

2020 - 2021

UCA All Star Rules & Regulations



**UCA International All Star Championship
APRIL 17-18, 2021**

Table of Contents

*all updates and changes displayed in **BOLD** font*

DIVISIONS	2
ALL STAR PARTICIPATION	2
CROSSOVERS	2
CODE OF CONDUCT	2
TIME LIMITATIONS	3
MUSIC GUIDELINES	3
COMPETITION PERFORMANCE AREA	5
INTERRUPTION OF PERFORMANCE	5
SPOTTER POLICY	6
SPORTSMANSHIP	6
USASF RULES VIOLATIONS	7
DISQUALIFICATION	7
FINALITY OF DECISIONS	7
SCORES AND RANKINGS	7
HOW TO HANDLE PROCEDURAL QUESTIONS	7
INTERPRETATIONS AND / OR RULINGS	7
ALL STAR JUDGING CRITERIA	7
2020-2021 SAFETY GUIDELINES AND GLOSSARY	8
VIDEO MEDIA POLICY	8
LOGO USAGE	8
COVID-19 VARSITY COMPETITION RULES	8
INTERNATIONAL ALL STAR CHAMPIONSHIP	
HOW TO QUALIFY FOR THE 2021 IASC	8
IASC SPECIFIC RULES & REGULATIONS	8
AWARDING BIDS AT THE IASC	9
RULES AND REGULATIONS AGREEMENT	10

DIVISIONS

UCA will follow offer all USASF/IASF divisions for the 20-21 season along with the guidelines for splitting and combining teams. See All Star Divisions Chart for 2020-2021 Divisions at UCA.Varsity.com

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 regard 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 Championships.

CROSSOVERS

1. Unlimited Crossovers will be offered at all UCA events. Crossovers are required to follow the USASF/IASF Guidelines.
2. Crossovers at the International All Star Championship (IASC) WILL BE ALLOWED between most levels given the following restrictions:
 - A. An all star cheerleader is limited to crossing over to 2 (two) additional cheer teams from their gym during the competition.
 - B. Level 1 teams will not be allowed to crossover to Levels 4.2, 4, 5, 6, or 7.
 - C. Participant may only represent one gym.
 - D. Participants must pay a crossover registration fee for each additional team performance.
3. UCA will attempt to ensure teams from the same program do not have overlapping performances during the preliminary schedule. However, UCA cannot guarantee that a performance overlap will not occur during the final schedule.
4. 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 20.0.

CODE OF CONDUCT

UCA encourages and supports sportsmanship, integrity and fairness among participants and coaches in all facets of cheerleading including, but not limited to, team/squad practice and performance. We strive to uphold the highest standards and promote this to the best of our abilities, and believe that coaches are instrumental in promoting and instilling this among their respective team members.

To ensure the most positive experience for all attendees, UCA asks that the following Code of Conduct be adhered to during all UCA Regional Competitions and National Championship:

1. **Any questions or concerns that affect a team's performance or experience must be communicated by the coach to the AccuScore Table. The appropriate Official will then be called to discuss the situation with the coach.**
2. **Participants, coaches or spectators are prohibited from contacting the Judges during the competition.**
3. **Judges' rulings are final related to deductions, final team placements and legalities.**
4. **Any unruly, aggressive or belligerent behavior by participants, coaches or spectators toward any other attendee or Event Staff will result in a deduction, potential team disqualification, removal from the event and/or barred participation from future UCA Regionals and Championships.**
5. **Varsity Spirit reserves the right to remove any persons from a competition for unsafe or unsportsmanlike conduct**

TIME LIMITATIONS

1. Teams that exceed the allotted time by 1 or more seconds are subject to a .25 deduction. Judges will use a stopwatch/clock to measure the official time. Judges will not issue a deduction until their stopwatch/clock shows a time that exceeds 2 seconds over the allotted time, acknowledging the potential variance caused by human reaction speed and sound system time variations.

Teams that exceed the allotted time per category below will be subject to the deduction:

- All Star Novice – 1:30
 - All Star Prep – 2:00
 - All Star Elite & International – 2:30
 - All Star Non-Tumbling – 2:00
 - Global Divisions – 3:30 (Must adhere to the breakdown below)
 - Cheer: 0:30 seconds (minimum), 0:40 seconds (maximum)
 - 0:20 seconds to move from Cheer to set for music portion
 - 2:30 maximum for music portion
2. 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.
 3. Introductions
 - a. All introductions (tumbling, entrances, spellouts, 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. There should not be any organized exits or other activities after the official ending of the routine.
 - e. Teams will be assessed a 1.0 point penalty for exhibiting unsportsmanlike, unprofessional, disrespectful and/or unsupportive behavior.

MUSIC GUIDELINES

1. I have read and understand the USA Cheer Music Copyrights Educational Initiative and all sound recordings used in our team's music shall only be used with written license from the owners(s) of the sound recordings.
2. For the most up to date music information, visit <http://varsity.com/music>. If you have any questions, cheer teams should email info@usacheer.net. Please check Music Provider list for updates and changes periodically.
3. Teams must be able to provide proof of licensing, in the form of a printed copy, during registration at the event. For example:
 - a. Clementine – provide team's invoice from camp.
 - b. Itunes – provide screenshot of the song you are using from your purchased playlist
 - c. Music Provider – provide a printed copy of proof of licensing.
 - d. Band Music - If you'd like to perform to a recording of your band playing a single musical composition, you will need to provide documentation that confirms the following:
 - The team has secured a compulsory license to make copies of the recording made by the band or orchestra
 - The band or orchestra recorded the song for and in conjunction with the cheer/dance squad
 - The school principal or dean was aware of and approved this recording
 - The band or orchestra does not provide music to other cheer/dance squads
 - No other musical compositions are embodied in the recording to be used by the authorized cheer/dance squad
4. If your team is featured in the TV broadcast and uses an original composition created for your performance, your routine music will be used in the show if you also secured synchronization rights. Teams must be able to provide written documentation that synchronization rights were properly secured during registration at the event for the original routine music to be included in the show.
5. When recording your music for the event, coaches or music editors should edit their song in a Digital Audio Workstation (DAW) and make sure that the volume of the song is at 0. Things to note: Most DAW's have a default

that sets a track at -6 when a track is added. Check to see if there is a normalization process after you render or save your work.

6. If you would like to perform your school's original fight song, you may bring a recording of your marching band playing the song. You will need to get the school's permission to use the song and recording. A letter granting permission for the cheer or dance team to use the fight song on school letterhead is enough. It should be signed by your program's administrative supervisor. Go to varsity.com/music for more details.
7. If a team does not have required paperwork, they will be given the option to count the routine verbally or perform to an approved track of music or a track with counts (Provided by Varsity Spirit).
8. If a team does not have the required paperwork and chooses not to count the routine or perform to an approved track of music or a track with counts, the team will be disqualified from the competition and not allowed to perform or compete.
9. If there are concerns regarding a certain team's use of music, a Challenge Form must be completed immediately following the team's performance.
10. A challenge can only be made by the official coach of a team competing at the event at which the challenge is being made.
11. Challenge Process
 - a. All music challenges must be submitted in writing to the event director.
 - b. There will be \$100 fee to request a music challenge and must be in the form of a check made out to St Jude Children's Research Hospital.
 - c. Fees collected will be voided if challenge is correct.
 - d. If the team challenged can provide documentation during the event and can be verified, the fees will be donated to St. Jude.
 - e. If the team challenged can provide documentation that requires further review, a decision will be finalized within 48 hours of the event.
12. It is required that each team have a responsible adult at the music station that knows the routine and music (no alternates or team members allowed). This representative is responsible for pressing "play". Should an adult choose not to stay at the music table for the duration of the routine, and a malfunction occurs, teams may or may not be permitted to perform the routine again. Clarification: Athletes/Alternates are not allowed.
13. It is not recommended that a smart phone be used for playing music, due to interference that may be caused during a routine. No cover may be on any MP3 player so that a jack may be easily inserted into the device.
14. All teams must provide their own device for use on the event provided sound system. Music should be on a digital music player/iPod/iPhone. CD's will no longer be allowed, and CD players will not be provided at competition.
15. Please make sure that all devices have a headphone jack to connect to sound system and are fully charged, volume turned up and placed in airplane mode.
16. Please ensure that jacks are clean and free of any debris which may impact connectivity. You will need to acquire an adapter in advance if your player does not have a headphone jack.
17. Teams may not use Disney themes nor may they have costumes that resemble a Disney character. However, Disney music is acceptable if following the music guidelines.

18. VIRTUAL COMPETITION MUSIC GUIDELINES

- a. **The USA Cheer Music Copyrights Educational Initiative will govern all sound recordings used at the event and all sound recordings used in our team's music shall only be used with written license from the owners(s) of the sound recordings.**
- b. **For the most up-to-date music information, visit <http://varsity.com/music>. If you have any questions, cheer teams should email info@usacheer.net and dance teams should email dancemusic@varsity.com. Please check the Music Provider list for updates and changes periodically.**
- c. **All Star Cheer & Youth/Rec: Only music from providers who provide synchronization rights will be played on the website for general viewing. If you're unsure if you have synchronization rights, check with your music provider. If you don't have synchronization rights, your video will be played without music. Routines will be judged without music, and musicality is not being judged on the scoresheets. After 5 days routines will be available free of charge for the duration of the competition season.**

- d. **Only music capture incidentally will be permitted. No music can be edited into the video. Teams who do edit music into the video will receive a 2-point penalty.**
- e. **All videos must be recorded in a single take. Edited footage will not be accepted. Footage may not be edited to add in the template, introduction card, program logo, etc. Editing the template or not including the template will result in a 1-point deduction.**

COMPETITION PERFORMANCE 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). Check event listing for Spring Floor availability.
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.
5. All center markers are prohibited. We will have the center marked on all performance surfaces.

INTERRUPTION OF PERFORMANCE

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.
3. **While masks are not required on the warmup floor and/or performance floor unless dictated by state or local guidance, an athlete may choose to wear a mask. If an athlete chooses to wear a mask during the performance and the mask restricts the athletes view and/or interferes with skills or otherwise becomes a safety concern, the athlete should either secure or remove the mask. If the athlete does not secure or remove the mask, the routine is subject to being stopped by competition officials. If stopped, the team will perform the routine again in its entirety, but will be evaluated ONLY from the point where the routine was previously stopped. Competition officials will determine the impact of the interruption.**

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.

INJURY

1. The only persons that may stop a routine for injury are: competition officials, the advisor / coach from the team performing or 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 must 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. Any athlete who exhibits signs or symptoms of a suspected concussion will be removed from the activity immediately and will not be allowed to participate (i) within 24 hours of the incident AND (ii) without first being cleared by a medical professional trained in concussion management.
4. In addition, the sponsor/director and all of the coaches attending the competition must be familiar with all federal, state and local laws applicable to such individuals and relating to such individuals' duties and responsibilities regarding the recognition and treatment of injuries.

SPOTTER POLICY

In an effort to promote a higher level of safety for competing athletes, UCA will allow programs to provide additional spotters at UCA competitions. 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.

Guidelines:

1. At all UCA All Star Competitions, the use of additional spotters is not mandatory and will be at the discretion of the coach or gym owner. UCA provided spotters will be available on the main competition floor at all competitions. Coaches may choose to use the UCA provided spotters OR their own spotters OR elect not to use spotters on the main competition floor. Teams may provide their own spotters in the rehearsal area or elect not to use spotters. UCA will not have spotters available in the rehearsal area.
2. UCA's International All Star Championship will have spotters available for all main competition floors. Teams may choose NOT to use UCA provided spotters with the exception of when television production is taking place. All teams during this time MUST use the UCA provided spotters on the main competition floor. Just a reminder all teams who are taped during this time are not guaranteed to be shown on the CBS telecast.
3. See the Varsity All Star policy below for guidelines on the use of additional spotters.

Definition of Additional Spotter: Individuals on the competition floor provided as a safety precaution to spot certain elements of a routine.

Additional Spotters:

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 major 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.

SPORTSMANSHIP

1. All participants agree to conduct themselves in a manner displaying good sportsmanship throughout the competition.
2. 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.
3. When a coach is in discussion with an official, other coaches, athletes and parents/spectators, they must maintain proper professional conduct. Failing to do so may result in 1.0 deduction, removal of coach or disqualification.

USASF RULES VIOLATIONS

Any team in violation of any USASF General Safety, Image Policy, Tumbling Restriction or an above mentioned Rules & Regulations will be assessed a half (.5) point deduction for each violation. Any team in violation of a Building Restriction will be issued a one (1) point deduction for each violation. This deduction does not apply to violations mentioned above that are designated a different point value.

DISQUALIFICATION

Any team that does not adhere to the terms and procedures of these "Rules and Regulations" will be subject to deductions and/or disqualification from the competition, will automatically forfeit any right to any prizes or awards presented by the competition, and may also forfeit the opportunity to participate in a competition or the Championship the following year.

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.

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.

HOW TO HANDLE PROCEDURAL QUESTIONS

1. **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.
2. **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.
3. **MUSIC/AGE** – Any questions concerning a specific violation in an athlete's age or music compliance must be submitted in writing to the Competition Director immediately following the team's performance.

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.

ALL STAR JUDGING CRITERIA

1. Panel Judges are responsible for scoring each team's performance based on the Varsity All Star Score sheet. Each Panel Judge fills out his/her own score sheet for each performance. Panel Judges score technical ability and the overall routine, but they do not determine or score deductions or safety violations.
2. The Safety Judge is responsible for administering all safety violations, time violations, and boundary violations.
3. The Point Deduction Judge is responsible for assessing deductions in each routine for falls from technical skills.
4. For more information, please visit www.uca.varsity.com.

2020-2021 SAFETY GUIDELINES AND GLOSSARY

All athletes attending the UCA All Star competitions and the International All Star Championship must be a rostered athlete listed on their official event roster and follow all the Rules & Regulations of the event. UCA will follow the USASF Safety Guidelines regardless of the country or division in which they are representing. Go to <http://www.usasf.net> for changes and a complete glossary of terms. Clarifications and updates may be made throughout the season.

VIDEO MEDIA POLICY

No commercial recording (audio or visual) or commercial live streaming is allowed in the event venue or other event-related venues (including, but not limited to, hotels and restaurants) or on the grounds of any such venues (collectively, "Event Locations"). In the event a team authorizes the commercial recording or streaming in any Event Location, the team will be automatically disqualified. In addition, the personal, noncommercial use of live streaming apps (such as Periscope, Facebook Live, etc.) to capture all or any part of a performance during the event is not permitted. By attending/purchasing admission to the event, each attendee grants permission to Varsity Spirit, LLC and its affiliates, designees, agents, licensees, and invitees to use the image, likeness, actions and statements of the attendee in any live or recorded audio, video, film, or photographic display or other transmission, exhibition, publication, or reproduction made of, or at, the event in any medium, whether now known or hereafter created, or context for any purpose, including commercial or promotional purposes, without further authorization or compensation.

LOGO USAGE

Teams will not be allowed to use the UCA logo or the IASC logo including: banners, rings, bows, t-shirts, etc. without prior approval from the UCA Office. However, the use of the UCA letters will be allowed.

COVID-19 VARSITY COMPETITION RULES

Safety is our priority for your competition experience. We are deeply committed to the safety and well-being of our athletes, coaches and spectators. We are prepared to administer a competition that will meet the state and local guidelines related to COVID-19 at the time of the event. While the final details and schedule of any competition could require up to the day adjustments, and all guidelines are subject to change based on Centers for Disease Control and Prevention ("CDC"), federal, state and local guidance, please be assured that Varsity Spirit is committed to delivering the same quality of competition experience for which we are known. We appreciate your understanding of the flexibility this will require. By accepting the Terms and Conditions as the authorized person from my program I agree and acknowledge to abide by the COVID-19 Varsity Competition Rules.

INTERNATIONAL ALL STAR CHAMPIONSHIP (IASC)

HOW TO QUALIFY FOR THE 2021 IASC

1. Teams attending the Championship must compete in the same skill level and the same age division that they qualified in at a Regional Tournament.
2. Bids will be awarded at all UCA Regional Competitions and through select Varsity All Star events this season.
3. If a team would like to change categories (team size) they will be assessed a \$500 change fee (i.e. Medium Senior 3 to Small Senior 3). This change must be made prior to February 12, 2021. Teams may not change age divisions or skill levels.

IASC SPECIFIC RULES & REGULATIONS

Please note: All UCA Rules & Regulations in this document will apply at the IASC. The following Rules & Regulations are specific to the International All Star Championship.

TOURNAMENT FACILITY

1. The competition is scheduled to be held at Disney's Wide World of Sports®
2. The tournament officials shall have the right to alter the time and location of the competition in the event changes because necessary due to inclement weather, facility problems, television production requirements, or any other situation deemed by the tournament offices to be essential to the successful execution of the championship.

IASC SCORES

At IASC your Day 1 score will count as 25% of your final score. Your Day 2 score will account for the other 75%. At IASC teams will compete in reverse performance order from Day 1 performance order.

IASC TIE BREAK POLICY

All ties in each division or group will remain. In the event of a first place tie in the final round of competition at the , the team with the lessor deductions will be awarded first place. If the deductions remain equal, the tie will not be broken and both teams will be awarded first place.

AWARDS AND PRIZES

All teams in the final round of competition will receive a trophy. Teams who rank first, second, or third place will additionally receive bronze, silver, or gold medallion. Teams that place first will receive a championship banner for the team and jackets for each participant who performed on the floor plus two coaches. Based on availability, rostered alternates may request additional jackets after the competition of our final awards sessions on Sunday evening.

TELEVISION COVERAGE

The International All Star Championship is nationally televised on CBS. Because of the format of the show, not all finalist teams will be shown on the telecast.

APPEARANCES, ENDORSEMENTS AND PUBLICITY

All teams winning titles, awards or prizes agree to have all appearances, endorsements and publicity approved through the IASC office.

AWARDING BIDS AT THE IASC

THE CHEERLEADING WORLDS

1. During the 20-21 Season, the number of bids that UCA will be awarding to The 2021 Cheerleading Worlds will reflect current year enrollment at each event. We are adopting the sliding scale in determining how many bids will be issued on-site. UCA will release its Bid Declaration 3 weeks prior to the World Bid Competition which will spell out the exact process for issuing bids.
2. For General Bid Information go to www.uca.varsity.com.

THE SUMMIT

1. You must complete a bid acceptance form prior to attending the IASC. You will be sent a link two week prior to your event to submit a form online.
2. UCA will be offering 12 At Large and 6 Paid Bids at the International All Star Championship to the Summit which will be held in Orlando, FL April 29 - May 2, 2021.
3. Go to www.varsityallstar.com to see specific bid declaration guidelines.

D2 SUMMIT BIDS

1. You must complete a bid acceptance form prior to attending the IASC. You will be sent a link two week prior to your event to submit a form online.
2. UCA will be offering 12 At Large and 6 Paid bids to the D2 Summit Bid at the International All Star Championship which will take place in Orlando, FL May 7-9, 2021.

3. Gyms must be of Division II size (125 athletes or less) when they receive a D2 Summit bid and MUST remain a D2 size gym when they arrive at the D2 Summit. Once a program goes above 125 athletes they will have to release their D2 bid, if they have one, and will not be eligible for D2 bids the remainder of the season.
4. Go to www.varsityallstar.com to see specific bid declaration guidelines.

RULES AND REGULATIONS AGREEMENT

By accepting the Terms and Conditions as the authorized person from my program I agree and acknowledge that (i) I am the sponsor/director of the team (ii) I have read and understand the foregoing, (iii) I will be solely responsible for communicating the foregoing to all coaches/directors in my program that will coaching and directing teams at the UCA Regional Competition and NHSCC, (iv) I will ensure that my teams will comply with all rules and regulations at all times, and (v) my team will support the results of the competition, as I am a role model for my programs.