

LEST Cheerleading Competition Rules

1. Each cheer team is **required** to submit an in-order outline of their routine with a list of all stunts, stacks, dismounts, and tumbling that they plan to use for their LEST routine. Please include photocopies of the pages in the NFHS Spirit Rules Book where these stacks/stunts/dismounts /tumbling are shown to be legal. **This outline must be received by no later than January 15 at 5:00pm.**
2. Squads may eliminate stunts that they cannot perfect by the LEST but will not be allowed to add any new ones. Please send a list of any deleted items by **January 31**. The Judges will use these outlines as part of their scoring tools.
3. All music must be properly registered on the Cheer Registration form listing Song, Artist, Album, and Recording label for each piece of music. This is due to copyright laws. The use of Christian music is strongly suggested. **No music with inappropriate language or theme will be allowed, even if it has been edited out!**
4. Teams must submit a CD of their music for competition at the **Mandatory Coaches Meeting** (scheduled for early afternoon on the day of the competition - exact time and place will be announced in January). Label your CD with your team name, city, and coach's name and bring an extra copy of your music CD to the competition. A team representative must come to the announcers table when it is your team's turn to perform to tell when to start and stop your music. In the event of technical difficulties, you may have one restart of your music. Please be sure that your CD will play on the music system before competition.
5. Any team failing to submit proper, completed documentation by scheduled date or time may be eliminated from the competition.
6. A maximum of 20 cheerleaders may be on the floor at any given time.
7. NO Jewelry (except Medical Alerts) of any kind may be worn during competition. Medical Alerts must be worn taped to the body under the uniform or tied or taped to the shoe lace.
8. Fingernails must be short (not to extend past the end of the finger tip) and they must be unpolished. This is because in the event of a medical emergency medical personal must be able to get an accurate blood oxygen level.
9. Hair longer than collar length must be pulled into a ponytail/braid if the team will be performing any stunts. No big or hard barrettes may be worn. Hair ribbons must not reach past the outside corner of the participant's eye.

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10. No loose glitter may be worn. Frosted make up is acceptable.
11. No bare midriffs. Uniform top must meet top of skirt when standing.
12. Shoes must be worn at all times. No bare or stocking feet.
13. Squads must be duly constituted by their respective schools with an Adviser/Coach in attendance. Only students that have cheered for regular season games may compete at LEST. No school may have more than one cheerleading team competing in this competition.
14. Competition routines are to be no more than three minutes in length. No more than half of the routine may be performed to music. Teams that exceed the total time limit will receive a 10 point deduction. Teams which have more than half of their routine to music will receive a 5 point deduction.
15. All routines must have at least 1 chant/sideline cheer and one floor/ crowd participation cheer (leading the crowd will increase your score as per the new (07) score guidelines).
16. We will have two timers at the competition. One will be seated near the judges and the other will be near or on the floor. Time starts with the first note of music or the first organized motion/movement. Teams may place mats, poms, or signs before they begin (after they have been told to do so by the on deck monitor). Teams may "Rally" onto the floor (taking no more than 10 seconds) without the official time starting. Time ends when the last team member has cleared the court line completely. Teams will receive a deduction if **either time judge** records a time violation.
17. A 10 point deduction may be taken for improper/ illegal stunts or for lack of proper spotting.
18. A 10 point deduction may be taken for an illegal or non-submitted stunt or dismount.
19. Teams must report to all scheduled areas on time. This includes the "In the Hole" and "On Deck" areas. Any Team not in place when called may be eliminated from the competition.
20. For any Cheerleading Competition questions, please contact Gail Allen at (971) 235- 3527 or by e-mail at *inhisspirit@gmail.com*