



GENERAL RULES

SPECTATORS

- **ALL** spectators will be expected to remain in designated areas
 - No parents/fans allowed in warmup area without consent of the CBC coordinator
- No backstage/warmup area access without proper credentials is allowed. **NO EXCEPTIONS**
- No foul language/behavior will be tolerated
 - Derogatory terms spoken by fans/spectators will result in immediate removal off the premises
- No air horns, firecrackers, electric megaphones, drums, or obnoxious noise makers allowed inside the venue
 - Pom poms, shakers, hand clappers, small plastic megaphones, and signs will be permitted.
- The following will be prohibited inside the venue:
 - Food coolers
 - Outside food/beverages (baby food permitted)
 - Frisbees and beach balls
 - Laser pointers
 - Any noise making devices (i.e. air horns, whistles, drums, etc.)
 - Fireworks and/or explosives
 - Illegal drugs and alcohol
 - Weapons and dangerous devices of any kind
 - Balloons
 - E-Cigarettes
 - Backpacks & duffle bags (with the exception of athletes)
- All items brought into the venue are subject to inspection. There are no provisions for storing or checking prohibited items at the entrance or on site.
- CBC reserves the right to refuse service to non-cooperating fans/spectators/coaches

COACHES

- Will be granted 3 coaching credentials upon check-in
 - Extra credentials will be given **ONLY** at the discretion of the CBC Coordinator
- All coaches are responsible for providing birth certificates for each participating athlete
 - **ALL** athletes must be in attendance while checking in at the allotted time
 - Failure to abide may result in disqualification

- Coaches may not perform at any point in their teams' routine

SAFETY

- Athlete's will be performing on a "dead mat"
 - Be advised for tumbling and stunts
- There MUST be at least 5 athletes per team
- Teams will be placed in their divisions based on the oldest athletes' age
 - Ex.) if athlete "X" celebrated their 14th birthday before October 15th, then the whole team will be placed in the 14 & under division
- Younger athletes may compete in a higher division, but older athletes may not compete in a lower division
- No explicit language/movements
 - I.e. twerking, grinding, offensive hand gestures, etc.
- Max time limit is 2 minutes and 30 seconds
 - Points will be deducted from teams' final score if time runs over
- Fingernails must be trimmed
 - NO acrylics or bedazzled jewels
 - Nails will be checked upon arrival
 - Plain nail polish (or gel) color with a drawn design is acceptable
- Time will start once choreography begins
- Any person who is not apart of the performing teams' routine MUST stay behind designated spectator lines
 - Failure to abide may result in disqualification
- No smoke, color bombs, confetti, explosives of any kind, or water allowed during the performance
- No jewelry (except medical/religious – taped down) or chewing gum will NOT be allowed during performances.
- Athletic closed-toe shoes are required for all participants.
- Props are limited to banners, flags, megaphones, and signs.
- All poms and props brought on the performing area must be used during the routine. A small stuffed animal or megaphone may be placed directly in front of the performance floor to mark the center. ALL other items must be off the mat to ensure it is not in the way of participants.
- All teams are required to have a music representative to play team's music when starting the routine
 - **Suggestion:** The music representative should be someone who is familiar with the routine
- All tumbling must originate from the ground level. Participants are prohibited from tumbling over, under or through stunts or pyramids. Participants are prohibited from any form of tumbling over/under individuals.
- Spotted, assisted, or connected tumbling is prohibited. Athletes must complete rotation/inversion independently with no assistance from another
- athlete.
- Must be caught in a Cradle by the original bases and are limited to up to 4 bases (total base count includes back and front spotters).
 - Example: 1 main base, 1 secondary base, 1 back spotter and 1 optional front spotter.

PRIOR TO SHOWTIME

- There will be a total of 3 warm up areas
 - Stretching, run-through, and mat (stunts, tumbling, and spacing)
- Each team will have 15 mins to warm up at each area
 - They may practice elsewhere for as long as they want.
 - Each team must be on the practice mat at their allotted time. There will be no extra time given to tardy teams
 - Each team will need to check in with the allotted representative on site
 - All participating cheerleaders will receive a wristband
 - These will be checked before each team enters the stage
- Teams should take no longer than 20 seconds to enter and set for their routine. Teams should enter and go directly to their starting position immediately upon taking the floor, unless they are setting signs, poms, flags, or props for the routine. surface. Teams may use a short count and a set prior to the start of the music/cheer. (Example: “5,6,7,8 – Panthers!”)
- All participants must be in contact with the performance surface at the start of the routine (exception: Flyers may start with both feet in bases’ hands provided each of the bases have both hands in contact with the performance surface).

INJURIES

At any time during a competition a coach, music representative, or injured athlete themselves may stop a routine due to an injury on the floor. CBC competition and safety officials may also at any time stop a routine due to an injury on the floor that may create a potential safety hazard because of the inability of the athletes to hold, support, spot or catch. For the safety of all athletes competing, a routine may be interrupted if an athlete is clearly injured, if an athlete is questionably injured and does not resume their role in the routine within seconds of questionable injury, or if an athlete leaves the competition floor due to an injury. In the event that a routine is interrupted due to injury, it will be at the competition Officials’ discretion whether or not that team will be allowed to perform again at a later time. If a team is allowed to perform again, they will have to perform the second routine “full out” and be judged from the time the music error happened until the end of the routine. If a team is permitted to perform again, they will have to perform the second routine “full out” and be judged from the time the music error happened until the end of the routine. If the team does not perform the routine full out the second time, CBC has the right to disqualify the team.

SCHEDULE

CBC will release a Preliminary line up two Tuesdays prior to the event. Draft Schedule will be released by the Monday prior to the event. You will then have 24hrs to request any changes. Final Schedule will be released the Thursday prior to the event.

If you have any schedule questions – please email calibowlcheer@gmail.com

GROUNDNS FOR DISQUALIFICATION

Reasons for disqualification include but are not limited to teams with illegal participant(s), inappropriate choreography/ music (at the discretion of a CBC official), severe demonstrations of unsportsmanlike conduct, overage participant(s), more or less participants than allowed on the floor, participant(s) not listed on official league roster, and/or illegal participant(s) listed on official league roster. If a team is found with unregistered participants, the team will be disqualified. Teams registering and performing in incorrect divisions will be disqualified.

DISCLAIMER: Rules may be subject to change at the discretion of the CBC Coordinator