

DOWNUNDER SPIRIT CHAMPIONSHIPS

CHEER & DANCE RULES AND REGULATIONS

INTRODUCTION

This handbook provides information on the competition rules that will be followed at the Downunder Spirit Championships. Clarifications and updates will be published on the Downunder Spirit Championships website at www.downunderspirit.com DATES: 26 & 27TH JUNE 2010

It is the coach's/leaders responsibility to ensure that his/her team adheres to the rules for the competition. Any rule Clarifications should be directed to the Competition Director, prior to the competition.

- DUSC places the safety of our athletes/dancers before anything else. Our competition division structure follows the general and level safety guidelines of the ISAF/USASF, the world governing authority in standard safety, divisional structures, and coach/athlete education. IASF/USASF guidelines are the standard used for the sport of cheer and All Star Dance.
- DUSC actively promotes cheerleading and dance competition as a wholesome family event. We know that the support of family and friends is important, so we aim to make our Championships great for EVERYONE. We use our 20 plus years of experience in running tours, event management, and entertainment to ensure that events run on time. There's a lot to do in and around our venues and our friendly professional staff will work proactively to see that your experience with us is amazing.
- Warm-Up Procedures: We want your experience competing with us to be second-to-none, and that means allowing you time to prepare adequately. The warm-up schedule allows you time to warm-up tumbling and walk through your routine elements and dance routines with plenty of time to catch your breath before your actual competition time. After all, prepared athletes/dancers enjoy their competition experience more and they perform at their peak.

Competition Highlights

- International judges from the USA, New Zealand, and Australia
- Cheerleaders perform on a 7-run All Star competition size cheerleading sprung floor,
- Dancers perform on wooden dance floor 12x12 metres
- Great divisions and age ranges to meet the needs of every team
- Emphasis on safety and proper progressions through the USASF/IASF Safety Guidelines and Rules and Regulations
- Every competitor goes home with a beautiful medal- you've earned it!
- 2 Officials per dance/cheer team attend FREE (as long as they are not in the performance)
- Division championship team trophies and medals!
- Banner competition! Bring your team banner to hang from the competition arena.

General information

MUSIC

Our sound systems accommodate CD only. A separate CD with only one track of music for each Performance must be handed in at registration (ie; three separate performances would require three separate CD's). Clearly mark each CD with team/group name and division. One representative from each team/group must report to the sound desk 10 minutes prior to their team/groups performance and must stay at the sound desk for the duration of their team's/groups performance. They are to have a second copy of their music in case it is needed.

PRACTICE TIMES

Closer to competition date, each coach/leader/teacher will receive a practice schedule in their email,

FIRST AID

Sports Training Officers will be onsite in the competition venue should any competitors need medical attention.

VIDEO & PHOTO'S

The BEST video and action photographers in the sports industry are on hand to capture all the action! Team photos, action photos, DVD's, and videos will all be available to order on the day.

CHEER SHOP

Spirit Mall will be back offering you all the latest trends in cheerleading & dance apparel. Also event producers showcasing their events for the year! So you can catch up and plan your year ahead. There will be t-shirts, cheer shorts, pom poms, uniforms, bracelets, plus lots more to buy for all you Cheer & Dance fanatics!

SEATING

All of our events are classed as GA (general admission), which means seats are first in first served. No reservations will be made on seating. Tickets will be available for pre-sale and at the door. A pre-purchase form for teams will be sent to each program.

ADDITIONAL FUN

TEAM BANNER COMPETITION

Included in the fun is our team banner competition. Create an original banner representing your team. The size of your banner is limited to 1 metre x 2 metres, but only you limit what goes on it! (Must have ties to secure against railing)

CRAZY FANS COMPETITION

We are providing prizes for the best fans, including fancy dress, most fun and energetic.

CONTACT DETAILS

EVENT PRODUCER:

Sharon Winter

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EVENT CO ORDINATOR:

Jane Lawrie

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GENERAL GUIDELINES

- All teams/groups should be supervised during all official functions by a qualified advisor/coach/leader. Coaches/Leaders must require proficiency before skill progression. Coaches/Leaders must consider the individual, group, and team skill levels with regard to proper performance level placement.
- All teams, gyms, groups, coaches and leaders should have an emergency response plan in the event of an injury.
- Soft-soled shoes must be worn while competing in the cheer section. No jazz shoes and/or boots are allowed.
- Jewellery of any kind including, but not limited to, ear, nose, tongue, belly button and facial rings, clear plastic jewellery, bracelets, necklaces and pins on uniforms are prohibited. Jewellery must be removed and may not be taped over. Exception: medical ID tags/bracelets, and uniform rhinestones. It is the coach's responsibility to see that all team members adhere to these regulations. Deductions will occur if competitors are seen with jewellery on whilst competing and warming up.
- Any height increasing apparatus used to propel a competitor is prohibited. Flags, banners, signs, poms, and megaphones are the only props allowed. Props with poles or similar support apparatus may not be used in conjunction with any kind of stunt or tumbling. All props must be safely discarded out of harms way (e.g. throwing a hard sign cross the mat from a stunt would be illegal).
- All team/group members and spectators are required to stay seated during the competition to support other teams performing and for various technical reasons. There will be competition division breaks and intervals where competitors and audience may leave their seats.
- Teams/groups must have at least 5 members for small division. There is a maximum limit of 36 athletes for the large divisions. Group stunts may have 4 or 5. Floor spotters are allowed (spotters must wear uniformed black attire). Please note: spotters will not be provided by DUSC.
- Timing and judging of routines will begin with the first organized movement or the first note of music. Timing will end with the last note of music or when the ending motion or pose is held. Introductions, spell-outs and/ or organized entrances are considered part of the routine and are timed as part of the performance. All participants should walk/spirit onto the floor and immediately start their routine after placement of any props. Any unsportmanlike conduct while entering or exiting the floor may result in a point deduction.
- All routines will be judged using a 100-point per judge scale. All judges' scores are totaled together. Decisions of the judges are FINAL!
- For safety purposes we require everyone to perform their routine on the performance mat. There will be no deductions for stepping over the line, however, deductions will occur for stepping off the mat.
- All routines must be suitable for viewing by audiences of all ages. Vulgar or suggestive material is restricted and will result in a 0.5 point deduction for each incident. Vulgar or suggestive material is defined as any movement or choreography implying something improper or indecent, appearing offensive or sexual in content, and/or relaying lewd or profane gestures or implications. Vulgarity will be determined at the discretion of the judges. Music must be appropriate for all ages.
- Participants MAY compete in more than one division as long as they abide by the age restrictions in all divisions in which they compete. In the event a routine is interrupted because of failure of DUSC equipment, facilities, etc., then the participants affected will be permitted to restart the routine from the beginning. In the event a routine is interrupted because of failure of the participants' equipment, music or supplies, then the participants may either continue or withdraw from the competition. In the event an injury occurs during a performance, then the participants may either continue or withdraw from the competition. Competition officials reserve the right to stop a performance due to an injury.
- All participants must submit a signed medical waiver form prior to performing. **NO EXCEPTIONS.**
- Individual teams may provide additional safety spotters they must wear uniform black attire.
- Glitter eye shadows, glitter hairspray and glitter tattoos are permitted as long as they are not a safety hazard.
- Leg coverings (e.g. long socks, pants, stockings, shoe covers) and loose fitting wristbands/sweatbands are not permitted in cheer, group or partner routines. Exception: Long pants are allowed for males only.
- Fingernails, including artificial nails must be kept appropriate to minimize the risk for participants. Nails must not be seen over the fingertip when looking at the palm of the hand.
- Consultation with judges about concerns of ruling/deductions will be provided after presentation. This is not to allow protests, but to help improve your team/group.
- In the event of a tiebreaker, the following process will be applied to break the tie:
 - Each team's number of deductions and rules violations will be considered with the place going to the least deductions/violations.
 - Each team's overall impression score will be considered with the place going to the highest score.
 - Each team's perfection of routine score will be considered with the place going to the highest score.
 - If the tie is still not broken, consideration of the winner will go to the judging panel.

NOTE: It is the coach's responsibility to check USASF website for rules and regulations www.usaf.net

The Downunder Spirit Championships level of competition/age groups is as follows: These follow the USASF/IASF All Star Cheer divisions for 2010/11, but may be altered to suit our competition based on team registration.

The age of the competitor as of August 31st, 2010 will be the age used for competition purposes.

DIVISION	AGE	FEMALE/MALE	No on SQUAD	LEVELS
Group/Partner & Cheer				
Youth Small	11 years & under	Female/Male	5 –20 members	1,2 & 3
Youth Large	11 years & under	Female/Male	21-36 members	1,2 & 3
Junior Small	14 years & under	Female/Male	5 –20 members	1,2,3& 4
Junior Large	14 years & under	Female/Male	21-36 members	1,2,3& 4
Senior Small	12 years – 18 years	Female/Male	5 –20 members	1,2,3,4 & 4.2
Senior Large	12 years – 18 years	Female/Male	21-36 members	1,2,3,4 & 4.2
Open Small	14 years & older	Female/Male	5 –20 members	2,3,4 & 4.2
Open Large	14 years & older	Female/Male	21-36 members	2,3,4 & 4.2
Open International	14 years & older	Female/Male	5 –36 members	5 & 6
POM/DANCE				
Youth	14 years & under	Female/Male	5 –36 members	N/A
Senior	12 years – 18 years	Female/Male	5 –36 members	N/A
Open	14 years & older	Female/Male	5 –36 members	N/A
INDIVIDUAL/DUO				
Open	14 years & older	Female/Male	1-2 members	N/A

CHEER DIVISION GUIDELINES

CHEER

- Two minutes and thirty seconds maximum time limit for routine performed on one, 7 run sprung floor.
- Entire routine must be performed to high-energy music.
- Poms and signs are permitted.
- Follows the USASF safety rules and guidelines.
- Routines should include cheer, dance, tumbling, stunts, jumps and motions.
- Athletes must have at least one foot, hand or body part (other than hair) on the performing surface when the routine begins. Exception: Athletes may have their feet in the hands of base(s) if the base(s) hands are resting on the performing surface.

STUNT GROUP: maximum of 5 members

- One minute maximum routine time limit
- No cheer, chants, or jumps are permitted.
- Tumbling is not permitted unless it is part of a load or dismount of a stunt.
- Only one flyer in the air at a time.
- All competitors must start the routine with both feet on the floor.
- Entire routine must be performed to music.
- No props are permitted
- Follows the USASF safety rules and guidelines.

PARTNER STUNT: maximum of 2 members and 1 spotter.

- One minute maximum routine time limit
- No cheer, chants, or jumps permitted.
- Tumbling is not permitted unless it is part of a load or dismount of a stunt.
- Both competitors must start the routine with both feet on the floor.
- Entire routine must be performed to music.
- No props are permitted
- Follows the USASF safety rules and guidelines.

DUO / INDIVIDUAL CHEER, male or female:

- One minute maximum routine time limit
- Must include at least 1 cheer, chant or sideline.
- Routine must include at least 3 jumps and running and standing tumbling skills.
- Signs and poms are permitted.
- Team uniforms must be worn for the routine.
- Minimum of 32 counts of dance through out the routine.
- Follows the USASF safety rules and guidelines.

DANCE DIVISION GUIDELINES

POM DANCE:

- 2:30 minutes max time limit.
- Entire routine MUST be performed to music.
- Routines emphasize the utilization of strong sharp pom motions, arm placement, and uniformity while incorporating visual effects through levels, formations and groundwork.
- During a pom routine, dancers must have poms in hand for at least 80 percent of the routine.
- Scoring will be based on correct Pom technique.
- Dance lifts and tricks are allowed – please refer to USASF Dance rules.

OPEN DANCE:

- 2:30 minutes max time limit
- Entire routine MUST be performed to music.
- Routines incorporate dance control, body placement, style, uniformity and precision.
- Routines can be of any style dance i.e. lyrical, contemporary, ballet, tap etc
- Each routine will be judged on its style and technical elements NOT compared to other teams routines or styles.
- i.e: Contemporary routine, scoring will be based on contemporary technique, where as a Tap routine scoring will be based on tap technique.
- Dance lifts and tricks are allowed – please refer to USASF Dance rules.

JAZZ DANCE:

- 2:30 minutes max time limit
- Entire routine MUST be performed to music.
- Routines emphasize on correct jazz technique, uniformity while incorporating visual effects through levels & groundwork, leaps, turns & formations.
- Scoring on correct Jazz technique
- Dance lifts and tricks are allowed – please refer to USASF Dance rules.

HIP-HOP DANCE:

- 2:30 minutes max time limit
- Entire routine MUST be performed to music.
- Routines emphasizes the utilization of street style dance moves, incorporating floor work, popping, & creative ideas
- Scoring based on Hip-hop technique
- Lifts and tricks are allowed – please refer to USASF Dance rules.

SOLOS/DUOS, male or female:

- One minute maximum routine time limit
- Routine must include leaps/jumps and turns.
- Team uniforms or appropriate costuming must be worn for the routine.
- Tumbling is allowed per USASF dance rules
- Dance lifts and tricks are allowed – please refer to USASF Dance rules.

