



2009 – 2010 Cheerleading Recreation and School Safety Rules

Safety Rules and Regulations:

At all King's Dominion Cheer & Dance Championships Events, Recreation and School teams will follow the National Federation of High School Spirit Safety Rules, with the following exceptions;

- Use of temporary spirit tattoos are allowed (must be school/mascot related and not offensive).

To purchase a copy of the NFHS rules you may visit their web site at, www.nfhs.org, or you may call 317-972-6900. For any legality questions please email info@cheerleading-usa.com, please put legality question in the subject line of the email.

- ❖ A deduction will be taken for any routine that contains choreography, music or uniforms that is considered inappropriate. The routine will not be eligible for Grand Champion.

Important Note:

If your organization or school district requires that your routine be choreographed under more stringent restrictions than the NFHS rules please notify our office at the time of registration, and we will make sure your team is judged accordingly. Example: if under the rules set by your governing body, a team is not allowed to throw basket tosses, then a specialized score sheet will be made and the judges will be notified at the event that under your guidelines tosses are not allowed. Documentation of these restrictions from the organization or other sanctioning body will be required in order to be judged accordingly.

We believe in working with teams to make our events more enjoyable and fair to all teams competing.