



## 2018-19 JR. HIGH/MIDDLE & TRADITIONAL/CLUB REC CHEER TEAMS (Youth Teams) COMPETITONS GENERAL INFORMATION

### ELIGIBILITY

At the time of competition, entrants must be registered students in the school they are representing and/or official full-time members of their team at the time of competition. No members shall be older than 12<sup>th</sup> grade. The penalty for an eligibility violation may be team disqualification.

**NEW!!! Sports and Independent teams:** Please note – New Division Names, New Division Age Breakdowns and New Division Guidelines.

**TRADITIONAL REC CHEER TEAMS (Sports Squads)** - Entrants for traditional rec cheer teams must represent a youth sports team. The team is typically governed by a board that oversees the youth cheer organization. Teams typically may combine participants from various teams within their organization and may not begin practices for any “open” divisions until the completion of the sports team game season.

To compete in this category, a team must adhere to these guidelines:

- The primary role of the team must be to cheer for an organized sport during a defined season.
- The team is affiliated with a governing youth organization (i.e. Pop Warner Football, P.A.L., local youth basketball or football league, etc.). The youth organization must include cheerleading/song/pom bylaws and follow a standardized set of cheerleading safety rules as part of the organization’s charter. The cheerleading team must support, be affiliated with and be required to cheer for **all** games in their organized sport (i.e. football, basketball) during the regular season.
- The team must have a defined season that is stated in their by-laws and is aligned with the sport(s) for which they cheer. Teams are generally limited to enrolling participants within a set time from the beginning of their season.
- Teams may add football players from the team they are cheering for after football season is complete, provided they can show the players are on the league certified football roster for which the squad cheered.

## Traditional Rec Cheer Teams (Sports Squads) Guidelines Cont'd.

- The advisor/coach of a traditional rec cheer team must have in her/his possession at the USA competition a copy of their current official league roster, which includes proof of registration/age of each of the competitors on the cheerleading/song/pom team. It may or may not be asked for by the competition officials, but must be available.
- The participant's age as of August 31, 2018 will be used throughout the 2018-19 competition season. All team members must be within the age range for each division. For example, Youth Show Cheer is 12 yrs and younger. Therefore, you cannot be 13 years old and compete in this division.

Affiliated youth teams will be referred to as "Traditional Rec Cheer" on the competition schedule.

**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. 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.**

**CLUB REC CHEER TEAMS (Independent Squads)** - Entrants for club rec cheer teams are not associated with a youth organization (as defined above), or with an all star cheer gym/dance studio. Club rec cheer teams are typically organized primarily as a performance team that may or may not cheer for an organized sport.

To compete in this category, a team must adhere to these guidelines:

- The team does not compete as an all star cheer gym/dance studio at any competition during the 2018-19 season (August 1<sup>st</sup>-July 31<sup>st</sup>).
- No more than **three** athletes that are registered at any time with the United States All Star Federation (USASF) during the 2018-19 season may also compete with any one independent squad at a USA event.
- The team may or may not be affiliated with a youth sports organization that includes cheer safety rules and cheer bylaws as part of its charter.
- It is not mandatory that this team supports, is affiliated with, or cheers for an organized sport.
- Club rec cheer teams are required to provide a team roster for USA events.
- The participant's age as of August 31, 2018 will be used throughout the 2018-19 competition season.

Non-affiliated youth teams will be referred to as "Club Rec Cheer" on the competition schedule.

## Club Rec Cheer Teams (Independent Squads) Cont'd

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. 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.

## CATEGORIES/DIVISIONS

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.

An individual may not compete against her/himself in the same division/category (i.e. two Group Stunt teams). An individual may not represent more than one school/team at any given event. An individual may not compete on two teams within the same category type and/or divisions within a category when separated by size, stunt/tumbling/technical limitations and/or age group [i.e. 1) Small and Large Jr. High Show Cheer divisions 2) Show Cheer Novice and Show Cheer Advanced categories 3) Jr. Show Cheer Novice and Elementary Show Cheer Novice]. The penalty for this violation will be disqualification of one of the routines.

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 Show Cheer at a Regional or Classic, you may not compete in Co-Ed Show Cheer at Nationals unless you also qualify for that category at a Regional or Classic. 2) If you qualify for Show Cheer - Novice at a Regional or Classic, you may not compete in Show Cheer - Advanced 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.

If a team qualifies for Nationals two or more times (80 points or greater for show cheer divisions and 75 points or greater for all non-show cheer divisions, regardless of any penalties received) in the Intermediate or Advanced level at a Regional or Classic competition, then that team must receive written permission to move to a lower technical division at Nationals.

**Jr. High/Middle School Teams** – All teams must represent a jr. high/middle school. 9<sup>th</sup> grade teams representing a high school may not compete in the jr. high/middle school categories/divisions.

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. (The team sizes used for this split may differ from those used at the 2019 Junior 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 2018-19 competition season. Be sure you are familiar with these guidelines 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 (upon request) at any event where the music is used. If a team cannot provide proof of licensing immediately upon request, the team may be disqualified from the event. For further details visit [www.varsity.com/music](http://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.

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.

## **MUSIC Cont'd.**

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 may need to acquire an adapter in advance if your player does not have a head phone jack. One or several selections of music may be used as long as they follow the music licensing rules.

## **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.

## 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'. Unless otherwise noted, the mat will be removed for the songleading/pom divisions.

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

Spring floors will **not** be used for school-based and/or youth 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.

You will not receive a penalty if you step off of the mat at 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](http://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

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

**“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 and do not take the place of “team spotters” required by specific types of stunting/pyramid/toss, etc. skills.

In an effort to promote a higher level of safety for competing athletes, USA will provide additional spotters at all USA school and recreational cheer competitions. School and recreational cheer programs do not always have a large number of staff and coaches available to spot routines. Therefore, to help ensure that the safety of participants is not compromised due to limited number of team provided spotters, “additional (routine) spotters” will be provided by the USA. Additional (routine) spotters cannot be provided by the performing team, they must be provided by the USA.

**These USA-provided “additional (routine) spotters” will be mandatory on the competition floor.**

Reminder – To provide the safest competitive environment, teams should **not** attempt skills beyond their ability level.

## PENALTIES

Points will be deducted from the final team average for violations of safety rules and/or time limits. See below in addition to the 2018-19 Jr High/Middle School Teams Show Cheer and Group Stunt Division Limitations, 2018-19 Traditional Rec Cheer/Club Rec Cheer Show Cheer Division Limitations, 2018-19 AACCA School Cheer Safety Rules and the 2018-19 USA Song/Pom/Pep Flag Safety Rules. See [usa.varsity.com](http://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.

**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.**



### C) Performance Order/Division Changes

Preliminary competition schedules will be posted on the [usa.varsity.com](http://usa.varsity.com) website by 5:00 p.m. (PST) 10 days prior to your competition date. It is the advisors'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 [usacompetitions@varsity.com](mailto: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 may perform "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) Uniforms

In all divisions, a school/team 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 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.

When standing at attention, apparel must cover the midriff (front of the body). If a violation occurs, 3 points will be deducted from the final team average score.

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, 3 points will be deducted from the final team average score. This includes an individual with a shoe that comes off during a routine.

**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.

**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, Outfitting** - All facets of a performance or routine, including choreography, music selection and outfitting, 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.

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 replacing with sound effects or other words may be considered inappropriate, and deductions will be made accordingly.

Any uniform 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/youth organization 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.**



**February 24, 2019**

## **CATEGORIES/DIVISIONS RULES**

Sample scoresheets for all USA competitions will be available on-line by visiting [usa.varsity.com](http://usa.varsity.com) after September 1, 2018.

You must visit the USA website at [usa.varsity.com](http://usa.varsity.com) for a complete listing of the following:

2018-19 USA Junior Spirit Nationals Divisions

2018-19 USA Jr. High/Middle School Teams Show Cheer and Group Stunt Division Limitations

2018-19 USA Traditional Rec Cheer/Club Rec Cheer Show Cheer Division Limitations

2018-19 AACCA School Cheer Safety Rules

2018-19 USA Song/Pom, Song/Jazz and Pep/Short Flag General Safety Rules

## **SHOW CHEER – ADVANCED**

### **NUMBER ON TEAM**

6-36 members school-based/5-36 members traditional/club rec cheer

### **DIVISIONS**

Refer to division grid at [usa.varsity.com](http://usa.varsity.com).

### **ROUTINE PROCEDURE**

Execute routine of your choice using a combination of music and words. An emphasis on practical and effective audience participation (i.e. use of signs, spell-outs, crowd response chants, etc.), especially during the cheer section, is encouraged. Props and/or costuming are not allowed [see D) Uniforms and E) Props above]. **For school-based and traditional/club rec cheer teams**- Up to 1:30 (90 seconds) of the routine may be performed to music. There is no restriction as to the proportion of the music section(s) used in relation to the cheer only section(s). Penalties will be deducted from the final averaged score for going over the 1:30 total music time limit. Penalties will be assessed as follows: 1-10 seconds over = 1 point penalty; 11-20 seconds over = 2 point penalty, etc

**SAFETY RULES:** As with all categories, routines in these divisions must follow the 2018-19 AACCA School Cheer Safety Rules. In addition to these rules, you must follow the restrictions listed on the 2018-19 USA Jr. High/Middle School Teams Show Cheer and Group Stunt Division Limitations and 2018-19 USA Traditional Rec Cheer/Club Rec Cheer Show Cheer Division Limitations which may be found on-line at [usa.varsity.com](http://usa.varsity.com). No more than 1 “routine spotter” per 8 performers recommended – up to a maximum of 4 “routine spotters.”

### **SPECIALTY SKILL RESTRICTIONS:**

There are additional stunting and tumbling restrictions in this division. Please refer to the 2018-19 USA Jr. High/Middle School Teams Show Cheer and Group Stunt Division Limitations and 2018-19 USA Traditional Rec Cheer/Club Rec Cheer Show Cheer Division Limitations documents for all specialty skill restrictions for this division.

### **TOTAL ROUTINE TIME LIMIT**

2 ½ minutes maximum

## SHOW CHEER – INTERMEDIATE

### NUMBER ON TEAM

6-36 members

### DIVISIONS

Refer to division grid at [usa.varsity.com](http://usa.varsity.com)

### ROUTINE PROCEDURE

Execute routine of your choice using a combination of music and words. An emphasis on practical and effective audience participation (i.e. use of signs, spell-outs, crowd response chants, etc.), especially during the cheer section, is encouraged. Props and/or costuming are not allowed [see D) Uniforms and E) Props above]. Up to 1:30 (90 seconds) of the routine may be performed to music. There is no restriction as to the proportion of the music section(s) used in relation to the cheer only section(s). Penalties will be deducted from the final averaged score for going over the 1:30 total music time limit. Penalties will be assessed as follows: 1-10 seconds over = 1 point penalty; 11-20 seconds over = 2 point penalty etc.

**SAFETY RULES:** As with all categories, routines in these divisions must follow the 2018-19 AACCA School Cheer Safety Rules. In addition to these rules, you must follow the restrictions listed on the 2018-19 USA Jr. High/Middle School Teams Show Cheer and Group Stunt Division Limitations which may be found on-line at [usa.varsity.com](http://usa.varsity.com). No more than 1 “routine spotter” per 8 performers recommended – up to a maximum of 4 “routine spotters.”

### SPECIALTY SKILL RESTRICTIONS

There **are** additional stunting and tumbling restrictions in this division. Please refer to the 2018-19 USA Jr. High/Middle School Teams Show Cheer and Group Stunt Division Limitations document for all specialty skill restrictions for this division.

### TOTAL ROUTINE TIME LIMIT

2 ½ minutes maximum

## SHOW CHEER – NOVICE

### NUMBER ON TEAM

6-36 members school-based/5-36 members traditional/club rec cheer

### DIVISIONS

Refer to division grid at [usa.varsity.com](http://usa.varsity.com).

### ROUTINE PROCEDURE

Execute routine of your choice using a combination of music and words. An emphasis on practical and effective audience participation (i.e. use of signs, spell-outs, crowd response chants, etc.), especially during the cheer section, is encouraged. Props and/or costuming are not allowed [see D) Uniforms and E) Props above]. **For school-based and traditional/club rec cheer teams** - Up to 1:30 (90 seconds) of the routine may be performed to music. There is no restriction as to the proportion of the music section(s) used in relation to the cheer only section(s). Penalties will be deducted from the final averaged score for going over the 1:30 total music time limit. Penalties will be assessed as follows: 1-10 seconds over = 1 point penalty; 11-20 seconds over = 2 point penalty, etc

**SAFETY RULES:** As with all categories, routines in these divisions must follow the 2018-19 AACCA School Cheer Safety Rules. In addition to these rules, you must follow the restrictions listed on the 2018-19 USA Jr. High/Middle School Teams Show Cheer and Group Stunt Division Limitations and 2018-19 USA Traditional Rec Cheer/Club Rec Cheer Show Cheer Division Limitations which may be found on-line at [usa.varsity.com](http://usa.varsity.com). No more than 1 “routine spotter” per 8 performers recommended – up to a maximum of 4 “routine spotters.”

### SPECIALTY SKILL RESTRICTIONS

There **are** additional stunting and tumbling restrictions in this division. Please refer to the 2018-19 USA Jr. High/Middle School Teams Show Cheer and Group Stunt Division Limitations and 2018-19 USA Traditional Rec Cheer/Club Rec Cheer Show Cheer Division Limitations documents for all specialty skill restrictions for this division.

### TOTAL ROUTINE TIME LIMIT

2 ½ minutes maximum

## SHOW CHEER – NON-TUMBLING

### NUMBER ON TEAM

6-36 members

### DIVISIONS

Refer to division grid at [usa.varsity.com](http://usa.varsity.com)

### ROUTINE PROCEDURE

Execute routine of your choice using a combination of music and words. An emphasis on practical and effective audience participation (i.e. use of signs, spell-outs, crowd response chants, etc.), especially during the cheer section, is encouraged. Props and/or costuming are not allowed [see D) Uniforms and E) Props above]. Up to 1:30 (90 seconds) of the routine may be performed to music. There is no restriction as to the proportion of the music section(s) used in relation to the cheer only section(s). Penalties will be deducted from the final averaged score for going over the 1:30 total music time limit. Penalties will be assessed as follows: 1-10 seconds over = 1 point penalty; 11-20 seconds over = 2 point penalty etc.

**SAFETY RULES:** As with all categories, routines in these divisions must follow the 2018-19 AACCA School Cheer Safety Rules. In addition to these rules, you must follow the restrictions listed on the 2018-19 USA Jr. High/Middle School Teams Show Cheer and Group Stunt Division Limitations which may be found on-line at [usa.varsity.com](http://usa.varsity.com). No more than 1 “routine spotter” per 8 performers recommended – up to a maximum of 4 “routine spotters.”

### SPECIALTY SKILL RESTRICTIONS

There are additional stunting and tumbling restrictions in this division. Please refer to the 2018-19 USA Jr. High/Middle School Teams Show Cheer and Group Stunt Division Limitations document for all specialty skill restrictions for this division.

### TOTAL ROUTINE TIME LIMIT

2 ½ minutes maximum



## SONGLEADER/POM PON

### NUMBER ON TEAM

4-24 members

### DIVISIONS

Refer to division grid at [usa.varsity.com](http://usa.varsity.com).

### ROUTINE PROCEDURE

A songleading/pom routine consists of visual 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 2018-19 USA Song/Pom, Song/Jazz and Pep/Short Flag Safety Rules.

### ALL TEAMS

An official school/team 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.

### TOTAL ROUTINE TIME LIMIT

2 ½ minutes maximum

## **GROUP STUNT – ADVANCED**

### **NUMBER ON TEAM**

Four - Five members, including spotter (all female or all male).

### **DIVISIONS**

There will be one division.

### **ROUTINE PROCEDURE**

The participants all must be from the same school. Execute stunts of your choice.

Background music is encouraged, but must meet music licensing requirements. For further details visit [www.varsity.com/music](http://www.varsity.com/music).

**SAFETY RULES:** As with all categories, routines in these divisions must follow the 2018-19 AACCA School Cheer Safety Rules. In addition to these rules, you must follow the restrictions listed on the 2018-19 USA Jr. High/Middle School Teams Show Cheer and Group Stunt Division Limitations which may be found on-line at [usa.varsity.com](http://usa.varsity.com). No more than 1 “routine spotter” is permitted for this division.

### **SPECIALTY SKILL RESTRICTIONS:**

There are additional stunting and tumbling restrictions in this division. Please refer to the 2018-19 USA Jr. High/Middle School Teams Show Cheer and Group Stunt Division Limitations documents for all specialty skill restrictions for this division.

### **TOTAL ROUTINE TIME LIMIT**

1 minute maximum

## **GROUP STUNT – NOVICE**

### **NUMBER ON TEAM**

Four/Five members, including spotter (all female or all male).

### **DIVISIONS**

There will be one division.

### **ROUTINE PROCEDURE**

The participants all must be from the same school. Execute stunts of your choice.

Background music is encouraged, but must meet music licensing requirements. For further details visit [www.varsity.com/music](http://www.varsity.com/music).

**SAFETY RULES:** As with all categories, routines in these divisions must follow the 2018-19 AACCA School Cheer Safety Rules. In addition to these rules, you must follow the restrictions listed on the 2018-19 USA Jr. High/Middle School Teams Show Cheer and Group Stunt Division Limitations which may be found on-line at [usa.varsity.com](http://usa.varsity.com). No more than 1 “routine spotter” is permitted for this division.

### **SPECIALTY SKILL RESTRICTIONS:**

There are additional stunting and tumbling restrictions in this division. Please refer to the 2018-19 USA Jr. High/Middle School Teams Show Cheer and Group Stunt Division Limitations document for all specialty skill restrictions for this division.

### **TOTAL ROUTINE TIME LIMIT**

1 minute maximum

## SAFETY RULES

### CHEER/SONG/POM/PEP FLAG

Routines at all USA competitions must follow the 2018-19 AACCA School Cheer Safety Rules, 2018-19 USA Jr. High/Middle School Teams Show Cheer and Group Stunt Division Limitations, 2018-19 USA Traditional Rec Cheer/Club Rec Cheer Show Cheer Division Limitations and the 2018-19 USA Song/Pom and Pep/Short Flag General Safety Rules for School and Rec Teams.

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/Organization** and **Division Level** 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. Do not send the entire routine, only the SKILL(S) in question
5. Include your name, team name, division level, phone number and e-mail address in the body of the email

Cheerleading videos should be emailed to Cheryl Moon at [Cmoon@varsity.com](mailto:Cmoon@varsity.com)

Song/Pom and Pep Flag videos should be emailed to Carina Clendenin at [Cclendenin@varsity.com](mailto: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](http://usa.varsity.com).

For specific cheerleading stunt and safety questions that only pertain to the AACCA School Cheer Safety Rules, 2018-19 USA Jr. High/Middle School Teams Show Cheer and Group Stunt Division Limitations or to the 2018-19 USA Traditional Rec Cheer/Club Rec Cheer Show Cheer Division Limitations please call Cheryl Moon at 1-800-686-5718 or e-mail [cmoon@varsity.com](mailto:cmoon@varsity.com)

For specific song/pom safety questions that only pertain to the 2018-19 USA Song/Pom/Pep Flag Safety Rules for School and Rec Teams, please call Carina Clendenin at 1-800-886-4872 ext. 2023 or e-mail [Cclendenin@varsity.com](mailto:Cclendenin@varsity.com)

**FOR COMPETITION DIVISION QUESTIONS, CALL:  
1.800.886.4USA(4872)**