



INDIANA CHEER CHAMPIONSHIP

SAFETY AND TIMING SHEET

NFHS SPIRIT RULES

	Point Deduction	Team Points Deducted	Rule Violation
NFHS Infraction	-10 Per Infraction		Violations according to the rules set forth in the current NFHS Spirit Rules Book, NOT pertaining to the sections below. Legal props as defined by the current NFHS Spirit Rules Book are permitted (poms, signs, megaphones, flags), but are not required, however boxes or other props that are designed to be stood on are not permitted at competitions due to space limits.
Comments:			
Apparel/ Accessories <i>Rule 2.1.5</i>	-5 Per Infraction		Long fingernails, hair control devices, accessories and other adornments in the hair not securely fastened/inappropriate for the activity/present an increased risk to participants, approved hair bows that fall out during contest and are stepped on (while stunting or tumbling), approved hair clips/accessories left on contest mat. Illegal use of Body Glitter, Stickers, Applied tattoos according to current NFHS Spirit Rules Book.
Supports/Braces <i>Rule 2.1.11</i>	-5 Per Infraction		Referencing the current NFHS Spirit Rules Book: Soft, nonabrasive, and/or non-hardening supports, braces, soft casts, etc., that are unaltered from the manufacturer's original design/production do not require any additional padding. Hard and unyielding items (guards, casts, braces, etc.) on the hand, wrist, forearm, elbow, or upper arm must be padded with a closed-cell, slow-recovery foam padding no less than one-half-inch thick if the participant is involved in partner stunts, pyramids or tosses. A participant wearing a lower body plaster cast or a walking boot must not be involved in partner stunts, pyramids, tosses, jumps or tumbling. <i>*Indiana rules permit participants to wear braces and be on the performing surface provided that the brace is "appropriately covered". (Ace Bandage wrap or Neoprene sleeve. Tape is not acceptable.)</i>

ICC CONTEST RULES

	Point Deduction	Team Points Deducted	
Contest Schedule	-5 Per Infraction		Failure to leave warm-up area on time Failure to report to performance floor on time
Total Routine Timing	-5		Total Routine may not exceed 2:30
Music Timing	-5		Music section may not exceed 1:45

DISQUALIFICATION

Failure to attend rules meeting Unsportsmanlike conduct Illegal use of team members in performance
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_____ Judge's Initials

TOTAL DEDUCTIONS	
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