



RULES & REGULATIONS

2011 - 2012 season

Includes:

- ▶ General Competition Guidelines
- ▶ General Rules & Regulations
- ▶ General Spotting/ Stunting/ Pyramid Rules
- ▶ Awards

M.A.C. rules are used by school-based and non-school-based groups, serving athletes of various skill levels, ranging from Early Years, Middle Years, High School to 18+. In order to make the rules appropriate, we have listed different skills for each level. Every individual using these rules is responsible to the prudent judgment with respect to each competition, athlete, and facility. In addition, each athlete is responsible for exercising caution and good sportsmanship. These rules should be interpreted and applied as M.A.C. intended and reasonable accommodations made for disabled athletes by coaches.

Point of Emphasis - M.A.C. will highlight any major rule changes and emphasize any rules for which special clarification may be needed. When in doubt, please contact the M.A.C. Office. The updated rules will keep with the M.A.C. policy of safety and emphasize risk management.

Coaching Responsibilities – Cheer coaches are responsible for the safety and wellbeing of all participants in their program. This includes, but is not limited to, assessing stunt progression and performer readiness of his or her team. Coaches are also responsible for appropriate practice and performance conditions which include heat and hydration requirements, standard first-aid and CPR, care for injuries such as concussions, sprains and strains, and the knowledge of all M.A.C. rules and regulations. Further to the new risk management guidelines, the coach or other school/club approved representative must be present at all team events and the team will be limited to performing skills that the adult in charge is knowledgeable about and capable of providing safe teaching and supervising. Communication between school/club administration and coaches is crucial for this to be effective.

Performer Readiness – A prudent coach will not allow an athlete to perform without adequate skills and preparation, and will not allow their team members to perform skills for which they are not adequately trained and proficient. All coaches will be required to keep a progression chart for each athlete (see new forms). As with any sport, it is the coach's responsibility to ensure their athletes demonstrate lower level skills with proficiency before progressing to more advanced stunts.

Special Needs – Coaches must be prepared to meet the requirements and unique needs of a variety of student participants (e.g. diabetics, asthmatics and special needs). Cheer coaches are encouraged to continue their education in these areas of student needs to help prevent injury, seizure, etc.

TEAM DIVISIONS

SCHOOL-BASED...

JUNIOR Shall be any team having all members registered in a junior high or middle school.

SENIOR FEMALE/MALE Shall be any team consisting of all one sex, with all members registered in a high school.

SENIOR CO-ED Shall be any team of male and female members, all of whom shall be registered in a high school.

UNIVERSITY/COLLEGE TEAMS University/College teams shall have members registered at their said University or College at the time of the competition. A University/College Official and coach's signature will verify each team member's eligibility for competition.

OPEN-BASED...

MINI, YOUTH, JUNIOR, SENIOR, SENIOR CO-ED & 18+ Open division teams should follow the USASF rules for their age-appropriate category unless otherwise stated by M.A.C.

ADDITIONAL INFORMATION: Members may only be registered to compete on one Open-based team and on one school-based team. They will compete against other age-appropriate Open-based teams in the Mini, Youth, Junior, Senior, Senior Co-Ed or 18+ categories. 18+ team members will be 18 years of age or older by December 31, during the season in which they are competing. They will be eligible to compete in the Cheer, Stunt, and Partner Stunt categories. In the case where no other teams are entered in the category, teams may compete against the mark standard or M.A.C. may combine divisions.

ROUTINE CATEGORY GUIDELINES

STUNT GROUP ROUTINE (3-5 PEOPLE): Time = 1.0 minute

SCHOOL-BASED | Junior, Senior, Sr. Co-Ed, University/College

OPEN-BASED | Mini, Youth, Senior, Sr. Co-Ed, 18+

- Must incorporate 1 minute of music with stunting only.
- Voice or chant over music is optional. No cheering, no dance.
- Must wear athletic clothing or cheerleading uniforms.

PARTNER STUNT ROUTINE (2 PEOPLE): Time = 1.0 minute

SCHOOL-BASED | Junior, Senior, Sr. Co-Ed, University/College

OPEN-BASED | Mini, Youth, Senior, Sr. Co-Ed, 18+

- Must incorporate 1 minute of music with stunting only.
- Voice or chant over music is optional. No cheering, no dance.
- Must wear athletic clothing or cheerleading uniforms.

POM PON ROUTINE (36 PEOPLE MAX): Time = 2.0 minutes

SCHOOL-BASED | Junior, Senior, Sr. Co-Ed, University/College

OPEN-BASED | Mini, Youth, Senior, Sr. Co-Ed, 18+

- Must incorporate dance, music, and poms.
- Voice is not a judged element; therefore, music may not be stopped for a cheer or chant. A team may choose to cheer over the music for effect.
- Gymnastics may be used but is not required.
- Apparel must be similar to basic cheerleading uniform or athletic type clothing. No costumes. Must follow guidelines.
- No stunting or props. In addition to poms, flags, banners and/or signs are allowed.

HIP HOP/STREET DANCE ROUTINE (36 PEOPLE MAX):

Time = up to 2.5 minutes

SCHOOL-BASED | Junior, Senior, Sr. Co-Ed, University/College

OPEN-BASED | Mini, Youth, Senior, Sr. Co-Ed, 18+

- Must incorporate dance, and music. Music must not contain excessive swearing or be of an overtly sexual or offensive nature.
- No stunting or props.
- Some breakdance and aerial moves are allowed but must be kept within the context of a street dance performance.
- Props (things that are not part of the actual costume) are not allowed (e.g. canes, chairs, umbrellas, etc.).
- Prolonged vocalization is not allowed, although some shouts or noises are permitted. Vocal obscenities are not allowed as part of the routine or against your fellow competitors. No gang symbols racial slurs.

- Clothing must be street style and may include head gear, gloves & scarves. Jewellery must not be worn. Knee pads, helmets and any other attire to aid safety during the performance are allowed.
- All Crew members must be on the stage at the start and end of the performance.
- Dancers should not perform any routine or specific moves which could compromise the safety of themselves or other competitors.
- All competitors must wear appropriate footwear.
- Rude or vulgar movements/ gestures or anything else that would cause offence to any person are not allowed.

CHEER ROUTINE (36 PEOPLE MAX): Time = 2.5 minutes (2.0 minutes for Open Mini)

SCHOOL-BASED| Junior, Senior, Sr. Co-Ed, University/College
OPEN-BASED| Mini, Youth, Junior, Senior, Senior Co-Ed, 18+

- Must incorporate music, dance, stunts, and voices (no cheer required in OPEN).
- Props allowed are poms, signs, megaphones, and banners only.
- Props must be used and discarded safely.
- Must wear athletic clothing or cheerleading uniforms.

GROUND BOUND CHEER ROUTINE (36 PEOPLE MAX):

Time = 2.0 minutes

SCHOOL-BASED| Junior, Senior, Sr. Co-Ed

- Must incorporate music, dance and voices.
- Props allowed are poms, signs, megaphones, mascot, and banners only.
- Props must be used and discarded safely.
- Must wear athletic clothing or cheerleading uniforms.
- There will be NO stunting or lifts of any kind.
- Spotters are not required.

MARK STANDARD

THIRD PLACE: 0% to 59% of marks

SECOND PLACE: 60% to 79% of marks

FIRST PLACE: 80% to 100% of marks

TEAMS MAY COMPETE AGAINST A MARK STANDARD IF THERE ARE LESS THAN 3 TEAMS IN A CATEGORY. WHEN THERE ARE MORE THAN 3 TEAMS IN A CATEGORY, TEAMS WILL COMPETE WITH NO MARK STANDARD.

*M.A.C. may combine divisions as needed to the Executive's discretion.

GENERAL COMPETITION GUIDELINES

CODE OF CONDUCT

M.A.C. asks that the following code of conduct be adhered to during all M.A.C. competitions in order to ensure the most positive experience for all participants involved. Any questions or concerns that affect a team's performance must be expressed by the coach/advisor to the appropriate M.A.C. official. There will be no contact with the judges from any participant, coach/advisor or spectator during the competition, with the exception of M.A.C. Executive. The judges' rulings are final on all decisions concerning deductions, specific rulings and final placement. Any unruly behaviour by coaches/advisors, participants or spectators will result in removal from the event without

refund. A waiver form for participants and schools/clubs will be sent out to all coaches/advisors participating in all M.A.C. events. They must be filled out for the team to be eligible for competition.

PARTICIPANT ELIGIBILITY ISSUES

In fairness to all participants and members, M.A.C. strictly enforces a grade requirement in each division; however, M.A.C. has no way of knowing if an illegal participant will be performing at a particular event or competition. This means it is the responsibility of the source of the accusation to properly document any illegal participation

GENERAL COMPETITION GUIDELINES

and send it to the M.A.C. Office at least two weeks before the competition or event. Proper documentation includes a signed letter, yearbook or other forms of pictorial proof, showing the participant is performing illegally. The parents, coach and administrators will be notified of both the source and the accusation, and the requirements needed for proof of eligibility. If the participant is found to be in violation of this policy, then he/she will not be allowed to compete. The coach of a team competing within the same division may challenge the eligibility of another competing team through M.A.C. officials if sufficient evidence warrants. The coach of the challenged team may at that point be required by M.A.C. to provide proof of eligibility of their team's members. If M.A.C. discovers illegal participation during a competition or event, the team will be automatically disqualified from the competition. M.A.C. reserves the right to disqualify and reclaim any and all awards (trophies, banners, gift certificates), television or newspaper appearances (if applicable), for any team found to be in violation of the policy after the competition or event.

PARTICIPANT ELIGIBILITY

Each team member must be enrolled in the school for which she/he is participating at the time of the competition unless there is no cheerleading squad at the school they are registered at. In that case, with Principal approval, they may compete with another school team within their division. They may also join an Open-based team; however, students may only participate on one school-based team and one Open-based team. School-based team members shall not compete if they have competed or cheered for the three previous years at the same level unless their high school includes grade nine, then their eligibility is a maximum of four years. To be eligible to coach a team as a recognized member of M.A.C. in the province of Manitoba, the coach must be M.A.C. certified, and must have a current and recognized first-aid certificate.

TEAM ELIGIBILITY

Teams must register with M.A.C., pay their annual fees, and submit all of their team members' completed waivers, liability insurance and proof of accident insurance. Coaches are also required to submit their team roster at every competition. Coaches must be certified by M.A.C., have Standard First-Aid, and at least one coach must be at least 18 years-of-age. Coaches are required to complete the Respect in Sport offered from Sport Manitoba For consistency in training, coaches must attend all required certifications M.A.C. offers. Other certifications will not be accepted unless first approved by the M.A.C. Office.

FEES, COMPETITIONS, CAMPS & TRAINING

FEES | **M.A.C. FEES** must be paid before entering competition. M.A.C. fees are \$75 per division per team for the season (early bird fee may be in effect see membership registration application form). Out-of-province teams will not be charged M.A.C. fees. They must however pay and submit team waivers for each participant (see below).

ATHLETE REGISTRATION & WAIVER FORM must be submitted with payment before attending any M.A.C. event. Athlete Registration & Waiver form is \$25 per participant for the season. Athletes are responsible for providing a waiver and fee for each team they participate on.

Each division may have a Sr. & Jr. team. Open teams who may have several teams registered under their umbrella are to submit separate forms for each of these teams but only need to pay one membership fee.

COMPETITION FEES are \$25 per attending participant for the season.

A late fee of will be charged per athlete if fees and registration are not received by the M.A.C. Office by the specified time. The same late fee applies to late competition entrance fees and forms (see competition form). Please note that all fees are subject to change.

GENERAL COMPETITION GUIDELINES

COMPETITIONS | A team must enter a category in a regular season M.A.C. sponsored competition to be eligible to participate in that category at provincial finals. During competition, coaches must refrain from sideline coaching and teams WILL NOT sit directly in front of their performing team. Coaches will be permitted to sit in front of their team for viewing or with the sound system. Coaches MUST OPERATE THEIR OWN MUSIC. There must be no coaching or assistance from the stands except for crowd participation. Competition and camp dates are to be approved by M.A.C. All competitions and camps will be EXECUTED/HOSTED by M.A.C. No other competitions or camps will be approved or sanctioned by M.A.C. Teams will have the opportunity to sign up to provide volunteer help and will be offered a nominal honorarium. A volunteer request letter to the M.A.C. Office will only be accepted from the school principal/club president at the beginning of each season (school year), confirming participation, and guaranteeing 15-20 volunteers for the FULL day. If the volunteers are unable to complete their duties, M.A.C. will choose a suitable replacement group, and the team will not receive their honorarium. ALL TROPHIES ARE TO BE ORDERED THROUGH/BY M.A.C.

CAMPS & TRAINING | All teams must send the coach or school representative who is to be supervising and teaching the stunts to their team to the coach's clinic portion of the annual stunt camp, when offered, to be certified in safety for the season. Coaches must be certified through M.A.C. offered courses NO EXCEPTIONS. If a coach is unable to attend, the M.A.C. Executive may approve alternate training. Ground Bound coaches, not teaching stunts, are not required to attend stunt certification.

JUDGING PANELS

JUDGES AND STANDARDS OFFICER

Responsible for overseeing the entire judging panel, which consists of; panel judges, Safety Judge, and Point Deduction Judge. The M.A.C. Officials will assist with this as well. (see Interruption of Performance).

PANEL JUDGE(S)

Responsible for scoring each team's performance, based on the M.A.C. score sheet. Each panel judge fills out his/her own score sheet for each performance. Panel judges judge technical/artistic ability and the overall routine, but do not determine or judge deductions or safety violations; however, falls and errors may influence team scores. Decisions made by the panel judges are final. They will not stop a routine or stop judging unless told to do so by the M.A.C. Executive. (see Interruption of Performance).

SAFETY JUDGE and POINT DEDUCTION JUDGE

Responsible for administering all safety violations, time violations, and boundary violations. They are also responsible for assessing deductions in each routine for obvious bobbles or falls from technical skills. All decisions made by the Safety Judge are final. All decisions made by the Point Deduction Judge are final. Deductions may occur during warm-up as well. (see Interruption of Performance).

MEDICAL PERSONNEL

Medical personnel will be available at each M.A.C. event. During a competition, the trainer will decide if a participant's injury is permitted on the floor. If the trainer does not give clearance to an injured performer and the team competes with the injured participant, the team will be disqualified and relinquish the trainer and M.A.C. of all medical and financial responsibility. (see Interruption of Performance).

LEGALITY VERIFICATION

As a coach/advisor, it is important to be current on the M.A.C. Safety Guidelines. If you have any questions concerning any safety guidelines or specific stunts, pyramids and/or dance skills, please follow these steps to ensure that you receive a timely and accurate response:

All questions must be in written form. Due to the differences in interpretation and terminology, NO PHONE INQUIRIES WILL BE ACCEPTED.

For partner stunts and/or pyramid approval, you must send

GENERAL COMPETITION GUIDELINES

a video, demonstrating the mounting and the dismounting of the partner stunt and/or pyramid in question (showing different angles if necessary). Do not send the entire routine, just the skill(s) in question. Your video will be kept on file at M.A.C.

If you fail to follow these steps when inquiring about a stunt or pyramid, M.A.C. is not responsible for any safety deductions received. Please include your name, address and phone number on the video submission. Mail letters and video by registered mail at least 2 weeks prior to the competition date to: M.A.C. Legalities for (specify event)

283 Berry St.
WPG, MB R3J 1N3

NOTE: Do not depend on your choreographer or coach to determine if something is legal.

MUSIC INFORMATION

Music may be on cassette tape or CD. Music is the team's responsibility so if you have any questions regarding the sound system, the coach may meet with the sound system personnel during warm-up to ensure your music is working.

Please be aware that most cassette tape players have slight variations in speed and pitch. Music should be recorded at medium volume. It is to your advantage to use top quality CDs and/or high bias tapes to record your music. It is up to the coach of the team to ensure backup music is available. A representative from your team (coach/advisor) must know exactly when to start the music and the music must be cued when brought to the table. The representative with your music should report to the music table when your team is called on deck. The person responsible for bringing the tape/CD to the table is also responsible for inserting the tape/CD into the player and pushing "play" and "stop" at the proper times during the routine, the DJ IS NOT RESPONSIBLE FOR YOUR MUSIC OR ANY ERRORS. This person must stay at the music table throughout the team's performance, and at the end of the performance, take the tape/CD away with them.

All tapes/CDs should be labeled with the name of the

school and coach/advisor.

Coaches/advisors are strongly recommended to create routines (mix music) that finish a few seconds under the time limit to ensure the team does not go overtime. Judges' decisions on timing of total routine and music portions of routines are final.

SCORING PROCESS

The scoring process for M.A.C. competitions is similar to that of other judged sports (e.g. gymnastics, swimming and figure skating). Scores for each category will range from 0 to 25. All scores will be added and deductions and/or penalties will be deducted from the total of all score sheets to get the FINAL SCORE.

MINOR BOBBLES| Minor errors that occur during technical skills (examples: hands down on tumbling, minimal weight bearing; obvious missed skills; shaky stunts/pyramids, incomplete twisting cradles; obvious errors during dance maneuvers; etc.).

MAJOR MISTAKES| Major errors that occur during technical skills (examples: falls from individual stunts; falls during tumbling skills; falls to floor during dance maneuvers).

MAJOR FALLS| Major falls that occur during technical skills or other OBVIOUS SEVERE mistakes (examples: multiple falls in a single sequence/series by a single couple/stunt group; pyramids that fall or that are severely missed).

Deductions/penalties are assessed at the sole discretion of the judges. All judges' decisions are final. Ties will not be broken. Teams who receive the same score will receive the same award.

GENERAL RULES & REGULATIONS

THESE RULES WILL BE USED AT ALL M.A.C. SANCTIONED COMPETITIONS. COACHES ARE RESPONSIBLE FOR KNOWING AND UNDERSTANDING ALL M.A.C. RULES.

HEIGHT

NO HEIGHT enhancing equipment is to be used in any routine. This includes trampolines, springboards, and beat boards, with the exception of a spring floor if applicable.

PROPS

Flags, banners, signs, pom poms, and megaphones are the only props allowed. Props with poles or similar apparatus may not be used in a stunt or pyramid. These items must be safely incorporated for both cheerleaders and spectators. A prop that has fallen off of the participant, (hair tie etc.) or interferes with the remainder of the routine may be removed or cleared by performer's hands (not feet) without penalty, providing it is done in a safe manner. Throwing hard signs across the matt is prohibited. Tumbling with props is prohibited (e.g. poms).

MASCOTS

Mascots are to be used ONLY during Pom and Ground Bound routines. The mascot will be considered a novelty performer and must wear safe non-offensive attire. The mascot may remain on the sidelines to initiate crowd response. Mascots may be used in entrances and exits of all routines. They must be incorporated safely wherever they are used. Mascots are not required to be part of the cheerleading team but must be enrolled in the school. Teams must use a set school mascot and will not change from year to year (e.g. Bears). In the case of an unusable mascot, such as a boat, the team shall choose a permanent mascot to use.

CHOOSING A CATEGORY

Teams may enter one Cheer or Ground Bound Routine, and two Stunt Routines per competition. University/College and 18+ teams may also enter Partner Stunt.

In the event they have a second team in the same division, they must refer to the teams as Sr. and Jr. (e.g. Mustang Senior Sr. & Mustang Senior Jr.) You are required to fill out Membership Registration and Competition Registration forms for both teams and submit a separate roster for each team. Only the top four stunt groups per competition will earn a spot at provincial finals. Any team who chooses to enter the Ground Bound category may NOT enter Cheer Routine. A team may graduate to participate in stunting categories such as Cheer Routine. In that case, once a team moves up, they will not be allowed to move back down for the year.

TIME LIMIT

A one-point penalty will be applied if a routine is over the category time limit by six to ten seconds. A two-point penalty will be applied if a routine is over the category time limit by eleven seconds or more.

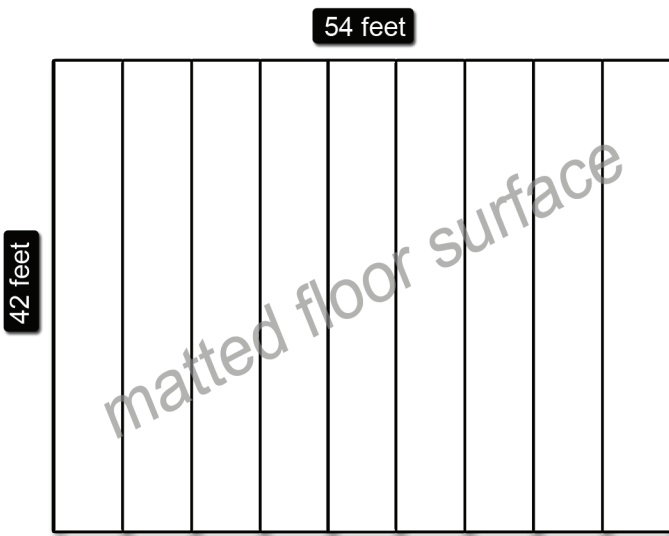
ENTRANCES AND EXITS

Entrances and exits will not be timed or judged; however teams should note that they might influence the judges overall scoring. There is to be no stunting, jumps, gymnastics or cheers during the entrance. Cheerleaders must have one foot on the performance area when the routine starts.

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BOUNDARIES

The performance area is the International Flexi Roll Floor which measures 42'x54' (9 mats) please note this when creating your routines and formations. Boundary violations are a deduction of 50 points for performing off of the matted surface. Stepping on or touching the edge of the mat does not constitute a violation. Props may be out-of-bounds without penalty. A team member may pick up or set down a prop that is partially out-of-bounds, but must return to the matted surface. Tossing props off of the performance area is acceptable, if done safely, without hitting spectators or judges. Signs must not be thrown or tossed as this is dangerous.



INAPPROPRIATE CHOREOGRAPHY

A deduction will be given for any vulgar or suggestive movements (hip thrusting, inappropriate touching/slapping/positioning to one another), words or music. Routines must be appropriate for family viewing. Any deductions for mistakes, time violations, safety guidelines violations or inappropriate choreography will be subtracted from the final score. Executing a "clean" routine is very important, and if the choreography is not "cleaned up" for the next competition, the team may be disqualified.

HARASSMENT- INAPPROPRIATE CONDUCT

Any coach, team member or affiliated other (e.g. advisor, admin.) who has deemed to have harassed a judge, Executive member or coach will be suspended as follows:

1st OFFENCE = warning

2nd OFFENCE = coach suspended from next competition. Up to a \$500 fine.

3rd OFFENCE = team/affiliate suspended from rest of season. If the third offence occurs at the Provincial Competition, the team/affiliate will be suspended from participating in the following season. This may include the suspension of any coach, representative, team member or affiliate and a \$750 fine.

M.A.C. membership may be revoked to the discretion of the Executive.

ATTIRE

Apparel should be conducive to safe practices and performances. A cheerleading uniform or athletic clothing such as shorts and t-shirts shall be worn. Bare mid-drifts are not permitted and will be deducted for school-based teams (does not apply to Open-based teams). Jewellery of any kind, including but not limited to, ear, nose, tongue, and belly button rings, bracelets, necklaces, pins on uniforms, rings, are not permitted at practices, games or competitions (to the discretion of the M.A.C. if the area void of jewellery is a potential hazard). Medic Alert bracelets/necklaces may be worn, but should be removed from the neck area and secured to the body with tape. Glitter and rhinestones are legal whether adhered to the uniform or the skin. The Safety Judge has the right to check any participant for jewellery. Barrettes, hair ribbons, and hair elastics are permitted but must be secure. The hair shall be worn in a manner to ensure safety while performing. No participant's hair should at any time impede vision during stunting. Hair is to be tied back from the face, free from decoration including, but not limited to beads (Exception: cheerleader bows/ribbons), and above the shoulder level. Casts and supportive braces must be padded, covered and secure. Athletic type soft-

GENERAL RULES & REGULATIONS

soled shoes (runners) must be worn. Jazz shoes or boots, canvas or other unsupportive shoes are not allowed in the cheer-based divisions. Shoelaces shall be a safe length and well secured at all times. No shoes with platform bottoms are permitted, unless prescribed for medical reasons. No nylons, spandex, shiny or other slippery garments that would be hazardous when performing stunts shall be worn. Only cotton lycra or performance max bodysuits purchased from a reputable cheer company will be accepted. Metallic or holograph accent will be allowed on a uniform. Please consult the M.A.C. Office BEFORE you have a uniform made. Objectionable body markings shall be removed or properly covered (a gang related symbol or profanity will not be appropriate). Fingernails, including artificial nails, shall be kept at a safe length safe for participation. The above will be deducted during WARM-UP as well. The competitors who begin a routine must remain the same throughout the course of a routine. A performer is not permitted to be "replaced" by another performer during a routine. An athlete must not have gum, candy, cough drops or other such edible or non-edible items, which may cause choking, in her/his mouth during practice and/or performance.

TUMBLING

All tumbling must originate and land/finish on the matted surface. Tumbling over/under/through or into a stunt, individual, or prop is not allowed. Tumbling with props is not permitted. Spotted, assisted or connected tumbling, where two or more individuals are in direct physical contact with each other, is prohibited. (I.e. double cartwheels and chorus line flips are illegal.) Dive rolls, performed in a swan or layout position, are prohibited. When choreographing your tumbling, please remember that M.A.C. currently does not have a sprung floor so the coach is responsible to ensure that your athletes can perform their skills safely on the matted surface provided.

COACHES' MEETING/M.A.C. MEETING PRIOR TO COMPETITION

There will be a coaches' meeting prior to the start of any M.A.C. event. The onus is on the coach or staff advisor to attend. The meeting will serve to notify coaches of any changes in the day's events, scheduling or judging and to report on any news or issues that required an Executive decision. Any questions or points regarding competition that need to be clarified should be brought up at this time. Any props that may violate safety violations (if not already approved) should be approved at this time. This meeting is NOT the time to ask if stunts and/or pyramids are legal. Please prepare for this meeting to make the best use of the time given. Some topics that may be included at this meeting are:

- Competition and practice schedule
- Announcements made by Convener/MC/DJ
- Team on the floor, team on deck, team in the hold
- Warm-up area privileges
- Location of the athletic therapist
- When and how a routine will be stopped
- Availability of score sheets and summary sheets at the end of the competition
- Approach Convener for any questions and problems
- Coach/Advisor is responsible for the conduct of team members as well as team supporters – unsportsmanlike behaviour will not be tolerated.
- Mascots
- Any further questions
- Fire and other emergency procedures

GENERAL RULES & REGULATIONS

RECOGNIZED COMPETITIVE DIVISIONS/ELIGIBILITY

For all M.A.C. competitions, school-based and Open-based teams will compete separately. Both school and Open-based teams must fulfill the age and grade eligibility requirements below.

M.A.C. will not accommodate scheduling conflicts.

Teams must follow the eligibility requirements for their appropriate division as well as follow the corresponding Safety Rules and Guidelines. No athlete can compete on more than one team in a given division.

M.A.C. reserves the right to assign teams to the division appropriate to their team composition and registered teams at that competition.

M.A.C. may change these names to title a division in such a way that it makes the most sense to its customer base and event logistics. The table below is set by grade not age to include more ranges. As some of our schools have different guidelines for Jr. High/Middle School and High School. We will accommodate the range here, because grade 6 through 9 are registered in different ways across our province. Please remember that an athlete may not cross divisions. For example, a grade 9 athlete competing on a school-based Junior team is not eligible to compete on an Open Senior team. Athletes may be on one Open and one school-based team but must ensure they do not compete in 2 different divisions.

Cheer Divisions	Grade	Female/Male	Number on Team	Level
Junior	6 – 8/9	Both	Up to 36	1, 2, 3
Senior All-Girl	9/10 – 12	Female	Up to 36	3, 4.2, 4
Senior All-Male	9/10 – 12	Male	Up to 36	3, 4.2, 4
Senior Co-Ed	9/10 – 12	2 or more males	Up to 36	3, 4.2, 4
University/College	All athletes registered in a University/College	Female/ male	Up to 36	5, 6
Open Mini	1 – 3	Female/male	Up to 36	1
Open Youth	4 – 5/6	Female/male	Up to 36	1, 2
Open Junior	6 – 8/9	Female/male	Up to 36	1, 2, 3
Open Senior All-Girl	9/10 – 12	Female	Up to 36	3, 4.2, 4
Open Senior All-Male	9/10 – 12	Male	Up to 36	3, 4.2, 4
Open Senior Co-Ed	9/10 -12	2 or more males	Up to 36	3, 4.2, 4
Open 18+	Participants must be at least 18 years-old.	Female or male	Up to 36	5, 6
Open 18+ Co-Ed	Participants must be at least 18 years-old.	2 or more males	Up to 36	5, 6

USASF level rules are available at <http://usasfrules.com>. For scorecards and deduction sheets, visit Cheer Canada at www.cheercanada.net.

GENERAL SPOTTING/ STUNTING/PYRAMID RULES

SPOTTING

If a spotter must preserve the safety of the stunt, disqualification will not occur; however, the stunt will not receive full marks. For all stunts 2½ high, a spotter is required in the front and back for each person on the third level and the spotter(s) must be in position the entire time the top person(s) is at the 2½ high level. The spotter may stand slightly to the side but must remain in a position to adequately spot the top. Spotters must maintain visual contact with the top person the entire time the top is at the 2½ high level. Spotters must not be a primary support for the pyramid. These required spotters must be members of your team and trained in proper spotting techniques. A spotter is required for stunts in which the supporting arm(s) of the base(s) are fully extended above the head and where the back spot steps under the top, except for the following: Chair; Torch; Russian Lift; Dead man lift; Triple base straddle lift. Suspended splits shall have continuous hand-to-hand contact unless both bases are supporting the thigh and ankle areas. Coaches are responsible for training spotters to do the job effectively. Improper spotting will be penalized. Single-based double Cupies/Awesomes require a spotter for each top.

STUNTING

School-based and Open-based teams follow USASF level rules unless otherwise stated.

PERFORMANCE AREA (see also BOUNDARIES)

All teams competing at a M.A.C. sanctioned competition will perform on a 42' x 54' (9 mats) floor surface. The mat will be placed over existing floor surface. Only soft-soled tennis shoes are permitted on the performance surface. Cheerleaders may not perform their routine off of the matted surface. It is important that your routine be choreographed not to exceed these measurements, as penalty points

will be assessed. This is particularly important during tumbling passes. This rule is designed for the safety of the participants due to over-rotation of tumbling and uneven surfaces and the safety issues with attached mats. The judges will score only what occurs within the boundaries. Props may start outside the performance area.

INTERRUPTION OF PERFORMANCE

The Safety Judge, medical personnel and M.A.C. Officials have the right to stop a routine due to an obvious injury. In the event that an injury causes the team's routine to be interrupted by the officials during preliminary competition, the team will have 30 minutes to regroup before performing the routine again. The routine will be re-scored. This does not include minor/major falls and bobbles. In the event of music disruption, the routine will be judged as seen with no option to perform again. In the event the music is missing or the coach has misplaced their music, the team will be given another time to perform during the category, but they will not perform without music.

PERFORMANCE ORDER

For competition, teams will perform in a random order determined by the M.A.C. Executive. The order of the competition will be chosen as to best place the teams so categories are not back-to-back. Order will be determined before competition and, when possible, made available to coaches in advance. All school categories will compete for overall the Provincial Championships in Junior and Senior, providing they are entered in both Cheer and Pom routines and the routine has been judged at a previous competition. The Open teams will compete for an overall award in each division of Youth, Senior and University/College, 18+.

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GENERAL RULES & REGULATIONS

GENERAL SAFETY VIOLATIONS

Point deductions from team scores will be applied to a maximum five times for each offence. Deductions may occur during warm up.

TWO-POINT DEDUCTION:

- Untied or unsafe shoelace length
- Untidy appearance (per person)
- Improper/Unsafe fingernail length
- Chewing gum
- Hair and accessories
- Drops of any kind
- Eyeglasses falling off
- Boundry violation
- Incomplete twist dismount
- Stepping on any props during a routine (A team member who clears an object, without stepping on it, from the cheer surface will not be deducted.)
- Jewellery
- Any top that lands unsafely from a dismount
- Shoes
- Improper athletic wear on team members
- Assistance from the coach/stands during any routine
- Unsafe props
- Athlete not touching surface at beginning of routine
- Suggestive music or choreography
- Other general safety rule violations

LEGALITY VIOLATIONS

FIVE-POINT DEDUCTION:

- All level rule violations

TWO-POINT DEDUCTION:

- Unintentional level rule violations.
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*Safety Judge(s) may penalize anything deemed unsafe or offensive to a maximum of 2 points.

PROVINCIAL TROPHIES

Provincial Champion Trophies will be awarded for Pom and Cheer categories based on the highest average for each routine. 30% of the mark will come from one routine entered at a previous competition, and added to 70% of the provincial marks. Ground Bound and Open-based teams will also have a Provincial Champion Trophy based on their highest average score for Cheer routine.

CERTIFICATES

To avoid money being spent on unused trophies, certificates may be issued in place of trophies at all M.A.C. recognized competitions with the exception of the Provincial Competition (subject to change). Trophies from the previous competition will be awarded at the following competition. For the Provincial Competition, trophies will be given out the same day. Exceptions may be made for out-of-town teams

GENERAL RULES & REGULATIONS

STUNT GROUP

The top four Stunt Groups in each division from Icebreaker and CheerFest competitions qualify their school/team to compete at the Provincial Competition. The majority of the original qualifying stunt group must be the group to perform at Provincials. Changes to the group may be made due to injury or absence of an original member. The M.A.C. Executive may review extenuating circumstances for placement consideration.

SCORE CARDS

A copy of all scorecards may be kept on file in the M.A.C. Office for one year in case of any discrepancies. In the event your score sheet has an error, you will have to submit the error explained in writing with your original score sheet for review by the Executive and Judges Panel. Tally sheets will also be prepared. A point scale, as specified by M.A.C., will be on each scorecard, or posted on the judges table.

VIDEOS / PHOTOS / RECORDINGS

M.A.C. will try to have one appointed person to tape a competition from behind the judge's panel to be kept on file for M.A.C. DVDs may be available for purchase. M.A.C. holds exclusive rights to all videos/ photos/ recordings. No other materials will be sold to cheerleaders without M.A.C.'s written permission. Legal action will be perused in such a case. Contact the M.A.C. Office for more information. There is to be no other video/photo camera set up at competitions.

COACH RESPONSIBILITIES

There will be coaches certification program offered by M.A.C. each year. Any stunt can be dangerous if not performed correctly. M.A.C. emphasizes the reality that our coaches are responsible for the safety of their team members, and therefore must be realistic when evaluating their team's abilities. Do not attempt stunts beyond the capabilities of your team. These rules will be in use for all M.A.C. sanctioned competitions. Coaches are responsible for knowing and understanding all M.A.C. rules. Non-compliance with these rules will result in penalty points or disqualification, depending on the severity of the infraction. All coaches of a team attending any cheer event are required to bring their own first-aid supplies and ice for their team. M.A.C. will not supply these items.

AWARDS

Special awards available are: Jean Walker Incentive award, Ruth Hallonquist award, Toby Decker Most Improved award.

TOBY DECKER MOST IMPROVED AWARD

Recipient calculated by the M.A.C. Executive.

CRITERIA:

- Minimum of two competitions attended during the season (One of Icebreaker or CheerFest and Provincials);
- Number of routines entered at each competition during the season;
- Score differences in routines for competitions;
- Placements and improvements in placements;
- If scores are similar between teams, consideration is given to the team who entered the most competitions and routines.

RUTH HALLONQUIST SPIRIT AWARD

Recipient decided by the M.A.C. Executive.

CRITERIA:

- Sportsmanship, energy and enthusiasm;
- Co-operation and support of other teams;
- Positive attitude towards each other;
- The above will be displayed all year by every member of the team (coaches, cheerleaders, advisors, etc.);
- Attends M.A.C.'s charity events.
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JEAN WALKER INCENTIVE AWARD

Awarded at the Provincial Competition each year. Recipient of award is to be decided by the M.A.C. Executive. Considerations will be team spirit, participation and performance over the course of one cheerleading season.

CRITERIA:

- Must be a registered M.A.C. member;
- Did not win the previous Provincial Competition;
- Have not won first place at any M.A.C. recognized competition in the current year.