

ORGANIZATION AFFILIATION POLICIES

Recreation Organization

For the purpose of competing, Recreational Cheerleading is defined below. All teams competing in these divisions must meet these criteria in order to compete in these divisions.

Each recreation program can only choose one division type (Traditional or Club) for their entire organization to compete in. This must be verified prior to the competition season starting.

TRADITIONAL

1. 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).
2. Team must be able to prove their relationship and affiliation with said organization. Team's organization President or higher seated authority must submit a Rec Verification Form allowing Varsity to confirm approval of participation.
3. Team must provide a roster with birthdate. Roster must be updated for each event and provided at check in for event. Team must readily produce roster and copies of each athlete's birth certificates at each event. Team members must fulfill the age requirement for the division that they are entering on/before August 31, 2018.
4. Team must submit schedule and length of sport season.
5. Every athlete must cheer at all games.
6. Team should be wearing uniforms with color or logo that supports that teams they are cheering for.
7. Organization is completely independent from All Star. All Star organizations are not permitted to register a Recreation team in competition. A Performance Recreation team may not have any All Star athletes on its team.
8. To compete in competition, all team members are required to fill out a medical form/waiver. Teams must also agree to adhere to all Epic Brands rules and regulations, as well as music guidelines.

CLUB

1. Team does not necessarily cheer for a supported, sports program. The team performs at random events throughout the season. A list of events, or games in which they cheer for other teams outside their organization and why they are Rec, will need to be submitted for approval of participation. Teams must submit a Rec Verification Form allowing Varsity to confirm approval of participation.
2. Organization may be independent of town/city organization/clubs.
3. Team must provide a roster with birthdates. Roster must be updated for each event and provided at check in for event. Team must readily produce roster and copies of each athlete's birth certificates at each event. Team members must fulfill the age requirement for the division that they are entering on/before August 31, 2018.
4. Organization is completely independent from All Star. All Star organizations are not permitted to have a Recreation Club team in competition. A Performance Recreation team may not have any All Star athletes on its team.
5. To compete in competition, all team members are required to fill out a medical form/waiver. Teams must also agree to adhere to all Epic Brands rules and regulations, as well as music guidelines.

If a team does not meet all of the above criteria they may be disqualified.

Rec Teams must complete the **Recreation Verification Form** and submit a signed copy at each event. They are NOT considered a Rec team and cannot register in the Rec Divisions if this is not completed.

School & College Organization

1. Every member of a team representing a school must be enrolled at that school during the date of the competition, and must be on a team officially representing the school. Divisions are determined by the grade of participants at the time of the competition, regardless of the participant's current age. The competitor has to be in the grade for the appropriate division for the 2018-2019 school year. Members must be officially recognized by the competing school's administration as a member of the competing team's cheerleading squad.
2. The lowest official grade level for all athletes participating in a Varsity High School performance division is listed as 9th grade. The competitor must be an official member of the team for the school they are representing. * If a school district allows for athletes below 9th grade to compete at the high school level, then the athlete is eligible providing the schools administration provides a letter stating the current school policy surrounding eligibility of athlete. Proof is required.
3. Participants may not compete in multiple performance divisions within the School Cheer categories at the same competition. Participants may compete with the same school in a Performance division and Game Day division at the same competition. Participants are only allowed to compete with 1 school within a competition season.
4. A mascot will not count towards participant count in a performance division, but will count towards a participant in the Game Day division. Mascots cannot participate in stunts, pyramids and or tumbling skills. Mascots must be appropriately attired so their mobility, vision, etc. are not impaired.
5. Team must provide a roster with birthdate. Roster must be updated for each event and provided at check in for event.

All-Star Organization

1. All-Star is defined as a team which is based out of a private gym or studio, whose sole purpose is to compete at cheerleading/dance events. Moreover, this type of team does not cheer/dance or support any other athletic team or sport.
2. Team members must fulfill the age requirement, for the division that they are competing, on/before August 31, 2018.
3. Must be associated with a USASF member gym which requires all member gym athletes to be registered with USASF for a valid Athlete ID #.
4. Participants may not represent more than one all-star organization within the same event (Exception: An athlete from one gym may crossover to one additional gym's Level 6 team provided he/she meets the age requirement.)
5. Must follow the USASF Program Definition when declaring Division 1 or Division 2 status for the season.

All-Star Prep & Novice Teams

1. All-Star Prep and/or Novice are defined as a team which is based out of a private gym or studio, whose sole purpose is to compete at cheerleading/dance events. Moreover, this type of team does not cheer/dance or support any other athletic team or sport.
2. Team members must fulfill the age requirement, for the division that they are competing, on/before August 31, 2018.
3. Must be associated with a USASF member gym which requires all member gym athletes to be registered with USASF for a valid Athlete ID #.
4. Typically practice and/or compete less than full year All-Star teams.
5. Teams are often half-year teams or teams that are intended to offer a shorter season, more relaxed environment and/or often less travel.
6. Teams are designed with the purpose of introducing athletes into competitive cheerleading with a lower commitment than a full-year team.

*For Dance, the Prep Division is offered for emerging teams. The Prep Division is in the OPEN/DANCE CATEGORY. All styles will be judged against each other in this category, unless the splitting rule applies. A dancer may not compete in a non-prep category and a Prep Category within the same style. Dancer(s) may compete in a Prep and a Non-Prep category in a different routine style **ONLY**. Please see USASF Dance Rules for Skill restrictions in the Prep Division.*

Exhibition Team

1. Exhibition teams perform at an event for evaluative / comment purposes only (Note: The team will still be categorized either as a recreation, all-star, school, college, etc. for purposes of scheduling and division assignments.)
2. Team members must fulfill the age requirement, for the division that they are competing.
3. Teams that perform in "exhibition" at an event must adhere to the Division/Age Grid and Level Rules as would any other team. (Team age/allowable level is defined by the oldest athlete on the team based on their organization's Division/Age Grid – i.e. Level 4 for Rec)
4. Team is responsible for payment of all registration fees.
5. Teams will receive an award, comment sheets and (at selected events) promotional items.
6. Teams are automatically ineligible for prize money and any National Championship merchandise.

CheerAbilities Team

1. CheerAbilities teams are comprised of individuals with intellectual or physical disabilities. (Note: The team will still be categorized either as a recreation, all-star, etc. for purposes of scheduling and division assignments.)
2. They can be based out of a private gym, studio, school, and organization or similar.
3. No age and/or grade restrictions are imposed.
4. CheerAbilities teams may not exceed past USASF Level 2 rules.
5. CheerAbilities teams will exhibit at all events with the exception of the All-Star CheerAbilities Competitive division.

Parent Team

1. Parent teams are teams whose members are at least 18 years old and are the guardians (biological or legal) of a child of any age, which is competing at the same event. (Note: The team will still be categorized either as a recreation, all-star, etc. for purposes of scheduling and division assignments.)
2. No maximum age restriction is imposed.
3. Recreation Parent Team may perform skills up through Level 4 skills. All-Star Parent Teams may perform skills up through Level 6.
4. Team will not receive promotional items at selected events.
5. Teams are automatically ineligible for prize money and any National Championship merchandise.

ALL-STAR CHEER DIVISIONS

All-Star divisions are based on participant's age as of August 31, 2018

See 2018-2019 USASF Age Grid for All-Star specific guidelines

SCHOOL and RECREATION CHEER DIVISIONS

School divisions are based on participant's grade as of the 2018-2019 school year.

Recreation divisions are based on participant's age as of August 31, 2018.

Note: If a school district allows for athletes below 9th grade to compete at the "high school level", the athlete is eligible.

COMBINING OF DIVISIONS

CO-ED COMBINING

Co-Ed at any level will be combined with their similar All-Girl divisions (i.e. Varsity Small, Varsity Large) if there are not at least (2) two or more teams in the Co-Ed division for that level.

SPLITTING DIVISIONS

NOTE: Epic Brands will split divisions first by size (when applicable) and then by Co-ed vs. All-Girl (when applicable).

SMALL/LARGE SPLITS

For divisions that have not previously assigned a "Small" and/or "Medium"/ "Large" designation based on total team size (i.e. PeeWee Rec Level 2), Epic Brands will split the division into "Small" and/or "Medium"/ "Large" divisions when there are at least (2) two teams that will ultimately be registered in each respective division.

School

Small = 5 – 16 members

Large = 17+ member

OR

Small = 5 – 16 members

Medium = 17 – 20 members

Large = 21+ members

Recreation

Small = 5 – 20 members

Large = 21+ members

A / B SPLITS

If an organization has teams competing in the same division, Epic Brands will further split the division into "A" and "B" (i.e. PeeWee Rec A Level 2, PeeWee Rec B Level 2). Company must use denotation of "A" and "B" and must clearly define the number range split for each of these particular divisions.

I / II SPLITS

For previously assigned "Small" and "Large" divisions, Epic Brands may further subdivide if there are (10) ten or more teams in the division. Company must use denotation of "I" and "II" to denote the split and must clearly define the number range split for each of these particular divisions. Division may not be subdivided further from "Small" and "Large" if it means that only (1) one team will be left in the division.

CO-ED SPLITS

For Co-Ed divisions (i.e. Varsity Co-Ed Advanced), Epic Brands will split the division into "Small" and "Large" divisions when there are at least (2) two teams that will ultimately be registered in each respective division. Company must use denotation of "Small" and "Large" (i.e. Varsity Small Co-Ed Advanced, Varsity Small Co-Ed Advance).

School – Varsity Co-Ed

Small = 2 – 4 males

Large = 5 + males

CROSSOVERS

An individual will not be permitted to crossover from a similar program to another within the same event (i.e. one School to a different School, one Rec team to a different Rec team, etc.).

ALL-STAR DANCE

All-Star Dance divisions are determined by the age of the oldest member and age of team members are as of August 31, 2018.

See 2018-2019 USASF Age Grid for All-Star specific guidelines

SCHOOL and RECREATION DANCE

Recreational Dance divisions are determined by the age of the oldest member and age of team members are as of August 31, 2018.

School Dance divisions are determined by the grade of the team members as of the 2018-2019 school year.

CATEGORIES (See Division sheets for available categories for your division)

JAZZ: A jazz routine encompasses traditional or stylized hard-hitting, crisp and/or aggressive approach to movement and can include moments of softness while complementing musicality. Emphasis is placed on body alignment, extension, control, uniformity, communication and technical skills.

POM: A Pom routine contains important characteristics such as strong pom technique (clean, precise and sharp motions), synchronization, visual effects and may incorporate Pom Skills (i.e. pom passes, jump sequences, leaps/turns, kick lines, etc.). Poms must be used 80% of the routine.

HIP HOP: A Hip Hop routine can incorporate any street style movement with an emphasis on execution, style, creativity, body isolations and control, rhythm, uniformity and musical interpretation.

CONTEMPORARY/ LYRICAL: A contemporary or lyrical routine uses organic, pedestrian and/or traditional modern or ballet vocabulary as it complements the lyric and/or rhythmic value of the music. Emphasis is placed on control, sustained, expressive movement, body placement, contraction/release, use of breath, uniformity, communication and technical skills.

KICK: A kick routine emphasizes control, height uniformity, extension, toe points, timing and creativity of a variety of kick series and patterns. A kick is defined as one foot remaining on the floor while the other foot lifts with force. Kicks and kick series must comprise 80% of the routine.

VARIETY: A Variety routine must incorporate a blend of at least two or more dance styles listed in the Categories. (Jazz, Pom, Hip Hop, Contemporary/Lyrical and/or Kick) All styles will compete together in this category. The style of dance performed will determine which “category” rules a team will follow in the appropriate age division.

DANCE (formerly OPEN): A routine in this category may incorporate any one style or combination of styles outlined in the category listings. All styles will be judged against each other in this category. The style of dance performed will determine which “category” rules a team will follow in the appropriate age division.

COMBINING and SPLITTING DIVISIONS

Epic Brands will not further combine or split categories and/or divisions by style, level, skill, age or ability, other than outlined below. All divisions will be combined first by size, then by gender, then by category when applicable.

1. Primary Age Divisions will be combined first by team size when applicable, then by gender.
2. A “Dance” Category may be offered to combine categories (by Age Division) when fewer than three teams are registered in a Category. Specific rules apply. See below.

1. Combining by Small and Large Team Size

If there are fewer than three teams in Small and/or Large Division within the same Category, Small and Large divisions will be combined. (Example: *If there are two teams in Varsity Small Pom and five teams in Varsity Large Pom, Divisions will be combined into Varsity Pom.*)

- a. Small and Large will not combine if it means that a program will compete against itself. *(Example: Varsity Small Pom and Varsity Large Pom teams from the same program will not be combined into one division that would cause them to compete against each other. If a program chooses to register two teams in the same Age, Team Size and Category (like Varsity Small Pom), the teams will compete against each other.)*
- b. When there are 10 or more teams in any Small or Large division, Epic Brands may further split that division by team size, provided a minimum of three teams remain in all resulting divisions.

2. Combining Age and Gender

If there is only one team registered in a Coed Division within the same Category, Epic Brands will combine, as long as a program is not forced to compete against itself:

3. Combining Categories to Create a “Dance”/“All Styles” Category

The Dance Category (formerly known as “Open”) may be offered to establish competition when fewer than three teams are registered in any Category within an Age Division. If combined, all Epic Brands will combine division first by size (when allowed), then by gender (when allowed).

Category styles (Jazz, Pom, Hip Hop, Contemporary/Lyrical, Kick or Variety), in each Division, may compete together in this category. *(Example: When one team is registered in Varsity Jazz and two teams are registered in Varsity Pom, the Epic Brands may combine Varsity Jazz and Varsity Pom to create Varsity Dance.)*

Exceptions:

- a. Categories will not combine into Dance if there are three or more teams registered in a category. *(Example: If there are 3 teams in Varsity Jazz, 2 in Varsity Pom, 2 in Varsity Hip Hop and 1 in Varsity Kick, the Epic Brands may combine the Pom, Hip Hop and Kick teams into the Junior Dance Division/Category and will leave Junior Jazz as a separate Division/Category). Note: There should always be more than one team in the Dance category.*
- b. Categories and Divisions will not combine into Dance if it means that a program will compete against itself. *(Example: Varsity Jazz and Varsity Pom teams from the same program will not be combined into one division that would cause them to compete against each other. If a program chooses to register two teams in the same Age, Team Size and Category, the teams will compete against each other.)*

SMALL / LARGE SIZE SPLITS / DEFINITION (REC and SCHOOL)

Epic Brands will split divisions into “Small” and “Large” if there are (6) six or more teams in the division before the split occurs. There must be a minimum of (3) three teams in each division once the split occurs. No division may be split if it means that (1) one or (2) two teams will be left in a division alone. Epic Brands mandatory will split these divisions if it means that a program will be competing against itself.

Small = 4 – 14 dancers

Large = 15 or more dancers

CROSSOVERS

Dancers will not be permitted to crossover from a similar program (i.e. School to School, Rec to Rec, etc.) to another program within the same event.

Dancer(s) may compete in more than one division and/or category as long as they abide by the age requirements in all divisions in which they compete.