

2024

Indy Crossroads Cheerleading Exhibition Information

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Exhibition Division

About:

The Exhibition Division is an opportunity for teams to showcase what they have been working on throughout the season to loved ones and other participants. This would allow cheerleaders to experience a competition without competing against other teams. In the future, if you think your team(s) would be interested in the competition, this allows coaches and cheerleaders to see what the competition looks like.

Information:

Exhibition teams will not be scored or competing with any teams, it is primarily for fun and a new opportunity for teams.

- A league can decide to have one or more of their teams' exhibit and NOT compete.
- ANY age group may participate in the exhibition division.
- Exhibition division teams may also participate at the Indy Crossroads Football Tournament. Cheerleader Participation Fees cover all guests for the performance location and at the football games.



Exhibition Includes:

- All cheerleading participants will receive a medal and teams have the opportunity to experience awards, if interested!
- Teams will have designated warm-up and meeting times prior to their scheduled performance time.
- All teams who register have the opportunity to enter the Jump-Off competition held during the competition after all teams have performed!
Judges will award certificates to the Jump-Off Showcase Champions and participation buttons to all cheerleaders who participate. (Jump-Off information below).
- Cheerleader fees cover all guests.
- Sideline Cheer at your Football Teams Games with no additional cost.
To learn more regarding cheering during Indy Crossroads National Football Championship go to the “Sideline” tab on our website.

Day-Of Details:

- Performance will be held at a Local Indianapolis High School.
- Exhibition teams will perform before competition teams (location will be same as cheerleading competition)
- Check-in, warm-ups, and performance times will be assigned and emailed to each team after registration closes.
- Jump-offs will occur after all exhibition and competition teams perform. Awards will take place after jump-offs. Estimate jump-off and award times will be sent out.
- Additional information will be sent after registration closes.

Performance Details:

The performance can be anything your team feels comfortable performing in front of others. Teams can perform any combination of skills including cheers, dances, chants, jumps, tumbling, stunting, etc.

- The performance will be on Deadmat.
- 2 minutes and 30 second time limit for all teams performing.
- Coaches are expected to be spotters for their team if necessary.

Additional performance information and expectations below.

Warm-Ups:

Each team will have the opportunity to warm-up prior to performance time.

- Each team gets 15 minutes to warm-up on dead mat.
- 10 minutes for Tumbling/ Stunt on warm-up mat 1-2 dead mats and 5 minute reserved open space (most likely on gym-floor) for Walk-Throughs.

Warm-Ups may look slightly different each year due to access at the venue, information will be sent to coaches after registration closes.

Jump-Off:

All competition and exhibition 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.

Performance Expectations:

- Performances can consist of any variation of the following dance, cheers, chants, jumps, stunts, pyramids, tumbling, etc. (can be anything teams feel comfortable performing in front of an audience).
- Teams have 2 minutes and 30 seconds to showcase any of the skills they have practiced and feel confident to perform.
- After performance, teams will meet coaches back at where they came onto the floor from (entrance and exit location the same).
- Cheerleaders must have proper spacing before tumbling, stunting, etc. to avoid injuries.
- Spotters are not provided but are allowed and recommended to ensure safety for athletes.
- 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! Safety Rules apply that USA Cheerleading recommends, safety rules can be found below.

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.

Indy Crossroads Safety Rules & Policies:

Coaching Safety Expectations:

- A coach must supervise athletes throughout warm-ups and while on the performance floor. 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 performance and night. 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 may not have items in their mouth during warm-ups or while competing, to prevent choking.

USA Cheerleading recommends the information below and Indy Crossroads will be following it for overall safety:

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

Please contact us with any questions!

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