

GENERAL RULES FOR CHEER & DANCE page 1

MCD UP Reserves the Right to:

**ADD, DELETE, COMBINE OR CHANGE ANY DIVISION OR LEVEL FOR ANY REASON
**CHANGE ANY RULES FOR ANY REASON
**REJECT A REGISTRATION BECAUSE OF PAST MISCONDUCT AT OR AFTER A COMPETITION
**OFFER NO REFUNDS ONCE WE RECEIVE YOUR REGISTRATION
**DISQUALIFY TEAMS WHO DO NOT FOLLOW THE COACHES'-PARTICIPANTS'-PARENTS CODE OF ETHICS FORM
**OFFER NO REFUNDS AT THE DOOR TO SPECTATORS IF THEY MISS A PERFORMANCE (spectators should arrive at least 45 min- an hour before the scheduled performance time)
**STOP A PERFORMANCE BECAUSE OF AN INJURY

DIVISION RULES (also listed on the division page)

ALL DIVISIONS

****Midwest Cheer/Dance reserves the right to combine, change, or delete divisions for any reason***
***YOU MAY ENTER AS AN EXHIBITION TEAM IN ANY DIVISION--JUST WRITE IT ON REG.
THIS MEANS YOU CHOOSE NOT TO COMPETE BUT PERFORM AND GET SCORESHEETS**
*******SPRIT TROPHY**-- YOU DO NOT HAVE TO REGISTER FOR THIS DIVISION--
We watch all the teams during the day to see who demonstrated the best spirit & sportsmanship for all teams performing! Have your spectators show spirit too & make signs--We will be watching them also!!!!!!

CHEER ALL STAR

***** ALL STAR DIVISIONS WILL BE DETERMINED BY THE OLDEST MEMBER OF YOUR TEAM*****
the age of your oldest as of Aug. 31 2019--Whatever age they are on Aug 31 2019 is the age we will use
***SMALL GYM--we will be adding Small Gym category for ALL divisions (we will follow the rules of USASF to determine if you are a SMALL Gym & form must be filled out and signed) HOWEVER just as breaking up divisions into Lg and Sm--there must be at least 2 in each division to have a Small Gym division
****THE DIVISIONS WILL ONLY BE BROKE INTO SM-5-20 & LG 21 -36 AND SMALL GYM---- IF THERE ARE at least 2 OR MORE IN each DIVISION****
WE HAVE ADOPTED THE USASF RULES / LEVELS & Divisions--GO TO www.USASF.net FOR LEVEL RULES**

**WHAT DEFINES AN ALL STAR TEAM --Does NOT cheer/dance for an organization but is formed through a gym, studio, or other--to compete only as a competitive team
EXCEPTION--A team that is formed through a gym, studio, or other and does NOT cheer/dance for an organization--but the gym/studio considers them a Recreation/Youth team and Not an all star--They may compete in Recreation/Youth if this is only the third competition they have competed in--You will be disqualified if we find you are dishonest!**

DANCE--SCHOOL - ALL STAR - STUDIO - REC

ALL STAR/STUDIO & REC. DIVISION WILL BE DETERMINED BY THE OLDEST MEMBER OF YOUR TEAM
the age of your oldest as of Aug. 31 2019--Whatever age they are on Aug. 31 2019 is the age we will use
***Jump off will be during the Cheer portion--See Cheer School division if you are a dancer wanting to compete in the jump off
***ALL STAR/STUDIO --Rec--& Schools will compete together--in Teams and specialty divisions
***Rules --School-All Star/Studio--& Rec will use USASF Dance rules go to www.usasf.net
DEPENDENT ON REGISTRATION NUMBERS--WE MAY COMBINE JAZZ --HIP HOP--POM INTO A GENERAL DANCE CATEGORY-DIVISION--SEE THE SEPARATE SCORESHEET FOR GENERAL DANCE CATEGORY-DIVISION--***
**Teams may enter 2 or more different categories

CHEER--SCHOOL / REC

*****JV & VARSITY MAY COMBINE TO COMPETE IN THE VARSITY DIVISION*****
Rec/Youth will compete with the schools in all Specialty Divisions BUT will have a separate team divisions see below
***SMALL (5-11) --MEDIUM (12-18) --LARGE (19-24) --SUPER LARGE (25-35) --We will only divide divisions into Sm-Med-Lg-SuperLg--only if there are at least 2 in each division
*** REC Teams --Whatever member is the oldest -(age as of AUG. 31, 2019) that is the division you will be in***
***ELEMENTARY / Junior High SCHOOLS that will bring a team of 5th-6th graders or even lower grades--you may compete in the Jr high (8th grade & under) OR if there are other teams of the same age we will add a 5th-6th grade division etc... OR you may choose to compete against a rec team (as long as you don't hold try outs)

WHAT DEFINES A JUNIOR OR HIGH SCHOOL TEAM

All members of the junior or high school cheer/dance team must be current members of the team and must attend the school they are representing--**EXCEPTION:** If the school is an ALL BOY private scho team participants must consist of members that attend the-- official feeder/sister-- ALL GIRL --schools affiliated with the All Boy school AND cheer/dance for the sports offered at the ALL BOY School (not just formed for competitive reasons only)
No other exceptions will be allowed--If you are found in violation-disqualification and no refund

WHAT DEFINES RECREATION / YOUTH

--Team is affiliated with a governing Youth organization (Pop Warner-American Youth Football-AAU-Local Football & Basketball)
The cheer/dance team supports, is affiliated, and cheers/dances for an organized sport ----1ST EXCEPTION--An elementary team that was formed through an elementary school & the school does not have sports for you to cheer/dance at--You may still be in Rec/Youth but must all be from the same school & NOT hold tryout
2ND EXCEPTION--If you are a team that is affiliated with a governing Youth organization but have also formed a *competitive* team-- you may enter the All Star division
3 RD EXCEPTION--A team that is formed through a gym, studio, or other and does NOT cheer/dance for an organization--but the gym/studio considers them a Recreation/Youth team and Not an all star--They may compete in Recreation/Youth if this is only the third competition they have competed in--You will be disqualified if we find you are dishonest!

*** REC. & YOUTH COMPETITORS WHO DO NOT HAVE OTHER GROUPS TO COMPETE AGAINST IN TEAM DIVISIONS--MAY CHOOSE TO COMPETE IN THE SCHOOL DIVISION

AWARDS & CASH PRIZES

Hoosier Open & Open National

****If groups or individuals drop the day of the competition--We will use that final number for determining Cash prizes and awards***

***EVERY ATHLETE WILL RECEIVE A MEDAL** Every TEAM will receive a placement trophy

Teams will receive trophies--

Individual -Solo-Duet-Trio-Ensemble-jump off-power Turn- Girl Stunt group and Coed Partner Stunt-tumble group will receive mx (Subject to Change)

CASH PRIZES--teams 10 1st place \$100
 teams 12-up 1st place \$100 2nd place \$75
 Individual / Solo 10-19 1st place \$100
 Individual / Solo 20- up 1st place \$100
 2nd place \$75
 Scholarship 4- up 1st place \$500 (will be eliminated if not 4 in the Scholarship-they can compete in IND.)

We will award a Grand champion (Highest Score in each EACH DIVISION in EACH Session) for Cheer team & Dance team

OPEN NATIONALS:-

Will receive the above plus Championship Banners

***If you are the only competitor in a division you will NOT receive a banner BUT receive a 1st place trophy ***

2 teams 1st place--Banner with CHAMPIONS
 3 teams or more 1st place--Banner with Champions
 2nd place--Banner with 2nd place
 5 or more 1st place--Banner with Champions
 2nd place--Banner with 2nd place
 3rd place--Banner with 3rd place

PLUS--1st place winners (except divisions with only one team) will receive a champion Event Tshirt for each Athlete
 with Midwest's Logo and National Champion-----

HOOSIER OPEN:-

ALL 1st place winners (except divisions with only one team) will receive PAID BIDS for the KALAHARI OPEN NATIONALS
 If you are the only on in your division your score will be included in Grand Champion and if you take grand champion you will receive the PD BID

ENTERING & TIME START-END:

This is how you will enter--

Please Read

ANNOUNCER: "Midwest please set up" (Quickly your team will enter , get into positions & set up props etc.)
 ******YOU MAY SPIRIT IN** !!!!!BUT --If we feel that you are taking advantage of this opportunity to use excessive organized entrance then we will STOP you and Announcer will start your time and announce you immediately!!-----We move very fast and need to stay on schedule---NO team should take longer than 45 seconds to set up and Spirit in----Punches-spirit fingers and or a team name chant is fine
ANNOUNCER: "Silence please, now performing Midwest"
 (You may not begin until the silence announcement)
TIME WILL START: After the silence announcement & our timekeeper hears the music or 1st word--sees first motion
TIME WILL END: When your team has come to a stationary position or a designated person signals timekeeper
 ***YOU MAY SPIRIT OFF!!!!** Once again quickly-----

PERFORMANCE AREA:

CHEER: **Hoosier Open**-- Foam performance mat 42 X 42
Open Nationals-- ALL STAR TEAMS*** SPRING FLOOR***** 56 x 42**
SCHOOL TEAMS*****Foam performance mat 42 x 42--pending registration
 DANCE: **Hoosier Open**--the entire gym floor--full basketball court
 **Pending dance registration--could also perform on the cheer matt--you will know in advance
Open Nationals -Will perform on spring floor

WARM UP AREA:

CHEER: **Hoosier Open**--will have a carpeted performance mat 9 panels
Open Nationals-- carpeted performance mat--9 panels
 *****SPRING TUMBLE STRIP 12x42*****
 DANCE: **Hoosier Open**--the entire gym floor--or 42x42 performance mat
Open Nationals-- Spring floor

COACHES PHYSICALLY INSTRUCTING TEAMS AS THEY PERFORM:

"NO COACH OR ASSISTANT MAY SIT RIGHT BY THE MAT AND HELP THEIR TEAM WITH MOTIONS OR DANCE MOVES OR COUNTS-- EXCEPTIONS-- TINY & MINI & Youth TEAMS AND Specialty can have one coach sit in front where we have a designated spot in front
****THERE WILL BE A PENALTY IF WE SEE COACHES IN VIOLATION****

MUSIC:

** All teams **MUST bring at least 3 CD's**---If your CD is not read or does not work--you must try your other CD's---If you do not bring extra copies it is your fault if your music can't be played---NO TAPES will be accepted You may use IPODS mp3 etc... BUT a CD must be a back up
 ** **A coach will have to go to the sound booth to play the music & stop music (Must stay at the sound booth)**
 MCD has a professional sound company --The DJ/Sound engineer will load the CD and press play and stop--
 However the coach needs to be there to instruct when to play-stop and incase you need to give them another CD
 ** If you use a CD--it should NOT have multiple songs--Your CD should only have your song on it--It is very hard to play the correct #--If your song is played incorrectly--it is your fault if it has multiple songs
 ** The sound system is PRE SET--you are not to move the treble--bass--etc....the only control that you are allowed to touch is the volume---and pressing play and stop
 ** A mandatory sound check will be enforced--watch coaches info sheet closer to event

INTERRUPTION OF PERFORMANCE:

YOU WILL HAVE THE OPTION TO PERFORM AGAIN IF:

**Your music is interrupted because of the facilities' sound system
 **Your team has an injury during the performance --in which the injured leaves the floor (If you perform again we will use 2 nd performance)

YOU WILL NOT HAVE THE OPTION TO PERFORM AGAIN

**Your music stops or is not working because of the facilities' sound system & YOU DID NOT BRING An extra CD to try instead of the current CD
 You must bring at least 3 copies of your CD
 **Your CD has poor sound because of the CD your music was copied on
 **Your team has a fall during the performance
 **Your team has an injury during the performance but the injured keeps performing

****If you miss your warm up time and have to go on the floor**
 MCD UP RESERVES THE RIGHT TO STOP A PERFORMANCE DUE TO AN INJURY

GLITTER & SPIRIT TATTOOS:
 You may wear glitter on face, hair, and uniforms-BUT not in excess
 You may wear only one spirit tattoo (small tattoo on corners of eyes (2) are legal)

SCORES: **ALL SCORES & DECISIONS ARE FINAL--** INCLUDING SUBJECTIVE-PENALTY-TIME ETC...
 ***Midwest staff & coordinator will NOT discuss any scores with coaches at the competitions**Concerns can be directed to Coordinator via EMAIL**
HOOSIER OPEN--MCD does not post ranking of the teams at the competition--
 coaches can view rankings about 4-5 days after the event on Regchamp account
OPEN NATIONALS: -coaches can view rankings about 4-5 days after the event on Regchamp account
HOOSIER OPEN & OPEN NATIONALS
 SCORESHEETS:
 NEW- AFTER AWARDS- (about five minutes after last award is issued) Scoresheets will be emailed to the email that we have for you on REGCHAMP (online registration)--
 if you do not receive it you can log into your account on regchamp --click EVENTS then on bottom / YOUR EVENTS click and go to documents
 SAMPLE Score sheets can be found on the website

TIES: _____ For CHEER AND DANCE: We will NOT break a tie in any divisions The tie will remain

MAKING CHANGES: You may change levels or divisions BUT there is a fee if done between Feb 1st-March 10th
 If done before Jan. 31st there is no fee---Specific INSTRUCTIONS for making changes are posted on the website under REGISTRATION GUIDELINES & POLICIES--these must be followed or changes will not be processed--No Changes can be made once the 1st Draft Schedule is posted usually 10 days before the event

SUBS & DROP OUTS: You may bring in a substitute for an emergency and the sub must be from the same school--MUST NOTIFY CHRISTY FOR APPROVAL
if you have a team member that drops out the day of or after the 1st draft schedule is posted on the website or emailed to coaches - We will NOT move your team down to small!-If you decide not to perform there is **NO REFUND**
 Whatever division you are at on the performance schedule is where you will stay!--Also you may NOT ADD member to your team the day of or once the performance schedule is sent out

CROSSOVERS: Crossovers are allowed and there are no limits-- HOWEVER--
 Please be advised that Midwest does NOT change schedules for crossover conflicts
 We make every effort to adhere to the following-----There will be at least 20-25 minutes in between teams and crossover performances---**BUT warm up times may conflict with crossover teams and individuals**

COACHES VERIFICATION OF PENALTY (STUNTS/PYRAMIDS/TUMBLING)-----
****AT THE COMPETITION AFTER Performance--** *If your team has received a building PENALTY--the Coach and Assistant Coach will be asked to come to the warm up area--You will be explained your penalty and the judge and coach will review it on the instant replay DVD--This is to ensure that the coach understands the penalty and to make sure that the stunt could not be interpreted differently-----The coach will sign the penalty sheet and penalty stands-----*