

CHEER POWER TEAM GUIDELINES

DESCRIPTION OF CHEER PROGRAMS:

1. **ALL-STAR:** A team that does not cheer for any sport, but is formed for the primary purpose of competing. The team works out in a private gym/studio and/or is coached by a paid professional. USASF/IASF Rules and Guidelines apply.
2. **ALL-STAR REC:** A program that does not cheer for any sport but is formed primarily for competitive purposes. Programs cannot have an official tryout process or skill requirements. Program selection is based on age divisions and/or team size restrictions. Coaches can be paid or non-paid. Athletes registered in All Star Rec divisions are not allowed to crossover to a team competing in a standard USASF All Star division at a given event. USASF/IASF Rules and Guidelines apply with specific skill restrictions.
3. **SCHOOL:** A team that is made up of official school team members or official school competition team members. All members MUST attend that school. AACCA Safety Guidelines apply.
4. **YOUTH LEAGUE:** A community team that cheers for an organization or league sport (ie: football, basketball, etc.) and is not formed for the primary purpose of competing. Coaches are non-paid, non-professional. AACCA Safety Guidelines apply.

CHEER ROUTINE REQUIREMENTS:

1. **ALL-STAR TEAMS:** Maximum time limit for a routine is 2 ½ minutes. Routines should include: cheer/motions, jumps, tumbling, stunts/pyramids and dance. Music is allowed for the entire routine or just a portion of the routine. Routines must follow USASF/IASF General Safety and Level Rules.
2. **ALL-STAR REC TEAMS:** Maximum time limit for a routine is 2 ½ minutes. Routines should include: cheer/motions, jumps, tumbling, stunts/pyramids and dance. Music is allowed for the entire routine or just a portion of the routine. Routines must follow USASF/IASF General Safety and Level Rules.
3. **SCHOOL & YOUTH LEAGUE TEAMS:** Maximum time limit for a routine is 2 ½ minutes. Routines should include: cheer/motions, jumps, tumbling, stunts/pyramids and dance. Music is allowed for the entire routine or just a portion of the routine. Routines must follow AACCA General Safety and Cheer Power Division Rules and Restrictions.
4. **SHOW/EXHIBITION/SPECIAL ATHLETE (Non-competing):**
 - a) **SHOW/ EXHIBITION TEAMS:** Each participant receives a trophy. Maximum time limit for routine is 2 ½ minutes. Music may be used for a portion or all of the routine. All routines must follow USASF/IASF General Safety and Levels 1-5 Rules.
 - b) **SPECIAL ATHLETE TEAMS: Every member must be a special needs athlete.** Each participant receives a trophy. Maximum time limit for routine is 2 ½ minutes. Music may be used for a portion or all of the routine. All routines must follow USASF/IASF General Safety and Levels 1-5 Rules. Warm-up times will be scheduled. Registration fees will be **Free!**
 - c) **PARENT CHALLENGE:** Maximum time limit for a routine is 2 ½ minutes. Music may be used for a portion or all of the routine. All routines must follow USASF/IASF General Safety and Levels 1-5 Rules. **TEAMS PRACTICING LEVEL 6 SKILLS IN WARM-UPS WILL BE ASKED TO CHANGE THEIR ROUTINE, AND ANY UNWILLING TEAM WILL REVOKE THEIR RIGHT TO PERFORM. ROUTINE MUST BE SUITABLE FOR FAMILY VIEWING!** PLEASE MAKE THIS A FUN & SAFE ROUTINE.
5. **COLLEGE:** All Team members must be currently enrolled at the Institution they are representing at the time of the performance. Maximum time limit for a routine is 2 ½ minutes. Teams may choose to perform exhibition if competition is unwanted. * All-Girl and Coed teams will be divided if there are enough to separate. Routines must follow AACCA College Safety Guidelines at all times. **ROUTINE MUST BE SUITABLE FOR FAMILY VIEWING.**