



## GENERAL SAFETY GUIDELINES

UK required amendments highlighted in blue

1. All teams must be supervised during all official functions by a qualified director/coach.
2. Coaches must require proficiency before skill progression. Coaches must consider the individual, group, and team skill levels with regard to proper performance level placement.
3. All teams, gyms, coaches and directors should have an emergency response plan in the event of an injury.
4. Coaches are recommended that their athletes practice and perform on an appropriate surface.
5. Soft-soled shoes must be worn while competing in cheer divisions. No dance shoes/boots, and/or gymnastics slippers (or similar) Shoes must have a solid sole. If you can roll it up and put it in your pocket, it's illegal.
6. Jewellery of any kind including but not limited to ear, nose, tongue, belly button and facial rings, clear plastic jewellery, bracelets, necklaces and pins on uniforms are prohibited. Jewellery must be removed and may not be taped over. (Exception: medical ID tags/bracelets, and uniform rhinestones. Rhinestones are illegal when adhered to the skin as opposed to a uniform. Temporary tattoos are also allowed.)
7. Routines shall not exceed 2 minutes and 30 seconds. Cheerleaders must have at least one foot on the performing surface when the routine starts.
8. Any height increasing apparatus used to propel a competitor is prohibited. (Exception: spring floor) UK: Performers should expect to compete on a safety surface of similar characteristics to the surface at their regular training facility. Until such time as a significant proportion of British teams own a full spring floor then, for maximum safety and fairness to all, sprung floors will not be used at competitions.
9. Flags, banners, signs, pompons, and megaphones are the only props allowed. Props with poles or similar support apparatus may not be used in conjunction with any kind of stunt or tumbling. All props must be safely discarded out of harms way (e.g. throwing a hard sign across the mat from a stunt would be illegal). Any uniform piece purposefully removed from the body and used for visual effect will be considered a prop.
10. UK: Performing with solid casts of any kind is not permitted.
11. On the level grid, all skills allowed for a particular level encompass all skills allowed in the preceding level.
12. Required spotters for all levels must be your own team's members.
13. Drops including but not limited to knee, seat, thigh, front, back, and split drops from a jump, stunt, 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. Shushinovas are allowed.



### UNIFORM AND ACCESSORIES

With reference to NFHS Rules 2007/08 edition

- a1. Uniform is an athletic garment and shall be appropriate for the activity to minimise risk for the athletes. When standing at attention, apparel must cover the midriff.
- a2. Fingernail, including artificial nails, must be kept at an appropriate length (Short, near the end of the fingers) to minimize risk for the athletes. (NFHS 2:2:2)
- a3. Hair must be worn in a manner to minimize risk for the athlete. Hair devices, if worn, must be secure and appropriate for the activity. (NFHS 2:2:3)
- a4. Athletes may wear glitter on their face, hair, uniform, costume, or body as long as it readily adheres (NFHS 2:2:7) Signs and props with glitter do not need to be laminated.
- a5. Athletes may use artificial limbs. (NFHS 2:2:11)