



INDIVIDUAL EVENT RULE BOOK



PARTICIPATION REQUIREMENTS

1. Must have Coach's Approval.
2. Must cheer or dance for an All-Star, School, Youth/Rec League, Dance Studio Program of some kind and must practice and compete/perform with that Program.
3. An individual's TEAM is NOT required to compete with Cheer Power / Power Dance.
4. Participants in a group event, partner stunt or group stunt, all must be members of the same program. Exception: Open Partner Stunt.
5. Individual athletes will not be able to compete in Crowd Pleaser, Best Cheerleader and/or Elite Best Cheerleader at the same event. May only compete in one of those categories.

AGE DIVISIONS

1. Age divisions are determined by the age of the athlete as of **August 31, 2020**.
2. Individuals must compete with-in their qualified age division. In Group or Partner Stunt categories, the oldest member of the group will determine the age division.
3. **Age Divisions** offered:

DIVISION	Age	Female/Male	Events Offered
Tiny	• 6 years and younger	Female/Male	Solos/Groups
Mini	• 7 years – 8 years	Female/Male	Solos/Groups
Youth	• 9 years – 11 years	Female/Male	Solos/Groups
Junior	• 12 years – 14 years	Female/Male	Solos/Groups
Junior Male*	• 12 years – 14 years	Male	Solos only
Senior	• 15 years – 18 years	Female/Male	Solos/Groups
Senior Male*	• 15 years – 18 years	Male	Solos only
Open (Cheer)**	• 15 years and older	Female/Male	Partner Stunt Only
Open (Dance)***	• 19 years and older	Female/Male	Best Dancer Only
Exhibition	• Any age	Female/Male	Solos/Groups

4. **Junior/Senior Solo Male Divisions:** *Male divisions will only be split if there are at least 2 females and 2 males in each respective division.
5. **Cheer Event Open Division:** **Offered in the Partner Stunt Category Only. Must be 15 years of age and older. One athlete must be at least 18 years of age. Must follow USASF General Safety and Levels 1-5 Rules.
6. **Dance Event Open Division:** ***Offered in the Best Dancer Category only. Must be 19 years of age and older. Division will not be split by style (Jazz, Lyrical and/or Hip Hop Styles will be combined into one Open Best Dancer Category).
7. **Exhibition:** Offered in all Events. This division is for individuals who want to perform for show only. They do not compete. Awards will be handed out immediately following their performance. **Special Athletes** can compete in the Exhibition category and registration fee will be **FREE**.
8. **Partner Stunt Category** is only offered to Junior, Senior and Open Age Divisions.
9. In the **Senior Group Stunt** division, no one younger than 11 years of age will be allowed to compete in this category.



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SOLO CHEER EVENT ROUTINE REQUIREMENTS

CROWD PLEASER:

- Time Limit: 1-1/2 minutes, maximum
Music: May be used for the entire routine or just a portion of it.
Routine: Should include the following: jumps, cheer/motions and a dance.
Tumbling: Tumbling that involves hip-over-head rotation is prohibited.

BEST CHEERLEADER:

- Time Limit: 1-1/2 minutes, maximum
Music: May be used for the entire routine or just a portion of it.
Routine: Should include the following: jumps, tumbling skills (standing and/or running), cheer/motions and a dance.
Tumbling: **Standing Tumbling** – Flips without hand support may be executed in a tuck position only and must be performed from a back handspring entry. Aerial cartwheels and $\frac{3}{4}$ front flips are permitted. No twisting skills allowed. No tumbling allowed after a flip.
Running Tumbling – Flips without hand support may be executed in a tuck position only. No twisting skills allowed. Aerial cartwheels and $\frac{3}{4}$ front flips are permitted.

ELITE BEST CHEERLEADER:

- Time Limit: 1-1/2 minutes, maximum
Music: May be used for the entire routine or just a portion of it.
Routine: Should include the following: jumps, tumbling skills (standing and/or running), cheer/motions and a dance.
Tumbling: Skills are limited to 1 flipping and 2 twisting rotations.

CHEER ONLY:

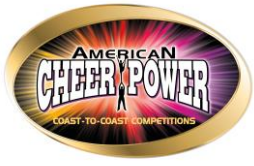
- Time Limit: 30 seconds, maximum
Music: Music is prohibited.
Routine: Should include creative words and motions. Jumps are not allowed. Hand-held props (Poms, Megaphones, Flags and Signs ONLY) are allowed.
Tumbling: Tumbling that involves hip-over-head rotation is prohibited.

JUMP ONLY:

- Music: Music is prohibited.
Routine: Must execute 3 different jumps. No cheer/chants allowed. Only short, spirit-type motions and/or words will be allowed in between jumps.
Tumbling: Tumbling skills are not allowed.

TUMBLE PASS:

- Music: Music is prohibited.
Routine: 1 Running Tumbling Pass allowed. Pass may only take up the equivalent of the diagonal length of the mat one time. Pass must begin and end on the competition floor. Standing Tumbling Passes are not allowed. Skills are limited to 1 flipping and 2 twisting rotations.



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SOLO DANCE EVENT ROUTINE REQUIREMENTS

BEST DANCER JAZZ:

Time Limit: 2 minutes, maximum

Routine: Routines incorporate stylized dance movements and combinations, leaps and turns. Emphasis is placed on proper technical execution, extension, control and body placement. Hand-held, Costume and/or Standing Props may be used. Backdrops are not allowed.

Tumbling: Hip-over-head rotation skills without hand support are not allowed. Exception: Front Aerials and Aerial Cartwheels are allowed. Hip-over-head rotation skills with hand support are not allowed while holding poms/props in supporting hand(s). Exception: forward rolls and backward rolls are allowed.

BEST DANCER LYRICAL:

Time Limit: 2 minutes, maximum

Routine: Routines combine the principles of Jazz/Ballet and emphasize proper technical execution. Incorporate the use of flexibility, balance and mood. Routines are fluid in movement and focus on emotion that compliments the musical selection. Hand-held, Costume and/or Standing Props may be used. Backdrops are not allowed.

Tumbling: Hip-over-head rotation skills without hand support are not allowed. Exception: Front Aerials and Aerial Cartwheels are allowed. Hip-over-head rotation skills with hand support are not allowed while holding poms/props in supporting hand(s). Exception: forward rolls and backward rolls are allowed.

BEST DANCER HIP HOP:

Time Limit: 2 minutes, maximum

Routine: Routines emphasize street style movements with an emphasis on execution, style, creativity, body isolation/control, rhythm and musical interpretation. Routines may include additional focus on athletic incorporations such as jump combinations and other tricks. Hand-held, Costume and/or Standing Props may be used. Backdrops are not allowed.

Tumbling: Non airborne skills are allowed. Airborne skills with hand support: (1) are allowed (2) are limited to two consecutive hip-over-head rotation skills. Airborne skills without hand support are allowed provided: (1) involves no more than one twisting transition (2) may not connect to another skill that is airborne with hip-over-head rotation with or without hand support. Hip-over-head rotation skills with hand support are not allowed while holding pom/props in supporting hand(s). Exception: forward rolls and backward rolls are allowed.



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GROUP EVENT ROUTINE REQUIREMENTS

CHEER GROUP:

- Time Limit: 1-1/2 minutes, maximum
Music: May be used for the entire routine or just a portion of it.
Routine: 2 – 4 Members (M/F). Should include the following: jumps, tumbling skills (standing and/or running), cheer/motions and a dance.
Tumbling: Skills are limited to 1 flipping and 2 twisting rotations.
Stunting: Stunting is prohibited. Dance Lifts are allowed.

DANCE GROUP:

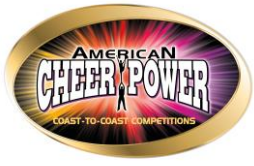
- Time Limit: 2 minutes, maximum
Routine: 2 – 3 Members (M/F). Routines may incorporate any style. All styles will compete together. Hand-held, Costume and/or Standing Props may be used. Backdrops are not allowed.
Tumbling: Non airborne skills are allowed. Airborne skills with hand support: (1) are allowed (2) are limited to two consecutive hip-over-head rotation skills. Airborne skills without hand support are allowed provided: (1) involves no more than one twisting transition (2) may not connect to another skill that is airborne with hip-over-head rotation with or without hand support. Hip-over-head rotation skills with hand support are not allowed while holding pom/props in supporting hand(s). Exception: forward rolls and backward rolls are allowed.
Dance Lifts: USASF Dance Lifts and Partnering rules apply. Go to www.usasf.net for detailed USASF Rules.

PARTNER STUNT:

- Time Limit: 1 minute, maximum
Music: Should be used for the entire routine but not required.
Routine: 2 Members (M/F). Must provide an additional spotter. Spotters may not be involved in the execution of the stunts, but may assist on dismounts. The spotter must be a Coach and must have proper knowledge of the routine.
Division: Only offered for Junior, Senior and Open age divisions. In the Senior age division, no one younger than 12 years of age will be allowed to compete in this category.
Safety Rules: Must follow USASF Age Division and Level Safety Rules (i.e.: Senior group will not be allowed to perform Level 7 skills). Go to www.usasf.net for detailed USASF Rules.

GROUP STUNT:

- Time Limit: 1 minute, maximum
Music: Should be used for the entire routine but not required.
Routine: 4 – 5 Members (1 Male is allowed). Must provide an additional spotter. Spotters may not be involved in the execution of the stunts. The spotter must be a Coach and must have proper knowledge of the routine.
Division: In the Senior age division, no one younger than 11 years of age will be allowed to compete in this category.
Safety Rules: Must follow USASF Age Division and Level Safety Rules (i.e.: Mini groups will not be allowed to perform Level 3-6 skills; Tiny groups are limited to Level 1 skills.) Go to www.usasf.net for detailed USASF Rules.



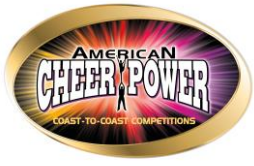
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GENERAL SAFETY GUIDELINES

A 1-Point Safety Violation will be assessed for violation of the following:

1. **CATEGORY VIOLATION:** See Individual Event Routine Requirements.
2. **PRACTICE:** Athletes must always practice and perform on an appropriate surface. Technical skills may not be performed on concrete, asphalt, wet or uneven surfaces.
3. **COSTUMING/UNIFORMS:**
 - a. All costuming/uniforms should be age appropriate and acceptable for family viewing. Cheer individuals must wear cheer/athletic attire while performing.
 - b. Uniform Skirt/Shorts: When a skirt is worn as part of the uniform, briefs under the skirt are required. The skirt must fully cover the hips. The skirt must completely cover the briefs and must fall at least 1 inch below briefs (regular and boy cut briefs). When shorts are worn as part of the uniform, there must be a minimum of a 2" inseam.
 - c. Uniform Top: Cheer Uniform tops may not include an exposed midriff (crop top) except when worn by athletes competing in the Senior divisions. EXCEPTION: Athletes that compete on a Senior Team but are in the Youth or Junior Individual Age Division may wear a crop top. Must be able to provide proof that the athlete competes on a Senior Team at the event if requested. Uniform tops must be secured by straps or material over at least one shoulder or around the neck (tube tops are not allowed).
 - d. Makeup should be uniform and appropriate for both the performance and the age of the athletes. Face/Eyelid Rhinestones are not allowed.
 - e. Bows should not be excessive in size (acceptable bows are generally no more than 3" in width) and shouldn't be a distraction to the performance.
 - f. Athletes in a Cheer Event must wear soft-soled shoes while competing. No dance shoes/boots, and/or gymnastics slippers (or similar) allowed. Shoes must have a solid sole.
 - g. Athletes in a Dance Event, footwear is recommended but not required. Wearing only socks and/or footed tights is prohibited. EXCEPTION: Socks are allowed on a carpeted performance surface.
4. **ROUTINE APPROPRIATENESS:**
 - a. All facets of a performance/routine, including both choreography and music selection, should be appropriate and suitable for family viewing and listening.
 - b. Removing improper language or words from a song and replacing with sound effects or other words, may still constitute 'inappropriate'.
 - c. Gum and/or Candy are not allowed.
5. **JUDGES DISCRETION:** Judges reserve the right to assess warnings and/or deductions when an individual's choreography, uniform, makeup, bows, etc. do not meet the standards of what ACP deems 'appropriate'.
6. **OUT OF BOUNDS:** Excessive out of bounds is not allowed in cheer individual events. Excessive out of bounds includes, but is not limited to: running, walking, tumbling and/or landing completely off the foam/mat.



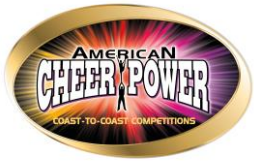
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7. **TIME VIOLATIONS:** Timing will begin/end with the first/last organized word, movement or note of music after they are officially announced and have taken the floor.
 - a. Individuals must enter and exit in a timely manner.
 - b. Organized entrances are not allowed.
8. **COACHES BOX:** Coaches must remain in the designated coach's area during the Individual's performance. Coaches will not be allowed to assist the individual during the entrance, routine performance or exit. Exception: Individuals competing in the Tiny age division will be allowed to have coaches assisting at the front of the mat (not directly in front of the judges).
9. **SPORTSMANSHIP:** Any unsportsmanlike behavior from athletes, spectators and/or coaches. Coaches must display good sportsmanship and require the same from members of their program.

COMPETITION POLICIES

- **MUSIC GUIDELINES:** ACP will follow the Varsity Spirit Music Guidelines for all competitions. Please visit varsity.com/music for the most up-to-date guidelines and latest resources.
 - Coaches will also be required to have proof of licensing at the event and must be able to show a printed copy of proof upon request. If you do not have the required paperwork, your options will be to perform your routine with a track of music provided by the Competition Director or a track with counts.
 - You must provide a representative from your program to play music.
 - A sound system **WILL NOT** be provided in the warm-up area at any competition. Individual Event Athletes will need to bring their own sound system (if needed) in the warm-up area. A sound system is provided on the Performance Floor.
 - We will NOT provide CD players. We will require playing music from MP3 player or phone (MUST be in airplane/do not disturb mode).
 - We highly recommend using an iPod or other music-playing device without cellular connection for music playback. Avoiding using a cellular phone during performances is best, however if this is a must follow these tips:
 - Use a phone with a headphone jack. The newest phones, including the iPhone 7, 8, 10 and Samsung Galaxy S7 do not have headphone jacks and this can cause issues during playback.
 - Take off the case! Failure to do so may disconnect the phone jack from the playback system causing a skip in the music or complete cut off.
 - Make sure the device is turned on airplane mode.
 - Download the music directly to the device and play using the playback software. Using a secondary platform, online services, or streaming music can cause disruptions during playback due to internet connections within convention centers and venues.
 - Update the Operating System on the device. Failure to do so may cause interruptions during playback.
 - If there is a music interruption that occurs during a performance and is the fault of YOUR adapter or equipment, you will NOT be able to do your routine again. Music interruption that is due to the fault of OUR equipment, will be addressed immediately by the event official and you will be able to do your Routine, full out, in its entirety again.



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- **SPOTTERS:** Must be provided for Partner Stunt and Group Stunt Categories:
 - Should not assist, save or interfere with elements being performed. They should only assist and/or prevent an athlete from falling to the performance surface, which could result in injury. Exception: It is suggested that Partner Stunt Spotters assist on all cradles and other dismounts.
 - Should not dress or act in a manner that would distract from the performing athletes.
 - Should be age and level appropriate to provide an adequate safety precaution for the age and level of the performing athletes. Spotters are recommended to be at least 18 years old.
- **INTERRUPTION POLICY:**
 - **Injury/Illness:** If an athlete is injured and/or is ill on the practice mat or the performance floor, the athlete will be given up to 30 minutes or until right before the award ceremony, whichever comes first, to regroup before they are required to perform. *NOTE:* If an injury and/or illness occur on the performance floor during a routine, the individual may perform their routine again in its entirety or let the performance stand as-is. If an individual performs again, the routine must be performed full out, from the beginning and the judges will begin evaluating the routine from the point of interruption.
 - **Music:** In the event a technical error causes a team's music to be interrupted, the coach will have the opportunity to stop the performance. The individual may perform that routine again in its entirety or let the performance stand as-is. If the individual performs again, the routine must be performed full out, from the beginning and the judges will begin evaluating the routine from the point of interruption as determined by the Judges.
- **AGE PROTEST:**
 - Must be made by a Coach of a registered program at the event. It is the responsibility of the source of the accusation to provide specific documentation of any age violation.
 - The \$100 fee must be paid at the time of the protest. If a ruling is made in your favor, the fee will be returned.
 - Response time will be dependent upon availability of appropriate staff and pending verification of appropriate documentation. Resolution may not occur until after the event.
- **DISQUALIFICATION:** After the competition, if a participant is found to have performed illegally, all titles will be revoked and awards will be adjusted accordingly.
- **TIE POLICY:** Due to Cheer Power's philosophy in rewarding athletes, Cheer Power will not break any ties. Scores with a difference of up to .05 based on a 50-point scale MAY result in a tie upon the judges' discretion.