

CHRISTIAN CHEERLEADERS OF AMERICA

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 competition director(s). ALL music must be approved by the CCA Office ONE MONTH **PRIOR** to competing..

This form must be signed and dated by coach once for all events for each season one month prior to first event.

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. 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: **69 Boyz, DMX, Eminem, Flo Rida, Nicki Minjai, LMFAO, Lil John, Lil Wayne, Ludacris, Marilyn Manson, Missy Elliot, Nelly, Petey Pablo, Snoop Dog.** There may be other songs by other artists 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 and/ or lyrics, 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). **Music submitted less than 2 weeks prior to an event for review is subject to a \$50 review fee: including any re-submissions due to previous disapprovals/changes.** Approval may be secured by emailing music to info@cheercca.com as a .wav or .mp3 file. You will be notified by email of approval or changes that need to be made within a few days of CCA's receipt of the music. **NOTE: When submitting music, please list songs and artists used in so that we can expediate the approval process.** While reviewing this information you will most likely be able to determine if lyrics will be accepted or not. **Failure to meet the MUSIC policy will result in DISQUALIFICATION without refund.**

MOVES

No moves done during music or non-music 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 bending with bottom facing audience allowed.** No sticking out tongue or any facial expressions or movements of a sexual nature. If there is any doubt at all that your routine **moves** are not in line with this policy, you should send a video to the Competition Director at the CCA offices ONE MONTH ahead of competition date for review. **NOTE: The Moves Rules will be STRICTLY ENFORCED.** It has been brought to our attention that some moves may have been missed in the past; however, going forward if there are obvious violations they will be identified by competition officials CCA WILL BE VERY STRICT in enforcement of this policy. **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 for schools, allstars or colleges at any level. Tank top type tops are allowed, but no uniforms with BOTH shoulders completely bare. . Tops should be modest and not extremely low cut or brief. Extremely tight spandex that is very revealing may not be worn as outer garments. Net midriff will not be allowed. Midriff must be covered. 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. Skirts must completely cover all undergarments, hips, etc. when standing. Violations will result in requiring uniforms or practice clothes to be changed and may even result in a disqualification without refund.

I have read and understand (and my team and parents have read and understand) the Music, Moves & Dress 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

School Name / Association