



TRADITIONAL REC CHEER TEAM RULE BOOK

TRADITIONAL REC

Must be affiliated with, report to, and be governed by an organization such as:

- YMCA
- Boys & Girls Club
- City/County Parks and Rec Program
- Community Youth Organization
- Pop Warner Association or
- Any other community run program not associated with a School or All Star Program.

RULES/RESTRICTIONS

- I. A team must be able to prove their relationship and affiliation with their said organization if requested. Their organization's president or higher seated authority must submit a formal letter stating their affiliation.
- II. Team must cheer for a sport (i.e.: football, basketball) with that association or organization within the current cheer season and submit schedule and length of sport season. Every athlete must cheer at all games. Team should be wearing uniforms with the color or logo that supports that the teams they cheer for. Proof must be provided in a timely fashion upon request. If the organization the team is representing or associated with does not offer cheering for a sport, this rule may be waived only if the president or higher seated official writes a letter to Mardi Gras Spirit Events stating that this option is not available. This is the only reason a team should not be allowed to cheer for sport. This also does not guarantee that you will be allowed to compete in a Rec Division.
- III. Teams must provide a roster with each athlete's birthdate. Roster must be updated for each event and submitted prior to event. Team must have copies of each athlete's birth certificate available upon request. Team members must fulfill the age requirement for the division that they are entering on/before August 31, 2018.
- IV. To compete or perform at events, all team athletes are required to submit a completed Liability Release & Waiver Form. Coaches are to submit these waivers prior to each event.
- V. Organization must be completely independent from All Star. All Star organizations are not permitted to register a traditional recreation team in competition.
- VI. Rec Cheer Teams who do not cheer for a sport, or are affiliated with All Star Programs or Schools, even if it's a half year team or introductory team, will need to register in the All Star or All Star Prep Division that best suits their ability level at MGSE Events.
- VII. Teams will ONLY compete 1-Day at any 2-Day events.



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CHEER ROUTINE REQUIREMENTS

1. Maximum time limit is 2 ½ minutes.
2. Routines should include: cheer/motions, jumps, tumbling, stunts/pyramids and dance.
3. Music is allowed for a portion or the entire routine.
4. Routines will be judged on the **Varsity All Star Prep Score** Sheet which can be found by going to www.varsityallstar.com/scoring and clicking on the link for the All Star Prep Scoring system.
5. Traditional Rec will follow the level guidelines for All Star Cheer set forth by USASF.
6. In order to maintain the integrity of these Traditional Rec divisions, the following skill caps will be in place:
 - **No Tosses** (basket and/or sponge tosses) allowed at any level
 - No stunt quantity or coed quantity requirement
 - Jumps are capped to the 4.8 range
 - Stunt difficulty, pyramid difficulty, standing tumbling difficulty and running tumbling difficulty are capped at the LOW range.
7. Teams may choose to SHOW/EXHIBITION (Not compete):
 - Each participant receives an award.
 - Maximum time limit is 2 ½ minutes.
 - Music may be used for a portion or the entire routine.
 - Routine must follow USASF All Star Cheer and Level Rules.
 - **No Tosses** (basket and/or sponge tosses) allowed at any level

REQUESTING THE USASF RULES

All Recreational Teams will follow the USASF Rules and Regulations for the levels in which they are competing. You may request a copy of the rules if you are registered for a MGSE event.

To request a copy, please email rules@mardigrasspiritevents.com

Please include the following in your email:

- Name of your Program
- MGSE event you are attending



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LEGALITY VERIFICATION

As a coach, it is important to be current on the MGSE & USASF Safety Rules. If you have questions concerning any safety rules or questions regarding specific performance elements, please follow these steps. This will ensure you receive a timely and accurate response to your questions.

- All questions must be in written-email form.
- Due to the differences in interpretation and terminology, no phone calls will be accepted.
- Do not rely on prior rulings from previous events (including previous MGSE events).
- For any official MGSE legality ruling, you must submit a video that contains the skill in question.
- The legality ruling of a video will be based on the skill as it is performed in the video.
- If you make any changes to a skill, an updated video should be submitted to ensure legality.
- Videos must be received **3 WEEKS** prior to the event.

Videos must include the following:

1. Front, side and back view of the skill.
2. Name of the Championship attending.
3. Age Division and Level/Category.
4. Include your name, team name, email and phone number with your video.
5. Do not send entire routine, only the skill(s) in question. Your video will be kept on file.

VIDEOS THAT ARE NOT IN THE ABOVE FORMAT WILL NOT BE VIEWED.

Videos not received in the MGSE office 3 weeks prior to the event date will NOT be reviewed.

EMAIL YOUR VIDEOS TO:

rules@mardigrasspiritevents.com

Note: Emailed videos may not exceed 10MB and should be in either Windows Media Player or QuickTime formats.

DO NOT DEPEND ON YOUR CHOREOGRAPHER TO DETERMINE IF SOMETHING IS LEGAL. IF YOU FEEL THAT SOMETHING MAY BE ILLEGAL, SEND A VIDEO TO THE MGSE OFFICE.



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2018-2019 TRADITIONAL RECREATION CHEER DIVISIONS

Age Divisions / Levels Offered

Age divisions are determined by the athlete's age as of August 31, 2018

Senior Rec	18 years and younger	Female/Male	5-36 Members	Levels 1, 2, 3.1 & 3
Junior Rec	14 years and younger	Female/Male	5-36 Members	Levels 1, 2, 3.1 & 3
Youth Rec	12 years and younger	Female/Male	5-36 Members	Levels 1, 2, 3.1 & 3
Pee Wee Rec	10 years and younger	Female/Male	5-36 Members	Levels 1, 2 & 3.1 only
Mini Rec	8 years and younger	Female/Male	5-36 Members	Levels 1 & 2 only
Tiny Rec	6 years and younger	Female/Male	5-36 Members	Level 1 only

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).



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- 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, swearwords 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.
- 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.



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- 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.
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 2018-219 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 potential deduction, team disqualification, removal from the event and/or barred participation from future MGSE events.
12. **MASCOTS:** Will be counted as a team member if performing during the routine. A mascot who wears a costume that obstructs his/her vision is not allowed to tumble, stunt or spot.

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.