

2022-2023



RECREATION/YOUTH COMPETITIONS



VERSION 2.13.23

**2022 – 2023 USA RECREATION (YOUTH)
EVENT INFORMATION PACKET
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Visit usa.varsity.com for the most up-to-date competition and camp information this season!

Information is subject to change.

**The USA is thrilled to offer multiple events
for recreation teams this season!**

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

Save the Date!



**2023 USA Jr. Nationals
Anaheim Convention Center
February 26, 2023**

Jr. Nationals Qualification Requirements

All Recreation Divisions - Prior qualification through a USA Regional competition, Classic competition or other sanctioned event/process is required in order to attend Jr. Nationals in any division.

Bids to Nationals are awarded to teams receiving 80% of total possible points for all cheer divisions, regardless of any penalties received.

2023 NATIONALS REGISTRATION PROCESS

2023 USA Jr. Nationals in Anaheim, CA on **February 26, 2023**

Please visit <https://www.varsity.com/usa/school/competitions/juniornationals/> for the most accurate and up to date event information.

REGISTRATION

Please do not wait to qualify before registering as registration will close before all regional competitions have taken place. No money is due until January 13, 2023. If a team does not qualify for Nationals, all monies paid will be refunded.

Performance order will be determined by date registration is entered if payment is received by the due date. If payment is not received by the due date, performance order will then be determined by the date payment is received.

Event registration is done on-line on the USA website at <https://www.varsity.com/usa/school/competitions/juniornationals/>. **You cannot register for the 2023 USA Jr. Nationals event on myVarsity.com.**

Please have the following ready before you start the registration process:

- myVarsity.com account login username and password. If you cannot find or need a login, please contact the USA office at 800-886-4872 or USARegistration@varsity.com.
- Information for all athletes (first name, last name, gender, and birthdate) for team roster
- Divisions in which your teams will compete

PAYMENT INFORMATION

Registrations are not confirmed until payment is received.

Acceptable forms of payment are school check, money order, cashier's check, purchase order or credit card. USA does not accept business checks, personal checks, or multiple check payments from individual squad members.

Registrations, even with payment, do not guarantee event entry as the competition may close prior to the deadlines due to capacity. Registrations that are not paid in full, or guaranteed by school purchase order, by **February 10, 2023**, are subject to cancellation.

DEADLINES

December 31, 2022 – Registration must be submitted online on or before December 31st

January 13, 2023 – \$50 non-refundable per competitor deposit **and** additional paperwork must be received in the USA Office.

January 27, 2023 – Deadline for division and/or roster changes due. **There are no division changes after January 27, 2023.**

February 10, 2023 – Final balance due

ONE DAY EVENT REGISTRATION

ONE-DAY REGISTRATION POLICY & FEES

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

On-Time Registration Fee The on-time registration fee will apply to those registrations paid in full 8-20 days prior to the event. 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.

Acceptable forms of payment include school purchase order, school check, cashier’s check, money order, or credit card. Personal checks, organizational checks, cash or individual payments are not accepted. The school name must appear on the P.O.

Alternates - Additional team members in attendance but not competing must be on the team roster, submit a release form and be in the proper team uniform in order to go into the back stage/warm up area. If the competition registration is a per person fee, the alternates must also be registered and pay the competition fee.

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

TEAM ONSITE REGISTRATION INFORMATION

All teams should report to the registration table no later than 45 minutes prior to the beginning of the division in which they are competing.

You will need to submit an alphabetized list of all participating students as well as a signed USA participant release and waiver form (school and rec teams) for each participating student. **We ask that all release and waiver forms be alphabetized by last name.**

Varsity Recreational Roster Verification - REC Teams only. Please complete form for each performing team and turn in at event registration. All individuals going into the warm-up area must be listed on the roster.

VARSITY RECREATIONAL

ROSTER VERIFICATION

Cheerleading Program Name: _____ Event: _____

Head Coach Contact Info: Name _____

Phone: _____ Email: _____

Classification: Affiliated Non-Affiliated

Affiliated Teams Only

Governing Organization Name _____

Our program cheers for _____ from ____/____/____ until ____/____/____

Team agrees to adhere to all event producer policies and procedures including all music guidelines.

All appropriate general safety rules and level rules must be followed.

We have a valid USA Cheer Youth/Rec Coaches Membership valid through the 21-22 Season

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

Coach Information

Coach Name (First & Last)	Coach Name (First & Last)

If you 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 _____

This form will be submitted at registration for each event.

VARSITY RECREATIONAL

ROSTER VERIFICATION

Team Name: _____

Age Group: 6U 8U 10U 12U 14U 8-14 8-18

Level: 1 2 2.1 3 3.1 4 OPEN

Athlete Roster Information

	Name (First & Last)	Gender	DOB		Name (First & Last)	Gender	DOB
1		F or M		19		F or M	
2		F or M		20		F or M	
3		F or M		21		F or M	
4		F or M		22		F or M	
5		F or M		23		F or M	
6		F or M		24		F or M	
7		F or M		25		F or M	
8		F or M		26		F or M	
9		F or M		27		F or M	
10		F or M		28		F or M	
11		F or M		29		F or M	
12		F or M		30		F or M	
13		F or M		31		F or M	
14		F or M		32		F or M	
15		F or M		33		F or M	
16		F or M		34		F or M	
17		F or M		35		F or M	
18		F or M		36		F or M	

Alternate Roster Information

	Name (First & Last)	Gender	DOB		Name (First & Last)	Gender	DOB
1		F or M		5		F or M	
2		F or M		6		F or M	
3		F or M		7		F or M	
4		F or M		8		F or M	

Team must submit a roster with birthdates and be able to provide athlete's birth certificates if questioned, prior to, during, or after a competition. Team members, including alternates, **must be born during the year, or partial year listed to be eligible for that division.**

This form will be submitted at registration for each event.

USA Recreation Divisions for 2022-2023
CHEER DIVISIONS

TRADITIONAL RECREATIONAL - AFFILIATED and NON-AFFILIATED

DIVISION	BIRTH YEARS	GENDER	# of PARTICIPANTS	ROUTINE STRUCTURE	COMPETATIVE SURFACE
RECREATIONAL LEVEL 1					
14 & Younger	2007 or Later	F/M	5 - 36 Members		
10 & Younger	2011 or Later	F/M	5 - 36 Members	2:30 minute maximum with 1:30 max music.	All Divisions: Foam Floor
6 & Younger	2015 or Later	F/M	5 - 36 Members		
RECREATIONAL LEVEL 2.1 (Level 2 Building Skills, Level 1 Tumbling Skills)					
10-18 Years Old	6/1/2003-2012	F/M	5 - 36 Members	2:30 minute maximum with 1:30 max music.	All Divisions: Foam Floor
12 & Younger	2009 or Later	F/M	5 - 36 Members		
RECREATIONAL LEVEL 2					
10-18 Years Old	6/1/2003-2012	F/M	5 - 36 Members	2:30 minute maximum with 1:30 max music.	All Divisions: Foam Floor
14 & Younger	2007 or Later	F/M	5 - 36 Members		
RECREATIONAL LEVEL 3.1 (Level 3 Building Skills, Level 1 Tumbling Skills)					
10-18 Years Old	6/1/2003-2012	F/M	5 - 36 Members	2:30 minute maximum with 1:30 max music.	All Divisions: Foam Floor
14 & Younger	2007 or Later	F/M	5 - 36 Members		
RECREATIONAL LEVEL 3					
10-18 Years Old	6/1/2003-2012	F/M	5 - 36 Members	2:30 minute maximum with 1:30 max music.	All Divisions: Foam Floor
14 & Younger	2007 or Later	F/M	5 - 36 Members		

PERFORMANCE RECREATIONAL - AFFILIATED and NON-AFFILIATED

DIVISION	BIRTH YEARS	GENDER	# of PARTICIPANTS	ROUTINE STRUCTURE	COMPETATIVE SURFACE
RECREATIONAL LEVEL 1					
14 & Younger	2007 or Later	F/M	5 - 36 Members		
10 & Younger	2011 or Later	F/M	5 - 36 Members	2:30 minute maximum routine time.	All Divisions: Foam Floor
6 & Younger	2015 or Later	F/M	5 - 36 Members		
RECREATIONAL LEVEL 2.1 (Level 2 Building Skills, Level 1 Tumbling Skills)					
10-18 Years Old	6/1/2003-2012	F/M	5 - 36 Members	2:30 minute maximum routine time.	All Divisions: Foam Floor
12 & Younger	2009 or Later	F/M	5 - 36 Members		
RECREATIONAL LEVEL 2					
10-18 Years Old	6/1/2003-2012	F/M	5 - 36 Members	2:30 minute maximum routine time.	All Divisions: Foam Floor
14 & Younger	2007 or Later	F/M	5 - 36 Members		
10 & Younger	2011 or Later	F/M	5 - 36 Members		
RECREATIONAL LEVEL 3.1 (Level 3 Building Skills, Level 1 Tumbling Skills)					
10-18 Years Old	6/1/2003-2012	F/M	5 - 36 Members	2:30 minute maximum routine time.	All Divisions: Foam Floor
14 & Younger	2007 or Later	F/M	5 - 36 Members		
RECREATIONAL LEVEL 3					
10-18 Years Old	6/1/2003-2012	F/M	5 - 36 Members	2:30 minute maximum routine time.	All Divisions: Foam Floor
14 & Younger	2007 or Later	F/M	5 - 36 Members		

All Divisions - Prior qualification through a USA Regional competition, Classic competition or other sanctioned event/process is required in order to attend Jr. Nationals in any division. Bids to Nationals are awarded to teams receiving 80% of total possible points for all cheer divisions, regardless of any penalties received.

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

The age of the athlete will be determined by birth year for the competition season.

USA will follow the Varsity Recreation cheer divisions split guidelines.

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

Rev. 8/9/22

2022-23 RECREATION (YOUTH) TEAMS COMPETITIONS GENERAL INFORMATION

USA CHEER COACH MEMBERSHIP

Varsity Spirit requires that all coaches, choreographers, and personnel wishing to access the warm-up area, backstage or coaches' box at our competitions have a USA Cheer Coach, STUNT Coach, Dance Coach or Professional Membership. Visit usacheer.org/usa-cheer-membership-for-varsity-spirit to learn more and to complete the steps required before your first competition.

CATEGORIES/DIVISIONS – RECREATION CHEER TEAMS

All Recreational teams must classify 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 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 2022-2023 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 a team must declare if they are Affiliated or Non-Affiliated. This must be verified before the first competition. Once the team's affiliation has been declared:
 - A Non-Affiliated team cannot move to an Affiliated division.
 - An Affiliated team can move to the Non-Affiliated division; however, any bids they have earned as an Affiliated team during the competitive season will be forfeited. The team will not be eligible to return to the Affiliated division during the remainder of that competitive season.

*Exception – if a division is combined at an event, this will not change a team's affiliation.

Affiliated and Non-Affiliated Recreational cheerleading organizations can register teams in Traditional and/or Performance divisions.

- **TRADITIONAL**

- Routines must consist of cheer & music combination.
 - Routine Max: 2:30 minutes
 - Music Max: 1:30 minutes

- **PERFORMANCE**

- Routine Max: 2:30 minutes

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

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 affected event. It is up to the sole discretion of the USA in what division a team may be placed. The USA also reserves the right to deny any team registration for its competition as a result of not having an appropriate division for that particular team.

MUSIC

Note the music rules that are in place for the 2022-23 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 & Restrictions

Music is defined as any recorded sound amplified through the competition sound system. One or several selections of music may be used, as long as they follow the music licensing rules. Failure to comply may lead to disqualification and forfeiture of all fees associated with a team's performance.

- Coaches are responsible for reading and understanding the USA Cheer Music Copyrights Educational Initiative and understanding that all sound recordings used in their team music shall only be used with written license from the owners(s) of the sound recordings.
- For the most up to date music information, visit <http://varsity.com/music>. If you have any questions, teams should email musicinfo@varsity.com. Please periodically check the provider list for updates and changes.

- Teams must be able to provide proof of licensing, in the form of a printed copy, during registration at the event they are attending.
- If your team is featured in a TV and/or virtual broadcast, and uses an original composition created for your performance, your routine music will be used in the show if you also secured synchronization rights. Teams must be able to provide written documentation that synchronization rights were properly secured during registration at the event for the original routine music to be included in the show.
- When recording your music for the event, coaches or music editors should edit their song in a Digital Audio Workstation (DAW) and make sure that the volume of the song is at 0. Things to note: Most DAW's have a default that sets a track at -6 when a track is added. Check to see if there is a normalization process after you render or save your work.
- If you would like to perform your school's original fight song, you may bring a recording of your marching band playing the song. You will need to get the school's permission to use the song and recording. A letter granting permission for the cheer or dance team to use the fight song on school letterhead is enough. It should be signed by your program's administrative supervisor. Go to varsity.com/music for more details.
- If a team does not have required paperwork, they will be given the option to count the routine verbally or perform to an approved track of music or a track with counts (provided by Varsity Spirit).
- If a team does not have the required paperwork and chooses not to count the routine or perform to an approved track of music or a track with counts, the team will be disqualified from the competition and not allowed to perform or compete.
- If there are concerns regarding a certain team's use of music, a Challenge Form must be completed immediately following the team's performance.
- A challenge can only be made by the official coach of a team competing at the event at which the challenge is being made.

Challenge Process

- All music challenges must be submitted in writing to the event director.
- There will be \$100 fee to request a music challenge and must be in the form of a check made out to St Jude Children's Research Hospital.
- Fees collected will be voided if challenge is correct.
- If the team challenged can provide documentation during the event and can be verified, the fees will be donated to St. Jude.
- If the team challenged can provide documentation that requires further review, a decision will be finalized within 48 hours of the event.
- A sound system will be provided. Speed control is not available. Music must be recorded at the correct tempo. Music checks on the main sound system are not permitted.

- All teams must provide their own MP3 device (or smart phone) for use on the event-provided sound system. Although it is not recommended due to potential interference that may be caused during a routine, a smart phone may be used for playing music.
- Each team is required to have a representative (responsible adult) that knows the routine and music remain at the music station (no alternates or team members allowed). This representative is responsible for starting the music and stopping the music at the routine's end, or in case of technical malfunction or injury. Should an adult choose not to stay at the music station for the duration of the routine, and a malfunction occurs, the team may or may not be permitted to perform the routine again. Please hold on to your music until the time of your performance. If using an MP3, smart phone, etc... please ensure that there is no case on the device which will obstruct the jack from plugging into the sound system. Please ensure that jacks are clean and free of any debris which may impact connectivity. Note that you may need to acquire an adapter in advance if your player does not have a headphone jack. If you are using a smart phone, please ensure that no interruptions (i.e. phone call, alarm, etc...) occur during your performance. Place the smart phone in "airplane mode," ensure that the volume is turned up and the phone is fully charged. Interference caused by a smart phone that results in routine delay may receive an overtime or delay of contest penalty.

Virtual Competitions Music Rules

- The USA Cheer Music Copyrights Educational Initiative will govern all sound recordings used at the event and all sound recordings used in your team's music shall only be used with written license from the owners(s) of the sound recordings.
- For the most up-to-date music information, visit <http://varsity.com/music>. If you have any questions, teams should email musicinfo@varsity.com. Please check the Music Provider list for updates and changes periodically.
- All routines will be judged with sound and available for Varsity TV subscriber viewing with sound for 48 hours once the event goes live. After 48 hours, the routines will be available without sound for Varsity TV subscribers. After 5 days, routines will be available free of charge without sound for the duration of the competition season.

VIDEO MEDIA POLICY

No commercial recording (audio or visual) or commercial live streaming is allowed in the event venue or other event-related venues (including, but not limited to, hotels and restaurants) or on the grounds of any such venues (collectively, "Event Locations"). In the event a team authorizes the commercial recording or streaming in any event location, the team will be automatically disqualified. In addition, the personal, 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 Varsity Spirit Brand logo, the USA logo or the Game Day logo on banners, rings, bows, t-shirts, etc... without prior approval from the USA office. However, the use of the USA letters (not unique to the USA logo) will be allowed.

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. Organized entrances and/or marching processional are not allowed by any cheer team and can incur an overall routine length timing penalty. Teams should take the floor immediately with spirit and enthusiasm, but without excessive gestures. Example: chest bumps, hugs, hand-shakes, etc. All teams should refrain from any type of excessive celebration following the team's performance. Any team in violation may receive a "sportsmanship" penalty. There should not be any organized exits or other activities after the official ending of the routine.

PERFORMANCE AREA

Performance boundaries at competitions will be a regulation basketball court (unless otherwise noted). All Regionals, Classics and Opens will have a carpet bonded foam mat on the performance area that measures 54'x42'.

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

Spring floors will not be used for recreation cheer divisions.

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

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

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

PERFORMANCE ORDER/SCHEDULES

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

COMPETITION STANDARD FOR SPOTTERS

Guidelines

1. USA competition-provided additional spotters will be mandatory on the competition floor.
2. School-based and recreational teams may provide additional spotters in rehearsal/warm-up.

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

(Youth/Rec Teams Only) **“Additional (Routine) Spotters”** = Individuals on the competition floor provided as a safety precaution to spot certain elements of a routine. These are in addition to the team spotters and USA competition-provided spotters and do not take the place of “team spotters” required by specific types of stunting/pyramid/tosses, etc. skills.

Additional Spotters will follow the listed guidelines below:

1. Should only be used during the stunt, pyramid and/or basket toss sections. Additional spotters are present for added safety and should stand at the back of the floor when not spotting those sections.
2. Should not touch, assist or save skills being performed. Additional spotters should only be used to prevent a fall to the competition floor. Any touch, assist or saved skill will be given a fall deduction.
3. Should be dressed so that they are presentable, professional, and distinguishable from the performing athletes.
4. Should not dress or act in a manner that distracts from the athletes and their performance.
5. Should be at least 18 years old and familiar with spotting the skills of the performing team. **Note: To provide the safest competitive environment, teams should not attempt skills beyond their ability level.**

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 2022-23 USA Song/Pom/Pep Flag Safety Rules. 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 level restriction. Please refer to the 2022-2023 Varsity Youth & Recreation Scoring System - Deduction System.

B. Time

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

Penalties will be deducted from the final averaged score for going over the total routine time limit. Please refer to the 2022-2023 Varsity Youth & Recreation Scoring System - Deduction System

Due to the variability in sound systems, you should build leeway into 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 by 5:00 p.m. (PST) 10 days prior to your competition date. It is the advisor's/coach's responsibility to check the preliminary schedule for accuracy of categories/divisions prior to the day of competition.

All changes to your original competition registration must be put in writing and e-mailed to USARegistration@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 online. To help avoid this penalty, any changes must be received in the USA office in writing by 5:00 p.m. (PST) the Friday one week prior to your competition date.

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

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

D. 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/team uniform that is worn for game/sideline cheering or performing must be worn (i.e. skirt and top).

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 deduction will be incurred.

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, non-marking 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. (Exception: half-sole shoes/dance paws/turners are acceptable in the Song/Pom category. Performers who wear half-sole shoes/dance paws/turners while performing do so at their own risk. Shoes that cover the toe and heel are required at all other times when not directly performing).

Penalty of marking the floor is disqualification. The performing school will be responsible for any charges that may occur as a result of damage to any floor.

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 to 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.

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 team pride, honor, tradition, and sportsmanship. Cheers that are negative, insulting to other teams or the judges may reflect a lower School Representation score.

In general, performances from 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.

CATEGORIES/DIVISIONS RULES

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/>

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
 - Performance & Traditional Recreation Guidelines
 - Varsity/Rec Deduction System
 - Recreation Roster Verification Form
 - Recreation Release Waiver

PERFORMANCE

- 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 & Traditional Recreation Guidelines
 - Varsity/Rec Deduction System
 - Recreation Roster Verification Form
 - Recreation Release Waiver

SAFETY RULES CHEER

Routines at all USA competitions must follow the 2022-2023 Varsity Recreation Cheer 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:

- Name of the School and USA competitive division in the subject line of the email
- Videos should be in either Windows Media Player or Quicktime formats
- Clear, close up view of skill in question
- 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 USARules@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.

For specific cheerleading stunt and safety questions please email USARules@varsity.com .