



INDIANA CHEER CHAMPIONSHIP

TIME-OUT DIVISION SAFETY AND TIMING SHEET



NFHS SPIRIT RULES

	Point Deduction	Team Points Deducted	Comments/ Rule Violation
Safety Infraction	-10 Per Infraction		Violations according to the rules set forth in the current NFHS Spirit Rules Book, NOT pertaining to the sections below. Teams are limited to skills permitted ON A GYM FLOOR in the current NFHS Spirit Rules Book. (For example: No basket tosses, elevator tosses, or similar multi-base tosses. No airborne twisting tumbling skills) Legal props as defined by the current NFHS Spirit Rules Book are permitted (poms, signs, megaphones, flags), but are not required. In addition to NFHS Spirit Rules: No inverted stunts will be allowed. No twisting into or out of stunts. No single leg extended stunts. Mascots may be included in the Time-Out Division, but are limited to the same props as cheerleaders, and are not allowed to stunt.
Apparel/ Accessories	-5 Per Infraction		Long fingernails, hair in face, approved hair bows that fall out during contest and are stepped on, approved hair clips/accessories left on contest mat.
Supports/Braces	-5 Per Infraction		Referencing the current NFHS Spirit Rules Book: Supports, braces, soft casts etc., that are unaltered from the manufacturer's original design/production do not require any additional padding. Supports/braces that have been altered from the manufacturer's original design/production must be padded with a closed-cell, slow-recovery foam padding no less than one-half-inch thick if the participant is involved in partner stunts, pyramids or tosses. Participants wearing a plaster cast or a walking boot must not be involved in partner stunts, pyramids, tosses, jumps or tumbling. Indiana rules permit participants to wear braces and be on the performing surface provided that the brace is "appropriately covered". (Ace Bandage wrap or Neoprene sleeve. Tape is not acceptable.)
Glitter/ Stickers	-5 Per Infraction		Illegal use of Body Glitter, Stickers, Applied tattoos according to current NFHS Sprit Rules Book.

ICC CONTEST RULES

	Point Deduction	Team Points Deducted	
Contest Schedule	-5 Per Infraction		Failure to leave warm-up area on time Failure to report to performance floor on time
Total Routine	-5		Total Routine may not exceed 1:15

TOTAL DEDUCTIONS	
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Judge's Initials

DISQUALIFICATION

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