



TIME OUT DIVISION INFORMATION

ICCA RULES:

1. Participants will make their entrance from the left side of the competition area.
2. All permitted skills (stunts, pyramids, tumbling, jumps) must be performed on the competition mat.
3. The performance area is 42' X 42'
4. Objects cannot be thrown outside the competition area.
5. Poms, signs and/or megaphones need to be carried on and off the mat in a manner similar to usage during a basketball time out. Props may not be set up in advance.
6. Props left on the mat will be a one (1) point deduction.
7. Two (2) point deduction per rule infraction (each occurrence), including ICCA rules.
8. One (1) point deduction for stepping on items on the mat (each occurrence) unless otherwise noted.
9. One (1) point deduction per Delay of Performing infraction.
10. Teams with the majority of its members on the mat at the final buzzer will receive a 5 point deduction.
11. Participation limitations for Time Out only:
 1. 1A - 16 maximum participants
 2. 2A - 16 maximum participants
 3. 3A - 25 maximum participants
 4. 4A - 25 maximum participants

JUDGING REQUIREMENTS:

1. The National Federation Spirit Rules and the ICCA/IHSAA Rules must be followed. Skills are limited to those allowed on gym floors by the National Federation (no tosses).
2. No music may be used during time out.
3. Routines must be appropriate for family viewing.
4. Each team's presentation must include a cheer and/or chants/traditional yells to get crowd response.
5. Teams should utilize all areas of their squad's crowd-leading strengths including jumps, tumbling, vocal, and stunts.
6. Poms, signs and/or megaphones MUST be used to help lead the crowd. Flags are NOT allowed.
7. Props should not be used to hide motion technique.
8. Mascots are limited to the same props as cheerleaders and are not allowed to stunt. If mascots are used, they must participate. A mascot must be a high school cheerleader.

SPECIFIC SKILL INSTRUCTIONS:

1. Motions will be scored on technique and difficulty.
2. Jumps will be judged on technique and difficulty.
3. Stunts and tumbling are required as time out skills, but will NOT be scored for technique or difficulty. They will be scored in terms of "Crowd Effectiveness" and overall impression.
4. Maximum difficulty in tumbling is limited to a standing back handspring during a cheer/chant. No running tumbling is allowed except during the entrance. Tumbling into a stunt is not allowed.
5. Skills are limited to those allowed on gym floors by the National Federation. No basket tosses or similar types of tosses are permitted since they cannot be performed on basketball floors.
6. Single leg extended stunts are limited to liberties and liberty hitches. No inversions are allowed.
7. See Time Out Rubrics, Difficulty Drivers, and Definition and Scoring Sheet for more information.

TIME LIMITATIONS:

1. Each team will perform cheers/chants not to exceed 1 minute similar to an actual basketball time out.
2. Time will start when the buzzer sounds after your team name is announced.
3. The buzzer will sound again when 15 seconds are left, so teams know it's time to finish cheer/chant and exit the floor. (Much like a basketball time out.)
4. Teams need to be off the mat at the final buzzer.
5. Team entrance, chants, answer backs, spell-outs, etc. are considered part of the routine and are timed as part of the performance.