



## CHEER

### General Information & Safety Guidelines

#### *All School Hosted Events*

#### **DEAR ADVISOR / COACH:**

WE APPRECIATE YOUR PARTICIPATION IN OUR SHARP EVENT. WE LOOK FORWARD TO A FUN & ENJOYABLE DAY OF EVENTS. PLEASE REVIEW THE INFORMATION BELOW WITH YOUR STUDENTS.

- ◆ Please be in the Warm-up area 1/2 hour prior to your performance time. Each team will have 4 min. to warm-up on 3-4 strips of carpet bonded foam cheer mats. (Penalty for delay of competition = 5 points).
- ◆ Team times: 2-3 minutes; Solo / Duet / Stunt group times: 1-2 minutes (penalty = 1 point) Co-ed Cheer consists of 3 boys and 3 girls minimum.
- ◆ No knee drops. (Disqualification) Ex: Jumping onto both knees from a standing position.
- ◆ Make sure CD's are clearly marked & turned in at the time of your performance. Ipod's are welcome, please note which number song is to be used. A responsible adult/coach must be in the music check in area while your team is performing.
- ◆ Cheerleading Carpet Bonded Foam Mats will be provided at every Sharp event. Practice mats will be available to practice on, 1/2 hour before your performance time. All stunts and tumbling passes should be completed on the mat surface. Standard Mat regulations are 54 x 42 at most events. Theme park mat sizes may vary.
- ◆ Tumbling should be performed in a safe manor.
- ◆ **Collegiate level stunts are permitted for College Level Teams only. Any Elementary, Jr. High or High School teams performing illegal stunts will automatically be put into an open level category. This division will consist of co-ed teams, all girl teams & College Teams. Any Elementary or Junior High teams performing "3 high" stunts will automatically be disqualified.**
- ◆ All pyramids and partner stunts are limited to two persons high. "Two High" is defined as the base (bottom person) having at least one foot on the ground. A base cannot assume a back-bend position. Competitors are not permitted to move under or over a stunt or pyramid.
- ◆ All cradle dismounts require catchers to have continuous eye contact with the top person.
- ◆ Coaches – It is your responsibilities to have your team perform safe stunts. Do NOT put these young individuals under pressure to learn or attempt to perform stunts that they should not be attempting.
- ◆ No coaching from the sidelines.
- ◆ No jewelry. (Earrings, rings, necklaces, etc.) (penalty = .5 point per piece of jewelry)
- ◆ Sharp spotters will be present during all cheer divisions. The presence of spotters in no way guarantees or implies an individual or a team's safety, nor do they replace any spotters required for a particular stunt.