USASF RULES

Cheerbrandz and Dancebrandz will follow the latest USASF Rules. For more information click http://usasfrules.com.

Cheer – For more information refer to the USASF Cheer rules.

Dance - For more information refer to the USASF Dance rules.


Routine Interruption - For the USASF Recommendation for Routine Interruption Due to Injury http://usasfrules.com/files/2012/12/Routine-Interruption-Due-To-Injury.pdf

TIME LIMITATIONS

PREP/NOVICE TEAMS – Routine time may not exceed 2:00mins

CHEER & DANCE TEAMS – Routine time may not exceed 2:30mins

DANCE DOUBLES - Routine time may not exceed 1:30min

CHEER & DANCE SOLOS - Routine time may not exceed 1:00min

GROUP STUNT – Routine time may not exceed 1:00min

PARTNER STUNT – Routine time may not exceed 1:00min

Timing Begins: With the first movement, voice, or note of music, whichever comes first. Timing will end with the last movement, last voice, or note of music, whichever comes last.

Introductions & Exits: All introductions (tumbling, entrances, chants, spell-outs, etc.) are considered part of the routine and are timed as part of the performance. There should not be any organized exits or other activities after the official ending of the routine.

Exceeding Time Limits: If a team exceeds the time limit, a penalty will be assessed for each violation. Because penalties are severe, it is recommended that all teams time their performance several times prior to attending the competition and leave a several second cushion to allow for variations in sound equipment.

MUSIC

MP3 Device: Music should be played on MP3 device. It is recommended that you bring TWO HIGH-QUALITY copies of your music to the event. We highly suggest that a coach plays the music for your team and not a participant. This person will be asked to hold onto their own music until the time of performance and to take music back following the performance.
**Music Interruption:** If the fault is due to event equipment or team’s music failure - the coach will have to decide within 2 minutes if they would like to perform again. Judging will resume at the point where the music was interrupted. The team will be required to take the stage immediately for the 2nd performance.

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**COMPETITION AREA**

**Cheer Floor:** Approximate floor size for cheer will be 16m wide by 12m deep (9 strips spring floor). Please note some smaller events use 7 strips - please check individual competitions for details.

**Dance Floor:** Approximate floor size for dance will be 16m wide by 12m deep (8 strips marley floor). Please note New Zealand events use 7 strips marley floor.

**Start & End on Floor:** Participants must start and end in the competition area and may line up anywhere inside the competition area to begin their routine.

**Stay Within Boundary:** All skills must originate and be completed within the competition boundary. No lineups, skills, or transitions are allowed outside of the competition boundary. The competition boundary is defined as the actual competition floor/spring floor, the carpet bonded foam panels that connect to the spring floor, and any additional border that supports/surrounds the floor.

**Boundary Deductions:** A deduction will be assessed per occurrence for an athlete that makes contact outside the competition boundary. Stepping on, or just past the boundary tape is not a boundary violation.

**Signs & Props:** If a sign or prop is thrown outside the performing area, that team will receive a deduction for each violation. Signs or props may be placed or dropped outside the performing area by a team member who must remain inside the performing area.

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**IMAGE GUIDELINES**

**Choreography:** All facets of a performance/routine, including both choreography and music selection, should be appropriate and suitable for family viewing and listening. Judges reserve the right to assess warnings and / or deductions when a team’s choreography does not meet the appropriate standards.

**Cover up guidelines:** Athletes with non-full top uniforms must wear a t-shirt or other suitable cover up over their uniforms unless they are in the warm-up area, traveling as a group directly to or from the warm up area, or on the performance stage.

**Makeup:** 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.

**Bows:** 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.

**General uniform guidelines:** No risqué, sexually provocative or lingerie looking or inspired uniform or garments allowed. All uniform pieces should adequately cover an athlete and must be secured to eliminate any possible wardrobe malfunction. Appropriate undergarments must be worn. In addition to the below specific guidelines, athletes also must consider that a combination of uniform pieces may also deem a uniform appropriate or inappropriate. ALL garments must properly cover the athlete and the athlete’s undergarments during the routine.

**Uniform skirt/short guidelines:** 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 1 inch below the briefs (regular and boy-cut briefs). When shorts are worn as part of the uniform, there must be a minimum of a 2” inseam.
**Uniform top guidelines:** Uniform tops may not include an exposed midriff (crop top) except when worn by athletes in 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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**INTERRUPTION OF PERFORMANCE**

**Unforeseen circumstances:** If, in the opinion of the competition officials, a team’s routine is interrupted because of failure of the competition equipment, facilities, or other factors attributable to the competition rather than the team, the team affected or competition officials may stop the routine. The degree and effect of the interruption will be determined by the competition officials. The competition officials will determine if the team will be allowed to perform at a later time. If decided by officials, the team will perform the routine again in its entirety, but will be evaluated ONLY from the point where the interruption occurred. The spot in the schedule where the re-performance is to take place is at the sole discretion of competition officials.

**Fault of team:** In the event a team’s routine is interrupted because of failure of the team’s own representative, equipment and/or music, the team must continue the routine. The degree and effect of the interruption will be determined by the competition officials and a possible penalty will be assessed. The competition officials will determine if the team will be allowed to perform at a later time. If decided by officials, the team will perform the routine again in its entirety, but will be evaluated ONLY from the point where the interruption occurred. The spot in the schedule where the re-performance is to take place is at the sole discretion of competition officials.

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**INJURY**

1. The only persons that may stop a routine for injury are: a) competition officials, b) the gym owner/head coach from the team performing or c) an injured individual.

2. The competition officials will determine if the team will be allowed to perform at a later time. If the competition officials allow a routine to be performed at a later time, the spot in the schedule where the re-performance is to take place is at the sole discretion of competition officials. If permitted to perform again the team must (pending the injury’s impact on the routine) perform the routine again in its entirety, but will be evaluated ONLY from the point where the interruption occurred.

3. If a team needs to re-perform the routine in its entirety, (example: throwing a back tuck instead of the full twist thrown in the original performance) then this team will receive a four-point (4.0) penalty AND receive a score based on the lower level performance.

4. The injured participant that wishes to perform may not return to the competition floor unless:

   a) The competition officials receive clearance from: first, the medical personnel attending to that participant, the parent/guardian (if present) AND THEN the head coach/director of the competing team.

   b) If the medical personnel do not clear the participant, the participant can only return to the competition if a parent or legal guardian in attendance signs a return to participation waiver. (excluding a suspected concussion).

   c) In the event of a suspected concussion, the participant cannot return to perform without clearance from a licensed medical professional that has training related to head injuries (medical doctor or designated official specifically trained in concussion management), even with a waiver from a parent or legal guardian.

   d) In addition to the USASF head injury policy, we encourage you to be familiar with the specific law of where the competition is being held.