

Midwest Cheer/Dance

PENALTIES**CHEER & DANCE --DIVISIONS**

PENALTY	PTS. DEDUCTED OFF TOTAL SCORE	DESCRIPTION
<u>CHEER & DANCE</u> <u>ROUTINE</u> <u>TIMES</u>	--5 PTS	Going 3--or more seconds OVER ENTIRE ROUTINE TIME
<u>CHEER</u> <u>PROPS</u>	---10 PTS	The following ARE allowed: signs, banners, flags, poms, megaphones (there are no size restrictions on the above props) Props other than the above will be a penalty
<u>CHEER</u> <u>TUMBLING-JUMPS</u> <u>& BUILDING</u>	----10 PTS ***for each violation***	<u>School & Rec/Youth teams-</u> -Strict compliance to AACCA Safety Rules print rules out www.aacca.org/hssafety.asp <u>All Star-</u> Strict compliance to USASF Rules ,Levels, & Divisions Print Rules www.usasf.net
<u>DANCE</u> <u>SAFETY</u>	----10 PTS ***For each violation**	Please follow the USASF CURRENT DANCE rules www.usasf.net
<u>CHEER & DANCE</u> <u>JEWELRY</u>	5 PTS	Jewelry is prohibited--NO TAPE is allowed to cover Take the jewelry out!! This includes any body-/Face--tongue--mouth--any kind of piercings **Exception--Dance-- All Star/Studios--MAY wear jewelry--BUT no other piercings than ear-- <u>Cheer (all divisions--All Star/Rec./School)</u> -----No hard or plastic hair accessories **a few bobby pins are allowed** <u>Dance (all divisions--All Star/Rec./School)</u> -----You may wear hair accessories
<u>CHEER & DANCE</u> <u>HAIR</u>	5 PTS	<u>Cheer (all divisions--All Star/Rec./School)</u> ---should be up in a pony tail (curled is fine) pig tails, braided (short hair--at least the sides need to be up) **Exception College teams (cheer) may wear down <u>Dance (all divisions--All Star/Rec./School)</u> -- Hair may be worn down
<u>CHEER & DANCE</u> <u>UNIFORMS</u> <u>CHOREOGRAPHING</u> <u>MUSIC</u>	10 PTS	<u>Uniforms--Music--Choreographing</u> --should be appropriate for family viewing suggestive uniforms will NOT be allowed---Music should have no swearing- sexual connotation or behavior etc.--No suggestive or vulgar moves etc... The following interpretation of any of the above will be determined by MDC Staff
<u>CHEER & DANCE</u> <u>ROUTINE</u> <u>DESCRIPTION</u>	5 PTS	Must abide by the rules of the routine descriptions on website--a few examples <u>Tumble group--</u> Must consist of only tumbling-no cheer or dance movements-which includes jumps-chants-turns etc... <u>All girl stunt group--coed partner</u> Must be performed to only MUSIC --NO Cheer/chant or motions--No Jumps NO dances or tumbling---EXCEPTION-back hand spring into a stunt <u>Non Tumble-</u> -No tumbling other than-forward/backwards rolls <u>Non Mount-</u> -No building or stunting
<u>CHEER/DANCE</u> <u>ENTRANCE--</u> <u>START TIME</u>	5 PTS	May spirit in --May NOT take longer than 45 seconds to get set up on the floor and may NOT use organized entrances-----you may use spirit fingers-waves-punches etc....
<u>CHEER & DANCE</u> <u>SPORTSMANSHIP</u>	10 PTS **for each occurrence**	Reminder --each Athlete-parent and coach signed a Code of Ethics--With that in mind Any unsportsmanship behavior--vulgar/language or behavior towards any staff member, other teams, other coaches, or other spectators--by a Coach-Athlete or spectator----WILL result in a 10 pt. deduction IT IS THE DISCRETION of MCD staff if we feel we need to call Security the coach and team will be escorted out by security and asked to forfeit their title and award(s) before leaving-- Remind Parents/Spectators -If there is a concern about the placement of a team or suggestions about the organization of the competition Because scores are FINAL--Spectators ARE NOT TO COME UP after the awards ceremony or anytime during the competition--BUT they can voice their suggestion to you (the coach) and you may voice your suggestions via email AFTER THE COMPETITION NOT the parent but the COACH
<u>CHEER & DANCE</u> <u>OTHER RULES ON</u> <u>WEBSITE</u>	5 PTS	Any other rules on website not mentioned above--that are violated

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