

CCC Hard Rockin' Nationals

General Rules and Requirements

PERFORMANCE REQUIREMENTS

ATTENTION SCHOOL TEAMS—You have an option of competing either All Music or cheer/Music Formats. If you choose All Music the routine must not exceed 2 minutes and 30 seconds. Cheer/Music format guidelines listed below.

School/Recreational Cheer and Music Routines

- * Routine must consist of at least one cheer, chant or transition. Total routine time can not exceed 2 minutes and 30 seconds.
- * A musical segment of at least 45 seconds.
- * Timing begins with the first organized movement and/or first word of cheer or beat of dance.
- * Any spell outs and/or organized entrances will be judged and considered part of the routine.
- * Timing will end with the holding of the final movement or pyramid. * Partner Stunts and Pyramids are permitted in all divisions but non-mount. e routine flows from one segment to the other.
- * Gymnastics and jumps are permitted and encouraged.
- * Teams can have no less than 6 participants.
- * Mascots are welcome to perform with their teams, however, they will be counted when determining the number of participants.
- * There are to be no props used in the routine with the exception of signs, pom pons, flags, and megaphones.
- * Organized, formal entrances that involve cheers or run-ons with jumps, tumbling, or stunts are not permitted. Cheerleaders should enter the performance area in a timely fashion.
- * Team names will be called twice: once as the team on deck and once as the next team to perform.
- * Teams must follow the National Federation Safety Rules. Call 1-800-776-3462 to obtain a current copy.
- * All routines should be appropriate for family viewing. Any vulgar or suggestive movements, words, or music will result in a score deduction. No tear-away uniforms or removal of clothing is allowed.

Non Mount Divisions

- * Routine must consist of at least one cheer, chant or transition.
- * Total routine time can not exceed 2 minutes and 30 seconds.
- * A musical segment of at least 45 seconds. * Timing begins with the first organized movement and/or first word of cheer or beat of dance.
- * Any spell outs and/or organized entrances will be judged and considered part of the routine.
- * Timing will end with the holding of the final movement.
- * Partner Stunts and Pyramids are not permitted in non-mount divisions.
- * Routines should be choreographed so that the routine flows from one segment to the other.
- * Gymnastics and jumps are permitted and encouraged.
- * Teams can have no less than 6 participants.
- * Mascots are welcome to perform with their teams, however, they will be counted when determining the number of participants.
- * There are to be no props used in the routine with the exception of signs, pom pons, flags, and megaphones.
- * Organized, formal entrances that involve cheers or run-ons with jumps, tumbling, or stunts are not permitted. Cheerleaders should enter the performance area in a timely fashion.
- * Team names will be called twice: once as the team on deck and once as the next team to perform.
- * Teams must follow the National Federation Safety Rules.
- * All routines should be appropriate for family viewing. Any vulgar or suggestive movements,

words, or music will result in a score deduction. No tear-away uniforms or removal of clothing is allowed.

All Star Routines

- * At least 2 minutes of music but, no more than 2 minutes and 30 seconds.
- * Partner stunts and Pyramids are permitted.
- * Jumps and Gymnastics are permitted and encouraged.
- * Teams can have no less than 6 participants.
- * Mascots are welcome to perform with their teams, however, they will be counted when determining the number of participants.
- * There are to be no props used in the routine with the exception of signs, pom poms, flags, and megaphones.
- * Organized, formal entrances that involve cheers or run-ons with jumps, tumbling, or stunts are not permitted. Cheerleaders should enter the performance area in a timely fashion.
- * Team names will be called twice: once as the team on deck and once as the next team to perform. * Teams must follow the U.S.A.S.F. All Star Rules.
- * All routines should be appropriate for family viewing. Any vulgar or suggestive movements, words, or music will result in a score deduction. No tear-away uniforms or removal of clothing is allowed.

Open/Collegiate Team Routines

- * Total routine time should be no longer than 2 minutes and 30 seconds. A musical segment of at least 45 seconds. * Partner stunts and Pyramids are permitted.
- * Jumps and Gymnastics are permitted and encouraged.
- * Teams can have no less than 6 participants.
- * Mascots are welcome to perform with their teams, however, they will be counted when determining the number of participants.
- * There are to be no props used in the routine with the exception of signs, pom poms, flags, and megaphones.
- * Organized, formal entrances that involve cheers or run-ons with jumps, tumbling, or stunts are not permitted. Cheerleaders should enter the performance area in a timely fashion.
- * Team names will be called twice: once as the team on deck and once as the next team to perform.

Best Cheerleader

- * All Music Format Only. Participants will be placed in the appropriate age group based on their age at the time of the competition.
- * Each participant will perform the following to music: three consecutive jumps, one consecutive tumbling pass, and a cheer and/or dance, performed in any order. * The dance may include cheer motion technique and words of a cheer.
- * Overall performance may not exceed 90 seconds and timing will begin with the first sound of music. Music is required for the entire performance. A partner may not be used during the performance. Judging is based on showmanship, motion/dance execution, spirit, ability in the area of jumps and tumbling, as well as overall impression.

Doubles

- * All Music Format Only. Participants will be placed in the appropriate age group based on their age at the time of the competition.
- * The participants will perform the following to music: three consecutive jumps, one consecutive tumbling pass, and a cheer and/or dance, performed in any order. * The dance may include cheer motion technique and words of a cheer.
- * Overall performance may not exceed 90 seconds and timing will begin with the first sound of music. Music is required for the entire performance. Judging is based on showmanship,

motion/dance execution, spirit, ability in the area of jumps and tumbling, as well as overall impression.

Dance Solo

*Participants will be placed in the appropriate age group based on their age at the time of the competition.

* Overall performance may not exceed 90 seconds and timing will begin with the first sound of music. Music is required for the entire performance. A partner may not be used during the performance.

*No gymnastics are permitted in routine.

*Divisions are broken into the following: Hip Hop, Pom and Jazz.

Dance Doubles

*Participants will be placed in the appropriate age group based on their age at the time of the competition.

* Overall performance may not exceed 90 seconds and timing will begin with the first sound of music. Music is required for the entire performance.

*No gymnastics are permitted in routine.

*Divisions are broken into the following: Hip Hop, Pom and Jazz

Best Group Stunt

* Each group stunt routine may be up to, but no longer than one minute 15 seconds, with background music.

* Timing will begin with the first sound of music or movement of the team. The routine does not have to be choreographed directly to the music.

* Teams will be judged on technique, strength and stability of stunts, flow of routine, degree of difficulty (taking into consideration the number of stunts), perfection of routine and overall impression.

* No jumps or tumbling are permitted.

* There will be a penalty each time there is a violation of C.C.C. High School or All Star Safety Guidelines. A separate penalty if your routine exceeds the time limit.

Best Partner Stunt

* Open to couples made up of one male and one female.

* There is no limit on the number of couples that may enter from the same team. A spotter (selected by the performing team) may not base or help hold up stunts. A coach of the team may be the spotter.

* The routine may be up to 60 seconds, with background music.

* Timing will begin with the first sound of music or movement of the team. The routine does not have to be choreographed directly to the music.

* Teams will be judged on technique, strength and stability of stunts, flow of routine, degree of difficulty (taking into consideration the number of stunts), perfection of routine and overall impression.

* No jumps or tumbling are permitted.

* There will be a penalty each time there is a violation of C.C.C. High School or All Star Safety Guidelines. A separate penalty if your routine exceeds the time limit.

Dance Divisions (Competition Sunday Only)

* Each team will perform a routine not to exceed 2 minutes and 15 seconds.

* A Legality Judge will determine if each required style of dance has been met. If the Legality Judge does not feel the requirements were met, a 5 point deduction may occur. All judges decisions are final.

- * Formal entrances that involve organized run-ons or structured entrances are not permitted. The team should enter the performance area in a timely fashion.
- * Timing will begin with the first organized movement, word, or beat of music by the individual or team after they have been announced.
- * Timing will end with the last organized movement, word, or beat of music by a individual or team. Teams must exit immediately after the performance.
- * Soft-soled dance shoes may be worn while competing. Bare feet are acceptable. Socks only is prohibited. * Dance teams may wear approved jewelry as part of their costume. Approved jewelry includes legal post earrings and hair accessories. Hoop earrings, bracelets, necklaces, rings, tongue, belly, nose rings etc. are prohibited and will result in a 5 point penalty per occurrence. Medical necklaces or bracelets may be worn, but should be removed from the neck/wrist area and secured to the body with tape.
- * The team's name will be called twice: once as the team is on deck and once as the next team to perform.
- * Routines must be appropriate for family viewing. Any vulgar or suggestive movements, words, or music may result in a point deduction.

JUDGING CRITERIA

The judging panel will consist of three Performance Judges, one Routine Judge and one Technical/Penalty Judge.

Performance Judge

The judges will be scoring each division according to the judging criteria using a 100 point scale. Judges will rank teams accordingly.

Routine/Difficulty Judge

Each routine has a value based on the difficulty choreographed into the routine. Points are broken down by skill and given to a team that shows a majority of the team performing that skill. Example: Standing full twist is worth 10 points. In order for a team to achieve the ten points a team of 15 would have to have at least 8 team members perform a standing twist.

Technical/Penalty Judge

The technical judge tracks time as well as penalties for falls and rule violations. These points are then deducted from the total score rewarded by the performance judges and routine judge. The judges decisions are final. Any questions about the judging are to be directed to Champion Cheer Central, Inc.

GENERAL COMPETITION GUIDELINES

Use of mini-tramps, springboards, or any other apparatus used to propel a participant is not permitted.

Drops (knee, seat, thigh, front, back, and split drops) from a jump, stand or inverted position are prohibited unless the majority of the weight is first borne on the hands/feet, which breaks the impact of the drop.

Jewelry of any kind is prohibited. This includes earrings, nose, tongue and belly button rings, necklaces and pins on uniforms. Jewelry must be removed and may not be taped over or covered.

Performance order for the preliminary competition will be order of registry (example: a team that is first to register with a deposit for their division will compete last; the team that is last to register will be the first to compete). For final competition, teams will perform in reverse order of their preliminary ranking (example; teams placing first in the preliminary competition will compete last in the final competition).

The number of finalists in each division will be determined and finalized based on the number of teams registered in that division one week prior to the date of the competition. Late or cancelled registrations that occur within one week of the competition will not effect the predetermination

number of finalists.

Music Information

One representative from your group or organization will be responsible for playing the music for your routine. The representative should report to the music table when your team is on deck. This person must stay at the music table during the entire routine. Any music not cued properly which adds time to the routine and/or causes team timing issues is the responsibility of the person representing your team. No team will be permitted to start the routine over. Coaches are encouraged to create routines that finish a few seconds under the time limit to ensure that the team does not go over time. Judges' decisions on timing of total routine and music portion of routines are final. Please bring two copies of your music.

Code of Conduct

Champion Cheer Central, Inc. asks that the following code of conduct be adhered to during all C.C.C. Competitions, to ensure a positive experience for all teams and individuals involved.

- * Any questions or concerns that affect a team's performance must be expressed by the coach/advisor to the appropriate C.C.C. official.
- * Any unruly behavior by coaches/advisors, participants or spectators will result in removal from the event.
- * There will be no contact with the judges from any participant, coach/advisor or spectator during any competition.
- * The judges' rulings are final on all decisions concerning deductions, specific rulings and final placement. * We expect all teams, coaches/advisors and spectators to represent themselves and their community in a positive way.

* Each team must have a completed Code of Ethics Form completed in order to compete in this or any C.C.C. event. This form can be mailed in along with your waivers and release forms.

Interruption of Performance

Injury

The Legality Judge or Head Judge reserves 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 during competition, the team will have time to regroup before performing their routine again. Judging will resume from the point at which the injury/interruption occurred as determined by the judges. The performance will be placed as the schedule allows.

Music

In the event a technical error causes a team's music to be interrupted, the coach/advisor will have the opportunity to stop the performance and begin again immediately. It is recommended that the coaches/advisors have a backup CD or tape with them at the music table. Judging and timing will resume from the point which the malfunction occurred as determined by the judges. In the event a music error caused by the coach/advisor occurs, the performance may be stopped and begun again immediately; however, timing of the routine will NOT be stopped, and, in most cases, a time penalty will occur. Judging will resume from the point at which the interruption occurred as determined by the judges.