

# 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. **RECREATIONAL:** 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. USASF/IASF Rules and Guidelines apply.
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 & RECREATIONAL 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. **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.
3. **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.
4. **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.**

## 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.)
- Crossover athletes will be awarded Multiple Nationals Champion Awards and Gifts (ex. Jacket, sweatshirt, t-shirt, etc.).  
**EXCEPTION:** Dance Nationals and Tournament of Champions Dance Routines.
- Cheer Power reserves the right to separate or combine any division at any competition due to the number of teams registered for each division.

### 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 1<sup>st</sup> in their division in Finals.
- Any safety penalties given will be deducted from your score once. Penalties (such as an ability level or safety violations) given in Finals will be deducted from only 1 of the 3 scores. Other penalties (such as mistakes and falls) will be deducted from all three scores.

### 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 1<sup>st</sup> Place Champion. NATIONAL 1<sup>st</sup> PLACE CHAMPIONS WILL RECEIVE A PRESTIGIOUS NATIONAL CHAMPION CUP, BANNER, MEDALLIONS AND 1<sup>ST</sup> 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.