



CHRISTIAN CHEERLEADERS OF AMERICA

"Building PEOPLE Before Pyramids"

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MUSIC, MOVES and DRESS POLICIES AND GUIDELINES

ANY Violation of these rules will result in DISQUALIFICATION without a refund. Violations will be judged by competition judges and/or competition director(s). ALL music must be approved by the CCA Office PRIOR to competing. This form must be signed and dated prior to any performance.

MUSIC

All words/phrases should be **positive** and **uplifting**, not negative, degrading or mocking to other teams/schools. They should not be "slashing" and unsportsmanlike. **No degrading words that undermine authority (police, parental, political, etc)**, glorify or legitimize illegal substance, drugs, or activities. This also includes legal substances such as tobacco and alcohol. **No sexual references or innuendos**. No lewd, suggestive words (or gestures). The word "booty" or any other suggestive reference to body parts are not permitted.

No "heavy metal" or heavy rock culture music (of any kind) is allowed. Nothing representative of the drug or gang culture allowed. No references to violence, murder, etc. No violent screams.

Special attention is required to be sure that God, Jesus Christ or Deity is not referred to in any way that might be less than holy and pure and is lowered to the level of humanity. Upbeat Christian contemporary music is allowed and WELCOMED!

Upbeat secular music is allowed as long as it meets the criteria mentioned above, however we do require that you not use ANY portion of a song if the song in its entirety does not fit the above guidelines (i.e. using a verse of a song in your mix with acceptable words but the chorus has unacceptable lyrics). The reason for this rule is so that we do not come across as endorsing either the artist or the song when it is recognizable to the audience. This would be detrimental to the testimony of CCA and will not be allowed. **PLEASE NOTE! Certain secular artist's music is not allowed to be used AT ALL.** We are not judging these artists however we have been unable to find ANY selection from them as acceptable by CCA guidelines. This list includes: Eminem, Missy Elliot, Nelly, Ludacris, Petey Pablo. There may be other songs by other artist that will be disallowed because of lyrics in the total song. These will be considered on a case by case basis. If you are unsure of the status of any other artist, contact the CCA office.

ALL MUSIC MUST BE APPROVED WELL IN ADVANCE OF COMPETITION (4- 6 weeks is suggested in order to allow time for changes if music is not approved). Approval may be secured by mailing a CD to the CCA office (be sure it is a COPY) or emailing music to info@cheercca.com as a .wav or .mp3 file. You will be notified by phone call or email of approval or changes that need to be made with a few days of CCA's receipt of the music. If there is any doubt at all that your routine moves are not in line with this policy, you should also send a video to the Competition Director **ONE MONTH** ahead for approval. **Failure to meet the MUSIC policy will result in DISQUALIFICATION without refund.**

MOVES

No moves done during music or non-music portions parts of your routine shall have lewd or suggestive movements. No pelvic thrusts, body waves and/or rolls, extreme hip gyrations or upper body movements that have sexual connotations. No sticking out tongue or any facial expressions or movements of a sexual nature. **Violations of the MOVES policy will result in DISQUALIFICATION without refund.**

DRESS

CCA dress code is **modesty**. Length of skirt can be determined by your own school's dress policy. Competition judging will not be done in regard to skirt length. Modesty in undergarments is critical. Please be sure that undergarments cover properly and supportive sports bras are worn. No bare midriff uniforms or practice outfits are allowed. Tank top type tops are allowed but no completely bare shoulders. Tops should be modest and not extremely low cut or brief. If you have any question about tops or other clothing in order to meet the dress code, it is suggested that body suits be worn under any questionable tops. Skirts should be long and loose enough for modesty, even when stunting, jumping and tumbling. Violations will result in requiring uniforms or practice clothes to be changed or disqualification without refund.

I have read and understand (and my team and parents have read and understand) the music and moves policy of all CCA events. I understand that any violation of this policy, at the discretion of the judges and competition officials, will result in DISQUALIFICATION without refund of any money. I accept that policy as part of agreement for the privilege of competing in a CCA event and will not question these policies as they are a part of the Christian testimony of CCA.

Signature of Team Coach

Date

Name of School/Association

Phone Number