

MAPP COMPETITION GUIDELINES

THE FOLLOWING ITEMS ARE **NOT ALLOWED AND WILL RESULT IN A 10 POINT DEDUCTION** (unless otherwise stated below) FROM THE TOTAL SCORE IF THEY ARE TO OCCUR.

Tumbling and gymnastics

1. Tumbling is allowed as long as one hand, foot or body part remains in constant contact with the performance floor. Skills can be performed individually or in combination. Airborne skills are not allowed when hip overhead rotation occurs.

ALLOWED

Forward/backward rolls
Shoulder rolls
Cartwheels
Handstands
Backbends
Front/back walkovers
Stalls
Head spins
Windmills
Kip Up

NOT ALLOWED

Dive rolls
Roundoffs*
Front/back handsprings*
Front/back tucks
Aerials
Layouts
*see below for exceptions

2. *Allowed only for hip hop: airborne skills with hip overhead rotation must involve hand support with at least one hand.
3. Tumbling while holding poms or props is not allowed.
4. Slams/drops to the knee, thigh, seat, front or back position onto the performance floor from a jumping or standing position. Must first bare weight onto hands or feet in order to break the impact of the drop.

Lifts/partnering stunts

1. Jumping or tossing from one athlete to another is not allowed.
2. Jumping or tossing from one athlete to or from the performance floor is not allowed.
3. Jumping off another athlete while sitting is allowed as long as there is hand/arm to body contact with a third athlete the entire time.
4. All cheer stunts and/or pyramid/mounts are not allowed (exception: piggy back)
5. Throwing/tossing is not allowed including basket tosses.

Lifts

1. Lifts are allowed and defined as an action in which an athlete(s) is elevated from the performance floor and set down.
2. A lifting athlete must maintain direct contact with the performance floor at all times.
3. Lifted athlete must have hand/arm to body contact, of the lifted athlete(s), at all times.
4. Swinging lifts are allowed, provided the lifted athlete(s) body does not make a complete rotation. The athletes head/face must be facing the performance floor or audience/judging panel.
5. Hip overhead rotation of the lifted athlete(s) are not allowed.

General Guidelines

1. Suggestive, offensive or vulgar choreography or music is inappropriate for the audience and could result in a deduction.
2. Poms are not allowed to be put in the mouth of an athlete.
3. Queuing your team while they are performing will result in a deduction.

Code of Conduct

To ensure the most positive experience Mid American Pompon asks that the following code of conduct be adhered to during all Mid American Pompon events:

- Any questions or concerns regarding a team's performance or scores must be communicated by the coach ONLY. Coaches are to contact the MAPP director only after 48 hours following any event.
- Participants, coaches or spectators are not allowed to make contact with the judges or director during any event.
- Judges rulings are final related to placements or deductions.
- Any unruly or aggressive behavior by participants, coaches or spectators toward any other spectator or MAPP staff could result in team disqualification, removal from the event or suspension from future events.

Overall, if a movement is done that is not within the above-specified guidelines and is determined inappropriate, offensive OR dangerous the judging panel will have the option of assessing a 20-point deduction.

If you have any questions at all about any requirement or a possible deduction, PLEASE call the Mid American Pompon office and speak with Julie Hobbs-Julian before putting any questionable moves into your routine.