

ATTENTION COACHES!

IMPORTANT INFORMATION ABOUT YOUR CHAMPIONSHIP PERFORMANCE!

- Deductions will be taken for long hair that falls forward onto the shoulders. Secure your hair to those pony tails up off the shoulders.
- Deductions will be taken for inversions.
- Loss of contact - **When a transition stunt involves loss of contact between bases and the flyer, each flyer and bracer must have a separate spotter (except for bracers in shoulder sits and thigh stands which do not require a spotter).**
- Signs must illicit a crowd response – such as yelling the school name, mascot, etc.