

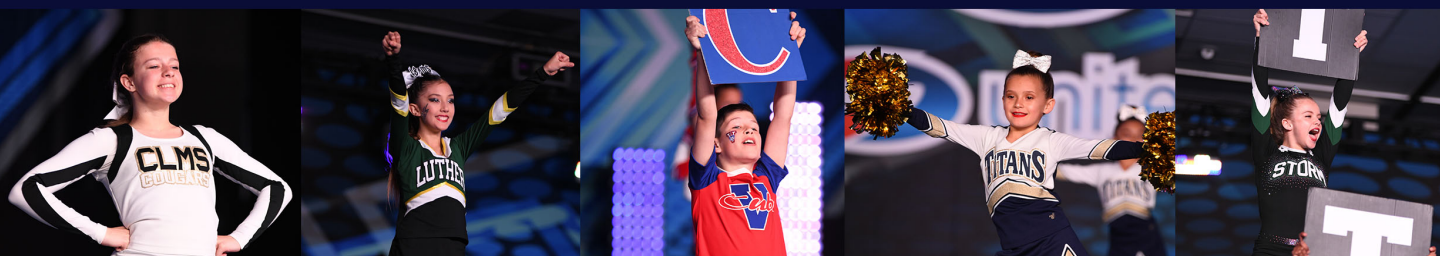


2019 - 2020

Jr. USA **Nationals** *Spirit*

TV
VARSITY
SPIRIT

SCORING INFORMATION, UPDATES & DOCUMENTS



usa.varsity.com

800-886-4872



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Visit **USA** on the new **Varsity.com** website for the most up to date competition and camp information this season!

usa.Varsity.com

SAVE THE DATE!

The USA is thrilled to offer multiple events for Jr. High and Middle School teams this season!

We hope that this informational packet helps prepare you for *“the most spirited weekend of the year!”*



**2020 USA Jr. Nationals
Anaheim Convention Center – Anaheim, CA
February 16, 2020**



**2020 USA Game Day Championships
Anaheim Convention Center – Anaheim, CA
February 15, 2020**



Jr. USA COMPETITIONS

2019 - 2020

USA REGIONALS

No prior qualification is required to compete. Regionals are local qualifying competitions for USA Jr. Nationals, as well as stand-alone events for those who wish to compete, but do not plan to attend the USA Jr. Nationals event.

USA CLASSICS

No prior qualification is required to compete. Classics are qualifying competitions for USA Jr. Nationals, as well as stand-alone events. Competitors receive a commemorative item. Trophies are awarded to top teams and "champion" pins to first place teams.

USA OPENS

No prior qualification is required to compete. These are independent events that have no implication for, and/or relation to USA Jr. Nationals. Competitors receive a commemorative item. Trophies are awarded to top teams. Champions receive an exclusive event T-shirt and "Champion" banner for divisions with 2 or more teams.

USA GAME DAY CHAMPIONSHIPS

February 15, 2020
The USA is proud to recognize "game day" skills for jr. high, high school, and college teams, as they take the floor in Anaheim, CA. Competing in one, two or three different divisions, this unique event allows teams to go from the sidelines to the competition arena, as they encourage crowd participation and celebrate the skills of cheerleading and song/pom. No previous qualification is required to attend this event.

USA JR. NATIONALS

February 16, 2020
Prior qualification through a USA Regional competition, Classic competition or other sanctioned event/process required in order to attend. All performers receive a participation trading pin (or other commemorative item) and sponsorship "give-aways." Trophies are awarded to the top teams in each division. Individual medallions are awarded to the 1st, 2nd and 3rd place teams in each division. An exclusive "Champion" gift is awarded to the first place competitors in each division and a "Champion" banner awarded to the first place team in each division.



ARIZONA

November 16, 2019

Spirit Regional

Estrella Foothills HS

Goodyear, AZ

SC | SP | GD

Qualifier for Jr. Nationals

December 7, 2019

Spirit Regional

Deer Valley HS

Glendale, AZ

SC | SP | GD

Qualifier for Jr. Nationals

January 25, 2020

Arizona Open

Chaparral HS

Scottsdale, AZ

SC | SP

Not a qualifier for Jr. Nationals

CALIFORNIA

October 12, 2019

Spirit Regional

Santa Cruz Boardwalk

Santa Cruz, CA

SC | SP | GD

Qualifier for Jr. Nationals

November 2, 2019

Spirit Regional

Clovis North HS

Fresno, CA

SC | SP | GD

Qualifier for Jr. Nationals

November 9, 2019

Spirit Regional

Merrill West HS

Tracy, CA

SC | SP | GD

Qualifier for Jr. Nationals

November 16, 2019

Spirit Regional

Vista Del Lago HS

Folsom, CA

SC | SP | GD

Qualifier for Jr. Nationals

November 23, 2019

Spirit Regional

Summit HS

Fontana, CA

SC | SP | GD

Qualifier for Jr. Nationals

December 7, 2019

Spirit Regional

University HS

Irvine, CA

SC | SP | GD

Qualifier for Jr. Nationals

December 14, 2019

Spirit Regional

James Logan HS

Union City, CA

SC | SP | GD

Qualifier for Jr. Nationals

December 14, 2019

Spirit Regional

Brea Olinda HS

Brea, CA

SC | SP | GD

Qualifier for Jr. Nationals

January 11, 2020

Spirit Regional

Deer Valley HS

Antioch, CA

SC | SP | GD

Qualifier for Jr. Nationals

January 11, 2020

Spirit Regional

Yorba Linda HS

Yorba Linda, CA

SC | SP | GD

Qualifier for Jr. Nationals

January 18, 2020

Spirit Regional

Agoura HS

Agoura, CA

SC | SP | GD

Qualifier for Jr. Nationals

January 18, 2020

Spirit Regional

Tustin HS

Tustin, CA

SC | SP | GD

Qualifier for Jr. Nationals

January 18, 2020

Spirit Regional

Elsinore HS

Wildomar, CA

SC | SP | GD

Qualifier for Jr. Nationals

COLORADO

November 2, 2019

Rocky Mountain Classic

Legacy HS

Broomfield, CO

SC | GD

Qualifier for Jr. Nationals

NEVADA

January 11, 2020

Vegas Classic

Desert Oasis HS

Las Vegas, NV

SC | SP | GD

Qualifier for Jr. Nationals

February 8, 2020

Nevada Open

UNLV

Las Vegas, NV

SC | SP

Not a Qualifier for Jr. Nationals

UTAH

December 7, 2019

Spirit Regional

Cottonwood HS

Murray, UT

SC | SP | GD

Qualifier for Jr. Nationals

January 18, 2020

Spirit Regional

Timpvieview HS

Provo, UT

SC | SP | GD

Qualifier for Jr. Nationals

Looking for new and/or different ways to showcase your cheer team? Check out the USA website for the **USA Game Day** divisions at usa.varsity.com

These divisions put a spotlight on sideline-type performances with shorter routine length and an emphasis on execution and game day practicality.

No event in your area? Qualify by video. Email usacompetitions@varsity.com to request a video entry form

Visit usa.varsity.com for the most accurate and up to date

LEGEND:

SC - Show Cheer

SP - Song/Pom

GD - Game Day

**It's time to show-off
your sideline skills and
showcase your ability
to lead the crowd!**



**Learn more about the
USA Game Day divisions,
rules and scoring at
usa.varsity.com**

This season, take the stage in any of our USA **CHEER or **SONG** Game Day divisions at a USA one-day competition or the 2020 USA Game Day Championships! These divisions shine a spotlight on sideline and crowd engaging performances with shorter routine lengths and an emphasis on execution and Game Day practicality.**

2019 - 2020 USA Game Day Divisions

CHEERLEADING DIVISIONS

- Band Chant
- Fight Song
- Situational Sideline / Crowdleading Cheer

SONG / POM DIVISIONS

- Band Chant
- Fight Song
- Performance Routine
- Game Day "All-In-One" Performance

Division limitations, Game Day rules and scoring information available on usa.varsity.com

ARIZONA

November 16, 2019
USA Spirit Regional
Estrella Foothills HS - Goodyear, AZ

December 7, 2019
USA Spirit Regional
Deer Valley HS - Glendale, AZ

CALIFORNIA

October 12, 2019
USA Spirit Regional
Santa Cruz Beach Boardwalk
Santa Cruz, CA

November 2, 2019
USA Spirit Regional
Clovis North HS - Fresno, CA

November 9, 2019
USA Spirit Regional
Merrill West HS - Tracy, CA

November 16, 2019
USA Spirit Regional
Vista Del Lago HS - Folsom, CA

November 23, 2019
USA Spirit Regional
Summit HS - Fontana, CA

December 7, 2019
USA Spirit Regional
University HS - Irvine, CA

December 14, 2019
USA Spirit Regional
James Logan HS - Union City, CA

December 14, 2019
USA Spirit Regional
Brea Olinda HS - Brea, CA

January 11, 2020
USA Spirit Regional
Deer Valley HS - Antioch, CA

January 11, 2020
USA Spirit Regional
Yorba Linda HS - Yorba Linda, CA

January 18, 2020
USA Spirit Regional
Agoura HS - Agoura Hills, CA

January 18, 2020
USA Spirit Regional
Tustin HS - Tustin, CA

January 18, 2020
USA Spirit Regional
Elsinore HS - Wildomar, CA

COLORADO

November 2, 2019
USA Rocky Mountain Classic
Legacy HS - Broomfield, CO

NEVADA
January 11, 2020
USA Las Vegas Classic
Desert Oasis HS - Las Vegas, NV

UTAH

December 7, 2019
USA Spirit Regional
Cottonwood HS - Murray, UT

January 18, 2020
USA Spirit Regional
Timpview HS - Provo, UT

**Don't miss the opportunity to put your
Game Day training to the **ULTIMATE** test at the
2020 USA Game Day Championships!**



Visit usa.varsity.com for more information!

**2020 USA Game Day Championships
Anaheim Convention Center, Anaheim, CA
February 15, 2020**



ONE-DAY REGISTRATION POLICY & FEES:

Early Bird Registration Fee: The registration must be paid in full 21 days or more prior to the event for which you wish to register to lock in the early bird rate.

On-Time Registration Fee: The on-time registration fee will apply to those registrations paid in full **8-20 days** prior to the event for which you wish to register. **New registrations will not be accepted the week of the event. Competitions may close to additional participants at any time, including before the “Early Bird” registration/entry deadline.**

Forms of payment accepted: school purchase order, school check, money order, cashier's check and/or credit card. Personal checks, organizational checks, cash or individual payments are not accepted. The school name must appear on the PO. School purchase orders must be paid in full at least 5 days prior to the event. Teams will be responsible for the full registration fees for cancellations past the refund deadline, regardless of payment status, and/or “no shows” on the day of the event.

Requests for refunds, transfers of registration fees (registration fees may be transferred only once and registration fee transfers may not be split) or category/division changes will be accommodated only if notice is submitted in writing 10 days or more prior to the affected event. After that time, all funds become non-transferable and non-refundable. Teams are responsible for the full registration fee(s) for cancellations past the refund deadline, regardless of payment status.

TEAM ONSITE REGISTRATION INFORMATION: All teams should report to the registration table no later than 45 minutes prior to the beginning of the division in which they are competing. Two free passes will be allotted to each school/group for advisors/coaches at registration. Additional tickets for advisors, coaches, team alternates and/or “routine spotters” may be purchased at the event with cash only. **Team registration fees only cover those athletes taking the performance floor.**

You will need to submit an alphabetized list of all participating students as well as a signed USA participant release and waiver form (school and rec teams) for each participating student. **WE ASK THAT ALL RELEASE AND WAIVER FORMS PLEASE BE ALPHABETIZED.**

2020 NATIONALS REGISTRATION PROCESS

STEP 1 – UPDATE YOUR TEAMS’ MASTER ROSTER

Before you begin your Nationals Registration, please ensure your Master Roster is up-to-date. This will help ensure the Nationals registration process go smoothly.

Your Master Roster should consist of all the participant/athletes on the team and your coaches. Please do not include parents, principals, etc. They can be added during the Event Roster portion of the registration process.

Before you update your roster, please ensure you have all your participants names, gender, and date of birth.

To update your Master Roster, follow these easy steps:

- 1) Log into your myVarsity.com account
 - If you need help with your log in, contact the USA office at 800-886-4872 or info@usacamps.com
 - Ensure all the teams that you are registering are listed, if not, please contact the USA office.
- 2) Access your Master Roster by clicking on the arrow beside your name in the upper right-hand corner and selecting **MASTER ROSTER**.
- 3) Ensure that all the teams under your account are all up to date:
 - To move an athlete from one squad or another (e.g. JV to Varsity, Freshman to JV, etc.), click on Edit under Actions and then assign their Role as Athlete/Team Member under the new squad. Then delete them off the old squad.
 - To add a new squad member, click on Create New People. Enter all the information and click on save.
 - If you receive an error that someone is already set up, please contact the USA Office so we can assign that person to the appropriate squad. Please do not change the spelling of the person’s name or change their birthdate so that they are accepted by the system.
 - To upload the entire squad, please click on Upload People in Bulk and follow the directions.
 - To remove an athlete, click on Delete under Actions
- 4) Once you are done, double check each team to make sure the Master Roster is correct.

STEP 2 – DOWNLOAD THE SUPPLEMENTAL REGISTRATION PACKET (SRP)

Download the Supplemental Registration Packet (SRP). This document will have all the event information you need as well as a check list to ensure you Nationals’ registration is complete. The SRP is located at

2020 NATIONALS REGISTRATION PROCESS CONT'D.

STEP 3 – READ OR VIEW THE STEP BY STEP INSTRUCTIONS FOR REGISTERING FOR JR. SPIRIT NATIONALS

Download the “How to Register for Nationals” document or watch the video for a step-by-step guide on how to enter your Nationals’ registration. The document and video links are located at http://bit.ly/2020_USAJrNationals

STEP 4 – REGISTER FOR JR. SPIRIT NATIONALS

Access the registration link in the SRP located here: http://bit.ly/2020_USAJrNationals
Please note that the Jr. Spirit Nationals event **will not** appear on the competition portal.

STEP 5 – USE THE JR. SPIRIT NATIONALS CHECK LIST

Use the Jr. Spirit Nationals check list located in the SRP to ensure that all payment and paperwork deadlines are met.

STEP 6 – CALL THE USA OFFICE FOR ASSISTANCE

If you need assistance registering for Jr. Spirit Nationals, please reach out to the USA office at 800-886-4872 or info@usacamps.com for assistance. We are here to help!!

2020 GAME DAY CHAMPIONSHIPS ENTRANCE FEES

Team Entrance Fee (all teams/performance must purchase a team/performance entrance fee). To register for the 2020 USA Game Day Championships, log on to MyVarsity.com and select USA Game Day Championships.

Game Day Performance	Early Bird Fee (Paid by 1/24/2020)	On-Time Fee (Paid starting 1/25/2020)
1 st Performance	\$245 per performance	\$295 per performance
2 nd Performance	\$210 per performance	\$260 per performance
3 rd Performance	\$210 per performance	\$260 per performance
4 th Performance*	\$210 per performance	\$260 per performance

*Song/Pom teams only



A VARSITY SPIRIT BRAND

2019 – 20 JR. SPIRIT NATIONALS SCHOOL BASED DIVISIONS

USA Jr. Nationals School-Based Divisions for 2019-2020

Show Cheer -- Advanced

Elementary	• 6th Grade and Younger	• Female/Male	• 6 - 36 Members
Jr. High	• 9th Grade and Younger	• Female (0-1 Male)	• 6 - 36 Members
Jr. High Co-Ed	• 9th Grade and Younger	• Female (2+ Males)	• 6 - 36 Members

Show Cheer -- Non-Tumbling

Jr. High	• 9th Grade and Younger	• Female/Male	• 6 - 36 Members
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Show Cheer -- Intermediate

Jr. High	• 9th Grade and Younger	• Female (0-1 Male)	• 6 - 36 Members
Jr. High Co-Ed	• 9th Grade and Younger	• Female (2+ Males)	• 6 - 36 Members

Show Cheer -- Novice

Elementary	• 6th Grade and Younger	• Female/Male	• 6 - 36 Members
Jr. High	• 9th Grade and Younger	• Female (0-1 Male)	• 6 - 36 Members
Jr. High Co-Ed	• 9th Grade and Younger	• Female (2+ Males)	• 6 - 36 Members

Song/Pom

Elementary	• 6th Grade and Younger	• Female/Male	• 5 - 23 Members
Jr. High	• 9th Grade and Younger	• Female/Male	• 5 - 23 Members

Group Stunt

Jr. High - Novice	• 9th Grade and Younger	• All Female or All Male	• 4 - 5 Members
Jr. High - Advanced	• 9th Grade and Younger	• All Female or All Male	• 4 - 5 Members

The United Spirit Association reserves the right to add, delete, combine and/or split divisions in the interest of competition.

All male teams would compete under the "Co-Ed" division if offered.

See grid below for division splits by team size:

Small Show Cheer	• 6 - 16 Members
Medium Show Cheer	• 17 - 20 Members
Large Show Cheer	• 21 - 36 Members

Show Cheer divisions will be split by size once there are 10 teams (Non-Nationals)/(Nationals) in the division. There must be at least 3 teams in each division once a split occurs to keep the divisions separated by size.

See grid below for division splits by team size:

Small Song/Pom	• 5 - 9 Members
Large Song/Pom	• 10 - 23 Members

Song/Pom divisions will be split by size once there are 10 teams (Non-Nationals)/(Nationals) in the division. There must be at least 3 teams in each division once a split occurs to keep the divisions separated by size.

Rev. 6/20/19

2019 – 20 JR HIGH/MIDDLE SCHOOL COMPETITIONS GENERAL INFORMATION

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 Jr. 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 older than 9th 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, and/or age group. [i.e. 1) Small and Large Jr. High Show Cheer divisions 2) Show Cheer Novice and Show Cheer Advanced categories 3) Jr. High Show Cheer Novice and Elementary Show Cheer Novice]. The penalty for this violation will be disqualification of one of the routines.

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 – 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 cannot have 2 teams in the same category type. i.e. Jr. High Show Cheer Advanced and Jr. High Show Cheer Novice divisions. The penalty for this violation will be disqualification of one of the routines. Only exception is Group Stunt (Advanced and Novice).

A school cannot have 2 teams in the same division. i.e. 2 teams in Jr. High Song/Pom. The penalty for this violation will be disqualification of one of the routines.

All teams must represent a Jr. High/Middle School. 9th grade team representing a high school may not compete in the Jr. High/Middle School categories/divisions.

Categories may not be divided if there are less than 10 teams competing in that division. If there are 10 or more teams entered, the category is usually divided at the discretion of competition officials into Small and Large accordingly, with team size for each division to be determined from the registration for that particular event. (The team sizes used for this split may differ from those used at the 2020 Junior Nationals.)

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.

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. Any team traveling with a video crew may be disqualified.

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.

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.

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 songleading/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 Jr. Nationals and Opens, a 3-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 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 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 Jr. High/Middle School Teams Show Cheer and Group Stunt Division Limitations and the 2019-20 USA Song/Pom and Pep/Short Flag Safety Rules. 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

Timing will begin on the first note of music, the first word of the cheer, 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.

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.)

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.

GENERAL INFORMATION CONT'D.

PENALTIES CONT'D.

C) Performance Order/Division Changes

Preliminary competition schedules will be posted on the usa.Varsity.com website by 5:00 p.m. (PST) 10 days prior to your competition date. It is the advisor'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, 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.

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.

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 tails facing down and should not fall over the forehead into the participants' eyes or block the view of the participant while performing.

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.

PENALTIES CONT'D

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.

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 tails 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 usa.varsity.com for a complete listing of the following:

2019-20 USA Junior Spirit Nationals Divisions

2019-20 Jr. High/Middle 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

SHOW CHEER – ADVANCED

NUMBER ON TEAM

6-36 members

DIVISIONS

Refer to division grid at usa.varsity.com

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, spellouts, 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 apply for this category.

TOTAL ROUTINE TIME LIMIT

2 ½ minutes maximum

SHOW CHEER – INTERMEDIATE

NUMBER ON TEAM

6-36 members

DIVISIONS

Refer to division grid at usa.varsity.com

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, spellouts, 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 Jr. High/Middle School Teams Show Cheer and Group Stunt Division Limitations document.

SPECIALTY SKILL RESTRICTIONS

There are additional stunting and tumbling restrictions in this division. Please refer to the 2019-20 Jr. High/Middle 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

SHOW CHEER – NOVICE

NUMBER ON TEAM

6-36 members

DIVISIONS

Refer to division grid at usa.varsity.com

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, spellouts, 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 Jr. High/Middle School Teams Show Cheer and Group Stunt Division Limitations document.

SPECIALTY SKILL RESTRICTIONS

There are additional stunting and tumbling restrictions in this division. Please refer to the 2019-20 Jr. High/Middle 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

SHOW CHEER – NON-TUMBLING

NUMBER ON TEAM

6-36 members

DIVISIONS

Refer to division grid at usa.varsity.com

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, spellouts, 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 $\frac{3}{4}$ 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 RESTRICTIONS

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

TOTAL ROUTINE TIME LIMIT

2 $\frac{1}{2}$ minutes maximum

SONG/POM

NUMBER ON TEAM

5-23 members

DIVISIONS

Refer to division grid at usa.varsity.com

ROUTINE PROCEDURE

A song/pom 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.

SPECIALTY SKILL RETRICTIONS

There are no additional restrictions besides those listed in the 2019-20 USA Song/Pom and Pep/Short Flag Safety Rules that apply for this category

TOTAL ROUTINE TIME LIMIT

2 ½ minutes maximum

SONGLEADER/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.

SONG/POM

NUMBER ON TEAM

5-23 members

DIVISIONS

Refer to division grid at usa.varsity.com

ROUTINE PROCEDURE

A song/pom 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.

SPECIALTY SKILL RETRICTIONS

There are no additional restrictions besides those listed in the 2019-20 USA Song/Pom and Pep/Short Flag Safety Rules that apply for this category

TOTAL ROUTINE TIME LIMIT

2 ½ minutes maximum

SONGLEADER/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.

CATEGORIES/DIVISIONS RULES CONT'D.

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 apply for this category.

TOTAL ROUTINE TIME LIMIT

1 minute maximum

GROUP STUNT – NOVICE

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 “Novice” division:

SPECIALTY SKILL RETRICTIONS

There are additional stunting and tumbling restrictions in this division. Please refer to the 2019-20 Jr. High/Middle 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 Jr. High/Middle School Teams Show Cheer and Group Stunt Division Limitations, 2019-20 USA Song/Pom/Pep Flag Safety Rules.

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(s) in question
4. Do not send the entire routine, only the skill(s) in question
5. Include your name, team name, competitive division, 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 review.

All rules and division limitations may be downloaded at usa.varsity.com

For specific cheerleading stunt and safety questions that pertain to the USA Cheer/AACCA School Cheerleading Safety Rules, or to the 2019-20 Jr. High/Middle School Teams Show Cheer and Group Stunt Division Limitations please call Cheryl Moon at 1-800-886-4872 ext. 2039 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 please call Carina Clendenin at 1-800-886-4872 ext. 2023 or e-mail Cclendenin@varsity.com.

2019 – 20 JR. HIGH/MIDDLE SCHOOL SHOW CHEER AND GROUP STUNT DIVISION LIMITATIONS

In addition to all rules covered in the “2019-20 USA Cheer/AACCA School Cheer Safety Rules” the following restrictions also apply to teams entering these divisions:

Show Cheer – Novice and/or Group Stunt - Novice
Show Cheer – Intermediate
Show Cheer – Non-Tumbling
Show Cheer – Advanced and/or Group Stunt - Advanced

There have been changes from the 2018-19 rules. Please read all restrictions carefully.

SHOW CHEER -- **NOVICE** Division Limitations

TUMBLING

- **Standing tumbling**: limited in difficulty to a single standing back handspring. Jump/handspring combinations and series handsprings are not allowed. For example, standing tucks and/or aerials are not allowed.
- Standing tumbling is defined as any tumbling skill not originating from a cartwheel or round-off.
- **Running tumbling**: limited in difficulty to front and/or back handspring series. Skills including, but not limited to, the following are not permitted: flips (tucks), aerials, punch fronts, etc.
- Running tumbling is defined as tumbling that involves a forward step or a hurdle used to gain momentum as an entry to a tumbling skill.

DIVISION LIMITATIONS CONT'D.

STUNTS (SHOW CHEER NOVICE CONT'D)

1. Extended stunts are limited to both feet in the base(s) hands at all times. Both of the top person's feet must be held throughout the entire transition to/from the extended position. Exception: Straight bump-down dismounts are allowed as part of a pyramid dismount.
2. Single leg stunts may not be held or pass through an extended position.
3. Twisting stunt transitions are limited to a ½ twist. Exception: A single full twisting log/barrel roll is allowed as long as it starts and ends in a cradle position, does not involve any skill other than the twist, and is not assisted by and/or connected to another top person.
4. All release moves must land in a cradle.
5. The only stunt inversions allowed are:
 - a. Transitions from ground level inversions *up* to non-inverted positions. Example: Going from a handstand on the ground to a non-inverted stunt such as a shoulder sit is allowed.
 - b. Suspended forward rolls where two people on the performing surface control the top person in a suspended forward roll with continuous hand-to-hand contact to a stunt, two person cradle, loading position, or the performing surface. If caught in a cradle, load, or stunt, the new catchers must be in place and may not be involved in any other skill when the suspended forward roll is initiated. During the roll, the feet of the top person must be released.
 - c. Dismounts to the performing surface from waist level stunts. Example: Waist level prone to forward roll dismount or cradle position to back walkover dismount.

PYRAMIDS

1. All single leg extended stunts must be braced by two top persons at prep level or lower. The braced connection must be established at prep level or lower before the stunt passes into the extended level, and constant contact between the top person and the bracers must be maintained while the top person is on one leg above prep level.
2. Any time a top person is released by bases during a pyramid transition, the top person must be braced by two top persons at prep level or below with hand-arm connection only and constant contact between the top person and the bracers must be maintained throughout the transition.
3. Twisting pyramid transitions are limited to a ½ twist.
4. Pyramid inversions are not allowed.

DISMOUNTS

"Dismount" is defined as the movement of a top person from a stunt and/or pyramid to a cradle position or to the performing surface.

- Only straight pop downs/bump downs, basic straight cradles, ¼ turn dismounts, and dismounts from waist level inversions are allowed. All other dismounts are prohibited.

TOSSES

Tosses are not allowed

DIVISION LIMITATIONS CONT'D.

SHOW CHEER -- INTERMEDIATE Division Limitations

TUMBLING

- Standing Tumbling: limited in difficulty to a standing back handspring series and/or jump/handspring(s) combination. Tucks and/or aerials are not allowed. For example, a standing back tuck or standing back handspring back tuck is not allowed.
- Standing tumbling is defined as any tumbling skill not originating from a cartwheel or round-off.
- Running Tumbling: limited in difficulty to tucks. Round off back tucks and round off back handspring back tucks are examples of skills that are allowed. Aerial cartwheels are also allowed. Punch fronts are not allowed. Cartwheel tucks, cartwheel tucked flips and/or cartwheel back handspring(s) tucks are not allowed. The following types of advanced running tumbling skills are prohibited: X-outs, layouts, full twists, etc. No tumbling is allowed after a tuck (flip) or aerial skill.
- Running tumbling is defined as tumbling that involves a forward step or a hurdle used to gain momentum as an entry to a tumbling skill.

STUNTS

1. Extended single leg stunts are allowed.
2. Only a ½ twist is allowed to any extended single leg stunt.
3. All other twisting transitions may not exceed 1 twisting transition.
4. Stunt release moves must start at or below prep level and must be caught at prep level or below. Release moves may not pass above the base's/bases' extended arm level.

PYRAMIDS

1. All pyramid twisting transitions must follow all dismount and stunt twisting transition rules.
2. Pyramid inversions: A braced forward or backward flip is allowed while adhering to the "USA Cheer/AACCA School Cheer Safety Rules" rules on braced flips; however, two bracers are required, no twisting is allowed, and the flip must end in a cradle dismount or cradle transition position.
3. Extended single leg stunts may not be braced by other extended single leg stunts.

DISMOUNTS

"Dismount" is defined as the movement of a top person from a stunt and/or pyramid to a cradle position or to the performing surface.

1. Single leg extended stunts (liberty, heelstretch, arabesque, scorpion, etc.) are only allowed up to ¼ twist.
2. Up to 1 twist is allowed from a platform position.
3. Up to 1¼ twists are allowed from any two leg stunts.

TOSSES

Tosses are not allowed

DIVISION LIMITATIONS CONT'D.

SHOW CHEER– **NON-TUMBLING** Division Limitations

Non-Tumbling Advanced teams will follow the “2019-20 USA Cheer/AACCA School Cheer Safety Rules” with additional tumbling skill restrictions for the division.

STANDING/RUNNING TUMBLING

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 $\frac{3}{4}$ suspended roll dismount is allowed.

TOSSES

Tosses are not allowed

SHOW CHEER AND/OR GROUP STUNT -- **ADVANCED** Division Limitations

Advanced teams will follow the “2019-20 USA Cheer/AACCA School Cheer Safety Rules” with the following additional skill restriction for the division.

TOSSES

Tosses are not allowed

JR. HIGH/MIDDLE SCHOOL SHOW CHEER SCORING RANGES (1/4)

2019-20 JUNIOR HIGH/MIDDLE SCHOOL

SHOW CHEER



STUNTS - SCORING RANGES

If "most" of team do not perform synchronized skill, score drops into the range directly below.

Refer to Stunt Quantity Chart for clarification of "most."

Synchronized - exact same skill(s) at the exact same time.

***Note:** required dismount only implemented here, not in pyramid section.

NOVICE	INTERMEDIATE	ADVANCED	NON-TUMBLING
7.0 - 8.0 Extension preps	7.0 - 8.0 Extensions OR one leg stunt variations at prep level	7.0 - 8.0 Extensions AND one leg variations at prep level AND *Required dismount: straight ride cradle	7.0 - 8.0 Extensions AND one leg variations at prep level AND *Required dismount: straight ride cradle
8.0 - 9.0 Extensions OR one leg stunt variations at prep level	8.0 - 9.0 Extensions AND one leg variations at prep level AND *Required dismount: straight ride cradle	8.0 - 9.0 Extended one leg stunt AND *Required dismount: single twist cradle from two leg extended stunt OR single twist cradle from one leg stunt at prep level.	8.0 - 9.0 Extended one leg stunt AND *Required dismount: single twist cradle from two leg extended stunt OR single twist cradle from one leg stunt at prep level.
9.0 - 10.0 Extensions AND one leg stunt variations at prep level AND *Required dismount: straight ride cradle	9.0 - 10.0 Extended one leg stunt AND *Required dismount: single twist cradle from two leg extended stunt OR single twist cradle from one leg stunt at prep level.	9.0 - 10.0 Elite Skill * AND *Required dismount: single twist cradle from one leg extended stunt	9.0 - 10.0 Elite Skill * AND *Required dismount: single twist cradle from one leg extended stunt

TECHNIQUE RANGES	DRIVERS	ELITE SKILLS*
3.5 - 4.0 Less than 50% of skills were executed with excellent precision and form.	Degree of Difficulty	Elite stunt skills include (but are not limited to): Full up to extended position
4.0 - 4.5 50% of skills were executed with excellent precision and form.	Percentage of Team Participation	Release move to an extended position
4.5 - 5.0 75% or more of skills were executed with excellent precision and form.	Combination of Skills/Variety	Tick tock variations
	Pace and Speed of Skills	Toss to extended stunts
		Extended stunt sequence performed by a single base, unassisted

Revised 5/14/19

JR. HIGH/MIDDLE SCHOOL SHOW CHEER SCORING RANGES (2/4)

2019-20 JUNIOR HIGH/MIDDLE SCHOOL

SHOW CHEER

USA Spirit
Competitions

PYRAMIDS - SCORING RANGES

AACCA Pyramid Definition: "connected partner stunts" (*Example:* paper dolls).

Basic pyramid - includes limited complex transitions, structures, entrance and/or dismount variety.

Maxed-out pyramid – could include multiple complex transitions, several structures, and a variety of entries and/or dismounts, etc.

***Note:** required stunt dismount NOT implemented here, only in stunt section.

NOVICE, INTERMEDIATE, ADVANCED & NON-TUMBLING

3.0

Basic pyramid

3.0 - 4.0

Maxed-out pyramid

4.0 - 5.0

Basic AND maxed-out pyramid

TECHNIQUE RANGES

3.5 – 4.0

Less than 50% of skills were executed with excellent precision and form.

4.0 – 4.5

50% of skills were executed with excellent precision and form.

4.5 – 5.0

75% or more of skills were executed with excellent precision and form.

DRIVERS

Degree of Difficulty

Percentage of Team Participation

Combination of Skills/Variety

Pace and Speed of Skills

Revised 5/14/19

JR. HIGH/MIDDLE SCHOOL SHOW CHEER SCORING RANGES (3/4)

2019-20 JUNIOR HIGH/MIDDLE SCHOOL

SHOW CHEER

USA Spirit
Competitions

TUMBLING - SCORING RANGES

If 50% or "half" of team do not perform synchronized skill, score drops into the range directly below.

Synchronized - exact same skill(s) at the exact same time. *Example: Synchronized* = 50% of the team does a back handspring at the exact same time.

Not synchronized = 25% of the team does a back handspring, other 25% does backhandspring into a back tuck.

***Note:** Tumbling passes must land on both feet to receive credit for ranges. *Example:* Back handsprings which land in prone position would not count.

***Note:** To get into a range, tumbling is not cumulative.

NOVICE

2.0 - 3.0

Forward roll
Cartwheel

3.0 - 4.0

Round off
Front/Back walkover

4.0 - 5.0

Standing back handspring
Round off back handspring

INTERMEDIATE

2.0 - 3.0

Cartwheel
Round off
Front/Back walkover

3.0 - 4.0

Standing back handspring
Round off back handspring

4.0 - 5.0

Round-off BHS back tuck(s)
Round-off tuck(s)
Standing BHS series
Jump(s)/BHS combinations

ADVANCED

2.0 - 3.0

Cartwheel/Round off
Front/Back walkover
Standing back handspring
Round off back handspring

3.0 - 4.0

Round-off BHS back tuck(s)
Round-off tuck(s)
Standing BHS series
Jump(s)/BHS combinations

4.0 - 5.0

Layouts
Standing back tuck
Standing BHS back tuck(s)
Standing BHS to tuck/layout/full
Round off to layout/full
Round off BHS to layout/full
Jump(s)/tuck or tuck combinations

TECHNIQUE RANGES

3.5 - 4.0

Less than 50% of skills were executed
with excellent precision and form.

4.0 - 4.5

50% of skills were executed with
excellent precision and form.

4.5 - 5.0

75% or more of skills were executed
with excellent precision and form.

DRIVERS

Degree of Difficulty

Percentage of Team Participation

Combination of Skills/Variety

Pace and Speed of Skills

Creativity

Both standing and running tumbling
skills will be considered.

Revised 5/14/19

JR. HIGH/MIDDLE SCHOOL SHOW CHEER SCORING RANGES (4/4)

2019-20 JUNIOR HIGH/MIDDLE SCHOOL

SHOW CHEER

USA Spirit
Competitions

JUMPS - SCORING RANGES

If 75% or "most" of team do not perform synchronized skill, score drops into the range directly below.

Jump Combination - Jumps connected with continuous movement, using either a whip or prep approach (NO PAUSE BETWEEN JUMPS).

Synchronized Jumps - exact same skill(s) at the exact same time. Roll off in jumps is not considered synchronized.

NOVICE, INTERMEDIATE, ADVANCED & NON-TUMBLING

2.0

Synchronized single jump

3.0

Synchronized double jump
combination with no variety

4.0

Synchronized double jump
combination with variety
OR
Synchronized triple jump
combination with no variety

5.0

Synchronized triple jump
combination with variety
OR
Synchronized triple jump
combination with no variety +1
additional synchronized jump

TECHNIQUE RANGES

3.5 – 4.0

Less than 50% of skills were executed
with excellent precision and form.

4.0 – 4.5

50% of skills were executed with
excellent precision and form.

4.5 – 5.0

75% or more of skills were executed
with excellent precision and form.

Revised 5/14/19

JR. HIGH/MIDDLE SCHOOL SHOW CHEER SCORESHEETS MUSIC SECTION

USA Spirit
Competitions

2019-2020 JUNIOR HIGH/MIDDLE SHOW CHEER SCORESHEET

MUSIC SECTION

TEAM NAME:

DIVISION:

ON TEAM

COMPOSITION/CHOREOGRAPHY	MAXIMUM VALUE	SCORE
<ul style="list-style-type: none"> - Innovative, Intricate, Visual Ideas - Pace/Flow - Formations - Transitions - Use of Floor 	5.0	(4.0 - 5.0)
TECHNIQUE/EXECUTION		
<ul style="list-style-type: none"> - Sharpness/Precision - Uniformity - Spacing - Timing/Synchronization 	5.0	(4.0 - 5.0)
DANCE		
<ul style="list-style-type: none"> - Creativity/Visual Effects - Variety - Footwork/Floor Work - Formations - Transitions - Technique/Perfection - Timing/Synchronization 	5.0	(4.0 - 5.0)
SHOWMANSHIP		
(ENTIRE ROUTINE) <ul style="list-style-type: none"> - Energy/Genuine Enthusiasm - Eye Contact - Confidence - Ability to Recover 	5.0	(4.0 - 5.0)
SCHOOL/ORGANIZATION REPRESENTATION		
(ENTIRE ROUTINE) Image, Performance Integrity, Sportsmanship, Appropriateness	5.0	(4.0 - 5.0)

COMMENTS:

SHOW CHEER SCORESHEET
MUSIC SECTION



TOTAL SCORE 25.0

JUDGE: _____

Revised 5/14/19

JR. HIGH/MIDDLE SCHOOL SHOW CHEER SCORESHEETS CHEER SECTION

USA Spirit Competitions

2019-2020 JUNIOR HIGH/MIDDLE SHOW CHEER SCORESHEET

CHEER SECTION

TEAM NAME:

DIVISION:

ON TEAM

PRACTICALITY	MAXIMUM VALUE	SCORE
<ul style="list-style-type: none"> - Crowd Involvement - Crowd Effective Material - Easy to Follow & Participate - Pace/Rhythm 	5.0	(4.0 - 5.0)
CROWD APPEAL/SHOWMANSHIP		
<ul style="list-style-type: none"> - Ability & Energy to Lead Crowd - Natural/Confident Eye Contact - Volume - Use of Voice 	5.0	(4.0 - 5.0)
INCORPORATION OF SKILLS		
<ul style="list-style-type: none"> - Proper Use of Skills to Lead Crowd - Effectiveness of Skills - Visual Appeal - Formations - Transitions 	5.0	(4.0 - 5.0)
USE OF PROPS		
<ul style="list-style-type: none"> - Effective Use of Signs, Flags, Banners, Poms, Megaphones, or Other 	5.0	(4.0 - 5.0)
TECHNIQUE/EXECUTION		
<ul style="list-style-type: none"> - Motion Sharpness/Precision - Uniformity - Spacing - Timing/Synchronization 	5.0	(4.0 - 5.0)

COMMENTS:

**SHOW CHEER SCORESHEET
CHEER SECTION**



TOTAL SCORE 25.0

JUDGE: _____

Revised 5/14/19

JR. HIGH/MIDDLE SCHOOL SHOW CHEER SCORESHEETS BUILDING SECTION

USA Spirit
Competitions

2019-2020 JUNIOR HIGH/MIDDLE SHOW CHEER SCORESHEET

BUILDING

TEAM NAME:

DIVISION:

ON TEAM

STUNTS	MAXIMUM VALUE	DIFFICULTY	MAXIMUM VALUE	TECHNIQUE EXECUTION
	10.0	(7.0 - 10.0)	5.0	(3.5 - 5.0)
PYRAMIDS				
	5.0	(2.0 - 5.0)	5.0	(3.5 - 5.0)

COMMENTS:

BUILDING CREATIVITY	MAXIMUM VALUE	SCORE
	5.0	(4.0 - 5.0)

DRIVERS - Stunts

- ☐ Degree of Difficulty
- ☐ % of Team Participation
- ☐ Combination of Skills/Variety
- ☐ Pace/Speed Skills

DRIVERS - Pyramids

- ☐ Degree of Difficulty
- ☐ % of Team Participation
- ☐ Combination of Skills/Variety
- ☐ Pace/Speed Skills

TOTAL SCORE 30.0

SHOW CHEER SCORESHEET

BUILDING

JUDGE 1:

JUDGE 2:

Revised 5/14/19



JR. HIGH/MIDDLE SCHOOL SHOW CHEER SCORESHEETS TUMBLING & JUMPS SECTION

USA Spirit Competitions 2019-2020 JUNIOR HIGH/MIDDLE SHOW CHEER SCORESHEET TUMBLING & JUMPS

TEAM NAME:

DIVISION:

ON TEAM

STANDING/RUNNING TUMBLING	MAXIMUM VALUE	DIFFICULTY	MAXIMUM VALUE	TECHNIQUE EXECUTION
	5.0	(2.0 - 5.0)	5.0	(3.5 - 5.0)
JUMPS				
	5.0	(2.0 - 5.0)	5.0	(3.5 - 5.0)

COMMENTS:

DRIVERS - Tumbling

- ☐ Degree of Difficulty
- ☐ % of Team Participation
- ☐ Combination Skills/Variety
- ☐ Pace/Speed Skills
- ☐ Creativity

TOTAL SCORE 20.0

SHOW CHEER SCORESHEET
TUMBLING & JUMPS

JUDGE

Revised 5/14/19



JR. HIGH/MIDDLE SCHOOL SHOW CHEER SCORESHEETS JUMPS (NON-TUMBLING) SECTION



2019-20 JUNIOR HIGH/MIDDLE SHOW CHEER SCORESHEET

JUMPS (NON-TUMBLING)

TEAM NAME:

DIVISION:

ON TEAM

JUMPS	MAXIMUM VALUE	DIFFICULTY	MAXIMUM VALUE	TECHNIQUE EXECUTION
	5.0	(2.0 - 5.0)	5.0	(3.5 - 5.0)

COMMENTS:

TOTAL SCORE 10.0

**SHOW CHEER SCORESHEET
JUMPS (NON-TUMBLING)**

JUDGE: _____

Revised 5/14/19



JR. HIGH/MIDDLE SCHOOL SHOW CHEER POINT DEDUCTION SHEET

2019-20 SCHOOL / YOUTH (REC) SHOW CHEER POINT DEDUCTION SHEET

Team Name	Division	Event
<div>T S P J</div> <div></div> <div>:00 - :15 Seconds</div>	<div>T S P J</div> <div></div> <div>:16 - :30 Seconds</div>	LEGEND T = Tumbling (N/A for Non-Tumbling Divisions) S = Stunt or Toss P = Pyramid J = Jump AF Individual Athlete 0.5 BB Building Bobble 0.5 BF Building Fall 1.0 MBF Major BF 1.5 MAX Maximum 2.0
<div>T S P J</div> <div></div> <div>:31 - :45 Seconds</div>	<div>T S P J</div> <div></div> <div>:46 Seconds - 1:00</div>	
<div>T S P J</div> <div></div> <div>1:01 - 1:15</div>	<div>T S P J</div> <div></div> <div>1:16 - 1:30</div>	
<div>T S P J</div> <div></div> <div>1:31 - 1:45</div>	<div>T S P J</div> <div></div> <div>1:46 - 2:00</div>	
<div>T S P J</div> <div></div> <div>2:01 - 2:15</div>	<div>T S P J</div> <div></div> <div>2:16 - 2:30</div>	
		COMMENTS 0.5 x ____ = ____ 1.0 x ____ = ____ 1.5 x ____ = ____ 2.0 x ____ = ____ TOTAL: ____

Judge's Name

Judge's Signature

Rev. 5/9/19

JR. HIGH/MIDDLE SCHOOL SONG/POM SCORESHEETS (1/2)



**2019-2020 SONG/POM
SCORESHEET**

TEAM NAME:

DIVISION:

ON TEAM

CHOREOGRAPHY	MAXIMUM VALUE	SCORE
USE OF POM/CREATIVITY - Pom Motions/Movement/Variety - Visual Effects - Musical Interpretation	15.0	
ROUTINE STAGING - Transitions/Continuity - Formations/Use of Floor	15.0	
TECHNICAL SKILLS/SPECIALTIES - Turns - Kicks - Leaps/Jumps - Use of Team	10.0	
EXECUTION		
POM TECHNIQUE - Control/Placement - Sharpness/Precision	15.0	
UNIFORMITY - Synchronization - Timing/Rhythm/Pace - Spacing	15.0	
TECHNICAL SKILLS/SPECIALTIES - Turns - Kicks - Leaps/Jumps - Overall Technique	10.0	
PERFORMANCE		
SHOWMANSHIP - Smiles/Protection - Energy/Enthusiasm - Eye Contact/Confidence - Recoveries	10.0	
OVERALL IMPRESSION Judge's impression of entire performance encompassing all scoresheet categories. This may also include elements such as: Appearance, Appropriateness, and Crowd Appeal.	10.0	

COMMENTS :

SONG/POM SCORESHEET



TOTAL SCORE 100.0

JUDGE: _____

Revised 8/27/18

JR. HIGH/MIDDLE SCHOOL SONG/POM SCORESHEETS (2/2)

Routine Procedure: A songleading/pom routine consists of visuals effects, synchronization, clean/sharp pom motions and technical skills (determined by level). 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.

Choreography (40)

Use of Pom/Creativity (15)

Pom motions/movement/variety - Variety of pom motions & dance movements incorporated effectively throughout the routine.

Visual effects - Use of visual effects, level changes, roll-offs, etc. to make routine more exciting and original.

Musical Interpretation - Music selection and appeal, should compliment choreography, movement and skills match with beats/hits in music. Sound effects should accentuate choreography not overpower it.

Routine Staging (15)

Transitions/Continuity - Smooth, clean transitions from element to element, throughout routine. Pace, visual effect and creativity of transitions will increase difficulty.

Formations/Use of Floor - Variety of formations and effective use of formation changes to increase excitement. Ability to utilize the performance area to reach the entire audience.

Technical Skills/Specialties (10)

Turns - Variety and incorporation of turns and turn sequences, ability to perform and execute them successfully, difficulty (determined by level) is also taken into consideration.

Kicks - Variety of kicks and how they are incorporated into routine.

Leaps/Jumps - Incorporation and variety of leaps and jumps, and how they are used to enhance routine, difficulty (determined by level) is also taken into consideration.

Use of Team - How many team members are used to perform skills listed above, looking for good utilization of the team overall.

Execution (40)

Pom Technique (15)

Control/Placement - Proper control, placement & completion of pom motions, angles and body positions.

Sharpness/Precision - Strong pom motions & dance movements that are crisp, clean and precise.

Uniformity (15)

Synchronization - How well a team dances together. The ability to be "in sync" and maintain accuracy of movement.

Timing/Rhythm/Pace - The ability to dance on beat with the music, avoiding going too fast or too slow.

Spacing - Centering and even positioning of formations and the ability to keep it consistent during transitions.

Technical Skills/Specialties (10)

Turns - Ability to use proper technique in execution of turns and turn sequences (spotting, body placement, balance).

Kicks - Ability to execute with proper technique, straight legs, pointed toes, even height, good extension and flexibility, timing and uniformity.

Leaps/Jumps - Ability to perform leaps & jumps with proper technique, good height in air and body position.

Overall Technique - Proper technique performed throughout routine by the team as a whole.

Performance (20)

SHOWMANSHIP (10)

Smiles/Projection - Nice smiles and facial projection, engaging the audience, naturalness.

Energy/Enthusiasm - Energy and enthusiasm maintained throughout performance.

Eye Contact/Confidence - Eye contact on the audience, not watching each other or looking down. Nice confidence, poise, sportsmanship.

Recoveries - Good recoveries, keeping showmanship strong even through mistakes.

OVERALL IMPRESSION (10)

Judge's impression of entire performance encompassing all scoresheet categories. This may also include elements such as: Appearance, Appropriateness, Crowd Appeal.

TOTAL POINTS POSSIBLE (100)

POINT SCALES:

15 Points:

10 Points:

Superior	14-15	Superior	9-10
Above Average	12-13	Above Average	7-8
Average	10-11	Average	5-6
Below Average	0-9	Below Average	0-4

2019-20 SAFETY RULES SONG/POM, SONG/JAZZ & PEP/SHORT FLAG SCHOOL & REC TEAMS

NOTE: Routines in these divisions must also follow the rules listed in “2019-20 High School Spirit (or Junior Spirit) General Information” and the “2019-20 High School Song/Pom and Pep/Short Flag Division Limitations.”

Blue indicates a change/update from the 2018-19 competition season.

GENERAL GUIDELINES

1. All participants agree to conduct themselves in a manner displaying good sportsmanship throughout the event. The coach of each team is responsible for seeing that team members, coaches, parents, and any other person affiliated with the team conduct themselves accordingly.
2. All programs should have, and review, an emergency action plan in the event of an injury.
3. Coaches must recognize the entire team’s particular ability level and limit the team’s activities accordingly.
4. No technical skills should be performed when a coach is not present or providing direct supervision.
5. All practice sessions should be held in a location suitable for the activities of dance, and away from noise and distractions.
6. Warm-up and stretching should precede and conclude all practice sessions, pep rallies, games, competitions, performances, and other physical activities.
7. The performance surface should be taken into consideration before engaging in any technical aspect of dance. The performance area should be reasonably free of obstructions. Dancers should not perform technical skills on:
 - a) Concrete, asphalt, or any other hard or uncovered surface
 - b) Wet surfaces
 - c) Uneven surfaces
 - d) Surfaces with obstructions
8. The dance team coach or other knowledgeable designated representative should be in attendance at all practices, functions, and games.

2019-20 SAFETY RULES SONG/POM, SONG/JAZZ & PEP/SHORT FLAG CONT'D.

COMPETITION ROUTINE GUIDELINES

1. For Song/Pom and Pep Flag divisions, a 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 or article of clothing adds to the overall effect and/or theme of the routine, it will be considered "costuming". (Exception: Costuming is allowed in the Jazz Category – Please refer to the USA Spirit Competitions General Information for more details on costuming).
2. **When standing at attention, apparel must cover the midriff (front of the body). If a violation occurs, a 3 point deduction will be incurred (Please refer to USA Spirit General Information, Penalties - Section D).**
3. All participants must wear soft-soled shoes on both feet while competing. Shoes must have a solid sole and cover the toe and heel. (Exception: Half-sole shoes and dance paws are acceptable in the Jazz category. **Please refer to the USA Spirit General Information, Penalties - Section D).**
4. Wearing "hard" jewelry is illegal, except when such items are securely affixed to a uniform or the hair and will not interfere with the safe execution of a dance/pom/twirling move
Exceptions:
 - a) Jewelry that is a part of a costume will be allowed in the Jazz Category.
 - b) Earrings that are a part of the uniform will be allowed in the Song/Pom Category.**
5. Support braces, etc., which are hard and unyielding or have rough edges or surfaces must be appropriately covered.
6. Props are not allowed. A prop is any physical object used to enhance the overall effect and or theme of the routine. (Exception: pom or pep/short flag)
7. **Hands Free Poms: The use of hands-free poms will be allowed. Hands-free Poms are specifically made so that performers do not have to hold the poms but rather the poms are affixed to the performers hand. "Proper use" means bars cannot be in palm of the hand and only an elastic band can be between the supporting hand and performance surface making it possible to safely execute skills. A hair tie, rubber band, or tying pom strings/pieces together will not be counted as a hands free pom.**

2019-20 SAFETY RULES SONG/POM, SONG/JAZZ & PEP/SHORT FLAG CONT'D.

EXECUTED BY INDIVIDUALS - INVERTED SKILLS & TUMBLING:

1. Inverted Skills: Non airborne skills are allowed (Example: Headstand).
2. Skills with hip over head rotation:
 - a) With hand support are not allowed while holding poms or props in supporting hand(s). (Exception: forward rolls, backward rolls **and the proper use of hands-free poms – See “Hands-Free Poms” section for details).**
 - b) Non airborne skills are allowed and are limited to 3 connected skills. Example: 3 consecutive cartwheels are allowed, 4 consecutive cartwheels are not allowed.
 - c) **Airborne skills with hand support may not be airborne in approach, but may be airborne in descent if the approach is non-airborne (clarification: a round off is allowed – hands touch the ground before the foot leaves the ground).**
 - d) Airborne skills without hand support are not allowed. (Exception: Aerial Cartwheel that is not connected to any other skill with hip over head rotation). Clarifications:
 - i. **If a team chooses to use hands free poms for aerial cartwheels and touches down during the skill, the poms MUST be flipped off of the palm of the hand, or a penalty will be assessed. Simply wearing the hands free poms for the aerial cartwheel does not make it legal if they are not used properly.**
 - ii. **If a team chooses to use NON- hands free poms for aerial cartwheels they MUST be moved to one hand. If a dancer touches down with the hand that holds both poms during the skill, a penalty will be assessed.**
3. Simultaneous tumbling over or under another dancer that includes hip over head rotation by both dancers is not allowed.
4. Dropping **(from being completely airborne)** to the knee, thigh, back, shoulder, seat, front or head onto the performing surface are not allowed unless the dancer first bears weight on the hand(s) or foot/feet.
5. Landing in a push up position onto the performance surface from a jump in which the legs are in front of the body and swing behind are not allowed.
6. Airborne skills without hip over head rotation may not jump from a standing or squatting position with backward momentum landing onto the neck, shoulders and hands.
 - a) Any kip up motion must initiate from the back/shoulder area touching the ground. (Note: This rule refers specifically and only to the “kip up”/”rubber band” skill.)
 - b) **Kip ups are not allowed while holding poms or props. The proper use of hands-free poms for kip ups is allowed.**

2019-20 SAFETY RULES SONG/POM, SONG/JAZZ & PEP/SHORT FLAG CONT'D.

EXECUTED BY GROUPS OR PAIRS - LIFTS AND PARTNERING:

1. Lifting with poms or pep/short flags is allowed.
2. The Executing Dancer must maintain contact with a Supporting Dancer who is in direct contact with the performance surface at all times. (Exception: Kick Line Leaps).
3. When a skill is above hip level, at least one Supporting Dancer must maintain contact with the Executing Dancer until the Executing dancer returns to the performance surface.
4. Hip over-head rotation of the Executing Dancer(s) is allowed provided:
 - a) Contact between the Executing Dancer and at least one Supporting Dancer(s) must be maintained until the Executing Dancer returns to the performance surface or is returning to the upright position.
 - b) The Executing Dancer is limited to one continuous [hip-over-head] rotation.
5. Elevators, thigh stands, shoulder sits, and chair sits are allowed. Extensions (see glossary for definition) are not allowed.
6. A Vertical Inversion is allowed provided:
 - a) Contact between the Executing Dancer and at least one Supporting Dancer(s) must be maintained until the Executing Dancer returns to the performance surface or is returning to the upright position.
 - b) When the height of the Executing Dancer's shoulders exceed shoulder-level there is at least one additional dancer to spot who does not bear the weight of the Executing Dancer. (Clarification: When there are 3 Supporting Dancers an additional spot is not required).

GROUPS & PAIRS - DISMOUNTS TO THE PERFORMANCE SURFACE (CLARIFICATION: MAY BE ASSISTED BUT NOT REQUIRED)

1. Dismounts are allowed provided:
 - a) At the highest point of the dismount, the Executing Dancer's hips may not elevate above head level and the Executing Dancer must land on their foot/feet.
 - b) The Executing Dancer's hips may not cross the vertical axis while airborne and inverted. (Clarification: while free of contact from both the performance surface and other performers.)
 - c) The Executing Dancer is not inverted when released.

Song/Pom, Song/Jazz and Pep Flag questions can be sent to Carina Clendenin at cclendenin@varsity.com or call (800) 886-4872 ext. 2023.

2019 – 20 GLOSSARY OF TERMS

SONG/POM, SONG/JAZZ & PEP/SHORT FLAG

SCHOOL & REC TEAMS

Note: This document provides terminology reference for the Song & Pep Flag Rule documents listed below:

- 2019-20 Spirit General Information for School & Rec Teams
- 2019-20 High School Song/Pom, Song/Jazz & Pep Flag Division Limitations
- 2019-20 Safety Rules for Song/Pom, Song/Jazz and Pep/Short Flag

Updates from the 2018-19 season are in blue.

Aerial Cartwheel: (airborne hip over head rotation skill without hand support) A skill which emulates a cartwheel executed without placing hands on the ground.

Airborne (Executed by Individuals, Groups or Pairs): A state in which the dancer is free of contact from a person and the performing surface.

Airborne Hip Over Head Rotation (Executed by Individuals): A tumbling skill in which the hips continuously rotate over the head and there is a moment of no contact with the performance surface (Example: Round Off or a Back Handspring).

Axel: (airborne skill with axis rotation) A turn in which the working leg makes a circle in the air to passé as the supporting leg lifts off the ground enabling the dancer to perform a rotation in the air and then lands on the original supporting leg.

Axis Rotation: An action in which a dancer rotates around his/her vertical or horizontal center.

Back Walkover: (non-airborne hip over head rotation skill with hand support) A skill in which the dancer moves backward into an arched position, with the hands making contact with the ground first, then rotates the hips over the head and lands on one foot/leg at a time.

Backward Roll: (non-airborne hip over head rotation skill with hand support) A skill in which the dancer rotates backward, rotating the hips over the head while curving the spine (a tucked position) to create a motion similar to a ball “rolling” across the floor.

Calypso [ka-lip-SO]: (airborne skill) A turning leap in which the working leg extends making a circle in the air as the supporting leg lifts off the ground enabling the dancer to perform a rotation in the air then the supporting (back) leg reaches behind the body, often in an attitude, and then lands on the original working leg.

Cartwheel: (non-airborne hip over head rotation skill with hand support) A skill where the dancer supports the weight of the body with the arm(s) while rotating sideways through an inverted position landing on one foot at a time.

GLOSSARY OF TERMS CONT'D.

Chassé [sha-SAY]: A connecting step in which one foot remains in advance of the other; meaning to chase.

Connected/Consecutive Skills: An action in which the dancer executes skills without a step, pause or break in between. (Example: Double Pirouette or Double Toe Touch)

Contact (Executed by Groups or Pairs): When two (or more) people physically touch each other. Touching hair and clothing does not qualify as contact.

Costuming: An accessory or an article of clothing that adds to the overall effect and/or theme of the routine.

Coupé [koo-PAY]: A position in which one foot is held lifted and close to the ankle. Also known as Coup de Pied: quickly takes the place of the other; meaning to cut or cutting.

Developpé [develop-AY]: An action in which the working leg moves through passé (bends) before extending into position; meaning to develop.

Dismount (executed by Groups or Pairs): An action in which the Executing Dancer(s) returns to the performance surface or upright position with or without assistance from a Supporting Dancer(s) with whom there was prior contact.

Dive Roll: (airborne hip over head rotation skill with hand support) A forward roll where the dancer's feet leave the ground before the dancer's hands reach the ground.

Drop: An action in which an airborne dancer lands on a body part other than his/her hand(s) or feet without first bearing weight on the hands/feet.

Elevated: An action in which a dancer is moved to a higher position or place from a lower one.

Elevator: When the top person is being held at shoulder level by the base(s). Also known as Extension Prep, Prep or Half.

Executing Dancer: A dancer who performs a skill as a part of Groups or Pairs who use(s) support from another dancer(s).

Extension: A fully-extended stunt above head level where the Executing Dancer stands with both legs locked out (shoulder-width apart) and one foot in each hand of the base (partner stunt) or each foot is held by a different base (group stunt).

Forward Roll: (non-airborne hip over head rotation skill with hand support) A skill in which the dancer rotates forward, rotating the hips over the head while curving the spine (a tucked position) to create a motion similar to a ball "rolling" across the floor.

Fouetté [foo-eh-TAY]: A turning step, usually done in a series, in which the working leg makes a circle in the air and then into passé as the dancer turns bending (plié) and rising (relevé) at each revolution; meaning to whip. Fouetté turns can also be done to the side or in second position (fouetté à la seconde).

GLOSSARY OF TERMS CONT'D.

Fouetté à la Seconde: A turning step done in a series in which the working leg makes a circle in the air and extends at a 90° angle from the supporting leg remaining parallel to the ground as the dancer turns with a plié and relevé at each revolution.

Front Aerial: (an airborne hip over head rotation skill without hand support) A skill which emulates a front walkover but is executed without placing hands on the ground.

Front Walkover: (a non-airborne hip over head rotation skill with hand support) A skill where the dancer moves forward with the hands making contact with the ground first, then rotates the hips over the head passing through an arched position and lands on one foot/leg at a time.

Glissade [glee-SOD]: A connecting step that transfers weight from one foot to the other; meaning to glide.

Handstand: (a non-airborne inverted skill with hand support) A non-airborne, nonrotating, skill where the dancer supports him/herself vertically on his/her hands in an inverted position and the arms are extended straight by the head and ears.

Head Level: A designated and averaged height: the crown of the head of a standing dancer while standing upright with straight legs. (Clarification: this is an approximate height to measure space, and is not changed by bending, inverting, etc.)

Headspring: (an airborne hip over head rotation skill with hand support) A skill where a dancer moves forward with the hands then head, making contact with the performance surface, then rotates the hips over the head passing through an arched position. It is non-airborne in approach but airborne in descent after hips pass through perpendicular.

Headstand: (an non-airborne inverted skill with hand support) A non-airborne, nonrotating, skill where the dancer supports him/herself vertically on his/her head in an inverted position with hands in contact with the floor to support the body.

Hip Level: A designated and averaged height; the height of a standing dancer's hips while standing upright with straight legs. (Clarification: this is an approximate height to measure space, and is not changed by bending, inverting, etc.)

Hip Over Head Rotation (Executed by Individuals): An action characterized by continuous movement where a dancer's hips rotate over the head in a tumbling skill (Example: Back Walkover or Cartwheel).

Hip Over Head Rotation (Executed by Groups or Pairs): An action characterized by continuous movement where the Executing Dancer's hips rotate over their own head in a lift or partnering skill.

Illusion: (a stationary turn) A skill where a dancer steps onto a standing leg, releasing the upper body all the way forward, lifting the working leg as close to 90 degrees as possible while rotating on the standing foot.

Inversion/Inverted: A position in which the dancer's waist, hips and feet are higher than his/her head and shoulders.

GLOSSARY OF TERMS CONT'D.

Inverted Skills (Executed by individuals): A skill in which a dancer's waist and hips and feet are higher than his/her head and shoulders and there is a stop, stall, or change in momentum.

Jetté/Jeté[juh-TAY]: A skill in which the dancer takes off from one foot by brushing the feet into the ground and swiftly 'whipping' them into the position and then landing on one foot. A jetté can be executed in various directions, sizes and positions.

Jump: Movement taking off and landing on same foot or both feet.

Kip Up: (non-airborne in approach, airborne in decent, inverted skill) A skill where the dancer begins in a supine position, rolls back onto their shoulders elevating their hips off the performance surface and into an inverted position. Using their arms and/or legs, core, and momentum, the dancer thrusts their body in an upward direction away from the floor. The movement is completed by bringing the feet to the performance surface keeping the body inline and following to an upright position.

Leap: (airborne skill) A skill in which the dancer pushes from a plié (bend) off of one foot, becomes airborne, and lands on one foot.

Lift (executed by Groups or Pairs): A skill in which a dancer(s) is elevated from the performance surface by one or more dancers and set down. A Dance Lift is comprised of an Executing Dancer(s) and a Supporting Dancer(s).

Passé [pa-SAY]: A position or movement in which the working leg bends connecting the pointed foot to or near the knee of the supporting leg; meaning to pass. Passé can be executed with the hips parallel or turned out.

Partnering (Executed by Pairs): A skill in which two dancers use support from one another. Partnering can involve both Supporting and Executing skills.

Perpendicular Inversion (executed by individuals): A skill that begins with backward airborne momentum and lands on the hands and head in an inverted position in which the dancer's head, neck and shoulders are directly aligned with the performance surface, creating a 90 degree angle between the head and floor.

Pirouette [peer-o-WET]: (axis rotation) A skill in which the dancer bends (plié) with one foot in front of the other (fourth position) and rises (relevé) to one supporting leg making a complete rotation of the body; meaning to whirl. A pirouette can be executed in a variety of positions.

Plié [plee-AY]: A preparatory and landing skill in which the dancer bends, softens his/her knees; meaning to bend.

Prop: Any physical object used to enhance the overall effect and/or theme of your routine.

Prone: A position in which the front of the dancer's body is facing the ground and the back of the dancer's body is facing up.

Release (executed by Groups or Pairs): An action that results in a moment of time when the Executing Dancer is free of contact from the performance floor and the Supporting Dancer(s) with whom there was prior contact.

GLOSSARY OF TERMS CONT'D.

Relevé [rell-eh-VAY]: An executing skill in which the dancer lifts up to the ball of his/her feet; meaning to rise.

Round Off (Executed by Individuals): (airborne hip over head rotation skill with hand support) An airborne hip over head rotation skill that takes off on one foot and lands on two feet simultaneously. (Clarification: the skill becomes airborne after the hips have rotated over the head).

Shoulder Inversion (executed by individuals): A skill that begins with backward airborne momentum and lands on the hands /shoulders /upper back area on the performance surface and the dancer's waist and hips and feet are higher than his/her head and shoulders.

Shoulder Level: A designated and averaged height; the height of a standing dancers' shoulders while standing upright with straight legs. (Clarification: this is an approximate height to measure space, and is not changed by bending, inverting, etc.)

Shoulder Roll (forward/back): A non-airborne tumbling skill where the dancer rolls with the back of the shoulder and maintains contact with the floor and the head is tilted to the side to avoid contact with the floor.

Shushunova [Shush-A-nova]: A jump variation in which the dancer lifts extended legs to a toe touch or pike position and then circles them behind the body dropping the chest and landing in a prone support (push up position).

Stag: A grand jete in which the front and back leg bend as the body travels through the air. It can also be performed with the back leg extended.

Supporting Leg: The leg of a dancer that supports the weight of the body, during a skill.

Supporting Dancer: A dancer who performs a skill as a part of a group or pair who supports or maintains contact with an Executing Dancer.

Supine: A position in which the back of the dancer's body is facing the ground, and the front of the dancer's body is facing up.

Thigh Stand: Stunt in which the top person stands on two bases' lunged thighs.

Toe Pitch (executed by Groups or Pairs): A skill in which the Executing Dancer(s) starts in an upright position with one foot in the hand(s) of a Supporting Dancer(s) and is propelled upward. (Clarification: this is not the definition of a toe pitch back tuck).

Toe Touch: (airborne skill) A jump in which the dancer lifts the legs through a straddle position. Hips externally rotate to turn out the legs and the chest is upright. Arms are typically held in a T position.

Tour Jete: (airborne skill with axis rotation) A skill in which the dancer takes off from one leg, executes a half turn and lands on the other leg.

Tumbling: A collection of skills that emphasize acrobatic or gymnastic ability, are executed by an individual dancer without contact, assistance or support of another dancer(s) and begin and end on the performance surface. (Clarification: tumbling skills do not have to include hip over head rotation)

Vertical Axis: (executed by Groups or Pairs): a designated line in space that goes straight up and down and has no slope.

Vertical Inversion (executed by Groups or Pairs): A skill in which the Executing Dancer's waist, hips and feet are higher than his/her own head and shoulders and bears direct weight on the Supporting Dancer(s) by a stop, stall or change in momentum.

Working Leg: The leg of a dancer that is responsible for momentum and/or position, during a skill.

PEP FLAG TERMINOLOGY

Dropped Flag: A flag that is un-intentionally released onto the performance surface. (Clarification: Any part of the flag shaft that touches the floor un-intentionally is a dropped flag. For example: If just the ball of the flag shaft or just the tip of the flag shaft touches the floor for any amount of time; it is considered a dropped flag.

Flag Shaft: The pole of a pep/short flag including the end components (ball and tip).

SINGLE- ARM TWIRLS (can be executed with either arm)

Baby: This twirl starts the same as the Big Scoop and is the counterpart to the scarecrow, but it goes in the opposite direction.

Big Scoop: The Big Scoop starts with the arm starting at the side, shoots out away from the body, travels up starting at feet, continues up torso, across the face and falls behind the head with your arm ending in a 90° angle.

Chop: The flag is traveling on the horizontal plane, parallel to the floor. It continues over your head and back around.

Crank: A Crank is a wrist twirl, where your wrist executes a "cranking" motion either in front of the face like the beginning of a Drop or behind the head like the ending motion of a Little Scoop. The shaft of the flag rolls between your thumb and pointer finger in order to execute this twirl.

Drop: The Drop can be executed as its own twirl or as a continuation of the Swipe. It is essentially the same twirl as the Swipe, traveling in the same direction, except that your arm is constantly at a 90° angle. This causes your flag to only travel down the face fall behind the head, and ends away from the head.

Little Scoop: The Little Scoop can be executed as its own twirl or as a continuation of the Big Scoop. It is essentially the same twirl as the Big Scoop, traveling in the same direction, except that your arm is constantly at a 90° angle. This causes your flag to only travel up the face and falling behind the head. The Little Scoop's movement is executed with the wrist.

SINGLE –ARM TWIRLS (CONT.)

Scarecrow: The Scarecrow starts the same as the Swipe. The difference is that you use your wrist and pointer finger to cause your flag to twirl behind your lower back and legs. To execute the second part of the twirl, think of your pointer finger is drawing a small circle and your palm is facing the back.

Swipe: The Swipe is the counterpart for the Big Scoop. Arm starts at the side, but shoots out across the body instead of away.

The flag continues with flag crossing in front of legs and out away from the body. It falls behind the head with your arm ending in a 90° angle, but the flag end away from the head, instead of behind as in the Big Scoop.

TWO- ARM TWIRLS

Big Twirl: A Big Twirl is when both arms execute a Big Scoop at the same time.

Chasers: Chasers are when one flag follows the other flag and wrists travel in an infinite sign. The flags can either travel toward you or away from you.

Parallel Twirl: A Parallel Twirl is when one arm executes a Big Scoop and the other executes a Swipe. This causes the flags to travel parallel to each other. Parallel Twirls can also be executed when both hands execute a Crank, one flag in front of the face and one flag behind the head.

Snap: A Snap is when both arms execute a Swipe at the same time. This causes the two flags to rub against each other, causing a “snapping” sound. It can also be executed without making a sound.

Windmill: A Windmill is a variant of Chasers but happens above your head. One arm executes a Drop while the other that follows it executes a Little Scoop. When executing a Windmill, arms are extended past 90° to allow wrists to stay close together above your head.

2019 – 20 HIGH SCHOOL/JR. HIGH/MIDDLE SCHOOL CHEER GAME DAY RULES & GUIDELINES

(Please read through all Rules & Guidelines carefully as significant changes have been made from the 2018-19 season) – Rev. 6-5-19

I. GENERAL RULES

All permitted cheerleading specialty skills, including tumbling, partner stunts, pyramids and jumps for the Game Day Divisions must follow the 2019-20 USA Cheer/AACCA High School Cheerleading Safety Rules. Please see additional specific skill restrictions below for each category. All skills should be carefully reviewed and supervised by a qualified adult advisor/director/coach.

A. DIVISIONS

- Junior High / Middle School – 6+ Members
- High School – 6+ Members

B. 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 Cheer Game Day 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 any Game Day division.
- Routines must be appropriate for family viewing. Any vulgar and/or suggestive movements, words, or music will result in a score deduction.
- 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. Teams should refrain from any taunting, bragging, or suggestive expressions or gestures as well as discrimination of any nature.
- We recommend that the team and each of its members display an overall appearance conducive to serving as public representatives and ambassadors of their school in regard to grooming, traditional and appropriate attire, conservative make-up, uniformity, etc.

2019 – 20 CHEER GAME DAY RULES & GUIDELINES CONT'D.

C. 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.

D. COMPETITION AREA

- Participants may enter from outside the competition area for their performance.
- All permitted skills (stunts, pyramids, tumbling etc.) must be performed on the competition mat.
- Competitions comply with the NFHS & USA Cheer/AACCA surface ruling that school-based programs may not compete on a spring floor. Approximate floor size will be a traditional mat of 54' (feet) wide by 42' (feet) deep – 9 strips.
- Tossing, throwing or other projecting of any type of object outside the competition floor and/or into the crowd is not allowed.
- Poms, signs, flags, megaphones and/or banners may be placed or dropped outside the competition area by a team member.

E. MUSIC RULES/RESTRICTIONS

- Music rules are being followed at all USA and/or Varsity Brands events. Competition music must be properly licensed, and a team must 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.
- 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. Advisor/director/coach is 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 may need to acquire an adapter in advance if your player does not have a head phone jack. One or several selections of music may be used, as long as they follow the music licensing rules.

2019 – 20 CHEER GAME DAY RULES & GUIDELINES CONT'D.

F. TIME LIMITATIONS/ENTRANCE/EXIT

- Each team will perform a routine not to exceed 1 minute.
- Teams may not set up props in advance of any category.
- See specific category for details on the start and stop of each type of routine.
- 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.

G. 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. Any team traveling with a video crew may be disqualified.

H. 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.

CHEER GAME DAY CATEGORIES

II. BAND CHANT CATEGORY

A. ROUTINE AND JUDGING REQUIREMENTS

- Each team will perform a routine not to exceed 1 minute.
- Band Chant must be made up of at least 50% cheerleaders. Non-cheer teams may participate (i.e. song/pom or dance), but may not comprise more than 50% of the total team numbers.
- 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.
- Timing will end with the last beat of music or organized movement.
- The Band Chant must be one traditionally played by a school 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 routine. 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.

Emphasis should be placed on crowd interaction/involvement and entertaining the crowd. All material should be suitable and able to be performed multiple times during a game or pep rally/assembly.

B. SPECIFIC SKILL RESTRICTIONS – BAND CHANT CATEGORY

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

CHEER GAME DAY BAND CHANT SCORESHEETS

USA 2019-2020 GAME DAY SCORESHEET BAND CHANT

TEAM NAME	DIVISION	# ON TEAM
Routine Structure/Choreography		
Game Day Material	MAXIMUM VALUE	SCORE
- Proper and practical use of material relevant to game day environment.	10	
Crowd Communication Skills		
- Use of crowd encouragement, and ability to cue the crowd.	10	
Visuals/Variety		
- Use of variety of movements to complement the music, visual effects (level changes, appleshells-offs) and creative movement within groups and levels.	10	
Crowdleading Tools		
- Effective use of props (signs, megaphones, pom-poms and/or flags) and encouragement to lead the crowd.	10	
Formations/Transitions		
- Crowd coverage. Creative, visual and effective formations, and ways to move from one formation to another.	10	

TOTAL SCORE (50)

Comments:

ROUTINE STRUCTURE/CHOREOGRAPHY

JUDGE: _____

Revised 5/14/19



USA 2019-2020 GAME DAY SCORESHEET BAND CHANT

TEAM NAME	DIVISION	# ON TEAM
Showmanship		
Crowd Appeal	MAXIMUM VALUE	SCORE
- Voice, energy, showmanship, facial expression, eye contact and overall connection to the crowd.	10	
Overall Impression		
- Judge's impression of entire performance encompassing all assessment categories. This includes audience appropriateness.	10	

TOTAL SCORE (20)

Comments:

SHOWMANSHIP

JUDGE: _____

Revised 5/14/19



USA 2019-2020 GAME DAY SCORESHEET BAND CHANT

TEAM NAME	DIVISION	# ON TEAM
Execution		
Motion Strength/Placement	MAXIMUM VALUE	SCORE
- Sharpness, strength of motion. Proper control and placement of motions.	10	
Synchronization		
- Timing of movement throughout routine.	10	
Spacing		
- Spacing of squad members in relation to each other.	10	

TOTAL SCORE (30)

Comments:

EXECUTION

JUDGE: _____

Revised 5/14/19



Notes:

CHEER GAME DAY CATEGORIES CONT'D.

III. SITUATIONAL SIDELINE/CROWDLEADING CHEER CATEGORY

(2 elements to this routine)

A. ROUTINE AND JUDGING REQUIREMENTS:

- 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. not to exceed 1 minute in total routine length for the two elements that are required.
- Situational Sideline/Crowdleading Cheer will begin with the presentation of a game time sideline situation.
- Timing starts once the game situation has been presented and ends at the conclusion of the second element of the routine – the crowdleading cheer section of the routine. (this is the overall end of the routine)
- The team may start their routine on or off the mat for the reading of their game time sideline situation. Once the situation is read, timing begins.
- No music may be used during the performance. Live drummer(s), 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 other band members. Drummer(s) 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 should be placed on crowd involvement and practicality. All material should be suitable for a game or pep rally.

B. SPECIFIC SKILL RESTRICTIONS – SITUATIONAL SIDELINE/CROWDLEADING CHEER 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/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.

CHEER GAME DAY

SITUATIONAL SIDELINE SCORESHEETS

USA 2019-2020 GAME DAY SCORESHEET
SITUATIONAL SIDELINE/CROWDLEADING CHEER

TEAM NAME	DIVISION	# ON TEAM
Crowdleading/Choreography		
Game Day Material	10	SCORE
- Proper and practical use of material relevant to game-day environment.		
Crowd Communication Skills	10	
- Accurate situation response, clear set-up, use of crowd encouragement, and ability to cue the crowd.		
Crowdleading Tools		
- Effective use of props (signs, megaphones, pom-poms, and/or flags) and encouragement to lead the crowd.		
Incorporation of Skills	10	
- Skills incorporated to enhance the squad's ability to properly lead the crowd (i.e. stunts/fumbling/jumps).		
Formations/Transitions	10	
- Crowd coverage, creative, visual and effective formations, and ways to move from one formation to another.		

TOTAL SCORE (50)

Comments:

CROWDLEADING /CHOREOGRAPHY

JUDGE: _____
Revised 5/14/19

USA 2019-2020 GAME DAY SCORESHEET
SITUATIONAL SIDELINE/CROWDLEADING CHEER

TEAM NAME	DIVISION	# ON TEAM
Execution		
Motion Strength/Placement	10	
- Sharpness, strength of motion. Proper control and placement of motions. Uniformity of movement and motions synchronized with words or cadence.		
Voice and Pace	10	
- Loud, natural voices with appropriate inflection and easy to follow. Moderate, controlled pace.		
Skills Execution	10	
- Technique, form, stability, timing, precision, uniformity (i.e. stunts/fumbling/jumps).		
TOTAL SCORE (30)		

Comments:

EXECUTION

JUDGE: _____
Revised 5/14/19

USA 2019-2020 GAME DAY SCORESHEET
SITUATIONAL SIDELINE/CROWDLEADING CHEER

TEAM NAME	DIVISION	# ON TEAM
Showmanship		
Crowd Appeal	10	
- Energy, showmanship, facial expression, eye contact and overall connection to the crowd.		
Overall Impression	10	
- Judge's impression of entire performance encompassing all scoresheet categories. This includes audience appropriateness.		

TOTAL SCORE (20)

Comments:

SHOWMANSHIP

JUDGE: _____
Revised 5/14/19

Notes:

CHEER GAME DAY CATEGORIES CONT'D.

IV. FIGHT SONG CATEGORY

A. ROUTINE AND JUDGING REQUIREMENTS:

- Each team will perform a routine not to exceed 1 minute.
- Teams are encouraged to use their traditional school fight song. Should your school fight song exceed 1 minute, and no reasonable way to edit the routine is possible, please contact the USA office.
- Timing will begin with the first organized movement, voice or note music, whichever comes first. Timing will end with the last beat of music or organized movement.
- Props (poms, signs, flags, megaphones and/or banners) are permitted in this category 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 should be placed on practicality and crowd involvement. All material should be suitable and able to be performed multiple times during a game or pep rally.

B. 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.

CHEER GAME DAY FIGHT SONG SCORESHEETS

USA 2019-2020 GAME DAY SCORESHEET FIGHT SONG

TEAM NAME	DIVISION	# ON TEAM
Routine Structure/Choreography		
Game Day Material	MAXIMUM 10	SCORE
- Proper and practical use of material, and props. If applicable, relevant to game day environment.	10	
Incorporation of Skills	10	
- Skills incorporated to enhance the squad's ability to properly lead the crowd (i.e. building/tumbling/jumps).	10	
Visuals/Variety	10	
- Use of variety of movements to compliment the music, visual effects, (level changes, ripples/roll-offs) and creative movement within groups.	10	
Formations/Transitions	10	
- Crowd coverage. Creative, visual and effective formations and ways to move from one formation to another.	10	

TOTAL SCORE (40)

Comments:

ROUTINE STRUCTURE/CHOREOGRAPHY

JUDGE: _____
Revised 5/14/19

USA 2019-2020 GAME DAY SCORESHEET FIGHT SONG

TEAM NAME	DIVISION	# ON TEAM
Execution		
Motion Strength/Placement	10	
- Sharpness, strength of motion. Proper control and placement of motions.	10	
Synchronization	10	
- Timing of movement throughout routine.	10	
Spacing	10	
- Spacing of squad members in relation to each other.	10	
Skills Execution	10	
- Technique, form, stability, timing, precision, uniformity (i.e. building/tumbling/jumps).	10	

TOTAL SCORE (40)

Comments:

EXECUTION

JUDGE: _____
Revised 5/14/19

USA 2019-2020 GAME DAY SCORESHEET FIGHT SONG

TEAM NAME	DIVISION	# ON TEAM
Showmanship		
Crowd Appeal	10	
- Voice, energy, showmanship, facial expression, eye contact and overall connection to the crowd.	10	
Overall Impression	10	
- Judge's impression of entire performance encompassing all score sheet categories. This includes audience appropriateness.	10	

TOTAL SCORE (20)

Comments:

SHOWMANSHIP

JUDGE: _____
Revised 5/14/19

Notes:

2019 – 20 SONG/POM GAME DAY RULES & GUIDELINES

I. GENERAL RULES

Please see specific skill restrictions below for each category. These restrictions must be followed whether a song/pom competitor is in a Song/Pom Game Day category or a combined routine under one of the Cheer Game Day categories. All skills should be carefully reviewed and supervised by a qualified adult advisor/director/coach.

A. DIVISIONS

- Junior High / Middle School – 5-23 Members
- High School – 5-23 Members

B. SCHOOL REPRESENTATION

- All members of the performing squad must be current members of the official school song/pom team. These must be individuals who 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 Song/Pom Game Day routines are required to be comprised entirely of members of the school's song/pom team. Other performance-based and/or spirit groups **may not** enter the song/pom only divisions.
- Routines must be appropriate for family viewing. Any vulgar and/or suggestive movements, words, or music will result in a score deduction.
- 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. Teams should refrain from any taunting, bragging, or suggestive expressions or gestures as well as discrimination of any nature.
- We recommend that the team and each of its members display an overall appearance conducive to serving as public representatives and ambassadors of their school in regard to grooming, traditional and appropriate attire, conservative make-up, uniformity, etc.

C. UNIFORM RULES

- Teams are required to wear a traditional uniform typically worn when representing your school. These should be in school colors.
- Tear-away uniforms and/or removal of clothing is not permitted.
- Props (other than poms) and/or costuming are not permitted.
- 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."

D. COMPETITION AREA

- Participants may enter from outside the competition area for their performance.
- Tossing, throwing or other projecting of any type of object outside the competition floor and/or into the crowd is not allowed.
- Teams may use poms, but they are not required in the Performance Routine category. Poms are required for all female team members for the Fight Song and Band Chant categories.
- No other props or signs are allowed

2019 – 20 SONG/POM GAME DAY RULES & GUIDELINES CONT'D

E. MUSIC RULES/RESTRICTIONS

- Music rules are being followed at all USA and/or Varsity Brands events. Competition music must be properly licensed, and a team must 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.
- 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. Advisor/director/coach is 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 may need to acquire an adapter in advance if your player does not have a head phone jack. One or several selections of music may be used, as long as they follow the music licensing rules.

F. TIME LIMITATIONS/ENTRANCE/EXIT

- Each team will perform a routine not to exceed 1 minute.
- Teams may not set up poms in advance of any category.
- See specific category for details on the start and stop of each type of routine.
- 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.

2019 – 20 SONG/POM GAME DAY RULES & GUIDELINES CONT'D

G. 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. Any team traveling with a video crew may be disqualified.

H. 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.

II. FIGHT SONG CATEGORY

A. ROUTINE AND JUDGING REQUIREMENTS

- Each team will perform a routine not to exceed 1 minute.
- Teams are encouraged to use their traditional school fight song. Should your school fight song exceed 1 minute, and no reasonable way to edit the routine is possible, please contact the USA office.
- Timing will begin with the first organized movement, voice or note music, whichever comes first. Timing will end with the last beat of music or organized movement.
- The use of poms is required for all female members
- Choreography should represent a traditional Fight Song that your team performs at games or community events.
- Props and/or costuming are not permitted.
- Judging will be based on the following criteria, as well as elements noted on the scoresheet:
 - Game Day oriented material
 - Crowd communication skills
 - Incorporation of game day/sideline appropriate skills
 - Formations/transitions
 - Motion strength and placement
 - Spacing
 - Execution of skills
 - Crowd appeal and overall impression

Emphasis should be placed on practicality and crowd involvement. All material should be suitable and able to be performed multiple times during a game or pep rally.

B. SPECIFIC SKILL RESTRICTIONS – FIGHT SONG CATEGORY

- Tumbling, stunting, lifts of any kind are prohibited
- Switching/scissor leaps and/or fouette/second turn sequences of any kind are prohibited
- Pirouette turns are limited to a double pirouette.
- Non-switching leaps/jumps and kicks are permitted.

SONG/POM GAME DAY FIGHT SONG SCORESHEET

USA 2019-20 SONG/POM GAME DAY SCORESHEET FIGHT SONG

TEAM NAME _____

DIVISION _____

ON TEAM _____

Routine Structure/Choreography		
Game Day Material	MAXIMUM VALUE	SCORE
<ul style="list-style-type: none"> - Routine skills and movement are relevant to the game day environment. - Encourages crowd interaction and involvement. 	20	
Visuals/Formations/Transitions		
<ul style="list-style-type: none"> - Variety of movement and visual effects that compliment the music. - Visual and effective formations and transitions. 	20	

Execution		
Motion/Skill Execution	MAXIMUM VALUE	SCORE
<ul style="list-style-type: none"> - Proper control, placement and sharpness of motions. - Proper technique and uniformity of skills (i.e. turns, leaps, jumps, etc.). 	20	
Synchronization/Spacing		
<ul style="list-style-type: none"> - Timing of movement throughout the routine. - Spacing of team members in relation to each other. 	20	

Showmanship		
Crowd Appeal	MAXIMUM VALUE	SCORE
<ul style="list-style-type: none"> - Energy, showmanship, facial expression, eye contact and overall connection to the crowd. 	10	
Overall		
<ul style="list-style-type: none"> - Judge's impression of entire performance encompassing all scoresheet categories. This includes audience appropriateness. 	10	

Comments:

TOTAL SCORE (100)



JUDGE _____

SONG/POM GAME DAY CATEGORIES

CONT'D.

III. BAND CHANT CATEGORY

A. ROUTINE AND JUDGING REQUIREMENTS

- Each team will perform a routine not to exceed 1 minute.
- 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.
- Timing will end with the last beat of music or organized movement.
- The use of poms is required for all female members.
- The Band Chant must be one traditionally played by a school sideline/jazz band. The performance should have an emphasis on crowd appeal and encourage crowd interaction and involvement (i.e. yell backs, spell outs, school colors, etc.)
- 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 routine. Examples might include "Party in the USA", "Rock 'N Roll Part II", "Land of A Thousand Dances," etc.
- Props and/or costuming are not permitted.
- Judging will be based on the following criteria, as well as elements noted on the scoresheet:
 - Game Day oriented material
 - Crowd communication skills
 - Incorporation of game day/sideline appropriate skills
 - Formations/transitions
 - Motion strength and placement
 - Spacing
 - Execution of skills
 - Crowd appeal and overall impression

Emphasis should be placed on crowd interaction/involvement and entertaining the crowd. All material should be suitable and able to be performed multiple times during a game or pep rally/assembly.

B. SPECIFIC SKILL RESTRICTIONS – BAND CHANT CATEGORY

- Tumbling, stunting, lifts of any kind are prohibited
- Switching/scissor leaps and/or fouette/second turn sequences of any kind are prohibited
- Pirouette turns are limited to a double pirouette.
- Non-switching leaps/jumps and kicks are permitted.

SONG/POM GAME DAY BAND CHANT SCORESHEET


2019-20 SONG/POM GAME DAY SCORESHEET
BAND CHANT

TEAM NAME _____

DIVISION _____

ON TEAM _____

Routine Structure/Choreography

Game Day Material	MAXIMUM VALUE	SCORE
<ul style="list-style-type: none"> - Routine skills and movement are relevant to the game day environment. - Encourages crowd interaction and involvement. 	20	

Visuals/Formations/Transitions

<ul style="list-style-type: none"> - Variety of movement and visual effects that compliment the music. - Visual and effective formations and transitions. 	20	
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Execution

Motion/Skill Execution	MAXIMUM VALUE	SCORE
<ul style="list-style-type: none"> - Proper control, placement and sharpness of motions. - Proper technique and uniformity of skills (i.e. turns, leaps, jumps, etc.). 	20	

Synchronization/Spacing

<ul style="list-style-type: none"> - Timing of movement throughout the routine. - Spacing of team members in relation to each other. 	20	
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Showmanship

Crowd Appeal	MAXIMUM VALUE	SCORE
<ul style="list-style-type: none"> - Energy, showmanship, facial expression, eye contact and overall connection to the crowd. 	10	

Overall

<ul style="list-style-type: none"> - Judge's impression of entire performance encompassing all scoresheet categories. This includes audience appropriateness. 	10	
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Comments:
TOTAL SCORE (100)


JUDGE _____

SONG/POM GAME DAY CATEGORIES

CONT'D.

IV. PERFORMANCE ROUTINE CATEGORY

A. ROUTINE AND JUDGING REQUIREMENTS

- Each team will perform a routine not to exceed 1 minute.
- 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.
- Timing will end with the last beat of music or organized movement.
- The use of poms is permitted, but not required.
- Props and/or costuming are not permitted.
- The Performance Routine must be in the style of pom, jazz, hip hop, kick or combination of any of these styles.
- Judging will be based on the following criteria, as well as elements noted on the scoresheet:
 - Game Day oriented material
 - Crowd communication skills
 - Incorporation of game day/sideline appropriate skills
 - Formations/transitions
 - Motion strength and placement
 - Spacing
 - Execution of skills
 - Crowd appeal and overall impression

Emphasis should be placed on crowd entertainment.

B. SPECIFIC SKILL RESTRICTIONS – PERFORMANCE ROUTINE CATEGORY

- Tumbling, stunting, lifts of any kind are prohibited
- Switching/scissor leaps and/or fouette/second turn sequences of any kind are prohibited
- Pirouette turns are limited to a double pirouette.
- Non-switching leaps/jumps and kicks are permitted.

SONG/POM GAME DAY PERFORMANCE ROUTINE SCORESHEET

USA 2019-20 SONG/POM GAME DAY SCORESHEET PERFORMANCE ROUTINE

TEAM NAME _____

DIVISION _____

ON TEAM _____

Routine Structure/Choreography		
Game Day Material	MAXIMUM VALUE	SCORE
- Routine skills and movement are relevant to the game day environment.	20	
Visuals/Formations/Transitions		
- Variety of movement and visual effects that compliment the music and entertain the crowd. - Visual and effective formations and transitions.	20	

Execution		
Motion/Skill Execution	MAXIMUM VALUE	SCORE
- Proper control, placement and sharpness of motions. - Proper technique and uniformity of skills (i.e. turns, leaps, jumps, etc.).	20	
Synchronization/Spacing		
- Timing of movement throughout the routine. - Spacing of team members in relation to each other.	20	

Showmanship		
Crowd Appeal	MAXIMUM VALUE	SCORE
- Energy, showmanship, facial expression, eye contact and overall connection to the crowd.	10	
Overall		
- Judge's impression of entire performance encompassing all scoresheet categories. This includes audience appropriateness.	10	

Comments:

TOTAL SCORE (100)



JUDGE _____

SONG/POM GAME DAY CATEGORIES CONT'D.

V. GAME DAY “ALL-IN-ONE” PERFORMANCE

A. ROUTINE AND JUDGING REQUIREMENTS:

- This category combines all 3 divisions from above into one performance.
- Teams will perform the following routines in the below order to fulfill the “All-In-One” category:
 - *Fight Song
 - *Band Chant
 - *Performance Routine
- Time limitations: 1:00 minute for each routine. Timing will begin with the first organized movement, voice or note of music, whichever comes first. Timing will end with the last beat of music or organized movement. Timing will be recorded for each routine.
- Each routine will have a beginning and an end. Teams are encouraged to show spirit to the crowd between each routine.
- The use of poms is required for all female members during the Fight Song and Band Chant. For the Performance Routine, the use of poms is permitted, but not required.
- Props and/or costuming are not permitted.
- For each routine, see category description above for routine/judging requirements and specialty skill restrictions.
- It is encouraged that teams use the same routines performed in the individual categories for the Game Day “All-In-One” performance.

For specific Song/Pom Game Day questions, please call Carina Clendenin at 1-800-886-4872 ext. 2023 or e-mail CClendenin@varsity.com.

SONG/POM GAME DAY ALL-IN-ONE PERFORMANCE

USA 2019-20 SONG/POM GAME DAY SCORESHEET ALL-IN-ONE PERFORMANCE

TEAM NAME

DIVISION

ON TEAM

FIGHT SONG	MAXIMUM VALUE	SCORE
GAME DAY MATERIAL - Routine skills relevant to the game day environment. - Encourages crowd interaction and involvement.	20	
VISUALS/FORMATIONS/TRANSITIONS - Variety of movement and visual effects that compliment the music. - Visual and effective formations and transitions.	20	
MOTION/SKILL EXECUTION - Proper control, placement and sharpness of motions. - Proper technique and uniformity of skills (i.e. turns, leaps, jumps, etc.)	20	
SYNCHRONIZATION/SPACING - Timing of movement throughout the routine. - Spacing of team members in relation to each other.	20	

BAND CHANT	MAXIMUM VALUE	SCORE
GAME DAY MATERIAL - Routine skills relevant to the game day environment. - Encourages crowd interaction and involvement.	20	
VISUALS/FORMATIONS/TRANSITIONS - Variety of movement and visual effects that compliment the music. - Visual and effective formations and transitions.	20	
MOTION/SKILL EXECUTION - Proper control, placement and sharpness of motions. - Proper technique and uniformity of skills (i.e. turns, leaps, jumps, etc.)	20	
SYNCHRONIZATION/SPACING - Timing of movement throughout the routine. - Spacing of team members in relation to each other.	20	

PERFORMANCE ROUTINE	MAXIMUM VALUE	SCORE
GAME DAY MATERIAL - Routine skills relevant to the game day environment.	20	
VISUALS/FORMATIONS/TRANSITIONS - Variety of movement and visual effects that compliment the music. - Visual and effective formations and transitions.	20	
MOTION/SKILL EXECUTION - Proper control, placement and sharpness of motions. - Proper technique and uniformity of skills (i.e. turns, leaps, jumps, etc.)	20	
SYNCHRONIZATION/SPACING - Timing of movement throughout the routine. - Spacing of team members in relation to each other.	20	

SHOWMANSHIP	MAXIMUM VALUE	SCORE
CROWD APPEAL - Energy, showmanship, facial expression, eye contact and overall connection to the crowd.	30	
OVERALL - Judge's impression of the entire performance encompassing all scoresheet categories. This includes audience appropriateness.	30	

Comments:

TOTAL SCORE (100)

JUDGE



2019-20 USA Cheer/AACCA School Cheer Safety Rules

Rule changes are in bold type and underlined. For the current version and rule interpretations, visit <http://www.cheerrules.com>

The following rules are written for all elementary, middle school, junior high, and high school cheerleading teams as a minimum standard. Note that elementary, middle school, and junior high programs have a specific set of restricted skills under “F. Tosses”.



A. Glossary

Base: A person who is in direct contact with the performing surface and is supporting another person's weight.

Basket Toss: A stunt in which a top person is tossed by bases whose hands are interlocked.

Bracer: A top person who is connected to another top person.

Braced Flip: A pyramid in which the top person performs a hip-over-head rotation while not in contact with anyone on the ground.

Braced Inversion: A pyramid where a braced top person is in an inverted position, but the hips are not passing over the head.

Braced Roll: A pyramid in which the top person performs a hip-over-head rotation while in contact with at least one person on the ground.

Cradle: A dismount from a partner stunt, pyramid or toss in which the catch is completed below shoulder height by a base or bases with the top person in a cradle position.

Cradle Position: A face-up open-pike position.

Cupie/Awesome: A stunt in which both feet of the top person are in one hand of a base.

Dive Roll: **An airborne forward roll where the feet of the performer are at or above the performer's waist prior to the hands making contact with the performing surface.**

Drop: Landing on the performance surface from an airborne position.

Elevator/Sponge Toss: A stunt in which the top person loads in to an elevator/sponge loading position and is then tossed into the air.

Extended Stunt: A stunt in which the entire body of the top person is extended in an upright position over the base(s). Chairs, torches, flatbacks and straddle lifts are examples of stunts where the bases' arms are extended overhead, but are NOT considered to be extended stunts since the height of the body of the top person is similar to a shoulder level stunt.

Flatback: A stunt in which a top person is held face up or face down, in a horizontal position, with their hips and shoulders in alignment.

Foldover Stunt: An inverted stunt in which the top person bends forward at the waist and is caught on his/her back by multiple catchers while one or both of the top person's ankles/feet remain in the grip of the base(s) (e.g., yo-yo, pancake, etc.)

Hanging Pyramid: A pyramid in which the top person's weight is primarily supported by another top person. Examples of hanging pyramids are: a person being suspended between two shoulder stands; a “whirlybird” stunt where one person's weight is being supported by the legs of a top person in a shoulder sit; and a “diamond head” where two persons are suspended from one shoulder stand.

Helicopter: A stunt in which the top person is tossed into the air in a horizontal position and rotates parallel to the ground in the same motion as a helicopter blade.

Inverted: A body position where the shoulders are below the waist.

Loading Position: Bases support a non-extended top person under the foot/feet in preparation for a stunt or toss.

Log Roll: A top person in a horizontal position or cradle is popped then twists parallel to the performing surface before being caught by the original base(s) in a horizontal position or a cradle.

Pyramid: Connected partner stunts.

Post: A person on the performing surface who may assist a top person during a stunt or transition.

Prep: A stunt in which one or more bases hold a standing top person at approximately shoulder height.

Prep Level: When a top person's base of support is at approximately shoulder height.

Prop: Any object which can be manipulated or used as a base (ex: poms, signs, flags, megaphones, etc.)

Quick Toss/Partner Toss: A toss technique where the top person begins the toss with both feet on the ground.

Released Pyramid Transition: A pyramid transition in which the top person is connected to a bracer while being released from their bases before being caught in a cradle, stunt or loading position.

Release Stunt: A transition from one stunt to another stunt (including loading positions) in which the top person becomes free from all bases, posts and spotters.

Spotter: A person who is responsible for assisting or catching the top person in a partner stunt or pyramid.

Stunt/Partner Stunt: One or more persons supporting one or more top persons off of the ground.

Swing Roll Down: A stunt in which the top person's hands/arms and feet/legs are held while swinging forward and facedown into a roll where the head passes under the hips.

Switch Up: A stunt in which a top person starts with one foot on the ground, is released, and lands in a vertical stunt on **one foot or** both feet.

Tick-Tock: A stunt that is held in a static position on one leg, the base(s) takes a downward dip and release the top person as the top person switches the weight to the other leg and lands in a static position on the opposite leg. The dip may or may not pass through prep level before release.

Top Person: A person who is not in contact with the performing surface and is being supported or stabilized by another person or has been tossed into the air.

Toss: A release stunt in which the base(s) begin underneath the top person's foot/feet, execute a throwing motion from below shoulder level to increase the height of the top person, and the top person becomes free from all bases, spotters, posts or bracers. Note: This term applies when at least one base is under one or both feet of the top person. For other types of tosses, see "Quick Toss/Partner Toss".

Tumbling: Gymnastic skills that begin and end on the performing surface, including rolls, inverted extended skills (cartwheels, handstands, walkovers, handsprings, etc.), aerials, twists and flips. NOTE: Jumps, leaps and side rolls on the performing surface are not considered to be tumbling.

B. General

1. These rules are to be in effect for all practices, games, competitions and other performances.
2. Cheerleading squads should be placed under the direction of a qualified and knowledgeable coach.
3. All practice sessions should be supervised by the coach and held in a location suitable for the activities of cheerleaders (i.e., use of appropriate mats, away from excessive noise and distractions, etc.).
4. Coaches should recognize a squad's particular ability level and should limit the squad's activities accordingly. "Ability level" refers to the squad's talents as a whole and individuals should not be pressed to perform activities until safely perfected.
5. All cheerleaders should receive proper training before attempting any form of cheerleading technical skills (tumbling, partner stunts, pyramids and jumps).
6. Professional training in proper spotting techniques should be mandatory for all squads.
7. All cheerleading squads should adopt a comprehensive conditioning and strength-building program.
8. An appropriate warm-up routine should precede all cheerleading activities.
9. Prior to the performance of any skill, the immediate environment for the activity should be taken into consideration including, but not limited to proximity of non-squad personnel, performance surface, lighting and/or precipitation. Technical skills should not be performed on concrete, asphalt, wet or uneven surfaces or surfaces with obstructions.
10. Programs should qualify cheerleaders according to generally accepted teaching progressions. Appropriate spotting should be used until all performers demonstrate proficiency of the skill.
11. All jewelry is prohibited during participation. Religious medals and medical medals are not considered to be jewelry. A religious medal without a chain must be taped and worn under the uniform. A medical alert medal must be taped and may be visible.
12. Supports, braces and soft casts which are unaltered from the manufacturer's original design/production do not require any additional padding. Supports/braces and supports/braces that have been altered from the manufacturer's original design/production must be padded with a closed-cell, slow-recovery foam padding no less than one-half inch thick if the participant is involved in partner stunts, pyramids or tosses. A participant wearing a plaster cast or a walking boot must not be involved in partner stunts, pyramids, tosses, **jumps, or tumbling.**
13. Squad members must wear athletic shoes (no gymnastic slippers).
14. When using props (signs, etc.) that are made of solid material or have sharp edges/corners:
 - a. **A top person may not release the props to the ground.**
 - b. A person on the ground must gently toss or place the props.
15. The use of mini-trampolines, springboards, spring-assisted floors or any other height-increasing apparatus is prohibited for competition or performance. These devices may be used for skill development and practice under the supervision of a coach trained in their use.
16. Cheerleaders must stand outside the free throw lane lines extended toward the sidelines throughout a basketball game.
17. Spirit participants must remain outside of the playing area during a 30-second or less time-out during a basketball game.
18. When standing at attention, apparel must cover the midriff extended around the body.

C. Partner Stunts

1. A spotter is required for extended stunts where the top person's weight is being borne by the base(s). Example: "Show and Go" stunts, where the top person is not in an extended static position, do not require a spotter.
2. A spotter is required for tosses to single base shoulder stands and single base shoulder level stunts in which the feet of the top person are in the hand(s) of the base. (This spotter may assist under the sole of the foot.)
3. In stunts requiring a spotter, a spotter:
 - a. Cannot provide primary support for a top person. Primary support means the majority of the top person's weight.
 - b. Must be in a position to protect the top person's head, neck and shoulders when coming off a stunt or pyramid or landing in a cradle. In most stunts this is behind or beside the top person.
 - c. Spotters must have their attention focused on the top person. Momentarily looking away in order to assess environmental safety factors (poms, signs, another stunt, etc.) is allowed as long as their focus returns to the top person.
 - d. May not have their hands behind their back.
 - e. May not support under the heel or sole of the top person's foot in a single based extended stunt. They may hold at the ankle of the top person and/or the wrist of the base or any combination thereof.
 - f. May not hold any objects in their hands.
4. The top person cannot travel over another person from Quick Tosses or Partner Tosses.
5. The bases of any extended stunt must have both feet in direct weight-bearing contact with the performing surface.
6. Bases may not:
 - a. Hold any objects in a hand that is supporting the top person.
 - b. Assume a backbend, handstand or headstand position.
7. **A participant must not move over or be under a partner stunt or pyramid except when helping build, stabilize or dismount that partner stunt or pyramid.**
8. The total number of twists in a dismount or release from a stunt cannot be greater than 1 1/4 rotations.
9. Cradle dismounts from partner stunts shoulder height or above to the original base(s) require an additional spotter in position to protect the head, neck and shoulders of the top person.
10. In all dismounts to catchers who are not the original bases, the following conditions must be met:
 - a. The top person must be cradled by two catchers and a head-and-shoulders spotter/catcher.
 - b. The new catchers must remain close to the original bases.
 - c. The new catchers must be in place and not involved in any other skill when the release is initiated.
 - d. The top person may not perform any skill (twist, toe touch, etc.) following the release.
11. In all cradle dismounts, the top person must not hold props that are made of hard material or have corners or sharp edges.
12. Unless listed below, a release stunt must either be cradled or connected to at least one bracer.
 - a. Helicopters are allowed provided all of the following conditions are met:
 - 1) The top person makes no more than a 180 degree rotation (half-turn).
 - 2) Four bases must be in position during the entire release.
 - 3) There must be a base at the head/shoulder area during the initiation of the toss as well as the catch.
 - 4) The bases are not allowed to change positions during the release.
 - 5) The top person must begin and end in a face up position.
 - 6) The top person cannot perform a twisting skill.
 - b. A log roll is legal provided it does not involve more than one complete rotation and the top person is not in contact with a person in a release stunt.

- 1) In a single-base log roll, the top person must rotate toward the base and begin and end in a face-up position.
 - 2) In a multi-base log roll, the top person may begin and end in a face-up or face-down position.
 - c. A top person in a vertical position at prep level or above may be released to a stunt at any level provided the top person remains vertical, and the top person performs no more than $1\frac{1}{4}$ twisting rotations. Vertical releases from an extended position to an extended position may not perform more than a $\frac{1}{4}$ twisting rotation.
 - d. A top person in a horizontal position shoulder height or below or in a cradle may be released to a loading position or stunt shoulder height or below.
 - e. Legal inversion releases under Rule D.
13. Non-braced suspended splits in a transition are allowed provided all of the following conditions are met:
- a. The top person must have both hands in continuous contact with a post or with both bases' hands or,
 - b. When transitioning to the split without continuous hand-to-hand contact:
 - 1) There are a total of three bases that support the top person.
 - 2) At least two of the bases must support under the legs of the top person. The third base may support under the legs or make contact with the hands of the top person.
 - 3) The top person must have both hands in contact with bases during the split portion of the transition.
14. **Double Based** Extended Straddle Lifts must be connected to a post or have an additional spotter behind the top person (similar position to a Double-Based Elevator/Extension Prep).
15. Single-based stunts in which the top person is parallel to the performing surface and the bases' arms are extended must have a continuous spotter at the head and shoulder of the top person. (i.e. Bird, Side T, Single-Based Flatback, etc.)
16. A top person may be moved from a vertical position to a horizontal position (straight body or cradle) provided all the following conditions are met:
- a. The top person maintains contact with at least one original base, post, or spotter.
 - b. At least two catchers and/or bases catch the upper body of the top person.
 - c. When the catchers are not the original bases, they remain close to the original bases and must be in place prior to the movement to the horizontal position.
 - d. When the catchers are not the original bases and the top person begins or passes through an extended overhead position, at least three catchers are required.
17. A single-base may not be the only primary support for two extended top persons.
EXCEPTION: Double Cupies/Awesomes are allowed. If dismounted to cradles, there must be three people for each top person being cradled.
18. Dismounts to the performing surface from shoulder height or above must have assisted landings. This assistance must be sufficient to slow the momentum of the top person. If the dismount involves a skill (e.g. toe touch, twist, etc.) there must be an additional spotter who may, but is not required to, provide assistance.
19. A swinging stunt is legal provided all the following conditions are met:
- a. A downward movement is only allowed from below shoulder height.
 - b. The top person is face up.
 - c. The top person begins from the performing surface or a stunt that is below shoulder height.
20. A top person must not be in a face down suspended position between bases in which the top person's torso is suspended below the arms and legs.
21. Single-based split catches are prohibited.

D. Inversions

Note: Inversions are partner stunts, pyramids, or tosses in which the top person has her or his shoulders below the waist. In addition to the following rules, all persons involved in an inversion must follow all rules from the Partner Stunt and Pyramid sections.

1. Unless allowed under the rules in this section, a top person must not be in an inverted position. Example: Basket toss flips are not allowed under this section, and are therefore prohibited.
2. An inverted top person may pass through an extended position, but must not begin, end, pause, or stop in a static extended inverted position.
3. Braced inversions in a pyramid that do not flip or roll are allowed provided the following conditions are met:
 - a. The inverted top person must have two bases or a base and a spotter.
 - b. If the top person is released from the base(s), all of the released pyramid transition rule E-7 must be met.
4. Braced rolls in a pyramid are allowed provided the following condition is met:
 - a. The bracer(s) must have two bases or a base and spotter.
5. Braced flips in a pyramid are allowed provided all of the following conditions are met:
 - a. Both of the top person's hands/arms are in continuous contact with **a bracer or bracers. If a single bracer is used, there must be a hand/arm connection between both hands/arms of the top and bracer.**
 - b. Each bracer must be in a double base prep with a spotter.
 - c. The top person must be to the side of or in front of the bracer(s).
 - d. There must be three people involved in the toss and catch of the top person either as a base or spotter. Any new catchers/spotters must be in place when the flip is initiated, remain close to the original bases and are not part of any other skill.
 - e. If the flip ends in a cradle, the bracers may release the top person once she/he begins to descend and is no longer inverted.
 - f. The top person may not land in a non-inverted position.
 - g. The top person does not perform more than one and one quarter ($1\frac{1}{4}$) flipping rotations and no more than one half ($\frac{1}{2}$) twist.
6. In all other inversions:
 - a. Inversions may be released to the following provided there is a spotter:
 - 1) Non-inverted dismounts with no more than a $\frac{1}{2}$ twist.
 - 2) Loading positions below prep level with no more than a $\frac{1}{2}$ twist.
 - 3) Non-inverted stunts **at any level** with no twists.
 - b. In inversions where the base of support begins and remains below prep level, at least one person shall maintain contact with the top person until the top person is no longer inverted or his/her hands are on the performing surface.
 - c. Inversions where the base of support begins at or passes through prep level:
 1. At least two people on the performing surface shall be in a position to protect the head/neck of the top person.
 2. **Contact must be maintained between at least one base and** the top person's upper body (waist and above, which may include arms/hands) until the top person is no longer inverted or his/her hands are on the performing surface. The contact shall be sufficient to stabilize/control the top person's position.
EXCEPTION: A foldover that begins at or below prep level and does not stop in an extended position is allowed without continuous upper body contact.
 - 1) If caught in a cradle, load or stunt by catchers who are not original bases, the new catchers are in place and are not involved with any other skill when the transition is initiated.
 - 2) The top person must not go directly to an inverted position on the performance surface from a prep or higher.

- d. When the stunt begins in an inversion and goes to a non-inverted position, the upper body contact may be released before the top person is no longer inverted.
7. An inverted top person must not hold objects (poms, signs, etc.) in his/her hands.
EXCEPTION: A top person can hold objects during a transition from an inverted position on the performing surface to a non-inverted stunt **or from a prone position below prep level to a forward roll dismount.**
8. A Swing Roll Down stunt is not permitted.

E. Pyramids

Note: In addition to these specific pyramid rules, all persons and stunts involved in a pyramid must follow all rules from the Partner Stunt and Inversion sections.

1. The top person in a pyramid must receive primary support from a base or be connected to a bracer who is on a base.
2. A bracer may not support a majority of a top person's weight.
3. In pyramids where one extended stunt braces another extended stunt, the connection must not be hand/arm to leg/foot.
4. A participant must not move over or be under a partner stunt or pyramid except when helping build, stabilize or dismount that partner stunt or pyramid. .
5. If a person in a pyramid is used to brace the foot/leg of an extended stunt, that brace must not be supporting a majority of the top person's weight. (To demonstrate this, the foot of the top person's braced leg must be at or above the knee of their supporting leg.)
6. Hanging pyramids must have a continuous spotter for each shoulder stand involved in suspending another person. Hanging pyramids are not allowed to rotate.
7. In a Released Pyramid Transition the following rules apply:
 - a. The skills before and after the release must be legal, including the required spotters.
 - b. The top person must be in hand/arm to hand/arm contact with at least one bracer during the entire transition.
 - c. The bracer(s) are at prep level or below. The bracer(s) must have two bases or a base and spotter (Exception: shoulder sits and thigh stands).
 - d. The top person may not be supporting his or her weight on any other body part of the person(s) assisting (i.e. Shoulders of the bracer).
 - e. The released top person and bases make no more than a ¼ turn around the bracer in a continuous movement in which the top person remains above the original base(s). The top person must be continuous in motion and cannot be supported so that they pause during the transition.
 - f. When the catchers are not the original bases, the new catchers are in place when the transition is initiated, remain close to the original bases and are not part of any other skill.

F. Tosses

The rules in this section only apply to tosses where someone is under a foot, e.g. basket tosses, elevator/sponge tosses, toe pitch tosses.

1. All tosses other than Switch Ups are prohibited for Elementary, Middle School, and Junior High cheerleading teams.
2. In all tosses:
 - a. No more than four tossers are allowed.
 - b. Must be caught in a cradle.
 - 1) The cradle must include at least three of the original tossers.
 - 2) One of the catchers must be at the head and shoulders.
 - c. The toss may not be directed so that the bases must travel to catch the top person. (The bases can turn/rotate under the toss.)
 - d. The top person must not land in an inverted position.
 - e. The top person may not hold any objects (poms, signs, etc.) during the toss.
 - f. The top person cannot travel over or under another person or through a prop.
 - g. The total number of twists cannot be greater than one and one quarter rotations.

EXCEPTION: Switch **Ups to the same stunt group** are allowed.

G. Tumbling and Jumps

1. Dive rolls are prohibited.
2. Flips greater than one rotation are prohibited.
3. Twists greater than one rotation are prohibited.
4. A forward three-quarter flip to the seat or knees is prohibited.
5. Tumbling over, onto, or under a stunt, person or prop is illegal. Rebounding over a stunt, person or prop is illegal.

EXCEPTIONS:

 - a) Non-aerial tumbling over a person or prop is allowed. (Cartwheels, rolls and walkovers with poms or over a person are allowed.)
 - b) Aerials and standing back tucks with poms are allowed. (Back handsprings with poms are still prohibited.)
6. A flip that lands in a partner stunt or cradle is prohibited. (Example : A back flip from a tumbling pass into a cradle is prohibited. However, rebounding from a back handspring into a cradle is allowed.)
7. Landings for all jumps must bear weight on at least one foot. (Example : A toe touch jump to the seat, knees, or landing with both feet back, or to a push-up position are prohibited.)
8. Knee drops are prohibited without first bearing weight on the hands.
9. Drops to a prone position (i.e. pushup) on the performing surface are illegal.
10. Airborne skills without hip over-head rotation may not jump from a standing or squatting position backwards onto your neck, shoulders and hands. (This rule only refers to a type of entrance into the "kip-up/rubber band" skill.)

H. Specific Surface Restrictions

1. The following skills are only allowed on a mat, grass or rubberized track surface.
 - a. Basket tosses, elevator/sponge tosses and other similar multi-base tosses.
 - b. Partner stunts in which the base uses only one arm to support the top person.
 - c. Twisting tumbling skills (Arabians, full twisting layouts, etc.).
EXCEPTION: Cartwheels, roundoffs and aerial cartwheels are allowed on surfaces other than a mat, grass or rubberized track.

The above safety guidelines are general in nature and are not intended to cover all circumstances. All cheerleading technical skills including tumbling, partner stunts, pyramids and jumps should be carefully reviewed and supervised by a qualified adult coach. Cheerleading jumps, tumbling, and stunts may involve height and inversion of the body and there is an inherent risk of injury involved with any athletic activity. While the use of these guidelines in coordination with the USA Cheer/AACCA Safety Course will help minimize the risk of injury, USA Cheer makes no warranties or representations, either expressed or implied, that the above guidelines will prevent injuries to individual participants.

For more information, visit usacheer.org

Summary of Changes

The definition of “Dive Roll” has changed to allow a momentary airborne position. True “Dive Rolls”, where the hips are at or above the waist while airborne, are still prohibited.

A participant in a walking boot or plaster cast may not be involved in tumbling or jumps as well as other previously listed skills.

A top person in a stunt or pyramid may not release a sign directly to the ground. It must be handed to someone on the ground or come down with the top person, with existing restrictions like spotters not holding props or cradling with hard props.

Extended triple based straddle sits no longer require an additional spotter.

In transitions from vertical to horizontal positions, the requirement that the new catchers were to the front or side of the person moving the top person has been removed.

Braced flips may use one or two bracers. If only one bracer is used, each of the top person and bracer’s hands/arms need to be connected. This will allow prep level Bajas and Side Somis. All of the other requirements for a braced flip remain in place.

Inversions may release to non-inverted extended level stunts.

In prep level inversions, the required contact between the top and base(s) may be maintained by either the top or the base(s).

All braced connection wording was updated to clarify that the connection can be maintained by either the bracer or the released top person.

A top person may perform a forward roll with props from a prone position below prep level.

The rules regarding Switch Libs have been adjusted to allow landing on one or both feet, with the term being changed to “Switch Up”.

Participants may not move over or be under partner stunts or pyramids except when helping build, stabilize or dismount that partner stunt or pyramid.

For further interpretation, videos of skills will be uploaded throughout the year at cheerrules.com



For the most accurate and updated information please visit our website

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