

Competition Rules & Regulations

RULES AND REGULATIONS GOVERNING KAPOS COMPETITIONS

All KAPOS competitions shall be under the direction of the Regional Board Member, Sectional Vice President, and/or other such person as designated by the KAPOS President.

Section I–Eligibility

1) To be eligible to compete in any KAPOS competition, a team must be accompanied by a current KAPOS member coach and submit:

- A completed insurance form which lists all qualified team members including alternates
- A completed KAPOS Music Information Sheet
- A completed entry form with team payment

2) Team members must attend the school they represent. Elementary students may compete on the middle school team into which their elementary school feeds.

- KAPOS defines schools as those listed in the most current edition of the Kentucky School Guide available at www.ky-schools.com.
- KAPOS competitions do not allow all-star or recreational teams.

3) Schools may have two (2) teams competing that are comprised of different members. A student may represent the school they attend on only one team. No participant may crossover on same school teams. Elementary students may compete on their elementary team AND their middle school team. However, KAPOS will not adjust the performance order to accommodate these teams or for any reason.

4) Regional winners will advance to the KAPOS State Competition.

5) Any team who advances to the KAPOS State Competition must compete in the same division at the state competition as they competed during their regional competition.

6) If any division has a vacancy at the state competition, a committee appointed by the President may review the regional competition videos to issue bids to teams for

participation at state competition. Coaches must notify the President if they would like to be considered for a video bid within two days after their regional competition.

Section II–Team Size/Divisions

1) Elementary (Grade 6 and below):

Small Division 5-17 members

Large Division 18-30 members

Game Day Division 5-30 members

2) Middle (Grade 8 and below):

Small Division 5-15 members

Medium Division 16-19 members

Large Division 20-23 members

Super Large Division 24-30 members

Non-Traditional Division 5-30 members (must submit application to be considered for this division)

Game Day Small Division 5-17 members

Game Day Large Division 18-30 members

Game Day Non-Traditional 5-30 members (must submit application to be considered for this division)

*Elementary schools that are listed as K-8 in the Kentucky School Guide and have 7th and/or 8th graders on their teams will compete in Middle Divisions

Section III–Judges/Timers

1) All judges shall be assigned by the KAPOS President.

2) Judges must annually complete training.

3) KAPOS 2 1/2 Routine competitions will use six (6) judges: two (2) Building, two (2) Cheer and Overall, and two (2) Deduction judges.

4) KAPOS Game Day Routine competitions will use six (6) judges: two (2) Crowd Leading, two (2) Music, and two (2) Deduction judges.

5) KAPOS competitions may use a minimum of two (2) timers. Timers are to be certified judges.

Section IV–Judging Sheets/Scoring

1) KAPOS judging sheets are available at KAPOS.org

2) All judges' and timers' decisions are final. There is no appeal process.

Section V–Warm-up/Sound Check

1) Warm-up times shall be provided to coaches prior to the competition at all levels.

2) Teams shall be allowed to have a sound check prior to the beginning of their routines.

3) At any level of competition, the coaches' meeting and warm-up times shall not be held simultaneously.

Section VI–Competition Provisions

1) Mats:

- Mats shall be used at all levels of competition.
- For the state competition, routines shall be performed on a nine (9) mat floor.

2) Starting the Routine:

- Teams shall take the floor only once and perform their entire routine.
- The person announcing the competition shall announce for the team to take the floor and the team will begin when ready.

3) Timing:

- The time of the routine shall commence on the first perceived activity on the part of any team member or the beginning of the music/audio, whichever occurs first.
- The timing of the routine shall stop with the end of the audio or the last word or perceived motion.
- No restarting of time shall be allowed. However, any repeat or recovery within the routine is allowed providing the time limit has not been exceeded. Unless in the case of a mechanical failure.
- Two (2) copies of music in various recording formats should be taken to the music table.
- Music must be downloaded onto the device and coaches must provide the proper connective cord/cable. KAPOs cannot guarantee cell service or Wi-Fi connection at venues.
- If a routine has multiple time limits, each section could receive a deduction.
- Timing will begin with the first movement, voice, or note of audio, whichever comes first. One (1) point deduction for 3-5 seconds over; Two (2) point

deduction for 6 or more seconds over. Judges will not issue a deduction until their stopwatches show a time of three (3) seconds over the allotted time.

- If a routine is re-timed as part of a review, the exact time will be used without the 3 second allowance listed above.
- Timers shall report any timing infractions to the Deduction judges prior to final tabulations and announcement of winners.

4) The Two and One-half (2½) minute routine must include all elements of cheerleading skills listed on the judge's score sheet and abide by the NFHS Spirit Rules:

- **No basket tosses are allowed in the routine.**
- **No routine may exceed two and one-half (2½) minutes.**
- **The time limits for audio can not exceed 1 minute and 45 seconds.**

5) The Game Day routine must include Band Chant, Fight Song, and Cheer Section elements and abide by the following skill restrictions and those found at [this hyperlink](#):

- No routine may exceed three (3) minutes.
- No tosses (basket, sponge or elevator) are allowed.
- No inversions are allowed.
- No twisting released dismounts are allowed.
- No running tumbling is allowed.
- Single leg stunts are limited to liberties and liberty hitches.
- Standing tumbling is limited to one (1) tumbling skill and a back tuck is the most elite tumbling skill allowed.
- Teams should take the floor immediately with spirit and enthusiasm, but without excessive gestures. Stunts are not allowed during the teams entry to the floor or any time prior to starting the performance.
- During the Band Chant, only kicks and jumps are permitted.

6) Props

- Approved props include foam fingers, rally towels, signs, poms, flags, and megaphones.
- Props shall be used for crowd leading and appropriate for crowd response.
- Props may not be thrown into the crowd.
- Props cannot bear the weight of the performer. This includes sideline cheer/dance boxes used at games.
- No air horns or artificial noise makers are allowed.
- Props may be discarded off the performance surface but not hit/banged on the floor outside the performance area.
- Prop approvals or prop questions can be submitted to info@kapos.org.

7) Tabulation:

- A minimum of two (2) tabulators will be required at each level of competition.
- Following the judging of all categories, the scores shall be tabulated.
- Tabulated sheets and a copy of the team's judging sheets shall be available to the participating coaches following the awards ceremony.

8) Tie-breaking procedure:

- In the event of a tie, the total score from the Cheer Section will be used to determine placement.
- If teams still remain tied for first place at the regional level after using the Cheer Section score, all teams tied for first place will advance to the state competition.
- At the state competition, if teams still remain tied after using the Cheer Section score, the tie will not be broken and teams with identical scores will receive the same placement

Section VII–Injuries During Competition

1) If a team member is seriously injured or becomes extremely ill during judging, he/she may be excused for the remainder of the competition. However, the team is expected to show competence by adjusting to the member's absence.

2) A legal alternate from the insurance form (eligibility sheet) would be allowed to cheer for the remainder of the competition, at the discretion of the coach.

3) Injuries during performance shall be handled as follows:

- A coach, or person in charge, may choose to stop a routine/cheer due to an injury/illness that would endanger the rest of the team or the injured party.
- If a coach, or person in charge, enters the performing surface, the routine/cheer shall be stopped.
- After a routine/cheer has been stopped due to an injury/illness, the decision as to whether or not to repeat the routine/cheer shall be left to the discretion of the coach.
- The person in charge of the competition shall have the team repeat the routine after five (5) teams have performed or after ten (10) minutes, should this accident happen at the end of the competition. Judges shall judge the repeat performance from the point at which the injury occurred. Any notes/judging of

the first performance up until the point of injury will be included in the judge's final score.

Section VIII– In-Game Competition Rules

1) All KAPOK/KHSAA In-game cheer competitions follow NFHS Spirit Rules, as related to ballgames. To obtain the latest version of the NFHS Spirit Rules Book, contact <https://nfhs.org/activities-sports/spirit/>

2) There may be additional In-Game rules that are venue-specific. Please contact your tournament manager/s to determine whether there are any additional rules or considerations in place for your specific location.

3) In the event of a tie, the combined scores from the Sideline category will be used to determine placement.

Section IX–Regional Competition Decisions Made by Region KAPOK Members

One (1) KAPOK member coach per team may vote on matters related to their level.

- Date, site, and time of regional competition (some restrictions apply)
- Schedule of competition
- Host school, admission cost and how to use the receipts of the competition
- Trophies/Awards
- Floor and warm-up set up
- Sound technician, photographer, and video
- Use of vendors and fee
- How to distribute profits from competitions.