

U.S. Spiritleaders School Cheer Performance Guidelines

www.USSPIRITLEADERS.com

Regional, Opens, & Invitationals

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 various dance and dance company 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.

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.

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 skills cleanly, routine composition demonstrating proper cheer fundamentals, difficulty performed cleanly, and finally choreography and originality.

Inappropriate Components

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

Division Safety Rules

All AACCA School Rules apply for each specific division and level. The AACCA Safety Guidelines are linked in the PDF Form area of each competition section of the U.S. Spiritleaders website. The following information are highlights of each divisions guidelines:

1. Novice

Standing Tumbling: Standing tumbling is limited to a standing single back handspring. Stand back handspring series are jump/back handspring combinations are not allowed. Standing tucks are not allowed.

Running Tumbling: Running tumbling is limited to front and back handspring series. Flips and aerials are not allowed (no tucks).

Stunts: Single leg stunts may not be held or pass through an extended position. No extended liberties. Twisting transitions are limited to a 1/2 twist by the top person (full-ups are not allowed). Release moves must start below prep level and must be caught at prep level or below and may not pass above extended arm level. All other release moves must follow dismount rules. Inversions are not allowed.

Pyramids: Extended one leg stunts must be braced by at least one person at prep level or below. Connection must be made prior to executing single leg extended stunts and must be made at prep level or below. Any time a top person is released by the bases and braced by other top persons, they may not perform any skill during transition and must land in a cradle. Inversions in pyramid (i.e. braced flips) are not allowed.

Dismounts: Only straight pop downs, basic straight cradles and 1/4 turns are allowed.

Tosses: The only body position allowed is a straight ride.

2. Intermediate

Standing Tumbling: Flips are not allowed. No standing back tucks or back handspring back tucks.

Running Tumbling: Flips may only be performed in a tuck position. Flips may only be performed from a round off or round off back handspring entry. No tumbling is allowed after the flip. No twisting during the flip.

Stunts: Twisting transitions to and from an extended position may not exceed 1/2 twisting transition. Release moves must start below prep level and must be caught at prep level or below. Release moves may not pass above extended arm level.

Pyramids: During a pyramid transition, top person may pass above 2 persons high while in direct, arm-to-arm contract with two other top persons at prep level or below. Inversions in pyramids (i.e. braced flips) are not allowed.

Dismounts: Only straight pop downs, basic straight rides and 1/4 turns are allowed from any single leg stunt. Up to 1 1/4 twists are allowed from any two leg stunts.

Tosses: Up to 1 trick allowed during a toss. Tosses may not exceed 1 twisting rotation.

3. Advanced Advanced teams will follow the standard AACCA Safety Guidelines with no other skill restrictions.

4. Non-Tumbling All standing and/or running tumbling with feet over head rotation, including forward and backward rolls, cartwheels, handsprings, aerials, etc. are not allowed. Legal stunt inversion into and from stunts will not be considered tumbling and are therefore are allowed in this division.

5. Jr. High/Middle School/Elementary: Team will follow Addition Restrictions as listed in the AACCA Safety Guidelines.

Uniforms/Jewelry/Props

1. Costumes are allowed in all cheer divisions. Wearing jewelry is prohibited.
2. A participant wearing a cast shall not be involved in a stunt. Supports, braces, etc. which are hard and unyielding or have rough edges or surfaces must be covered.
3. Props /Signs that are of solid materials or have sharp edges must be gently tossed or placed after use.
4. Athletic shoes not gymnastic slippers or other types of footwear may be worn.

Individual Divisions

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

If you have any questions please contact the U.S. Spiritleaders office.
U.S. Spiritleaders 562.491-3439 / info@usspiritleaders.com