

Each routine must begin with a crowd engaging cheer that does not exceed 45 seconds. Teams will have up to 30 seconds to prepare/set up for their music portion of their routine; which may not exceed a maximum time of 2 minutes and 15 seconds.

## 45-SECOND CROWD SEGMENT (ADVANCED AND INTERMEDIATE)

Each team may stage at the back of the mat and set up props immediately following the previous team's conclusion and exit, but this must not delay the flow of the Competition. Timing deductions will be in effect for teams requiring too much staging time.

Each team will have a total of 45 seconds from the time their name is announced in which to enter the mat and perform their 45-Second Crowd Segment. All feet must be on the ground when the team is announced to take the floor. Skills may only begin after being announced and entering the performance mat. Timing of the 45 seconds starts immediately with the announcement of the team name.

Each team will be required to perform 45 seconds of crowd-leading material when they enter the mat. During this time, the team should display modern and/or traditional methods of getting the crowd to stand, clap, cheer and/or make noise. Technical skills should be kept to a minimum and will NOT be judged during this time. Skills are restricted to the AACCA Basketball Timeout Rules (see section H of the AACCA College Safety Rules). Teams competing in the Intermediate Divisions must also follow the Intermediate Restrictions during their 45-Second Crowd Segment.

Music may not be used during this segment. The actual crowd response will not be factored into the judges' scores. Only the material being presented will be judged. No voice-overs or words may be recorded to make the team's vocal projection sound louder.

The use of signs, flags, banners or other spirit related props are highly recommended. Only the following props are allowed for cheer teams: flags, banners, megaphones, pom poms, and signs. Flags and/or banners with poles or similar support apparatus may not be used in conjunction with a stunt or tumbling. Due to safety concerns, items (t-shirts, towels, Frisbees, etc.) may not be thrown, tossed or released from the performance area into the crowd.

Once the 45-Second Crowd Segment is complete, the team will have another 30 seconds to get set for the start of the routine performance (see Time Limit Violations for penalty information). This total 75 seconds will NOT count toward the 2 minutes and 15 seconds of the Team Performance Routine Section.

Each judge will score the 45-Second Crowd Segment on a scale of 0-10. This will be its own judging Category. (For 2-day performances, college teams will only perform the 45 Second Crowd Segment during their first performance. The 45 Second Crowd Segment scores will carry over to the second performance of 2 day competitions, where they will be calculated into the teams' final score.)

## TEAM PERFORMANCE ROUTINE REQUIREMENTS (ADVANCED AND INTERMEDIATE)

1. Each team will perform a choreographed routine not to exceed 2 MINUTES AND 15 SECONDS (135 SECONDS).
2. Music is allowed for all or part of the 2 minute and 15 second part.
3. Timing will begin with the first movement by individual or group, voice, or note of music for the Team Performance Routine.
  - \* Performers must have at least one foot on the performing surface when the Routine starts.
4. Timing will end with the last organized word, movement, or note of music by the team or individual. Teams or individuals must exit the performance area immediately following the routine.
5. Only the following props are allowed for cheer teams: flags, banners, megaphones, pom poms, and signs. Flags and/or banners with poles or similar support apparatus may not be used in conjunction with a stunt or tumbling.

## BOUNDARY AREA

Boundary rules are in effect from the time teams enter the mat for their 45-Second Crowd Segment and remain in effect until they leave the mat after their 2:15 Performance. They CANNOT go out of bounds between the 45-Second Crowd Segment and the 2:15 Performance. Stepping on or touching the edge of the mat does not constitute a violation. They must noticeably touch out of bounds with both feet for a violation to occur. Props may be touching out of bounds without penalty. A team member may touch a prop that is out of bounds as long as that person does not step out of bounds with both feet to retrieve or discard the prop. Doing so would result in a penalty. After the 45-Second Crowd Segment, members may only reach or touch out of bounds to discard props, but still may NOT step out of bounds. Only mascots may enter the floor for the 45-Second Crowd Segment, then leave the floor before the 2:15 Performance. Any others doing so would result in a 1.0 rules violation. Any member participating in the 45-Second Crowd Segment must remain on the performance surface during the 2:15 Performance as well to prevent a rules or boundary violation. They may not participate in the 45-Second Crowd Segment while off the performance surface. Throwing items from the performance surface into the stands will result in a 1.0 safety violation. There will be a .25 deduction for each boundary violation. Participating team members may enter the performance area immediately following the previous teams performance to set up props. This may not create any delay in the flow of the Competition. Any delay as a result of the props will result in a timing violation 1.0 deduction.

# **CHOREOGRAPHY/MUSIC/COSTUME RULES**

## **INAPPROPRIATE CHOREOGRAPHY / MUSIC/ COSTUMES**

All facets of a performance or routine, including choreography, music selection and outfitting (cheerleading and dance uniforms or costumes), should be suitable for family viewing and listening. In general, school performances, including but not limited to the actual routine, signs, cheers, chants and hand signals/gestures, should adhere to outfitting, performance and music guidelines and criteria in place and approved by the administration or institution to which the school team belongs. Outfitting for cheerleading performances should follow traditional dress standards. Routines, music, and uniforms/costumes for all team types should be appropriate for the age of the participants performing the routine.

A deduction of 1.0 (per violation) will be given for vulgar or suggestive choreography, which includes but is not limited to movements such as hip thrusting and inappropriate touching, slapping, positioning of body parts and positioning to one another. Deductions will be given for music or words unsuitable for family listening, which includes but is not limited to swearwords and connotations of any type of sexual act or behavior, drugs, mention of specific parts of the body torso, and/or violent acts or behavior. Removing improper language or words from a song and replacing with sound effects or other words constitutes inappropriate, and deductions will be made accordingly.

### **CHEER UNIFORM REQUIREMENTS**

In general, appropriate attire is required during officially designated practice times, performances and awards ceremonies. EPIC reserves the right to make rulings and enforce compliance regarding any participant's attire. It is the combination of garments worn that can deem an outfit or uniform appropriate or inappropriate, and this should be taken into consideration more so than the individual guidelines for each garment type outlined below. The following guidelines should assist in defining what is appropriate, but should not be deemed a comprehensive and exclusive list. What is appropriate includes but is not limited to the list below.

#### **ALL**

No risqué, sexually provocative or lingerie-looking or inspired uniform or garments.  
Garments/items should be secure to eliminate any possibility of "wardrobe malfunction"  
Appropriate undergarments must be worn.

#### **MALE CHEER TOPS**

Must be full torso length, covering shoulders to waist and/or the top of the uniform bottom in standing position.  
Must be short or long sleeves, covering at least midway between shoulder and elbow.  
May be round or V-neck

#### **MALE CHEER BOTTOMS**

If full length pants, must cover waist to feet  
If shorts, must fall no higher than mid-thigh

#### **FEMALE CHEER TOPS**

Standard shell, crop or midriff top  
No "bra top" style or size tops - material must fall at least one inch below the bra line.  
No extremely low cut necklines  
No excessively bare or backless style tops  
Must have solid material around the back  
No "tube tops"  
Must be secured by straps or material over at least one shoulder or around the neck

#### **FEMALE CHEER BOTTOMS**

Must fully cover the hips  
below standard briefs  
No excessively short or tight skirts

No ultra low rise waistbands (no lower than 1 inches below naval) when worn in conjunction with a cropped or midriff baring top.

#### **FOOTWEAR**

No bare feet  
Soft-soled athletic shoes must be worn while competing  
No gymnastics shoes, jazz shoes/boots

#### **Note:**

Hair bows may negatively affect the overall collegiate image for the athletes and their performances. Hair bows may only be worn behind the top center of the head and may not have material close to the face at any time. Hair bows should also be small to medium in size to avoid being a distraction from the performance. Violations of this rule during competition will result in a 1.0 point "Collegiate Image" deduction from a panel judge.