



## **GENERAL**

Judges reserve the right to assess warnings and/or deductions when the overall presentation does not meet the standards of "appropriate" as described in the policy. Overall presentation includes, but is not limited to, choreography, music, uniform/costume, makeup, hair and hair accessories.

## **COVER UP GUIDELINES**

Athletes with midriff bearing uniforms must wear a t-shirt or other suitable cover up over their uniforms/costumes unless they are in the warm-up area, traveling as a group directly to or from the warm-up area or on the performance stage. Athletes must wear their uniform tops or a t-shirt/other suitable cover up always.

## **APPROPRIATE CHOREOGRAPHY**

All facets of a performance/routine, including both choreography and music selection, should be appropriate and suitable for family viewing and listening. Examples of inappropriate choreography may include, but are not limited to, movements such as hip thrusting and inappropriate touching, gestures, hand/arm movements and signals, slapping, positioning of body parts and positioning to one another. Music or words unsuitable for family listening, which includes, but is not limited to, swearwords and connotations of any type of sexual act or behavior, drugs, explicit mention of specific parts of the body and/or violent acts or behavior. Removing improper language or words from a song and replacing with sound effects or other words may still constitute as "inappropriate." Music or movement in which the appropriateness is questionable or with which uncertainty exists should be assumed by the coach to be inappropriate and removed as to avoid an unfavorable outcome for the team.

## **GENERAL UNIFORM/COSTUME GUIDELINES**

All costumes should be appropriate for family viewing, should adequately cover an athlete and be secured to eliminate any possible wardrobe malfunction. It is the responsibility of the team to ensure compliance with the specific guidelines. Athletes must also consider that a combination of uniform pieces may also deem a costume appropriate or inappropriate. Appropriate undergarments must be worn, and ALL garments must properly cover the athlete and the athlete's undergarments during the routine. Suggestive, offensive, or vulgar costuming and/or makeup are considered inappropriate.

**NOTE:** All teams will be required to have full top uniforms for the 2021/2022 season.

## **CHEER SPECIFIC GUIDELINES:**

### **MAKEUP**

If worn, makeup should be uniform and appropriate for both the performance and the age of the athletes. Face/eyelid rhinestones are not allowed.

### **HAIR AND NAILS**

Hair should be appropriate for both the performance and the age of the athletes and a style that is adaptable to all diversities. Painted nails are allowed, but length and shape must be of an appropriate length. If in doubt, please consult your local PSO for further direction.

### **BOWS/OTHER HAIR ACCESSORIES**

Bows and other hair accessories should not be excessive in size (acceptable bows are generally no more than 3" in width). Bows and other hair accessories should be worn in a manner to minimize risk for the participants, should be adequately secured and should not fall over the forehead into the participants' eyes or block the view of the participant while performing.

### **UNIFORM SKIRT/SHORTS GUIDELINES**

When a skirt is worn as part of the uniform, briefs under the skirt are required, and both of which must be the equivalent of a 5 cm inseam minimum. When shorts are worn as part of the uniform, there must be a minimum of a 5 cm inseam.



### **UNIFORM TOP GUIDELINES**

Uniform tops may not include an exposed midriff (including crop tops) except when worn by athletes competing in Senior and Open International and All Star Elite divisions (Senior and Open teams). Uniform tops must be secured by straps or material over at least one shoulder or around the neck (tube tops are not allowed).

NOTE: All Star gyms that have teams in the Junior/Senior mixed division should wear the style of uniform top that is most economical for their families, whether that is crops, full tops, or a combination. After the 2020/2021 season, when this division is reviewed, the expected uniform top will be in alignment with the Cheer Canada image policy for all athletes.

### **PERFORMANCE CHEER SPECIFIC GUIDELINES:**

#### **SKIRT/SHORTS GUIDELINES**

Tights must be worn under briefs, bodysuits, and excessively short or ill-fitting shorts that could wedge or otherwise expose the body in ways that may be considered inappropriate, with the focus being on the dignity of the athletes.

#### **UNIFORM/COSTUME TOP GUIDELINES**

Costume tops may not include an exposed midriff (including crop tops) except when worn by athletes competing in the All Star Senior, All Star Open, and Scholastic Post-Secondary age divisions. Costume tops must be secured by straps or material over at least one shoulder or around the neck (tube tops are not allowed). When competing in a shirt, it must be fastened. Sleeveless shirts are permitted.