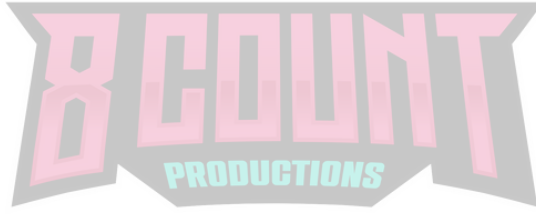


PREP AND NOVICE RULES



PREP DIVISIONS

- A. Maximum routine duration: 2:00
- B. Tosses are not allowed (this includes sponge tosses).
 - 1. Waist-level cradles are prohibited. Exception: Log rolls are allowed.

NOVICE DIVISIONS

- A. Maximum routine duration: 1:30
- B. Tosses are not allowed (this includes sponge tosses).
 - 1. Waist-level cradles are prohibited.
 - 2. Tumbling skills are allowed but not mandatory. If performed, they must follow the appropriate level rules.
 - 3. Novice Teams will be ranked 1st-3rd, etc.

Level 1 Novice Rules (in addition to Level 1 Rules):

- 1. Single-leg stunts above waist level are prohibited.
- 2. Two-leg stunts may not travel through an extended level position.
- 3. A maximum of $\frac{1}{4}$ twists are allowed in stunts. (Stunts with $\frac{1}{2}$ twists or more are not allowed.)
- 4. Transitions into a flat body or prone position are prohibited.
- 5. Straight pop-down dismounts are prohibited.
- 6. Tiny Novice: No building skills are allowed.
- 7. Tiny Novice: Only cartwheels and forward rolls are allowed.
- 8. Tiny Novice: Backbends and bridges are prohibited.

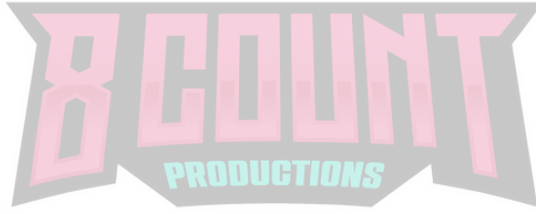
Level 2 Novice Rules (in addition to Level 2 Rules):

- 1. Single-leg stunts may not travel through an extended level position.
- 2. Barrel/log rolls are prohibited.

Level 3 Novice Rules (in addition to Level 3 Rules):

- 1. Twisting stunts in and out of an extended single-leg position are prohibited.

GENERAL RULES



General Release (Medical Information and Waiver/Photo Release/Sportsmanship Agreement):

All coaches, guardians or parents and participants will be required to sign a General Release (Medical Information and Waiver/Photo Release/Sportsmanship Agreement). 8 Count Productions reserves the right to assess a 10-point penalty, per violation to a team or disqualify a Team for un-sportsmanlike or unsafe conduct by coaches, Participants or parents.

Cheer Routine Length: Each team will be given 2 minutes and 30 seconds to perform their routine. All or part may be performed to music. Prep teams will be given a total of 2:00 minutes. Novice Teams, 1:30.

Timing will begin with the team's first movement or sound, and end with the last movement or sound. There will be a 5-point penalty assessed for going over the time limit... No penalties for any routines under the time limit.

-Music: Please bring your music on a mp3/iPod/iPhone or CD. DJ services will be provided to play your music; however, a representative from your team must remain at the music stations during the performance.

-Performance Floor: Cheer teams will perform on a competition size mat (7 strips). There will be a 5-point deduction for stepping off the mat.

-NOVICE routines: Please see Novice Rules Sheet.

-Judges & Score Sheets: A panel of knowledgeable judges will evaluate team performance. The Head Judge's score will be used to decide placement in the event of a tie. Score sheets will be available at the announcer's table immediately following your Award Ceremony.

-Jump-off: Each participant will show 2 different and non-connected jumps. All teams may register up to 5 cheerleaders for the Jump-off competition. The Jump-off is Pre-Registration ONLY. No changes may be made to Jump-off entries after the final registration date. (\$7/jumper)

-Tumble-off: Each participant will show their BEST RUNNING PASS. All teams may register up to 5 cheerleaders for the Tumble-off. The Tumble-off is Pre-Registration ONLY. No changes may be made to Tumble-off entries after the final registration date. (\$7/tumbler)

TIME LIMITS



Routine Time Limits:

1. All-Star Cheer routines are limited to 2 minutes and 30 seconds.
2. School and recreational routines are limited to 2 minutes and 30 seconds. Routines may be performed to all music.
3. Half Year/Prep routines are 2 minutes.
4. Novice routines are 1 minute 30 seconds and Exhibition are 2 minutes 30 seconds.
5. Allstar Dance routines are limited to 2 minutes and 30 seconds.