



Safety Guidelines

Please direct all questions by e-mail

thesmokeshowinfo@gmail.com

The following Safety Guidelines pertain to all divisions. Please see Rules and Regulations for additional guidelines.

****Please note that there will be a 2-point deduction for those who do not abide by the following Safety Guidelines.*

SAFETY GUIDELINES

- Knee drops are prohibited (Ex: Landing onto the knees from standing position)
- Performers are not allowed to have any dangling jewelry, consumption of food (gum) or drinks during the performance.
- TSS spotters will be provided for Cheer Divisions only. Cheer stunts are not permitted in any dance division with the exception of thigh stands and shoulder sits. Please see below for Dance Lifts limitations.

o Dance lifts are permitted with the condition that the dancers supported by at least 2 performers.

o Inversion lifts are also permitted with the condition that the dancers supported throughout the inversion until the dancer has is in an upright standing position with both feet on the ground.

o Props may be used during a lift but NOT during an inversion.

- Collegiate level stunting is NOT permitted for any teams below college. Please see

Cheer Rules and Regulations for more information.

- Coaches and competitors are not permitted to sit in front of the Judges table during performance. Please stay off to the side. Mini Mascots are the only exception where one (1) coacher/advisor will be allowed to sit in front of the Judges table to help guide them as needed.
- Any and all stunts/tumbling should be performed in a safe manor. Coaches, please do NOT let your student attempt any skills that they are NOT confident executing.
- Coaches/Advisors are not permitted to stand in for missing competitors during a performance (Cheer or Dance). No exceptions!

May you have any questions regarding these safety guidelines, please contact us.