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## Individual Event Guidelines & Rules

# GMCE Individual/Group Guidelines

Must have Coach's Approval.

Must cheer or dance for an All Star, School, Youth League, Dance Studio Program of some kind and must practice and compete/perform with that Program.

An individual's TEAM is NOT required to compete with GMCE.

Participants in a group event, partner stunt or group stunt, all have to be members of the same program.

Individual athletes may only compete in one of the categories of Crowd Pleaser, Best Cheerleader or Elite Cheerleader at the same event. Ex. You cannot compete Crowd Pleaser and then compete Elite Cheerleader Group.

Age Divisions are determined by the age of the athlete as of August 31, 2018.

Individuals must compete within their qualified age division. In Group or Partner Stunt categories, the oldest member of the group will determine the age division.

<b>DIVISION</b>	<b>AGE</b>	<b>Events Offered</b>
<b>Tiny</b>	5-6 years	Solos/Groups
<b>Mini</b>	7-8 years	Solos/Groups
<b>Youth</b>	9-11 years	Solos/Groups
<b>Junior</b>	12-14 years	Solos/Groups/Partner Stunt
<b>Senior</b>	15-18 years	Solos/Groups/Partner Stunt
* In the Senior Stunt Group division, no one younger than 12 years of age will be allowed.		

Male/Female divisions will only be split if there are at least 2 females and 2 males in each respective division.

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## Individual Cheer Event Routine Requirements

### **CROWD PLEASER:**

- Time Limit: 1:30 (One minute and thirty seconds) Max
- Music: May be used for entire routine or just a portion
- Routine: Should include jumps, motions/cheer and dance
- Tumbling: Tumbling that involves hip over head rotation is prohibited

### **BEST CHEERLEADER:**

- Time Limit: 1:30 (One minute and thirty seconds) Max
- Music: May be used for entire routine or just a portion
- Routine: Should include jumps, motions/cheer, dance and tumbling skills (running or standing)
- Tumbling: STANDING TUMBLING-Flips without hand support may be executed in a tuck position only and must be performed from a back handspring entry. Aerial cartwheels and  $\frac{3}{4}$  front flips are permitted. No twisting skills allowed. Aerial cartwheels and  $\frac{3}{4}$  front flips are permitted.
- RUNNING TUMBLING-Flips without hand support may be executed in a tuck position only. No twisting skills are permitted. Aerial cartwheels and  $\frac{3}{4}$  front flips are permitted.

### **ELITE CHEERLEADER:**

- Time Limit: 1:30 (One minute and thirty seconds) Max
- Music: May be used for entire routine or just a portion
- Routine: Should include jumps, motions/cheer, dance and tumbling skills (running or standing)
- Tumbling: Skills are limited to 1 flipping and 2 twisting rotations

These categories are also available in Duo and Trio Divisions. If less than 2 in each, duo and trio will be combined.

No Stunting is permitted in either duo or trio cheer divisions.

# GMCE Individual/Group Guidelines

## Individual Dance Event Routine Requirements

### **BEST DANCER JAZZ:**

Time Limit: 2 minutes, maximum

Routine: Routines incorporate stylized dance movements and combinations, leaps and turns. Emphasis is placed on proper technical execution, extension, control and body placement. Hand held , costume and/or standing props may be used. No backdrops.

Tumbling: Airborne hip over head rotation skills without hand support are not allowed. Exception: Front Aerials and Aerial Cartwheels are allowed. Hip over head rotation skills with hand support are not allowed while holding props in supporting hand(s). Exception: forward rolls and backward rolls are allowed.

### **BEST DANCER LYRICAL:**

Time Limit: 2 minutes, maximum

Routine Routines combine the principles of Jazz/Ballet and emphasize proper technical execution. Incorporate the use of flexibility, balance and mood. Routines are fluid in movement and focus on emotion that compliments the musical selection. Hand-held, Costume and/or Standing Props may be used. Backdrops are not allowed.

Tumbling: Airborne hip over head rotation skills without hand support are not allowed. Exception: Front Aerials and Aerial Cartwheels are allowed. Hip over head rotation skills with hand support are not allowed while holding props in supporting hand(s). Exception: forward rolls and backward rolls are allowed.

### **BEST DANCER HIP HOP:**

Time Limit: 2 minutes, maximum

Routine: Routines emphasize street style movements with an emphasis on execution, style, creativity, body isolation/control, rhythm and musical interpretation. Routines may include additional focus on athletic incorporations such as jump combinations and other tricks. Hand-held, Costume and/or Standing Props may be used. Backdrops are not allowed.

Tumbling: Non airborne skills are allowed. Airborne skills with hand support: (1) are allowed (2) are limited to two consecutive hip-over-head rotation skills. Airborne skills without hand support are allowed provided: (1) involves no more than one twisting transition (2) may not connect to another skill that is airborne with hip over head rotation with or

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without hand support. Hip over head rotation skills with hand support are not allowed while holding props in supporting hand(s). Exception: forward rolls and backward rolls are allowed.

These categories are also available in Duo and Trio Divisions. If less than 2 in each, duo and trio will be combined.

In Duo and Trio dance categories, USASF Dance Lifts and Partner rules apply.

## Partner Stunt Routine Requirements

### Partner Stunt:

Time Limit: 1 minute Max

Music: Should be used for entire routine

Routine: 2 athletes (M/F). Must provide an additional spotter. Spotters may not be involved in the execution of the stunts, but may assist on dismounts. The spotter must be a coach and have proper knowledge of the routine.

Division: Only offered for Junior and Senior age divisions. In the Senior age division, no one younger than 12 years of age will be allowed to compete in this category.

Safety Rules: You must follow USASF Age divisions and Level Safety Rules

## General Safety Guidelines

1. **CATEGORY VIOLATION:** See Individual Event Routine Requirements.
2. **PRACTICE:** Athletes must always practice and perform on an appropriate surface. Technical skills may not be performed on concrete, asphalt, wet or uneven surfaces.
3. **COSTUMING/UNIFORMS:**
  1. All costuming/uniforms should be age appropriate and acceptable for family viewing. Cheer individuals must wear cheer/athletic attire while performing.
  2. Uniform Skirt/Shorts: When a skirt is worn as part of the uniform, briefs under the skirt are required. The skirt must fully cover the hips. The skirt must completely cover the briefs and must fall at least 1 inch below briefs (regular and boy cut briefs). When shorts are worn as part of the uniform, there must be a minimum of a 2" inseam.

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3. **Uniform Top:** Uniform tops may not include an exposed midriff (crop top) except when worn by athletes competing in the Senior divisions. Uniform tops must be secured by straps or material over at least one shoulder or around the neck (tube tops are not allowed).
  4. **Makeup** should be uniform and appropriate for both the performance and the age of the athletes. Face/Eyelid Rhinestones are not allowed.
  5. **Bows** should not be excessive in size (acceptable bows are generally no more than 3" in width) and shouldn't be a distraction to the performance.
  6. Athletes in a Cheer Event must wear soft-soled shoes while competing. No dance shoes/boots, and/or gymnastics slippers (or similar) allowed. Shoes must have a solid sole.
  7. Athletes in a Dance Event, footwear is recommended but not required. Wearing only socks and/or footed tights is prohibited.
  4. **ROUTINE APPROPRIATENESS:**
    1. All facets of a performance/routine, including both choreography and music selection, should be appropriate and suitable for family viewing or listening.
    2. Removing improper language or words from a song and replacing with sound effects or other words, may still constitute inappropriate. **Music must follow all US Copyright and Licensing laws and complies with USASF Sanctioning standards on copyright and music licensing.**
    3. Gum and/or Candy are not allowed.
  5. **JUDGES DISCRETION:** Judges reserve the right to assess warnings and/or deductions when an individual's choreography, uniform, makeup, , etc. do not meet the standards of what ACP deems 'appropriate'.
  6. **OUT OF BOUNDS:** Excessive out of bounds is not allowed in cheer individual events. Excessive out of bounds includes, but is not limited to: running, walking, tumbling and/or landing completely off of the foam/mat.
  7. **TIME VIOLATIONS:** Timing will begin/end with the first/last organized word, movement or note of music after they are officially announced and have taken the floor.
    1. Individuals must enter and exit in a timely manner.
    2. Organized entrances are not allowed.
- COACHES BOX:** Coaches must remain in the designated coach's area during the Individual's performance. Coaches will not be allowed to assist the individual during the entrance, routine performance or exit. Exception: Individuals competing in the Tiny age division will be allowed to have coaches assisting at the front of the mat (not directly in front of the judges).
8. **SPORTSMANSHIP:** Any unsportsmanlike behavior from athletes, spectators and/or coaches. Coaches must display good sportsmanship and require the same from members of their program.

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## General Safety Guidelines

### 1. MUSIC:

We recommend playing music from MP3 player or phone (but must be in airplane mode). We will also have CD players available. Provide a representative with knowledge of the routine to run the music at the music station.

**SPOTTERS:** Must be provided for Partner Stunt and Group Stunt Categories:

- Should not assist, save or interfere with elements being performed. They should only assist and/or prevent an athlete from falling to the performance surface, which could result in injury. Exception: It is suggested that Partner Stunt Spotters assist on all cradles and other dismounts.
- Should not dress or act in a manner that would distract from the performing athletes.
  - Should be age and level appropriate to provide an adequate safety precaution for the age and level of the performing athletes. Spotters are recommended to be at least 18 years old.

### 2. INTERRUPTION POLICY:

- **Injury/Illness:** If an athlete is injured and/or is ill on the practice mat or the performance floor, the athlete will be given up to 30 minutes or until right before the award ceremony, whichever comes first, in order to regroup before they are required to perform. *NOTE:* If an injury and/or illness occur on the performance floor during a routine, the individual may perform their routine again, in its entirety or let the performance stand as-is. If an individual performs again, the routine must be performed full out, from the beginning and the judges will begin evaluating the routine from the point of interruption.
- **Music:** In case of routine interruption due to music issues, the athlete may perform that routine in its entirety or let the performance stand as-is. If an athlete performs again, the routine must be performed full out, from the beginning and the judges will begin evaluating the routine from the point of interruption.

### 3. AGE PROTEST: It is the responsibility of the source of the accusation to provide specific documentation of any age violation.

- Must be made by a Coach of a registered program at the event.
  - The \$100 fee must be paid at the time of the protest. If a ruling is made in your favor, the fee will be returned.
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□ Response time will be dependent upon availability of appropriate staff and pending verification of appropriate documentation. Resolution may not occur until after the event.

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- 4. **DISQUALIFICATION:** After the competition, if a participant is found to have performed illegally, all titles will be revoked and awards will be adjusted accordingly.

Individual/Groups/Partner Stunts are not available at all GMCE events. Please be sure to check the registration site or check with the registration administrator at GMCE.

We look forward to seeing you at this season's events! Best wishes!