

2024

# Indy Crossroads Cheerleading

COMPETITION & EXHIBITION  
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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 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.

# Competition

## ***About:***

The Competition is an exciting opportunity that allows cheer teams to perform and compete against other youth cheerleading teams in Indianapolis, IN.

The competition is a showcase to perform what your team can do and how well they can execute the routine! The event allows teams to show off the skills they have been working on throughout the season and the chance to earn a first place trophy!

Indy Crossroads offers friendly & fair cheerleading opportunities for all cheer teams and skills. Our goal is to create a supportive and enjoyable environment where teams can showcase their hard work and have a memorable experience.

## ***Information:***

Whether your team is new to competition or has been in the game for a while, this competition welcomes and encourages everyone.

- A league can decide to have one or more of their teams' participate in the competition (same or different division).
- Bring whatever level your teams are at, this competition is not focused on difficulty.
- ANY age group may participate in the competition.
- ANY skill level may participate in the competition.
- We will have all types of skill levels and divisions including, younger and older age groups (K-6th), teams new to competing and performing, teams with limited tumbling or stunting skills, teams with less and more than 10 cheerleaders, etc.

## ***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, 5<sup>th</sup> grade, 6th grade, 7th grade, & 8th grade

Grades may be combined into one or more teams but must compete in the highest grade level division of the oldest individual participating in the competition.

- 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.

Note: Competition divisions have been determined based on the grade of the oldest cheerleader on the team. Teams historically have a variety of grades on one team therefore, a 6th grade squad could compete against a team with 4th graders, 5th graders, and 6th graders or any other grade mix. However, divisions will be determined based on the teams that sign up to ensure a fair competition. Therefore, divisions may look differently depending on age combinations and other demographics based on team registration.

## Competition & Exhibition Include:

- All cheerleading participants (exhibition and competition teams) will receive a medal, each competition division's champion team will be awarded a first place trophy.
- All teams will experience an awards ceremony after all teams compete.
- 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.*

## ICC Cheer Events:

We have a variety of opportunities teams can participate in, coaches/ teams can choose to compete or perform in the exhibition division Saturday November 9th, 2024, at a local Indy High School. Teams can also choose to ONLY cheer at their team's football games two Saturday & one Sunday. Or Teams can compete Saturday night & sideline cheer at the football Championship that takes place on Sunday November 10th 2024.

# Registration:

## ***Registration:***

### ***2024 Cheer Registration Opens August 10<sup>th</sup>***

Visit our website for registration steps and information:

<https://indycrossroadscheer.mailchimpsites.com/register>

## ***Fees:***

Competition & Exhibition 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.

**Competition:** \$150.00 per team plus \$25.00 per cheerleader

**Exhibition:** \$50.00 per team plus \$25.00 per cheerleader

**Sideline:** \$25.00 per cheerleader

## ***Team Lodging:***

In order to participate in any Indy Crossroads Event teams traveling a distance of 60 miles or more are required to book their lodging through our partner company, Total Event Services. TES includes a secured specialty discounted hotel rooms at some of the best hotels in the area. The discounted room block rates are lower than teams can obtain directly through the respective hotel websites. For more information regarding Team Lodging please use the following link to our football/ main website: <https://crossroadsfb.com/team-lodging>

## Day-Of Details:

- Performance will be held at a Local Indianapolis High School.
- Check-in, warm-ups, and performance times will be assigned and emailed to each team after registration closes.
- Exhibition teams will perform before competition teams (location will be same as cheerleading competition)
- Coaches MUST bring the “Check-In Packet” to check-in which includes the cheer participation waiver that MUST be signed by every cheerleaders legal guardian and an updated team roster. “Competition Packet” information will be sent to coaches prior to the day of the competition.
- 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.

## Day-Of Schedule:

Once registration closes we will send out a competition and exhibition time-sheet to coaches. This will include your teams check-in, warm-ups, performance time, when doors open to teams and audience, and will include an estimated time for the Jump-Off Showcase to take place followed by an award ceremony for all teams (including exhibition).

Note: Additional information will be sent after registration closes.

## ***Performance Overview:***

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 Overview:***

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.



# RULES & EXPECTATIONS:

## Routine:

- 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).

## ***\*Competition\* Teams:***

- 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.
- To ensure all competition teams will be scored fairly Judges will use the "Competition Scoring Sheet" to distribute and/or deduct points during your teams performance.

## ***Scoring:***

- Judges will use teams overall scores to evaluate and announce each teams placement.

Overall Score: 100 possible points

Categories:

- Cheer/ Chant, Dance, Jump (25 possible points)
- Stunts, Pyramid, Tumbling (25 possible points)
- Engagement & Overall Execution (50 possible points)

**[Click here for score sheet](#)**

## Performance:

- Teams have 2 minutes and 30 seconds to showcase any of the skills they have practiced and feel confident to perform.
- Timer starts when performance begins, NOT deducted in time: entering, exiting, getting set.
- Teams can spurt on and off performance area however, it is not recommended to choreograph entrance.
- 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.
- After performance, teams will meet coaches back at where they came onto the floor from (entrance and exit location the same).
- 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.

## Jump-Off:

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 5<sup>th</sup> & 6<sup>th</sup> 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.

# Routine Expectations:

## ***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.

## ***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.

# 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.)

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

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

**Please contact us with any questions!**

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