



I. ALL STAR CHEER DIVISION GUIDELINES

A. DIVISIONS: All divisions are based on the 2018-2019 USASF Cheer Age Grid.

1. Tiny: Level 1, Cheer Prep
2. Minis: Level 1, Level 2, Cheer Prep
3. Youth: Level 1, Level 2, Level 3, Level 4, Cheer Prep
4. Juniors: Level 1, Level 2, Level 3, Level 4, Level 5, Cheer Prep
5. Seniors: Level 1, Level 2, Level 3, Level 4, Level 5, Open, Cheer Prep

B. ALL STAR PARTICIPATION

1. Teams may participate in more than one competition during the season.
2. Individuals are permitted to compete on both a School Team and an All Star Team at the same event.
3. The team and each participating member/coach should constantly display good sportsmanship throughout the entire performance in regards to respect for themselves, other teams and the viewing audience of all ages. Teams should refrain from any taunting, bragging, or suggestive expressions or gestures as well as discrimination of any nature.
4. Any unruly, aggressive or belligerent behavior by participants, coaches or spectators toward any other attendee or Event Staff will result in potential team disqualification, removal from the event and / or barred participation from future competitions.

C. CROSSOVERS

1. An all star cheerleader is limited to crossing over to 2 (two) additional cheer teams from their gym during the competition.
2. Participant may only represent one gym.
3. Participants must pay an additional \$15.00 registration fee for each additional team performance.
4. The Team Spirit Shop, Inc. will attempt to ensure teams from the same program do not have overlapping performances during the preliminary schedule. However, we cannot guarantee that a performance overlap will not occur during the final schedule.
5. If a team violates the crossover rules, the second and each subsequent team will receive a 10.0 point deduction off of their score for each illegal participant. Maximum penalty is 20.

D. TIME LIMITATIONS:

1. All Routines must be "Music Only" and the overall performance time may not exceed two minutes and thirty seconds and two minutes for 'Prep' divisions. Timing will begin with the first movement, voice, or note of music.
2. If a team exceeds the time limit, a penalty will be assessed for EACH violation:
 - a. Point five (.5) deduction for 1-5 seconds.
 - b. One (1) point deduction for 6-10 seconds.
 - c. Two (2) point deduction for 11 seconds and over.
3. The routine time limit is 2:30. Acknowledging the potential variance caused by human reaction speed and sound system time variations, judges will not issue a deduction until their stopwatches show a time of 2:33.
4. BECAUSE PENALTIES ARE SEVERE, IT IS RECOMMENDED THAT ALL TEAMS TIME THEIR PERFORMANCE SEVERAL TIMES PRIOR TO COMPETITION AND LEAVE A SEVERAL SECOND CUSHION TO ALLOW FOR VARIATIONS IN SOUND EQUIPMENT.
5. Introductions
 - a. All introductions (tumbling, entrances, chants, spell outs, etc. are considered part of the routine and will be timed as part of the performance.
 - b. All team breaks, rituals and traditions need to take place prior to entering the mat.
 - c. Teams should take the floor immediately with spirit and enthusiasm, but without excessive gestures. Example: chest bumps, hugs, handshakes, etc.
 - d. All teams should refrain from any type of excessive celebration following the team's performance. Any team in violation will receive a ONE point deduction.
 - e. There should not be any organized exits or other activities after the official ending of the routine.

E. MUSIC

1. Teams may use an unlimited number of songs in their routine at all competitions, but must comply with all music copyright laws.

F. COMPETITION AREA

1. Teams may line up anywhere inside the competition area.
2. Approximate floor size will be 54 feet wide by 42 feet deep (9 strips).
3. All skills must originate and be completed within the competition boundary. No lineups, skills, or transitions are allowed outside of the competition boundary. Anytime a participant unintentionally steps outside the competition boundary, they must return immediately. The competition boundary is defined as the actual competition floor/spring floor, the carpet bonded foam panels that connect to the spring floor, and any additional border that supports the floor.
4. A .25 deduction will be assessed per occurrence for an athlete that makes contact with both feet outside the competition boundary. Stepping on, or just past the white tape is not a boundary violation.

G. VIOLATIONS--Teams in violation of any USASF Safety Guideline or these Rules and Regulations will be subject to deductions and/or disqualification.

H. SPOTTER POLICY- In an effort to promote a higher level of safety for competing athletes, The Team Spirit Shop, Inc. may provide additional spotters during the competition. We feel that an all star program is more qualified to provide additional spotters because of their familiarity with routine skills and safety concerns. The use of additional spotters is left to the discretion of the coach or gym owner. All star programs may use up to 4 additional spotters for each performance; however, additional spotters are not required. Definition of Additional Spotter: Individuals on the competition floor provided as a safety precaution to spot certain elements of a routine.

Additional Spotters Guidelines:

1. Should only be used during the stunt, pyramid, and/or basket toss sections. Additional spotters are provided for added safety and should stand at the back of the floor when not spotting those sections.
2. Should not touch, assist, or save skills being performed. Additional spotters should only be used to prevent a fall to the competition floor. Any touch, assist, or saved skill will be given a fall deduction.
3. Should be dressed so that they are presentable, professional, and distinguishable from the performing athletes. Program provided additional spotters should not wear clothing similar to the performing team's uniform.
4. Should not dress or act in a manner that distracts from the athletes and their performance.
5. Should be at least 18 years old and familiar with spotting the skills of the performing team. Note: To provide the safest competitive environment, teams should not attempt skills beyond their ability level.

II. INTERRUPTION OF PERFORMANCE

A. UNFORSEEN CIRCUMSTANCES

1. If, in the opinion of the competition officials, a team's routine is interrupted because of failure of the competition equipment, facilities or other factors attributable to the competition rather than the team, the team affected should STOP the routine.
2. The team will perform the routine again in its entirety, but will be evaluated ONLY from the point where the interruption occurred. The degree and effect of the interruption will be determined by the competition officials.

B. FAULT OF TEAM

1. In the event a team's routine is interrupted because of failure of the team's own equipment, the team must either continue the routine or withdraw from the competition.
2. The competition officials will determine if the team will be allowed to perform at a later time. If decided by officials, the team will perform the routine again in its entirety, but will be evaluated ONLY from the point where the interruption occurred.

C. INJURY

1. The only persons that may stop a routine for injury are:
 - a. competition officials,
 - b. the gym owner / coach from the team performing or
 - c. an injured individual.
2. The competition officials will determine if the team will be allowed to perform at a later time. If the competition officials allow a routine to be performed at a later time, the spot in the schedule where the re-performance is to take place is at the sole discretion of competition officials. The team may perform the routine again in its entirety, but will be evaluated ONLY from the point where the interruption occurred.
- 3) The injured participant that wishes to perform may not return to the competition floor unless:
 - a. The competition officials receive clearance from, first, the medical personnel attending to that participant, the parent (if present) AND THEN the head coach/advisor of the competing team.
 - b. If the medical personnel do not clear the participant, the participant can only return to the competition if a parent or legal guardian in attendance signs a return to participation waiver.
 - c. In the event of a suspected concussion, the participant cannot return to perform without clearance from a licensed medical professional that has training related to head injuries, even with a waiver from a parent or legal guardian.

III. HOW TO HANDLE PROCEDURAL QUESTIONS

- A. RULES & PROCEDURES - Any questions concerning the rules or procedures of the competition will be handled exclusively by the owner/ coach of the team and will be directed to the Competition Director. Such questions should be made prior to the team's competition performance.
- B. PERFORMANCE - Any questions concerning the team's performance should be made to the Competition Director immediately after the team's performance or following the outcome of the competition.

IV. INTERPRETATIONS AND / OR RULINGS

Any interpretation of any aspect of these Rules and Regulations or any decision involving any other aspect of the competition will be rendered by the Rules Committee. The Rules Committee will render a judgment in an effort to ensure that the competition proceeds in a manner consistent with the general spirit and goals of the competition. The Rules Committee will consist of the Competition Director, Head Judge, and a designated competition official.

V. SPORTSMANSHIP

All participants agree to conduct themselves in a manner displaying good sportsmanship throughout the competition with positive presentation upon entry and exit from the performance area as well as throughout the routine. The gym owner and coach of each team is responsible for seeing that team members, coaches, parents and other persons affiliated with the team conduct themselves accordingly. Severe cases of unsportsmanlike conduct are grounds for disqualification.

VI. DEDUCTIONS

Any team in violation of any USASF Safety Guideline or an above mentioned rule or regulation will be assessed a TWO point (2) deduction for each violation. This deduction does not apply to violations mentioned above that are designated a different point value.

VII. FINALITY OF DECISIONS

By participating in this championship, each team agrees that the decisions by the judges will be final and results may ONLY be reviewed for clarification. Each team acknowledges the necessity for the judges to make prompt and fair decisions in this competition and each team therefore expressly waives any legal, equitable, administrative or procedural review of such decisions.

VIII. SCORES AND RANKINGS

Each judge has the responsibility and authority to review and submit his/her final scores and rankings prior to the calculation of final scores. Scores and rankings will be available only to gym owners or coaches at the conclusion of the competition.

IX. ALL STAR JUDGING CRITERIA

The Commonwealth Open scoring system contains seven categories to be evaluated for both difficulty and execution. Difficulty points are earned when the majority of a team executes their highest level of difficulty with precision. The four remaining categories allow the teams to score points for the overall creativity and performance of the routine. Please see sample score sheet.

X. TOURNAMENT FACILITY

The tournament officials shall have the right to alter the time and location of the competition in the event changes become necessary due to inclement weather, facility problems, television production requirements, or any other situation deemed by the tournament officials to be essential to the successful execution of the championship.

XI. IMAGE GUIDELINES

1. Judges reserve the right to assess warning and / or deductions when a team's choreography does not meet the appropriate standards.
2. COVER UP GUIDELINES – Athletes with non-full top uniforms must wear a t-shirt or other suitable cover up over their uniforms 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.
3. APPROPRIATE CHOREOGRAPHY – All facets of a performance / routine, including both choreography and music selection, should be appropriate and suitable for family viewing and listening.
 - a. Examples of inappropriate choreography may include, but 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.
 - b. 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 torso, and/or violent acts or behavior are other examples of inappropriate choreography. Removing improper language or words from a song and replacing with sound effects or other words may still constitute 'inappropriate'.
 - c. 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 not put their team in an unfortunate situations.
4. For more information regarding makeup, bows and uniform guidelines visit www.usasf.net.

XII. PENALTIES AND DISQUALIFICATIONS

The following penalties will apply for all cheerleading/dance divisions:

1. All Star teams should visit www.usasf.net for a complete list of rules, penalties and disqualifications.
2. Youth/ Parks and Recreation and School teams should visit www.nfhs.org for a complete list of rules, penalties and disqualifications.