



2019 SAFETY RULES AND ROUTINE REGULATION REQUIREMENTS

General Safety Rules

1. All teams must be supervised during all functions by a qualified coach.
2. Coaches must require teams to practice 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. Technical skills may not be performed on concrete, asphalt, wet or uneven surfaces.
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 for cheerleading teams. Jewelry must be removed not taped over with the exception of medical ID tags/bracelets. Dance teams are not prohibited from jewelry pieces but are subject to deductions for unsecured pieces.
8. Any height increasing apparatus used to propel a competitor is prohibited.
9. Flags, banners, signs, pom 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 harm's 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 to protect other performers.
11. School and recreation teams have a maximum of 2:30 minutes of music in their routine. All-stars may use all music in their performance.
12. Non-regulated (confirmed) college cheer teams will compete in the College All-star SNS Division. College Dance teams will compete in one division.
13. All skills allowed for a particular level encompass all skills allowed in the preceding level. Cheerleading school divisions are not subject to levels.
14. 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. Show-n-gos are allowed.
15. 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.
16. Chewing gum or candy during performance is prohibited.



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General Information

17. Coaches or other athletes from your organization cannot be used as required spotters.
18. They may be used at your discretion as safety spotters at the back of the performance floor, as Powerhouse does not always provide safety spotters.
19. 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 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.
20. Only coaches and participants are permitted in backstage or practice areas including dressing rooms.
21. POWERHOUSE will communicate through email and phone with the contact person only. Schedules will NOT be sent out to organizations whose paperwork and payment are not complete.
22. Parents, coaches and athletes are to get their information about the competition directly from the contact person and via powerhousespirit.com
23. Each judging panel will have a safety/deductions judge and panel judges. Judges decisions are FINAL and will not be questioned. POWERHOUSE works diligently to hire judges who are qualified, unbiased and professional to offer you the best possible reflection of your routine.
24. If you have Safety or Legality Questions, please send in email format to info@powerhousespirit.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 videotaped. All video tapes should be sent a minimum of 15 days prior to registered event.
25. Score sheets may be picked up at the registration table within 30 minutes after awards by the contact person from each team or organization. Score sheets not picked up will not be mailed.
26. All Registration fees are non-refundable. Fees are non-transferable unless the event is cancelled by Powerhouse Spirit Competitions. In the event a cancellation is called, Powerhouse will offer a transfer of fees to the next event.
27. 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.
28. POWERHOUSE reserves the right to add, divide, combine or delete divisions as needed per event to make each event as competitive as possible. POWERHOUSE 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.
29. 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.



30. All participants, parents, spectators and coaches must follow and rules and guidelines as stated in all POWERHOUSE forms and web site. Judges and POWERHOUSE staff decisions are final. These decisions are not up for review or discussion.
31. Individuals/Solo performances can have props and up to five prop hands on the floor for a simple taking on and off the floor. Persons added in motion directly with soloist is prohibited.
32. No heavy metal, wood or rolling props shall be placed on the mat. These props can be set up outside the mat and must be setup by the team, coaches or approved prop hands.
33. Cardboard, plastic and other soft material props can be used on the mat. These props can be set up outside the mat and must be setup by the team, coaches or approved prop hands.
34. Unauthorized personnel are prohibited from entering the judges' area, deck and warm up area. All participants must have their credentials at all times. Failure to adhere will result in point deductions.
35. A representative from the coaching staff must be present at the DJ table before your team performance. You will be responsible for giving directions on when to start and stop your team's music. If there is no representative, the music will not start for your team.
36. All teams cheer/dance will perform on a 7-9 panel cheer floor. Springs will not be used as majority teams do not have access or practice with a spring floor.
37. Dance teams may be subjected to using a cheer floor in the event its a mixed competition. Dance only competitions will be on vinyl floors.

CODE OF CONDUCT

"POWERHOUSE SPIRIT COMPETITIONS in partnership with its affiliates and its member schools have made a commitment to promote good sportsmanship by student/athletes, coaches, and spectators at all POWERHOUSE events. Profanity, degrading remarks, and intimidating actions directed at officials including coaches, judges and competitors will not be tolerated, and are grounds for immediate removal from the event site without repayment. Spectators and unauthorized associates are not allowed to enter the competition area during warm-ups or while the contest is being conducted. Thank you for your cooperation in the promotion of good sportsmanship at POWERHOUSE events."



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POWERHOUSE follows USASF guidelines and divisions for all-stars and NFHS guidelines for all schools. Recreation teams will follow the same divisions as all-star teams.

CHEER DIVISIONS

Traditional All Stars	2:30 minutes	Divisions based on age not skill level
School & SNS Allstar Teams		
Cheer Teams	5:00 minutes	Maximum of 2:30 minute of music Must include cheer or chant and follow NFHS regulations
Cheer Individual/Stunt Group	1:30 minutes	Must include cheer/chant/dance
Timeout Dance Break	2:00 minutes	
College Cheer	5:00 minutes	No music regulations and 3 tier stunts

DANCE DIVISIONS

Dance Individual/Duo/Trio	1:30 minutes	No cheering (basic acrobatics permitted)
Dance Teams	5:00 minutes	No cheering (basic acrobatics permitted)
College Dance	5:00 minutes	No cheering (basic acrobatics permitted)

Deductions and Violations -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.

Tumbling

Violation	Deduction	Explanation
Bobble or Omission	1.00	Minor Mistakes (ex. hands down on tumbling, noticeable omission of skill, etc.)
Minor Fall	2.00	Falls or hands/knees etc. down at completion of skill
Major Fall	3.00	Major Mistakes (ex. Fall to the ground, landing on knees, any clear fall)

Stunting

Violation	Deduction	Explanation
Bobble or Omission	1.00	Minor Mistakes (ex. Shaky flyers, incomplete cradles, etc.)
Minor Fall	2.00	Falls or hands/knees etc. down at completion of skill
Major Fall	3.00	Major Mistakes (ex. Fall to the ground by flyer and/or bases)



General

Violation	Deduction	Explanation
Rule Infraction	5.00	Clear Violation of Level or Safety rules (jewelry, out of level)
Conduct	10.00	Inappropriate behavior by team, coaches or related spectators

Timeout Dance Break

1. Timeout Dance Break is 2:00 minutes. Time begins when the music starts.
2. Each team may select a band composed song of their choice such as a fight song or spirit song.
3. Poms, signs, flags and megaphones can be used if necessary. Props should not be taken on to the floor if you are not using them.
4. Teams should perform dances in a sequence format. Example: A captain starts the sequence and the team joins in. The captain does not have to do the entire dance. However there needs to be some type of notion that there is a leader starting the time.

AGE/SIZE BREAKDOWNS

Junior Varsity	8th-12th grade	No Max
Small Varsity	8th-12th grade	5-12 Members
Large Varsity	8th-12th grade	13-19 Members
Super Varsity	8th-12th grade	20-30 Members
Varsity Coed	8th-12th grade	2 or more males
Tiny All-Star/SNS	3-5 years of age	5-36 Members
Mini All-Star/SNS	4-7 years of age	5-36 Members
Youth All-Star/SNS	10 years of age and younger (Elementary)	5-36 Members
Junior All-Star/SNS	14 years of age and younger (Middle School)	5-36 Members
Senior All-Star/SNS	12 years of age and older (High School)	5-36 Members
College All-Girl	18 and over (school affiliate)	up to 1 Male
College Coed	18 and over (school affiliate)	2 or more males
College All-star SNS	18 and over (non-school affiliate)	No max
Mini Dance Team	4-7 years of age	No max



Youth Dance Team	10 years of age and younger (Elementary)	No max
Junior Dance Team	14 years of age and younger	No max
Senior Dance Team	12 years of age and older	No max

Powerhouse Spirit Competitions reserves the right to deny entry or registration to any team, school, gym or persons that violate the code of conduct without regret, refund or response. Teams who violate sportsmanship and staff requests are subjected to performance denial and/or disqualification.

Communications of concern and questions must go to: powerhousespiritnc@gmail.com