

INDIVIDUAL EVENT GUIDELINES

INDIVIDUAL ATHLETES MUST CHOOSE AT THE BEGINNING OF THE COMPETITION SEASON:

- To compete in Best Cheerleader, Elite Best Cheerleader or Crowd Pleaser (solo). **Exception Groups:** Any soloist may compete in any group. **NOTE: The SAME group cannot compete in Elite Cheer Group, Best Cheer Group and/or Crowd Pleaser Group.**
- Athletes 17 or 18 yrs. of age and out of high school **MUST** decide to compete **Varsity or Open.**

NOTE: Athlete's must remain in chosen division/category the entire competition season.

PARTICIPATION REQUIREMENTS:

- Must have **COACH'S APPROVAL and signature on Registration Form.**
- Must be a member of a cheer or dance team. **Definition of team** – you must cheer/dance for an All-Star, School or Recreation team of some kind and must practice and compete/perform with that team.
- An individual's **TEAM** is **NOT** required to compete with Cheer Power/Power Dance.
- Participants in group, partner stunt or group stunt, **all have to be members of the same gym, school, or studio team.** (The only exception is the Open or Pro-Open Division).

DIVISION CLARIFICATION:

- All-Star, School and Recreation Individuals will compete together at **ALL** competitions (**including Nationals**).
- In **Cheer/ Dance Events**, all solo males will be separated out for competition and awards in the **Junior and up** age divisions at all competitions.

INDIVIDUAL EVENT GENERAL GUIDELINES

(3 POINT PENALTY FOR VIOLATION OF THE FOLLOWING)

CATEGORY VIOLATION – SEE INDIVIDUAL EVENT DESCRIPTIONS

CHEER EVENT ATTIRE –

- Cheer athletic wear and soft-soled shoes must be worn while competing.
- Jazz shoes, boots or any hard-soled shoes are not permitted. Gymnastic slippers (or similar type shoes) are not permitted.
- Costumes or accessories that appear to be a hazard to the athlete's safety will be considered non-cheer athletic wear.

DANCE EVENT ATTIRE – Shoes are recommended but not required. Wearing only socks and/or footed tights is prohibited.

GUM and/or CANDY are PROHIBITED.

OUT OF BOUNDS - Excessive out of bounds is not allowed in cheer individual events. Excessive out of bounds includes, but is not limited to: running, walking, tumbling and/or landing **completely off** of the foam/mat.

Vulgarity- Vulgar/Suggestive/Offensive movements, words or music is not allowed. Should be appropriate for family viewing.

NATIONAL GUIDELINES

- No Bid is necessary to attend Nationals.
- **An Individual's team is not required to attend a competition.**
- **Southern Cheer & Dance Individual Nationals will be held with Texas State Championship in Galveston, TX., in March.**
- All-Star, School and Recreation Individuals will compete together.

INDIVIDUALS WITHOUT COMPETITION

ANY INDIVIDUAL AT NATIONALS WITHOUT AT LEAST ONE OTHER INDIVIDUAL IN THAT DIVISION WILL HAVE THE FOLLOWING CHOICES REGARDING NATIONAL COMPETITION:

- The individual participant(s) may choose to stay in a division without any other competitors, with the understanding that they will have to meet a predetermined score in order to receive National Champion Jackets.
- If the pre-determined score is **NOT** met, then the winner will be declared and announced as a **National 1st Place Champion. NATIONAL 1st PLACE CHAMPIONS WILL RECEIVE A PRESTIGIOUS NATIONAL CHAMPION AWARD AND 1ST PLACE HOODIE IN PLACE OF THE JACKET (hoodies must be ordered in Registration).**
- The individual participant may choose to receive a refund of their National's entry fee for that particular category.
- Pre-determined scores will be given to the coaches at Registration.

