

## **Exhibition Division Rules and Expectations:**



The Exhibition Division will be held at the same location venue and same time as the Cheerleading Competition. This is a great opportunity for teams to showcase what they have been working on throughout the season to parents and other participants who may be in attendance. 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. The performance can be a variety of cheers, dances, chants, jumps, tumbling, stunting, etc., or can be only performing a chant. You can make it whatever your team feels comfortable performing in front of others!

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.

A league can decide to have one or more of their teams' exhibit and NOT compete. This would allow cheerleaders to experience a competition without competing against other teams. ANY age group may participate in the exhibition division.

Please review the information below over Performance Expectations, Music Policy, and Safety Rules:



## **Performance Expectation:**

- Cheerleaders must have proper spacing before tumbling, stunting, etc. to avoid injuries.
- Performance will be on dead-mat and warm-up space will be available for all teams.
- After performance, teams will meet coaches back at where they came onto the floor from (entrance and exit location the same).
- Teams have 2 minutes and 30 seconds to showcase any of the skills they have practiced and feel confident to perform.
- 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).
- Spotters are not provided but are allowed and recommended to ensure safety for athletes.
- More information to come through email.

## **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.



## INDY CROSSROADS CHEERLEADING SAFETY RULES:

Category	UNDER 10
<b>JUMPS</b>	All jumps and jump combinations allowed.
<b>TUMBLING</b>	<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>
<b>STUNTS</b>	<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>
<b>PYRAMID</b>	<p>Follow stunt rules.</p> <p>Must be connecting</p>
<b>BASKETS</b>	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.