2020 - 2021

VERSION 9.14.20

USA Recreation (Youth)

VARSITY SPIRIT

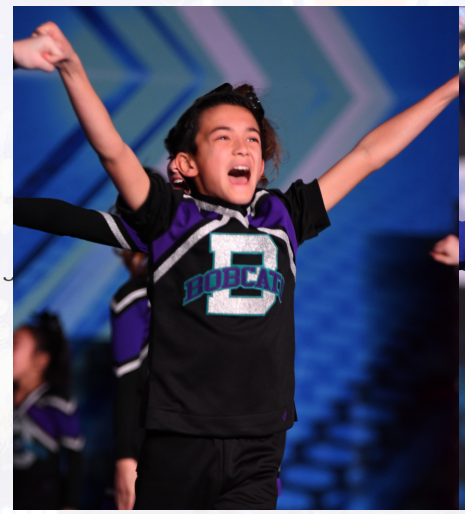
COMPETITION INFORMATION

SPIRIT

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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

This year, the USA is excited to welcome Recreation (Youth) teams to Anaheim, CA to participate in the *"the most spirited weekend of the year!"*

Jr. USA Nationals Spirit

2021 USA Jr. Nationals
Anaheim Convention Center – Anaheim, CA
NEW DATE March 21, 2021

Qualification required for Affiliated & Non-Affiliated Rec (Youth) teams

2020–21 EVENT PRICING & REGISTRATION INFORMATION

VERSION 9.14.20

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 for which you would like to view the pricing.
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 ONLY:

- **The Recreation Cheer Verification Form must be completed and submitted BEFORE a team will be eligible to compete in a Varsity Spirit Recreation division.**
  A copy of this form will be available on the Varsity/Rec homepage under "Divisions & Scoring / Required Forms." Please contact Season Daugherty (SDaugherty@varsity.com) with questions regarding Recreation Cheer verification.

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 in order to find the event for which you wish to register.
4. Once you have the information expanded for the event for which you wish to register, 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. **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.

2020-21 EVENT PRICING & REGISTRATION INFORMATION CONT'D.

REGIONALS

No prior qualification is required to compete at this one-day event. Regionals are local qualifying competitions for USA Jr. Nationals, as well as stand-alone events for those who wish to compete, but have no goal to attend the USA Jr. Nationals event. All performers receive a participation ribbon (or other commemorative item). Regional awards are presented to top teams in each division. Bids to USA Jr. Nationals are awarded to teams with an average score of 80 points or greater for show cheer divisions and 75 points or greater for all non-show cheer divisions, regardless of any penalties received. Non-competitive evaluations for a bid to Jr. Nationals are also available in all categories/divisions.

CLASSICS

No prior qualification is required to compete at this one-day event. Classics are qualifying competitions for USA Jr. Nationals, as well as stand-alone events for those who wish to compete, but have no goal to attend the USA Jr. Nationals event. All performers receive a participation trading pin (or other commemorative item). 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. Bids to USA Jr. Nationals are awarded at qualifying events to teams with an average score of 80 points or greater for show cheer divisions and 75 points or greater for all non-show cheer divisions, regardless of any penalties received.

OPENS

No prior qualification is required to compete at this one-day event. These are independent events that have no implications for, and/or relation to, USA Jr. Nationals. 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. USA Opens are not qualifying competitions for any USA Nationals event. NOTE: Not all divisions are offered at every Regional, Open or Classic competition. See registration form for divisions offered.

USA JR. NATIONALS

Teams wishing to compete at Jr. Nationals must prequalify at a qualifying USA Regional and or Classic in the division in which they wish to compete. 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 opens in October at which point a Supplemental Registration Packet (SRP) will be released on our website with more registration details and instructions. Register early!

Teams do not need to wait to qualify for Jr. Nationals in order to submit their registration.

2020-21 USA RECREATION (YOUTH) TEAMS GENERAL INFORMATION

VERSION 9.14.20

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.

RECREATION CHEER TEAMS

All Recreation programs must classify their entire organization as one of the following:

- **AFFILIATED**
  - 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 2020-2021 cheer season.
- **NON-AFFILIATED**
  - Organization may be independent of town/city organization/clubs. Team does not necessarily cheer for a supported sports program. Team is not affiliated with an All Star program.

CLASSIFICATIONS

- At the beginning of the season an organization must classify if they are Affiliated or Non-Affiliated. This must be verified before the competition season. Once the organization's affiliation has been declared:
  - A Non-Affiliated organization cannot move to an Affiliated division.
  - An Affiliated organization can move to the Non-Affiliated division; however, any bids they have earned as an Affiliated organization during the competitive season will be forfeited. The organization will not be eligible to return to the Affiliated division during the remainder of that competitive season.

Affiliated and Non-Affiliated Recreation cheerleading organizations can register teams in Traditional and/or Performance divisions, as listed on the RECREATION (YOUTH) DIVISIONS grid.

- **TRADITIONAL**
  - Routines must consist of Cheer & Music combination
    Routine Max: 2:30 minutes
    Music Max: 1:30 minutes
- **PERFORMANCE**
  - Routines must consist of a minimum of an 8-count Chant & Music combination
    Routine Max: 2:30 minutes

AFFILIATED RECREATION CHEER AND SONG/POM TEAMS

Teams need to prequalify at a USA Regional or Classic competition in order to attend Jr. Nationals in Anaheim, CA March 21, 2021.

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 2020-21 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.

MUSIC

Note the music rules that are in place for the 2020-21 competition season. Be sure you are familiar with these prior to taking any competition floor. Failure to comply may lead to disqualification and forfeiture of all fees (registration, admission or otherwise) associated with a team's performance.

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

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

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

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

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

VIDEO MEDIA POLICY

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

LOGO USAGE

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

ENTRANCE/EXIT

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

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

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** teams and a spring floor for **non-affiliated** 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 and Opens, 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 ay 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 average for violations of safety rules and/or time limits. See below for song/pom divisions in addition to the 2020-21 USA Song/Pom/Pep Flag Safety Rules. See usa.varsity.com for these documents.

A) Safety Rules

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

B) Time

Timing will begin on the first note of music, the first word of the cheer, the first organized cheer or the first 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. Penalties will be assessed as follows: 1-10 seconds over = 1 point penalty; 11-20 seconds over = 2 point penalty, etc.

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

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

PENALTIES CONT'D.

C) Performance Order/Division Changes

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

USA One-Day event homepage: https://www.varsity.com/usa/school/competitions/regionals/

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) School/Organization Representation

The team should display overall behavior/appearance conducive to serving as public representatives and ambassadors of their school/organization.

Uniforms

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

All participant uniforms must cover the midriff when standing at attention. Covered midriff includes nude/skin-tone mesh, uniforms with colored mesh, body suits and liners. Fringe or other such uniform designs are not considered a cover. If a violation occurs, a 3 point deduction will be incurred.

PENALTIES CONT'D

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

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

Make-Up
If worn, make-up should be appropriate for both the performance and the age of the athletes, utilizing colors for skin tone.

Hair
Hair for all athletes does not have to be worn the same, but must be secured off the face (cheer teams) with a simple and unexaggerated style that is acceptable to all diversities.

Bows
Bows are not required, however if worn 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 participants while performing. A .25 deduction will be given for teams in violation of this rule.

E) Props

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

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

PENALTIES CONT'D

F) Appropriateness of Choreography, Music, and Outfitting

All facets of a performance or routine, including choreography, music selection, outfitting and cheer words 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.

Cheer words should incorporate school pride, honor and tradition, as sportsmanship in their cheer. Cheers that are negative, insulting to other teams or the judges may reflect a lower School Representation score.

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

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

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

INSURANCE

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

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

FOOD

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

DRESSING ROOMS

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

GENERAL ADMISSION

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

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

CHEER DIVISIONS

A Recreation Cheer division grid can be found on the next page. Affiliated and Non-Affiliated Recreation Cheerleading Organizations please refer to the Varsity Recreation Rules.

Varsity Youth/Recreation Homepage:
https://www.varsity.com/youth-rec/competitions/divisions-and-scoring/

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

SAFETY RULES

Routines in these divisions must also follow all the 2020-21 USA Song/Pom, Song/Jazz and Pep/Short Flag Safety Rules for School and Rec Teams.

SPECIALTY SKILL RESTRICTIONS

There are no additional restrictions besides those listed in the 2020-21 USA Song/Pom and Pep/Short Flag Safety Rules for School and Youth Teams.

TOTAL ROUTINE TIME LIMIT

2 ½ minutes maximum

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

USA unitedspiritassociation

A VARSITY SPIRIT BRAND

Recreation (Youth) Divisions 2020-2021 Competitions

For the most accurate and up-to-date USA competition information, please visit usa.varsity.com

PERFORMANCE: Routines must consist of a minimum of an 8-count Chant & Music combination. Routine Max: 2:30 minutes

AFFILIATED: 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 Recreational 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 2020-2021 cheer season.

		DIVISION	GENDER	# OF PARTICIPANTS	ROUTINE STRUCTURE	COMPETITIVE SURFACE
		LEVEL 1 PERFORMANCE AFFILIATED DIVISIONS				
P	A	18 & YOUNGER	FEMALE/MALE	5-36 MEMBERS	2:30 minute maximum routine time, including minimum of an 8-count chant	FOAM FLOOR
P	A	14 & YOUNGER	FEMALE/MALE	5-36 MEMBERS		FOAM FLOOR
P	A	12 & YOUNGER	FEMALE/MALE	5-36 MEMBERS		FOAM FLOOR
P	A	10 & YOUNGER	FEMALE/MALE	5-36 MEMBERS		FOAM FLOOR
P	A	8 & YOUNGER	FEMALE/MALE	5-36 MEMBERS		FOAM FLOOR
P	A	6 & YOUNGER	FEMALE/MALE	5-36 MEMBERS		FOAM FLOOR
		LEVEL 2.1 PERFORMANCE AFFILIATED DIVISIONS (LEVEL 2 BUILDING / LEVEL 1 TUMBLING SKILLS)				
P	A	18 & YOUNGER	FEMALE/MALE	5-36 MEMBERS	2:30 minute maximum routine time, including minimum of an 8-count chant	FOAM FLOOR
P	A	12 & YOUNGER	FEMALE/MALE	5-36 MEMBERS		FOAM FLOOR
		LEVEL 2 PERFORMANCE AFFILIATED DIVISIONS				
P	A	18 & YOUNGER	FEMALE/MALE	5-36 MEMBERS	2:30 minute maximum routine time, including minimum of an 8-count chant	FOAM FLOOR
P	A	14 & YOUNGER	FEMALE/MALE	5-36 MEMBERS		FOAM FLOOR
P	A	12 & YOUNGER	FEMALE/MALE	5-36 MEMBERS		FOAM FLOOR
P	A	10 & YOUNGER	FEMALE/MALE	5-36 MEMBERS		FOAM FLOOR
		LEVEL 3.1 PERFORMANCE AFFILIATED DIVISIONS (LEVEL 3 BUILDING / LEVEL 1 TUMBLING SKILLS)				
P	A	18 & YOUNGER	FEMALE/MALE	5-36 MEMBERS	2:30 minute maximum routine time, including minimum of an 8-count chant	FOAM FLOOR
P	A	14 & YOUNGER	FEMALE/MALE	5-36 MEMBERS		FOAM FLOOR
		LEVEL 3 PERFORMANCE AFFILIATED DIVISIONS				
P	A	18 & YOUNGER	FEMALE/MALE	5-36 MEMBERS	2:30 minute maximum routine time, including minimum of an 8-count chant	FOAM FLOOR
P	A	14 & YOUNGER	FEMALE/MALE	5-36 MEMBERS		FOAM FLOOR
P	A	12 & YOUNGER	FEMALE/MALE	5-36 MEMBERS		FOAM FLOOR
		LEVEL 4 PERFORMANCE AFFILIATED DIVISIONS				
P	A	8-18 YEARS OLD	FEMALE/MALE	5-36 MEMBERS	2:30 minute maximum routine time, including minimum of an 8-count chant	FOAM FLOOR
P	A	8-14 YEARS OLD	FEMALE/MALE	5-36 MEMBERS		FOAM FLOOR

TRADITIONAL: Routines must consist of Cheer & Music combination. Routine Max: 2:30 minutes / Music Max: 1:30 minutes

AFFILIATED: 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 Recreational 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 2020-2021 cheer season.

		DIVISION	GENDER	# OF PARTICIPANTS	ROUTINE STRUCTURE	COMPETITIVE SURFACE
		LEVEL 1 TRADITIONAL AFFILIATED DIVISIONS				
T	A	18 & YOUNGER	FEMALE/MALE	5-36 MEMBERS	2:30 max routine; including max music of 1:30	FOAM FLOOR
T	A	14 & YOUNGER	FEMALE/MALE	5-36 MEMBERS		FOAM FLOOR
T	A	12 & YOUNGER	FEMALE/MALE	5-36 MEMBERS		FOAM FLOOR
T	A	10 & YOUNGER	FEMALE/MALE	5-36 MEMBERS		FOAM FLOOR
T	A	8 & YOUNGER	FEMALE/MALE	5-36 MEMBERS		FOAM FLOOR
T	A	6 & YOUNGER	FEMALE/MALE	5-36 MEMBERS		FOAM FLOOR
		LEVEL 2.1 TRADITIONAL AFFILIATED DIVISIONS (LEVEL 2 BUILDING / LEVEL 1 TUMBLING SKILLS)				
T	A	18 & YOUNGER	FEMALE/MALE	5-36 MEMBERS	2:30 max routine; including max music of 1:30	FOAM FLOOR
T	A	12 & YOUNGER	FEMALE/MALE	5-36 MEMBERS		FOAM FLOOR
		LEVEL 2 TRADITIONAL AFFILIATED DIVISIONS				
T	A	18 & YOUNGER	FEMALE/MALE	5-36 MEMBERS	2:30 max routine; including max music of 1:30	FOAM FLOOR
T	A	14 & YOUNGER	FEMALE/MALE	5-36 MEMBERS		FOAM FLOOR
T	A	12 & YOUNGER	FEMALE/MALE	5-36 MEMBERS		FOAM FLOOR
T	A	10 & YOUNGER	FEMALE/MALE	5-36 MEMBERS		FOAM FLOOR
		LEVEL 3.1 TRADITIONAL AFFILIATED DIVISIONS (LEVEL 3 BUILDING / LEVEL 1 TUMBLING SKILLS)				
T	A	18 & YOUNGER	FEMALE/MALE	5-36 MEMBERS	2:30 max routine; including max music of 1:30	FOAM FLOOR
T	A	14 & YOUNGER	FEMALE/MALE	5-36 MEMBERS		FOAM FLOOR
		LEVEL TRADITIONAL AFFILIATED DIVISIONS				
T	A	18 & YOUNGER	FEMALE/MALE	5-36 MEMBERS	2:30 max routine; including max music of 1:30	FOAM FLOOR
T	A	14 & YOUNGER	FEMALE/MALE	5-36 MEMBERS		FOAM FLOOR
T	A	12 & YOUNGER	FEMALE/MALE	5-36 MEMBERS		FOAM FLOOR
		TRADITIONAL AFFILIATED NON BUILDING				
T	A	14 & YOUNGER	FEMALE/MALE	5-36 MEMBERS	2:30 max routine; including max music of 1:30	FOAM FLOOR
T	A	10 & YOUNGER	FEMALE/MALE	5-36 MEMBERS		FOAM FLOOR
		RECREATION CHEERABILITIES (SPECIAL ATHLETE) EXHIBITION DIVISION				
		ANY AGE	FEMALE/MALE	UNLIMITED	2:30 max routine	FOAM FLOOR

The age of the athlete will be determined on August 31, 2020 for the 2020-2021 competitive season.

5770 Warland Drive, Suite B, Cypress, CA 90630
usacompetitions@varsity.com
800.886.4USA

Recreation (Youth) Divisions
2020-2021 Competitions (Cont)

TRADITIONAL: Routines must consist of Cheer & Music combination. Routine Max: 2:30 minutes / Music Max: 1:30 minutes

NON-AFFILIATED: Organization may be independent of town/city organization/clubs. Team does not necessarily cheer for a supported, sports program. Team is not affiliated with an All Star program.

		LEVEL 1 TRADITIONAL NON-AFFILIATED DIVISIONS				
T	N	18 & YOUNGER	FEMALE/MALE	5-36 MEMBERS	2:30 minute maximum routine time, including minimum of an 8-count chant	SPRING FLOOR
T	N	14 & YOUNGER	FEMALE/MALE	5-36 MEMBERS		SPRING FLOOR
T	N	12 & YOUNGER	FEMALE/MALE	5-36 MEMBERS		SPRING FLOOR
T	N	10 & YOUNGER	FEMALE/MALE	5-36 MEMBERS		SPRING FLOOR
T	N	8 & YOUNGER	FEMALE/MALE	5-36 MEMBERS		SPRING FLOOR
T	N	6 & YOUNGER	FEMALE/MALE	5-36 MEMBERS		SPRING FLOOR
		LEVEL 2.1 TRADITIONAL NON-AFFILIATED DIVISIONS (LEVEL 2 BUILDING / LEVEL 1 TUMBLING SKILLS)				
T	N	18 & YOUNGER	FEMALE/MALE	5-36 MEMBERS	2:30 minute maximum routine time, including minimum of an 8-count chant	SPRING FLOOR
T	N	12 & YOUNGER	FEMALE/MALE	5-36 MEMBERS		SPRING FLOOR
		LEVEL 2 TRADITIONAL NON-AFFILIATEDD DIVISIONS				
T	N	18 & YOUNGER	FEMALE/MALE	5-36 MEMBERS	2:30 minute maximum routine time, including minimum of an 8-count chant	SPRING FLOOR
T	N	14 & YOUNGER	FEMALE/MALE	5-36 MEMBERS		SPRING FLOOR
T	N	12 & YOUNGER	FEMALE/MALE	5-36 MEMBERS		SPRING FLOOR
T	N	10 & YOUNGER	FEMALE/MALE	5-36 MEMBERS		SPRING FLOOR
		LEVEL 3.1 TRADITIONAL NON-AFFILIATED DIVISIONS (LEVEL 3 BUILDING / LEVEL 1 TUMBLING SKILLS)				
T	N	18 & YOUNGER	FEMALE/MALE	5-36 MEMBERS	2:30 minute maximum routine time, including minimum of an 8-count chant	SPRING FLOOR
T	N	14 & YOUNGER	FEMALE/MALE	5-36 MEMBERS		SPRING FLOOR
		LEVEL 3 TRADITIONAL NON-AFFILIATED DIVISIONS				
T	N	18 & YOUNGER	FEMALE/MALE	5-36 MEMBERS	2:30 minute maximum routine time, including minimum of an 8-count chant	SPRING FLOOR
T	N	14 & YOUNGER	FEMALE/MALE	5-36 MEMBERS		SPRING FLOOR
T	N	12 & YOUNGER	FEMALE/MALE	5-36 MEMBERS		SPRING FLOOR
		TRADITIONAL NON-AFFILIATED NON BUILDING				
T	N	14 & YOUNGER	FEMALE/MALE	5-36 MEMBERS	2:30 max routine; including max music of 1:30	SPRING FLOOR
T	N	10 & YOUNGER	FEMALE/MALE	5-36 MEMBERS		SPRING FLOOR

PERFORMANCE: Routines must consist of a minimum of an 8-count Chant & Music combination. Routine Max: 2:30 minutes

NON-AFFILIATED: Organization may be independent of town/city organization/clubs. Team does not necessarily cheer for a supported, sports program. Team is not affiliated with an All Star program.

		LEVEL 1 PERFORMANCE NON-AFFILIATED DIVISIONS				
P	N	18 & YOUNGER	FEMALE/MALE	5-36 MEMBERS	2:30 minute maximum routine time, including minimum of an 8-count chant	SPRING FLOOR
P	N	14 & YOUNGER	FEMALE/MALE	5-36 MEMBERS		SPRING FLOOR
P	N	12 & YOUNGER	FEMALE/MALE	5-36 MEMBERS		SPRING FLOOR
P	N	10 & YOUNGER	FEMALE/MALE	5-36 MEMBERS		SPRING FLOOR
P	N	8 & YOUNGER	FEMALE/MALE	5-36 MEMBERS		SPRING FLOOR
P	N	6 & YOUNGER	FEMALE/MALE	5-36 MEMBERS		SPRING FLOOR
		LEVEL 2.1 PERFORMANCE NON-AFFILIATED DIVISIONS (LEVEL 2 BUILDING / LEVEL 1 TUMBLING SKILLS)				
P	N	18 & YOUNGER	FEMALE/MALE	5-36 MEMBERS	2:30 minute maximum routine time, including minimum of an 8-count chant	SPRING FLOOR
P	N	12 & YOUNGER	FEMALE/MALE	5-36 MEMBERS		SPRING FLOOR
		LEVEL 2 PERFORMANCE NON-AFFILIATED DIVISIONS				
P	N	18 & YOUNGER	FEMALE/MALE	5-36 MEMBERS	2:30 minute maximum routine time, including minimum of an 8-count chant	SPRING FLOOR
P	N	14 & YOUNGER	FEMALE/MALE	5-36 MEMBERS		SPRING FLOOR
P	N	12 & YOUNGER	FEMALE/MALE	5-36 MEMBERS		SPRING FLOOR
P	N	10 & YOUNGER	FEMALE/MALE	5-36 MEMBERS		SPRING FLOOR
		LEVEL 3.1 PERFORMANCE NON-AFFILIATED DIVISIONS (LEVEL 3 BUILDING / LEVEL 1 TUMBLING SKILLS)				
P	N	18 & YOUNGER	FEMALE/MALE	5-36 MEMBERS	2:30 minute maximum routine time, including minimum of an 8-count chant	SPRING FLOOR
P	N	14 & YOUNGER	FEMALE/MALE	5-36 MEMBERS		SPRING FLOOR
		LEVEL 3 PERFORMANCE NON-AFFILIATED DIVISIONS				
P	N	18 & YOUNGER	FEMALE/MALE	5-36 MEMBERS	2:30 minute maximum routine time, including minimum of an 8-count chant	SPRING FLOOR
P	N	14 & YOUNGER	FEMALE/MALE	5-36 MEMBERS		SPRING FLOOR
P	N	12 & YOUNGER	FEMALE/MALE	5-36 MEMBERS		SPRING FLOOR
		LEVEL 4 PERFORMANCE NON-AFFILIATED DIVISIONS				
P	N	8-18 YEARS OLD	FEMALE/MALE	5-36 MEMBERS	2:30 minute maximum routine time, including minimum of an 8-count chant	SPRING FLOOR
P	N	8-14 YEARS OLD	FEMALE/MALE	5-36 MEMBERS		SPRING FLOOR
		RECREATION CHEERABILITIES (SPECIAL ATHLETE) EXHIBITION DIVISION				
		ANY AGE	FEMALE/MALE	UNLIMITED	2:30 max routine	SPRING FLOOR

The age of the athlete will be determined on August 31, 2020 for the 2020-2021 competitive season.

For the most accurate and up-to-date USA competition information, please visit usa.varsity.com

AFFILIATED & NON-AFFILIATED REC CHEER SCORESHEETS

- **TRADITIONAL**
  - Routines must consist of Cheer & Music combination
    Routine Max: 2:30 minutes
    Music Max: 1:30 minutes
  - The following documents can be found on the Varsity/Rec homepage: https://www.varsity.com/youth-rec/
    - Traditional Recreation Scoring Rubric
    - Traditional Recreation Master Scoresheet
    - Traditional Recreation Level 1-3 Non-Building Scoresheet
    - Performance & Traditional Recreation Guidelines
    - Varsity/Rec Deduction System
    - Recreation Roster Verification Form
    - Recreation Release Waiver

- **PERFORMANCE**
  - Routines must consist of a minimum of an 8-count Chant & Music combination
    Routine Max: 2:30 minutes
  - The following documents can be found on the Varsity/Rec homepage: https://www.varsity.com/youth-rec/
    - Performance Recreation Scoring Rubric
    - Performance Recreation Level 1 Master Scoresheet
    - Performance Recreation Level 2-4 Master Scoresheet
    - Performance Recreation Level 1-4 Non-Building Scoresheet
    - Performance & Traditional Recreation Guidelines
    - Varsity/Rec Deduction System
    - Recreation Roster Verification Form
    - Recreation Release Waiver

2020-2021 - Version 8.31.20

USA unitedspiritassociation

2020-2021 SPIRIT COMPETITIONS

Recreation Song/Pom

Team Name: **Division:** **# On Team**

Choreography	Max Value	Score	Comments:
USA OF POM/CREATIVITY • Pom Motions/Movement/Variety • Visual Effects • Musical Interpretation	15.0		
ROUTINE STAGING • Transitions/Continuity • Formations/Use of Floor	15.0		
TECHNICAL SKILLS/SPECIALTIES • Turns • Kicks • Leaps/Jumps • Use of Team	10.0		
Execution			
POM TECHNIQUE • Control/Placement • Sharpness/Precision	15.0		
UNIFORMITY • Synchronization • Timing/Rhythm/Pace • Spacing	15.0		
TECHNICAL SKILLS/SPECIALTIES • Turns • Kicks • Leaps/Jumps • Overall Technique	10.0		
Performance			
SHOWMANSHIP • Smiles/Projection • Energy/Enthusiasm • Eye Contact/Confidence • Recoveries	10.0		
OVERALL IMPRESSION Judge's impression of entire performance encompassing all scoresheet categories. This may also include elements such as: Appearance, Appropriateness, and Crowd Appeal.	10.0		
TOTAL SCORE	100.0		

Recreation Song/Pom

Judge:

VARSITY SPIRIT

usa.varsity.com

Routine Procedure: **A songleading/pom routine consists of visuals effects, synchronization, clean/sharp pom motions and technical skills (determined by level). Visual effects include level changes, opposition, group work, transitions and formations. Emphasis should be placed on proper pom/motion technique, proper dance technique, timing, and showmanship. All female members must use two pompons for 80% of the routine.**

Choreography (40)

Use of Pom/Creativity (15)

Pom motions/movement/variety - Variety of pom motions & dance movements incorporated effectively throughout the routine.
Visual effects - Use of visual effects, level changes, roll-offs, etc. to make routine more exciting and original.
Musical Interpretation - Music selection and appeal, should compliment choreography, movement and skills match with beats/hits in music. Sound effects should accentuate choreography not overpower it.

Routine Staging (15)

Transitions/Continuity – Smooth, clean transitions from element to element, throughout routine. Pace, visual effect and creativity of transitions will increase difficulty.
Formations/Use of Floor - Variety of formations and effective use of formation changes to increase excitement. Ability to utilize the performance area to reach the entire audience.

Technical Skills/Specialties (10)

Turns - Variety and incorporation of turns and turn sequences, ability to perform and execute them successfully, difficulty (determined by level) is also taken into consideration.
Kicks - Variety of kicks and how they are incorporated into routine.
Leaps/Jumps - Incorporation and variety of leaps and jumps, and how they are used to enhance routine, difficulty (determined by level) is also taken into consideration.
Use of Team - How many team members are used to perform skills listed above, looking for good utilization of the team overall.

Execution (40)

Pom Technique (15)

Control/Placement - Proper control, placement & completion of pom motions, angles and body positions.
Sharpness/Precision - Strong pom motions & dance movements that are crisp, clean and precise.

Uniformity (15)

Synchronization – How well a team dances together. The ability to be "in sync" and maintain accuracy of movement.
Timing/Rhythm/Pace – The ability to dance on beat with the music, avoiding going too fast or too slow.
Spacing - Centering and even positioning of formations and the ability to keep it consistent during transitions.

Technical Skills/Specialties (10)

Turns - Ability to use proper technique in execution of turns and turn sequences (spotting, body placement, balance).
Kicks – Ability to execute with proper technique, straight legs, pointed toes, even height, good extension and flexibility, timing and uniformity.
Leaps/Jumps – Ability to perform leaps & jumps with proper technique, good height in air and body position.
Overall Technique - Proper technique performed throughout routine by the team as a whole.

Performance (20)

SHOWMANSHIP (10)

Smiles/Projection- Nice smiles and facial projection, engaging the audience, naturalness.
Energy/Enthusiasm - Energy and enthusiasm maintained throughout performance.
Eye Contact/Confidence - Eye contact on the audience, not watching each other or looking down. Nice confidence, poise, sportsmanship.
Recoveries - Good recoveries, keeping showmanship strong even through mistakes.

OVERALL IMPRESSION (10)

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

TOTAL POINTS POSSIBLE (100)

POINT SCALES:

15 Points:	
Superior	14-15
Above Average	12-13
Average	10-11
Below Average	0 - 9

10 Points:	
Superior	9-10
Above Average	7 - 8
Average	5 - 6
Below Average	0 - 4

SAFETY RULES
CHEER/SONG/POM/PEP FLAG

VERSION 9.14.20

Routines at all USA competitions must follow the 2020-2021 Varsity Recreation Cheer Safety Rules and the 2020-21 USA Song/Pom and Pep/Short Flag General Safety Rules.

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

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

All emailed videos must include the following:
1. Name of the **School/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

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

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

All rules and division limitations may be downloaded at 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 800-866-4872 (ext. 2039) or e-mail cmoon@varsity.com

For specific song/pom safety questions that only pertain to the 2020-21 USA Song/Pom/Pep Flag Safety Rules, please call Carina Clendenin at1-800-886-4872 ext. 2023 or e-mail Cclendenin@varsity.com

2020-21 SAFETY RULES
SONG/POM, SONG/JAZZ & PEP/SHORT FLAG

SCHOOL & REC TEAMS
(Rev. 8/26/20)

VERSION 9.14.20

At Varsity Spirit, the health and safety of our athletes, coaches, employees, families and friends is our top priority. We are diligently monitoring the Coronavirus/COVID-19 and closely watching official information from health authorities, such as the Centers for Disease Control (CDC), as it relates to our larger community and our events, camps and competitions.

We understand that as we move into competition season the rules and regulations put on by your State and local government, as well as the CDC, may affect how you can approach your season and choreography. This may look very different depending on where your team is located, if you are allowed to have contact with your team, if you're required to wear masks and maintain social distancing, or any other requirements. Our suggestion is to continue to adhere to your state and local guidelines at the time of the event, including but not limited to social distancing measures when it comes to lifts/partnering, pom passes, and/or any other choreographed contact.

The United Spirit Association is taking the proper steps in training our judging panel on how this may effect what is seen on the competition floor in order in to provide the same quality experience regardless of restrictions in place for your team. This suggestion will remain in place for the rest of 2020. We will continue to monitor the situation closely. If the information above changes, you will be notified by December 1st, 2020 as to how we will proceed with the remainder of the 2020-2021 competition season.

NOTE: Routines in these divisions must also follow the rules listed in "2020-21" High School Spirit (or Junior Spirit) General Information" and the "2020-21 High School Song/Pom and Pep/Short Flag Division Limitations."

Changes/updates from the 2019-20 competition season are in red.

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.

COMPETITION ROUTINE GUIDELINES

1. For Song/Pom and Pep Flag divisions, a school uniform that is worn for game/sideline cheering or performing must be worn (i.e. skirt and top). Costuming is not allowed. If an accessory or article of clothing adds to the overall effect and/or theme of the routine, it will be considered "costuming". (Exception: Costuming is allowed in the Jazz Category – Please refer to the USA Spirit Competitions General Information).

2. When standing at attention, apparel must cover the midriff (front of the body). If a violation occurs, a 3 point deduction will be incurred (Please refer to USA Spirit General Information).

3. All participants must wear soft-soled shoes on both feet while competing. Shoes must have a solid sole and cover the toe and heel. (Exception: Half-sole shoes and dance paws are acceptable in the Jazz category. Please refer to the USA Spirit General Information).

4. Wearing "hard" jewelry is illegal, except when such items are securely affixed to a uniform or the hair and will not interfere with the safe execution of a dance/pom/twirling move
   Exceptions:
   a) Jewelry that is a part of a costume will be allowed in the Jazz Category.
   b) Earrings that are a part of the uniform will be allowed in the Song/Pom Category.

5. Support braces, etc., which are hard and unyielding or have rough edges or surfaces must be appropriately covered.

6. Props are not allowed. A prop is any physical object used to enhance the overall effect and or theme of the routine. (Exception: pom or pep/short flag)

7. Hands Free Poms: The use of hands-free poms will be allowed. Hands-free Poms are specifically made so that performers do not have to hold the poms but rather the poms are affixed to the performers hand. "Proper use" means bars cannot be in palm of the hand and only an elastic band can be between the supporting hand and performance surface making it possible to safely execute skills. A hair tie, rubber band, or tying pom strings/pieces together will not be counted as a hands free pom.

EXECUTED BY INDIVIDUALS - INVERTED SKILLS & TUMBLING:

Please note that any or all inverted skills and tumbling are not required in any category. If choreographed into routine, please be sure to follow the guidelines below.

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" Page 3, rule #7.
   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 a dancer(s) touches down during the skill, the hands free poms must be used properly or a penalty will be assessed. See "Hands Free Poms" Page 3, rule #7.
      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 during the skill with the hand holding the poms, 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.

EXECUTED BY GROUPS OR PAIRS - LIFTS AND PARTNERING:

Please note that any or all lifts and partnering are not required in any category. If choreographed into routine, please be sure to follow the guidelines below.

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

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

Please note that any or all dismounts to the performance surface are not required in any category. If choreographed into routine, please be sure to follow the guidelines below.

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

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



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For the most accurate and updated information please visit our website

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