



2019 - 2020



USA

Youth / Rec

COMPETITIONS



EVENT DATES, SCORING & GENERAL INFORMATION



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 information this season!

usa.Varsity.com

SAVE THE DATE!

The USA is thrilled to offer multiple events for Youth and Recreation teams this season!

We hope that this informational packet helps prepare you for *one of these great 2020 USA Events!*



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



**2020 USA Non-Affiliated Rec Championships
Anaheim Convention Center – Anaheim, CA
March 22, 2020**

CHEER - AFFILIATED

ROUTINE PROCEDURE

Routines must consist of Cheer & Music combination. Up to 1:30 (90 seconds) of the routine may be performed to music. Additional general safety rules apply. Music must meet music guidelines (varsity.com/music).

GENERAL SAFETY AND LEVEL RULES

As with all cheer categories, refer to the 2019-20 Varsity Recreation Cheer Level Rules.

TOTAL ROUTINE TIME LIMIT

2 ½ minutes maximum.

SONG / POM

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 pompoms for 80% of the routine. Music must meet music guidelines (varsity.com/music).

SAFETY RULES

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

TOTAL ROUTINE TIME LIMIT

2 ½ minutes maximum



ALL TEAMS

An official team 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.

2019 - 2020 USA TRADITIONAL RECREATIONAL AFFILIATED DIVISIONS				
Recreation Level 1 (TRADITIONAL RECREATION - AFFILIATED)				
18 & Younger	• Female/Male	• 5 - 36 Members	2:30 max routine: including max music of 1:30	Carpet Bonded Foam Mat
14 & Younger	• Female/Male	• 5 - 36 Members		
12 & Younger	• Female/Male	• 5 - 36 Members		
10 & Younger	• Female/Male	• 5 - 36 Members		
8 & Younger	• Female/Male	• 5 - 36 Members		
6 & Younger	• Female/Male	• 5 - 36 Members		
Recreation Level 2 (TRADITIONAL RECREATION - AFFILIATED)				
18 & Younger	• Female/Male	• 5 - 36 Members	2:30 max routine: including max music of 1:30	Carpet Bonded Foam Mat
14 & Younger	• Female/Male	• 5 - 36 Members		
12 & Younger	• Female/Male	• 5 - 36 Members		
10 & Younger	• Female/Male	• 5 - 36 Members		
Recreation Level 3.1 (TRADITIONAL RECREATION - AFFILIATED)				
18 & Younger	• Female/Male	• 5 - 36 Members	2:30 max routine: including max music of 1:30	Carpet Bonded Foam Mat
14 & Younger	• Female/Male	• 5 - 36 Members		
12 & Younger	• Female/Male	• 5 - 36 Members		
Recreation Level 3 (TRADITIONAL RECREATION - AFFILIATED)				
18 & Younger	• Female/Male	• 5 - 36 Members	2:30 max routine: including max music of 1:30	Carpet Bonded Foam Mat
14 & Younger	• Female/Male	• 5 - 36 Members		
12 & Younger	• Female/Male	• 5 - 36 Members		
Song/Pom (TRADITIONAL RECREATION - AFFILIATED)				
18 & Younger	• Female/Male	• 5 - 23 Members	2:30 max routine	Basketball court, dance floor or similar surface
14 & Younger	• Female/Male	• 5 - 23 Members		
12 & Younger	• Female/Male	• 5 - 23 Members		
10 & Younger	• Female/Male	• 5 - 23 Members		
8 & Younger	• Female/Male	• 5 - 23 Members		
6 & Younger	• Female/Male	• 5 - 23 Members		

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

The participant's age as of August 31, 2019 will be used throughout the 2019-20 competition season.

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 in the division.

There must be at least 3 teams in each division once a split occurs to keep the divisions separated by size.

Recreation cheer divisions may be split into Small and Large divisions provided there are at least 2 teams left in each division.

- Small • 5 - 22 Members
- Large • 23 - 36 Members

Split Exception: If an organization has 2 teams competing in the same division, but one team is small and one team is large, a mandatory split will occur. (If an organization has 2 teams competing in the same division, but both teams are the same size, they will compete against each other.)

An event producer may further split a division by squad size, if there are at least 10 or more teams in the division.

The event producer must clearly identify the number range for the split, and label the two groups, "A", and "B". This split may not occur unless a minimum of 2 teams are left in group A and B.



Join us at our
2020 USA Jr. Nationals on
February 16, 2020 in Anaheim, CA!

Traditional Recreational Affiliated
teams must qualify at a USA
Regional, Classic or Open
to compete at USA
JR. Nationals.



PERFORMANCE & TRADITIONAL RECREATIONAL NON-AFFILIATED



PERFORMANCE-NON-AFFILIATED

ROUTINE PROCEDURE

Routines must consist of a minimum of an 8-count Chant & Music combination. Additional general safety rules apply. Music must meet music guidelines (varsity.com/music).

GENERAL SAFETY AND LEVEL RULES

As with all cheer categories, refer to the 2019-20 Varsity Recreation Cheer Level Rules.

TOTAL ROUTINE TIME LIMIT

2 ½ minutes maximum.

TRADITIONAL NON-AFFILIATED

ROUTINE PROCEDURE

Routines must consist of Cheer & Music combination. Up to 1:30 (90 seconds) of the routine may be performed to music. Additional general safety rules apply. Music must meet music guidelines (varsity.com/music).

GENERAL SAFETY AND LEVEL RULES

As with all cheer categories, refer to the 2019-20 Varsity Recreation Cheer Level Rules.

TOTAL ROUTINE TIME LIMIT

2 ½ minutes maximum.

ALL TEAMS

An official team 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.

TRADITIONAL RECREATION - AFFILIATED and NON-AFFILIATED

Recreation Level 1

18 & Younger	• Female/Male	• 5 - 36 Members	2:30 max routine: including max music of 1:30	Affiliated-Foam Mat Non-Affiliated-Spring Floor
14 & Younger	• Female/Male	• 5 - 36 Members		
12 & Younger	• Female/Male	• 5 - 36 Members		
10 & Younger	• Female/Male	• 5 - 36 Members		
8 & Younger	• Female/Male	• 5 - 36 Members		
6 & Younger	• Female/Male	• 5 - 36 Members		

Recreation Level 2

18 & Younger	• Female/Male	• 5 - 36 Members	2:30 max routine: including max music of 1:30	Affiliated-Foam Mat Non-Affiliated-Spring Floor
14 & Younger	• Female/Male	• 5 - 36 Members		
12 & Younger	• Female/Male	• 5 - 36 Members		
10 & Younger	• Female/Male	• 5 - 36 Members		

Recreation Level 3.1

18 & Younger	• Female/Male	• 5 - 36 Members	2:30 max routine: including max music of 1:30	Affiliated-Foam Mat Non-Affiliated-Spring Floor
14 & Younger	• Female/Male	• 5 - 36 Members		
12 & Younger	• Female/Male	• 5 - 36 Members		

Recreation Level 3

18 & Younger	• Female/Male	• 5 - 36 Members	2:30 max routine: including max music of 1:30	Affiliated-Foam Mat Non-Affiliated-Spring Floor
14 & Younger	• Female/Male	• 5 - 36 Members		
12 & Younger	• Female/Male	• 5 - 36 Members		

PERFORMANCE RECREATION - NON-AFFILIATED - This category offered to Non-Affiliated Programs Only

Recreation Level 1

18 & Younger	• Female/Male	• 5 - 36 Members	2:30 max routine: including minimum of an 8-count chant	Spring Floor
14 & Younger	• Female/Male	• 5 - 36 Members		
12 & Younger	• Female/Male	• 5 - 36 Members		
10 & Younger	• Female/Male	• 5 - 36 Members		
8 & Younger	• Female/Male	• 5 - 36 Members		
6 & Younger	• Female/Male	• 5 - 36 Members		

Recreation Level 2

18 & Younger	• Female/Male	• 5 - 36 Members	2:30 max routine: including minimum of an 8-count chant	Spring Floor
14 & Younger	• Female/Male	• 5 - 36 Members		
12 & Younger	• Female/Male	• 5 - 36 Members		
10 & Younger	• Female/Male	• 5 - 36 Members		

Recreation Level 3.1 (Level 3 Building Skills, Level 1 Tumbling Skills)

18 & Younger	• Female/Male	• 5 - 36 Members	2:30 max routine: including minimum of an 8-count chant	Spring Floor
14 & Younger	• Female/Male	• 5 - 36 Members		
12 & Younger	• Female/Male	• 5 - 36 Members		

Recreation Level 3

18 & Younger	• Female/Male	• 5 - 36 Members	2:30 max routine: including minimum of an 8-count chant	Spring Floor
14 & Younger	• Female/Male	• 5 - 36 Members		
12 & Younger	• Female/Male	• 5 - 36 Members		

Recreation Level 4

11-18 Years Old	• Female/Male	• 5 - 36 Members	2:30 max routine: including minimum of an 8-count chant	Spring Floor
8-14 Years Old	• Female/Male	• 5 - 36 Members		

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

The participant's age as of August 31, 2019 will be used throughout the 2019-20 competition season.

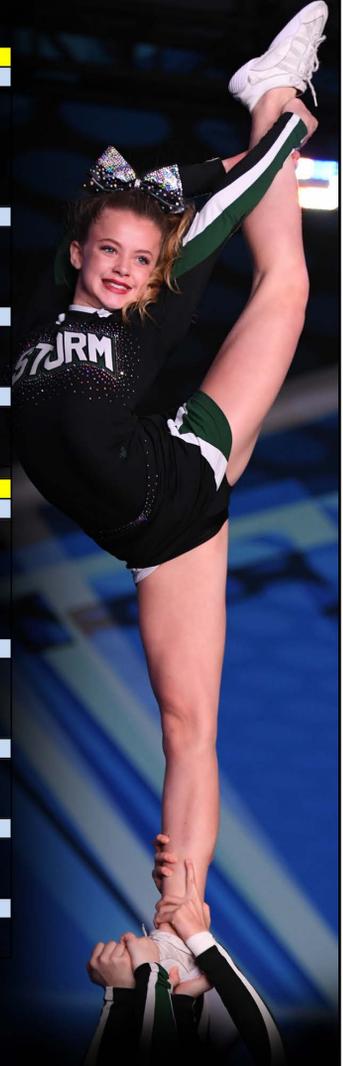
Recreation cheer divisions may be split into Small and Large divisions provided there are at least 2 teams left in each division.

Small	• 5 - 22 Members
Large	• 23 - 36 Members

Split Exception: If an organization has 2 teams competing in the same division, but one team is small and one team is large, a mandatory split will occur. (If an organization has 2 teams competing in the same division, but both teams are the same size, they will compete against each other.)

An event producer may further split a division by squad size, if there are at least 10 or more teams in the division. The event producer must clearly identify the number range for the split, and label the two groups, "A", and "B". This split may not occur unless a minimum of 2 teams are left in group A and B.

For more information on USA recreational divisions, upcoming event dates and more please visit usa.varsity.com.



USA Non-Affiliated Rec Championships

Anaheim Convention Center - Anaheim, CA
March 22, 2020

There is no pre-qualification needed to attend the USA Non-Affiliated Rec Championships.

USA.VARSITY.COM

@USACAMPS

2019 - 2020 RECREATION DATES & LOCATIONS

Visit usa.varsity.com for the most up to date information



The USA will be offering Recreational Divisions at the following events for **Traditional Affiliated (Cheer/Song)** and **Traditional and Performance Non-Affiliated (Cheer)** divisions this season.

All **USA Traditional Affiliated** events will offer a carpet bonded form mat performance floor.
All **USA Traditional and Performance Non-Affiliated** events will offer a spring performance floor.

For the most up to date Rec information, please visit usa.varsity.com

Performance Affiliated and Open Recreational Divisions will not be offered at USA events during the 2019-2020 season.

Select **USA** events will allow **Traditional Affiliated** teams to earn qualification to attend marquee events like **USA Jr. Nationals** and **The Quest!**

Traditional and Performance Non-Affiliated teams can also earn qualifications to attend **The Quest** at select **USA** events and all **Non-Affiliated** teams are invited to attend the **USA Non-Affiliated Rec Championships!**

For more information on **The Quest**, please visit varsity.com/thequest.



(Affiliated Rec Teams)
February 16, 2020



March 13-14, 2020



Non-Affiliated
Rec Championships
March 22, 2020



TRADITIONAL AFFILIATED

*All listed events are qualifiers for USA Jr. Nationals unless listed otherwise

October 12
USA/Santa Cruz Boardwalk Spirit Competition
Santa Cruz, California

November 2
USA Rocky Mountain Classic
Legacy H.S.
Broomfield, Colorado

November 2
USA Spirit Regional
Clovis North H.S.
Fresno, California

November 9
USA Spirit Regional
Merrill West H.S.
Tracy, California

November 16
USA Spirit Regional
Estrella Foothills H.S.
Goodyear, Arizona

November 16
USA Spirit Regional
Vista Del Lago H.S.
Folsom, California

November 23
USA Spirit Regional
Summit H.S.
Fontana, California

December 7
USA Spirit Regional
Cottonwood H.S.
Murray, Utah

December 7
USA Spirit Regional
University H.S.
Irvine, California

December 7
USA Spirit Regional
Deer Valley H.S.
Glendale, Arizona

December 14
USA Spirit Regional
James Logan H.S.
Union City, California

December 14
USA Spirit Regional
Brea Olinda H.S.
Brea Olinda, California

January 11
USA Vegas Classic
Desert Oasis H.S.
Las Vegas, Nevada

January 11
USA Spirit Regional
Deer Valley HS
Antioch, California

January 11
USA Spirit Regional
Yorba Linda H.S.
Yorba Linda, California

January 18
USA Spirit Regional
Agoura H.S.
Agoura Hills, California

January 18
USA Spirit Regional
Tustin H.S.
Tustin, California

January 18
USA Spirit Regional
Timpview H.S.
Provo, Utah

January 18
USA Spirit Regional
Elsinore H.S.
Wildomar, California

January 25
USA Arizona Open
Chaparral High School
Scottsdale, AZ
*Not a Jr. Nationals Qualifier

February 8
USA Nevada Open
UNLV
Las Vegas, Nevada
*Not a Jr. Nationals Qualifier

February 16
USA Jr. Nationals
*Qualification Required
Anaheim Convention Center
Anaheim, California

TRADITIONAL & PERFORMANCE NON-AFFILIATED

October 12
USA/Santa Cruz Boardwalk Spirit Competition
Santa Cruz, California

November 23
USA Arizona Classic
WestWorld
Scottsdale, Arizona

December 8
USA So Cal Holiday Classic
Anaheim Convention Center
Anaheim, California

December 8
USA No Cal Holiday Classic
UC Davis
Davis, California

January 11
USA Vegas Classic
Desert Oasis H.S.
Las Vegas, Nevada

January 11
USA Spirit Regional
Cottonwood H.S.
Murray, Utah

January 12
USA So Cal Winter Classic
Viejas Arena, SDSU
San Diego, California

January 26
USA California Open
UC Davis
Davis, California

February 1
USA Utah Classic
Mountain America Expo Center
Sandy, UT

February 8
USA Nevada Open
UNLV
Las Vegas, Nevada

March 1
USA Arizona Open
Location TBD
Phoenix, AZ

March 7
USA Utah Open
Legacy Event Center
Farmington, Utah

March 22
USA Non-Affiliated
Rec Championships
Anaheim Convention Center
Anaheim, CA

2019 – 20 EVENT PRICING & REGISTRATION INFORMATION

How to find event pricing:

1. Go to www.myvarsity.com and click “Search for competitions.” You are not required to log in to search for and/or view events.
2. On the next page, filter results for “Varsity Brand” and select “United Spirit Association.” This will automatically refresh your page to display all the USA events. You may also filter by “Event Type” and by checking the box next to “Cheer.”
3. Scroll down to the competition that you would like to view the pricing for.
4. Expand the event to view additional information by clicking on the event name or by clicking on the blue “More Info” button to the right.
5. Once the event expands down, you may scroll down to view prices by Division Group.

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.

Recreation Cheer Teams:

- **The Recreation Cheer Verification Form and team roster must be completed and submitted BEFORE a team will be eligible to compete in a Varsity Spirit Recreation division. The submitted roster must include ALL team members. You must also bring a copy of your team roster to each event with the team members competing the day of the event.**

A copy of this form can be found in this packet on page 34-35. The form must be completed and emailed to Kerry Lorenca: klorenca@varsity.com.

2019-20 EVENT PRICING & REGISTRATION INFORMATION CONT'D.

VERSION 9.19.19

How to submit a competition registration (Regionals & Classics):

1. Login to your myVarsity account with your associated email and password.
If you do not have a myvarsity account and you are the coach, please contact our office to get set up with an account.
2. Once you are logged in, hover your mouse over the “COMPETITION” menu dropdown and select the first option called “Competition Search.”
3. Follow the steps for “How to find event pricing:” on page 4 order to find the event you wish to register for.
4. Once you have the information expanded for the event you wish to register for, click the blue button that says “Register Now!”
If the button says “Call to Register,” you will need to call our office to submit your registration. Registrations will only be accepted as long as there is still space in the event.
5. Follow the steps in the registration portal to complete and submit your registration.

MyVarsity is most accessible using a desktop computer or laptop. If you are viewing the website on a mobile device or tablet, you may experience difficulty viewing or working within the site. If you are having trouble utilizing the website on a desktop computer/laptop, try using Google Chrome as a browser as it is the most compatible with our platform. Contact our office if you are having further difficulties.

What to Bring (Regionals & Classics):

Upon checking in with registration at the event, you will need to submit an alphabetized list of all participating students as well as a signed USA participant release and waiver form for each participating student. Roster needs to be submitted with the Verification Form or update your Master Roster on myVarsity.com.

WE ASK THAT ALL RELEASE AND WAIVER FORMS PLEASE BE ALPHABETIZED.

You will also need to submit the **Varsity Rec Cheer Roster Form**.

This form is found online under the “Required Forms” section and select “Roster Verification.”

<https://www.varsity.com/youth-rec/competitions/divisions-and-scoring/>

Spectators & Additional Coaches/Alternates: Two free passes will be allotted to each school/group for advisors/coaches at registration. Additional tickets for advisors, coaches and/or team alternates may be purchased on-site – cash only. Spectators may also purchase tickets on-site – cash only.

Regionals – Regionals are stand-alone events -- no prior qualification is required to compete. These one-day events are typically held at smaller venues (i.e. high school gyms). All performers receive a participation ribbon (or other commemorative item) to acknowledge their participation. Regional awards are presented to top teams in each division. Divisions are only split by team size (Small/Large) based on final enrollment. For more information, please contact mscanlan@varsity.com.

Classics – Classics are stand-alone events -- no prior qualification is required to compete. These one-day events are often, but not always, held in larger venues (i.e. college sports arena or convention center). Sponsorship “give-aways” may be distributed at select events. Trophies or plaques are awarded to 50% of the teams in each division. For all divisions, an exclusive “Champion” event pin is presented to each first place competitor. Divisions are only split by team size (Small/Large) based on final enrollment. For more information, please contact mscanlan@varsity.com.

Opens - These are stand-alone events -- no prior qualification is required to compete. These one-day events are often, but not always, held in larger venues (i.e. college sports arena). All performers receive a participation trading pin (or other commemorative item) and/or sponsorship “give-aways.” Trophies or plaques are awarded to 50% of the teams in each division. For all first place teams, each individual member on the team receives an exclusive 1st place “Champion” event T-shirt. For divisions with **2 (two)** or more teams competing, first place teams also receive a “Champion” banner. Divisions are only split by team size (Small/Large) based on final enrollment. For more information, please contact mscanlan@varsity.com.

Jr. Nationals (Affiliated Rec Teams) - February 16, 2020

Teams wishing to compete at Jr. Nationals must prequalify at a qualifying USA Regional in the division they wish to compete in. See Affiliated Recreation Teams information (page 9) for qualification details. All performers receive a participation gift. Trophies, banners or plaques are awarded to the top teams in each division (excluding exhibition or evaluation performances). Registration for USA Jr. Nationals is now open. Register early! **Teams do not need to wait to qualify for Nationals in order to submit their registration and no payment is required at the time of registration. Registration will be complete once a team has qualified for the event and the registration fees have been received.**

Non-Affiliated Rec Championships - March 22, 2020

Pre-qualification to attend the event is not required. All performers receive a participation gift. Trophies, banners or plaques are awarded to the top teams in each division (excluding exhibition or evaluation performances). Registration for USA Non-Affiliated Rec Championships is open. Register now!

RECREATION CHEER VERIFICATION FORM EXAMPLE



Recreation Cheer Verification Form

Cheerleading Program Name: _____

Head Coaches Contact Information: Name: _____

Phone Number: _____

E-mail Address: _____

Program Address: _____

Name of Teams/Divisions: _____

For the purpose of competing, Recreational Cheer – Affiliated and Non-Affiliated is defined below. All teams competing in these divisions must meet the criteria in order to compete in these divisions. If you are an Affiliated organization, please fill out Side A. If you are a Non-Affiliated organization, please fill out Side B.

SIDE A (AFFILIATED REC)

1a. Must be affiliated with, report to, and be governed by an organization such as the following (*check one*)

- YMCA
- Boys and Girls Club
- City/County Parks and Recreation Program
- Community Youth Organization
- Pop Warner Association
- American Youth Cheer

1b. List your Governing Organizations Name:

(Initial Here) 2. Team must submit a roster with birthdates for each athlete. Roster must be updated prior to each event and uploaded into your account in Varsity portal. A copy of this roster must be brought to registration at each competition.

(Initial Here) 3. Each team must cheer for a sport during the 2019-2020 cheer season. Coach must submit each cheerleading team's game schedule within their organization.

Our program cheer's for _____ from _____ / / _____ until _____ / / _____
(Sport) *(Beginning of the season)* *(End of the season)*

(Initial Here) 4. Team members must fulfill the age requirement for the division that they are entering on/before August 31, 2019. Birth Certificates must be readily available in hard copy or as a pdf at each competition. If a question or protest arises, teams must be able to immediately produce this information to event management or risk disqualification and/or suspension.

(Initial Here) 5. Team must submit a medical waiver for each athlete for each event.

(Initial Here) 6. Team agrees to adhere to all event producer rules and regulations, as well as music guidelines.

(Initial Here) 7. All appropriate general safety rules and level rules must be followed for the division in which the team is registered.

*Your initials above states that your organization agrees, understand and complies with all of the above guidelines.

If you do meet ALL of the requirements listed above, you must have your Rec Organization President or higher seated authority sign below.

Print Name _____
Position

Signature _____
Date

RECREATION CHEER VERIFICATION FORM EXAMPLE PAGE 2

SIDE B (NON-AFFILIATED REC)

- _____
(Initial Here)
1. Team must submit a roster with birthdates for each athlete. Roster must be updated prior to each event and uploaded into your account in Varsity portal. A copy of this roster must be brought to registration at each competition.
- _____
(Initial Here)
2. Team is not affiliated with an All Star program.
- _____
(Initial Here)
3. Team members must fulfill the age requirement for the division that they are entering on/before August 31, 2019. Birth Certificates must be readily available in hard copy or as a pdf at each competition. If a question or protest arises, teams must be able to immediately produce this information to event management or risk disqualification and/or suspension.
- _____
(Initial Here)
4. Team must submit a medical waiver for each athlete for each event.
- _____
(Initial Here)
5. Team agrees to adhere to all event producer rules and regulations, as well as music guidelines.
- _____
(Initial Here)
6. All appropriate general safety rules and level rules must be followed for the division in which the team is registered.

*Your initials above states that your organization agrees, understand and complies with all of the above guidelines.

If you do meet ALL of the requirements listed above, you must have your Rec Organization President or higher seated authority sign below.

Print Name

Position

Signature

Date

* If you do NOT meet ALL of the requirements listed above, your program is not eligible to compete in a Varsity Recreation division.

Completed forms should be e-mailed to Kerry Lorena: KerryL@theepicbrands.com



A VARSITY SPIRIT BRAND

2019-20 RECREATION TEAMS GENERAL INFORMATION

Revised 10-30-19

GENERAL INFORMATION

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

CHEER DIVISIONS: Affiliated and Non-Affiliated Recreation Cheerleading Organizations please also refer to the Varsity Recreation general information documents.

<https://www.varsity.com/all-star/competitions/youth-rec/>

All forms mentioned below are on the Varsity Rec Webpage. <https://www.varsity.com/youth-rec/competitions/divisions-and-scoring/>

- 1. Rec Verification Form** - Organizations must submit a Rec Verification Form and email to Kerry Lorenca (Klorenca@varsity.com) before a team can attend a Varsity event. .
- 2. Rosters** - Teams must input all their athletes to the Master Roster on myvarsity.com. The master roster is located in the pulldown menu next to your name in the upper right hand corner once you login. Teams must fill out the roster form for each team and bring it to the event. The event roster will only have the athletes competing on that team the day of the event.
- 3. Music Guidelines** - Teams must follow the music guidelines found at
- <http://varsity.com/music>
- 4. Participant Release Waiver** –Original copy must be filled out for each athlete and turned in at team registration at each event attended.
- 5. USA Youth/Rec Membership** – Beginning on 1/1/20 one coach per team must have a USA Youth/Rec Membership. Proof of membership must be shown at team registration at each event along with an ID. <https://www.usacheer.org/membership/youth-rec>
- 6. Coaches ID** –Coaches show ID to get their wristband at team registration. **Two** complimentary admission wristbands will be allotted at registration to each competing organization for each division in which they have a team registered for advisors and/or coaches. Additional tickets for advisors or coaches may be purchased at the door for each competition.

AFFILIATED RECREATION CHEER AND SONG/POM TEAMS

Affiliated teams need to prequalify at a USA Regional or Classic competition in order to attend Jr. Nationals in Anaheim, CA February 16, 2020.

CATEGORIES/DIVISIONS CONT'D.

AFFILIATED RECREATION CHEER AND SONG/POM TEAMS con't

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 Level 1, 12 and younger cheer at a Regional or Classic, you may not compete in Level 3, 12 and younger cheer at Nationals unless you also qualify for that category at a Regional or Classic. 2) If you qualify for 12 and younger Song/Pom at a Regional or Classic, you may not compete in 14 and younger Song/Pom 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.

Song/Pom Affiliated Programs - The program must be affiliated with, report to, and be governed by an organization such as; YMCA, Boys and Girls Club, City/County Parks and Recreation Program, American Youth Cheer, Pop Warner Association, or other community run program not associated with All Star. Each team must cheer for a sport during the 2019-2020 cheer season.

An individual may not compete on two song/pom teams within the same category type and/or divisions within a category when separated by size, and/or age group (i.e. Song/Pom, 14 and younger and Song/Pom, 12 and younger song/pom divisions).

An organization cannot have 2 song/pom teams in the same division. (i.e. 2 teams from the same program in Song/Pom, 14 and younger.)

Song/Pom 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.

If a team qualifies for Nationals two or more times in a higher level (i.e. Level 3, 12 and younger cheer) at a Regional or Classic competition, then that team must receive written permission to move to a lower technical division (i.e. Level 2, 12 and younger cheer) at 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.

NON-AFFILIATED RECREATION CHEER TEAMS

Non-Affiliated divisions will be offered during our Non-Affiliated Rec Championships event in Anaheim, CA March 22, 2020. Pre-qualification to attend the event is not required.

Register here: http://bit.ly/2020_Non-Aff-Rec-Champs

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 for **affiliated** cheer teams and a spring floor for **non-affiliated** cheer teams on the performance area that measures 54'x42'. Unless otherwise noted, the mat will be removed for the **affiliated** song/pom divisions.

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

Spring floors will **not** be used for affiliated cheer divisions. Spring floors **will be** used for non-affiliated 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, Opens and All Star Championships, a penalty will be assessed for any stunting or tumbling executed off of the 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.

PENALTIES

Affiliated and Non-Affiliated Recreation Cheerleading Organizations please refer to the Varsity Recreation Rules.

Points will be deducted from the final team panel judge scores for violations of safety rules and/or time limits. See below for song/pom divisions in addition to the 2019-20 USA Song/Pom, Song/Jazz and Pep/Short Flag General Safety Rules for School and Rec Teams. See usa.varsity.com for these documents.

A) Safety Rules

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 cheer movement, and will stop with the end of the cheer or last note of the music.

Penalties will be deducted from the final averaged score for going over the total routine time limit.

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

PENALTIES CONT'D.

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

C) Performance Order/Division Changes

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

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

Division changes may not be made the day of a Regional or Classic. At a Regional or Classic, a team performing in an incorrect division will be disqualified from competition, but affiliated teams may perform "Evaluation Only" to qualify for Jr. 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, a school/team 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 an article of clothing adds to the overall effect and/or theme of the routine, it will be considered "costuming". A deduction 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 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 deduction will be incurred. This includes an individual with a shoe that comes off during a routine.

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 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.

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 coach wristbands will be allotted at registration to each competing organization 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 and must purchase a wristband in advance or at team registration for the spectator price 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.

CHEER DIVISIONS: Affiliated and Non-Affiliated Recreation Cheerleading Organizations please refer to the Varsity Recreation Rules. <https://www.varsity.com/all-star/competitions/youth-rec/>

You must visit the USA website at usa.varsity.com for a complete listing of the following:

- 2019-20 USA Recreation Divisions
- 2019-20 USA Recreation Cheer Rules
- 2019-20 USA Song/Pom & Song/Jazz General Safety Rules for School and Rec Teams

SONG/POM (Affiliated Programs Only)

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 Safety Rules Song/Pom & Song/Jazz Rec Teams.

SPECIALTY SKILL RESTRICTIONS

There are no additional restrictions besides those listed in the 2019-20 USA Song/Pom & Song/Jazz General Safety Rules for School and Rec Teams

TOTAL ROUTINE TIME LIMIT

2 ½ minutes maximum

SONG/POM – An official team 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 will be taken if "costuming" is used.



2019 - 2020 RECREATION SCORING DEDUCTION SYSTEM

All deductions may include, but are not limited to the following examples:

ROUTINE INFRACTIONS

ATHLETE FALL - .25

- Drops to the performance surface during tumbling and/or jump skills
Includes the following:
 - Hand, hands or head down in tumbling or jump skills
 - Knee or knees down in tumbling or jump skills

BUILDING FALL - .75

- Drops from a building skill or transition during a stunt, pyramid and/or toss
Includes the following:
 - Base or spotter drops to the performance surface during a building skill
 - Drops to a cradle and/or load in position

MAJOR BUILDING FALL - 1.25

- Drops to the performance surface from a stunt, pyramid or toss by the top person and/or the bases/spotters
Includes the following:
 - Top person drops to the performance surface
 - Multiple bases and/or spotters drop to the performance surface
 - Top person lands on base and/or spotter who drops to the performance surface

MAXIMUM - 1.75

- When multiple deductions should be assessed during a stunt or toss (by a single group) or during a pyramid sequence, then the sum of those deductions will not be greater than 1.75. During pyramids where a fall continues to effect other portions of the pyramid, the deduction will not exceed 1.75. Two separated pyramids will result in separate deductions. The MAX deduction for a pyramid will not exceed 3.5.

RULE VIOLATIONS

BOUNDARY VIOLATIONS - .25

The performance surface is defined as the 42' x 54' competition floor. The competition boundary is defined as the performance surface and any immediate adjacent safety border. A .25 deduction will be assessed per occurrence for an athlete that makes contact with both feet outside the competition boundary. Stepping on, or just past the white tape is not a boundary violation.

TIME LIMIT VIOLATIONS - .25

Teams that exceed 2:30 will be subject to the following deduction:

- 1 or more seconds over time will result in a .25 deduction
The routine time limit is 2:30. Routines that exceed this time limit run a risk of being assessed a deduction. Judges will use a stop watch or similar device to measure the official time. Acknowledging the potential variance caused by human reaction speed and sound system time variations, judges will not issue a deduction until their stopwatch/clock shows a time that exceeds 2:32.

SAFETY VIOLATIONS

- **.50** - Tumbling skills performed out of level and General Safety Guidelines will be issued a .50 deduction.
- **1.0** - Building skills performed out of level will be issued a 1.0 deduction.

ENHANCED VOICE PROJECTION

Teams that use pre-recorded words or voice-overs during the chant/cheer section will receive a .5 deduction. Judges should only hear the athletes' voices during the chant/cheer with the exception of a crowd response if applicable.

IMAGE POLICY - .25

Inappropriate choreography, uniform and/or music, as well as violations that break the image policy will be issued a .25 deduction.

UNSPORTSMANLIKE CONDUCT DEDUCTION - 1.0

When a coach is in discussion with an official, other coaches, athletes and parents/spectators they must maintain proper professional conduct. Failing to do so will result in 1.0 deduction and removal of coach or disqualification.

Includes the following:

- Inappropriate and deliberate physical contact between athletes during the event
- Abuse of equipment or any items associated with the event
- Using language or a gesture that is obscene, offensive, or insulting
- Using language or gestures that offend race, religion, color, descent or national or ethnic origin
- Failing to perform a routine
- Excessive appealing at AccuScore
- Showing dissent towards scoring official decision by word or action
- Threat of assault to an event representative
- Public criticism of an event related incident or event official

MINIMUM ATHLETE REQUIREMENT

If a team competes with fewer than the minimum number of athletes for their specific division, a deduction will not be assessed if that team is registered and rostered with the minimum amount of athletes required for that division. Teams that register, roster, and compete with fewer than the number of athletes required for a specific division will either be moved to an exhibition division or issued a 5 point deduction.

From a judging perspective, all teams competing with fewer than the number of athletes required will be scored as if they meet the minimum athletes requirement (in terms of majority and most) and will not be eligible for bids to any end-of-season events.

AFFILIATED & NON-AFFILIATED REC CHEER SCORESHEETS

• TRADITIONAL

- Routines must consist of Cheer & Music combination
Routine Max: 2:30 minutes
Music Max: 1:30 minutes
- ***Scoresheets and Rubrics for Traditional Rec Cheer divisions can be found online at <https://www.varsity.com/youth-rec/competitions/divisions-and-scoring/> in the “Traditional Score Sheet & Rubric” section.***

• PERFORMANCE

- Routines must consist of a minimum of an 8-count Chant & Music combination
Routine Max: 2:30 minutes
- ***Scoresheets and Rubrics for Performance Rec Cheer divisions can be found online at <https://www.varsity.com/youth-rec/competitions/divisions-and-scoring/> in the “Performance Score Sheet & Rubric” section.***

• SONG/POM

- Routine Max: 2:30 minutes
Scoresheets for the song/pom division can be found online at <https://www.varsity.com/usa/school/competitions/rules-scoring/> in the “USA Recreation Teams Rules & Scoring drop down.

SAFETY RULES CHEER/SONG/POM

Routines at all USA competitions must follow the 2019-20 Varsity Recreation Cheer Safety Rules and the 2019-20 Safety Rules Song/Pom Rec Teams.

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. Please allow 10 days for review of your video and be aware response time is likely to increase due to the volume of inquiries. Please be patient and plan accordingly.

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

VIDEO GUIDELINES:

Coaches are encouraged to review videos prior to sending them to ensure they are clear and able to be utilized for review.

There should not be extra people in the video that could impact the ruling (such as someone who could unintentionally be considered a spotter in a cheer routine).

REMINDERS:

Every submission should be answerable with one word, LEGAL or ILLEGAL.

Videos must be of your OWN team in a practice environment.

Videos must be of a single skill or sequence of skills.

Videos must display in an upright manner when viewed.

We cannot assist with changing choreography.

We expect you to have read and have knowledge of the rules before sending the video.

Our ruling is only valid if the skill is performed the same way in the video as at the event. Please have a copy of the email with the ruling and video still attached in the event you get questions from the legality officials at the competition.

SAFETY RULES CHEER/ & SONG/POM

EXAMPLES that will NOT receive a ruling:

Videos from competitions

Videos of more than one skill or sequence (cheer teams)

Videos believed to be of other teams will not receive a reply

A written description of a skill

A video of a skill with a description of the difference with the skill you would like to perform

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

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

For specific cheerleading stunt and safety questions that only pertain to the Varsity Recreation Cheer Safety Rules please call Cheryl Moon at 1-800-886-4872 ext. 2039 or e-mail

cmoon@varsity.com

For specific song/pom safety questions that only pertain to the 2019-20 USA Song/Pom/Pep Flag Safety Rules, please call Carina Clendenin at 1-800-886-4872 ext. 2023 or e-mail

Cclendenin@varsity.com

2019-20 SAFETY RULES

SONG/POM AFFILIATED REC TEAMS

VERSION 9.19.19

NOTE: Routines in these divisions must also follow the rules listed in “2019-20 Recreation Teams General Information.”

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 CONT'D.

COMPETITION ROUTINE GUIDELINES

1. For Song/Pom 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."
1. **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. **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
Exceptions:
 - a) **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)
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 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**). **Some examples of skills with hip over head rotation with hand support are: cartwheel, front/back walk over and headspring.**
 - 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 CONT'D.

EXECUTED BY GROUPS OR PAIRS - LIFTS AND PARTNERING:

1. Lifting with poms 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 questions can be sent to Carina Clendenin at cclendenin@varsity.com or call (800) 886-4872 ext. 2023.



A VARSITY SPIRIT BRAND

2019 – 20 GLOSSARY OF TERMS SONG/POM REC TEAMS

Note: This document provides terminology reference for the Song/Pom documents listed below:

- 2019-20 Spirit General Information for Rec Teams
- 2019-20 High School Song/Pom Division Limitations
- 2019-20 Safety Rules for Song/Pom

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.

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 Prép, 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).

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.

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.

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.

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GENERAL RULES

- A coach must supervise athletes throughout warm-ups, while on the competition floor, and during awards. It is recommended that athletes also remain with a coach, team representative, or parent during the competition event when not competing.
- All teams within an organization should have a separate emergency response plan for practices and competitions.
- It is illegal for athletes to consume alcohol, narcotics, and performance enhancing substances. If an athlete is taking medication, it is the responsibility of the coach to ensure that the athlete is still capable of executing the routine safely before allowing them to compete. All coaches should be sober when checking into registration and remain free of alcohol and drugs until awards are over. (If a venue is serving alcohol to adults, coaches should not be purchasing or consuming alcohol.)
- Athletes at competitions may only practice on grass, foam mats, or a spring floor. Skills should not be performed on concrete, asphalt, brick, or tile surfaces. All appropriate surfaces should also be flat and dry. (Athletes may also perform skills on Velcro that is adhered to the competition surface.)
- Trampolines and springboards are not allowed to be brought onto the performance surface to be used during the competition. The only props allowed in a routine are a flag, standard flat banner or sign, pom poms, megaphones, and pieces of cloth. Props should be simple, clear, and appropriately include organization, team, mascot, logo, or team colors on it. Athletes may not bear weight on the prop for any reason. A prop may not obstruct an athlete's vision. Athletes may not step on or off of the competition floor to get prop(s) or discard prop(s). All props must be safely discarded. (Ex. Teams may not throw a hard sign from a stunt or across the floor.)
- All athletes must start with at least 1 body part on the performance surface when the routine begins.
- Athletes cannot be exchanged during the routine. Any athlete who begins the routine must stay within the performance surface boundaries during the routine. A team cannot have one athlete start the routine and replace that athlete with a different athlete part of the way through the routine.
- Athletes may not have items in their mouth during warm-ups or while competing, to prevent choking.

ROUTINE LEVEL SAFETY RULES

- It is the responsibility of the coach to ensure that athletes are placed on a team that is appropriate for their skill ability (Example: An athlete should be able to perform level 1 skills with good execution, before moving to level 2.)
- Within the building and tumbling level safety rules, if a skill is allowed in a preceding level, it is allowed in a higher level. If a skill is not allowed in a higher level, it is also not allowed in a lower level. (Example: If the skill is allowed in level 1, you can also do the same skill in level 2. If the skill is not allowed in level 2, it is also not allowed in level 1.)

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GENERAL TUMBLING, JUMPS & DROPS

All tumbling must begin and land on the performance surface. After an athlete has landed their pass on their feet, they are allowed to rebound into a non-inverted stunt.

An athlete cannot jump up into the air and land on their knees, bottom, core, shoulders, back, or head without first putting weight on their hands or feet.

An athlete CANNOT tumble over or under any part of a person, stunt, or prop. An athlete CANNOT tumble while in contact with a prop. An athlete CAN jump over a person or prop without assistance, without touching the person or prop.

Assisted Tumbling (where the support begins before the initiation of the tumbling skill and is still in contact throughout the completion of the tumbling skill) will be viewed as a stunt transition.

STANDING TUMBLING				
	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4
Non-airborne skills	Non-airborne skills are allowed. <i>Ex. Rolls, Handstand, Handstand-Forward Roll, Back Extension, Cartwheel, Walkover</i>	Non-airborne skills are allowed. <i>Ex. Rolls, Handstand, Handstand-Forward Roll, Back Extension, Cartwheel, Walkover</i>	Non-airborne skills are allowed. <i>Ex. Rolls, Handstand, Handstand-Forward Roll, Back Extension, Cartwheel, Walkover</i>	Non-airborne skills are allowed. <i>Ex. Rolls, Handstand, Handstand-Forward Roll, Back Extension, Cartwheel, Walkover</i>
Airborne skills with hand support	Airborne skills with hand support are NOT allowed.	Non-twisting, Airborne skills with hand support are allowed. <i>Ex. Handspring, Bounder, non-arched dive roll</i> Clarification: Swan arched dive rolls are NOT allowed. Twisting, Airborne skills with hand support are NOT allowed. Clarification: Athletes can land their back handspring with 2 feet together and jump-turn and keep tumbling, but they cannot step out of the back handspring-twist-and-keep tumbling.	Non-twisting, Airborne skills with hand support are allowed. <i>Ex. Handspring, Bounder, non-arched dive roll</i> Clarification: Swan arched dive rolls are NOT allowed. Twisting, Airborne skills with hand support are NOT allowed.	Airborne skills with hand support are allowed. <i>Ex. Onodi, Handspring, Bounder, non-arched dive roll</i> Clarification: Swan arched dive rolls, and twisting dive rolls are NOT allowed.
Airborne skills without hand support	Airborne skills without hand support are NOT allowed.	Airborne skills without hand support are NOT allowed.	Airborne skills without hand support are NOT allowed.	Non-twisting, Airborne skills without hand support are only allowed in a tuck position. <i>Ex. Standing Back Tuck or Front Tuck</i> Exception: Aerial Cartwheel is allowed.

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STANDING TUMBLING *cont.*

	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4
Connecting Standing Tumbling Skills	Non-airborne skills may be performed consecutively. <i>Ex. Forward Roll-Forward Roll or Back Extension Roll step out-Back Walkover is allowed.</i>	An airborne skill with hand support may only be directly connected to a non-airborne skill. <i>Ex. Back handspring-Back Handspring is not allowed. Back Walkover-Back Handspring is allowed.</i>	Airborne skills with hand support may be performed consecutively. <i>Ex. Back handspring-Back Handspring is allowed.</i>	An airborne skill without hand support may be directly preceded by a non-airborne skill or an airborne skill with hand support. No tumbling is allowed after the airborne skill without hand support. <i>Ex. Back Handspring-Back Tuck is allowed. Back Walkover-Back Tuck is allowed. Back Tuck-Back Handspring is not allowed.</i>
Connecting Jumps to Standing Tumbling	A non-airborne skill may be connected to any jump. <i>Ex. Toe Touch-Forward Roll, or Forward Roll-Toe Touch is allowed.</i>	An airborne skill with hand support may only be connected to a straight jump. <i>Ex. Straight jump-Back Handspring or Back Handspring-Straight jump is allowed. Toe Touch-Back handspring or Back Handspring-Toe Touch is NOT allowed.</i>	An airborne skill with hand support may be connected to a jump. <i>Ex. Toe Touch-Back Handspring or Back Handspring-Toe Touch is allowed.</i>	An Airborne skill without hand support may be directly connected to only a straight jump. <i>Ex. Straight jump-Back Tuck or Back Tuck-Straight jump is allowed. Toe Touch-Back Tuck or Back Tuck-Toe Touch is not allowed. Toe Touch-Back Handspring-Back Tuck is allowed.</i>

RUNNING TUMBLING

	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4
Non-airborne skills	Non-airborne skills are allowed. <i>Ex. Cartwheel, Front Walkover</i>	Non-airborne skills are allowed. <i>Ex. Cartwheel, Front Walkover</i>	Non-airborne skills are allowed. <i>Ex. Cartwheel, Front Walkover</i>	Non-airborne skills are allowed. <i>Ex. Cartwheel, Front Walkover</i>
Airborne skills with hand support	Airborne skills with hand support are NOT allowed. Exception: Block Cartwheels and Round offs are allowed.	Non-twisting, Airborne skills with hand support are allowed. <i>Ex. Handspring, Bounder, non-arched dive roll</i> Clarification: Swan arched dive rolls are NOT allowed.	Non-twisting, Airborne skills with hand support are allowed. <i>Ex. Handspring, Bounder, non-arched dive roll</i> Clarification: Swan arched dive rolls are NOT allowed.	Airborne skills with hand support are allowed. <i>Ex. Block Cartwheel, Round off, Onodi, Handspring, Bounder, non-arched dive roll</i> Clarification: Swan arched dive rolls, and twisting dive rolls are NOT allowed.

cont.

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RUNNING TUMBLING <i>cont.</i>				
	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4
Airborne skills with hand support <i>cont.</i>		Twisting, Airborne skills with hand support are NOT allowed. Exception: Block Cartwheels and Round offs are allowed. Clarification: Athletes can land their back handspring with 2 feet together and jump-turn and keep tumbling, but they cannot step out of the back handspring-twist-and-keep tumbling.	Twisting, Airborne skills with hand support are NOT allowed. Exception: Block Cartwheels and Round offs are allowed.	
Airborne skills without hand support	Airborne skills without hand support are NOT allowed.	Airborne skills without hand support are NOT allowed.	Non-twisting, Airborne skills without hand support are only allowed in a tuck position. <i>Ex. Back Tuck, Front Tuck</i> Exception: Aerial Cartwheel is allowed.	Non-twisting, Airborne skills without hand support are only allowed. <i>Ex. Layout, Whip, Pike, Aerial Walkover</i> Exception: Aerial Cartwheel is allowed.
Connecting Running Tumbling Skills	Non-airborne skills may be performed consecutively. <i>Ex. Cartwheel-Cartwheel, Front Walkover-Cartwheel</i> No tumbling is allowed after a Round off. A Round off may only be preceded by a non-airborne skill. <i>Ex. Cartwheel-Round off is allowed. Round off-Backwards roll is not allowed.</i>	An airborne skill with hand support may be performed repetitively. <i>Ex. Round off-Back Handspring-Back Handspring</i>	No tumbling is allowed after a Back Tuck. A Back Tuck may be preceded by an airborne skill with hand support. <i>Ex. Round off-Back Handspring-Back Tuck is allowed. Round off-Back Tuck-Backwards roll is NOT allowed.</i> No tumbling skills may precede a Front Tuck. If the athlete wants to tumble after a Front Tuck, they must take 2 steps or power hurdle before their next skill. <i>Ex. Front Tuck-step-hurdle-Round off Back Tuck is allowed. Front Handspring-Front Tuck and Front Tuck-Forward roll are not allowed.</i> If an athlete wants to tumble after an aerial cartwheel, they must chassé or take 2 steps before their next skill.	A non-twisting airborne skill without hand support may be performed repetitively. <i>Ex. Round off-Back Handspring-Whip-Back Layout, Front Tuck-Front Tuck</i>

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RUNNING TUMBLING *cont.*

	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4
Connecting Running Tumbling to Jumps	<p>A straight jump only is allowed after a Round off.</p> <p>A non-airborne skill may be connected to any jump. <i>Ex. Front Walkover-Cartwheel step together-toe touch</i></p>	<p>If a jump is performed in the running tumbling pass, it will end the pass. If tumbling is performed after the jump, it will be considered the beginning of a new pass.</p> <p>An airborne skill with hand support may only be connected to a straight jump. <i>Ex. Round off-Back Handspring-straight jump</i></p>	<p>If a jump is performed in the running tumbling pass, it will end the pass. If tumbling is performed after the jump, it will be considered the beginning of a new pass.</p> <p>An airborne skill with hand support may be connected to a jump. <i>Ex. Round off-Back Handspring-toe touch</i></p>	<p>If a jump is performed in the running tumbling pass, it will end the pass. If tumbling is performed after the jump, it will be considered the beginning of a new pass.</p> <p>An airborne skill without hand support may be directly connected to only a straight jump. <i>Ex. Punch Front-straight jump</i></p>

GENERAL BUILDING RULES

Any time 1 or more people lift another person off of the performance surface they are considered to be in a stunt. If two people are connected and standing on the performance surface, and one jumps or propel themselves into the air off of the performance surface, they are also considered to be in a stunt, and must follow stunt rules.

A stunt, pyramid, toss or prop may not move over or under a separate building skill. A prop may not be held by a spotter. A prop with poles should not be used by individuals while performing building skills.

Assisted Tumbling (where the support begins before the initiation of the tumbling skill and is still in contact throughout the completion of the tumbling skill) will be viewed as a stunt transition and must follow Stunt rules.

STUNTS

	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4
Spotters	<p>A spotter is NOT required if a top person is below prep level. Exception: A spotter is required for a top person in a floor stunt.</p> <p>A spotter is required if a top person is passing through or stopping at prep or extended level. Exception: Shoulder Sit, T-lifts, and stunts in which the base is only supporting the top person by the waist do NOT require a spotter.</p>	<p>A spotter is NOT required if the top person is at prep level or below.</p> <p>A spotter is required if a top person is passing through or stopping at extended level.</p>	<p>A spotter is NOT required if the top person is at prep level or below.</p> <p>A spotter is required if a top person is passing through or stopping at extended level.</p>	<p>A spotter is NOT required if the top person is at prep level or below.</p> <p>A spotter is required if a top person is passing through or stopping at extended level.</p>

One person cannot be a required spotter for 2 different top persons. Each top person requires a separate spotter.

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STUNTS cont.

	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4
2-Leg Stunt Levels	<p>2-leg stunts are allowed at prep level and below. 2 leg stunts MAY pass through extended level, but NOT stop at extended level. <i>Ex. High Stand, Prep</i></p> <p>Clarification: The base(s) must have contact with the bottom of both of the top persons feet before the top person passes into prep level.</p>	<p>2-leg stunts are allowed at extended level and below. <i>Ex. Extension</i></p> <p>Clarification: The base(s) must have contact with the bottom of both of the top persons feet before the top person passes into extended level.</p>	<p>2-leg stunts are allowed at extended level and below. <i>Ex. Extension</i></p>	<p>2-leg stunts are allowed at extended level and below. <i>Ex. Extension</i></p>
1-Leg Stunt Levels	<p>1-leg stunts are only allowed below prep level. <i>Ex. Liberty at waist level</i></p> <p>Exception: 1-leg stunts passing through or stopping at prep level are only allowed if the top person has hand/arm connection with a separate bracer throughout the skill.</p> <p>Exception: A walk-up shoulder stand is also allowed if the top person is braced to both hands of the base by hand-hand connection throughout the transition.</p> <p>Single-based stunts with multiple top persons are NOT allowed.</p>	<p>1-leg stunts passing through extended level or stopping at prep level or below are only allowed. 1 leg stunts may NOT stop at extended level. <i>Ex. Liberty at prep level</i></p> <p>Single-based stunts with multiple top persons are NOT allowed.</p>	<p>1-leg stunts passing through or stopping at extended level or below are only allowed. <i>Ex. Liberty at extended level</i></p> <p>Single-based stunts with multiple top persons are allowed.</p>	<p>1-leg stunts passing through or stopping at extended level or below are only allowed. <i>Ex. Liberty at extended level</i></p> <p>Single-based stunts with multiple top persons are allowed.</p>
<ul style="list-style-type: none"> • A top person may NOT be in contact with a person who is in an inverted position or in a backbend. • If a base is supporting a top person at prep level and kneels or squats, the top person will still be considered to be at prep level. If the base is supporting a top person in an extended position and kneels or squats, the top person will still be considered to be at an extended level. 				

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STUNTS cont.

	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4
Twisting Stunt Transitions	<p>¼ rotation is allowed by the top person to, at, or from prep level provided the top person is not released from the base.</p> <p><i>Ex. ¼ up to waist level, ¼ up to prep</i></p> <p>Exception: If a top person is picked up by a base at the waist only, they are allowed to make ½ transition provided the top person starts and lands only on the performance surface on at least one foot.</p> <p>Exception: A top person may rebound off of the performance surface, ¼ turn and land in a prone position at waist level.</p>	<p>½ rotation is allowed by the top person to, at, or from extended level or below provided the top person is not released from the base.</p> <p><i>Ex. ½ up to prep level, ½ up to extension</i></p>	<p>1 full rotation is allowed by the top person to, at, or from prep level or below provided the top person is not released from the base.</p> <p><i>Ex. Full up to Prep, Full around at Prep</i></p> <p>½ rotation is allowed by the top person to, at, or from extended level or below provided the top person is not released from the base.</p> <p><i>Ex. ½ up to extended 1-leg stunt</i></p>	<p>1 ½ rotation is allowed by the top person to, at, or from prep level or below provided the top person is not released from the base.</p> <p><i>Ex. 1 ½ up to Prep level</i></p> <p>1 rotation is allowed by the top person to, at, or from extended level or below provided the top person is not released from the base.</p> <p><i>Ex. Full up to extension, Extended Full around to Extension</i></p> <p>Clarification: If a top person performs a full twisting transition to or at extended level, the top person must land in a 2-leg stunt, platform position or liberty.</p>
	<ul style="list-style-type: none"> To determine the degree of the rotation, at the bottom of the dip the official will look to see which direction the top persons hips are facing. Once the movement of the bases and top person comes to a stop, the official will determine the final angle. The top person must not exceed the rotational allowance for their level. <p>Exception: Once a stunt group is STATIC, the bases may walk their stunt group, exceeding the rotational allowance for their level, as long as the top person does not change body position. Once they get to a new location, the bases and top person must PAUSE before they transition to another skill.</p> <p><i>Ex. Level 1- Top person is in a 2-leg stunt facing the back of the floor. Stunt group pauses, then walks the top person in a half circle to face the front of the floor. She remains in the same 2-leg stunt. When she gets to the front of the floor, they pause again before going to a V-sit. This is allowed because the top person is not changing position and the stunt is pausing before and after the rotation.</i></p> <p>Clarification: If a stunt group is NOT static before or after the transition, and moves to a new location while performing stunt transitions, the stunt group must follow the rotational allowance for their level.</p> <p><i>Ex. Level 1 – Top person is in a 2-leg stunt facing the back of the floor. Stunt group begins walking the top person in a half circle to face the front of the floor. As her bases walk, they transition her to a V-sit. This is illegal because the stunt transitions ¼ and only ¼ is allowed in level 1. Level 1 – Top person is in a 2-leg stunt facing the back of the floor. Stunt group begins walking the top person in a quarter circle to face the side of the floor. As her bases walk, they transition her to a V-sit. This is legal.</i></p>			
Athletes moving under/over stunts	A person may NOT move under or over a stunt.	A person may NOT move under or over a stunt, unless they are touching the stunt and in a non-inverted position. <i>Ex. Leap frog variations</i>	A person may NOT move under or over a stunt, unless they are touching the stunt and in a non-inverted position. <i>Ex. Leap frog variations</i> Clarification: Multi-based suspended rolls are allowed. See <i>Stunt Inversions</i> .	A separate person MAY move under a stunt, as long as they remain in a non-inverted position.

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STUNTS *cont.*

	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4
Stunt Release Transitions	<p>No release moves other than what is acceptable in 'Dismounts' are allowed. During all other stunt transitions, at least 1 base must remain in contact with the top person.</p> <p><i>Ex. Cradle from 2-leg prep level stunt</i></p>	<p>No release moves other than what is acceptable in 'Dismounts' and 'Tosses' are allowed. During all other stunt transitions, at least 1 base must remain in contact with the top person.</p> <p><i>Ex. Cradle from 1-leg prep level stunt, Cradle from 2-leg extended level stunt</i></p> <p>Exception: A single Barrel Roll is allowed if the top person starts and ends in a cradle position.</p>	<p>A top person may be released from waist level or below and land at prep level or below provided they begin and remain in a non-inverted position throughout the transition.</p> <p><i>Ex. Switch up to prep level</i></p> <p>Release skills are restricted to 1 trick and 0 twists.</p> <p>Exception: A top person may twist up to 1 rotation only with no additional tricks, if they begin and land in a cradle, flatback or prone position.</p>	<p>A top person may be released from prep level or below and land at prep level or below. A top person may be released from waist level or below and land at extended level. A top person may be released from extended level and land at prep level or below. The top person must land in a non-inverted position.</p> <p><i>Ex. Switch up to extended level</i></p> <p>Clarification: Top person may begin in an inverted position and be released to a non-inverted position, but they may not begin in a non-inverted position and pass through an inverted position once released or land in an inverted position.</p> <p>Release skills are limited to 1 ½ twists if starting and landing at prep level or below.</p> <p><i>Ex. Full twisting switch up to prep level</i></p> <p>Exception: A helicopter release may not twist.</p> <p>Exception: A double barrel roll is allowed if the flyer starts and ends in a cradle position.</p> <p>Release skills may NOT twist when starting or landing at extended level.</p> <p><i>Ex. Drop tic-tock from extended level to prep level</i></p>

cont.

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STUNTS *cont.*

	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4
Stunt Release Transitions <i>cont.</i>			<p>A top person must NOT pass above extended arm level of the bases during the stunt release.</p> <p>Clarification: At the highest point of the release if the distance from the top persons hips to the extended arms of the bases is greater than the length of the top persons legs, the release must land in a cradle and follow 'Dismount' and 'Toss' rules.</p>	<p>A top person must NOT pass above extended arm level of the bases during the stunt release.</p> <p>Clarification: At the highest point of the release if the distance from the top persons hips to the extended arms of the bases is greater than the length of the top persons legs, the release must land in a cradle and follow 'Dismount' and 'Toss' rules.</p>
	<ul style="list-style-type: none"> Release moves may NOT intentionally travel. Released top person may NOT travel over a person. A top person may NOT come in contact with another released top person. If a top person is released from a single-based stunt and lands in a horizontal position they need 2 catchers, if they land in an upright position, they need 1 catcher. If a top person is released from a multi-based stunt and lands in a horizontal position, they need 3 catchers, if they land in an upright position, they need 2 catchers. Exception: A helicopter release always requires 3 catchers. Free flipping releases are NOT allowed. 			
Stunt Inversions	<p>A top person may not be inverted off of the performance surface.</p> <p><i>Ex. Assisted handstand on the performance surface.</i></p>	<p>A top person may start in an inverted position on the performance surface, and transition directly to a non-inverted position in a 1-leg stunt at prep level or below, or a 2-leg stunt at extended level or below.</p> <p><i>Ex. Handstand on the performance surface lifted up to an upright prep level stunt</i></p> <p>Clarification: An inverted top person may not be connected to another inverted person.</p>	<p>A top person may start in an inverted position on the performance surface, and transition directly to a non-inverted position in an extended stunt or below.</p> <p><i>Ex. Handstand on the performance surface lifted up to an upright extended level stunt</i></p> <p>Clarification: An inverted top person may not be connected to another inverted person.</p>	<p>A top person may start in an inverted position on the performance surface, and transition directly to a non-inverted position in an extended stunt or below.</p> <p><i>Ex. Handstand on the performance surface lifted up to an upright extended level stunt</i></p> <p>Clarification: An inverted top person may not be connected to another inverted person.</p>

cont.

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STUNTS cont.

	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4
Stunt Inversions cont.		<p>An inversion is limited to ½ twist to extended level or below. <i>Ex. Inverted ½ up to 1 leg at prep level</i></p> <p>Downward inversions are NOT allowed. Clarification: A top person CANNOT be supported off of the performance surface, and then place hands on the ground, keeping their feet off of the ground.</p>	<p>A top person may be in an inverted position at prep level or below. <i>Ex. Cartwheel inversion at waist level</i> Exception: Multi-based suspended rolls are allowed to pass above the bases head provided the top person is in hand/hand contact with both hands connected to separate hands of a base, and the skill lands on the performance surface, in a load position, cradle, prone or flatback position.</p> <p>An inversion is limited to ½ twist to extended level, and 1 twist to prep level or below. Exception: Forward suspended rolls with 1 twisting rotation must land in a cradle. Backwards suspended rolls may not twist.</p> <p>Downward inversions are only allowed from waist level, and must be assisted by 2 catchers, who remain in contact with the top person between the waist and shoulder until the top person is touching the performance surface. <i>Ex. Back Walkover out of cradle, Forward roll from prone</i> Exception: A 2 leg pancake is NOT allowed.</p>	<p>A top person may be in an inverted position at extended level or below. <i>Ex. Handstand</i> Clarification: A top person may NOT pass through extended level in a non-inverted position and then become inverted while transitioning down to prep level or below. A top person may be in a static extended inverted position, pause, and then be slowly lowered to prep level. Exception: A 2 leg pancake is allowed only if the top person begins at prep level and may pass through extended level.</p> <p>An inversion is limited to 1 twist to extended level, and 1 ½ twist to prep level or below. <i>Ex. Inverted full up to extension.</i></p> <p>Downward inversions are only allowed from prep level or below and must be assisted by 3 catchers when beginning at prep level, 2 who remain in contact with the top person between the waist and shoulder until the top person is touching the performance surface. <i>Ex. Back Walkover from flatback</i> Clarification: If the downward inversion begins at waist level, only 1 catcher is required.</p>

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STUNTS cont.

	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4
Stunt Dismounts	<p>Only a straight cradle or assisted straight pop down from prep level is allowed. <i>Ex. Straight cradle from prep</i> Clarification: Waist level cradles are NOT allowed.</p> <p>A top person may NOT be released and twist to cradle.</p> <p>Dismounts from an inverted position are NOT allowed.</p>	<p>Only a straight cradle, assisted straight pop down, and ¼ turn cradle are allowed from a 1-leg stunt or platform position at prep level. <i>Ex. Straight cradle from a prep level liberty</i></p> <p>Only a straight cradle, assisted straight pop down, and ¼ turn cradle are allowed from a 2-leg stunt at prep or extended level. <i>Ex. Straight cradle from extension</i></p> <p>Dismounts from an inverted position are NOT allowed.</p>	<p>Only a straight cradle, assisted straight pop down, and ¼ turn cradle are allowed from a 1-leg stunt or platform position. <i>Ex. Straight cradle from extended liberty</i></p> <p>Only twists up to 1 ¼ rotations are allowed from a 2-leg stunt. <i>Ex. Full down from a prep</i></p> <p>A top person may perform 1 trick during a dismount from a 2-leg stunt. If a top person performs 1 trick, they must be caught in a cradle position. <i>Ex. Toe touch cradle from a prep</i></p> <p>Dismounts from an inverted position are NOT allowed.</p>	<p>Only twists up to 1 ¼ rotations are allowed from a 1-leg stunt or platform position. <i>Ex. Full down from extended liberty</i></p> <p>Only twists up to 2 ¼ rotations are allowed from a 2-leg stunt. <i>Ex. Double down from a prep</i></p> <p>A top person may perform 2 tricks during a dismount. If more than 1 ¼ twist is performed an additional trick is not allowed. <i>Ex. Kick-Full from prep level</i></p> <p>Dismounts from an inverted position may not twist. <i>Ex. Handstand release to cradle</i> Clarification: The top person must start inverted and finish in a non-inverted position. The top person may not start in a non-inverted position and pass through an inverted position.</p>
<ul style="list-style-type: none"> • A movement is only considered a 'Dismount' if the top person lands in a cradle or is first released and then bases absorb/assist the top person directly to the performance surface. • If a single-based stunt is dismounted, there must be a minimum of 1 catcher and 1 spotter. If a multi-based stunt is dismounted, there must be a minimum of 2 catchers and 1 spotter. The original base(s) must catch the top person. During the catch, at least 1 person must support the top person with 1 arm between the waist to shoulder area. A base and spotter are NOT allowed to catch more than 1 top person at a time. Each top person needs a separate set of catchers and spotter. • Dismounts to the performance surface must be assisted by a base or spotter, except small hop offs or straight drops with no additional skills from waist level or below. • A top person is NOT allowed to free flip during dismounts. • A released top person may not come in contact with another released top person. • Dismounts may NOT intentionally travel. 				

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PYRAMID

Skills that are not braced must follow Stunt, Dismount and Toss level rules.
Skills that do not adhere to Stunt, Dismount and Toss rules, must be braced and may only follow the pyramid rules below.

	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4
2-Leg Pyramid Levels	<p>2-leg stunts are allowed at extended level and below. A top person must be braced by hand/arm connection to another person at prep level or below in a 2-leg stunt or shoulder sit, before dipping to go to extended level. The connection must remain until the extended top person returns to prep level or below, or dismounts.</p> <p><i>Ex. Prep connected to prep, Extension connected to prep by hand/arm grip</i></p>	<p>2-leg stunts are allowed at extended level and below and do not need to be braced.</p> <p>Extended 2-leg stunts may NOT be braced to another Extended stunt.</p> <p><i>Ex. Extension connected to liberty at prep level</i></p>	<p>2-leg stunts are allowed at extended level and below and do not need to be braced.</p> <p>Extended 2-leg stunts MAY be braced to another Extended 2 leg stunt.</p> <p><i>Ex. Extension connected to an extension</i></p>	<p>2-leg stunts are allowed at extended level and below and do not need to be braced.</p> <p>Extended 2-leg stunts MAY be braced to another Extended stunt.</p> <p><i>Ex. Extension connected to an extended liberty.</i></p>
1-Leg Pyramid Levels	<p>1-leg stunts are allowed at prep level and below. A top person must be braced by hand/arm connection to another person at prep level or below in a 2-leg stunt or shoulder sit, before dipping to go to prep level. The connection must remain until the prep level single leg top person returns to waist level, dismounts, or transitions to a 2-leg stunt.</p> <p><i>Ex. Waist level liberty connected to waist level liberty</i></p>	<p>1-leg stunts are allowed at extended level and below. A top person must be braced by hand/arm connection to another person at prep level or below in a 2-leg stunt or shoulder sit, before dipping to go to extended level. The connection must remain until the extended level single leg top person returns to prep level, dismounts or transitions to a 2-leg stunt.</p> <p><i>Ex. Prep level liberty connected to prep level liberty, Extended liberty connected to Prep by hand/arm grip</i></p>	<p>1-leg stunts are allowed at extended level and below and do not need to be braced.</p> <p>Extended 1-leg stunts may NOT be braced to another Extended stunt.</p> <p><i>Ex. Extended liberty connected to Prep by foot/hand grip</i></p>	<p>1-leg stunts are allowed at extended level and below and do not need to be braced.</p> <p>Extended 1-leg stunts may NOT be braced to another 1-leg Extended stunt.</p> <p><i>Ex. Extended liberty connected to Extension</i></p>

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PYRAMID *cont.*

	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4
Twisting Pyramid Transitions	<p>¼ rotation is allowed by the top person to, at, or from extended level provided the top person is not released from the base.</p> <p><i>Ex. Braced ¼ up to 1-leg stunt at prep level</i></p>	<p>½ rotation is allowed by the top person to, at, or from extended level or below provided the top person is not released from the base.</p> <p><i>Ex. Braced ½ up to extended 1-leg stunt</i></p>	<p>1 rotation is allowed by the top person to, at, or from extended level or below provided the top person is not released from the base. If the top person is full or ¾ twisting to or from extended level, the top person must be connected by hand/arm to 1 bracer at prep level or below. The initial connection must remain in contact throughout the transition (and the grip must not change during the transition.)</p>	<p>1 ½ rotation is allowed by the top person to, at, or from extended level or below provided the top person is not released from the base. If the top person is full twisting to an extended body position or twisting more than 1 rotation to or from extended level, the top person must be connected to 1 bracer at prep level or below. The initial connection must remain in contact throughout the transition (and the grip must not change during the transition.)</p>
Athletes moving under/over pyramids	<p>A person may NOT move under or over a stunt or pyramid.</p>	<p>A person may NOT move under a stunt, unless they are touching the stunt, and in a non-inverted position.</p> <p><i>Ex. Stunt leap frog variations are allowed.</i></p>	<p>A person may NOT move under a stunt, unless they are touching the stunt, and in a non-inverted position.</p> <p><i>Ex. Stunt leap frog variations are allowed.</i></p>	<p>A separate person MAY move under a stunt or pyramid, as long as they remain in a non-inverted position.</p> <p><i>Ex. Person walks under prep level stunt</i></p> <p>A top person MAY move over another top person at prep level or below if they are connected to that top person and remain in a non-inverted position.</p> <p><i>Ex. Pyramid leap frog variations are allowed.</i></p>
Pyramid Releases	<p>A top person may only receive primary support from a base.</p> <p>Exception: If a top person is released by bases, the skill must be allowed under 'Dismount' rules.</p>	<p>A top person may only receive primary support from a base.</p> <p>Exception: If a top person is released by bases, the skill must be allowed under 'Toss' or 'Dismount' rules.</p>	<p>All released transitions must be continuous, and the weight of the released top person may not be directly borne on another top person.</p>	<p>All released transitions must be continuous, and the weight of the released top person may not be directly borne on another top person.</p>
<ul style="list-style-type: none"> Any time a top person is released, the top person may NOT be braced to another person at extended level. The bracer must be connected to the top person before the initiation of the release. During the release, the bracer must maintain the initial connection to the top person, until a base is touching the top person. The bracer may not let go or change the initial connection with the released top person during the skill. 				

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PYRAMID cont.

	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4
Pyramid Releases cont.			<p>A non-inverted top person may be released from extended level or below and pass above 2 persons high, if they are braced by 2 different people at prep level or below on two different sides of the body. If the top person performs a non-twisting release skill then the top person must be connected by one bracer with hand/arm connection and the second bracer with hand/arm or hand/foot-lower leg connection. If the top person performs a twisting release skill then the top person must be connected to 2 bracers with hand/arm connection only.</p> <p><i>Ex. Extended level Tic-Tock with 2 bracers</i></p> <p>A non-inverted top person may be released from waist level or below, and land at prep level and below, if they are not connected to a bracer or braced by 1 person at prep level or below. The height of the release may not pass above the extended arm level of the bases. The top person may not twist and is restricted to 1 skill.</p> <p><i>Ex. Ball release at waist level with 1 bracer</i></p> <p>Released top person must return to the original bases. Bases must be stationary and visually focused on that top person during the release. Bracers must maintain contact until the top person is in contact with a base.</p>	<p>A non-inverted top person may be released from extended level or below and pass above 2 persons high, and land at extended level and below, if they are braced by 1 person at prep level or below.</p> <p><i>Ex. Extended level Tic-Tock with 1 bracer</i></p> <p>Clarification: Released non-inverted top person may transition to new bases, provided the transitioning top person is caught by 2 catchers who are stationary and visually attentive to the top person that is being released. The catchers cannot be involved in additional choreography when the bases begin to dip for the release.</p> <p>A top person passing through an inverted position may be released and pass above 2 persons high, if they are connected by 2 bracers on different sides of the top person's body at prep level or below. The inverted top person may rotate no more than 1 ¼ flipping rotations and 0 twists.</p> <p>Clarification: Released top person that is passing through an inverted position must return to the original bases and be caught by 3 people. Bases must be stationary and visually focused on that top person during the release. Bracers must maintain contact until the top person is in contact with a base.</p>

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PYRAMID cont.

	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4
Pyramid Inversions	See <i>Stunt Inversions</i> .	See <i>Stunt Inversions</i> . A top person may start in an inverted position on the performance surface, and transition directly to a non-inverted 1-leg extended position provided that they are braced from the time of the dip by hand/arm connection. The bracer must be standing on the performance surface or in bases hands that are resting on top of the performance surface at the bottom of the dip and remain in contact with the top person throughout the transition. <i>Ex. Handstand on the performance surface lifted up to extended level</i>	See <i>Stunt Inversions</i> . A top person may pass through extended level and then become inverted if the skill starts and ends at prep level or below, finishes in a non-inverted position, and the top person remains in contact with a base and a bracer at prep level or below throughout the transition. <i>Ex. Braced Roll</i> Clarification: Braced flips are NOT allowed.	See <i>Stunt Inversions</i> . Braced Flips are allowed. See <i>Pyramid Releases</i> . A top person may begin at extended level and pass through an inverted position, provided the top person remains in contact with a base and 2 different bracers at prep level or below on 2 different sides of the top person, and lands in a non-inverted position. A top person may NOT remain in an inverted position and travel downwards towards the performance surface from extended level. <i>Ex. Braced Extended Pancake</i>
Pyramid Dismounts	See <i>Stunt Dismounts</i> . A top person may NOT be dismounted from an extended position.	See <i>Stunt Dismounts</i> . Only a straight cradle, assisted straight pop down, and ¼ turn cradle are allowed from an extended 1-leg stunt. <i>Ex. Straight cradle from extended liberty</i>	See <i>Stunt Dismounts</i> .	See <i>Stunt Dismounts</i> .

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TOSES

Basket and Sponge Tosses are only allowed in Performance divisions, and NOT in Traditional divisions.

	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4
Releases	A top person may NOT be released from waist level. Tosses are NOT allowed.	Only straight ride tosses are allowed. Clarification: The top person may perform different arm variations only. Ex. Wave at the top of a straight ride toss.	Up to 1 trick may be performed by a top person. Ex. Toe touch toss Exception: A ball-X is allowed. Clarification: A natural arch/snap following the 1 trick does not count as a skill. Tosses may not exceed 1 ¼ twisting rotations. Ex. Full twisting toss	Up to 2 tricks may be performed by a top person. Ex. Kick-Full twisting toss Tosses may not exceed 2 ¼ twisting rotations. Ex. Double twisting toss
	<ul style="list-style-type: none"> • There can be a minimum of 3 tossers, or a maximum of 4 tossers per 1 top person. 1 person must always be behind the top person during a toss. At least 3 original tossers must catch the top person. • A tosser must have both feet on the performance surface, and a top person must start with support under both feet. • A released top person in one toss may not touch a released top person in another toss. • Tosses may not intentionally travel to a new place on the performance surface. • A top person may NOT be inverted at any time during a toss. • Tosses may NOT be performed over or under props. • Twisting counts as a trick. A single non-twisting skill also counts as a trick. All twisting up to 1 ¼ is considered 1 trick. Anything beyond that, up to 2 ¼ is considered 2 tricks. Twisting rotation is cumulative. Therefore, if a top person does a ½ twist-single skill- ½ twist, then it will be considered as 2 tricks (1 twist + 1 skill) 			

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TUMBLING GLOSSARY

Aerial: Cartwheel or Walkover performed without placing hands on the ground.

Airborne: To be free of contact with the ground.

Airborne with hand support: A skill in which an athlete pushes off of the performance surface. After they are free of contact with the ground, they place their hand(s) on the performance surface.

Block Cartwheel: A cartwheel that becomes airborne after the tumbler pushes through their shoulders against the performance surface.

Cartwheel: A non-airborne skill where the athlete performs a sideways hip-over-head rotation in which the athlete supports the weight of their body on their arm(s), transitioning through an inverted position, landing on one foot at a time in a non-inverted position.

Chassé: A gallop

Back Handspring: An airborne skill with hand support in which an athlete starts from a standing position and jumps backwards from two feet into a handstand position placing weight on arms. To complete the hip-over-head rotation, the athlete blocks off the ground by pushing through their shoulders to land back on their feet in a non-inverted position.

Back Extension Roll: A non-airborne skill where the athlete performs a backwards roll to a handstand position.

Bounder: An airborne skill with hand support in which an athlete starts from a standing position and jumps forwards from two feet into a handstand position placing weight on arms. To complete the hip-over-head rotation, the athlete blocks off the ground by pushing through their shoulders to land back on their feet in a non-inverted position.

Dive Roll: An airborne skill with hand support where the athlete first jumps into the air, then reaches towards the floor to perform a forward roll.

Front Handspring: An airborne skill with hand support in which the athlete lunges forward into a handstand, while blocking off the ground by pushing through their shoulders to become airborne. The athlete performs a hip-over-head rotation, and lands back on their feet in a non-inverted position.

Handstand: A non-airborne static inverted position where the arms of the athlete are supporting the weight of the body in a linear position.

Handstand Forward Roll: A non-airborne skill in which the athlete performs a handstand and then rounds their spine to transition from a linear position to a tucked position in a hip-over-head rotation. The athlete transitions from an inverted static position to an upright position on the performance surface.

Inverted: A position in which the person has their shoulders below their hips, and their hips below one foot.

Jump: A non-inverted airborne skill in which an athlete is standing, creates power with the lower body to push off of the performance surface, and returns back to their feet on the performance surface.

Layout: An airborne skill without hand support, where the athlete first jumps into the air, performs a forwards or backwards hip-over-head rotation by lifting hips over the head and shoulders while keeping a hollow body position. The athlete transitions through an inverted position off of the performance surface, and lands on feet in a non-inverted position on the performance surface.

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Non-Airborne: Athlete does not leave the performance surface.

Non-Inverted Position: A body position in which a person's feet are below their shoulders, or their shoulders are in line or above their hips.

Onodi: An airborne skill with hand support in which the athlete starts like a back handspring, pushes off the performance surface, performs a ½ twist landing in a handstand, and finishes the skill like a front handspring step out.

Pike: An airborne skill without hand support, where the athlete first jumps into the air, performs a forwards or backwards hip-over-head rotation by lifting hips over the head and shoulders while keeping the legs straight with body bent at the hips. The athlete transitions through an inverted position off of the performance surface, and lands on feet in a non-inverted position on the performance surface.

Power Hurdle: An athlete begins from a standing position with two feet together. They jump into the air, and on the descend they step out, landing one foot at a time.

Prop: A flag, standard flat signs and banners, pom poms, megaphones and pieces of cloth are allowed in routines.

Rebound: A non-inverted airborne skill that occurs after a tumbling skill in which an athlete uses their lower body to propel themselves off of the performance surface.

Roll: A non-airborne skill where the athlete performs a backwards or forwards hip-over-head rotation on the performance surface, lifting hips over the head and shoulders while keeping the spine rounded, and transitioning through an inverted position to a non-inverted position.

Round off: A airborne skill with hand support in which the athlete begins like a Cartwheel but pushes through their shoulders to block off the performance surface bringing feet together, and lands on the ground facing the direction in which they began the skill.

Running Tumbling: A skill performed from a forward step or hurdle used to gain momentum, in which the athlete transitions from a standing position, through an inverted position and back to an upright position.

Standing Tumbling: A skill performed from a static position without any previous forward momentum, in which the athlete transitions from an upright position, to a position in which the athletes' hips move above the athletes' shoulders and returns back to an upright position. (If an athlete walks backwards prior to beginning the skill, it will still be considered standing tumbling.)

Step Out: A part of a tumbling skill in which the athlete lands one foot at a time.

Straight: A position in which the body is free from bends, angles or curves.

Tuck – An airborne skill without hand support, where the athlete first jumps into the air, performs a backwards or forwards hip-over-head rotation by lifting hips over the head and shoulders while keeping the spine rounded and legs bent. The athlete transitions through an inverted position off of the performance surface, and lands on feet in a non-inverted position on the performance surface.

Upright: When an athlete is in a standing or sitting position

Walkover: A non-airborne skill where the athlete begins standing, leans forwards or backwards to a handstand position, and completes a hip-over-head rotation landing on one foot at a time.

Whip: An airborne skill without hand support in which the athlete performs a back handspring without placing hands on the ground.

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Backbend: The athlete is supported under the hands and feet while their body is in an arched position with their abdomen facing upwards.

Ball-X: The body position of the top person when transitioning from a tucked position to a straddle position.

Barrel Roll (Log Roll): A stunt release skill, that begins and ends at waist level with the top person in a cradle position. During the release, the top person makes a 360-rotation parallel to the performance surface.

Base: A person who is standing on the performance surface, while supporting a top person off of the performance surface. A base may NOT be in an inverted or backbend position when touching a top person. If there is only one person under a top person's foot, they will be considered a base.

Basket Toss: A type of release that requires the hands/wrists of the bases to be interlocked to the hands/wrists of another base. The top person begins the toss by standing on top of the interlocked hands/wrists at waist level before being released. After the release, the bases catch the top person in a cradle.

Bracer: A person that is in direct physical contact with a top person, who is not the required base or spotter. A bracer may be a separate person standing on the performance surface or a different top person. The bracer provides stability for another top person and must remain connected by a body part and not connected to a person's hair, uniform, or prop in which that person is holding.

Braced Flip: A pyramid skill in which the top person is released from their bases and performs a hip-over-head rotation while staying in physical contact with 2 bracers.

Braced Roll: A pyramid skill in which the top person performs a hip-over-head rotation while staying in physical contact with at least 1 bracer and 1 base.

Catcher: The person who is responsible for absorbing the weight of the top person safely during building skills. A catcher must be standing on the performance surface not involved in any other choreography, visually attentive to the top person, make physical contact with the top person during the catch, and not be holding a prop.

Chair: A prep level stunt in which the base is supporting the top person in a liberty by placing their hand under their bottom and other hand on the ankle of the straight leg.

Cradle: A dismount where the top person is released by the bases and is caught in a hollow body position with legs straight and together, with the abdomen facing upwards. The top person is supported under their back and legs, by the arms of the base(s).

Dismount: A stunt or pyramid skill in which the top person is released to a cradle, or the top person is released and then bases absorb/assist the top person directly to the performance surface. A top person may not be released to the performance surface without assistance.

Downward Inversion: A stunt or pyramid skill in which a person's center of gravity is traveling towards the performance surface, while the top person has shoulders below hips, and hips below a foot.

Extended arm level: The highest point a base can reach when they straighten their arms, reaching towards the ceiling.

Extended level: When the entire body of a top person is above the head of all standing or kneeling bases who are supporting the top person in a vertical position. (When the top person is above the head of all bases but is in a horizontal or seated position, they will be considered to still be at prep level. If the top person is in a floor stunt, they will be considered to be at waist level.)

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Extension: A 2-leg stunt in which the top person is being supported by bases in a non-inverted vertical position at extended level.

Flat Back: A 2-leg stunt in which a top person is lying with their abdomen facing the ceiling in a straight body position and supported by bases.

Flip: A skill that passes through an inverted position with hip-over-head rotation.

Floor Stunt: A stunt in which the base is lying on the performance surface with their abdomen facing the ceiling. The base has arms extended towards the ceiling and is supporting a top person's foot/feet with their hands.

Free Flipping: A top person begins in a non-inverted position, passes through an inverted position, returning back to a non-inverted position while released from the base(s).

Full: A 360-degree twisting rotation

Hand/Arm Connection: Direct physical contact between two people, where one person uses their hand to grab another athletes hand or arm. The shoulder is not considered part of the arm.

Hand/Foot-Lower Leg Connection: Direct physical contact between two people, where one person uses their hand to grab another athletes foot or lower leg. The knee is not considered part of the lower leg.

Helicopter: A stunt in which a top person is supported in a horizontal position, released from all bases and tossed around a vertical axis in a 180-degree rotation before being caught by bases.

Hollow: A concave body position in which the arms and legs are straight, with shoulders and legs raised up.

Initiation: The beginning of a skill

Inversion/Inverted: A position in which the person has their shoulders below their hips, and their hips below one foot.

Kick Full: A skill in which the top person performs a single kick and then a 360-degree twisting rotation. (An additional $\frac{1}{4}$ turn is allowed prior or during the kick only.)

Leap Frog (Stunt): A stunt in which a top person transitions over the torso of a base while in constant connection with that base. The released top person will transition from one set of bases to a different set of bases, or transition between the same set of bases.

Leap Frog (Pyramid): A pyramid skill in which a top person transitions over the torso of another top person while in constant connection with that top person. The released top person will transition from one set of bases to a different set of bases. All athletes must stay in a non-inverted position during the transition.

Liberty: A vertical body position of a non-inverted top person, in which the top person is standing on one straight leg, while placing the foot of the other leg next to knee of the straightened leg.

Multi-based: A stunt that has at least 2 bases. (This does not include the spotter.)

Non-Inverted Position: A body position in which a person's feet are below their shoulders, or their shoulders are in line or above their hips.

Original Base: A person that is standing on the performance surface and supporting the weight of the top person at the beginning of the skill.

Pancake: A downward inversion, hip-over-head rotation stunt in which the upright top person is continuously supported by a base(s) while folding over forwards in a pike position, and landing on their back at waist level.

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Pike: The body has neutral spine posture, hinged at the hip, with legs straight and together.

Platform Position: A 1-leg vertical stunt where the non-inverted top person's non-supported leg is straight and positioned directly next to the supported leg.

Prep Level: When the lowest body part of a top person is between the base(s) chest and the top of the head of all standing or kneeling bases who are supporting the top person in a vertical position. When the top person is above the head of all bases but is in a horizontal or seated position, they will also be considered to still be at prep level.

Prep: A 2-leg stunt in which the top person is being supported by bases in a non-inverted vertical position at prep level.

Prone: When the top person is lying face down in a straight body position, parallel to the performance surface.

Prop: A flag, standard flat signs and banners, pom poms, megaphones and pieces of cloth are allowed in routines. A prop may be held by a top person or separate person not involved with basing or spotting.

Pyramid: The top person in one stunt must be directly physically connected to a top person in another stunt.

Release Move/Released: A top person is free of contact with all people who are standing on the performance surface.

Single-based: A stunt that has 1 base. (This does not include the spotter.)

Shoulder Sit: A prep level stunt in which the top person is sitting on the shoulders of a base.

Sponge Toss: A type of release that requires the hands of the bases to support under the feet of the top person. The top person begins the toss by standing on top of the bases palms at waist level before being released. After the release, the bases catch the top person in a cradle.

Spotter: A person who is responsible for the safety of the top persons head, neck, back and shoulder area during building skills. A spotter must be standing on the performance surface to the side or back of the top person, within one arms distance from them. A spotter is not allowed to hold a prop. They must be looking at the top person and not involved in any other choreography from the initiation of the building skill through the completion of the building skill.

A spotter may use one of the following grips: 1) grab the ankles/legs of the top person, 2) grab the wrists/arms of the base(s), 3) stand attentive within an arms distance without touching, or 4) A spotter may also place their front hand under the top persons foot in which a base is already supporting. They can choose to place their back hand on the ankle/leg of the top person, wrist/arm of a base, or raise their arm up behind the top person. (If a spotter only has their hand under a foot that is not being supported by a base, the spotter will be considered a base.)

Straddle: A body position in which the legs are straight but not together.

Straight Cradle: A dismount in which the top person is released from a stunt in a hollow body position to a cradle position.

Straight Ride: When a top person is released from the bases in a vertical straight-line position.

Stunt: Any skill in which the top person is in contact with a base while above the performance surface.

1-Leg stunt: When the top person is being supported by a base(s) under 1 foot.

2-Leg stunt: When the top person is being supported by a base(s) under 2 feet, or when the top person is in a horizontal or seated body position.

Suspended Roll: A prep level stunt skill in which the top person performs a forward or backwards hip-over-head rotation while connected by hand to the base(s).

The logo features the word "USA" in a bold, blue, sans-serif font. The letter "U" is uniquely styled with a red-to-orange gradient fill, while the letters "S" and "A" are solid blue.The logo consists of a circular icon on the left, containing a stylized red and blue shape resembling a flame or a drop. To the right of the icon, the words "unitedspiritassociation" are written in a lowercase, sans-serif font. "united" and "association" are in blue, while "spirit" is in red.

For the most accurate and updated information please visit our website

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