



Spirit Unlimited

2010 - 2011 Description of Penalties and Performance Policies#

Music Time Limits

Cheer Teams

2:30 minutes – may consist of all music or any combination of cheer and music

Dance Teams

2:30 minutes

Over limit deductions are:

8 points – cheer, 5 points – dance (6 – 10 seconds); **15 points – cheer, 10 points – dance** (11 or more seconds).

Routine Start

Cheer Teams

Prior to the start of a routine, participants must be positioned inside the performance area boundary and must have at least one foot, hand or body part on the floor (**Exception:** Flyer may have their feet positioned in their base(s) hands as long as the base(s) hands are resting on the performance surface). Violation of this rule will result in a **10 point** deduction.

Tiny/Tiny Rec Teams ONLY – For those teams who have Tiny or Tiny Rec divisions the coaches may assist in placing the participants into their first formation in a timely fashion, but then must exit the mat immediately. Those coaches may remain seated in front of the judges table to help visually guide the routine. **NOTE:** Excessive motions, words, etc. that could be distracting to the judges in any way will NOT be permitted, and could result in a deduction on the scoresheets.

Routine Interruptions / Injury Policy*

Spirit Unlimited's DJ, sound technicians, and/or event staff will not be responsible for any labeling mistakes or poorly recorded music, and will assume no responsibility for the quality of the recording or its compatibility with the venue's equipment. **Teams will not be permitted to start over for any reason, other than the following situations stated below:**

MUSIC – Please check your music prior to competing. If your routine is interrupted due to failure of our **competition** equipment, you will be allowed to perform again, going later in your division (if at all possible).

If interruption is due to failure of **your** equipment or supplies (***scratched or poorly burned CD***), you will have **two options:**

- 1) Your team may perform again, using your own player or the back-up copy of your music. Your team will be assessed a penalty (**5 points – cheer, 2 points – dance**). The team **MUST** mark their routine up to the point of the interruption and scoring will pick up from that point forward. Your first performance cannot be used in the event that you are not pleased with your second performance.
- 2) Your team may use the original performance.

INJURIES – If a participant is injured and unable to exit the performance area, the routine **must be stopped**. The team will be allowed to perform later in its division (if at all possible). **ONLY under Spirit Unlimited's discretion**, based on medical advice, will the injured team member be allowed to compete. The team **MUST** mark their routine up to the point of the interruption and scoring will pick up from that point forward.

If a participant is observed to be bleeding (i.e. nose bleed, from a scratch, etc.), the routine **must be stopped**. The team will be allowed to perform later in its division (if at all possible). The injured team member will be allowed to perform at the discretion of Spirit Unlimited. The team **MUST** mark their routine up to the point of the interruption and scoring will pick up from that point forward.

*Spirit Unlimited reserves the right to stop any performance if deemed necessary due to injury.

In both Music & Injury cases, the decision must be made immediately. If you chose to perform again, your team will compete directly following the next team in your division (if at all possible).



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Vulgarity

Any routine which includes explicit language, profanity, costuming and/or body language is unacceptable and may result in a deduction (**10 points – cheer, 5 points – dance**) or view a routine to be disqualified.

Safety Spotters

1. Each cheer team will be permitted to provide a maximum of five (5) Safety Spotters during their routine.
2. Safety Spotters **MUST** be attired differently than the team performing (warm-ups preferred). Rules governing jewelry, clothing, and other safety concerns should also be adhered to by the spotters.
3. Safety Spotters **MUST NOT** assist in any way with the execution of ANY element of a routine. Any assistance/occurrence will be considered a violation and the team will be deducted **15 points** from their overall score.
4. There should be **NO** verbal coaching by Safety Spotters while their team is on the performance surface or during the routine. Any occurrence will be considered a violation and the team will be deducted **15 points** from their overall score.

Jewelry

Cheer Teams

Jewelry of any kind (i.e. earrings, rings, necklaces, bracelets; nose, tongue, belly button rings, or any facial or body piercing) for cheer teams are prohibited and must be removed (**EXCEPTION – Medical ID tags/bracelets should be removed and must be taped to body**) and rhinestones on uniforms. **10 point deduction**

Dance Teams

Jewelry is permitted only if assisting with the performance theme or costume. Dangling earrings, belly, tongue, nose rings, or any facial or body piercing is all prohibited. Medical alert bracelets or necklaces may be worn. These items should be removed from the neck/wrist and secured to the body by tape. **5 point deduction**

Out of Bounds

Cheer Teams

There is no penalty for cheer participants stepping off the mat. Any element (i.e. jump, tumbling, basket toss, or pyramid/partner stunt) performed off the competition mat is not permitted. All elements/tumbling passes must begin and end within bounds. Landing of tumbling passes or dismounts from stunts off of the performance surface is also *illegal* and will be subject to a penalty. **5 point deduction**

Dance Teams

There is no penalty for stepping out of the performance area. However, technical skills performed out of the performance area will be a cause for deduction. All elements/passers must begin and end within bounds. **2 point deduction**

Partner Stunt and Pyramids

Minor Fall - Partner Stunt/Pyramid: 1) Element is not performed that is clearly evident within the choreography of the routine. (*Example:* Four partner stunt groups perform a liberty but one of the partner stunt groups does not build or attempt to build). 2) Partner Stunt/Pyramid is not executed to its completion causing a self cradle forced by either the flyer or base(s). This includes the flyers feet hitting the performance surface while completing a cradle dismount. A safe landing consists of a controlled cradle and or assisted dismount. **1.5 point deduction per fall**

Major Fall - Partner Stunt/Pyramid: Partner Stunt/Pyramid is not executed to its completion with a safe landing where a flyer or base travels out of control landing directly to the performance surface from a completed skill. Above description greatly increases the risk of injury. A safe landing consists of a controlled cradle and or assisted dismount. **4 point deduction per fall**



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Gymnastic Skills

Minor Fall - Gymnastic Skill: Incompletion or over completion of a skill that consists of a fall to the performance surface with the touch down of the hands only. This also consists of an obvious missed skill clearly evident within the choreography of the routine (i.e. A Level 3 athlete busts on their tuck at the end of their running pass). **1.5 point deduction per fall**

Major Fall - Gymnastic Skill: Incompletion or over completion of a skill that may consist of a fall to the performance surface with the touch down of the arm, head, knees, butt and/or back. **4 point deduction per fall**

Dance Skills

Minor Fall - 1) Turns: Incompletion or under/over rotation where the body/leg falls out of alignment causing a step onto the performance surface. 2) Incompletion or over completion of a skill/element that consists of a fall to the performance surface with the touch down of the hands only. **1 point deduction per fall**

Major Fall - Incompletion or over completion of a skill/element that consists of a fall to the performance surface with the touch down of the arm, head, knees, butt and/or back. **3 point deduction per fall**

Prop Policies

Cheer Teams

Flags, banners, signs, pom poms, megaphones, and pieces of cloth are the only props allowed. Props with poles or similar support apparatus may not be used in conjunction with any kind of stunt or tumbling. All props must be safely discarded out of harms way (e.g. throwing a hard sign across the mat from a stunt would be illegal). Any uniform piece purposefully removed from the body and used for visual effect will be considered a prop.

Dance Teams

1. Use of fire or glass is prohibited.
2. No LIVE animals.
3. Props are limited to hand-held, costume, and/or hard props.
4. Props must be moveable by performers or coaches ONLY and must be placed immediately after the previous performance has concluded.
5. Stage MUST be left clean by performers.
6. Unintentional dropping of/stepping on hand held prop will result in **1 point deduction per drop**.

General Violations

See your specific organization's Rules/Safety Guidelines for additional General Violations under "General Safety Rules and Routine Requirements".

Please be aware that due to the fast pace of routines, it is possible that some violations* of the Safety Guidelines during an SU event may have been missed, and therefore, were not called against your team. This does not mean that they are legal, and that your team will not be called for them during another SU event, another company's event or at the US Finals. (*Please be sure to check **all** aspects of your routine, **including time limits**, as they may have been missed during prior competitions as well.)