

# U.S. Spiritleaders All-Star Performance Guidelines

Regional, Opens, & Invitational

www. USSPIRITLEADERS.com

It is the responsibility of all coaches to send in a video of any skill that could be illegal or fall within a gray area of legality to the U.S. Spiritleaders office one month prior to the competition date for approval.

## U.S. Spiritleaders Policy

1. U.S. Spiritleaders recognizes that teams attend other events. U.S. Spiritleaders Events invites judges from different cheerleading and dance backgrounds so different styles are taken into consideration.
2. All judges decisions are final and are objective.
3. Placement and judges rulings on the day of the event can only be questioned within one week following the event, in writing to the U.S. Spiritleaders office. It is the right of U.S. Spiritleaders to change placings within one week of the event. All teams in the division will be notified of such changes if they occur.

## Judges' Perspective

1. Judges will evaluate each team based on their performance but they will also rank squads based on the following criteria: Cleanliness, percentage of the team performing uniform skills, routine composition demonstrating all around skill fundamentals, difficulty performed with proper execution, and choreography, originality and team showmanship.

## Inappropriate Components

1. Teams will be deducted for inappropriate choreography, music, or uniforms.

## Cheer Skills and Levels

1. All-Star Cheer teams can only perform skills approved by the U.S. Spiritleaders affiliated National All-Star Coaches Congress and the U.S. All-Star Federation. 2. Both associations follow the same safety rules, guidelines, and division breakdowns. These rules are available online at [www.USASF.net](http://www.USASF.net) or as a link attached to our competition PDF forms. 3. All divisions are based on the level guidelines of the USASF and NACCC associations. Please refer to these division levels.

## Dance Skills and Levels

All-Star Dance teams can only perform skills approved by the U.S. Spiritleaders affiliated USASF Federation. These rules are available online at [www.USASF.net](http://www.USASF.net) or as a link attached to our competition PDF forms.

**Pom** - Pom teams will compete under the rules of the USASF which states that poms must be used 80% of the time. The routine must also demonstrate synchronization, clean and precise pom motions, and incorporate dance technical elements. Visual effects should include level changes, group work, formation changes, and the use of poms. Any dance studio skills or dance forms may be performed for evaluation but there must still be an emphasis on pom visual effects.

**Variety** - Variety routines must incorporate a blend of jazz, pom, and hip hop styles. Emphasis must be placed on overall creativity and flow of routines and successful technical execution of the dance styles performed. Other forms of dance may be utilized...such as lyrical, kickline, or modern.

**Jazz** - A jazz routine incorporates stylized dance movements and combinations, formation changes, group work, leaps and turns. Emphasis is placed on proper technical execution, extension, control, body placement and team uniformity.

**Lyrical Dance** - Routines combine the principles of jazz and ballet and emphasize proper technical execution, the use of flexibility, balance and mood. Routines are fluid in movement and focus on emotion that compliments the musical selection.

**Hip Hop** - Routines emphasize the street style movements with an emphasis on execution, style, creativity, body isolations and control, rhythm, uniformity and musical interpretation. Teams may also put an additional focus on athletic incorporation such as jumps/variations/combos and other acrobatic tricks and lifts.

**Prep** - The prep category is created for beginning level teams that may incorporate any one style or combinations of dance. All routines will judged against each other. A dancer may not compete in the prep category and also a more advanced level of the same style. As with all divisions, please be sure to read the rules specified by the USASF as to what you may or may not perform.

## Open Division Skills

1. Open All-Star Cheerleading Teams and Partner stunt groups may do any skills that are approved by the NACCC and USASF Associations and pertain to the Open Divisions. These rules can be found as USASF links that are attached to our competition PDF forms.

## Division Revisions

1. U.S. Spiritleaders reserves the right to add, delete, combine, and split divisions in the interest of competition. All teams that are effected by any changes will be notified prior to the competition.

## Individual & Stunt Groups

1. All Individual and Stunt Group entrants must comply with the same rules and guidelines for the team division level that corresponds to their entered division.

## Uniforms/Jewelry/Props

It is important that All Star Cheer and Dance coaches and choreographers familiarize themselves with the most current rules in regards to Costuming/Uniforms, Jewelry, Shoes, and Props established by the USASF. The rules are significantly different from All Star Cheer compared to All Star Dance. In addition they change from year to year. U.S. Spiritleaders will follow the most current posted USASF rules available online. These rules can be found as USASF links attached to our competition PDF forms.

If you have any questions please contact the U.S. Spiritleaders office.  
U.S. Spiritleaders 562.491-3439 / [info@usspiritleaders.com](mailto:info@usspiritleaders.com)