



**2018-2019 Cheer Age Grid**

# 2018-2019 Cheer Age Grid

This document contains the division offerings for the 2018-2019 season in the following classifications:

- All Star Elite
- International All Star
- All Star Prep
- All Star Novice
- All Star FUNdamentals
- All Star **CheerABILITIES Exceptional Athletes** (formerly Special Needs)

The age grid provides a "menu" of divisions that may be offered by an individual event producer. An event producer does not have to offer every division listed. **However, a USASF member event producer must only offer divisions from the age grids herein and/or combine/split divisions based upon the guidelines herein, unless prior written approval is received from the USASF.** Divisions/rules that are "less" or "more" restrictive than those listed are not permitted without written permission from the USASF.

## GENERAL ATHLETE GUIDELINES

- Athletes participating at USASF sanctioned events must be registered members of the USASF for the current season.
- All athletes taking the floor at USASF sanctioned events must appear on an Official USASF Event Roster.
- The athletes who perform a routine must remain the same from start to finish and MAY NOT be replaced by another athlete at any time during the performance.
- All Star Programs may not also have a Rec team that competes and/or performs at USASF Sanctioned event.

## CROSSOVERS

- An All Star cheer athlete is limited to crossing over to **2 (two)** additional cheer teams **within** their program per competition. Therefore, an athlete may compete on one team and crossover to two more teams **within** the same program during the competition.
- An individual will not be permitted to crossover from one program to another **during** the same event.
- Exception: An athlete from one program without a Level 6 team may crossover to **one additional** program's Level 6 team so long as they do not exceed the maximum number of teams permitted.
- Crossover limitations **herein** do not include athletes that crossover from cheer to dance.
- An event producer may choose to be more restrictive than the rules above for crossovers limiting the number of teams an athlete may crossover to further; however, an event producer may not be less restrictive than the **limitations outlined herein**.
- **There are no crossovers between tiers.**

## MOVING TIERS

- **Moving between All Star Novice Cheer, All Star Prep Cheer and (traditional) All Star Elite Cheer Club Divisions is prohibited.** *Athletes are not permitted to be on two teams in **different** tiers.* Athletes are permitted to move up a tier. Athletes may not move down from a higher tier to a lower tier during the same season without approval from the USASF.  
*Example: Novice may move to Prep, Novice may move to Elite, Prep may not move to Elite without approval from the USASF.*  
*Example: Elite may not move to Prep, Prep may not move to Novice, Elite may not move to Novice without approval from the USASF.*
- IASF Divisions are considered an Elite Tier. Therefore, an athlete may be on an All Star Elite Club team and an IASF team. An athlete may not be on All Star Prep or Novice Club team and an IASF team.

## UNPLANNED ATHLETE REPLACEMENT

- In the event of a missing/absent member of a team a program may replace that athlete with another performer from that program that is a registered member of the USASF for the current season.
- A replacement is defined as an individual who was not on the team's Official USASF Event Roster taking the place of another athlete at an event. This usually occurs as a result of illness/injury.
- If the replacement athlete does not meet the age requirements for that particular division (this includes a coach), then the team is permitted to perform in "exhibition" **only**.
- Performing competitively for a team with a replacement member who does not meet division age requirements is not permitted.
- All appropriate general safety rules and level rules must be followed for the team regardless of the age of performers on the team.
- An unplanned replacement of an athlete(s) is limited to 3 performers maximum. Any number that exceeds 3 will result in the team performing in "exhibition" **only**.

## EXHIBITION PERFORMANCES

Teams that perform in "exhibition" or "evaluation only" at an event must adhere to the USASF Age Grid and Level Rules as would any other team.

- "Exhibition" or "evaluation only" status does **not** allow a team to violate the safety rules or age restrictions (see exception addressed in Unplanned Athlete Replacement guidelines) that have been put in place for all athletes. Any additional exception to these rules must be obtained in writing from the USASF.

- An Event Producer may offer a team of less than 5 participants to perform as exhibition only, as long as they meet the safety rules and age restrictions of the Age Grid.
- All athletes taking the performance floor at a USASF Sanctioned event must meet the athlete requirements for attending a sanctioned event and entering the warm-up room. *This applies to all athletes **competing or performing** for a US based All Star Cheer or Dance Program, including athletes on All Star Novice, All Star Prep Teams, and All Star Elite teams. This applies to Competitive, Show and **Exhibition Teams** (including Parent Teams):*
  - Athlete membership paid for the current membership term. Exception: Athletes with Special Needs competing on a CheerAbilities team receive a complimentary athlete membership to the USASF.
  - Listed on the roster as an active or reserve athlete for the team(s) with which he/she will be entering the warm-up room and performing.
- Programs who choose to take FUNdamentals class participants to exhibition will need to upgrade from free FUNdamentals athlete to a paid athlete (either Novice, Prep, or Elite) and will need to make their exhibition participants in a “grouping” fit a USASF division (Tiny, Mini, Youth, Junior or Senior) and roster the grouping as a “team” to create a roster and associate it to the sanctioned event.

# USASF All Star Cheer Elite CLUB Divisions for 2018-2019

| <b>USASF All Star Elite Level 1</b>  |                         |                  |                         |                    |                       |
|--|-------------------------|------------------|-------------------------|--------------------|-----------------------|
| <i>Level</i>   | <i>Division</i>         | <i>Age</i>       | <i>Age as of (date)</i> | <i>Female/Male</i> | <i>Number on Team</i> |
| 1  | Tiny                    | 5-6 years old    | August 31, 2018         | Female/Male        | 5-30 Members          |
| 1  | Mini                    | 5-8 years old    | August 31, 2018         | Female/Male        | 5-30 Members          |
| 1  | Youth                   | 5-11 years old   | August 31, 2018         | Female/Male        | 5-30 Members          |
| 1  | Junior                  | 5-14 years old   | August 31, 2018         | Female/Male        | 5-30 Members          |
| 1  | Senior                  | 11-18 years old  | August 31, 2018         | Female/Male        | 5-30 Members          |
| <b>USASF All Star Elite Level 2</b>  |                         |                  |                         |                    |                       |
| <i>Level</i>   | <i>Division</i>         | <i>Age</i>       | <i>Age as of (date)</i> | <i>Female/Male</i> | <i>Number on Team</i> |
| 2  | Mini                    | 5-8 years old    | August 31, 2018         | Female/Male        | 5-30 Members          |
| 2  | Youth                   | 5-11 years old   | August 31, 2018         | Female/Male        | 5-30 Members          |
| 2  | Junior                  | 5-14 years old   | August 31, 2018         | Female/Male        | 5-30 Members          |
| 2  | Senior                  | 11-18 years old  | August 31, 2018         | Female/Male        | 5-30 Members          |
| <b>USASF All Star Elite Level 3</b>  |                         |                  |                         |                    |                       |
| <i>Level</i>   | <i>Division</i>         | <i>Age</i>       | <i>Age as of (date)</i> | <i>Female/Male</i> | <i>Number on Team</i> |
| 3  | Youth                   | 5-11 years old   | August 31, 2018         | Female/Male        | 5-30 Members          |
| 3  | Junior                  | 5-14 years old   | August 31, 2018         | Female/Male        | 5-30 Members          |
| 3  | Senior                  | 11-18 years old  | August 31, 2018         | No Males           | 5-30 Members          |
| 3  | Senior Co-Ed            | 11-18 years old  | August 31, 2018         | 1 or more Males    | 5-30 Members          |
| <b>USASF All Star Elite Level 4</b>  |                         |                  |                         |                    |                       |
| <i>Level</i>   | <i>Division</i>         | <i>Age</i>       | <i>Age as of (date)</i> | <i>Female/Male</i> | <i>Number on Team</i> |
| 4  | Youth                   | 8-11 years old   | August 31, 2018         | Female/Male        | 5-30 Members          |
| 4  | Junior                  | 8-14 years old   | August 31, 2018         | Female/Male        | 5-30 Members          |
| 4  | Senior                  | 11-18 years old  | August 31, 2018         | No Males           | 5-30 Members          |
| 4  | Senior Co-Ed            | 11-18 years old  | August 31, 2018         | 1 or more Males    | 5-30 Members          |
| 4  | Senior Open             | 14 years & older | December 31, 2019 *     | Female/Male        | 5-24 Members          |
| <b>USASF All Star Elite Level 4.2 (Building Level 4, Tumbling Level 2)</b> |                         |                  |                         |                    |                       |
| <i>Level</i>   | <i>Division</i>         | <i>Age</i>       | <i>Age as of (date)</i> | <i>Female/Male</i> | <i>Number on Team</i> |
| 4.2  | Senior                  | 11-18 years old  | August 31, 2018         | Female/Male        | 5-30 Members          |
| <b>USASF All Star Elite Level 5 Restricted</b>                             |                         |                  |                         |                    |                       |
| <i>Level</i>   | <i>Division</i>         | <i>Age</i>       | <i>Age as of (date)</i> | <i>Female/Male</i> | <i>Number on Team</i> |
| 5R   | Youth                   | 9-11 years old   | August 31, 2018         | Female/Male        | 5-38 Members          |
| 5R   | Junior                  | 9-14 years old   | August 31, 2018         | Female/Male        | 5-38 Members          |
| 5R   | Senior                  | 11-18 years old  | August 31, 2018         | Female/Male        | 5-38 Members          |
| <b>USASF All Star Elite Level 5</b>  |                         |                  |                         |                    |                       |
| <i>Level</i>   | <i>Division</i>         | <i>Age</i>       | <i>Age as of (date)</i> | <i>Female/Male</i> | <i>Number on Team</i> |
| 5  | Junior                  | 9-14 years old   | August 31, 2018         | No Males           | 5-38 Members          |
| 5  | Junior Co-Ed            | 9-14 years old   | August 31, 2018         | 1 or more Males    | 5-38 Members          |
| 5  | Senior XSmall           | 13-18 years old  | August 31, 2018         | No Males           | 5-16 Members          |
| 5  | Senior Small            | 13-18 years old  | August 31, 2018         | No Males           | 17-22 Members         |
| 5  | Senior Medium           | 13-18 years old  | August 31, 2018         | No Males           | 23-30 Members         |
| 5  | Senior Large            | 13-18 years old  | August 31, 2018         | No Males           | 31-38 Members         |
| 5  | Senior XSmall Co-Ed     | 13-18 years old  | August 31, 2018         | 1-2 Males          | 5-16 Members          |
| 5  | Senior Small Co-Ed      | 13-18 years old  | August 31, 2018         | 1-5 Males          | 5-22 Members          |
| 5  | Senior Medium Co-Ed     | 13-18 years old  | August 31, 2018         | 1-8 Males          | 5-30 Members          |
| 5  | Senior Large Co-Ed      | 13-18 years old  | August 31, 2018         | 1-19 Males         | 5-38 Members          |
| 5  | Senior Open             | 14 years & older | December 31, 2019 *     | No Males           | 5-24 Members          |
| 5  | Senior Open Small Co-Ed | 14 years & older | December 31, 2019*      | 1-4 Males          | 5-24 Members          |
| 5  | Senior Open Large Co-Ed | 14 years & older | December 31, 2019*      | 5-12 Males         | 5-24 Members          |

\*OPEN TEAM DIVISIONS: The USASF member database will calculate the age on December 31, 2019. Background checks are an eligibility requirement for "adult" athletes on open teams. "Adults" are athletes who are at least 21 years old as of December 31, 2019.

# IASF All Star Cheer INTERNATIONAL Divisions for 2018-2019

USASF sanctioned events may offer the following IASF divisions. **Please consult the IASF website for additional rules, restrictions, etc.**

Please note the following:

- An athlete must meet the age requirement within the calendar year of 2019.
  - EXAMPLE: If a 13-year-old athlete is participating in a division where the minimum age is 14; that athlete is legal for the division if the athlete turns 14 on or before December 31<sup>st</sup>, 2019.
  - EXAMPLE: If a 19-year-old athlete is participating in a division where the maximum age is 18; that athlete would be legal for the division if the athlete was 18 years old at any time in 2019.
- Minimum number of athletes for all divisions is 16. A penalty may be assessed for taking the floor with fewer than 16 athletes.
- The maximum numbers of males on a Co-Ed Division team may not exceed 2/3 of the total athletes on the team.
- Routine time limit for IASF Divisions is a maximum of 2:30.
  - Exception: Routine time limit for NON - TUMBLING Divisions is a maximum of 2:00.
  - Exception: IASF Global Divisions - Time Limit: 3:30. Cheer = 30 seconds(minimum) 40 second (maximum), 20 seconds to move from cheer to and set for music portion, 2:30 maximum for music portion.
- The USASF member database will calculate the age on December 31, 2019.

Background checks are an eligibility requirement for "adult" athletes on U.S. based open teams. "Adults" are athletes who are at least 21 years old as of December 31, 2019.

| <b>IASF All Star International Level 1</b> |  |                  |                         |                    |                       |
|--|--|------------------|-------------------------|--------------------|-----------------------|
| <i>Level</i>                               | <i>Division</i>  | <i>Age</i>       | <i>Age as of (date)</i> | <i>Female/Male</i> | <i>Number on Team</i> |
| 1  | International Junior                                     | 10-16 years old  | Age during 2019         | Female/Male        | 16-24 members         |
| 1  | International Senior                                     | 14-18 years old  | Age during 2019         | Female/Male        | 16-24 members         |
| <b>IASF All Star International Level 2</b> |  |                  |                         |                    |                       |
| <i>Level</i>                               | <i>Division</i>  | <i>Age</i>       | <i>Age as of (date)</i> | <i>Female/Male</i> | <i>Number on Team</i> |
| 2  | International Junior                                     | 10-16 years old  | Age during 2019         | Female/Male        | 16-24 members         |
| 2  | International Senior                                     | 14-18 years old  | Age during 2019         | Female/Male        | 16-24 members         |
| <b>IASF All Star International Level 3</b> |  |                  |                         |                    |                       |
| <i>Level</i>                               | <i>Division</i>  | <i>Age</i>       | <i>Age as of (date)</i> | <i>Female/Male</i> | <i>Number on Team</i> |
| 3  | International Junior                                     | 10-16 years old  | Age during 2019         | Female/Male        | 16-24 members         |
| 3  | International Senior                                     | 14-18 years old  | Age during 2019         | No males           | 16-24 members         |
| 3  | International Senior Co-ed                               | 14-18 years old  | Age during 2019         | Female/Male        | 16-24 members         |
| <b>IASF All Star International Level 4</b> |  |                  |                         |                    |                       |
| <i>Level</i>                               | <i>Division</i>  | <i>Age</i>       | <i>Age as of (date)</i> | <i>Female/Male</i> | <i>Number on Team</i> |
| 4  | International Junior                                     | 10-16 years old  | Age during 2019         | No Males           | 16-24 members         |
| 4  | International Junior Co-ed                               | 10-16 years old  | Age during 2019         | Female/Male        | 16-24 members         |
| 4  | International Senior                                     | 14-18 years old  | Age during 2019         | No Males           | 16-24 members         |
| 4  | International Senior Co-ed                               | 14-18 years old  | Age during 2019         | Female/Male        | 16-24 members         |
| 4  | International Open                                       | 14 years & older | December 31, 2019       | No Males           | 16-24 members         |
| 4  | International Open Co-Ed                                 | 14 years & older | December 31, 2019       | Female/Male        | 16-24 members         |
| <b>IASF All Star International Level 5</b> |  |                  |                         |                    |                       |
| <i>Level</i>                               | <i>Division</i>  | <i>Age</i>       | <i>Age as of (date)</i> | <i>Female/Male</i> | <i>Number on Team</i> |
| 5  | International Senior (Provisional)                       | 14-18 years old  | Age during 2019         | No Males           | 16-24 members         |
| 5  | International Senior Co-Ed (Provisional)                 | 14-18 years old  | Age during 2019         | 1-8 Males          | 16-24 members         |
| 5  | International Open NT (Non-Tumbling) (Provisional)       | 14 years & older | December 31, 2019       | No Males           | 16-30 members         |
| 5  | International Open Co-Ed NT (Non-Tumbling) (Provisional) | 14 years & older | December 31, 2019       | 1-20 Males         | 16-30 members         |
| 5  | International Open                                       | 14 years & older | December 31, 2019       | No Males           | 16-24 members         |
| 5  | International Open Small Co-Ed 4                         | 14 years & older | December 31, 2019       | 1-4 Males          | 16-24 members         |
| 5  | International Open Large Co-Ed 16                        | 14 years & older | December 31, 2019       | 5-16 Males         | 16-24 members         |
| 5  | International Global (Provisional)                       | 14 years & older | December 31, 2019       | No Males           | 16-24 members         |
| 5  | International Global Co-Ed (Provisional)                 | 14 years & older | December 31, 2019       | 1-16 Males         | 16-24 members         |
| <b>IASF All Star International Level 6</b> |  |                  |                         |                    |                       |
| <i>Level</i>                               | <i>Division</i>  | <i>Age</i>       | <i>Age as of (date)</i> | <i>Female/Male</i> | <i>Number on Team</i> |
| 6  | International Open NT (Non-Tumbling) (Provisional)       | 17 years & older | December 31, 2019       | Female/Male        | 16-30 members         |
| 6  | International Open                                       | 17 years & older | December 31, 2019       | No Males           | 16-24 members         |
| 6  | International Open Small Co-Ed 4                         | 17 years & older | December 31, 2019       | 1-4 Males          | 16-24 members         |
| 6  | International Open Large Co-Ed 16                        | 17 years & older | December 31, 2019       | 5-16 Males         | 16-24 members         |

# USASF All Star Cheer PREP Divisions for 2018-2019

| <b>USASF All Star PREP Level 1.1 (Building Level 1, Tumbling Level 1)</b>            |                 |                 |                         |                    |                       |
|--|-----------------|-----------------|-------------------------|--------------------|-----------------------|
| <i>Level</i>   | <i>Division</i> | <i>Age</i>      | <i>Age as of (date)</i> | <i>Female/Male</i> | <i>Number on Team</i> |
| 1.1  | Tiny            | 5-6 years old   | August 31, 2018         | Female/Male        | 5-30 Members          |
| 1.1  | Mini            | 5-8 years old   | August 31, 2018         | Female/Male        | 5-30 Members          |
| 1.1  | Youth           | 5-11 years old  | August 31, 2018         | Female/Male        | 5-30 Members          |
| 1.1  | Junior          | 5-14 years old  | August 31, 2018         | Female/Male        | 5-30 Members          |
| 1.1  | Senior          | 10-17 years old | August 31, 2018         | Female/Male        | 5-30 Members          |
| <b>USASF All Star PREP Level 2.1 (Building Level 2, no tosses, Tumbling Level 1)</b> |                 |                 |                         |                    |                       |
| <i>Level</i>   | <i>Division</i> | <i>Age</i>      | <i>Age as of (date)</i> | <i>Female/Male</i> | <i>Number on Team</i> |
| 2.1  | Mini            | 5-8 years old   | August 31, 2018         | Female/Male        | 5-30 Members          |
| 2.1  | Youth           | 5-11 years old  | August 31, 2018         | Female/Male        | 5-30 Members          |
| 2.1  | Junior          | 5-14 years old  | August 31, 2018         | Female/Male        | 5-30 Members          |
| 2.1  | Senior          | 10-17 years old | August 31, 2018         | Female/Male        | 5-30 Members          |
| <b>USASF All Star PREP Level 3.1 (Building Level 3, no tosses, Tumbling Level 1)</b> |                 |                 |                         |                    |                       |
| <i>Level</i>   | <i>Division</i> | <i>Age</i>      | <i>Age as of (date)</i> | <i>Female/Male</i> | <i>Number on Team</i> |
| 3.1  | Youth           | 5-11 years old  | August 31, 2018         | Female/Male        | 5-30 Members          |
| 3.1  | Junior          | 5-14 years old  | August 31, 2018         | Female/Male        | 5-30 Members          |
| 3.1  | Senior          | 10-17 years old | August 31, 2018         | Female/Male        | 5-30 Members          |
| <b>USASF All Star PREP Level 3.2 (Building Level 3, no tosses, Tumbling Level 2)</b> |                 |                 |                         |                    |                       |
| <i>Level</i>   | <i>Division</i> | <i>Age</i>      | <i>Age as of (date)</i> | <i>Female/Male</i> | <i>Number on Team</i> |
| 3.2  | Youth           | 5-11 years old  | August 31, 2018         | Female/Male        | 5-30 Members          |
| 3.2  | Junior          | 5-14 years old  | August 31, 2018         | Female/Male        | 5-30 Members          |
| 3.2  | Senior          | 10-17 years old | August 31, 2018         | Female/Male        | 5-30 Members          |

Please refer to the USASF 2018-2019 Cheer Safety Rules for modifications. The specific page number is referenced in the Table of Contents of the USASF 2018-2019 Cheer Safety Rules.

## **ALL STAR CHEER PREP GUIDELINES**

- All teams are combined female/male - prep teams will not be classified as co-ed, regardless of the number of males on a team.

### **All Star Prep Level/Safety Rule Differences from All Star Elite (Traditional All Star):**

- Routines may not exceed 2:00 minutes
- No Tosses permitted  
*Clarification:* This includes "Sponge" (also known as Load In or Squish) tosses.  
*Clarification:* All waist level cradles are illegal.
- Performances may be performed on spring floor or carpet bonded foam.
- All Star Prep can be offered at both 1 and 2-day events. HOWEVER, if offered at 2-day events, Prep divisions will perform ONE TIME ONLY.

# USASF All Star Cheer NOVICE Divisions for 2018-2019

| USASF All Star NOVICE – Tiny Novice |          |                 |                  |             |                |
|-------------------------------------|----------|-----------------|------------------|-------------|----------------|
| Level                               | Division | Age             | Age as of (date) | Female/Male | Number on Team |
| 1 w/Restrictions                    | Tiny     | 3-6 years old   | August 31, 2018  | Female/Male | 5-30 Members   |
| USASF All Star NOVICE Level 1       |          |                 |                  |             |                |
| Level                               | Division | Age             | Age as of (date) | Female/Male | Number on Team |
| 1                                   | Mini     | 5-8 years old   | August 31, 2018  | Female/Male | 5-30 Members   |
| 1                                   | Youth    | 5-11 years old  | August 31, 2018  | Female/Male | 5-30 Members   |
| 1                                   | Junior   | 5-14 years old  | August 31, 2018  | Female/Male | 5-30 Members   |
| 1                                   | Senior   | 10-17 years old | August 31, 2018  | Female/Male | 5-30 Members   |
| USASF All Star NOVICE Level 2       |          |                 |                  |             |                |
| Level                               | Division | Age             | Age as of (date) | Female/Male | Number on Team |
| 2                                   | Mini     | 5-8 years old   | August 31, 2018  | Female/Male | 5-30 Members   |
| 2                                   | Youth    | 5-11 years old  | August 31, 2018  | Female/Male | 5-30 Members   |
| 2                                   | Junior   | 5-14 years old  | August 31, 2018  | Female/Male | 5-30 Members   |
| 2                                   | Senior   | 10-17 years old | August 31, 2018  | Female/Male | 5-30 Members   |
| USASF All Star NOVICE Level 3       |          |                 |                  |             |                |
| Level                               | Division | Age             | Age as of (date) | Female/Male | Number on Team |
| 3                                   | Youth    | 5-11 years old  | August 31, 2018  | Female/Male | 5-30 Members   |
| 3                                   | Junior   | 5-14 years old  | August 31, 2018  | Female/Male | 5-30 Members   |
| 3                                   | Senior   | 10-17 years old | August 31, 2018  | Female/Male | 5-30 Members   |

Please refer to the USASF 2018-2019 Cheer Safety Rules for modifications. The specific page number is referenced in the Table of Contents of the USASF 2018-2019 Cheer Safety Rules.

## **ALL STAR NOVICE GUIDELINES**

- All teams are combined female/male - prep teams will not be classified as co-ed, regardless of the number of males on a team.

## **ALL STAR NOVICE Level/Safety Rule Differences from All Star Elite (Traditional All Star)**

- Routines may not exceed 1:30 minute
- No Tosses permitted  
*Clarification:* This includes “Sponge” (also known as Load In or Squish) tosses.  
*Clarification:* All waist level cradles are illegal.
- Performances may be performed on spring floor or carpet bonded foam.
- Novice can be offered at both 1 and 2-day events. HOWEVER, if offered at 2-day events, Novice divisions will perform ONE TIME ONLY.
- Teams will be evaluated on a rating system only and not scored against other teams.
  - Recommended ratings are Superior (Highest), Excellent, and Outstanding. Please check with your specific event producer for their ranking system and rating classifications.
- Tumbling skills are allowed and will follow the level rules for that level but will not be rated nor are they required.
- Tiny Novice Only: No Building skills permitted (includes tosses, stunts and pyramids).
- Tiny Novice Only: The ONLY TWO TUMBLING skills allowed are cartwheels and forward rolls. Handstands, backbends/bridges, etc. are not allowed.



# USASF All Star Cheer FUNDamental Program for 2018-2019

This is an in-house program only. *Teams will not compete but may choose to exhibition the USASF provided choreography (see exhibition guidelines).*

## FUNDamental GUIDELINES

As a benefit of membership, the US All Star Federation offers a true entry level class program for USASF member programs to utilize as an offering to customers. This program will be an in-house class format. FUNDamentals is an opportunity for athletes to experience All Star in a seasonal, lower commitment, lower cost, entry level, non-competitive format. Progressions will be used to further separate the rules into smaller sections that are more conducive to the shorter season and will include a variety of skill sets. A coach will be able to choose the progression that is best suited for their athletes and has an opportunity to offer three concurrent class sessions. The progressions will be included when the routines are released mid-August.

- The program includes:
  - Music
  - Curriculum that leads to Choreography
  - Lesson/Practice Plans will be provided to USASF
  - Parent Engagement Tools
  - Activity Book for Participants
  - Implementation Guide
- Member programs who wish to utilize this benefit will opt-in to the FUNDamentals Program. Opt-in is done by the program, through their USASF Member profile and will be available mid-August.
- Members must agree to the FUNDamentals terms and conditions to have access to the FUNDamentals resources. Terms and conditions can be found in the program member profile.
- The intent of the FUNDamentals offering is to have a program that INTRODUCES interested participants to All Star Cheer. It is designed as an in-house **class** program. It is not meant to create a team or go to an event. A Program, however, may **choose** to take Fundamentals class participants to a Sanctioned Event to perform their routine as an **exhibition**, provided they adhere to the following:
  - May not enter as a team that would be ranked or compete.
  - Must request a one-day music license from the USASF to use the music outside their All Star facility.
  - May wear t-shirt and shorts or practice wear for their exhibition performance
  - Meet all membership and sanctioned event requirements for Exhibition Performances.
- Exhibition performances may be performed on spring floor or carpet bonded foam.



# USASF All Star CheerABILITIES - Exceptional Athlete Division for 2018-2019

| USASF All Star CheerAbilities (formerly Special Needs) |                 |            |                         |                    |                       |
|--|-----------------|------------|-------------------------|--------------------|-----------------------|
| <i>Level</i>   | <i>Division</i> | <i>Age</i> | <i>Age as of (date)</i> | <i>Female/Male</i> | <i>Number on Team</i> |
| Up to Level 2  | CheerABILITIES  | Any Age    | Not applicable          | Female/Male        | Unlimited             |

*CheerABILITIES teams may perform skills up to and including level 2 with modifications as outlined in the USASF Cheer Safety Rules. Please refer to the USASF Cheer Safety Rules for additional, specific rules.*

NOTE: All CheerABILITIES teams will compete and/or exhibition in one division with skills that are permitted as indicated above

## **ALL STAR CheerABILITIES GUIDELINES**

Please refer to the USASF 2018-2019 Cheer Safety Rules for modifications. The specific page number is referenced in the Table of Contents of the USASF 2018-2019 Cheer Safety Rules.

# Guidelines for Combining and/or Splitting Divisions

The USASF provides guidelines for COMBINING and/or SPLITTING divisions in the best interest of providing a competitive environment. Whenever possible, there should be at least 2 teams in any given division and level. The guidelines listed herein will provide the basis for how this will be accomplished. There will be instances, however, where there are not permissible combinations thus having a division that may only have one team.

Definitions for this section:

**May** means that an event producer is **permitted** to combine or split but is not required. Anything that reads **may** is left to the discretion of the event producer.

**Must** means that an event producer is **required** to combine or split if the division meets the criteria set forth in the guidelines.

**May not** means that the event producer is **prohibited** to combine or split the division.

**LEVELS 1-4 and 4.2:** The divisions listed above for Levels 1-4 and 4.2 may be split into Small (5-22) and Medium (23-30) per the **SPLIT GUIDELINES** found on page 10. A further optional split of Small into XSmall (5-16) and Small (17-22) may also occur.

**LEVEL 5R & 5 Non-Worlds DIVISIONS:** Youth 5R, Junior 5R, Senior 5R, Junior 5 and Junior Co-ed 5 divisions may be split into Small (5-22) and Large (23-38) per the **SPLIT GUIDELINES** found on page 9. A further optional split of Small into XSmall (5-16) and Small (17-22) and/or Large into Medium (23-30) and Large (31-38) may also occur.

**SENIOR / SENIOR OPEN LEVEL 5 (All-Girl & Co-Ed) Divisions:** These divisions will be offered as stand alone divisions on the age grid. Event Producers will follow the combination guidelines at events to determine the best course of action for promoting competition amongst the registered teams. Please see the following for the Combining Guidelines.

## WHEN TO COMBINE DIVISIONS

### PERMITTED COMBINATIONS:

- Junior Co-Ed Level 5 & Junior Level 5
- Senior Co-ed Level 3 & Senior Level 3
- Senior Co-Ed Level 4 & Senior Level 4

A combination applies to single registrations in EITHER division:

- If there is one co-ed registration and/or one all-girl registration, the division **may** be combined.
- After the division is combined, the event producer **must** follow the mandatory split guidelines if applicable.

### USASF Club Senior All-Girl Level 5 Divisions (at bid or non-bid giving events)

*Level 5 Senior XSmall, Senior Small, Senior Medium and Senior Large*

When registrations leave a division with a single team, the event producer will look at all possible combinations to ensure competition across divisions.

The event producer **may** combine divisions in one or more of the following permissible combinations:

- XSmall & Small
- XSmall, Small & Medium
- XSmall & Medium (if no small teams are registered)
- Small & Medium
- Small, Medium & Large
- Small & Large (if no medium teams are registered)

### USASF Club Senior Co-ed Level 5 Divisions (at bid or non-bid giving events)

*Level 5 Senior XSmall Co-ed, Senior Small Co-ed, Senior Medium Co-ed and Senior Large Co-ed*

When registrations leave a division with a single team the event producer **may** combine divisions in one of the following permissible combinations:

- XSmall & Small
- XSmall, Small & Medium
- XSmall & Medium (if no small teams are registered)
- Small & Medium
- Small, Medium & Large
- Small & Large (if no medium teams are registered)

## USASF Senior Open 5 Divisions: Co-ed Divisions Only (at bid or non-bid giving events)

When registrations leave a division with a single team the event producer **may** combine divisions in the following permissible combination:

- Senior Open Small Co-ed Level 5 & Senior Open Large Co-ed Level 5

## USASF International Divisions: Co-ed Divisions Only (at bid or non-bid giving events)

When registrations leave a division with a single team the event producer **may** combine divisions in one of the following permissible combinations:

- International Open Small Co-ed 4 - Level 5 & International Open Large 16 Co-ed - Level 5
- International Open Small Co-ed 4 Level 6 & International Open Large Co-ed 16 Level 6

## PROHIBITED COMBINATIONS:

- Senior Level 5 XSmall and Senior Level 5 Large size teams **may not** be combined into one division.
- Senior Open 5 (All-Girl) and Senior Open 5 Co-ed divisions **may not** be combined into one division.
- International Open (All-Girl) and International Open Co-ed divisions **may not** be combined into one division.
- International Senior 5 and International Senior Co-ed 5 divisions **may not** be combined into one division.
- International Open NT 5 and International Open Co-ed NT 5 divisions **may not** be combined into one division.
- International Global 5 and International Global Co-ed 5 divisions **may not** be combined into one division.
- Teams of different ages **may not** be combined into one division.
- Teams of different levels **may not** be combined into one division.

## WHEN TO SPLIT DIVISIONS:

### SPLIT PARAMETERS:

(A) If it is not possible to implement the mandatory split for any given division, the event producer may move to the any of the next permissible splits so long as there will be at least two teams in each division.

(B) If the mandatory split is implemented, and the event producer chooses to implement an additional split, they may choose to implement any or all of the additional splits so long as they follow the guidelines as outlined below.

### PROHIBITED SPLIT:

International Open divisions are not permitted to be further split by team size.

### ORDER OF SPLITTING: *Specific to divisions that are permitted to split by co-ed/all-girl and team size*

#### Senior Restricted 5 and Senior Level 4.2

Event producers will split division first by co-ed and all-girl (when applicable) and then by team size (small or large). Both these splits are mandatory if they apply.

#### Junior Restricted 5

Event producers will split division first by team size (small or large) and then by co-ed and all-girl (when applicable).

## MANDATORY CO-ED SPLITS

***Co-ed splits only apply to the divisions listed below. If the division is not listed below, a co-ed split is NEVER an option:***

**When to use the co-ed split:** When there will be 2 or more teams in each respective division

#### Senior Restricted Level 5

- First Split (if possible): Co-ed | All-Girl
- Second Split (if possible): Team Size
- Optional Splits, when applicable

#### Senior Level 4.2

- First Split (if possible): Co-ed | All-Girl
- Second Split (if possible): Team Size
- Optional Splits, when applicable

#### Junior Restricted Level 5

- First split (if possible): Team Size
- Second Split (if possible): Co-ed | All-Girl
- Optional Splits, when applicable

**For Junior Restricted Level 5:** If a division cannot be split by size (i.e. 5 total teams comprised of 4 small and 1 large), but can be split into co-ed and all-girl divisions with at least two teams remaining in each division, then the event producer **may** make this split at their discretion, despite not having split the division into small and large. **This is an optional split.**

**For Senior Restricted Level 5 or Senior 4.2:** If either division cannot be split by co-ed and all-girl but can be split by team size with at least two teams remaining in each division, then the event producer **must** make this split.

Splits may only occur when there are at least **two** teams that will ultimately be registered in each respective division.

**No other division may be split into Co-Ed.**

With the exception of the divisions listed above, all non-Worlds divisions will split as follows so long as there are at least 2 teams in each division after the split occurs:

**Mandatory Split** (required to split if 2 or more teams will be in each division): Team Size

**Optional:** Further Split by Team Size

**Optional:** Division Split for DI and DII

**Optional:** A|B Division Split

### **MANDATORY SPLIT: TEAM SIZE SPLIT [when applicable]**

#### **Levels 1-4 & 4.2: SPLIT FOR SMALL | MEDIUM TEAM SIZES**

Event producers **must** split the division into Small and Medium divisions when there are at least **two** teams that will ultimately be registered in each respective division. The designation of Small and Medium divisions must follow the team sizes below:

Small = 5–22 members

Medium = 23–30 members

#### **Levels 5R & Junior 5 Divisions (ONLY): SMALL | LARGE SPLITS**

*Level 5R: Youth, Junior, Senior & Level 5: Junior, Junior Co-ed*

Event producers **must** split the Level 5R and/or Level 5 Junior Divisions into Small and Large team size when there are at least **two** teams that will ultimately be registered in each respective division. The designation of Small and Large divisions must follow the team sizes below:

Small = 5–22 members

Large = 23–38 members

### **ADDITIONAL OPTIONAL SPLITS [when applicable]:**

*Event producers may or may not choose to further split divisions in the interest of competition. The splits outlined below are OPTIONAL and may be applied in any order. No division may be subdivided further if it means that only **one** team will be left in a division.*

## **1. SPLIT BY TEAM SIZE**

#### **Levels 1-4 & 4.2: SPLIT FOR XSMALL | SMALL | MEDIUM TEAM SIZES**

Event producers **may** split the division into XSmall and Small divisions when there are at least **two** teams that will ultimately be registered in each respective division. The designation of XSmall and Small divisions must follow the team sizes below:

XSmall = 5-16 members

Small = 17-22 members

If the division is unable to be split by Small and Medium because there is only one team with 23-30 members but there are enough teams to split the division into XSmall and Small/Medium, the event producer may split according to the following team sizes:

XSmall = 5-16 members

Small/Medium = 17-30 members

#### **LEVEL 5R & Junior 5 Divisions SMALL: SPLIT FOR XSMALL | SMALL**

*Level 5R: Youth, Junior, Senior & Level 5: Junior, Junior Co-ed*

Event producers **MAY** split the Level 5R and/or Junior Level 5 Divisions into XSmall and Small Team size when there are at least **two** teams that will ultimately be registered in each respective division. The designation of XSmall and Small divisions must follow the team sizes below:

XSmall = 5–16 members

Small = 17–22 members

An event producer must keep teams of 5-22 members in Small division, unless there are enough teams to split 2 teams each into XSmall and Small

#### **LEVEL 5R & Junior 5 Divisions LARGE: SPLIT FOR MEDIUM | LARGE**

*Level 5R: Youth, Junior, Senior & Level 5: Junior, Junior Co-ed*

Event producers **MAY** split the Level 5R and/or Junior Level 5 Divisions into Medium and Large Team size when there are at least **two** teams that will ultimately be registered in each respective division. The designation of Medium and Large divisions must follow the team sizes below:

Medium = 23-30 members

Large = 31-38 members

An event producer must keep teams of 23–38 members in Large division unless there are enough teams to split 2 teams each into Medium and Large.

## 2. SPLIT BY DIVISION: DI | DII

Event producers **may** split the division into Division I (DI) and Division II (DII) when there are at least **two** teams that will ultimately be registered in each respective division. The designation of DI and DII divisions must follow the USASF Division II definition.

### **“DIVISION II” Definition**

- A “Division II” PROGRAM is defined as having **125 or fewer** athletes registered in its competitive cheer program. Exhibition teams, crossover athletes, **FUNDamental athletes**, **Novice athletes**, CheerABILITIES athletes and dance teams do not count toward the 125 or fewer athletes. All Star Cheer Elite and Prep athletes **are** counted toward the 125 athletes or fewer.
- It is up to the event producer’s discretion as to how to monitor “Division II” status for their particular event, given the definition provided.
- Multiple-location programs must follow the Program Classification as outlined in USASF PROGRAMS: CLASSIFICATIONS & PROGRAM DEFINITION

Once a program has 126 (or more) competitive Elite and/or Prep cheer athletes, **OR "opts-in" to compete DI** the program is no longer eligible for Division II status for the remainder of the competitive season regardless of the number of athletes that may have in their program at any given time.

Events that allow any program, regardless of division eligibility, will be referred to as “Open” events.

When the DI | DII split is available at an open event, all teams from the program must compete in the same Division. There may be some divisions that do not meet the requirements for splitting, therefore leaving DI and DII programs competing against each other. This is permitted and will not force a DII program to “opt-in” to DI for all teams. HOWEVER, if there is a DI | DII split and a DII program CHOOSES to have one of their teams compete in the DI split – ALL TEAMS must compete in DI splits at this event and ALL FUTURE EVENTS.

\* For further information/clarification see **USASF PROGRAMS: CLASSIFICATIONS & PROGRAM DEFINITION**

## 3. A/B SPLIT

If after implementing the mandatory split there are **10 or more** teams in any given division, then event producers **may** split that division further by squad size. The event producers must use a name such as “Group A”, “Group B” to denote the split and must clearly define the number of competitors permitted on the team for each of these particular divisions.

### **SPLIT EXCEPTION FOR TEAMS FROM THE SAME PROGRAM**

Teams from the same program, **regardless of their location**, will not have to compete against themselves if they have 2 teams of different size that coincide with the **MANDATORY SPLIT TEAM SIZE** for their respective levels. A mandatory split would occur even it means that a division is left with only one team performing.

**Levels 1-4 and 4.2:** Teams from the same program will not compete against themselves if they have a Small and Medium team in the same division and level. *There is NOT a mandatory split for XSmall and Small team sizes from the same program in the same division and level.*

**Levels 5R and Junior Level 5:** Teams from the same program will not compete against themselves if they have a Small and Large team in the same division and level. *There is NOT a mandatory split for XSmall/Small or Medium/Large teams sizes from the same program in the same division and level.*

*NOTE: Teams of the same size from the same program will NOT be split and **must** compete against each other.*

### **DII ONLY - EVENTS / SESSIONS**

An event producer may **guarantee** DII splits in **all** divisions with DII only events or DII only sessions.

Programs that do not qualify for DII based on program numbers OR programs that qualify as DII but opt-in to DI for the current season would not be permitted at a DII only event.

Events that allow any program, regardless of division eligibility, will be referred to as “Open” events.  
DII only events will be referred to as “DII” events.

Events that follow the USASF guidelines combinations/splits which result in DII splits for some divisions do not need to follow the guidelines below.

An event producer may offer both an Open event and DII event on the same day in the same venue as long as they:

1. Clearly indicate they are separate events from the beginning. This includes, but is not limited to:
  - a. All communication to potential customers
  - b. Listing them as separate events on all advertising, promotional materials and website.
2. Include “DII only” or “Division II only” in their event description and event name.
3. Create separate events in the USASF member portal and instruct all programs to associate their roster to the **CORRECT** event

4. Structure the day in such a fashion that all programs attending the two events (Open and DII) are not co-mingled in any fashion.  
Examples:
  - a. Events in a single venue should start one event early in the day and complete the awards ceremony or ceremonies prior to the performances of the other event beginning. A clear separation in the schedule with performances and awards concluding for one before the other begins.
  - b. Events in a facility with multiple venues (such as halls) may run them concurrently HOWEVER each venue (or hall) should be designated for either Open or DII. The 2 events should not take place in the same hall.
5. Awards must be based on the separate events. For example, you may not pool the scores from both the Open and the DII events to determine a single grand champion or level champions.
6. DII only sessions: An EP may offer guaranteed DII only sessions at an Open event in the beginning, end or throughout the event. If so, the above applicable guidelines must be followed, by session, and may not co-mingle with the Open sessions/awards.  
Examples:
  - a. A DII session may not have one panel as DII and another panel alternating with Open divisions.
  - b. A DII session may not have DII teams compete first followed by Open teams in the same session and then have them together for the announcement of awards.
7. Worlds Bid Events: When an event producer hosts both a "DII only" Event and an "Open" Event in the same weekend and the World Bid Giving divisions are associated to the "Open Event", a DII eligible program may:
  - a. Register the Worlds eligible team (or teams) ONLY for and associate their roster(s) to the OPEN event.
  - b. Register and associate all of their **non-Worlds** teams from their program to the DII only event.