

TIME OUT CHEER DIVISION

COMPETITION AREA

1. Participants will make their entrance from the left side of the competition area.
2. All permitted skills (stunts, pyramids, tumbling) must be performed on the competition mat.
3. The performance area will be a 30' by 42' competition mat (5 mat strips).
4. Objects cannot be thrown outside the competition area.
5. Poms, signs, and/or megaphones need to be carried on and off the mat in a manner similar to usage during a basketball time out. Props may not be set up in advance.

TIME LIMITATIONS

1. Each team will perform cheers/chants not to exceed 1 minute similar to an actual basketball time out.
2. Time will start when the buzzer sounds after your team name is announced.
3. The buzzer will sound again when 15 seconds are left, so teams know it's time to finish cheer/chant and exit the floor.
4. Teams need to be off the mat at the final buzzer. Teams with the majority of its members on the mat at the final buzzer will receive a 5 point deduction.
5. All entrances, chants, spell-outs, etc. are considered part of the routine and are timed as part of the performance.

ROUTINE AND JUDGING REQUIREMENTS

1. The National Federation Spirit Rules and the ICCA/IHSAA Rules must be followed.
2. No music may be used during the time out.
3. Routines must be appropriate for family viewing.
4. Each team's presentation must include both a cheer and chants/traditional yell.
5. Teams should utilize all areas of their squad's crowd-leading strengths. Poms, signs, and/or megaphones must be used; flags are not allowed.
6. Mascots are limited to the same props as cheerleaders and are not allowed to stunt. If mascots are used, they must participate.
7. Judging will be based on the following criteria:
 - a. Effective entrance that immediately involves the crowd with a clean exit upon completion
 - b. Potential for crowd response, practical/effective material, easy for crowd to follow and participate
 - c. Correct motion technique and synchronization
 - d. Use of props enhances crowd response
 - e. Genuine spirit, confident, eye contact, natural smiles, creativity
 - f. Good volume, spirited, encouraging, natural sounding
 - g. Effective formations, spacing between squad members and to cover crowd, seamless transitions
 - h. Overall execution and effective use of time out period.
8. Participant limitations: 1A & 2A – maximum 12 participants, 3A & 4A – maximum 25 participants

SPECIFIC SKILL RESTRICTIONS

1. No basket or similar type tosses permitted, since they are not allowed on basketball courts.
2. Maximum difficulty in tumbling is limited to a **standing** back handspring. No running tumbling is allowed except during the entrance.
3. Skills are limited to those allowed on gym floors by the National Federation.
4. Stunts and tumbling are not required and will not be scored separately or for difficulty. They will only be assessed in terms of enhancing crowd involvement.
5. Single leg extended stunts are limited to liberties and liberty hitches. No inversions are allowed.

A 5 point deductions will be given for all rule violations – safety rules, specific skill restrictions, and/or leaving props on the mat.