

2009 DVYFC Cheer and Dance Competition Guidelines

- ❑ All safety rules apply as stated in the current 2009 DVYFC rulebook.
- ❑ CURLERS are to be removed for Mascots, JPW & PW before entering at 7:30 AM.
Jr. Midget & Midgets to be removed after Lunch
- ❑ All squads shall rally into the performance area performing within 30 seconds from being introduced.
- ❑ Timing shall begin at the first note of music for dance and the first sound of cheer from the performance
- ❑ Performance time limit for Cheer is a minimum of 1 minute 30 seconds and a maximum of 2 minutes.
- ❑ Performance time limit for Dance is a minimum of 1 minute 30 seconds and a maximum of 2 minutes 30 seconds.
- ❑ No more than 15 seconds in between routines.
- ❑ All squads and squad members shall compete in both performance cheer and dance routine.
- ❑ All squads shall perform cheer 1st followed by their dance routine with no more than 15 seconds in between routines.
- ❑ The designated penalty judge will determine all safety violations.
- ❑ Props of any kind are not allowed on the floor with the exception of crowd participation signs only. ****Megaphones/Flags are not considered a prop****
- ❑ Pompons are not required but can be used in the Cheer and Dance performances.
- ❑ No music is allowed during the cheer performance
- ❑ Stunts and tumbling are not allowed in the dance routine.
- ❑ Music must be in good taste with appropriate lyrics. Profanity and sexual innuendos will not be tolerated.
- ❑ No food or drinks are allowed on the performance floor.
- ❑ Coaches are not allowed to go through dance or cheer movements on the floor during team performance. This rule does not apply for Mascots.
- ❑ No practice during the two (2) 15 minute breaks.
- ❑ NO PRACTICE OR STUNTING AT LUNCH
- ❑ Every five (5) Seconds under or over on time, you will be assessed a one (1) point penalty per every five (5) seconds
- ❑ Every safety/stunt violation there will be a five (5) point penalty assessed per violation.
- ❑ It is mandatory that all cheerleaders go to the Saturday game before the Competition. No exceptions! Everyone knows way in advance that DVYFC Competition is on this day.