

Kent State Competition Rules and Addendums

GENERAL RULES & GUIDELINES (CHEER & DANCE)

***Note! All revisions and new rules are in bold.**

- Coaches must submit all release forms and rosters at the time of check-in. Your team will not be permitted to warm-up or perform without these items.
- Staple all of your release forms together, in alphabetical order and place the roster as the cover sheet for the release forms you are submitting.
- SCHOOL CHEER/DANCE TEAMS:** Kent State University follows the NFHS Spirit Rules. You can purchase these rules for \$7.95 by visiting www.nfhs.org for a printout order form.
- Squads are allowed to set up legal props before their performance time.
- If an interruption occurs due to KSU's equipment, facilities, etc., you may choose to perform your routine again. However, your routine will be judged on the first performance up to the error and then your team must perform the routine again, full out, and the judging will continue where the error occurred until the end.
- If an interruption of the routine occurs because of the team's equipment, injury, supplies, you may continue or withdraw from the competition.
- Kent State Officials have the right to stop a performance due to injury.
- All decisions rendered by the judges concerning scores and rules interpretation will be accepted as final.
- Any squad that is disqualified from the competition automatically gives up any rights to awards presented.
- Any squad that is disqualified will be notified immediately.
- Music must be on a CD or cassette tape. Always bring a back up CD in case the sound system does not read your CD. Please make sure your CD is not scratched.
- All rule interpretations will not be done over the phone. In order to receive the "official" rule interpretation you must video tape only the stunts, pyramids, and gymnastics in question from the front, side, and back using a full size VHS tape. Contact the KSU cheer coaches for the mailing address.
- Body and hair glitter is prohibited.
- Please email Leneé Buchman (buchmans@roadrunner.com) if one of your members is also a member of another team competing including All- Stars!
- A team size must be a minimum of 5 five members and no larger than 25 members.**
- Props must not be tossed wildly off the performing surface. NFHS Rule 2/Sit. 2.1.4**
- Knee drops are prohibited unless most of the weight is first borne on the hands and/or foot/feet to absorb the impact.**
- All body jewelry is prohibited.**
- Tumbling with poms or any other prop is prohibited: NFHS Rule 2/Sect.9/Art. 2.**

SCHOOL CHEER ROUTINE RULES

- All cheer team's performance surface is a 54 feet wide by 42 feet deep-carpeted foam (1 3/8 thickness) mat! There is no spring-board floor.
- Mounts/pyramids/stunts may not be performed in the "Non-Mount" division.
- In the "Non-Mount" division, individuals may not support one another in any type of mount/pyramid/stunt. This includes supporting the weight of another individual where that person's feet do not touch the ground or is not bearing the majority of their own weight. Every person must have at least one foot on the performing surface.
- NON TUMBLING DIVISION:** School teams competing in this division cannot perform any gymnastics where the performer's feet go above or over the performer's head at any time. Forward, backward and shoulder rolls are permitted in this division.
- Squads may perform outside the matted area, but must start on the performance surface.
- Timing will begin with the first word, motion, or note of music. Judges will not score anything until timing starts or anything after timing ends.
- Music length: School cheer teams must follow the traditional time of 2 minutes and 30 seconds for the full routine for all events. You must use music for at least 45 seconds and not more than 1 minute and 30 seconds (1:30) during your routine.
- Must have a representative from your team at the DJ one group prior to your performance.

- All mounting teams must be prepared to provide their own spotters. Kent State will provide spotters for mounting teams and will not leave the floor.

ALL STAR CHEER RULES

- Star teams must follow the current season rules adopted by USASF
- Interpretations of these levels can be viewed on the Kent State Athletics' website (See additional information).
- If a team performs any skill in a different level from what that team registered, that team will automatically be put in the level where the highest skill was performed. Only that team will be notified of this change – not the other teams in the division because it does not affect the other opponent's scoring.
- Level 4/5** will be scored based on the *cleanliness* of the difficulty not the level of difficulty compared to the other teams in the division.

NOTE! It is the coaches' responsibility to know what division your team will compete in at the competition. Some other competitions use different rules, so make sure you know ours!

DANCE TEAM RULES

1. Division Descriptions:

Jazz – emphasis on stylized dance movements, showmanship, flexibility, creativity, visual transitions, formation changes, leaps, and turns. Having your own "style" or "theme" will distinguish your team apart from the rest. No poms allowed.

Hip-Hop – emphasis on popular funk/hip-hop moves, synchronization, body control, and rhythm. Teams may also put an emphasis on incorporations such as jumps, jump variations, combo jumps, stalls and floor work. No poms allowed.

Pom – 80% of routine must be performed with poms. Emphasis is on synchronization, technique, sharp/visual motions, level changes, formation changes, & group work. Motions should be very sharp, clean and precise. Your team should be synchronized and appear as "one." No other props are permitted. Keep in mind that a pom routine carries a more "traditional" theme, whereas, jazz routines are more stylized.

- Maximum time: 2 minutes & minimum time: one minute.
- Dance teams perform on the hard gym floor.
- Props may be used in the hip-hop or jazz division, but the props must be touching the dancer's body at all times and can never be let go.
- Timing begins when the music starts and ends when the music ends. Choreographed intros without music will be part of the complete time excluding choreographed entrances.
- No mounts/stunts/pyramids are permitted in the dance division. (A stunt is when one person supports the weight of another person and that person's feet do not touch the ground.) This includes standing or stepping on backs and cartwheels. Every person must have at least one foot on the performance floor.**
- Forward rolls, backward rolls, handstands, backbends, and shoulder rolls are permitted. All other gymnastic stunts are prohibited.**
- Dance teams can only enter up to two divisions in dance.

DISQUALIFICATION RULES

Visit our website for a listing of these rules!

TIE BREAKERS

All ties will be broken. If there is a tie in a division:

The number of mistakes listed on the head judge's score sheet will determine the winner. If there is still a tie, the total points from the "overall performance" category on the score sheet will determine the winner. After the second attempt to break the tie, the panel of judges will make the final decision.

All rules, regulations, point deduction policy, score sheets, & all other forms can be viewed and downloaded from our website (See additional information).

Kent State University's Competition score sheets coincide with the State of Ohio's Cheerleading and Dance Team Championships!