

## CHEER COMPETITION RULES

### ELIGIBILITY

Open to all participants who fall into one of the two age brackets below. Eligibility is determined by grade as of January 1, 2027.

### AGE BRACKETS

- 8th Grade & Under
- 9th Grade & Up

Each squad member competes in their appropriate grade bracket. Each registered team may submit up to two competing cheer/dance squads, one per age bracket.

### ENTRIES

All squads register using the official SERC 2027 registration form. Entries are due with tournament registration no later than December 7, 2026.

### REGULATIONS

- All teams, gyms, coaches, and directors must have an emergency response plan in the event of an injury.
- Height-increasing apparatus used to propel an athlete is not allowed.
- Tumbling mats are provided.
- Required spotters for all skills must be the team's own members, trained in proper spotting technique.
- Routine performance may not exceed five minutes, timed from the first movement, voice, or note of music to the last.
- Athletes must have at least one foot, hand, or body part (other than hair) on the performing surface when the routine begins.
- The performers who begin a routine must remain the same throughout, no substitutions mid-routine.
- No gum, candy, cough drops, or other choking hazards during practice or performance.
- All cheers and music must be positive, no profane, explicit, or questionable language or music.
- Dance moves should be in good taste and never suggestive in any way.

Music selection must be submitted by **Tuesday, January 5, 2027**.