



Cheer, Song, Pep Flag Rules, Regulations, and General Information

(adapted from USASF guidelines)

COMPETITION RULES:

1. Entry fees must be paid in full before the Line-up and final instructions will be sent.
2. Team fees will increase to \$150.00 each if received after the deadline. .
3. NO REFUNDS will be issued after the deadline.
4. Divisions/routines will not be allowed to switch to a different division after the final line up has been sent. Advisors, Coaches must be certain of what division is being assigned at the time of receiving the final line up.
5. All participants must have their own accident/medical insurance. The Director/Advisor or Coach will download our INDIVIDUAL FORM that reads MEDICAL AND MEDIA RELEASE FORM at the top from our website and have each member of your team's family read and sign. You will keep that form with you all season. Next download the form that has NRG DANCE AND CHEER TEAM WAIVER at the top. Use that form ONLY to fill out the top information with the particular event you are attending, list all of your team members that will be coming to the event, have each parent sign it and bring JUST THAT ONE PIECE OF PAPER WITH YOU TO THE EVENT!
NRG must have that form for each team or they will not be allowed to perform.
6. Teams are allowed to enter more than one team per division HOWEVER, a routine may only be used once in that division.
7. All teams are required to have a Director, Coach, Advisor, or District Employee present to accompany their team and stay with them during all NRG events. The team/soloists will not be allowed to perform without above said person with them.
8. All props must have protective coverings to protect gym floor regardless of the division. (carpet, felt, or rubber/tape MUST be used) Any of the above will be subject to disqualification and well as accessing damages to the team.
9. NRG is at liberty to disallow any props that may cause damage to the performance facilities.
10. NRG safety guidelines will be enforced

DIVISIONS:

Show Cheer / Performance Cheer

Mascot - 3rd Grade and under

Elementary - 6th Grade and under

Junior HS/ Middle School - 8th Grade and under

All Star Cheer

Tiny (5-6 years old)

Mini (5-8 years old)

Youth (5-11 years old)

Junior (5-14 years old)

Jr. Co-ed (5-14 years old)

Senior (5-18 years old)

Sr. Co-ed (5-18 years old)

All Star Prep

Tiny Novice (3-6 years old)

Tiny Prep (5-6 years old)

Mini Prep (5-8 years old)

Youth Prep (5-11 years old)

Junior Prep (5-14 years old)

Senior Prep (10-18 years old)

NRG reserves the right to add, delete, combine or split divisions

Maximum age limit is very important. A younger student is permitted to perform with an older team however an older student must not compete on a team with younger students.

The age of the oldest student will determine in which division the team will compete.

TIME LIMITS:

Show Cheer – 2 1/2 minutes maximum

(no more than 1:30 minutes music)

All Star Cheer – 2 1/2 minutes maximum

Prep All Stars & Performance Cheer – 2:00 maximum

Stunts – 1:00 minute maximum

Solos – 1 1/2 minute maximum

Song/Pom and Pep Flag Teams – 3 minutes maximum

DEDUCTIONS:

All deductions are at the discretion of the judges and the NRG Directors and are taken off of the total average score.

Number of performers	.5 over or under
Timing of Routine	.5 over or under
Dropping of equipment/accessories	0.5 per occurrence
Falls	0.5 per occurrence
Excessive Uniform Adjustment	1.0
Stepping off mat	1.0
Forgot routine/bad language/music	0.5
Unnecessary delay of competition	2.0 (not ready to perform)
Safety Guidelines Violation	3.0
Competing in wrong category	2.0
Advisor/Coach Interference	3.0
Use of Combustibles/Floor Damage	Disqualification

SOUND SYSTEMS AND MUSIC:

1. NRG audio systems allow for MP3/IPOD players. Cell phones must be put into airplane mode before performance. CD's may still be used as a backup, but should NOT be the primary music source.
2. Each team must provide a SEPARATE/SINGLE playlist with ONE song only on their MP3 or CD. Directors/coaches will give music to audio table as their team is taking the floor and pick up as their team is leaving the floor.
3. No music check will be allowed.
4. A team representative must be in close proximity to the music system during performance in case of technical problems. Coaches should ALWAYS have a back up to their main music source!

AWARDS:

1. Ties will be broken by the high score for execution, then if needed showmanship, then routine composition.
2. Scoresheets, Recaps, and Judges Audio Recordings will be available to participating directors at the end of the event. Participating Director may make arrangements for a representative.
3. NRG is not required to mail trophies, recaps, or scoresheets.

DRESSING ROOMS:

1. NRG WILL NOT BE RESPONSIBLE FOR ANY LOST OR STOLEN ITEMS. It is suggested to leave your valuables at home, with a designated parent /chaperone, or locked in your vehicles.
2. Please be aware that NRG is not responsible for providing changing areas as some of the venues do not have locker, dressing, or classrooms available.

VIDEO RECORDING:

It is requested that ALL Directors, coaches, performers AND spectators record ONLY their own teams/solos/duets routines. NRG is NOT responsible for monitoring video recording!

