during the performance. Routines can be constructed in any way coach’s and choreographers want as long as it is appropriate and doesn’t go past 2 minutes and 30 seconds.

Performance Expectation:

- Cheerleaders must have proper spacing before tumbling, stunting, etc. to avoid injuries.
- Performance will be on dead-mat.
- Teams can spirt on and off performance area however, it is not recommended to choreograph entrance.
- After performance teams will meet coaches back at where they came onto the floor from (entrance and exit location the same).
- More information to come through email.

Jump- Off Expectations:

All teams are welcomed and encouraged to participate in the Jump-Off Showcase. 2 cheerleaders per grade can participate for each team. Ex: If your team is 5th & 6th you can have four cheerleaders (2 from each grade) participate. The jump-off is divided by grades and each participant can demonstrate 1 jump of their choice and 1 toe touch. Jump-Off will be in front of an audience and judges. Judges will award certificates to the Jump-Off Showcase champions and a participation award to all cheerleaders who participate.

- Prior to competition we need sent the first name, last name, and grade of the cheerleaders participating. Reminder email will be sent closer to Competition Date.

Cheer Routine Expectations:

Music Policy

All teams must provide their own device with their teams music. A DJ will be present and will press play for the team however, we recommend and encourage each team to have a designated person in charge of handling music in case of any technical difficulties.

- We ask if your music is on a phone to set “Auto-Lock” in settings under “Display & Brightness” to “never” prior to the competition. This ensures the phone will not turn off so music does not stop and the DJ can play music.
- Sound system requirements and details will be sent out through email at a later time.

Appropriate Choreography:

All movements performed in the routine should be suitable for a family viewing audience. Inappropriate gestures will not be tolerated and a team will be disqualified if necessary. Officials will use previous judging experience to determine if a team includes, but not limited to any harmful, inappropriate, or aggressive indications throughout the routine. If the appropriateness of the movement is questionable, it is recommended that the movement is removed from the routine.

Unintended Performance Circumstances:

If a team is interrupted or effected by but not limited to; competition mishap, technical difficulties, athlete injury, facility/ environment factors, etc. then a team should stop the routine and will be given another opportunity to perform.

Indy Crossroads Safety Rules & Policies:

Coaching Safety Expectations:

- A coach must supervise athletes throughout warm-ups, while on the competition floor, and during awards. It is recommended that athletes also remain with a coach, team representative, or parent during the competition event when not competing.
- All teams within an organization should have a separate emergency response plan for practices and competitions.
- If an athlete is taking medication, it is the responsibility of the coach to ensure that the athlete is still capable of executing the routine safely before allowing them to compete.
- All coaches should be sober when checking into registration and remain free of alcohol and drugs.
- Skills should only be performed or practiced on appropriate and safe provided surfaces.

Athlete Safety Policy:

- All athletes should feel comfortable and safe throughout the entire competition. No skills beyond their ability should be attempted.
- Skills that athletes cannot confidently perform should not be included in the performance, practiced during warmups, or tried anytime at the competition venue.
- Athletes cannot be exchanged during the routine. Any athlete who begins the routine must stay within the performance surface boundaries during the routine. A team cannot have one athlete start the routine and replace that athlete with a different athlete part of the way through the routine.
- Athletes may not have items in their mouth during warm-ups or while competing, to prevent choking.

Spotter Policy:

- Spotters are not provided but are allowed and recommended.
- Spotters are for added safety and should stand at the back of the floor when not spotting during stunts or pyramids.
- Spotters should only be used to prevent a fall to the competition floor. Any touch, assist, or saved skill will be given a stunt deduction. Spotters are not allowed to verbally coach while their team is on the performance surface.
- Spotters are not allowed to replace a cheerleader required for building skills. Spotters should not dress or act in a manner that distracts from the athletes and their performance. Should be at least 18 years old and familiar with spotting the skills of the performing team.

Performance Props Policy:

- The only props allowed in a routine are a standard flat banner or sign, pom poms, megaphones, and pieces of cloth.
- Props should be simple, clear, and appropriately include organization, team, mascot, logo, or team colors on it. Athletes may not bear weight on the prop for any reason. A prop may not obstruct an athlete's vision. Athletes may not step on or off of the competition floor to get prop(s) or discard prop(s). All props must be safely discarded. (Ex. Teams may not throw a hard sign from a stunt or across the floor.)

INDY CROSSROADS CHEERLEADING COMPETITION SAFETY RULES:

Category	UNDER 10
JUMPS	All jumps and jump combinations allowed.
TUMBLING	<p>Forward and backward rolls allowed</p> <p>Forward, backward walkovers, and roundoffs allowed</p> <p>Back handsprings allowed</p> <p>Running back handsprings allowed</p> <p>Running back handspring series allowed</p> <p>Running back handspring tuck allowed</p>
STUNTS	<p>No inversions (the head can never be below the hips).</p> <p>No release stunt transitions other than a reload from a cradle position.</p> <p>No spinning/twisting.</p> <p>A standing stunt at prep level must be double based and standing on both feet.</p> <p>No released dismounts (bump down, re-grab hands, use a post and pop down, etc.)</p>
PYRAMID	<p>Follow stunt rules.</p> <p>Must be connecting.</p>
BASKETS	Not allowed.

All cheerleaders should feel safe and comfortable with the skills they are doing. Do NOT have cheerleaders do skills they are not ready for. We want a fun and safe experience for everyone!

USA Cheerleading recommends the information above and Indy Crossroads will be following it for overall safety.