

2018 2019

Safety Rules

Teams must adhere to the following sets of safety rules according to their team affiliation and division entered.

DIVISION/AFFILIATION	RULE SET	ROUTINE MIN	OFFERED	OFFERED
		MAX	@ OPENS	@ NATIONALS
Traditional Recreation	AACCA	n/a 2:30 min	X	X
Performance Recreation	USASF	n/a 2:30 min	X	X
Junior High/Middle School	AACCA	n/a 2:30 min	X	X
Freshman, Junior Varsity, Varsity*	AACCA	n/a 2:30 min	X	X
Collegiate	AACCA College Rules	n/a 2:30 min	X	X
Intermediate Collegiate	AACCA College Rules with Cheer Ltd Restrictions	n/a 2:30 min	X	X

* Teams competing in the NCHSAA Invitational and Cheer Ltd PreStates must follow NFHS Rules

SPECIALTY:

Individual Cheerleader	Scholastic: AACCA Allstar: USASF (per age/level guidelines)	n/a 1:30 min	X	X
Solo Dancer	USASF Dance Rules	n/a 1:30 min	X	X
Stunt Group	Scholastic: AACCA Allstar: USASF (per age/level guidelines)	n/a 1:30 min	X	X
Dance Duo	USASF Dance Rules	n/a 2:15 min		X
Dance Trio	USASF Dance Rules	n/a 2:15 min		X

Divisions

- All divisions offered by Cheer Ltd are available at www.cheerltd.varsity.com.
CANAM Nationals divisions are available at www.cheer-ltd-nationals-at-canam.com.
- Cheer Ltd reserves the right to combine, divide, add, or delete divisions based on registration for each event.
All star divisions will be combined/subdivided according to the guidelines set forth by the USASAF.

Surface and Flooring

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Music and Timing

- Each team, individual, and stunt group will be responsible for providing someone to play/pause/stop/control music. Depending on the event location, some players may not be available. Please do not only have an iPhone or iPod as your only source of routine music.
- Routine time maximum/minimum limits are outlined in the table above. School and Recreation teams are allowed a max music time of 1:30 unless they are in an Open division which allows the routine to be all music or music/cheer time as they choose.
- All Star, Dance, Dance Solo, Open Scholastic, Open Recreation and Small Group (Stunt, Duo, Trio) routines are all-music. Traditional scholastic & recreation routines are judged on UCA scoresheets where cheer and crowdleading are very important. A maximum of 1:30 music is allowed leaving 1:00 for crowdleading/cheer which should include cheer/chants/signs/poms - anything to lead the crowd. Collegiate team routines do not have a maximum of music allowed but do have "voice" and "crowdleading" on the Cheer Ltd College scoresheet so voice MUST be heard in a cheer/chant. Individual cheer routines (school or allstar) are performed on a spring floor and the athlete is limited by the age/division restrictions per AACCA or USASF.
- Timing will begin with the first organized movement, choreographed vocal, or beat of music. Spirited entrances and exits are permitted and are not included in the routine time above. All events have strict time limits so fast and efficient entrances and exits are expected.
- A Three (3) point deduction for 1-5 seconds over, Five (5) point deduction for 6-10 seconds over, and Seven (7) point deduction for 11 seconds and over. Judges will not issue a deduction until their stop watches show a time of 3 seconds over the allotted time. *USASF cheer and dance team rules do include a maximum routine length and therefore any routine's music that is over the 2:30 time limit will be deducted starting at 2:31 as outlined.

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Tie Break Policy

In the event of a tie, the following protocol is followed at all events:

1. The team with the lowest Falls/Errors Deduction (right side of deduction sheet for school, rec., and college teams) will break the tie.
2. If the Falls/Errors Deduction is the same and a tie still remains, all difficulty categories will be added to break the tie

Out of Bounds

Cheer Ltd does not recognize or penalize for going off the performance surface (cheer mat or dance floor), although a tumbling skill or stunt/pyramid that occurs in part or completely outside of the designated floor will be warned or penalized depending on the severity if the deduction/safety judge(s) consider it unsafe. All sets of safety rules require these skills be performed on a proper surface so most tumbling and stunting skills that occur off a mat will be considered illegal.

Judging and Scoring Clarification Protocol

Cheer Ltd will make every effort to contact a coach prior to a final awards ceremony at PreState and Open Championships to inform them of an illegality when placement has been effected. There are some events where this is not possible due to, but not limited to, judging administrator availability, time constraints, scheduling, etc.

At Cheer Ltd Nationals and Open Championships with more than 80 teams, Accuscore will be available for coaches for deduction clarifications.

Varsity Video Media Policy 2018-2019

No commercial recording (audio or visual) or commercial live streaming is allowed in the event venue or other event-related venues (including, but not limited to, hotels and restaurants) or on the grounds of any such venues (collectively, "Event Locations"). In the event a team authorizes the commercial recording or streaming in any Event Location, the team will be automatically disqualified. In addition, the personal, non-commercial use of live streaming apps (such as Periscope, Facebook Live, etc.) to capture all or any part of a performance during the event is not permitted. By attending/purchasing admission to the event, each attendee grants permission to Varsity Spirit, LLC and its affiliates, designees, agents, licensees, and invitees to use the image, likeness, actions and statements of the attendee in any live or recorded audio, video, film, or photographic display or other transmission, exhibition, publication, or reproduction made of, or at, the event in any medium whether now known or hereafter created, or context for any purpose including commercial or promotional purposes without further authorization or compensation.

Varsity All Star will ultimately decide if there is enough evidence available to support the disqualification and will make a final decision on the status of that program/team. In the spirit of protecting our athletes, we hope you understand this no tolerance policy.

Questions?

Call Cheer Ltd 800-477-8868 or email Lori Wickham at loriw@varsitygainesville.com