

RULES 411

How to keep your teams safe and happy.

COACH'S CHECKLIST... *Think of this as your Summer reading list.*

Coaches should read through all of the following in the **JAMZ Championship Guide** to help avoid penalties, forfeiture or disqualification, and maximize scoring:

- JAMZ Category Descriptions
- JAMZ Division Details
- JAMZ Routine Guidelines
- JAMZ Levels Grids
- JAMZ General Safety Rules
- JAMZ Glossaries
- JAMZ Penalty Info
- JAMZ Scoring Info
- JAMZ Coach's Cheat Sheet
- JAMZ Scoring Grids

ASK QUESTIONS... *Only you can prevent penalties, forfeiture or disqualification.*

JAMZ asks that all coaches/directors/advisors review the JAMZ Rules each year, understand them and adhere to the JAMZ Safety and Routine Guidelines. Any questions concerning guidelines or specific stunts, pyramids, dance lifts or clarification are welcome! Protect your team from unnecessary deductions and penalties.

In order to ensure prompt a response to your questions, please contact us at the following:

- For Category/Division/Level Registration Questions: championships@jamz.com OR (800) 920-4272
- For General Championship Questions/Comments: championships@jamz.com OR (800) 920-4272
- For Routine/Safety/Skill Allowance Rules Questions: rules@jamz.com

HOW DO YOU SUBMIT A RULES QUESTION?... *There are two options.*

1) SEND US A VIDEO. Honestly, we love videos! It's the best way to make sure your routine is penalty-free! Full mounting/dismounting and skill should be included in video. Submit your video in one of the following formats:

- Mail a DVD or VHS tape (include your division, category, level and the event you'll be attending).
- OR -
- Email us a link to an online video of a stunt, pyramid or dance skill (include your division, category, level and the event you'll be attending).

2) FILL OUT THE ONLINE RULES FORM. We make it soooooo easy.

- Go to www.jamz.com and click "Championships".
- Under "General Forms" in the Info Center, click "Ask a Rules Question".
- Make sure to include your division, category, level and the event you'll be attending.

DON'T FORGET TO INCLUDE THE FOLLOWING INFO FOR RULES QUESTIONS... *if you include it, they will answer ☺*

- All questions must be in written form; no phone calls will be accepted.
- Include the event you will be attending.
- Include your name.
- Include your team name.
- Include your division/category/level.
- OPTIONAL - If you're referring to a specific rule, include the page number and rule reference (e.g. Youth Cheer Routine Guidelines #8a).

HOW LONG DOES IT TAKE?... *The earlier you send it, the better.*

Please allow up to 3 business days for response. JAMZ will address all inquiries in writing. Questions should be submitted at least 10 days prior to an event to allow for a response and time to make routine changes (if needed).