



# INDIANA CHEER CHAMPIONSHIP

## TIME-OUT DIVISION SAFETY AND TIMING SHEET



### NFHS SPIRIT RULES

	Point Deduction	Team Points Deducted	Comments/ 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.
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, approved hair clips/accessories left on contest mat.  Illegal use of Body Glitter, Stickers, Applied tattoos according to current NFHS Sprit 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 Ssupports, 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

TOTAL DEDUCTIONS		<hr style="width: 100%;"/> Judge's Initials	Failure to attend rules meeting Unsportsmanlike conduct Illegal use of team members in performance
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