

CHEER RULES AND REGULATIONS



2016 UCA INTERNATIONAL ALL STAR CHAMPIONSHIP

* **BOLD PRINT** denotes a change or clarification in rule from the prior year

I. GENERAL RULES

A. DIVISIONS --SEE AGE LEVEL CHART FOR 2015-2016 DIVISIONS AT UCA.VARSITY.COM

B. ALL STAR PARTICIPATION

- 1) Teams may participate in more than one competition during the season.
- 2) The team and each participating member/coach should constantly display good sportsmanship throughout the entire performance in regards to respect for themselves, other teams and the viewing audience of all ages. Teams should refrain from any taunting, bragging, or suggestive expressions or gestures as well as discrimination of any nature.
- 3) Any unruly, aggressive or belligerent behavior by participants, coaches or spectators toward any other attendee or Event Staff will result in potential team disqualification, removal from the event and / or barred participation from future Championships.

C. CROSSOVERS

- 1) Crossovers at the International All Star Championship (IASC) WILL BE ALLOWED between most levels given the following restrictions:
 1. An all star cheerleader is limited to crossing over to 2 (two) additional cheer teams from their gym during the competition.
 2. Level 1 teams will not be allowed to crossover to Levels 4, 5 or 6.
 3. Participant may only represent one gym.
 4. Participants must pay an additional \$50 registration fee for each additional team performance.
- 2) UCA will attempt to ensure teams from the same program do not have overlapping performances during the preliminary schedule. However, UCA cannot guarantee that a performance overlap will not occur during the final schedule.
- 3) If a team violates the crossover rules, the second and each subsequent team will receive a 10.0 point deduction off of their score for each illegal participant. Maximum penalty is 20.0.

D. TIME LIMITATIONS:

- 1) All Routines must be "Music Only" and the overall performance time may not exceed **two minutes and**

thirty seconds. Timing will begin with the first movement, voice, or note of music.

- 2) **If a team exceeds the time limit, a 2.0 penalty will be assessed.**
- 3) **The routine time limit is 2:30. Acknowledging the potential variance caused by human reaction speed and sound system time variations, judges will not issue a deduction until their stopwatches show a time that exceeds 2:33.**
- 4) BECAUSE PENALTIES ARE SEVERE, IT IS RECOMMENDED THAT ALL TEAMS TIME THEIR PERFORMANCE SEVERAL TIMES PRIOR TO COMPETITION AND LEAVE A SEVERAL SECOND CUSHION TO ALLOW FOR VARIATIONS IN SOUND EQUIPMENT.
- 5) Introductions
 - a) All introductions (tumbling, entrances, spellouts, etc.) are considered part of the routine and will be timed as part of the performance.
 - b) All team breaks, rituals and traditions need to take place prior to entering the mat.
 - c) Teams should take the floor immediately with spirit and enthusiasm, but without excessive gestures. Example: chest bumps, hugs, handshakes, etc.
 - d) All teams should refrain from any type of excessive celebration following the team's performance. There should not be any organized exits or other activities after the official ending of the routine.
 - e) **Teams will be assessed a 4.0 point penalty for exhibiting unsportsmanlike, unprofessional, disrespectful and/or unsupportive behavior.**

E. MUSIC

- 1) Teams may use an unlimited number of songs in their routine at all competitions.
- 2) Teams may not use Disney themes, however, Disney music is acceptable.

F. COMPETITION AREA

- 1) Teams may line up anywhere inside the competition area.
- 2) Approximate floor size will be 54 feet wide by 42 feet deep (9 strips). Check event listing for Spring Floor availability.
- 3) All skills must originate and be completed within the competition boundary. No lineups, skills, or transitions are allowed outside of the competition boundary. Anytime a participant unintentionally steps

outside the competition boundary, they must return immediately. 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 the floor.

- 4) A .25 deduction will be assessed per occurrence for an athlete that makes contact with both feet outside the competition boundary. Stepping on, or just past the white tape is not a boundary violation.
- 5) **All center markers are prohibited. We will have the center marked on all performance surfaces.**

G. INTERNATIONAL ALL STAR CHAMPIONSHIP QUALIFICATION

- 1) Teams attending the Championship must compete in the same skill level and the same age division that they qualified in at a Regional Tournament.
- 2) If a team would like to change categories (team size) they will be assessed a \$500 change fee (i.e. Large Senior 3 to Small Senior 3). This change must be made prior to February 12, 2016. Teams may not change age divisions or skill levels.

H. VIOLATIONS

Teams in violation of any USASF Safety Guideline or these Rules and Regulations will be subject to deductions and/or disqualification.

I. LOGO USAGE

Teams will not be allowed to use the UCA logo or the IASC logo including; banners, rings, bows, t-shirts etc.

J. SPOTTER POLICY

In an effort to promote a higher level of safety for competing athletes, UCA will allow programs to provide additional spotters at UCA competitions. We feel that an all star program is more qualified to provide additional spotters because of their familiarity with routine skills and safety concerns.

The use of additional spotters is left to the discretion of the coach or gym owner. All star programs may use up to 4 additional spotters for each performance; however, additional spotters are not required.

- 1) **UCA's International All Star Championship** will have spotters available for all main competition floors. Teams may choose NOT to use UCA provided spotters with the exception of when television production is taking place. All teams during this time **MUST** use the UCA provided spotters on the main competition floor. Just a reminder all teams who are taped during this time are not guaranteed to be shown on the ESPN telecast.
- 2) See the Varsity All Star policy below for guidelines on the use of additional spotters.

Definition of Additional Spotter: Individuals on the competition floor provided as a safety precaution to spot certain elements of a routine.

Guidelines

Additional Spotters:

- 1) Should only be used during the stunt, pyramid, and/or basket toss sections. Additional spotters are provided for added safety and should stand at the back of the floor when not spotting those sections.
- 2) Should not touch, assist, or save skills being performed. Additional spotters should only be used to prevent a fall to the competition floor. Any touch, assist, or saved skill will be given a major fall deduction.
- 3) Should be dressed so that they are presentable, professional, and distinguishable from the performing athletes. Program provided additional spotters should not wear clothing similar to the performing team's uniform.
- 4) Should not dress or act in a manner that distracts from the athletes and their performance.
- 5) Should be at least 18 years old and familiar with spotting the skills of the performing team.

Note: To provide the safest competitive environment, teams should not attempt skills beyond their ability level.

II. INTERRUPTION OF PERFORMANCE

A. UNFORSEEN CIRCUMSTANCES

- 1) 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 should **STOP** the routine.
- 2) The team will perform the routine again in its entirety, but will be evaluated **ONLY** from the point where the interruption occurred. The degree and effect of the interruption will be determined by the competition officials.

B. FAULT OF TEAM

- 1) In the event a team's routine is interrupted because of failure of the team's own equipment, the team must either continue the routine or withdraw from the competition.
- 2) 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.

C. INJURY

- 1) The only persons that may stop a routine for injury are: a) competition officials, b) the gym owner / 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. The team may perform the routine again in its entirety, but will be evaluated ONLY from the point where the interruption occurred.

- 3) 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 (if present) AND THEN the head coach/advisor 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.
 - c. Any athlete who exhibits signs or symptoms consistent with concussion should be removed from the activity at that time and should not be allowed to return to activity that day. The athlete should not return to activity on a subsequent day until evaluated by and receives written clearance for such participation from a qualified physician (**MD or DO specifically trained in concussion management**).
 - d. In addition to the Varsity Brands head injury policy, we encourage you to be familiar with the specific laws of the state where the competition is being held.

III. HOW TO HANDLE PROCEDURAL QUESTIONS

A. RULES & PROCEDURES --Any questions concerning the rules or procedures of the competition will be handled exclusively by the owner / coach of the team and will be directed to the Competition Director. Such questions should be made prior to the team's competition performance.

B. PERFORMANCE --Any questions concerning the team's performance should be made to the Competition Director immediately after the team's performance or following the outcome of the competition.

IV. INTERPRETATIONS AND / OR RULINGS

Any interpretation of any aspect of these Rules and Regulations or any decision involving any other aspect of the competition will be rendered by the Rules Committee. The Rules Committee will render a judgment in an effort to ensure that the competition proceeds in a manner consistent with the general spirit and goals of the competition. The Rules Committee will consist of the Competition Director, Head Judge, and a designated competition official.

V. SPORTSMANSHIP

- 1) All participants agree to conduct themselves in a manner displaying good sportsmanship throughout the competition.
- 2) The gym owner and coach of each team is responsible for

seeing that team members, coaches, parents and other persons affiliated with the team conduct themselves accordingly.

- 3) **When a coach is in discussion with an official, other coaches, athletes and parents/spectators they must maintain proper professional conduct. Failing to do so may result in 4.0 deduction, removal of coach or disqualification.**

VI. USASF RULES VIOLATIONS

Any team in violation of any USASF General Safety, Image Policy, Tumbling Restriction or an above mentioned rule or regulation will be assessed a ONE point (1) deduction for each violation. Any team in violation of a Building Restriction will be issued a TWO point (2) deduction for each violation. This deduction does not apply to violations mentioned above that are designated a different point value.

VII. DISQUALIFICATION

Any team that does not adhere to the terms and procedures of these "Rules and Regulations" will be subject to disqualification from the competition, will automatically forfeit any right to any prizes or awards presented by the competition, and may also forfeit the opportunity to participate in a competition or the Championship the following year.

VIII. FINALITY OF DECISIONS

By participating in this championship, each team agrees that the decisions by the judges will be final and results may ONLY be reviewed for clarification. Each team acknowledges the necessity for the judges to make prompt and fair decisions in this competition and each team therefore expressly waives any legal, equitable, administrative or procedural review of such decisions.

IX. SCORES AND RANKINGS

Each judge has the responsibility and authority to review and submit his/her final scores and rankings prior to the calculation of final scores. Scores and rankings will be available only to gym owners or coaches at the conclusion of the competition.

X. AWARDS AND PRIZE

All teams will receive a trophy. Teams who rank first, second, or, third place will additionally receive a bronze, silver, or gold medallion. Teams placing first will receive a championship banner and jacket for each participant who performed on the floor plus two coaches. Based on availability, rostered alternates may request additional jackets after the completion of our final awards sessions on Sunday evening.

XI. ALL STAR JUDGING CRITERIA

- 1) Panel Judges are responsible for scoring each team's performance based on the Varsity All Star Score sheet. Each Panel Judge fills out his/her own score sheet for each performance. Panel Judges score technical ability and the overall routine, but they do not determine or score deductions or safety violations.
- 2) The Safety Judge is responsible for administering all safety violations, time violations, and boundary violations.
- 3) The Point Deduction Judge is responsible for assessing deductions in each routine for obvious falls from technical skills.
- 4) For more information, please visit www.uca.varsity.com.

XII. IMAGE GUIDELINES

- 1) Judges reserve the right to assess warnings and/or deductions when a team's choreography, uniform, make up, bows etc. do not meet the standards of 'appropriate' as described in this policy.
- 2) 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.
- 3) **APPROPRIATE CHOREOGRAPHY** – All facets of a performance / routine, including both choreography and music selection, should be appropriate and suitable for family viewing and listening.
 - a. Examples of inappropriate choreography may include, but not limited to, movements such as hip thrusting and inappropriate touching, gestures, hand/arm movements and signals, slapping, positioning of body parts and positioning to one another.
 - b. Music or words unsuitable for family listening, which includes, but is not limited, to swearwords and connotations of any type of sexual act or behavior, drugs, explicit mention of specific parts of the body torso, and/or violent acts or behavior are other examples of inappropriate choreography. Removing improper language or words from a song and replacing with sound effects or other words may still constitute 'inappropriate'.
 - c. Music or movement in which the appropriateness is questionable or with which uncertainty exists should be assumed by the coach to be inappropriate and removed as to not put their team in an unfortunate situations.
- 4) **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.

- 5) **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.
- 6) **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 must also 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.
- 7) **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 at least 1 inch below briefs (regular and boy cut briefs). When shorts are worn as part of the uniform, there must be a minimum of a 2" inseam.**
- 8) **UNIFORM TOP GUIDELINES** - **Uniform tops may not include an exposed midriff (crop top) except when worn by athletes competing 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).**
- 9) For more information uniform guidelines visit www.usasf.net.

XIII. THE 2016 CHEERLEADING WORLDS

UCA will be awarding 5 PAID bids and 10 At Large Bids at the UCA International All Star Championship March 12-13, 2016 at The Walt Disney World ® Resort in Orlando, FL. The process for awarding bids to the 2016 Cheerleading Worlds will be as follows:

- 1) UCA will award the 2 PAID BIDS to the All Girl Division Champion and / or highest scoring teams in the following 4 Level 5 Divisions:
 - a. Small Senior
 - b. Medium Senior
 - c. Large Senior
 - d. International Open
- 2) UCA will award 2 PAID BID to the Coed Division Champion and / or highest scoring team in the following 5 Level 5 Divisions:
 - a. Small Senior Coed
 - b. Medium Senior Coed
 - c. Large Senior Coed
 - d. International Open Small Coed
 - e. International Open Large Coed

- 3) UCA will award 1 PAID BID at our discretion
- 4) PAID BIDS will be awarded to the above divisions at our discretion based on Division Champion title, depth of division, and high score.
- 5) In the event that any of the 4 automatic bid teams have a previously earned PAID BID from another event producer, UCA will award the bid to the remaining highest scoring Champion. In the event that all of the Champions have received PAID BIDS, UCA will award the bid to the remaining overall highest scoring team within these divisions.
- 6) 10 AT-LARGE BIDS
 - a. UCA will award 10 AT-LARGE BIDS to the next overall highest scores within the 9 divisions listed above, as well as: Level 6 International Open, Level 6 International Open Small Coed and Level 6 International Open Large Coed.
 - b. In the event that any of these 10 teams have previously earned an AT-LARGE BID from another event producer, UCA will move the extra bid(s) to the next overall highest score(s) within these divisions.
- 7) General Bid Information:
 - a. As a universal rule of thumb: In the event of a tie for any bid position, the bid will be awarded to the team with the highest DAY 2 final score.
 - b. Winning a division will not guarantee a PAID or At Large Bid.
 - c. The division in which the team is awarded a bid at the 2016 UCA International All Star Championship is the division in which the team must compete at The 2016 Cheerleading Worlds. Winning the division does not guarantee a paid or at large bid.
 - d. Teams outside of the continental United State are NOT eligible to receive a Worlds bid.

XIV. THE SUMMIT PAID & AT LARGE BIDS (ORLANDO EVENT)

UCA will be offering 11 At Large and 5 Paid Bids at the International All Star Cheerleading Championship to The Summit which will be held in Orlando, FL April 29 – May 1, 2016

- 1) Generally, bids will be awarded to First Place Teams with the highest overall percentage of perfection.
- 2) Day 1 and Day 2 final scores will be weighed into all final results.
- 3) At Large Bids will be awarded evenly, to the extent possible, across levels based on final enrollment in each level.
- 4) Teams holding an At-Large Bid may be upgraded to a Paid Bid. The At-Large Bid will then be released and passed down.
- 5) UCA reserves the right to amend the above process based upon final Championship enrollments.

- 6) You must complete a bid acceptance form prior to attending your bid qualifying event. You will be sent a link two week prior to your event to submit a form online.

XV. D2 SUMMIT BIDS (TAMPA EVENT)

- 1) UCA will be offering 4 At Large and 3 Paid bids to the D2 Summit Bids at the IASC. The D2 Summit will take place in Tampa, FL April 30 - May 1, 2016.
- 2) Gyms must be of Division II size (125 athletes or less) when they receive a D2 Summit bid and MUST remain a D2 size gym when they arrive at the D2 Summit. Once a program goes above 125 athletes they will have to release their D2 bid, if they have one, and will not be eligible for D2 bids the remainder of the season.
- 3) A team can declare prior to the IASC that they are going for an Orlando or Tampa bid, but if that team is split into a D2 division at that competition, they must either go for the Tampa bid or move into a standard division to compete against teams going for the Orlando bid.
- 4) Paid D2 Summit Bid– You must use your Paid D2 Summit bid. This bid type or location cannot be changed.
- 5) At-Large D2 Summit Bid– You can ONLY upgrade to a PAID D2 Summit bid or a PAID Summit bid (Orlando).
- 6) Wild Card/ At Large Summit Bids– You can ONLY upgrade to a PAID D2 Summit bid or a PAID Summit bid (Orlando).
- 7) You must complete a bid acceptance form prior to attending the IASC. You will be sent a link prior to your event to submit a form online.
- 8) UCA reserves the right to amend the above process based upon final Championship enrollments.

XVI. 2015-2016 GENERAL SAFETY GUIDELINES AND GLOSSARY

UCA All Star competitions will follow the USASF Safety Guidelines. Go to <http://www.usasf.net> for changes and a complete glossary of terms. Clarification and updates may be made throughout the season.

XIV. TELEVISION COVERAGE

The International All Star Championship is nationally televised on ESPN and ESPN2. Because of the format of the show, not all finalist teams will be shown on the telecast.

XV. TOURNAMENT FACILITY

- 1) The competition is scheduled to be held at **Disney's Wide World of Sports®** Complex.
- 2) The tournament officials shall have the right to alter the time and location of the competition in the event changes become necessary due to inclement weather, facility problems, television production requirements, or any other situation deemed by the tournament offices to be essential to the successful execution of the championship.

XVI. APPEARANCES, ENDORSEMENTS AND PUBLICITY

All teams winning titles, awards or prizes agree to have all appearances, endorsements and publicity approved through the IASC office.

ON BEHALF OF MY TEAM, I HEREBY ACCEPT THE COMPETITION AND ROUTINE RULES AND GUIDELINES AND AGREE TO ABIDE BY THESE RULES.

(Team Name)	(Date)
(City/State)	(Owner's Signature)
(Division — Mini, Senior etc. Level: 1 2 3 4 4.2 5 6)	(Coach's Signature)

Retain a copy of these rules for your files

Please tear out along the perforations. You may make copies of this form.