



# RULES AND DIVISIONS

## DIVISIONS:

### **CHEER**

**All-Star** (We follow the USASF rules and age guidelines)

USASF Rules will be followed: <http://www.usasf.net/safety/cheerrules/>

USASF Age groups will be followed:

<http://usasf.net.ismmedia.com/ISM2/Member%20Documents%20age%20grid.pdf>

### **All-Star Level Play divisions (All ages are by May 31st)**

These divisions were created for teams whose main purpose is cheering and supporting a recreational team (i.e. youth football, pee wee sports, community sport teams, etc.) They will follow the All-Star rules and age guidelines.

- Recreational Youth (11yrs & younger)
- Recreational Junior (14 years and younger)

### **High School**

- **Freshman**
  - Stunting/tumbling Division and Tumbling Division
- **Junior Varsity**
  - Stunting/tumbling Division and Tumbling Division
- **Varsity**
  - Stunting/tumbling Division and Tumbling Division
- **Open** (all A,B,C/D compete against each other)
  - Non-Stunting/Non-Tumbling

### **DANCE (All ages are by May 31st)**

- **All-Star**
  - Mini ( 8 years and younger)
  - Youth (11 years and under)
  - Junior (14 years and under)
  - Senior (12 years -18 years)
- **Junior Varsity**
  - Pom, Hip-Hop and Jazz
- **Varsity**
  - Pom, Hip-Hop and Jazz

\*\*In order to have a Junior Varsity entered in Pom, Hip-Hop or Jazz, you must have a Varsity team entered in either Pom, Hip- Hop or Jazz.





# **RULES AND DIVISIONS**

## •Individual

Cheer or Dance (your choice of style)

- Youth (11 years and under)
- Junior (14 years and under)
- Senior (12 years -18 years)
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## •Partner Stunt Group

- Youth (11 years and under)
- Junior (14 years and under)
- Senior (12 years -18 years)

## • Dance Duo or Trio

- Youth (11 years and under)
- Junior (14 years and under)
- Senior (12 years -18 years)

## **Individual and Partner Stunts Guidelines**

### **General Guidelines**

1. Individuals and Partner Stunts perform once.
2. Groups will enter the division based on the all-star age guideline divisions or if representing a high school team. Individual entries will be grouped based on the grade of the participants. Cheertym has the right to combine divisions if deemed necessary.
3. Each participant in Partner Stunts & individuals pays an entry fee.
4. All-Star and High School/Recreation divisions compete in separate divisions.

### **Stunt 4/5 group**

1. There will be a time limit of one minute (all music).
2. All participants must be from the same team.
3. There will be a five-point deduction per judge for being over the time limit.

### **Individual Cheer**

1. Judges will be looking for a well rounded routine.
2. Participants will be scored in the following categories: Jumps, Standing Tumbling, Running Tumbling, Motions, Dance, Transitions and Overall Crowd Appeal. If one of the technical skill elements is not performed, the participant still receives a zero (0) for that category. There is no maximum for any technical skill area.
3. Routine should be choreographed to music; cheer can be done over the music.
4. Entire routine not to exceed 1:00 min. (one minute).





# RULES AND DIVISIONS

## Individual Dancer

1. Routine not to exceed one (1) minute.

## TIME LIMITATIONS:

### CHEER

1. **High Schools** -There will be a time limit of two minutes and thirty seconds. There will be a maximum of one minute and forty-five seconds of music and a mandatory cheer section
2. **All-Star** can either do their entire routine to music **or** stop and do a cheer with maximum time of the routine for All-Star is **2 min. 30 sec.** There will be a five-point deduction per judge for being over the time limit.

### DANCE

1. There will be a **Maximum time limit 2min. 30 sec.** There will be a five-point deduction per judge for being over the time limit.

## Dance Guidelines

### Pom

1. Poms must be used in 80% of the routine.
2. No props may be used (except poms). Exception: A prop that is attached to a dancer's body or costume may be used as long as it is not removed during the performance.
3. Costumes or cheer uniforms may be worn.
4. Routines should consist of visual formations and strong visual effects emphasizing uniformity and utilization of strong/sharp motions and arm placement, as well as visual groundwork.

### Hip-Hop

1. Costumes and themes are allowed but not required.
2. Props and costuming may be used.
3. Routine choreography should incorporate a variety of dance. There are no style requirements or restrictions; choreography is left to the discretion of each team.
4. Jewelry may be worn if it is part of the routine's theme.

### Jazz

1. Costumes should be worn.
2. Routines must incorporate the technical aspect of jazz with an emphasis on body placement, style, control, extension and precision.
3. No hand-held props or poms may be used in this category.





# RULES AND DIVISIONS

## RULES:

### ALL-STAR CHEER

#### Safety Rules and Guidelines

US All-Star Federation rules <http://www.usasf.net/> or <http://usasf.net/safety/cheerrules/>

- Jewelry will not be allowed of any sort. NO plastic jewelry bars for piercing.
- There will be a five-point deduction per occurrence for “stepping off” the mat.
- All-Star-You must be able to provide a copy of a current report card, from the letterhead of the school attending, & copy of birth certificate, upon request for each member of your team in each category.
- If a participant on a team doesn't meet the age (all-star) nor grade criteria for the division entered in, they may not participate with that squad. If you chose to still utilize the “non” division member, you will be seen as an exhibition. **NO EXCEPTIONS!**

### All-Star Cross Compete

- Competitors are only allowed to compete on one team per division level (Tiny, Mini, Youth, Junior, and Senior) Competitors may however compete on another team within a different division level, providing they adhere to grade and/or age requirements.
- A team member may not represent 2 different All-Star organizations. A team member may represent their HS team & also an All-Star team.
- Those that cross compete will be charged \$20.00 for that member for the first team and \$15.00 for that member on the next team.

### RECREATIONAL CHEER

- In order to compete in the All-Star Recreational division, you must be organized for the sole purpose of cheering at football games. These divisions were created for teams whose main purpose is cheering and supporting a recreational team (i.e.youth football, pee wee sports, community sport teams,etc.) They will follow the All-Star rules and age guidelines.

### HIGH SCHOOL CHEER (follow rules at [http://uca.varsity.com/rules\\_div.aspx](http://uca.varsity.com/rules_div.aspx))

- In the Stunting division, squads may stunt and tumble. In the Tumbling division, squads may only tumble. In the Non-Stunting/Non-Tumbling (OPEN) division, squads may not stunt nor tumble.
- Jewelry will not be allowed of any sort. NO plastic jewelry bars for piercing.
- There will be a five-point deduction per occurrence for “stepping off” the mat.





## **RULES AND DIVISIONS**

**DANCE** (follow rules at <http://uda.varsity.com/rules.aspx>)

- Knee drops are prohibited.
- Obscene dance moves will be prohibited. Routines should be suitable for family viewing.
- No tumbling. This includes cartwheels, forward and backward rolls and/or stepping on backs.
- Partner stunts or pyramid building will be prohibited.
- Toe Touches to a push-up position will be prohibited.
- Landing all jumps, kicks and leaps must include at least one foot on the ground before landing in another position.

**\*\*High school squads that compete in more than one division of Dance have to fill out and pay \$20.00 for each member on the first division. If the members from one division to the next are the EXACT same members and School the second and third division will be at \$10.00 per member Example if you have a squad that competes in Pom the cost is \$20.00 per squad member and they also compete in Hip-Hop and/or Jazz the cost is \$10.00 per squad member for each division.**

## **GENERAL RULES**

- SUBSTITUTIONS may be made in the event of an injury or other serious circumstance. However, all substitutions must be pre-approved by Cheertym! Substitutes must also abide by the age/grade restrictions in all divisions and have a waiver on file.
- Please bring TWO HIGH-QUALITY copies of your music to the Cheertym Event. CD's ONLY! No tapes are allowed. Cheertym does not use MP3 compact discs.
- One (1) representative of your group/individual will be responsible for running the music during the competition. This person must remain at the sound area throughout the entire performance. In the event a routine is delayed due to operator error, timing of your routine will continue. No unnecessary team members, parents etc. are allowed at the music table.

### **VERY IMPORTANT -- INCLEMENT WEATHER POLICY -- VERY IMPORTANT!**

All Cheertym Events will go on regardless of the weather conditions – rain, sleet or snow! Please make any necessary travel arrangements so that you will not have any problems making it to the event on time. No special favors or performance times will be granted to those who arrive late for any reason (weather or otherwise). Furthermore, no refunds will be given on any Cheertym expenses. Please keep an eye on the local and national weather forecasts so that you are prepared for any inclement weather.

