



INDIANA CHEER CHAMPIONSHIP

TIME-OUT DIVISION SAFETY AND TIMING SHEET

NFHS SPIRIT RULES

Point Deduction Team Points Deducted

<p>NFHS Infraction</p>	<p>-10 Per Infraction</p>		<p>Violations according to the rules set forth in the current NFHS Spirit Rules Book, NOT pertaining to the sections below. Teams are limited to skills permitted ON A GYM FLOOR in the current NFHS Spirit Rules Book. (For example: No basket tosses, elevator tosses, or similar multi-base tosses. No airborne twisting tumbling skills) 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. In addition to NFHS Spirit Rules: No inverted stunts will be allowed. No twisting into or out of stunts. No single leg extended stunts. Mascots may be included in the Time-Out Division, but are limited to the same props as cheerleaders, and are not allowed to stunt.</p>
<p>Comments/ Rule Violation</p>			

<p>Apparel/ Accessories <i>Rule 2.1.5</i></p>	<p>-5 Per Infraction</p>		<p>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.</p> <p>Illegal use of Body Glitter, Stickers, Applied tattoos according to current NFHS Spirit Rules Book.</p>
<p>Supports/Braces <i>Rule 2.1.11</i></p>	<p>-5 Per Infraction</p>		<p>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.</p> <p><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></p>

ICC CONTEST RULES

Point Deduction Team Points Deducted

<p>Contest Schedule</p>	<p>-5 Per Infraction</p>		<p>Failure to leave warm-up area on time Failure to report to performance floor on time</p>
<p>Total Routine Timing</p>	<p>-5</p>		<p>Total Routine may not exceed 1:15</p>

DISQUALIFICATION

<p>Failure to attend rules meeting Unsportsmanlike conduct Illegal use of team members in performance</p>

_____ Judge's Initials

<p>TOTAL DEDUCTIONS</p>	
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