

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

Tumbling: Aerials, Back Tucks, Punch Fronts, Layouts, Fulls, etc. are not allowed because both running and standing skills must have both hands and/or feet on the mat at all times.

Stunts: Extended freestanding stunts must always have both feet in the base(s) hands. All other extended one legged stunts such as liberty, arabesque, hitch or heel stretch must be braced on two sides by flyers who are at shoulder level or lower. A flyer must connect to the side flyers at shoulder level or lower before they are extended.

Not Allowed: free from contact twist skills or dismounts i.e. full downs/twist cradles, single log rolls. (A 1/4 dismount to cradle is allowed.) No basket, sponge, elevator or similar tosses.

2. Intermediate

Tumbling: Standing Backhandsprings, Round off back tucks, Round off back handspring tucks.

Not Allowed: standing back tuck, standing backhandspring back tuck, X-outs, layouts, full twists, and or tumbling out of an aerial flipping skill.

Stunts: Only freestanding liberties or torches. All other extended one legged stunts must be braced on at least one side by another flyer at shoulder level or lower.

Not Allowed: Any twisting stunt, toss, or dismount exceeding more than one and a quarter rotation. Basket, sponge, elevator or similar toe touch tosses are limited to one trick only.

3. Advanced - Please refer to the PDF link for the AACCA High School Rules.

4. Non-Tumbling - Inversions into load in positions, stunts, and pyramids are allowed. Tumbling is defined as any skill with feet over head rotation.

5. Jr. High Show Cheer - All Novice and Advanced USA Jr. High Rules Apply.

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