TIME LIMITATIONS

- Each performance routine presentation must include at least one cheer or sideline chant. **The musical portion must not exceed one minute and thirty seconds. Total time limit is two minutes and thirty seconds.** Timing will begin with the first movement, voice, or note of music, whichever comes first.

- If a team exceeds the time limit, a penalty will be assessed for each violation.
  - 1 point deduction for 1-5 seconds over
  - 3 point deduction for 6-10 seconds over
  - 5 point deduction for 11 seconds and over.

- Acknowledging the potential variance caused by human reaction speed and sound system time variations, judges will not issue a deduction until their stopwatches show a time of 3 seconds over the allotted time.

- It is recommended that all teams time their performance prior to competition.

INTRODUCTIONS

- All introductions (tumbling, entrances, chants, spell outs, etc.) are considered part of the routine and will be timed as part of the performance.

- All team breaks, rituals and traditions need to take place prior to entering the mat.

- Teams should take the floor immediately with spirit and enthusiasm, but without excessive gestures. Example: chest bumps, hugs, handshakes, etc.

- All teams should refrain from any type of excessive celebration following the team’s performance. Any team in violation will receive a ONE point deduction.

- There should not be any organized exits or other activities after the official ending of the routine.