



RULES AND REGULATIONS

CHEER RULES & GUIDELINES

Competing teams must have at least 4 members. There is no maximum limit.

All cheer teams, individuals, partner stunts, duets, trios and groups will have a minimum time of 1 minute and 45 seconds to a maximum of 2 minutes and 30 seconds (2:30). Timing and judging of routines will begin with the first organized movement or the first note of music. Timing will end with a last note of music or the ending motion or pose is held. All participants should walk/spirit onto the floor and immediately start their routine after spacing of first formation.

USASF Members will follow the designated USASF guidelines, divisions, ages and universal score system.

NON USASF Cheer Teams will be judged using a universal 100-point scale, which will then be averaged on a 10-point scale for the final score. The decisions of the judges are final.

PERFORMANCE AREA

The main performance floor will be a minimum of 42 feet deep by 54 feet wide spring floor surface.

CROSSOVERS

Crossover competing is allowed. A crossover fee will apply. **SUBSTITUTIONS** may be made in the event of an injury or other serious circumstance. Names of alternate cheerleaders should be listed and noted as alternates on the registration form in case a substitution becomes necessary. Event staff must be notified when a substitution is made, and the substitute must be listed on your list of alternates. Substitutes must also abide by the age/grade restrictions in all divisions and have a waiver on file.

MUSIC

MUSIC DISCLAIMER

Please follow the [USA Cheer Copyright Guidelines](#) and use the [Preferred Providers](#) listing when choosing your music editors. All Dance divisions including scholastic, recreation, AAU and all-star "teams" **MUST** also sign off on a waiver and liability form acknowledging your music is legal to be played for public performances. Please bring **TWO HIGH QUALITY** copies of your music to XCX preferably on MP3 player, electronic device including iPods, iPhones or iPads. CDs will be accepted.

In the event a routine is interrupted because of failure of the XCX equipment, facilities, etc., then the participant(s) affected will be permitted to restart the routine from the beginning. In the event a routine is interrupted because of failure of the participants' equipment, music or supplies, then the participant(s) may be given an opportunity to continue later in the division or withdraw from the competition. In the event an injury occurs during a performance, then the athlete(s) may be given a specific amount of time to regroup and continue later in the schedule. The amount of time to regroup will be decided by the Event Director or option to withdraw from the competition. Competition officials reserve the right to stop a performance due to an injury or due to operator error, timing of your routine will continue. No unnecessary team members, parents etc. are allowed at the music table.

WAIVERS

All participants must submit a signed waiver form prior to performing. This is an Individual Waiver Form completed online via the registration portal.



WEATHER POLICY

The XCX will NOT cancel any event due to weather conditions. The competition will go on regardless of rain, sleet, hail or snow! Please make all necessary arrangements so that you will not have any problems traveling to the event on time. Keep an eye on the local and national weather forecasts so that you are prepared for any inclement weather. NO refunds or expense reimbursement will be given for teams missing their scheduled competition time.

GENERAL

All teams must be supervised during all official functions by a qualified director/advisor/coach. All participants agree to conduct themselves in a manner displaying good sportsmanship throughout the event. The director/advisor/coach of each team is responsible for seeing that team members, coaches, parents, and any other person affiliated with the team conduct themselves accordingly. Severe demonstrations of unsportsmanlike conduct are grounds for disqualification.

All directors, advisors and coaches should have an emergency response plan in the event of an injury. Shoes are always required. All uniforms should be age appropriate and acceptable for family viewing.

CHOREOGRAPHY – APPROPRIATE ATHLETE IMPRESSION

Suggestive, offensive, or vulgar choreography and/or music is inappropriate for family audiences and therefore lacks audience appeal. Routine choreography should be appropriate and entertaining for all audience members. Vulgar or suggestive material is defined as any movement or choreography implying something improper or indecent, appearing offensive or sexual in content, and/or relaying lewd or profane gestures or implications. Inappropriate choreography affects the judges' overall impression of the routine. Please make sure that all choreography is age appropriate. At the judges' discretion a one (1) point deduction for each incident will may be taken.

DIVISION CATEGORIES

ALL STAR – Cheerleading teams not affiliated with a school and exist solely to compete.

SCHOOL- Must be affiliated with a school and support sports teams throughout their assigned season. Follows [National Federation High School rules](#). Note: Game Day divisions may be offered. Must compete on a spring floor.

RECREATION – Traditional: Recreation teams cannot be associated with an All-Star organization and will compete on a spring floor. Routines may consist of all music or cheer/ music.

Must be affiliated with, report to, and be governed by an organization (YMCA, Boys & Girls Club, City/Community Youth Organization, Pop Warner Association, other community run program not associated with school or All Star).

- Team must be able to prove their relationship and affiliation with said organization. Team's organization.
- Team must provide a roster with birthdates as well as copies of athlete's birth certificates. Roster must be updated for each event and provided at check in. Team members must fulfill the age requirement for the division that they are entering on/before August 31, 2019.
- Team must submit schedule and length of sports season.
- Every athlete must cheer at all games.
- Team should be wearing uniforms with color or logo that supports the team(s) they are cheering for.
- Organization is completely independent from All Star.
- All team members are required to fill out a medical form/waiver. Teams must also agree to adhere to



all event producer rules and regulations, as well as music guidelines.

Performance: Team may not primarily cheer for a supported sports program. The team performs at various events throughout the season.

- Organization may be independent of town/city organization/clubs.
- Team must provide a roster with birthdates as well as copies of athlete's birth certificates. Roster must be updated for each event and provided at check in. Team members must fulfill the age requirement for the division that they are entering on/before August 31, 2019.
- Organization is completely independent from All Star. All Star organizations are not permitted to register a club recreation team in competition.
- All team members are required to fill out a medical form/waiver. Teams must also agree to adhere to all event producer rules and regulations, as well as music guidelines.

AAU – Cheer teams 'exclusively' affiliated with AAU Cheerleading and are current AAU members.

SPECIALTY- Specialized divisions featuring Individuals, Partner Stunts, Duets, Trios and Stunt Groups.

DIVISIONS, AGES & LEVELS

USASF – Divisions information is listed on www.usasf.net

AAU – Division Information listed on www.aacheerleading.org

NON USASF – Division Information listed in the next section.

XCX SCHOOL Divisions

Cheer SCHOOL					
Level	Division	Age	Ages as of (date)	Gender	Number on Team
Mount / Non-Mount	Elementary	11 years or younger	August 31, 2019	Female/Male	6-36 Members
Non-Mount	Junior High Small	14 years or younger	August 31, 2019	Female/Male	6-20 Members
Mount	Junior High Small	14 years or younger	August 31, 2019	Female/Male	6-20 Members
Non-Mount	Junior High Large	14 years or younger	August 31, 2019	Female/Male	21-36 Members
Mount	Junior High Large	14 years or younger	August 31, 2019	Female/Male	21-36 Members
Non-Mount	Junior Varsity Small	14 years or younger	August 31, 2019	Female/Male	6-20 Members
Mount	Junior Varsity Small	14 years or younger	August 31, 2019	Female/Male	6-20 Members
Non-Mount	Junior Varsity Large	14 years or younger	August 31, 2019	Female/Male	21-36 Members
Mount	Junior Varsity Large	14 years or younger	August 31, 2019	Female/Male	21-36 Members
Non-Mount	Varsity Small	18 years or younger	August 31, 2019	Female/Male	6-20 Members
Mount	Varsity Small	18 years or younger	August 31, 2019	Female/Male	6-20 Members
Non-Mount	Varsity Large	18 years or younger	August 31, 2019	Female/Male	21-36 Members
Mount	Varsity Large	18 years or younger	August 31, 2019	Female/Male	21-36 Members
Non-Mount	Co-Ed Varsity Small	18 years or younger	August 31, 2019	Female/Male	6-20 Members
Mount	Co-Ed Varsity Small	18 years or younger	August 31, 2019	Female/Male	6-20 Members
Non-Mount	Co-Ed Varsity Large	18 years or younger	August 31, 2019	Female/Male	21-36Members
Mount	Co-Ed Varsity Large	18 years or younger	August 31, 2019	Female/Male	21-36 Members



Cheer YOUTH - RECREATIONAL Level 1-2					
Level	Division	Age	Ages as of (date)	Gender	Number on Team
1-2	Tiny	6 years & younger	August 31, 2019	Female/Male	4-36 Members
1-2	Mini	8 years & younger	August 31, 2019	Female/Male	4-36 Members
1-2	Youth	11 years & younger	August 31, 2019	Female/Male	4-36 Members
1-2	Junior	14 years & younger	August 31, 2019	Female/Male	4-36 Members
1-2	Senior	18 years & younger	August 31, 2019	Female/Male	4-36 Members

Cheer YOUTH - RECREATIONAL Level 3-5					
Level	Division	Age	Ages as of (date)	Gender	Number on Team
3-5	Tiny	6 years & younger	August 31, 2019	Female/Male	4-36 Members
3-5	Mini	8 years & younger	August 31, 2019	Female/Male	4-36 Members
3-5	Youth	11 years & younger	August 31, 2019	Female/Male	4-36 Members
3-5	Junior	14 years & younger	August 31, 2019	Female/Male	4-36 Members
3-5	Senior	18 years & younger	August 31, 2019	Female/Male	4-36 Members

XCX SPECIALTY Divisions

Cheer SPECIALTY Solo, Best Jumper, Best Tumbler					
Level	Division	Age	Ages as of (date)	Gender	Number on Team
Solo / Jumper / Tumbler	Tiny	6 years & younger	August 31, 2019	Female/Male	1 Member
Solo / Jumper / Tumbler	Mini	8 years & younger	August 31, 2019	Female/Male	1 Member
Solo / Jumper / Tumbler	Youth	11 years & younger	August 31, 2019	Female/Male	1 Member
Solo / Jumper / Tumbler	Junior	14 years & younger	August 31, 2019	Female/Male	1 Member
Solo / Jumper / Tumbler	Senior	18 years & younger	August 31, 2019	Female/Male	1 Member
Solo / Jumper / Tumbler	Open	17 + years	August 31, 2019	Female/Male	1 Member

Cheer SPECIALTY Duo - Partner Stunt					
Level	Division	Age	Ages as of (date)	Gender	Number on Team
Duo / Partner Stunt	Tiny	6 years & younger	August 31, 2019	Female/Male	2 Members
Duo / Partner Stunt	Mini	8 years & younger	August 31, 2019	Female/Male	2 Members
Duo / Partner Stunt	Youth	11 years & younger	August 31, 2019	Female/Male	2 Members
Duo / Partner Stunt	Junior	14 years & younger	August 31, 2019	Female/Male	2 Members
Duo / Partner Stunt	Senior	18 years & younger	August 31, 2019	Female/Male	2 Members
Duo / Partner Stunt	Open	17 + years	August 31, 2019	Female/Male	2 Members

Cheer SPECIALTY Trio - Stunt Group					
Level	Division	Age	Ages as of (date)	Gender	Number on Team
Trio / Stunt Group	Mini	8 years & younger	August 31, 2019	Female/Male	3 - 5 Members
Trio / Stunt Group	Youth	11 years & younger	August 31, 2019	Female/Male	3 - 5 Members
Trio / Stunt Group	Junior	14 years & younger	August 31, 2019	Female/Male	3 - 5 Members
Trio / Stunt Group	Senior	18 years & younger	August 31, 2019	Female/Male	3 - 5 Members
Trio / Stunt Group	Open	17 + years	August 31, 2019	Female/Male	3 - 5 Members