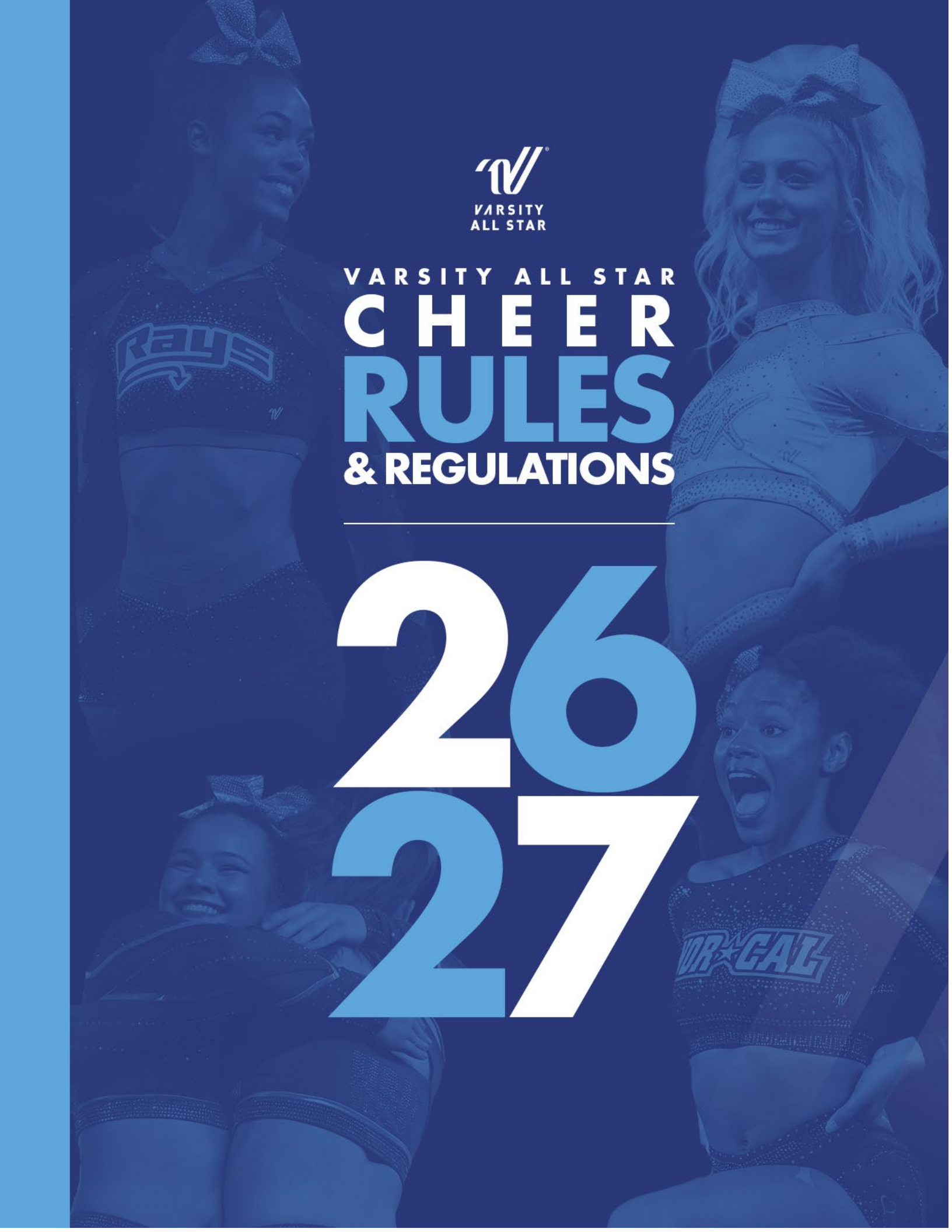

VARSITY
ALL STAR

VARSITY ALL STAR

CHEER RULES & REGULATIONS

2026 2027

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CODE OF CONDUCT

Varsity Spirit encourages and supports sportsmanship, integrity and fairness among participants and coaches/owners/directors in all facets of team 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 all participants, coaches, gym owners, directors and spectators adhere to and know the Code of Conduct and Prohibited Items for all Regional, Virtual, and Championships events.

To review the entire policy please click here: Varsity Spirit - Safety

EVENT ELIGIBILITY

Varsity Spirit will require that all coaches, directors, choreographers, and personnel wishing to access the warm up area, backstage, coaches' box, or athlete areas at our competitions have required credentialing, background check, and safeguarding as required by each event.

To review the entire eligibility policy please click here: Varsity Spirit - Event Eligibility

EVENT GUIDELINES

The coach/director of each team is responsible for understanding and following the Event Guidelines. Event Guidelines include:

- General Guidelines
- Safety Guidelines
- Music Guidelines
- Interruption of Performance
- Competition Area
- Warm Up Room Policy
- Spotter Policy

To review additional information, click here: Varsity Spirit - Event Guidelines

EVENT POLICIES

All attendees are expected to follow event policies to ensure a respectable and secure environment.

To review the event policies, click here: Varsity Spirit - Event Policies

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DIVISIONS

1. Varsity All Star events will follow all USASF divisions for the 2026-2027 season along with the guidelines for splitting and combining teams. See All Star Age Grid for 2026-2027 Divisions at https://www.usasf.net/rules.
2. Varsity All Star offers IASF divisions at select events from the 2026-2027 Age Grid https://www.iasfworlds.net/cheer/.

GENERAL RULES

1. Coaches, personnel and spectator credentials (i.e. wristbands, shoe tags, etc.) provided as part of your admissions / registration. The credential must be worn by the individual to whom it was issued for the duration of the event and may not be shared or transferred for ANY REASON. No one will be allowed to enter the warm up area and/or Coaches Hospitality Room (if applicable) without this identification. Credentials attached to bags are not valid.
2. All participating teams must comply with the following rules and regulations and event guidelines depending on the event in which the team is participating.
3. Any violation of these event guidelines 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.
5. A coach must supervise athletes throughout warm-ups, while on the competition floor, and during awards. It is recommended that athletes also remain with a coach, team representative, or parent during the competition event when not competing.
6. All teams within an organization should have a separate emergency response plan for practices and competitions.
7. It is illegal for athletes to consume alcohol, narcotics, and performance enhancing substances. If an athlete is taking medication, it is the responsibility of the coach to ensure that the athlete is still capable of executing the routine safely before allowing them to compete. All coaches should be sober when checking into registration and remain free of alcohol and drugs until awards are over. (If a venue is serving alcohol to adults, coaches should not be purchasing or consuming alcohol.)
8. Athletes at competitions may only practice on grass, foam mats, or a spring floor. Skills should not be performed on concrete, asphalt, brick, or tile surfaces. All appropriate surfaces should also be flat and dry. (Athletes may also perform skills on Velcro that is adhered to the competition surface.)
9. Athletes cannot be exchanged during the routine. Any athlete who begins the routine must stay within the performance surface boundaries during the routine. A team cannot have one athlete start the routine and replace that athlete with a different athlete part of the way through the routine.
10. Athletes may not have items in their mouth during warm up or while competing, to prevent choking.
11. The only sound systems allowed to be used in the warm up venue is the official event sound system. Sound systems may not be played when walking to and from warm up to competition. Music with explicit lyrics is strictly prohibited.

ROUTINE LEGALITY RULES

1. All legality rules pertaining to each division (athlete eligibility, safety) must always be followed and complied with.
2. Please refer to the appropriate Safety Guidelines / Rules. Clarifications and updates may be made during the season. Safety Guidelines https://www.usasf.net/rules or https://www.iasfworlds.net/cheer/
3. It is the coach's responsibility to read and understand the Safety Rules appropriate to your team type.

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ELIGIBILITY CHALLENGE

Coaches are required to bring documentation of ages for every athlete. If there is concern regarding the eligibility of an athlete, a Challenge Form must be completed. A challenge can only be made by the official coach, advisor, or director of a team competing at the event in which the challenge is being held.

Challenge Process:

a. All athlete eligibility challenges must be submitted in writing to the event director.
b. There will be a $100 fee to request an athlete eligibility challenge, which must be in the form of a check made payable to St Jude Children's Research Hospital.
c. Challenges will be reviewed and finalized prior to awards for the division in which the athlete is competing.
d. If the challenge is correct, fees collected will be voided. If the challenge is incorrect, fees will be donated to St. Jude.

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.
3. Athletes must follow all USASF/IASF crossover policies.
4. Team must submit a digital release waiver/form for each athlete.
5. Any violation of the rules and regulations can result in a penalty, point deduction, or disqualification.

EXHIBITION PERFORMANCES

1. Teams that exhibition must adhere to the division requirements and Level Safety Rules.
2. A team of less than 5 participants or that does not meet the age requirements may perform as exhibition only.
3. Exhibition performances will NOT compete against another team and will NOT be scored.

UNPLANNED ATHLETE REPLACEMENT

In the event of an absent/injured member of a team, a team may replace that athlete with another athlete from the same organization for the current season, who was not initially on the team's roster. The replacement athlete must meet the age requirements for that division. If the replacement athlete does not meet the age requirements for that division, then the team is not permitted to compete and may only perform in the exhibition division.

MUSIC AND UNIFORM GUIDELINES

1. All music guidelines listed in the Varsity Spirit Event Guidelines must be followed.
2. **Music Appropriateness:** Music or words unsuitable for family listening, which includes, but is not limited to swearwords and connotations of any type of sexual act or behavior, drugs, explicit mention of specific parts of the body, and/or violent acts or behavior are other examples of inappropriate. Removing improper language or words from a song and replacing with sound effects or other words may still constitute 'inappropriate.'
3. **Uniform:** must adhere to the USASF athlete performance standards. See USASF rules for details.
4. Teams may not use Disney themes, nor may they have costumes that resemble a Disney character. However, Disney music is acceptable if it follows the music guidelines.

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ROUTINE TIMING

1. Timing will begin with the first word, movement, or beat of music, and end with the last word, movement or beat of music.
2. Teams that exceed the allotted time by 1 or more seconds are subject to a .05 deduction.
3. Judges will use a stopwatch/clock to measure the official time.
4. Judges will not issue a deduction until their stopwatch/clock shows a time that exceeds 3 seconds over the allotted time, acknowledging the potential variance caused by human reaction speed and sound system time variations.

COMPETITION PERFORMANCE AREA

1. Teams may line up anywhere inside the competition area.
2. The performance surface is defined as the 42' X 54' (9 Panels) competition floor.
3. The competition boundary is defined as the performance surface and any immediate adjacent safety border.
4. A .05 deduction will be assessed per occurrence for an athlete that makes contact with both feet outside the competition boundary.
5. Stepping on, or just past the white tape is not a boundary violation.
6. All skills must originate and be completed within the competition boundary. No lineups, skills, or transitions are allowed outside of the competition boundary.

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 Spirit competition, the tie will not be broken and both/all teams will share the placement.

TOURNAMENT FACILITY

The tournament officials shall have the right to alter the time and location of the competition in the event changes because necessary due to inclement weather, facility problems, television production requirements, or any other situation deemed by the tournament offices to be essential to the successful execution of the championship.

VARSITY COMPETITION RULES

By accepting the Terms and Conditions as the authorized person from my program I agree and acknowledge that (i) I am the sponsor/director of the team (ii) I have read and understand the foregoing, (iii) I will be solely responsible for communicating the foregoing to all coaches/directors in my program that will coaching and directing teams at the Regional and National Competitions, (iv) I will ensure that my teams will comply with all rules and regulations at all times, and (v) my team will support the results of the competition, as I am a role model for my programs. I acknowledge that my team must comply with these Varsity Spirit Recreational Rules and Regulations, as well as, the Event Specific guidelines for each event.

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