



## Rules and Regulations

### General Information:

- The Middle School State Cheer and Dance Classic will take place on Saturday, January 27, 2007 at Tates Creek High School in Lexington, Kentucky.
- There will be five divisions for cheerleading squads based on squad size for those who choose to compete with a "2 ½ minute" routine. In addition, there will be one division that will have no limits on squad size.
- There will be three divisions for cheerleading squads based on the squad size for those to compete in the "Traditional" competition.
- For dance teams, there will be three divisions based on style of dance.
- In addition, any school that does not have a dance team competing in the pom division has the option of entering their cheerleading squad in the pom division of the dance portion of the competition. The same rules will apply.
- Individuals may not compete on more than one squad/team of the same sport.
- There will be an individual cheer, individual dance, and a group stunt competition!
- All participants must submit a signed waiver form prior to performing. **NO EXCEPTIONS!**
- In the event that a participant will be performing with a team and in the individual competition, a signed waiver must accompany both the team registration form and the individual registration form separately. **NO EXCEPTIONS!**
- Admission will be \$10 per person or \$8 with a donation of 2 non-perishable items to God's Pantry. Children three and under are FREE! Children age four- twelve \$5 admission - God's Pantry discount not applicable.
- All participants and coaches (limit 2 per team) will receive an official "Classic" T-shirt compliments of Team Spirit of Lexington!

### Registration Fees:

The cost to enter "The Classic" is as follows:

Teams	\$30.00 per team member	<i>*Note additional discounts below</i>
Individuals	\$40.00 per entry	
Group Stunts	\$100.00 per entry	
Additional Divisions	\$15.00 per team member for each additional division of competition.	God's Pantry discount N/A.

### Additional Discounts:

- Again this year, we will be supporting God's Pantry with our "Cheerleaders and Dancers Making a Difference" food drive. Each squad member will receive a \$5.00 discount off of the registration fee for bringing in at least 3 non-perishable food items. This discount would make your total only \$25.00 per team member. All squad members must participate in order to receive the discount. Last year the Middle School State Classic and Commonwealth Open raised a combined 5,136 pounds of food. This year our goal for the Middle School alone is 4,000 pounds!
- This year, we are also offering an additional discount to teams who compete in one of our Middle School State Open Sectionals. Each squad member will receive an additional \$5.00 discount off of the registration fee if they participated in one of our sectional competitions.  
*\*NOTE: Participation in a sectional competition, but without participation in the God's Pantry donation at "The Classic" will result in a \$5.00 discount per person (registration at \$25.00 per team member). Participation in both a sectional competition and the God's Pantry donation will result in a \$10.00 discount per person (registration at \$20.00 per team member).*

### Performance Divisions:

#### Cheer (2½ minute) -

There will be five divisions based on squad size and one 'open' division with no limits on squad size. Each participant must perform in the division for which they register.

Guidelines for the divisions are as follows:

Division I/Small:	Open to any squad with 12 or less members, 8 <sup>th</sup> grade and below.
Division II/Medium:	Open to any squad with 13-16 members, 8 <sup>th</sup> grade and below.
Division III/Large:	Open to any squad with 17-20 members, 8 <sup>th</sup> grade and below.
Division IV/Super Large:	Open to any squad with 21 or more members, 8 <sup>th</sup> grade and below.
Division V/Coed:	Open to any squad with an unlimited number of female members and two or more males
Division VI/Open:	Open to any squad with an unlimited number of female members

#### Cheer: (Traditional)

There will be three divisions based on squad size. Each participant must perform in the division for which they register.

Guidelines for the divisions are as follows:

Division I/Small:	Open to any squad with 12 or less members, 8 <sup>th</sup> grade and below.
Division II/Medium:	Open to any squad with 13-16 members, 8 <sup>th</sup> grade and below.
Division III/Large:	Open to any squad with 17 or more members, 8 <sup>th</sup> grade and below.

#### Dance:

There will be three divisions based on style of dance. Each participant must perform in the division for which they register. However you may register for more than one division.

Guidelines for the divisions are as follows:

Jazz:	Combination of dance movements with an emphasis on jazz movements, synchronization, and technical movements. No props are allowed.
Funk:	Creative use of the "latest and grooviest" street style moves with an emphasis on uniformity. Any prop may be used if safety guidelines are met.
Pom:	Emphasis on uniformity and visual effect by utilizing strong pom-pom motions. At least 80% of the routine must incorporate poms. No additional props permitted. This division is open to dance teams and cheer teams that do not have dance teams competing.

#### Individual Cheer Competition:

There will be one division in the 'crowleader' competition and six divisions in the 'individual cheer' competition. These divisions will be based on the school grade for the 2006-2007 school year. Each participant must perform in the division for which they register. In the event that there are not at least five competitors, divisions will be combined according to division. Guidelines for the division are as follows:

##### Crowleader:

**MIDDLE SCHOOL- 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> GRADE:**

This division is open to any cheerleader currently enrolled in 8<sup>th</sup> grade or below for the 2006-2007 school year. Participant's routines must include cheer and dance, but may not include tumbling.

##### Individual cheer competition:

**Middle School- 6<sup>th</sup> Grade:**

**Division I/Beginner:**

This division is open to any cheerleader currently enrolled in 6<sup>th</sup> grade or below for the 2006-2007 school year. Participant's routines must include cheer, tumbling, and dance. Tumbling may not exceed a backhandspring series.

**Division II/Advanced:**

This division is open to any cheerleader currently enrolled in 6<sup>th</sup> grade or below for the 2006-2007 school year. Participant's routines must include cheer, tumbling, and dance.

**Middle School -7<sup>th</sup> Grade:**

**Division I/Beginner:**

This division is open to any cheerleader currently enrolled in 7<sup>th</sup> grade for the 2006-2007 school year. Participant's routines must include cheer, tumbling, and dance. Tumbling may not exceed a backhandspring series.

**Division II/Advanced:**

This division is open to any cheerleader currently enrolled in 7<sup>th</sup> grade for the 2006-2007 school year. Participant's routines must include cheer, tumbling, and dance.

**Middle School- 8<sup>th</sup> Grade:**

**Division I/Beginner:**

This division is open to any cheerleader currently enrolled in 8<sup>th</sup> grade for the 2006-2007 for the school year. Participant's routines must include cheer, tumbling, and dance. Tumbling may not exceed a backhandspring series.

**Division II/Advanced:**

This division is open to any cheerleader currently enrolled in 8<sup>th</sup> grade for the 2006-2007 school year. Participant's routines must include cheer, tumbling, and dance.

**Individual Dance Competition:**

There will be three categories based on the style of dance. Each participant must perform in the division for which they register.

In the event that there are not at least five competitors, divisions may be combined. Guidelines for the division are as follows:

**Individual Jazz:**

This division is open to any dancer currently enrolled in 8<sup>th</sup> grade or below for the 2006-2007 school year. Participant's routines must include a combination of dance movements with an emphasis on jazz dance, execution, timing, and technical movements. No props are allowed.

**Individual Funk:**

This division is open to any dancer currently enrolled in 8<sup>th</sup> grade or below for the 2006-2007 school year. Participant's routines must include a creative use of the "latest and grooviest" street style moves with an emphasis on execution, timing, and crowd appeal. Any props may be used if safety guidelines are met.

**Individual Pom:**

This division is open to any dancer currently enrolled in 8<sup>th</sup> grade or below for the 2006-2007 school year. Participant's routines must emphasize visual effectiveness and execution by utilizing strong pom-pom motions. At least 80% of the routine must incorporate poms. No additional props are permitted.

**Group Stunting:**

This division is open to any combination of four or five cheerleaders currently enrolled in 8<sup>th</sup> grade or under for the school year. All participants' routines must include a combination of stunting and transitions performed entirely to music.

**Cheer Performance Requirements:**

The follow rules apply to squads competing in the 2 ½ minute and Traditional divisions.

1. Mascots are welcome to perform as members of their squad, but must adhere to ALL rules.
2. For safety purposes, we require everyone to perform their routine on the performance mat. HOWEVER, there will be no deductions for stepping off the mat.
3. No cheer may begin in a mount.
4. Time will begin with the first word or movement by an individual or squad after the squad name has been called to perform.
5. Your squad's name will be called twice prior to your performance: once as the "on deck squad" and once as the "next squad to perform". This will be your cue to take your position on the floor.
6. You may enter the floor, as you prefer. However, please enter in a "SAFE" manner.  
It is important that your squad is in place and ready to perform IMMEDIATELY after your name is called the second time.
7. Once in place, you will be identified and told "you may begin."
8. Squads will not be allowed to restart their performance once identified and told "you may begin."
9. There will be a performance every three minutes, so you must be warmed up and ready to perform prior to the performance of the squad preceding you in the competition.
10. At least two spotters will be present on the floor to ensure performer's safety.
11. Spotters are required for the competition and will be provided by "The Middle School State Cheer and Dance Classic" staff.
12. No jewelry of any kind is allowed.
13. Glitter may be worn in moderation.
14. Apparel and accessories should be appropriate, safe, and secured for the activity involved.
15. Any vulgar or suggestive movements, words, or music may result in point deductions.
16. No squad is allowed to perform outside of their designated division.
17. All National Federation of State High School Association safety guidelines must be followed. Visit [www.nfhs.org](http://www.nfhs.org).
18. All penalties and disqualification rules will apply as needed.
19. All judge's decisions are FINAL!

**Cheer: (2 ½ minute specific guidelines)**

1. There are no limits on the amount of music and/or cheer. However ALL routines must include some cheer, with or without music.
2. Each squad will perform a routine of their choice not to exceed 2 ½ minutes.
3. The end of the cheer is the last word or motion on the part of any squad member.
4. Penalty points will be assessed to squads going over the 2 ½ time limit.

**Cheer: (Traditional specific guidelines)**

1. Each squad must perform one cheer to include all elements without dance.
2. No cheer shall exceed 1 minute. (Just for thought, most cheers average 45 seconds or less!)
3. The end of the cheer is the last word or motion on the part of any squad member.
4. Penalty points will be assessed to squads going over the one-minute time limit.

**Dance Performance Requirements:**

1. Each team will perform a choreographed routine of their choice. Routines must be at least 2 minutes, but not to exceed 2 ½ minutes.
2. For safety purposes, we require everyone to perform their routine on the performance mat. HOWEVER, there will be no deductions for stepping off the mat.
3. Routines are to be performed entirely to music.
4. Routines should be choreographed to demonstrate the required elements.
5. Your squad's name will be called twice prior to your performance: once as the "on deck squad" and once as the "next squad to perform." This will be you cue to take your position on the floor.
6. You may enter the floor, as you prefer. However, please enter in a "SAFE" manner. It is important that your squad is in place and ready to perform IMMEDIATELY after your name is called the second time.
7. Once in place, you will be identified and told "you may begin."  
Squads will not be allowed to restart their performance once identified and told "you may begin."
8. There will be a performance every three minutes, so you must be warmed up and ready to perform prior to the performance of the squad preceding you in the competition.
9. Teams may enter floor as individually desired; all entrances must be in a timely manner.
10. Timing will begin with the first movement or note of music after the team is officially announced, and end with the last note of music or organized movement.
11. Pyramid building, partner stunts, tumbling, basket tosses, or dance lifts are prohibited.
12. Knee drops, seat drops, thigh drops, and front drops are prohibited.
13. Dance shoes must have soft rubber/leather soles. TAP SHOES ARE NOT PERMITTED!
14. Dance teams are allowed to perform barefoot.
15. Apparel and accessories should be appropriate, safe, and secured for the activity involved.
16. No jewelry of any kind is allowed.

17. Glitter may be worn in moderation.
18. Routines must be appropriate for all ages.
19. Any vulgar or suggestive movements, words, or music may result in point deductions.
20. All National Federation of State High School Association safety guidelines must be followed. Visit [www.nfhs.org](http://www.nfhs.org).
21. All penalties and disqualification rules will apply as needed.
22. All judge's decisions are FINAL!

**Individual Cheer Performance Requirements:**

1. Total routine cannot exceed 2 minutes.
2. Timing will begin with the first movement or note of music after the individual is officially announced, and end with the last note of music or organized movement.
3. Individual may enter floor as desired; all entrances must be in a timely manner.
4. All routines must include at least one cheer, chant, or sideline.
5. All routines must include a musical segment of dance.
6. All musical segments routines must include at least 4 eight counts of dance.
7. Routines should be choreographed so that the routine flows from one element to another.
8. Gymnastics and tumbling skills are permitted and encouraged in the routine.
9. Gymnastics are not permitted in the CROWDLEADER divisions.
10. All National Federation of State High School Association safety guidelines must be followed. Visit [www.nfhs.org](http://www.nfhs.org).
11. Apparel and accessories should be appropriate, safe, and secured for the activity involved.
12. No jewelry of any kind should be worn.
13. Glitter may be worn in moderation.
14. All penalties and disqualification rules will apply as needed.
15. All judge's decisions are FINAL!

**Individual Dance performance requirements:**

1. Total routine cannot exceed 2 minutes.
2. Routines are to be performed entirely to music.
3. Routines should be choreographed to demonstrate the required elements of category.
4. Individual may enter floor as desired; all entrances must be in a timely manner.
5. Timing will begin with the first movement or note of music after the individual is officially announced, and end with the last note of music or organized movement.
6. Knee drops, seat drops, thigh drops, and front drops are not allowed.
7. Dance shoes must have soft rubber/leather soles. TAP SHOES ARE NOT PERMITTED!
8. Individuals are allowed to perform barefoot in the Individual Dance Division.
9. Apparel and accessories should be appropriate, safe, and secured for the activity involved.
10. No jewelry of any kind should be worn.
11. Glitter may be worn in moderation.
12. Routines must be appropriate for all ages.
13. Any vulgar or suggestive movements, words, or music may result in point deductions.
14. All National Federation of State High School Association safety guidelines must be followed. Visit [www.nfhs.org](http://www.nfhs.org).
15. All penalties and disqualification rules will apply as needed.
16. All judge's decisions are FINAL!

**Group Stunting performance requirements:**

1. Total Routine cannot exceed 2 minutes.
2. Routines must be performed entirely to music.
3. Tumbling or jumps are not permitted in routine.
4. Routines should be choreographed to demonstrate a variety of stunts and transitions.
5. National Federation of State High School Association safety guidelines must be followed. Visit [www.nfhs.org](http://www.nfhs.org).
6. All penalties and disqualification rules will apply as needed.
7. All judges' decisions are final.

**Performance Area for Cheer and Dance:**

- The main performance mat will be approximately 42' x 54' (9 strips).
- For safety purposes, we require all Cheer and Dance teams to perform their routine on the performance mat. However, there will be no deductions assessed for stepping off the mat.

**Performance Schedule:**

- Registration will begin at 8:00 AM at Bates Creek Middle School.
- The competition will begin at 10:00 AM.
- Doors for the public will not open until 9:00AM, NO EXCEPTIONS!
- A complete schedule of events will be available online at [www.teamspiritcheer.com](http://www.teamspiritcheer.com) on Thursday, January 25, 2007.

**Awards:**

Trophies will be awarded in each division as follows:

FIRST PLACE (winner) in each division will be awarded a trophy.

SECOND PLACE in each division will be awarded a trophy.

THIRD PLACE in each division will be awarded a trophy.

GRAND CHAMPION AWARD- 2 ½ Minute Cheer Divisions/Jazz, Funk, and Pom Dance

Grand Champion Winners receive a custom banner in addition to a grand champion trophy.

Traditional Cheer will not be eligible

SPIRIT AWARD- Cheer

SHOWMANSHIP AWARD- Dance

MOST "TEAM SPIRIT"- This award will be presented to the team with the most enthusiastic fan support and spirit.

**Adjudication:**

- Judges for the competition will be qualified, experienced judges with a thorough knowledge and background in cheerleading and dance.
- Due to style differences, there will be judging representation from various parts of the state.
- Points will be deducted according to the degree of mistake and the overall scores will ultimately determine the winners.
- There will NOT be a verification of scores at the end of the competition.
- Please note: The winners will be announced based on a composite of all five judge's scores. The high and low scores will not be dropped!
- **JUDGES' DECISIONS ARE FINAL!**

**Judging Criteria for Cheer:**

Cheerleading Fundamentals: Execution of motion technique, degree of difficulty, tumbling, partner stunts and pyramids, dance, jumps, and overall execution.

Routine Execution: Voice and expression, showmanship and spirit, crowd appeal, timing, use of floor, spacing, transitions, formation changes, and overall impression of routine.

**Judging Criteria for Dance:**

Jazz: Combination of dance movements with an emphasis on jazz dance movements and synchronization.

No props allowed.

Funk: Creative use of the "latest and grooviest" street style moves with an emphasis on uniformity.

All props that adhere to the safety guidelines may be used.

Pom: Emphasis on uniformity and visual effect by utilizing strong pom-pom motions. At least 80% of the

routine must incorporate poms. No additional props are permitted.

#### Penalties and Disqualifications:

The following penalties will apply for all cheerleading/dance divisions:

- Disqualifications will occur if a squad/team does not follow the National Federation of State High School Association safety guidelines. For a complete list of rules, visit [www.nfhs.org](http://www.nfhs.org).
- 5-point deduction per judge for any squad/team that exceeds the 2 ½ minute time limit for cheer, the one minute time limit for Traditional Cheer, or the 2 ½ minute time limit for dance.
- 5-point deduction per judge for any individual that exceeds the 2 minute time limit in the individual cheer or individual dance competition.
- 5-point deduction per judge for any group stunt group that exceeds the 2 minute time limit in the group stunting division.
- 5-point deduction per judge for any squad that does not perform a "cheer" during their performance, Cheer 2 ½ minute only.
- 5-point deduction per judge for use of props in an unsafe manner, cheer and/or dance.
- 5-point deduction per judge for use of illegal props, cheer and dance.

#### Music:

1. Please bring TWO-HIGH Quality copies of your music.
2. All music must be on either cassette tape or compact disc and taken to the music table one performance ahead of yours.
3. In case of a lost or broken tape, please have a duplicate tape available at all times.
4. A representative from your school must be responsible for knowing when to start and stop the music. No Exceptions!
5. A representative from your school must remain at the sound area throughout the entire performance.
6. Music must be cued and ready to operate when brought to the table.
7. It is *HIGHLY* recommended that you label your cassette tapes or compact discs with the school name, coach's name, and division.
8. In the event a routine is interrupted because of 'The Classic' equipment, facilities, etc., then the participant(s) affected will be permitted to restart the routine from the beginning.
9. In the event a routine is interrupted because of failure of the participant(s) equipment, music, or supplies, then the participant(s) may choose to continue with their routine or withdraw from the competition.
10. In the event that an injury occurs during the performance, competition officials reserve the right to stop a performance.

#### Props:

- Pom-Poms, Signs (no larger than 3'x3'), Flags, Megaphones, and Banners are permitted without prior approval.
- All props used must meet safety guidelines or are subject to a penalty and/or disqualification.
- In the "Pom" dance division, poms are the only props that may be used.
- In the "Funk" dance division, all props that adhere to the safety guidelines may be used.
- For additional 'costume' prop approval, please fax your request to 859-296-1111.

#### Final Notes:

- The Classic reserves the right to add, change, delete, or combine divisions for any reason.
- The Classic reserves the right to cut-off registrations for the Individual Competition and Group Stunting Competition before the registration deadline.
- The Classic reserves the right to disqualify competitors that do not adhere to the division requirements or exhibit poor sportsmanship.
- Registration fees must be paid in full with one check or money order.
- Checks should be made payable to Team Spirit of Lexington.
- MasterCard, Visa, and/or American Express are also acceptable methods of payment. Please contact 'The Classic' home office at 1-800-274-8326 if you choose one of these options.
- All registrations for 'The Classic', require that the original registration form, competition fees, compliance forms, and rosters are received by Saturday, January 6, 2007, to avoid late registration fees. **COMPLIANCE FORMS must be received via mail, not fax.**
- Any registration received after Saturday, January 6, 2007 and later will be subject to a \$50.00 late registration fee for those entering the team divisions of the competition. All 'individual' and 'group stunts' competitors may be subject to a \$10.00 per person late registration fee if information is not received by Saturday, January 6, 2007.
- **ANY DIVISION CHANGE OR LATE PAPERWORK RECEIVED MAY BE SUBJECT TO A \$25.00 FEE.**
- Registration may be mailed to the following address:  
The Middle School State Cheer and Dance Classic  
C/O Team Spirit of Lexington  
3323 Partner Place Suite #6  
Lexington, KY 40503
- All cancellations must be made by 4:00 PM EST on Saturday, January 6, 2007 in order to receive a 50% refund.
- Cancellations made after Saturday, January 6, 2007 will receive no refund. This is regardless of personal conflict, weather, or any unexpected or unpredicted circumstance beyond our control. We are sorry for any inconveniences this may cause.
- In the event the Middle School State Cheer and Dance Classic is rescheduled for an unexpected or unpredictable situation, no refunds will be made to individuals or teams that can not attend the 'make up' date. **NO EXCEPTIONS!**
- Cancellations must be made in writing and faxed to 859-296-1111.
- Refund checks will be mailed directly back to the original address presented on the check after Monday, February 19, 2007.
- If you have any additional questions, you may contact the competition staff at (859)-223-5297 or 1-800-274-8326. The competition staff may also be contacted by e-mail, [events@teamspiritcheer.com](mailto:events@teamspiritcheer.com).



**TEAMSPIRIT**  
OF LEXINGTON

3323 Partner Place, Ste. 6 • Lexington, KY 40503  
800-274-8326 or 859-223-5297

[www.teamspiritcheer.com](http://www.teamspiritcheer.com)

Email: [events@teamspiritcheer.com](mailto:events@teamspiritcheer.com) • Fax 859-296-1111