



PERFORMANCE CHEER IMAGE POLICY 2019-2020

GENERAL

Judges reserve the right to assess warnings and/or deductions when the overall presentation does not meet the standards of "appropriate" as described in the policy. Overall presentation includes, but is not limited to, choreography, music and costumes.

COVER UP GUIDELINES

Athletes with non-full top uniforms must wear a t-shirt or other suitable cover up over their uniforms/costumes unless they are in the warm-up area, traveling as a group directly to or from the warm-up area, or on the performance stage. Males must wear their uniform tops or a t-shirt/other suitable cover up always.

APPROPRIATE CHOREOGRAPHY

All facets of a performance/routine, including both choreography and music selection, should be appropriate and suitable for family viewing and listening. Examples of inappropriate choreography may include, but are not limited to movements such as hip thrusting and inappropriate touching, gestures, hand/arm movements and signals, slapping, positioning of body parts and positioning to one another. Music or words unsuitable for family listening, which includes but is not limited to: swearwords and connotations of any type of sexual act or behaviour, drugs, explicit mention of specific parts of the body and/or violent acts or behaviour. Removing improper language or words from a song and replacing with sound effects and/or other words may still be deemed "inappropriate". Music or movement in which the appropriateness is questionable or with which uncertainty exists should be assumed by the coach to be inappropriate and removed so as to not put their team in an unfortunate situation.

APPROPRIATE UNIFORM

GENERAL COSTUME GUIDELINES

All costumes should be appropriate for family viewing, should adequately cover an athlete and be secured to eliminate any possible wardrobe malfunction. It is the responsibility of the team to ensure compliance with the specific guidelines. Athletes must also consider that a combination of uniform pieces may also deem a costume appropriate or inappropriate. Appropriate undergarments must be worn and ALL garments must properly cover the athlete and the athlete's undergarments during the routine. Suggestive, offensive, or vulgar costuming and/or makeup are considered inappropriate.

SKIRT/SHORTS GUIDELINES

Tights should be worn under briefs, hot pants or excessively short shorts.

COSTUME TOP GUIDELINES

Costume tops may not include an exposed midriff (including crop tops) except when worn by athletes competing in the All Star Senior, All Star Open, and Scholastic Post Secondary age divisions. Costume tops must be secured by straps or material over at least one shoulder or around the neck (tube tops are not allowed). All male performers' costumes must include a shirt that is fastened; however, it can be sleeveless.