



Indiana Cheerleader Association

Safety and Timing Sheet

ICA CONTEST RULES

	Point Deduction	Team Points Deducted		Comments/ Rule Violation
Contest Schedule	-10 <small>Per Infraction</small>		Failure to leave warm-up area on time Failure to report to performance floor on time	
Apparel/ Accessories	-10 <small>Per Infraction</small>		Long fingernails, hair in face, approved hair bows that fall out during contest and are stepped on, use of bobby pins, approved hair clips/accessories left on contest mat.	
Supports/Braces	-10 <small>Per Infraction</small>		Referencing Rule 2-2-8 in the 2008-09 Spirit Rules Book: Supports, braces, etc., which are hard and unyielding or have rough edges or surfaces must be appropriately covered. Participants wearing a cast (excluding a properly covered air cast) must not be involved in a stunt. Indiana rules interpret "appropriately covered" as an Ace Bandage wrap or Neoprene sleeve. Tape is not acceptable.	
Glitter/ Stickers	-10 <small>Per Infraction</small>		Body glitter is not allowed Stickers applied to the body are illegal. Applied tattoos are acceptable.	

NFHS SPIRIT RULES

	Point Deduction	Team Points Deducted		
NFHS Infraction	-20 <small>Per Infraction</small>		NFHS Spirit Rules which are not addressed in the Contest Rules section above	

TIMING

	Point Deduction	Team Points Deducted		
Total Routine	-10		Total Routine may not exceed 2:30	
Music	-10		Music section may not exceed 1:45	

TOTAL DEDUCTIONS	
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Judge's Initials

DISQUALIFICATION

Failure to attend rules meeting Unsportsmanlike conduct Illegal use of team members in performance
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