



CHEER **AGAINST CANCER** *Competition*

2023

RULES AND REGULATIONS

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○ **ELIGIBILITY**

- My Sister's Keeper Cheer Against Cancer Competitions are open to all members of the community who are interested in raising awareness of the impact of cancer while promoting early detection.
- Team classifications are as follows:
 - **Old school** – Teams where at least 75% of squad participants are 30 years of age or older.
 - **New school** – Teams where 75% of squad participants are 29 years of age or younger.
- Participants are responsible for checking with their medical providers to obtain medical clearance for participation.

○ **JUDGING PROCEDURES**

- The judges for the competition will be appointed at the sole discretion of My Sister's Keeper and the Cheer Against Cancer Planning Committee. All judges will have been vetted by experience in the field as well as knowledge of the scoresheets and rubrics. The judges will score the teams using a point system. Each judge will be assigned to one or more categories throughout the duration of their program. Judges' scores will be compiled to determine the overall team score.
- Judges may provide comments and critiques on the score sheets.

○ **SCORES AND RANKINGS**

- Individual score sheets are for the exclusive use of each judge. Each judge has the responsibility and authority to review and submit their final scores prior to the final tally of the scores for all teams. Teams may receive copies of the judges' score sheets upon request at the end of the competition.

○ **TIE BREAKERS**

- All ties will be broken. If there is a tie, the total points from the "overall performance" category on the score sheet will determine the winner. If there is still a tie, the audience will choose the winner based on the mechanism determined by the Competition Directors.

○ **RULES & PROCEDURES**

- Any questions concerning the rules or procedures of the competition will be handled exclusively by the advisor/coach of each team and will be directed to the Competition Directors. Such questions should be made prior to the team's competition performance.

○ **SPORTSMANSHIP**

- All participants agree to conduct themselves in a manner displaying good sportsmanship throughout the competition with positive

presentation upon entry and exit from the performance area as well as throughout the routine. The advisor/coach of each team is responsible for seeing that team members, coaches, parents, and other persons affiliated with the team conduct themselves accordingly.

○ **INTERRUPTION OF PERFORMANCE**

○ **UNFORESEEN CIRCUMSTANCES**

- If, in the opinion of the competition officials, a team's routine is interrupted because of failure of the competition equipment, facilities, or other factors attributable to the competition rather than the team, the Competition Directors will stop the team's performance should the need arise.
 - The team will perform the routine again in its entirety, but will be evaluated **ONLY** from the point where the interruption occurred. The degree and effect of the interruption will be determined by the competition officials.

○ **FAULT OF TEAM**

- In the event a team's routine is interrupted because of failure of the team's own equipment, etc., the team may either continue the routine or withdraw from the competition.
- The competition officials will determine if the team will be allowed to perform at a later time. If decided by officials, the team will perform the routine again in its entirety, but will be evaluated **ONLY** from the point where the interruption occurred.

○ **INJURY**

- The only persons that may stop a routine for injury are:
 - competition officials
 - the advisor/coach from the performing team
- If an injury requires you to leave the floor during the routine, the participant is not allowed to return to the competition.
- All participants must sign a liability waiver excluding My Sister's Keeper from any and all liabilities that may occur as a participant in the program.

○ **FINALITY OF DECISIONS**

- By participating in this competition, each team agrees that all decisions by the judges will be final and will not be subject to review. Each team acknowledges the necessity for the judges to make prompt and fair decisions in this competition and each team therefore expressively waives any legal, equitable, administrative, or procedural review of such decisions.

○ **PENALTY INFORMATION**

- Wearing body jewelry is a 5-point deduction (unless approved for medical or religious reasons).
- Failure to stay within the time limit results in a .5 (that is ½) point will be deducted for each second over the time limit.
 - **TIME LIMITS:**
 - Cheer Round: 90 seconds
 - Pink Out Round: maximum 2:30 minutes total
 - Final Round: Top 2 teams only (new school vs. old school)
Face Off: 60 seconds per chat (2 total)
- It is important to maximize the routine to the best of the team's ability. However, just "attempting" a skill is not enough to earn full credit – a team/individual needs to execute it correctly. One of the most difficult parts of judging is determining the number of points to deduct from a team for falls and bobbles in a stunt/pyramid and tumbling. This is the head judge's responsibility.
- The head judge has a special score sheet on which he/she records the number of falls and bobbles and determines the number of points deducted for each mistake. These "mistake deduction points" will be deducted from the team's overall routine score.
- A fall is a 1-point deduction for each time a mistake is made. A fall during performance occurs when the routine is not executed correctly, and a cheerleader's body touches the floor.
- Refer to the Cheer Penalty Sheet available at MySKCle.org/cheer for full penalty and deduction information.
- **NO DISQUALIFICATION**
 - My Sister's Keeper will not render total disqualification decisions at our Cheer Against Cancer Competition. However, failure to follow these rules will result in a substantial penalty.
- **SAFETY RULES**
 - Glitter: NO loose body glitter, face glitter, or hair glitter permitted.
 - To ensure consistency and ease of compliance for cheer teams, My Sister's Keeper has adopted the rules of the associations referenced below. Any updates to these rules will be posted to myskcle.org/cheer once known.
 - All Rounds will follow the rules and guidelines from the following associations:
 - [All Star Cheer & Dance Rules | USASF.](#)
- **GENERAL SAFETY GUIDELINES**
 - All participants agree to conduct themselves in a manner displaying good sportsmanship throughout the event. The coach of each team is responsible

- for seeing that team members, coaches, parents, and any other person affiliated with the team conduct themselves accordingly.
- All squads should have, and review, an emergency action plan in the event of an injury.
 - Coaches must recognize the entire team's particular ability level and limit the team's activities accordingly.
 - No technical skills should be performed when a coach is not present or providing direct supervision.
 - All practice sessions should be held in a location suitable for the activities of cheer or dance.
 - Warm-up and stretching should precede and conclude all practice sessions, competitions, performances, and other physical activities.
 - The team coach or other knowledgeable designated representative should attend all practices, functions, and performances.
 - **ROUTINE RULES (NON-BUILDING)**
 - **TEAM PARTICIPANTS:**
 - **At this time, there is no minimum or maximum limit on the number of team members allowed on the floor, per round.**
 - However, cheer teams are encouraged to keep team size reasonable to not detract from the overall performance.
 - Teams should develop routines in a manner that fits the ability of their team members.
 - To compete on a team, the participant's name must appear on the teach roster for each round as either a Participant or Alternate.
 - All members on the team roster must perform in at least one round of the cheer competition (round 1 and/or round 2).
 - Tumbling, jumps, and splits may be required for some rounds but is not required to be executed by all members of the team.
 - **NO-BUILDING**, individuals may not support one another in any type of mount/pyramid/stunt. This includes supporting the weight of another individual when that person's feet do not touch the ground.
 - **ENTRANCES AND EXISTS**
 - Stunts and Tumbling should NOT be included entrance or exit.
 - **TIMER**
 - Timing will begin with the first word, motion, or note of music. Judges will not score anything until timing starts or anything after timing ends.

OVERVIEW - ROUNDS

<p style="text-align: center; margin: 0;">ROUND 1 - CHEER ROUND: TEAM SPIRIT</p> <p style="margin: 5px 0;">In this round teams are required to showcase a crowd winning cheer that best represents their squad.</p>	<p style="text-align: center; margin: 0;">ROUND 2 – PINK OUT: CANCER THEME</p> <p style="margin: 5px 0;">Routines are required to focus on cancer (awareness/prevention) as a theme. Creativity is absolutely encouraged.</p> <p style="margin: 5px 0;">Disclaimer: Pink represents the sisterhood formed within My Sister's Keeper not breast cancer.</p>
<ul style="list-style-type: none"> The Cheer Round showcases traditional cheerleading abilities and the ability to entertain the crowd. Teams will be evaluated on their performance, motions, and overall routine. All material should be suitable for a game or pep rally. <u>Emphasis on crowd involvement.</u> Crowd Leading tools are highly encouraged. The use of crowd leading signs, megaphones, props are permitted, Time limit is 90 seconds. Flexible formations are <u>required</u> (minimum of 2 formation changes required). Splits and Jumps are required for this round and is not required to be executed by the entire team. 	<ul style="list-style-type: none"> The Pink Out Round showcases traditional cheerleading abilities and the ability to entertain the crowd thru music and cheer. Teams will be evaluated on their creativity, performance, motions, dance, and overall routine. Points for Creativity are doubled in this round. This round requires Crowd participation in the form of a chant. <ul style="list-style-type: none"> Teams are required to use the word “Cancer” in their chant. Overall performance should be positive, encouraging, and motivational. The use of music is also a requirement. Time limit is 2.5 minutes (180 seconds) Pink is required in this round and must be incorporated in uniforms, and props. Use of props is highly encouraged. Splits and Jumps are required for this round and is not required to be executed by the entire team.
<p>Additional Skill Restrictions <i>(Applies to both rounds)</i> No Tosses are allowed. No Inversions are allowed. No Twisting Released Dismounts are allowed. Single leg stunts are limited to liberties and liberty hitches and are not required of all members of team during performance. No Running Tumbling is allowed.</p>	

**FINAL ROUND: FACE OFF
(OLD SCHOOL VS. NEW SCHOOL):**

The highest-ranking old school and new school teams go head-to-head to claim the title.

The theme of this round focuses on your team and why they should win the title.

- This round showcases traditional cheerleading and the ability to entertain the crowd.
- No music permitted.
- Teams will be evaluated on their ability to entertain, performance, motions, chant and overall routine.
- All material should be suitable for a game or pep rally.
- Time limit is 60 seconds (each routine – 2 total per team)
- Routines are alternated between teams.
- A coin toss determines which team goes first.
- Tumbling, jumps or splits are excluded in this elimination round.

CONTACT INFORMATION

Competition Questions:
Cheer@myskcle.org
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Payment/Invoicing Questions:
Cheer@myskcle.org
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Please visit MySKCLE.org/cheer for additional information.

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