



# ALL STAR CHEER TEAM RULE BOOK

## ALL STAR TEAMS

1. **ALL STAR ELITE:** The highest performance level that All Star cheer has to offer! All Star Elite is ideal for athletes who:
  - Are ready to transition from All Star Novice and/or All Star Prep to a high performance level
  - Are coming to your program with strong cheer training and solid technical ability
2. **ALL STAR PREP:** All Star Prep is perfect for the athlete ready to take it to the next level! Introducing a competitive environment drives excellence in skill building. All Star Prep is ideal for athletes who:
  - Are ready to transition from All Star Novice to a more competitive team atmosphere with limited tumbling
  - Are coming to your program with cheer experience, possibly from a rec or youth program, or transferring from another All Star program
  - Are interested in a competitive team with less time and cost commitment than is required for All Star Elite
3. **ALL STAR NOVICE:** All Star Novice welcomes athletes moving up from Fundamentals, or with some past cheer experience. The program continues to build a love for All Star, while focusing on skill building and growth in a low-pressure, evaluation-only environment. All Star Novice is ideal for athletes who:
  - Are ready to transition from Fundamentals to team performances that are evaluated at events
  - Are coming to your program with at least some cheer experience, possibly from a rec or youth program
  - Might be more successful on an All Star Novice team than an All Star Prep or All Star Elite team.

## CHEER ROUTINE REQUIREMENTS

1. **ALL STAR ELITE TEAMS:**
  - Routines may not exceed 2:30 minutes
  - Must follow all USASF Level/Safety Rules
2. **ALL STAR PREP TEAMS:**
  - Level/Safety Rule Differences from All Star Elite:
    - Routines may not exceed 2:00 minutes
    - No Tosses permitted: This includes "Sponge" (also known as Load In or Squish) tosses.
    - All waist level cradles are illegal.
  - Performances may be performed on spring floor or carpet bonded foam.
  - Teams will ONLY compete 1-Day at any 2-Day Events.



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### 3. ALL STAR NOVICE TEAMS:

- Level/Safety Rule Differences from All Star Elite:
  - Routines may not exceed 1:30 minute
  - No Tosses permitted: This includes “Sponge” (also known as Load In or Squish) tosses.
  - All waist level cradles are illegal.
- Performances may be performed on spring floor or carpet bonded foam.
- Teams will only perform 1-Day at any 2-Day Events.
- Teams will be evaluated on a rating system only and not scored against other teams.
- Tumbling skills are allowed and will follow the level rules for that level but will not be rated/required.
- Tiny Novice Only: No Building skills permitted (includes tosses, stunts and pyramids).
- Tiny Novice Only: The only 2 tumbling skills allowed are cartwheels and forward rolls. Handstands, backbends/bridges, etc. are not allowed.

### 4. SHOW/EXHIBITION/CHEERABILITIES (NON-COMPETING) TEAMS:

- **SHOW/EXHIBITION TEAMS:**
  - Each participant receives an award.
  - Routines may not exceed 2:30 minutes
  - Must adhere to the USASF Age Grid and Level Rules as would any other team
  - No scores will be given, however, we will include comments on their performance
- **CHEERABILITIES (SPECIAL ATHLETE TEAM):**
  - Each participant receives an award.
  - Routines may not exceed 2:30 minutes
  - All teams will follow the USASF general rules and routines requirements
  - No scores will be given, however, we will include comments on their performance

## USASF GUIDELINES

- All athletes must be registered with the USASF in the Athlete ID system.
- MGSE will adhere to USASF Level Rules, Age Grid Guidelines, Image Policy, etc.
  - Go to [www.usasfrules.com](http://www.usasfrules.com) for more detailed information.



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## MGSE GENERAL SAFETY GUIDELINES

A Safety Violation will be assessed for violation of the following:

### 1. **MINIMUM NUMBER OF ATHLETES:**

- a. Teams that compete with fewer than the minimum number of athletes required for that division may receive a 1.0 deduction or be disqualified.

### 2. **PRACTICE:** Athletes must always practice and perform on an appropriate surface. Technical skills (stunts, pyramids, tosses or tumbling) may not be performed on concrete, asphalt, wet or uneven surfaces.

### 3. **COSTUMING/UNIFORMS:**

- a. All costuming/uniforms should be age appropriate and acceptable for family viewing. Cheer teams must wear cheer/athletic attire while performing.
- b. Uniform Skirt/Shorts: When a skirt is worn as part of the uniform, briefs under the skirt are required. The skirt must fully cover the hips. The skirt must completely cover the briefs and must fall at least 1 inch below briefs (regular and boy cut briefs). When shorts are worn as part of the uniform, there must be a minimum of a 2" inseam.
- c. Uniform Top: Uniform tops may not include an exposed midriff (crop top) except when worn by athletes competing in the Senior divisions. Uniform tops must be secured by straps or material over at least one shoulder or around the neck (tube tops are not allowed).
- d. Makeup should be uniform and appropriate for both the performance and the age of the athletes. Face/Eyelid Rhinestones are not allowed. False eyelashes are allowed but may not be decorated in rhinestones or additional jewelry.
- e. Bows should not be excessive in size (acceptable bows are generally no more than 3" in width) 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 and should not fall over the forehead into the participants' eyes or block the view of the participant while performing.

### 4. **ROUTINE APPROPRIATENESS:**

- a. All facets of a performance/routine, including both choreography and music selection, should be appropriate and suitable for family viewing and listening.
- b. Examples of inappropriate choreography may include, but are 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. Music or words unsuitable for family listening, which includes, but not limited to, swear words and connotations of any type of sexual act or behavior, drugs, explicit mention of specific parts of the body. Violent acts or behavior are other examples of inappropriate choreography.



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- c. Removing improper language or words from a song and replacing with sound effects or other words, may still constitute 'inappropriate'.
5. **JUDGES DISCRETION:** Judges reserve the right to assess warnings and/or deductions when a team's choreography, uniform, makeup, bows, etc. do not meet the standards of what MGSE deems 'appropriate'.
6. **TIME VIOLATIONS:** Timing will begin/end with the first/last organized word, movement or note of music by the team after they are officially announced and have taken the floor.
  - a. Teams must enter and exit in a timely manner.
  - b. Organized entrances are not allowed. Teams should walk on the floor, place their props and immediately go to their starting positions.
7. **MUSIC GUIDELINES:** MGSE will follow the Varsity Spirit Music Guidelines for all competitions. Please refer to the 2018-2019 Competition Policies & Procedures form on our website for more detailed information.
  - a. You must provide a representative from your program to play music.
  - b. If playing music from MP3 player or phone, it **MUST** be in airplane/do not disturb mode.
  - c. We highly recommend using an iPod or other music-playing device without cellular connection for music playback. Avoiding using a cellular phone during performances is best, however if this is a must follow these tips:
    - Use a phone with a headphone jack. The newest phones, including the iPhone 7, 8, 10 and Samsung Galaxy S7 do not have headphone jacks and this can cause issues during playback.
    - Take off the case! Failure to do so may disconnect the phone jack from the playback system causing a skip in the music or complete cut off.
    - Make sure the device is turned on airplane mode.
    - Download the music directly to the device and play using the playback software. Using a secondary platform, online services, or streaming music can cause disruptions during playback due to internet connections within convention centers and venues.
    - Update the Operating System on the device. Failure to do so may cause interruptions during playback.
8. **INTERRUPTION OF PERFORMANCE POLICY:** Please refer to the 2018-2019 Competition Policies & Procedures form on our website for more detailed information.



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9. **COACHES AREA:** Coaches must remain seated on the colored rugs (one coach per rug) that are placed in front of the floor during the team's performance. Coaches will not be allowed to assist the team during the team's entrance, routine performance or exit.
10. **SPOTTERS:** Please refer to the 2018-2019 Competition Policies & Procedures form on our website for more detailed information.
11. **SPORTSMANSHIP:** Coaches must display good sportsmanship and require the same from members of their program. Any unruly, aggressive or belligerent behavior by participants, coaches or spectators toward any other attendee or MGSE Staff member may result in a 1.0 deduction, team disqualification, removal from the event and/or barred participation from future MGSE event.

### 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.