

Exhibition Division Rules and Expectations:



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.

Recommended for 1st grade age groups and under however, ANY age group may participate in the exhibition division.

Performance information:

Teams will perform in front of a live audience and coaches can receive feedback if wanted from judges. If coaches want feedback let the Indy Crossroads Cheerleading Director, Delaney Mimms know prior to competition day.

Exhibition teams may have music to perform to, but is limited to 1 minute and 30 seconds. Teams are recommended to perform a routine that includes any of the following; dance, cheers, chants, jumps, stunts, pyramids, tumbling, etc.

Coaches must review the Indy Crossroad Safety Rules located below for ages under 10. Teams should perform routines that are best equipped to their skills.

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.