



## Maximum Competitions, Inc 2009-2010 Safety Rules and Routine Requirements

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### General Safety Rules

1. All teams must be supervised during all functions by a qualified coach.
2. Coaches must require proficiency before skill progression. Coaches must consider the individual, group and team skill levels with regard to proper performance level placements.
3. All teams, gyms, coaches and directors should have an emergency response plan in the event of an injury.
4. Athletes and coaching staff may not be under the influence of alcohol, narcotics or performance enhancing substances while participating in a performance that would hinder their ability to execute or supervise the routine safely.
5. Athletes must always practice and perform on an appropriate surface.
6. Soft-soled shoes must be worn while competing. No dance shoes/boots or gymnastics slipper allowed for cheer teams. Shoes must have a solid sole.
7. Jewelry of any kind including but not limited to ear, nose tongue, belly button and facial rings, clear plastic jewelry, bracelets, necklaces and pins on uniforms are prohibited. Jewelry must be removed not taped over with the exception of medical ID tags/bracelets.
8. Any height increasing apparatus other than a spring floor, used to propel a competitor is prohibited.
9. Flags, banners, signs, poms, megaphones and pieces of cloth are the only props allowed. Props with poles or similar support apparatus may not be used in conjunction with any kind of stunt or tumbling. All props must be safely discarded out of harms way. Any uniform piece purposefully removed from the body and used for visual effect will be considered a prop.
10. Casts that are hard and unyielding or have rough edges must be appropriately covered with a padded material. Padded material must be such that it protects both the athlete and fellow athletes from injury.
11. All skills allowed for a particular level encompass all skills allowed in the preceding level.
12. Drops including but not limited to knee, seat, thigh, front, back and split drops from a jump, stunt or inverted position (when allowed) are prohibited unless the majority of the weight is first borne on the hands/feet, which breaks the impact of the drop. Shushunovas are allowed.
13. Athletes must have at least one foot, hand or body part (other than hair) on the performing surface when the routine begins. Athletes may have their feet in the hands of the bases if the bases hands are resting on the performing surface.
14. Chewing gum or candy during practice or performance is prohibited.
15. Coaches or other athletes from your organization cannot be used as required spotters. They may be used at your discretion as safety spotters at the back of the performance floor, as Maximum Competitions does not provide safety spotters.





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### General Information

1. The person who registers the competing team or organization will be the contact person for that team or organization. This contact person will be the person who will handle any preliminary correspondence and any questions concerning rules, procedures or performance during the competition. Additionally, this contact person will be the only authorized person to pick up score sheets after the event.
2. Maximum Competitions will communicate through email and phone with the contact person only.
3. Parents, coaches and athletes are to get their information about the competition directly from the contact person and via [maximumcompetitions.com](http://maximumcompetitions.com)
4. Each judging panel will have a safety/deductions judge and panel judges. Judges decisions are FINAL and will not be questioned. Maximum Cheer and Dance works diligently to hire judges who are qualified, unbiased and professional to offer you the best possible reflection of your routine.
5. If you have Safety or Legality Questions, please send in email format to [info@maximumcompetitions.com](mailto:info@maximumcompetitions.com). If your question cannot be answered from the email, you may be asked to send the question in video/dvd format. Do not send your entire routine on video, just the portion in question should be video taped. All video tapes should be sent to: *Maximum Competitions, 5205 Knightsbridge Way, Raleigh, NC 27604. Video/DVD's must be sent a minimum of 30 days prior to registered event.*
6. Score sheets may be picked up at the check in/registration table 15 minutes after awards by the contact person from each team or organization. Score sheets not picked up will not be mailed.
7. All teams must follow the guidelines established for their division. All teams must adhere to age/grade guidelines for the division in which they registered and must be prepared to show proof of age if questioned. **No changes in division/level/size are allowed less than 10 days prior to the event.**
8. Maximum Competitions, Inc reserves the right to add, divide, combine or delete divisions as needed per event to make each event as competitive as possible. Maximum Competitions, Inc reserves the right to provide alternative flooring systems based on the number of registered participants by the event deadline. All efforts will be made to provide the safest possible flooring options available.
9. Teams may not participate without the current Registration and Compliance form completed and signed, the Medical and Publicity Waivers of all participants are correct, complete and turned in to the Check-In Officials.
10. All participants, parents, spectators and coaches must follow and rules and guidelines as stated in all Maximum Competitions, Inc forms and web site. Judges and Maximum Competitions, Inc. staff decisions are final. These decisions are not up for review or discussion.





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**Maximum Competitions follows USASF guidelines and divisions for allstars and NFHS guidelines for school and recreation.**

### Routine Guidelines

#### All Stars

Cheer and Dance Teams	2 minutes and 30 seconds	
Cheer Individual/Duo/Trio	1 minute and 30 seconds	Must include cheer/chant /dance
Dance Individual/Duo/Trio	1 minute and 30 seconds	No tumbling

#### School & Recreation Teams

Cheer Teams	2 minutes and 30 seconds	<ul style="list-style-type: none"> <li>▪ 1 minute and 30 seconds music maximum</li> <li>▪ Must include cheer portion</li> <li>▪ Must follow National Federation of High School Rules</li> </ul>
Dance Teams	2 minutes and 30 seconds	No Tumbling

When requested, we offer non tumble and non stunt divisions

### Deductions and Violations

Violation	Deduction	Explanation
Bobble	.50	Minor Mistakes (ex. Shaky flyers, hands down on tumbling, incomplete cradles, etc.)
Minor Fall	1.00	Falls or tumbling (not to the ground)
Major Fall	2.00	Major Mistakes (ex. Fall out of stunts, landing on knees, any clear fall)
Time	.25	Over allowed time in music or total time per 5 seconds
Conduct and Ethical Behavior*	5.00	Individual, coach and affiliated spectator misbehavior or bad sportsmanship as deemed inappropriate by staff or judges
Rule Infraction	1.00	1 point deduction for each USASF/NFHS rule infraction

\*Extreme cases of bad conduct and/or unethical behavior by anyone associated with a team or organization may result in disqualification with no refund of registration or spectator fees.

