2019-20 HIGH SCHOOL SPIRIT COMPETITIONS GENERAL INFORMATION VERSION 10.3.19

NEW for 2020 –Proof of USA Cheer Cheerleading Safety and Risk Management Course (formerly known as the AACCA Cheerleading Safety Course) is required. While it is recommended that all school-based cheer coaches be USA Cheer Cheerleading Safety and Risk Management Course certified, for the 2020 Spirit Nationals competition at least one coach from the school must submit proof of this certification for cheer divisions. Note that current, unexpired AACCA certification will fulfill this requirement as well. The USA Cheer Cheerleading Safety and Risk Management Course may be obtained on-line by visiting https://www.usacheer.org/safety and look under "Education" for USA Cheer Member Education.

ELIGIBILITY

At the time of competition, entrants must be registered students in the school they are representing and official full-time members of their team. No members shall be younger than 9th grade or older than 12th grade. The penalty for an eligibility violation will be disqualification.

CATEGORIES/DIVISIONS

The USA and/or its competition personnel reserves the right to delete, combine, or divide categories and divisions as deemed necessary. If categories/divisions are altered, adjustments will be made in the awards.

An individual may not compete against her/himself in the same division/category (i.e. two Group Stunt teams). An individual may not represent more than one school at any given event. An individual may not participate on two teams within the same category type and/or divisions within a category when separated by size, stunt/tumbling/technical limitations, squad level or All-Girl and Co-Ed. [i.e. 1) Small and Large Varsity Show Cheer divisions 2) Show Cheer Novice and Show Cheer Advanced categories 3) JV Cheer and Varsity Cheer division 4) All-Girl Show and Co-Ed Show Cheer 5) JV Song/Pom and Varsity Song/Pom division]. The penalty for this violation will be disqualification of one of the routines. An individual may not compete at an event at a higher level and then move to a lower level for competition within the same year (i.e. Varsity team for one event, and then JV team for another event).

A team must compete in the same category/division at Nationals for which it qualified in at a Regional or Classic, **unless prior written approval is received from the USA**. (i.e. 1) If you qualify for Show Cheer at a Regional or Classic, you may not compete in Co-Ed Show Cheer at Nationals, unless you also qualify for that category at a Regional or Classic. **2)** If you qualify for Show Cheer - Novice at a Regional or Classic, you may not compete in Show Cheer - Advanced at Nationals, unless you also qualify for that category at a Regional or Classic.) **The above are two examples – other incidents of this may exist.**

CATEGORIES/DIVISIONS CONT'D.

If a team qualifies for Nationals two or more times (80% of total possible points for show cheer divisions and 75% of total possible points for all other non-show cheer divisions, regardless of any penalties received) in the Intermediate or Advanced level at a Regional or Classic competition, then that team must receive written permission to move to a lower technical division at Nationals.

A school may not have a co-ed and all-girl team in the same level (i.e. Varsity Co-Ed Show Cheer and Varsity Show Cheer).

A school cannot have 2 teams in the same category type. [i.e. 1) Varsity Show Cheer Advanced and Varsity Show Cheer Novice divisions, 2) Show Cheer and Show Cheer Non-Tumbling divisions, 3) Varsity Song/Pom Intermediate and Varsity Song/Pom Novice division, 4) Pep Flag 2 flag Novice and Pep Flag 2 flag]. The penalty for this violation will be disqualification of one of the routines. Only exception is Group Stunt (Advanced and Intermediate) and Pep Flag 1Flag and 2 Flag.

To compete in the Varsity Jazz division, the school must compete at the same competition in the Varsity Song/Pom division.

To compete in the JV Jazz division, the school must compete at the same competition in the JV Song/Pom division.

Freshman team members all must be in the 9th grade and must represent a high school. Jr. High / Middle School teams may not compete in a freshman division.

Any exceptions to the above must be requested in writing and pre-approved in writing by the USA office prior to and for the effected event. It is up to the sole discretion of the USA in what division a team may be placed. The USA also reserves the right to deny any team registration for its competition as a result of not having an appropriate division for that particular team.

Teams may not compete the same competition routine at both USA Spirit Nationals and USA Dance Nationals. For example, the same "pom" or "jazz" routine cannot compete in a Song/Pom or Song/Jazz division at USA Spirit Nationals and then the Dance/Pom or Jazz division at USA Dance Nationals. Teams which do not adhere to this may be subject to disqualification.

SPLITTING CATEGORIES BY TEAM SIZE – At non-Nationals high school spirit competitions, Varsity, Junior Varsity and Freshman Show Cheer and Song/Pom are divided if there are 10 or more teams competing in that category. If there are **10** or more teams entered, indicating a possible division split, then there must be at least 3 teams in each division once a split occurs to keep the divisions separated by size.

MUSIC

Note the music rules that are in place for the 2019-20 competition season. Be sure you are familiar with these prior to taking any competition floor. Failure to comply may lead to disqualification and forfeiture of all fees (registration, admission or otherwise) associated with a team's performance.

MUSIC RULES: Music rules are being followed at all USA and Varsity Brands events. Competition music must be properly licensed and a team must be able to provide proof of licensing at any event where the music is used. If a team cannot provide proof of licensing, the team may be disqualified from the event. For further details visit www.varsity.com/music. In order for a team's routine music to be featured in a television broadcast, should this be an option, teams must do the following:

- Use an original composition created or commissioned by you (i.e. an original song and recording to which you own or license the rights by written agreement)
- Additionally secure the synchronization rights. Not all original music providers can/will provide these rights.
- Submit proof of licensing, as well as synchronization rights, when requested after the event.
- One or several selections of music may be used as long as they follow the music licensing rules

Music is defined as any recorded sound amplified through the competition sound system.

A sound system will be provided. Speed control is not available. Music checks on the main sound system are not permitted. A representative must be present at the sound system at the time of performance. Advisors/coaches are asked to hold onto their own music until the time of performance and to take music back following the performance.

All teams must provide their own MP3 device (or smart phone) for use on the event provided sound system. Music must be recorded at the correct tempo. Although it is not recommended due to interference that may be caused during a routine, a smart phone may be used for playing music. No cover may be on any MP3 player or smart phone so that a patch cord may be easily inserted into the device. Please ensure that jacks are clean and free of any debris which may impact connectivity. You must ensure that your device has a jack into which a patch cord may be inserted. Note that you will need to acquire an adapter in advance if your player does not have a head phone jack.

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, non-commercial 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 any USA and/or Varsity Spirit Brand logo including: banners, rings, bows, t-shirts, etc. without prior approval from the Varsity Spirit office. The use of the brand letters will be allowed without permission; however, not the licensed logo.

ENTRANCE/EXIT

Judges are looking for enthusiasm and showmanship during entrances and exits. Teams and individuals are encouraged to move on and off the floor as quickly as possible.

All team breaks, rituals and traditions need to take place prior to the team being called to the performance floor. Teams should take the floor immediately with spirit and enthusiasm, but without excessive gestures. Example: chest bumps, hugs, hand-shakes, etc. All teams should refrain from any type of excessive celebration following the team's performance. Any team in violation may receive a "sportsmanship" penalty. There should not be any organized exits or other activities after the official ending of the routine.

Set-ups and break-downs for props, signs, megaphones, etc. will be timed in the Mascot category.

Pep/Short Flags will be limited to :45 seconds for entrance (from announcement of team's name) and :45 seconds for exit (from conclusion of routine music). Choreographed entrances and exits will not be judged.

PERFORMANCE AREA

Performance boundaries at competitions will be a regulation basketball court (unless otherwise noted). All Regionals, Classics and Opens will have a carpet bonded foam mat on the performance area that measures 54'x42'. Unless otherwise noted, the mat will be removed for the song/pom, jazz, mascot and/or pep flag/short flag categories/divisions.

There will be no practicing on the performance floor prior to the competition.

Spring floors will **not** be used for school-based cheer divisions.

All stunts and/or tumbling must be executed on the mat. At a Regional or Classic, a warning will be given for any infraction of this rule.

At Spirit Nationals and Opens, a 3-point penalty will be assessed for any stunting or tumbling executed off of the mat. Tumbling and stunting are considered outside the performance area when both feet are entirely off of the performance mat.

You will not receive a penalty if you step off of the mat at any USA competition (not tumbling or stunting related).

PERFORMANCE ORDER/SCHEDULES

Typically, performance order is based on the receipt of registrations. The first registration received will be the last to perform in that division and the last registration received will be the first to perform. Adjustments may be necessary due to division/team conflicts.

All teams (cheer, song/pom, jazz and/or pep flag) will be given an assigned check-in and warm-up time prior to competition. Warm up areas will vary depending on the competition location.

The "Person to Receive Correspondence" will be sent/emailed a tentative line up with performance times at least 10 days prior to the competition. These times are subject to change. The final schedule will be available by checking usa.varsity.com after 5:00 p.m. (PST) the Wednesday prior to your competition. On that Wednesday, performance times usually remain the same regardless of scratches. It is the director's/coach's responsibility to check the schedule for accuracy prior to the day of competition.

COMPETITION STANDARD FOR SPOTTERS

"Team Spotters" = are part of the performing team and required as part of specific types of stunting/pyramid/toss, etc. skills.

"Additional (Routine) Spotters" = Individuals on the competition floor provided as a safety precaution to spot certain elements of a routine. These are in addition to the team and do not take the place of "team spotters" required by specific types of stunting/pyramid/toss, etc. skills.

In an effort to promote a higher level of safety for competing athletes, USA will provide additional spotters at all USA school and recreational/youth cheer competitions. School and recreational/youth cheer programs do not always have a large number of staff and coaches available to spot routines. Therefore, to help ensure that the safety of participants is not compromised due to limited number of team provided spotters, "additional (routine) spotters" will be provided by the USA. Additional (routine) spotters cannot be provided by the performing team, they must be provided by the USA.

These USA-provided "additional (routine) spotters" will be mandatory on the competition floor.

Reminder – To provide the safest competitive environment, teams should **not** attempt skills beyond their ability level.

PENALTIES

Points will be deducted from the final team average for violations of safety rules and/or time limits. See below in addition to the 2019-20 USA Cheer/AACCA School Cheer Safety Rules, 2019-20 USA High School Teams Show Cheer Division Limitations, 2019-20 USA Song/Pom and Pep/Short Flag General Safety Rules for School and Rec Teams and the 2019-20 USA High School Teams Song/Pom and Pep/Short Flag Division Limitations. See usa.varsity.com for these documents.

A) Safety Rules

2 points will be deducted from the final team average score for EACH occurrence of a safety rule violation or specialty skill/level restriction.

B) Time

For all divisions, timing will begin on the first note of music, the first vocal command (for cheer squads), the first organized cheer or the first movement, and will stop with the end of the cheer or last note of the music. See categories/divisions rules for total routine time. There is no minimum time requirement.

Timing for prop set-up in the Mascot category will begin at the drop of the starter's hand. Set-up timing will stop when the routine begins. Mascots have 1 minute to set-up props and 1 minute to exit the floor at the end of their performance.

Pep/Short Flags will be limited to:45 seconds for entrance (from announcement of team's name) and :45 seconds for exit (from conclusion of routine music). Choreographed entrances and exits will not be judged.

Penalties will be deducted from the final averaged score for going over the total routine time limit. Penalties will be assessed as follows: 1-10 seconds over = 1 point penalty; 11-20 seconds over = 2 point penalty, etc.

For show cheer teams, up to 1:30 (90 seconds) of the routine may be performed to music. There is no restriction as to the proportion of the music section(s) used in relation to the cheer only section(s). Penalties will be deducted from the final averaged score for going over the 1:30 total music time limit. Penalties will be assessed as follows: 1-10 seconds over = 1 point penalty; 11-20 seconds over = 2 point penalty, etc.

In Song/Pom, all female members must use two poms for 80% of the routine. There will be a 1 point penalty for every 5 seconds under the time requirement for pom use. (1-5 seconds under = 1 point penalty; 6-10 seconds under = 2 point penalty, etc.)

PENALTIES CONT'D.

Due to the variability in sound systems, you should build in leeway in your routine to avoid timing penalties. It is suggested that routines end 3-5 seconds prior to the routine length time limit.

C) Performance Order/Division Changes

Preliminary competition schedules will be posted on the USA website at http://bit.ly/USA_One-Days by 5:00 p.m. (PST) 10 days prior to your competition date. It is the advisor's's/coach's responsibility to check the preliminary schedule for accuracy of categories/divisions prior to the day of competition.

All changes to your original competition registration must be put in writing and e-mailed to usacompetitions@varsity.com. At the USA's and/or competition director's discretion, a penalty may be assessed for any requested changes from the schedule that was posted on-line. **To help avoid this penalty, any changes must be received in the USA office in writing by 5:00 p.m. (PST) the Friday one week prior to your competition date.**

Division changes may not be made the day of a Regional or Classic. At a Regional or Classic competition, a team performing in an incorrect division will be disqualified from competition, but may perform for evaluation only to qualify for Nationals.

Division changes made the day of competition at an Open or National event may incur a 3-point penalty for "Unnecessary Change in Performance Order."

D) Uniforms

In all divisions (excluding for mascots), an official school uniform that is worn for game/sideline cheering or performing must be worn (i.e. skirt and top). Costuming is not allowed. If an accessory (i.e. hair bows) or an article of clothing adds to the overall effect and/or theme of the routine, it will be considered "costuming". A deduction of 3 points will be taken if "costuming" is used. (Exception: Costuming is allowed in the Jazz category and for mascots).

When standing at attention, apparel must cover the midriff (front of the body). If a violation occurs, a 3 point deduction will be incurred.

Shoes - All participants must wear soft-soled shoes on both feet while competing. Shoes must have a solid sole and cover the toe and heel. This is a safety rule and if a violation occurs, a 3 point deduction will be incurred. This includes an individual with a shoe that comes off during a routine. (Exception: Half sole shoes and dance paws are acceptable in the Jazz category.)

NEW! - Recommendation for hair / bows - Bows should not be excessive in size and shouldn't be a distraction to the performance. Bows should be worn in a manner to minimize risk for the participants, should be adequately secured on the back of the head with the tales facing down and should not fall over the forehead into the participants' eyes or block the view of the participant while performing.

PENALTIES CONT'D

Uniform Distractions –The Legality Official, Head Judge or other competition official reserves the right to stop a routine, assess a deduction, and/or disqualify a team for a uniform distraction (e.g. garment not being securely fastened/attached, straps break, pants split, etc.). Each performer is required to take the necessary steps to avoid inappropriate exposure prior to the performance.

E) Props -- Props are not allowed (excluding the exceptions below). A deduction of 3 points will be taken if props are used. A prop is defined as any physical object used to enhance the overall effect and/or theme of your routine. Exception: hand-held signs, school/team flags, poms and/or megaphones **are** permitted.

Signs and school/team flags are permitted but may not be worn as an article of clothing or accessory.

See mascot division for specific restrictions related to props for that division.

F) Appropriateness of Choreography, Music, and Outfitting - All facets of a performance or routine, including choreography, music selection and outfitting, should be suitable for family viewing and listening. Uniforms for all team types should be appropriate for the age of the participants performing the routine.

Bows should not be excessive in size and shouldn't be a distraction to the performance. Bows should be worn in a manner to minimize risk for the participants, should be adequately secured on the back of the head with the tales facing down and should not fall over the forehead into the participants' eyes or block the view of the participant while performing.

In general, performances from school-based teams, including but not limited to the actual routine, signs, cheers, chants and hand signals/gestures, should adhere to outfitting, performance and music guidelines and criteria in place and approved by the administration or institution which the team represents.

Deductions will be given for vulgar or suggestive choreography, which includes, but is 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. Deductions will be given for music or words unsuitable for family listening, which includes, but is not limited, to profanity and connotations of any type of sexual act or behavior, drugs, mention of specific parts of the body, and/or violent acts or behavior. Removing improper language or words from a song and replacing with sound effects or other words may be considered inappropriate, and deductions will be made accordingly.

Any uniform or music in which the appropriateness is questionable or with which uncertainty exists should be submitted to the USA for approval prior to competing.

INSURANCE

Each participant must have his/her own personal insurance. All competitors must submit a USA Medical Release and Appearance Form at each competition in order to compete. The host facility, the host facility district, the directors/sponsors and/or the USA will not be responsible or held liable for any injuries occurring at a USA competition.

First aid staff will be on site at all competitions to provide assistance for emergencies only. Taping of wrists/ankles for individual performers **will not be provided,** unless medically necessary to treat an injury that occurs at the competition site.

FOOD

At most locations, food and drinks will be available for purchase throughout the competition. Food purchased at the competition venue may or may not be permitted inside the performance venue. Food purchased outside of the competition venue is not permitted inside the performance venue at any location.

DRESSING ROOMS

Dressing rooms, locker rooms and/or restrooms may be available on a limited basis. The USA and/or the host facility will not be responsible for any lost or stolen articles.

GENERAL ADMISSION

At Regionals, Classics and Opens, **two** complimentary spectator admissions will be allotted at registration to each competing school for each division in which they have a team registered for advisors and/or coaches. Additional tickets for spectators, advisors, coaches, team alternates and/or "routine spotters" may be purchased at the door for each competition.

Team registration fees only cover those athletes taking the performance floor. "Alternates" must be registered on the team roster and be in the proper team uniform on the day of the competition in order to gain entry into the venue. For events that have a per person registration fee, all "alternates" must pay the registration fee.

CATEGORIES/DIVISIONS RULES

Sample scoresheets for all USA competitions will be available on-line by visiting usa.varsity.com after September 1, 2019.

You must visit the USA website at http://bit.ly/USA_SpiritCompInfo for a complete listing of the following:
2019-20 USA High School Spirit Nationals Divisions
2019-20 High School Teams Show Cheer and Group Stunt Division Limitations
2019-20 USA Cheer/AACCA School Cheer Safety Rules
2019-20 USA Song/Pom, Song/Jazz and Pep/Short Flag General Safety Rules for School and Rec Teams
2019-20 USA High School Teams Song/Pom and Pep/Short Flag Division Limitations
2019-20 USA Song/Pom, Song/Jazz and Pep Flag Glossary of Terms

SHOW CHEER – ADVANCED

NUMBER ON TEAM
6-36 members

DIVISIONS
Refer to division grid at http://bit.ly/USA_DivisionGrid19

ROUTINE PROCEDURE
Execute routine of your choice using a combination of music and words. An emphasis on practical and effective audience participation (i.e. use of signs, spell-outs, crowd response chants, etc.), especially during the cheer section, is encouraged. Props and/or costuming are not allowed [see D) Uniforms and E) Props above]. Up to 1:30 (90 seconds) of the routine may be performed to music. There is no restriction as to the proportion of the music section(s) used in relation to the cheer only section(s). Penalties will be deducted from the final averaged score for going over the 1:30 total music time limit. Penalties will be assessed as follows: 1-10 seconds over = 1 point penalty; 11-20 seconds over = 2 point penalty, etc.

SAFETY RULES
As with all categories, routines in these divisions must follow the 2019-20 USA Cheer/AACCA School Cheer Safety Rules. No tumbling or stunt/pyramid/toss restrictions besides those listed in the 2019-20 USA Cheer/AACCA School Cheer Safety Rules.

TOTAL ROUTINE TIME LIMIT
2 ½ minutes maximum

CATEGORIES/DIVISIONS RULES

SHOW CHEER – INTERMEDIATE

NUMBER ON TEAM
6-36 members

DIVISIONS
Refer to division grid at http://bit.ly/USA_DivisionGrid19

ROUTINE PROCEDURE
Execute routine of your choice using a combination of music and words. An emphasis on practical and effective audience participation (i.e. use of signs, spell-outs, crowd response chants, etc.), especially during the cheer section, is encouraged. Props and/or costuming are not allowed [see D) Uniforms and E) Props above]. Up to 1:30 (90 seconds) of the routine may be performed to music. There is no restriction as to the proportion of the music section(s) used in relation to the cheer only section(s). Penalties will be deducted from the final averaged score for going over the 1:30 total music time limit. Penalties will be assessed as follows: 1-10 seconds over = 1 point penalty; 11-20 seconds over = 2 point penalty, etc.

SAFETY RULES
As with all categories, routines in these divisions must follow the 2019-20 USA Cheer/AACCA School Cheer Safety Rules. Additional restrictions also apply for the "Intermediate" divisions and may be found in the 2019-20 High School Teams Show Cheer and Group Stunt Division Limitations document.

SPECIALTY SKILL RETRICTIONS
There **are** additional stunting and tumbling restrictions in this division. Please refer to the 2019-20 High School Teams Show Cheer and Group Stunt Division Limitations document for all specialty skill restrictions for this division.

TOTAL ROUTINE TIME LIMIT
2 ½ minutes maximum

CATEGORIES/DIVISIONS RULES

SHOW CHEER – NOVICE

NUMBER ON TEAM
6-36 members

DIVISIONS
Refer to division grid at http://bit.ly/USA_DivisionGrid19

ROUTINE PROCEDURE
Execute routine of your choice using a combination of music and words. An emphasis on practical and effective audience participation (i.e. use of signs, spell-outs, crowd response chants, etc.), especially during the cheer section, is encouraged. Props and/or costuming are not allowed [see D) Uniforms and E) Props above]. Up to 1:30 (90 seconds) of the routine may be performed to music. There is no restriction as to the proportion of the music section(s) used in relation to the cheer only section(s). Penalties will be deducted from the final averaged score for going over the 1:30 total music time limit. Penalties will be assessed as follows: 1-10 seconds over = 1 point penalty; 11-20 seconds over = 2 point penalty, etc.

SAFETY RULES
As with all categories, routines in these divisions must follow the 2019-20 USA Cheer/AACCA School Cheer Safety Rules. Additional restrictions also apply for the "Novice" divisions and may be found in the 2019-20 High School Teams Show Cheer and Group Stunt Division Limitations document.

SPECIALTY SKILL RETRICTIONS
There **are** additional stunting and tumbling restrictions in this division. Please refer to the 2019-20 High School Teams Show Cheer and Group Stunt Division Limitations document for all specialty skill restrictions for this division.

TOTAL ROUTINE TIME LIMIT
2 ½ minutes maximum

CATEGORIES/DIVISIONS RULES

SHOW CHEER – NON-TUMBLING (ADVANCED AND NOVICE)

NUMBER ON TEAM
6-36 members

DIVISIONS
Refer to division grid at http://bit.ly/USA_DivisionGrid19

ROUTINE PROCEDURE
Execute routine of your choice using a combination of music and words. An emphasis on practical and effective audience participation (i.e. use of signs, spell-outs, crowd response chants, etc.), especially during the cheer section, is encouraged. Props and/or costuming are not allowed [see D) Uniforms and E) Props above]. Up to 1:30 (90 seconds) of the routine may be performed to music. There is no restriction as to the proportion of the music section(s) used in relation to the cheer only section(s). Penalties will be deducted from the final averaged score for going over the 1:30 total music time limit. Penalties will be assessed as follows: 1-10 seconds over = 1 point penalty; 11-20 seconds over = 2 point penalty etc.

SAFETY/DIVISION RULES:
This division prohibits all standing and/or running tumbling. This includes forward and backward rolls, cartwheels, round offs, handsprings, tucks (flips), etc. Skills connected and/or within stunts are allowed. Example: Braced forward ¾ suspended roll dismount is allowed. As with all categories, routines in these divisions must follow the 2019-20 USA Cheer/AACCA School Cheer Safety Rules.

SPECIALTY SKILL RETRICTIONS (ADVANCED)
No stunt/pyramid/dismount/toss restrictions besides those listed in the 2019-20 AACCA School Cheer Safety Rules.

SPECIALTY SKILL RETRICTIONS (NOVICE)
There **are** additional stunting restrictions in this division. Please refer to the 2019-20 High School Teams Show Cheer and Group Stunt Division Limitations document for all stunt/pyramid/dismount restrictions for this division.

TOTAL ROUTINE TIME LIMIT
2 ½ minutes maximum

CATEGORIES/DIVISIONS RULES

MASCOT

NUMBER ON TEAM
1-10 members

Mascots may perform as individuals or as mascot groups. Participants in this category must be the official mascot(s) of the school and be in official mascot uniform or some other form of costume related to the theme of the routine. Proof from the school that an individual is an officially recognized mascot for the school may be required. Additional individuals, (i.e. cheerleaders and/or song/pom, etc.), are not permitted to be visible and/or perform as part of this routine.

ROUTINE PROCEDURE
Execute any type of skit or novelty routine. Use of a theme and crowd involvement are encouraged. Competitors may use music, props, costumes and accessories. All props/accessories (either assembled or disassembled) are limited to "hand-held" in size. A back-drop to conceal props and/or non-visible members providing support for the routine is permitted. This back-drop may measure no more than 10' high x 20' wide and may be assembled prior to taking the performance floor. Moving the back-drop to the performance floor is part of the set-up and breakdown time limit for props. Please, no use of water, glitter or other substances that would be harmful to the floor and/or to another competitor. Individuals assisting with props may not be visible during the routine. Materials that require clean up (i.e. confetti) are not permitted. Pyramids and/or basket tosses are illegal. Tumbling is not allowed. Tossing, throwing or other projecting any type of object into the crowd is not allowed. A 3 point penalty will be assessed for any infraction of the above rules.

TOTAL ROUTINE TIME LIMIT
2 minutes maximum. You will be limited to 1 minute to set-up your props and 1 minute to breakdown your props. (See "Time" section penalty)

CATEGORIES/DIVISIONS RULES

SONG/POM - ADVANCED

NUMBER ON TEAM
5-23 members

DIVISIONS
Refer to division grid at http://bit.ly/USA_DivisionGrid19

ROUTINE PROCEDURE
A song/pom advanced routine consists of visuals effects, synchronization, clean/sharp pom motions and advanced technical skills. Visual effects include level changes, opposition, group work, transitions and formations. Emphasis should be placed on proper pom/motion technique, proper dance technique, timing, and showmanship. All female members must use two pompons for 80% of the routine. (See "Time" section penalty.) Props and/or costuming are not allowed [see D) Uniforms and E) Props above].

SAFETY RULES
Routines in these divisions must also follow all the 2019-20 USA Song/Pom, Song/Jazz and Pep/Short Flag Safety Rules for School and Rec Teams.

SPECIALTY SKILLS RESTRICTIONS
There are no additional restrictions besides those listed in the 2019-20 USA Song/Pom and Pep/Short Flag Safety Rules for School and Rec Teams.

TOTAL ROUTINE TIME LIMIT
2 ½ minutes maximum

CATEGORIES/DIVISIONS RULES

SONG/POM - INTERMEDIATE

NUMBER ON TEAM
5-23 members

DIVISIONS
Refer to division grid at http://bit.ly/USA_DivisionGrid19

ROUTINE PROCEDURE
A song/pom intermediate routine consists of visuals effects, synchronization, clean/sharp pom motions and intermediate technical skills. Visual effects include level changes, opposition, group work, transitions and formations. Emphasis should be placed on proper pom/motion technique, proper dance technique, timing, and showmanship. All female members must use two pompons for 80% of the routine. (See "Time" section penalty.) Props and/or costuming are not allowed [see D) Uniforms and E) Props above].

SAFETY RULES
Routines in these divisions must also follow all the 2019-20 USA Song/Pom, Song/Jazz and Pep/Short Flag Safety Rules for School and Rec Teams.

SPECIALTY SKILL RESTRICTIONS
There **are** additional technical/specialty skill restrictions in this division. Please refer to the 2019-20 High School Teams Song/Pom and Pep/Short Flag Division Limitations document.

TOTAL ROUTINE TIME LIMIT
2 ½ minutes maximum

CATEGORIES/DIVISIONS RULES

SONG/POM - NOVICE

NUMBER ON TEAM
5-23 members

DIVISIONS
Refer to division grid at http://bit.ly/USA_DivisionGrid19

ROUTINE PROCEDURE
A song/pom novice routine consists of visuals effects, synchronization, clean/sharp pom motions and novice technical skills. Visual effects include level changes, opposition, group work, transitions and formations. Emphasis should be placed on proper pom/motion technique, proper dance technique, timing, and showmanship. All female members must use two pompons for 80% of the routine. (See "Time" section penalty.) Props and/or costuming are not allowed [see D) Uniforms and E) Props above].

SAFETY RULES
Routines in these divisions must also follow all the 2019-20 USA Song/Pom, Song/Jazz and Pep/Short Flag Safety Rules for School and Rec Teams.

SPECIALTY SKILL RESTRICTIONS
There **are** additional technical/specialty skill restrictions in this division. Please refer to the 2019-20 High School Teams Song-Pom and Pep/Short Flag Division Limitations document.

TOTAL ROUTINE TIME LIMIT
2 ½ minutes maximum

CATEGORIES/DIVISIONS RULES

SONG/POM - FRESHMAN

NUMBER ON TEAM
5-23 members

DIVISIONS
Refer to division grid at http://bit.ly/USA_DivisionGrid19

ROUTINE PROCEDURE
A song/pom freshman routine consists of visuals effects, synchronization, clean/sharp pom motions and technical skills. Visual effects include level changes, opposition, group work, transitions and formations. Emphasis should be placed on proper pom/motion technique, proper dance technique, timing, and showmanship. All female members must use two pompons for 80% of the routine. (See "Time" section penalty.) Props and/or costuming are not allowed [see D) Uniforms and E) Props above].

SAFETY RULES
Routines in these divisions must also follow all the 2019-20 USA Song/Pom, Song/Jazz and Pep/Short Flag Safety Rules for School and Rec Teams.

SPECIALTY SKILL RETRICTIONS
There are no additional restrictions besides those listed in the 2019-20 USA Song/Pom and Pep/Short Flag Safety Rules for School and Youth Teams.

TOTAL ROUTINE TIME LIMIT
2 ½ minutes maximum

SONG/POM – An official school uniform that is worn for game/sideline cheering or performing must be worn. Costuming is not allowed. If an accessory or an article of clothing adds to the overall effect and/or theme of the routine, it will be considered "costuming". A deduction of 3 points will be taken if "costuming" is used. (Exception: Costuming is allowed in the Jazz Category).

CATEGORIES/DIVISIONS RULES

SONG/JAZZ

NUMBER ON TEAM
5-23 members

DIVISIONS
Refer to division grid at http://bit.ly/USA_DivisionGrid19

ROUTINE PROCEDURE
A song-jazz routine incorporates stylized jazz dance movements and combinations, visuals effects, level changes, formation changes and dance technique. Emphasis should be on uniformity of the selected jazz style, proper dance technique, timing and showmanship. Props are not allowed [See E) Props above]. Costuming is allowed in this category.

SAFETY RULES
Routines in these divisions must also follow all the 2019-20 USA Song/Pom, Song/Jazz and Pep/Short Flag Safety Rules for School and Rec Teams.

SPECIALTY SKILLS RESTRICTIONS
There are no additional restrictions besides those listed in the 2019-20 USA Song/Pom and Pep/Short Flag Safety Rules for School and Youth Teams.

TOTAL ROUTINE TIME LIMIT
2 ½ minutes maximum

CATEGORIES/DIVISIONS RULES

PEP FLAGS/SHORT FLAGS (1 FLAG & 2 FLAG)

NUMBER ON TEAM
4-23 members

DIVISIONS
Refer to division grid at http://bit.ly/USA_DivisionGrid19

ROUTINE PROCEDURE
A pep flag/short flag routine consists of visuals effects, synchronization, twirls, tricks and tosses. Visual effects include level changes, opposition, group work, formations and transitions. Emphasis should be placed on proper twirling technique, timing, and showmanship. All team members must use flags for 80% of the routine. A deduction of .5 will be taken for each dropped flag shaft. A dropped flag is defined as a flag that is un-intentionally released onto the performance surface. Props and/or costuming are not allowed [see D) Uniforms and E) Props above].

SAFETY RULES
Routines in these divisions must also follow all the 2019-20 USA Song/Pom, Song/Jazz and Pep/Short Flag Safety Rules for School and Rec Teams.

SPECIALTY SKILL RESTRICTIONS
There are no additional restrictions besides those listed in the 2019-20 USA Song/Pom, Song/Jazz and Pep/Short Flag Safety Rules for School and Rec Teams.

EQUIPMENT
To avoid floor damage, pep flag shafts must be covered on both ends.

TOTAL ROUTINE TIME LIMIT
2 ½ minutes maximum. Pep/Short Flags will be limited to :45 seconds for entrance (from announcement of team's name) and :45 seconds for exit (from conclusion of routine music). Choreographed entrances and exits will not be judged.

CATEGORIES/DIVISIONS RULES

PEP FLAGS/SHORT FLAGS –NOVICE (2 FLAG)

NUMBER ON TEAM
4-24 members

DIVISIONS
Refer to division grid at http://bit.ly/USA_DivisionGrid19

ROUTINE PROCEDURE
A pep flag/short flag routine consists of visuals effects, synchronization, twirls, tricks and tosses. Visual effects include level changes, opposition, group work, formations and transitions. Emphasis should be placed on proper twirling technique, timing, and showmanship. All team members must use flags for 80% of the routine. A deduction of .5 will be taken for each dropped flag shaft. A dropped flag is defined as a flag that is un-intentionally released onto the performance surface. Props and/or costuming are not allowed [see D) Uniforms and E) Props above].

SAFETY RULES
Routines in these divisions must also follow all the 2019-20 USA Song/Pom, Song/Jazz and Pep/Short Flag Safety Rules for School and Rec Teams.

SPECIALTY SKILL RETRICTIONS
There **are** additional technical/specialty skill restrictions in this division. These rules are listed on the 2019-20 High School Teams Song/Pom and Pep/Short Flag Division Limitations document.

EQUIPMENT
To avoid floor damage, pep flag shafts must be covered on both ends.

TOTAL ROUTINE TIME LIMIT
2 ½ minutes maximum. Pep/Short Flags will be limited to :45 seconds for entrance (from announcement of team's name) and :45 seconds for exit (from conclusion of routine music). Choreographed entrances and exits will not be judged.

NOTE: The Pep Flag category will be only offered in California at the following regional/classic locations: Brea Olinda H.S., Dec 14; Agoura H.S., Jan 18. If your team is located outside of California an electronic video file of your routine must be submitted by December 31, 2019 for qualification for Spirit Nationals. To request an electronic video entry form, please email usacompetitions@varsity.com.

CATEGORIES/DIVISIONS RULES

CROWDLEADER™ TEAMS

QUALIFICATION FOR SPIRIT NATIONALS BY VIDEO REQUIRED!!

A Crowdleader™ Team may consist of a combination of separate groups (cheer, song/pom, pep flags, mascot, dance team, band), working together, or a single team that does both cheer and pom. At least 50% of the total number of participants on the team must be comprised of cheerleaders and the cheerleaders must follow the rules set forth in the Cheer Game Day Rules & Guidelines as it pertains to division requirements, routine elements, restrictions, etc. Band members are welcome to be in this division; however, the number of band participants does not count in the total number of participants in the Crowdleader™ Team routine.

Teams will be required to quantify the number of different programs that make up their routine (i.e. 25 cheer, 10 song/pom, 4 pep flag, 1 mascot).

You will perform in this order: 1) a Band Chant, followed by 2) Situational Sideline response with a game-action cheer/sideline cheer, followed by 3) a Crowdleading Cheer and ending with 4) a Fight Song Routine. These elements are directly from the Cheer Game Day Divisions (see 2019-20 Cheer Game Day Rules & Guidelines for specific definitions, restrictions, etc.)

Scoring for the 4 elements above will be conducted on the Game Day scoresheets for 1) Band Chant, 2/3) Situational Sideline/Crowdleading Cheer and 4) Fight Song with a total of 300 points possible. These scoresheets may be found by visiting varsity.com/usa/school/competitions/game-day/

QUALFICATION

All teams wishing to qualify for the 2020 USA Spirit Nationals in the Crowdleader™ Teams division are required to submit an electronic video only of their performance no later than **December 31, 2019**. To request an electronic video entry form, please e-mail usacompetitions@varsity.com.

Teams submitting a video will receive written comments on their performance, in addition to a score. The performance must be a “live” unedited version. The team may choose the game situation to which they respond (Offense, Defense or General). All safety rules, time limits and routine procedures below must be followed for the routine submitted by video. Only electronic video submissions will be accepted.

CATEGORIES/DIVISIONS RULES

CROWDLEADER™ TEAMS

Any Crowdleader™ Team may perform their entire routine in "exhibition" at a USA one-day Regional competition at no cost. Formal registration for the event is required by the early bird registration deadline for that event. To register a team, please request a registration form by e-mailing usacompetitions@varsity.com The team may film their performance as their submission for video qualification (the USA will not supply this service). The number of teams permitted to perform in exhibition at any one Regional event may be limited. Teams may register for up to 3 "exhibition" performances of their entire routine in the Crowdleader™ Team division during the 2019-20 season.

DIVISIONS

There will be one division.

SCHOOL REPRESENTATION

- All members of the performing squad must be current members of the official school spirit squad, dance team and/or band, and must attend the school they are representing. These must be individuals who cheered and/or performed for games during the appropriate season. (Exception: this will not preclude participation from sister schools for same-gender schools as long as they are official members of the squad.)
- All Crowdleader™ Team routines are required to be comprised of at least 50% cheerleaders. Schools are encouraged to include other sideline spirit groups (i.e. dance team, song/pom, mascot, pep/short flag, etc.); however, the routine(s) must be comprised of at least 50% cheerleaders and will be judged as one unified routine. Other performance-based and/or spirit groups may not enter the division without their cheerleaders.
- If other sideline spirit groups are part of a cheer game day routine, then that activity must abide by any specific game day rules related to them (i.e. song/pom members must follow the specific song/pom game day rules/specialty skill restrictions during the routine)
- Mascots are limited to the same props as cheerleaders (poms, signs, flags, megaphones and/or banners) and are **NOT** allowed to stunt in the Crowdleader™ Team division.
- Routines must be appropriate for family viewing. Any vulgar and/or suggestive movements, words, or music will result in a score deduction.

UNIFORM RULES

- Sideline/traditional school uniforms must be worn.
- All participant uniforms must cover the midriff when standing at attention. Covered midriff does include flesh or nude colored body suits and liners; however fringe would not count as a cover.
- No tear-away uniforms and/or removal of clothing are permitted.

CATEGORIES/DIVISIONS RULES

CROWDLEADER™ TEAMS

ROUTINE PROCEDURE

The Crowdleader™ Team routine weaves together the three separate stand-alone divisions offered as part of USA Game Day Competition divisions. A Crowdleader™ Team does not have to compete in one or more of the USA Game Day divisions, but all three elements from those divisions make up the overall Crowdleader™ Team routine. The elements are performed in the same order for each routine in this division. Props **may be** set-up prior to a Crowdleader™ Team taking the floor. You will be limited to 30 seconds to set-up your props and props must be removed immediately at the conclusion of your routine.

1. The routine starts with a Band Chant (see description/requirements below). A team may begin on or off the performance floor for the start of their music. Once the team name is called and the music begins, timing of the overall routine starts. The band chant will be performed on carpet bond foam mats for this division.

2. At the conclusion of the Band Chant portion of the routine, a team will be presented a randomly selected game situation (from one of the 10 previously provided by the USA). Once the situation is presented, the team will continue their Crowdleader™ Team routine with a Situational Sidline (see description/requirements below), followed by a second element of a Crowdleading Cheer. You should select and perform an appropriate game-action/sideline cheer for the situation read. You may huddle or use another method of communication to make your decision in how to respond to the situation; however the overall Crowdleader™ Team routine timing continues. No music may be used during the Situational Sideline and/or Crowdleading Cheer portion of the performance, with the exception of live drummer(s), other band members and/or drum track which is allowed during these sections.

3. Following and/or during the Crowdleading Cheer portion begin the transition to your Fight Song.

4. After your transition, your music will begin for your Fight Song portion of the Crowdleader™ Team routine. Teams are encouraged to use their school's traditional fight song. If the school does not have a fight song, then a fight song from another school may be used. In either case, only fight song music may be used.

5. Limited stunts and/or tumbling are allowed in the Situational Sideline/Crowdleading Cheer and/or Fight Song (see each element's description/limitations below) but they should enhance, not distract from, your crowd involvement. Remember that this is a crowd LEADER competition and we are looking for performances and transitions that would be effective at a game. Practicality will be considered in this division.

6. Game day appropriate props are permitted and encouraged. (i.e. signs, megaphones, flags, banners). See scoresheets for where use of these items is rewarded.

7. Overall Crowdleader™ Team division timing begins as soon as the Band Chant music starts and the will end at the conclusion of the Fight Song. Organized entrances prior to the Band Chant are not permitted.

8. Auxiliary groups (i.e. drummers, band members, etc.) may perform with the spirit squad. These "auxiliary groups" must remain on the gym floor and are not permitted on the carpet bonded performance mat.

CATEGORIES/DIVISIONS RULES

CROWDLEADER™ TEAMS

ROUTINE PROCEDURE CONT'D.

9. If other sideline spirit groups are part of a cheer game day routine, then that activity must abide by any specific game day rules related to them (i.e. song/pom members must follow the specific song/pom game day rules/specialty skill restrictions during the routine)

10. Tossing, throwing or other projecting of any type of object outside the competition floor and/or into the crowd is not allowed.

11. No use of water, glitter or other substances that would be harmful to the floor and/or to another competitor.

CHEER SAFETY RULES: Tumbling and/or stunting of any kind is prohibited during the Band Chant section of the routine, including during entrance/exit. Turns, leaps, kicks and/or jumps are permitted during the Band Chant section. For the Situational Sideline/Crowdleading Cheer and Fight Song sections of the routine, the following restrictions apply:

- No baskets, sponge, elevator, or similar type tosses permitted.
- No stunt/pyramid inversions are allowed.
- No twisting dismounts are allowed.
- Single leg extended stunts are limited to liberties and/or liberty hitches.
- No running tumbling is allowed.
- Standing tumbling skills are limited to single skills. No connections and/or jump-tumble combinations are permitted.

There are additional restrictions to choreographing skills in the Fight Song section – see below.

As with all categories, cheerleaders in the Crowdleader™ Teams division must follow the 2019-20 USA Cheer/AACCA High School Cheerleading Safety Rules in addition to restrictions listed for each element as part of the 2019-20 Cheer Game Day Rules & Guidelines and the 2019-20 High School Spirit Competitions General Information. This includes restrictions on technical skills, choreography, etc.

Song/pom, dance or pep flag team members that are part of the Crowdleader™ Teams division with their cheerleaders must follow the 2019-20 USA Song/Pom/Pep Flag Safety Rules in addition to restrictions listed for each element of Band Chant and Fight Song as part of the 2019-20 Song/Pom Game Day Rules & Guidelines and the 2019-20 High School Spirit Competitions General Information .

Mascots that are part of the Crowdleader™ Team division with their cheerleaders are not permitted to be involved in stunts/pyramids and must follow the 2019-20 Cheer Game Day Rules & Guidelines and the 2019-20 High School Spirit Competitions General Information.

CROWLEADER™ TEAM ROUTINE ELEMENTS DESCRIPTION/REQUIREMENTS

(performed in this order – Band Chant, Situational Sideline/Crowdleading Cheer & Fight Song)

I. BAND CHANT SECTION

- A team may begin on or off the performance floor for the start of their music. Once the team name is called and the music begins, timing of the overall routine starts.
- The Band Chant must be one traditionally played by a sideline/jazz band. Crowd interaction and involvement, including yell-backs, spell-outs, school colors are encouraged.
- Camp material may easily be adapted to fit this category. For example, any band chant learned at a 2019 Varsity Brands camp could be used for this section of the routine. Other examples might include "Rock 'N Roll Part II, "Land of A Thousand Dances," etc.
- **Sideline/traditional school uniforms are required.**
- The use of poms, signs, flags, megaphones and/or banners is permitted and encouraged.
- Judging will be based on the following criteria, as well as elements noted on the scoresheet:

    - Creativity and musicality, variety and the execution of transitions and formations.
    - Crowd leading ability, including crowd encouragement, ease of crowd to participate, etc.
    - Material appropriate for a sideline situation during a time-out, quarter break, between downs, etc.
    - Placement, synchronization and strength of motions/movement.
    - Visual effect and spacing.
    - Overall impression and crowd appeal.
    - Thematic routines and/or specialized costuming is not encouraged.

SPECIFIC SKILL RESTRICTIONS – BAND CHANT SECTION

Tumbling and/or stunting of any kind is prohibited, including during entrances and exits. Turns, leaps, kicks and/or jumps are permitted.

CROWLEADER™ TEAM ROUTINE ELEMENTS DESCRIPTION/REQUIREMENTS

(performed in this order – Band Chant, Situational Sideline/Crowdleading Cheer & Fight Song)

II. SITUATIONAL SIDELINE/CROWDLEADING CHEER SECTION

- Each team will respond to a game situation (presented by the announcer), followed by a second element of an additional crowd-oriented cheer/chant/traditional yell/drum cadence, etc.
- No music may be used during this section of the routine. Live drummer, other band members and/or drum track is allowed. All specialty skills (i.e. jumps, stunts and/or tumbling) must be performed within a safe distance of all drummers and/or band members. Drummers and/or any other band members cannot be involved in any type of specialty skill and must be positioned off the cheerleading mat.
- Each team's crowdleading cheer presentation (the second element of the overall routine) must include at least one component required from the following: cheers, chants, traditional yells, and/or drum cadences. This is a separate crowd-oriented cheer that is not directly related to the situational cheer, but rather is an add-on following the situational cheer.
- Teams should utilize all areas of their squad's crowd-leading strengths. The use of poms, signs, flags, megaphones and/or banners is required.
- Judging will be based on the following criteria, as well as elements noted on the scoresheet:
    - Crowd communication, including; crowd effective material, spacing and formations, voice and pace, crowd leading skills and use of poms, signs, flags, megaphones and/or banners.
    - Placement, synchronization and strength of motions.
    - Overall impression and crowd appeal.
    - Emphasis on crowd involvement and practicality. All material should be suitable for a game or pep rally.

SPECIFIC SKILL RESTRICTIONS – SITUATIONAL SIDELINE/CROWDLEADING CHEER SECTION

- No baskets, sponge, elevator, or similar type tosses permitted.
- No stunt/pyramid inversions are allowed.
- No twisting dismounts are allowed.
- Single leg extended stunts are limited to liberties and/or liberty hitches.
- No running tumbling is allowed.
- Standing tumbling skills are limited to single skills. No connections and/or jump-tumble combinations are permitted.

CROWLEADER™ TEAM ROUTINE ELEMENTS DESCRIPTION/REQUIREMENTS

(performed in this order – Band Chant, Situational Sideline/Crowdleading Cheer & Fight Song)

III. FIGHT SONG SECTION

- Teams are encouraged to use their traditional school fight song.
- Props (poms, signs, flags, megaphones and/or banners) are permitted in this section and encouraged.
- Performances can incorporate up to three (3) eight counts of skills (stunts, tumbling and/or jumps). The three (3) eight counts must be consecutive and the same three (3) eight counts can be repeated if the fight song is repeated. The three (3) eight counts of skills includes loading into and dismounting from stunts (unless the routine finishes in a stunt/pyramid).
- Judging will be based on the following criteria, as well as elements noted on the scoresheet:
    - Crowd oriented material, fit to music, using effective spacing and formations, and incorporating visual effects.
    - Placement, synchronization and strength of motions.
    - Overall impression and crowd appeal.
    - Emphasis will be placed on practicality. All material should be suitable and able to be performed multiple times during a game or pep rally.

SPECIFIC SKILL RESTRICTIONS – FIGHT SONG CATEGORY

- No baskets, sponge, elevator, or similar type tosses permitted
- No stunt/pyramid inversions are allowed
- No twisting dismounts are allowed
- Single leg extended stunts are limited to liberties and liberty hitches.
- A jump is considered a skill and can only be performed in the three (3) eight count segment
- A kick will not be considered as a skill and can be performed at any time during the routine
- No running tumbling is allowed.
- Standing tumbling skills are limited to single skills. No connections and/or jump-tumble combinations are permitted.

TOTAL CROWDLEADER™ TEAM ROUTINE TIME LIMIT

4 minutes maximum (start of the Band Chant section through end of Fight Song section). Props **may be** set-up prior to a Crowdleader™ Team taking the floor. You will be limited to 30 seconds to set-up your props and props must be removed immediately at the conclusion of your routine. (See “Time” section penalty)

GROUP STUNT – ADVANCED

NUMBER ON TEAM

Four/Five members, including spotter (all female or all male).

DIVISIONS

There will be one division.

ROUTINE PROCEDURE

The participants all must be from the same school. Execute stunts of your choice. Background music is encouraged, but must meet music licensing requirements. For further details visit www.varsity.com/music. Additional spotters are not permitted.

SAFETY RULES: As with all categories, routines in these divisions must follow the 2019-20 USA Cheer/AACCA High School Cheerleading Safety Rules. No tumbling or stunt/pyramid/toss restrictions besides those listed in the 2019-20 USA Cheer**/**AACCA High School Cheerleading Safety Rules.

TOTAL ROUTINE TIME LIMIT

1 minute maximum

GROUP STUNT – INTERMEDIATE

NUMBER ON TEAM

Four/Five members, including spotter (all female or all male).

DIVISIONS

There will be one division.

ROUTINE PROCEDURE

The participants all must be from the same school. Execute stunts of your choice. Background music is encouraged, but must meet music licensing requirements. For further details visit www.varsity.com/music. Additional spotters are not permitted.

SAFETY RULES: As with all categories, routines in these divisions must follow the 2019-20 USA Cheer/AACCA High School Cheerleading Safety Rules. In addition to these rules, the following restrictions also apply for the “Intermediate” division:

SPECIALTY SKILL RETRICTIONS

There are additional stunting and tumbling restrictions in this division. Please refer to the 2019-20 High School Teams Show Cheer and Group Stunt Division Limitations document for all specialty skill restrictions for this division.

TOTAL ROUTINE TIME LIMIT

1 minute maximum

SAFETY RULES
CHEER/SONG/POM/PEP FLAG

Routines at all USA competitions must follow the 2019-20 USA Cheer/AACCA School Cheer Safety Rules, 2019-20 USA High School Teams Show Cheer and Group Stunt Division Limitations, 2019-20 USA Song/Pom/Pep Flag Safety Rules and/or the 2019-20 USA Song/Pom Division Limitations.

Submitting an electronic video is the only way to review a routine for potential safety violations. All video review for safety rule legalities for one-day events must be submitted 14 days or more prior to the competition date.

For all legality, division limitations, or questions regarding specific performance elements, you may email a video that contains the skill in question.

All emailed videos must include the following:
1. Name of the **School** and **USA competitive division** in the *Subject Line* of the email
2. Videos should be in either Windows Media Player or Quicktime formats
3. Clear, close up view of skill in question
4. Include your name, team name, division level, e-mail address and phone number in the body of the email

Cheerleading videos should be emailed to Cheryl Moon at Cmoon@varsity.com
Song/Pom and Pep Flag videos should be emailed to Carina Clendenin at Cclendenin@varsity.com

Note that submission of a routine and/or its elements does not preclude a team from being assessed a penalty while at a specific USA competition, as performances from the video submission may differ from those executed on the competition floor. Submission of a routine does not guarantee that it can be reviewed.

All rules and division limitations may be downloaded at http://bit.ly/USA_SpiritCompInfo

For specific cheerleading stunt and safety questions that pertain to the USA Cheer/AACCA School Cheerleading Safety Rules, or to the 2019-20 High School Teams Show Cheer and Group Stunt Division Limitations please call Cheryl Moon at 1-800-686-5718 or e-mail Cmoon@varsity.com.

For specific song/pom, song/jazz or pep flag/short flag safety questions that only pertain to the USA Song/Pom/Jazz Pep Flag Safety Rules, or to the 2019-20 Song/Pom, Pep Flag Division Limitations please call Carina Clendenin at1-800-886-4872 ext. 2023 or e-mail Cclendenin@varsity.com.