THE RING CHAMPIONSHIPS CHEER AND DANCE

CHEER INDIVIDUAL & GROUPS

RULES & GUIDELINES

1. Eligibility

   o Open to athletes of all skill levels.

   o Participants must be registered and meet age requirements for their division.

   o Coaches and choreographers may not assist performers once the routine has started.

2. Performance Time Limits

   o Partner/Group Stunts: 1 minute & 30 seconds.

   o Best Cheerleader: 1 minute & 30 seconds.

   o Dance Solos/Duos/Trios: 1 minute & 30 seconds.

   o Cheer Duos/Trios/Quads: 1 minute & 30 seconds.

   o Power Jumps: 45 seconds.

   o Power Tumblers: 1 minute & 30 seconds.

      Timing Start: Begins with the first organized movement, word, or musical note.

      Timing End: Concludes with the last movement, word, or musical note.

3. Music & Choreography

   o All music must be appropriate for family-friendly audiences.

   o Routine choreography must be original and free of copyrighted material.

   o No inappropriate or suggestive movements.

4. Divisions

   o Individuals: Solo performances categorized by age level.

   o Duos/Trios: Two or three participants performing together.

   o Small Groups: 4-5 members.

- Partner Stunts: 2 athletes and 1 spotter.

5. Age Levels – Birth Year

    - Tiny: 2017 - 2019

    - Mini: 2015 - 2019

    - Youth: 2012 - 2019

    - Junior: 2008 - 2018

    - Senior: 6/1/05 - 2012

    - Senior Coed: 6/1/05 - 2012

6. Judging Criteria

    - REVIEW SCORE SHEETS IN REGCHAMP

7. Safety & Prohibited Skills

    - All stunts, lifts, and tumbling must comply with safety guidelines.

    - No basket tosses or release moves for Tiny and Mini divisions.

    - No dangerous or high-risk moves not suitable for the division level.

8. Attire & Appearance

    - Uniform/Costume must be secure, age-appropriate, and allow for safe movement.

    - Jewelry and accessories (excluding medically required items) are prohibited.

9. Penalties

    - Time violations: -2 points per 5 seconds over.

    - Safety infractions: -5 points per violation.

    - Inappropriate music/movements: Possible disqualification.

Description of Divisions

INDIVIDUALS

- <u>BEST CHEERLEADER (1 athlete)</u> Music may be used for the entire routine or a portion of it. The routine must include three stamina jumps, tumbling skills(standing or running)motions, and a dance.

- POWER TUMBLING (1 athlete) Music may be used for the entire routine or a portion of the routine. Must include 2 tumbling passes, 1 running pass (corner to corner), and 1 standing tumbling pass. All tumbling skills must follow OCS guidelines.
- POWER JUMPS (1 athlete) Must include 4 jumps of your choice. Judges will score on types of jumps(basic to advanced) approach, execution, and variety.
- DANCE SOLO (1 athlete) Music must be used throughout the routine. Props are allowed. A combination of any number of dance styles is allowed.

DUO/TRIO/GROUPS

- PARTNER STUNT (2 athletes &1 spotter) Routines must include music, the routine does not necessarily need to be choreographed to the music. All building skills must follow OCS guidelines. Spotters may only assist the base with the catching of the dismount to ensure the safety of the flyer and cannot assist the base with the load-ins or stunt transitions
- STUNT GROUP (up 4-5 athletes) The routine must include music, the routine does not necessarily need to be choreographed to the music. All building skills must follow OCS guidelines. The athletes must fill the following positions of base, base, top person, back spot, and may include a front spot (although it is not required)
- BEST CHEERLEADER DUO (2 athletes) Routine must include music. The routine must consist of 3 jumps, tumbling skills, motions, and a dance. Synchronization will be judged
- DANCE DUET/TRIO (2-3 athletes) Routine must include music. Props are allowed. A combination of any number of dance styles is allowed
- POWER JUMP DUO (2 athletes) Must include 4 jumps of your choice. Judges will score on types of jumps(basic to advanced) approach, execution, and variety. Synchronization will be judged