

Routine Interruption Guidelines

1. Routine Stoppage Due to Injury

A routine may be stopped for injury by:

- Competition Officials
- Club Owner/Coach from the team performing
- Injured Individual
- Head Judge

Stopping a Routine

An injured athlete may also create a potential safety hazard to other athletes because of the inability to hold, support, spot, or catch. For the safety of all athletes competing, a routine should be interrupted in cases of:

- **Obvious Injury** (*i.e. athlete lands a tumble skill and falls to the floor but doesn't get back up.*)
- **Perceived Injury** (*i.e. athlete is crying, keeps grabbing injured area and/or does not resume their role in the routine within approximately 5 seconds of questionable injury.*)
- **Injured Athlete Leaving the Competition Floor**
- **Bodily Fluids, including but not limited to vomit, blood** (*i.e. athlete has a nose bleed while competing.*)

Emergency Medical Response

At first sight or sound of a medical emergency, the Competition Official may notify the EMT or Athletic Trainer on-site to respond with immediate medical care.

- The EMT or Athletic Trainer may activate EMS (Emergency Medical Services) if the emergency is life-threatening. (*i.e. an unconscious athlete, an athlete who is not breathing, someone who has an open fracture, someone who appears to be going into anaphylaxis, someone who appears to have sustained a head injury, etc.*)

Returning to Competition

Athletes:

An injured participant **MAY NOT** return to the competition floor unless the Competition Officials receive clearance from all of the representatives listed below:

- Competition medical personnel attending to that participant
- Parent/Guardian (if present)
- Head coach/Club owner of competing team

In the event of a suspected head injury, the participant cannot return to perform without clearance from a licensed medical professional that has training related to head injuries.

If an athlete is returning to perform **ALL** athletes' safety **MUST** be considered.

(*i.e. Can the injured athlete properly base, brace, lift, be lifted, etc. without concern for the safety of the athletes being supported and/or supporting the injured participant?*)

Teams:

If a team is allowed to perform again following a routine interruption, the 2nd performance requirements, scoring, etc. will be at the sole discretion of the Competition Official. Typically speaking, although at the

discretion of the Competition Official, the team (pending the injury's impact on the routine) performs the routine again in its entirety, full out, but judging resumes from the point at which the injury/interruption occurred as determined by the Competition Official. Typically, scoring and point deductions accumulated (if applicable) to that point carry over.

If a team is permitted to perform again but fails to perform the routine in its entirety (example: throwing back tucks instead of the full twist thrown in the original performance), it is at the discretion of the Competition Official how that team's scores will be affected.

2. Routine Stoppage Due to Music

In the event a technical error causes a team's music to be interrupted, the coach/director will have the opportunity to stop the performance and begin again immediately. It is recommended that coaches/directors have a backup device with them at the music table. Judging and timing will resume from the point at which the malfunction occurred as determined by the judges. In the event a music error caused by the coach/director occurs, the performance may be stopped and begun again immediately. Judging will resume from the point at which the interruption occurred as determined by the judges.

3. Routine Stoppage Due to Uniform Distractions

The Head Judge and/or Event Producer reserves the right to stop a routine due to a uniform distraction (e.g., garment not being securely fastened/attached, straps break, pants spit, etc.) Each performer is required to take the necessary steps to avoid inappropriate exposure (leave performance floor or adjust uniform which will result in a deduction of a Major Mistake and/or Safety Guideline infraction assessable from a .1 to a .5 deduction depending on the amount of distraction). In the event that the Head Judge and/or Event Producer stops a routine due to a uniform distraction the team will have 15 minutes to regroup before performing their routine. Judging will resume from the point at which the distraction occurred as determined by the judges.