

COMPETITION RULES

1. We will follow AACCA and NFHS Safety Rules. All divisions younger than the Junior High have additional guidelines. ***Please adhere to the rule book and competition guidelines, as infractions could cost your team penalty points.***
2. A set of qualified judges will judge the Maine State JHS/Elementary Cheering Championships. There are no callbacks – just one scored performance. Decisions of the judges are final.
3. A certified trainer will be in attendance.
4. Squads will be limited to 20 cheerleaders in all divisions except the All-Star division, which will follow the guidelines of the USASF for number of team members allowed.
5. The only permitted props are pom-poms.
6. For safety, the performance surface will be a 42' x 42' gymnastics mat. There will also be a safety check/warm-up area that will have an additional 42' x 42' mat.
7. Each team will be announced and will be given a “cue” when they should begin their routine. Do not begin before the “cue.”

Example:

“Getting ready is _____”

“On deck is _____”

“And next to perform is _____”

Cue to Start:

“_____ may take the floor” then, “Now performing is _____”

8. Teams may perform a choreographed routine **not exceeding three minutes** (2 1/2 is highly recommended). The timing begins on the first sound or movement after being announced.
9. Team members may start the routine from any position, but must have at least one foot on the mat.
10. After being announced (“cue”) the routine may start with music, a cheer, or by building a pyramid. These actions will all start the time.

11. CD's should be ready to go before the start of the competition. (We would request that each squad make two **quality CD's** in case one doesn't work.)

12. Routine music should not contain inappropriate lyrics and should be suitable for family audiences.

13. The **ten classes & divisions** for the 2019 competition are listed below. The coach will select the class that best represents the grade level and abilities of their team. Examine the attached guidelines regarding each class/division, and note your selection on the registration form. The class selected should reflect the grade of your oldest participant. **Once submitted, there will be no changes in a team's division, unless approved by the event supervisor and the head judge.**

*NOTE: This year, we are offering an All-Star section to our program. **There are four All-Star divisions for those teams that have participants representing a number of schools, cheer clubs, or private cheer gyms, with the number of levels to be determined by the registrations received. Any Tiny, Mini, Youth or Junior All- Star Cheering Squad wishing to register should indicate their Division and Level on the registration form. Routines will be judged using the USASF/IASF Safety Rules, which can be found at www.usasf.net.***

The All-Star Division was created to allow cheer gyms and cheer clubs an opportunity to compete in the Maine State Cheering Championships. An "All-Star" team is one that is composed of athletes, often from different towns, that pay a fee to be members of a team whose primary focus is competition cheering. In fairness to all, be sure to sign your team up in the correct division. If you have any questions regarding your division, contact [Craig Morrison](#) at the Calais Rec Department for clarification. **NOTE: Cheerleaders may no longer cheer up a division.**

CLASS	GRADES	DIVISIONS
Dolls	Pre-K - 2	1
Mini 2	Grades 3-5	2
Mini 1	Grades 3-5	1
Pee Wee 2	Grades 4-6	2
Pee Wee 1	Grades 4-6	1
Mixed	Grades K-5	1
Mixed	Grades 3-8	2
Mixed	Grades 3-8	1
JHS 2	Grades 6-8	2
JHS 1	Grades 6-8	1

ALL STAR DIVISIONS	AGES	LEVELS
Tiny All-Star	Ages 5 & U	1
Mini All-Star	Ages 8 & U	1
Youth All Star	Ages 11 & U	1, 2
Junior All Star	Ages 14 & U	1, 2

14. Confirmations will be mailed as they are received, and starting times will be mailed to accepted teams within one week following the close of registrations on February 15th (or until the 60-team limit is full). If a team registers after the sixty-team limit, they will be notified at once. There are no refunds, unless a team is refused entry.

15. All teams must be in the Cross-Insurance Center at least 1 hour prior to the start of the competition that will begin at 10:00. Only two coaches and squad members will be admitted through the team entrance. Everyone else will be required to enter from the front doors starting at 8:30. A final order of events with check in times, warm-up schedule and coaches meeting times will be emailed to coaches within one week following the close of registrations on February 15th.

16. **Spectators will use the front doors that will open at 8:30. Admission to the event - adults \$10.00 and students \$6.00.**

17. A brief coach's (head coach) meeting will be held prior to the start of the Competition.

18. Competition results will be made available to all coaches at the end of the event.

19. **State Cheerleading Championship T-shirts** will be on sale for \$15.00 each. Teams registering online may order and pay during signup. For others, pre-orders can be placed by emailing your order to calaisrec@calaismaine.org. During the past two years we have run out of all sizes before the competition even began, so if you would like to have your shirts packaged &

ready upon your arrival, just send the numbers of sizes needed; you may pay when you pick them up (Youth sizes S, M, L & Adult sizes S, M, L, XL, XXL).

20. [Midcoast Photo](#) will be taking individual/team pictures at the event. You will be contacted well ahead of the event with the needed information.

21. DEDUCTIONS can be given for **(not all situations listed)**:

1 pt. deductions (for each occurrence):

- unperfected tumbling
- inappropriate hair devices/hair not in pony tail
- Jewelry (Note: Jewelry includes plugs or spacers for piercings and jewelry adornments of dermal piercings. Participants may choose to cover the opening with tape after removing the gauge or jewelry.)
- Glitter on uniforms, on body or on hair ribbons (Note: glitter-infused makeup that does not easily flake off and glittery eye shadow are legal.)

3 pt. deductions:

- Any situation that could endanger the performing athlete
- Falls to the floor by anyone in a stunt group
- Spotting - inattentive/spotters not in correct position
- Illegal stunts
- Swearing by a coach or athlete
- Poor sportsmanship by cheerleaders or coaches
- Athlete stepped off mat **(NEW!)**

22. The penalty for exceeding the time limit is 1 point for every second up to 5, and 10 points for over 5 seconds.

23. Ties are broken by adding the team's technical scores in tumbling, partner stunts and pyramids, jumps, motions and dance. If a tie still exists, then it is broken by the team with the highest overall effect/performance appeal score