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VARSITY ALL STAR

**RULES &  
REGULATIONS**



VARSITY  
ALL STAR

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\*All updates and changes displayed in **RED** font\*

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Varsity Spirit has implemented rules and regulations for all events produced by Varsity Spirit for the upcoming 2022-2023 season. In order to provide a positive, fair and professional competition environment the gym owner/program director acknowledges and agrees that each team associated with the gym owner/program director's gym that is competing at a live (in person) Varsity Spirit event this season or virtual event will comply with the following:

## DIVISIONS

Varsity Spirit will follow offer all USASF/IASF divisions for the 2022-2023 season along with the guidelines for splitting and combining teams. See All Star Divisions Chart for 2022-2023 <https://www.usasf.net/rules>

## ALL STAR GENERAL

1. Coaches' wristbands/credentials must always be worn. No one will be allowed to enter the warm up area and/or Coaches Hospitality Room (if applicable) without this identification. Wristbands or lanyards attached to bags do not count.
2. The gym and all participating teams must comply with the following rules and regulations depending on the event in which the team is participating.
3. Any violation of these rules and regulations could result in a penalty, point deduction and/or disqualification.
4. All Varsity Spirit registration and competition guidelines applicable to each specific event will always be followed and complied with.

## SAFETY GUIDELINES

1. All safety rules pertaining to each division (athlete eligibility, safety) will always be followed and complied with.

## CODE OF CONDUCT

Varsity Spirit encourages and supports sportsmanship, integrity and fairness among participants and coaches in all facets of cheerleading including, but not limited to, team/squad practice and performance. We strive to uphold the highest standards and promote this to the best of our abilities and believe that coaches are instrumental in promoting and instilling this among their respective team members.

To ensure the most positive experience for all attendees, Varsity Spirit asks that the following Code of Conduct be adhered to during all events:

1. All participants agree to conduct themselves in a manner displaying good sportsmanship throughout the competition.
2. The gym owner and coach of each team is responsible for seeing that team members, coaches, parents and other persons affiliated with the team conduct themselves accordingly.
3. Any questions or concerns that affect a team's performance or experience must be communicated by the coach to the AccuScore Table. The appropriate Official will then be called to discuss the situation with the coach.
4. Participants, coaches or spectators are prohibited from contacting the Judges during the competition.
5. Judges' rulings are final related to deductions, final team placements and legalities.
6. The team and each participating member/coach should constantly display good sportsmanship throughout the entire performance in regard to respect for themselves, other teams and the viewing audience of all ages. Teams should refrain from any taunting, bragging, or suggestive expressions or gestures as well as discrimination of any nature.
7. Any unruly, aggressive or belligerent behavior by participants, coaches or spectators toward any other attendee or Event Staff will result in a deduction, potential team disqualification, removal from the event and/or barred participation from future Varsity Spirit events.
8. Varsity Spirit reserves the right to remove any persons from a competition for unsafe or unsportsmanlike conduct.

## USA CHEER COACH MEMBERSHIP (Recreational, School & College Teams)

1. USA Cheer has developed a comprehensive Membership Program, which includes a background check, athlete protection training, acknowledgement of concussion training with return to participation guidance, a member code of conduct, and safety training courses on risk management and safety rules.
2. Varsity Spirit will require that all school coaches, band directors, choreographers, and personnel wishing to access the warmup area, backstage or coaches' box at our competitions have a USA Cheer Coach or Professional Membership. **At least one coach must have the USA Cheer Coach Membership that include the USA Cheer Youth Risk Management certification course and must accompany the team at every competition.**
3. You must complete your membership requirements before your first competition. Please note that the background check will take 2-10 days to be processed and returned. **Coaches without an approved Membership will not be allowed access to the warmup area, backstage or coaches' box.**
4. When checking in at Varsity Spirit competitions, you will now simply provide proof of membership for each coach from your organization who wishes to go into the warmup area, backstage or coaches' box. Upon proof of membership, each coach will receive a wristband that will allow them access.
5. The USA Cheer Membership is available on the USA Cheer website. Once your membership is complete, you can print your membership card, or save and display it on your mobile device at event registration along with your photo ID. This season's membership will be active until May 31, 2023.

## CROSSOVERS AND ROSTERING

1. **Varsity All Star event's requires that all athletes must be registered members of the USASF, provide an official USASF event roster and compete in the correct USASF division that matches their roster. Any team who has a roster violation (including, but not limited to: age violation, team size violation, athlete eligibility violation, tier violation, crossover violation, etc) may be disqualified from the event.**
2. **If disqualified, teams who have USASF eligible athletes of the same tier may exhibition (only violating age requirement rules), but if the violation is due to ineligible athletes, the team may not exhibition or perform. Please see "Unplanned Athlete Replacement" in the USASF Cheer Age Grid 22-23 for sudden situations and/or COVID related issues.**
3. Athletes must follow all USASF/IASF crossover policies
4. Please refer to additional policies at select events

## MUSIC GUIDELINES

1. I have read and understand the USA Cheer Music Copyrights Educational Initiative and all sound recordings used in our team's music shall only be used with written license from the owners(s) of the sound recordings.
2. For the most up to date music information, visit <http://varsity.com/music>. If you have any questions, cheer teams should email [musicinfo@varsity.com](mailto:musicinfo@varsity.com). Please check Music Provider list for updates and changes periodically.
3. Teams must be able to provide proof of licensing, in the form of a printed copy, during registration at the event. For example:
  - a. Clementune – provide team's invoice from camp.
  - b. Itunes – provide screenshot of the song you are using from your purchased playlist
  - c. Music Provider – provide a printed copy of proof of licensing.
  - d. Band Music - If you'd like to perform to a recording of your band playing a single musical composition, you will need to provide documentation that confirms the following:
    - The team has secured a compulsory license to make copies of the recording made by the band or orchestra
    - The band or orchestra recorded the song for and in conjunction with the cheer/dance squad
    - The school principal or dean was aware of and approved this recording
    - The band or orchestra does not provide music to other cheer/dance squads
    - No other musical compositions are embodied in the recording to be used by the authorized cheer/dance squad
4. If your team is featured in the TV 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.

5. 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.
6. 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](http://varsity.com/music) for more details.
7. 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).
8. 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.
9. If there are concerns regarding a certain team's use of music, a Challenge Form must be completed immediately following the team's performance.
10. A challenge can only be made by the official coach of a team competing at the event at which the challenge is being made.
11. Challenge Process
  - a. All music challenges must be submitted in writing to the event director.
  - b. 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.
  - c. Fees collected will be voided if challenge is correct.
  - d. If the team challenged can provide documentation during the event and can be verified, the fees will be donated to St. Jude.
  - e. If the team challenged can provide documentation that requires further review, a decision will be finalized within 48 hours of the event.
12. It is required that each team have a responsible adult at the music station that knows the routine and music (no alternates or team members allowed). This representative is responsible for pressing "play". Should an adult choose not to stay at the music table for the duration of the routine, and a malfunction occurs, teams may or may not be permitted to perform the routine again. Clarification: Athletes/Alternates are not allowed.
13. It is not recommended that a smart phone be used for playing music, due to interference that may be caused during a routine. No cover may be on any MP3 player so that a jack may be easily inserted into the device.
14. All teams must provide their own device for use on the event provided sound system. Music should be on a digital music player/iPod/iPhone. CD's will no longer be allowed, and CD players will not be provided at competition.
15. Please make sure that all devices have a headphone jack to connect to sound system and are fully charged, volume turned up and placed in airplane mode.
16. Please ensure that jacks are clean and free of any debris which may impact connectivity. You will need to acquire an adapter in advance if your player does not have a headphone jack.
17. Teams may not use Disney themes nor may they have costumes that resemble a Disney character. However, Disney music is acceptable if following the music guidelines.
18. VIRTUAL COMPETITION MUSIC GUIDELINES
  - a. All Star Cheer & Youth/Rec: Only music from providers who provide synchronization rights will be played on the website for general viewing. If you're unsure if you have synchronization rights, check with your music provider. If you don't have synchronization rights, your video will be played without music. Routines will be judged without music, and musicality is not being judged on the scoresheets. After 5 days routines will be available free of charge for the duration of the competition season.
  - b. All Star Dance, School Dance, School Cheer & Open Rec: All routines will be judged with sound and available for VTV subscriber viewing with sound for 48 hours once the event goes live. After 48 hours the routines will be available without sound. After 5 days routines will be available for public viewing without sound for the duration of the competition season.

- c. Only music capture incidentally will be permitted. No music can be edited into the video. Teams who do edit music into the video will receive a 2-point penalty.
- d. All videos must be recorded in a single take. Edited footage will not be accepted. Footage may not be edited to add in the template, introduction card, program logo, etc. Editing the template or not including the template will result in a 1-point deduction.

## TIME LIMITATIONS

1. Judges will use a stopwatch/clock to measure the official time. Judges will not issue a deduction until their stopwatch/clock shows a time that exceeds **1 second** over the allotted time, acknowledging the potential variance caused by human reaction speed and sound system time variations.
2. Because penalties are severe, it is recommended that all teams time their performance several times prior to competition and leave a several second cushion to allow for variations in sound equipment.

## COMPETITION PERFORMANCE AREA

1. Teams may line up anywhere inside the competition area.
2. Approximate floor size will be 54 feet wide by 42 feet deep spring floor (9 panels).
3. All skills must originate and be completed within the competition boundary. No lineups, skills, or transitions are allowed outside of the competition boundary.

## INTERRUPTION OF PERFORMANCE

### UNFORSEEN CIRCUMSTANCES

1. If, in the opinion of the competition officials, a team's routine is interrupted because of failure of the competition equipment, facilities, or other factors attributable to the competition, **venue (power outage, fire alarm, etc.) or weather rather than the team, the coach of the team at the music stand** affected should STOP the routine.
  - a. **Examples: Equipment Issue – Music volume is all the way down and athletes can't hear the beginning of the routine, etc. Venue Emergency – power outage, fire alarm, etc.**
  - b. **If the coach chooses not to stop the routine, the team may not have the option to perform again.**
2. While masks are not required on the warmup floor and/or performance floor unless dictated by state or local guidance, an athlete may choose to wear a mask. If an athlete chooses to wear a mask during the performance and the mask restricts the athletes view and/or interferes with skills or otherwise becomes a safety concern, the athlete should either secure or remove the mask. If the athlete does not secure or remove the mask, the routine is subject to being stopped by competition officials.
3. **UNIFORM MALFUNCTION** As a precaution, each performer is required to take the necessary steps to avoid inappropriate exposure during the performance. Should a uniform malfunction resulting in indecent exposure occur, the routine should be stopped immediately. This is a shared responsibility of all parties involved to recognize a malfunction has occurred.

### FAULT OF TEAM

1. In the event a team's routine is interrupted because of failure of the team's own equipment, the team must either continue the routine or withdraw from the competition.

### INJURY / ILLNESS

1. The only persons that may stop a routine for injury are: competition officials, the advisor/coach of the team performing or an injured individual. **This is a shared responsibility of all parties involved to recognize an injury has occurred.**
2. The injured participant that wishes to perform may not return to the competition floor unless:
  - a. The competition officials receive clearance from, first, the medical personnel attending to that participant, the parent (if present) AND THEN the head coach/advisor of the competing team.
  - b. If the medical personnel do not clear the participant, the participant can only return to the competition if a parent or legal guardian in attendance signs a return to participation waiver.
  - c. **An athlete who has a suspected concussion should be removed from the activity immediately and should not be allowed to return to participation the same day of the incident and without being cleared by a medical professional in accordance with state law or organizational policy.**

3. In addition, the sponsor/gym owner and all of the coaches attending the competition must be familiar with all federal, state and local laws applicable to such individuals and relating to such individuals' duties and responsibilities regarding the recognition and treatment of injuries.
4. **In the event of an injury or emergency, 1 parent or legal guardian may be escorted backstage during the evaluation process. While backstage, they will need to remain with the athlete or an event staff member.**

#### **RE-PERFORMANCE SCHEDULE**

1. The competition officials will determine whether the team will be allowed to perform at a later time.
2. **If the competition officials allow a routine to be performed later, the spot in the schedule where the re-performance is to take place is at the sole discretion of competition officials and must be within thirty minutes after the rest of the division is complete.**
3. **If allowed to perform again, judging will resume from the point at which the injury/interruption occurred as determined by the judges. The routine must be performed full-out from the beginning of the routine. All point deductions accumulated to that point will carry over.**
4. **Teams that limit/mark skills prior to the point of interruption could result in an adjustment in scores based on the skills performed.**
5. **If a team prefers not to re-perform the routine, at the coach's discretion, they will take the score they have received up to that point. If a skill has not been performed a "0" will be given in the category.**

## **SPOTTER POLICY**

In an effort to promote a higher level of safety for competing athletes, Varsity Spirit will allow programs to provide spotters at Varsity Spirit competitions. We feel that the program is more qualified to provide spotters because of their familiarity with routine skills and safety concerns. The use of spotters is left to the discretion of the coach, program director or gym owner. Programs may use up to 4 spotters for each performance; however, spotters are not required. **Definition of Additional Spotter:** Individuals on the competition floor provided as a safety precaution to spot certain elements of a routine.

#### **Additional Spotters:**

- a. Should only be used during the stunt, pyramid, and/or basket toss sections. Additional spotters are provided for added safety and should stand at the back of the floor when not spotting those sections.
- b. Should not touch, assist, or save skills being performed.
- c. Additional spotters should only be used to prevent a fall to the competition floor. Any touch, assist, or saved skill will be given a major fall deduction.
- d. Should be dressed so that they are presentable, professional, and distinguishable from the performing athletes. Program provided additional spotters should not wear clothing similar to the performing team's uniform.
- e. Should not dress or act in a manner that distracts from the athletes and their performance.
- f. Should be at least 18 years old and familiar with spotting the skills of the performing team.
- g. **Note:** To provide the safest competitive environment, teams should not attempt skills beyond their ability level. Must be current members of another team in the program OR a coach listed on the roster as a professional member.

## **DISQUALIFICATION**

Any team that does not adhere to the terms and procedures of these "Rules and Regulations" will be subject to deductions and/or disqualification from the competition, will automatically forfeit any right to any prizes or awards presented by the competition, and may also forfeit the opportunity to participate in a competition or the Championship the following year.

## FINALITY OF DECISIONS

By participating in this championship, each team agrees that the decisions by the judges will be final and results may ONLY be reviewed for clarification. Each team acknowledges the necessity for the judges to make prompt and fair decisions in this competition and each team therefore expressly waives any legal, equitable, administrative or procedural review of such decisions.

## SCORES AND RANKINGS

1. Each judge has the responsibility and authority to review and submit his/her final scores and rankings prior to the calculation of final scores. Scores and rankings will be available only to gym owners or coaches at the conclusion of the competition.
2. Scoring officials will only discuss my routine and scores. Coaches/program directors may not challenge scores and/or deductions of another team(s).
3. **FINAL PLACEMENT TIES: In the event that there is a tie for the final placements at any Varsity All Star competition, the tie will not be broken and both/all teams will share the placement.**
4. **By participating in a Varsity event, teams give their consent for performances and scores to be made public.**
5. **Varsity TV publishes and makes available all competition routine videos from live-streamed events to recognize the hard work and talent of the athletes competing, and ultimately, to serve and grow the cheerleading and dance community. Due to the sheer number of teams and routines published, Varsity Spirit is unable to accommodate requests for removal.**

## INTERPRETATIONS AND / OR RULINGS

Any interpretation of any aspect of these Rules and Regulations or any decision involving any other aspect of the competition will be rendered by the Rules Committee. The Rules Committee will render a judgment in an effort to ensure that the competition proceeds in a manner consistent with the general spirit and goals of the competition. The Rules Committee will consist of the Competition Director, Head Judge, and a designated competition official.

## 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, noncommercial 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 the Varsity Spirit Brand name or logo including: banners, rings, bows, t-shirts, etc. without prior approval from Varsity Spirit.

## APPEARANCES AND ENDORSEMENTS

All teams winning titles, awards or prizes agree to have all appearances, endorsements and publicity approved through Varsity Spirit.



## COVID-19 VARSITY COMPETITION RULES

We are prepared to administer a competition that will meet the state and local guidelines related to COVID-19 at the time of the event. While the final details and schedule of any competition could require up to the day adjustments, and all guidelines are subject to change based on Centers for Disease Control and Prevention (“CDC”), federal, state and local guidance, please be assured that Varsity Spirit is committed to delivering the same quality of competition experience for which we are known. We appreciate your understanding of the flexibility this will require.

By accepting the Terms and Conditions as the authorized person from my program I agree and acknowledge to abide by the Rules and Regulations and the COVID-19 Varsity Spirit Competition Rules.