

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 General and Level Rules and Guidelines apply.
2. **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.
3. **RECREATIONAL LEAGUE:** A Non-profit community team formed for non-competitive purposes. Coaches are non-paid, non-professionals. USASF/IASF General and Level Rules and Guidelines apply.

Cheer Power reserves the right to separate or combine any division at any competition due to the number of teams registered for each division.

CHEER ROUTINE REQUIREMENTS:

1. **ALLSTAR & REC TEAMS:** Maximum time limit for a routine is 2 1/2 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 Levels Rules.
2. **SCHOOL TEAMS:** Maximum time limit for a routine is 2 1/2 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.
3. **SHOW/EXHIBITION/SPECIAL ATHLETE (Non-competing):**
 - a) **SHOW/ EXHIBITION TEAMS:** Each participant receives a trophy. Maximum time limit for routine is 2 1/2 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 1/2 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 1/2 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. **NOTE:** Any parent performing on the competition floor will pay the parent challenge fee.
4. **OPEN:** All team members must be 17 years of age or older & out of high school. Maximum time limit for a routine is 2 1/2 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 USASF/IASF General Safety and Level 6 Rules. **ROUTINE MUST BE SUITABLE FOR FAMILY VIEWING.**
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 1/2 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. Teams must follow AACCA College Safety Guidelines at all times. **ROUTINE MUST BE SUITABLE FOR FAMILY VIEWING.**

CHEER POWER TEAM NATIONAL GUIDELINES

- Small Gym National Championship at Southern All Star Nationals & Northeast Nationals ONLY! (Gyms with 75 athletes or less in their Cheer Program regardless of number of teams attending competition. Excluding: show/ exhibition, special athlete, parent & dance teams.)
- Due to the significant crossover discounts, multiple champions will only receive one award (ex. Jacket, sweatshirt, t-shirt, etc.).

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SCORING AT CHEER POWER TEAM NATIONALS:

- Preliminary score (Day 1) will count as 25% (one time) of the total score.
- Finals scores (Day 2) will count as 75% (three times) of the total score.
- Teams will perform in reverse order on Day 2 with the exception of out of sequence teams from Day 1; they will compete 1st in their division in Finals.
- Any safety penalties given will be deducted from your score once. Penalties (such as an ability level or safety violation) given in Finals will be deducted from only 1 of the 3 scores. Other penalties (such as bobbles and falls) will be deducted from all three scores.

EXAMPLE #1 (bobbles and falls): **Day 1** -- Team A scores 204 with 10 points in deductions (bobbles & falls) and Team B Scores a 218 with a clean routine. **Day 2** -- Team A scores 220 with a clean routine and Team B scores a 214 with 3 points in deductions. **Final Score** -- Team A Wins with a score of 864 and Team B places 2nd with a score of 860.

EXAMPLE #2 (bobbles and falls): **Day 1** -- Team A scores 226.4 with 5 points in deductions (bobbles & falls) and Team B Scores a 254.8 with 4 points in deduction (minor mistakes). **Day 2** -- Team A scores 246.4 with 4 points in deductions (minor mistakes) and Team B scores a 243.0 with 15 points in deductions (stunt falls). **Final Score** -- Team B Wins with a score of 983.8 and Team A places 2nd with a score of 965.6. Team B wins with stunt falls due to overall performance, choreography, cleanliness and a large lead due to day 1 score.

EXAMPLE #3 (general/safety penalty): **Day 1** -- Team A scores 195 with a 6ik point ability level violation and Team B scores 199. **Day 2** -- Team A corrected the ability level violation & scores 210 and Team B scores 203. **Final Score** -- Team A Wins with a score of 825 and Team B places 2nd with a score of 808.

EXAMPLE #4 (general/safety penalty): **Day 1** -- Team A scores 238 with a clean routine and Team B scores 232 with a clean routine. **Day 2** -- Team A scores 230 with a 5 pt excessive out of bounds penalty and 3 points in deductions (bobble & falls) and Team B scores 238 with a clean routine. **Final Score** - Team B Wins with a score of 946 and Team A places 2nd with a score of 938 (238+230+235+235).

TEAMS WITHOUT COMPETITION

ANY TEAM AT NATIONALS IN A DIVISION WITHOUT AT LEAST ONE OTHER COMPETING TEAM IN THAT DIVISION WILL HAVE THE FOLLOWING CHOICES REGARDING NATIONAL COMPETITION:

- The team may choose to stay in a division without any other competitors, with the understanding that they will have to meet a pre-determined score to receive National Champion Jackets.
- If the pre-determined score is **NOT** met, then the winner will be declared and announced as a **National 1st Place Champion. NATIONAL 1st PLACE CHAMPIONS WILL RECEIVE A PRESTIGIOUS NATIONAL CHAMPION CUP, BANNER, MEDALLIONS AND 1ST PLACE HOODIES IN PLACE OF THE JACKET (hoodies must be ordered at Registration).**
- The team may choose to change divisions and compete in the next higher ability level or age division. **MUST CHOOSE 2 WEEKS PRIOR TO NATIONALS.**
- The team may choose to receive a refund for that team's entry fees.
- Pre-determined scores will be given to the coaches at Registration.

