



MEAC CHEERLEADING CHAMPIONSHIP RULES AND REGULATIONS

GENERAL CHEER COMPETITION GUIDELINES

1. The competition is open to all colleges and university in the Conference.
2. Squad size may not exceed 26 members (including mascot). All squad members must be full-time students and current members of an official university squad. If violated, this will result in disqualification.
3. Two (2) mascots may be included in presentation. If violated, this will result in disqualification.
4. All Squad must comply with the enclosed safety rules and regulations or they will be disqualified or penalized.
5. Squad will be divided into divisions: Co-Ed and All-Girl (you can only have two males if you are participating in the all-girl division).
6. Music must be cued by someone other than the competition officials.
7. Time will begin as soon as the music starts or as soon as the captain vocalizes the cue to begin. Timing will end with the last organized word, movement, or note of music by the team or individual. Teams or individuals must exit the performance area immediately following the routine.
8. All stunts and pyramids must be performed on matted surfaces provided by the MEAC officials.
9. No obscenities may be used in any cheers. Any vicious verbal attacks on member institutions lead to disqualification. (Judges will make call)
10. There is a three minute time limit for your entire routine. Any team exceeding 3 (three) minutes will be penalized 5 points for every 10-second interval over the limit. Music cannot exceed two minutes and thirty seconds. Any team exceeding two minutes and thirty seconds of music will be penalized 5 points for every 10-second interval over the limit. All teams must perform a cheer WITHOUT music during their routine.
11. There will be an official athletic trainer(s) on hand in the event an injury takes place. However, each school is responsible for their own taping and sports medicine preparation.
12. Medical releases/Waiver forms MUST be submitted by each participant PRIOR to the day of competition.
13. In the event the presentation of any squad is interrupted because of failure of the tournament equipment, facilities, and introductions, the squad affected will be allowed to present their routine in its entirety.
14. In the event the presentation of any squad is interrupted because of failure of the team's own equipment or supplies, the squad must either continue the presentation or withdraw from the competition.

15. In the event the presentation of a squad is interrupted because of an injury to a member, the squad must either continue the presentation or withdraw from the competition. The MEAC Cheerleading Championship Committee reserves the right to stop the presentation due to injury if it's deemed necessary.
16. Use of mini-tramps, springboards, or any apparatus used to propel a participant is not permitted. Violation of this rule will result in disqualification.
17. 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.
18. Only the following props are allowed: flags, banners, megaphones, pom-poms, and signs. Flags and/or banners with poles or similar support apparatus may not be used in conjunction with a stunt or tumbling.
19. Soft-soled tennis shoes must be worn while competing; no jazz shoes and/or boots will be allowed.
20. Jewelry of any kind is prohibited. This includes earrings, nose, tongue and belly button rings or spacers, necklaces and pins on uniforms.
21. Organized, formal entrances that involve organized cheers or run-ons with jumps, tumbling, or stunts are not permitted. Cheerleaders, dancers & mascots should enter the performance area in a timely fashion.
22. Hair needs to be fashioned so that it is out of the face and does not cause a potential hazard while performing.
23. Glitter of any kind is prohibited.

AACCA CHEERLEADING SAFETY GUIDELINES MUST BE FOLLOWED AT ALL TIMES.