

Competition Rules and Guidelines

It is important that coaches and all team members understand and abide by all safety regulations. USASF rules will apply for all star teams and National Federation rules for school/rec teams. Consult the National Federation rules for Spirit Groups book for a complete listing and explanations for school teams. Some highlights which apply to school cheerleading are as follows:

1. No jewelry is allowed. This includes all piercings such as bell button, tongue, ears, nose etc. If such religious or medical medals must be worn, they should be taped to the body under the uniform.
2. Cheer: No glitter is allowed (face, hair, and body). Glitter may be used on a sign if it is laminated.
3. All hair should be fastened with soft holders and cosmetic holders such as hair spray or mousse. Any hair items that fall onto the floor must be immediately removed without being stepped on.
4. Fingernails should be cut so they are not visible above the fingertips when looking at the palm. NO acrylic or press-on nails are allowed.
5. National Federation violations will result in a 10-point penalty. All other violations (timing, sportsmanship, foot fault) will result in a 5 point penalty.

Interruption of Performances

1. If, in the opinion of the tournament officials, a team's routine is interrupted because of failure of tournament equipment, facilities, or other factors attributable to the tournament rather than the team, the team will be allowed to present its routine from the place where the interruption occurred or the entire routine. The degree and effect of the interruption will be determined by the tournament officials. In the event that a team's routine is interrupted because of failure of the team's own equipment the team must either continue the routine or withdraw from the competition.
2. In the event of an injury, tournament officials or coaches reserve the right to stop the routine. The team will be allowed to present its routine from the place in the routine where the interruption occurred or the entire routine.

Cheer General Rules

1. Each team will have a maximum of two minutes and thirty seconds to perform their routine. Timing will begin with the first movement, voice, or first note of music, whichever comes first.
2. If a school team uses music in its presentation, the music portion must not exceed one minute and thirty seconds. Music and choreography should be appropriate for family viewing. Each team will be responsible for playing their own music.
3. All introductions (tumbling, entrance, chants, spell-outs, etc) are considered part of the routine and are timed as part of the performance. There should not be any organized exits or other activities after the official ending of the routine. A spirited run-on and/or run off would not be timed.

General Guidelines

If in the opinion of the judges or the event coordinator that it is evident that the parents of a team are creating a disruption, the coach of that team will receive a warning. If a second warning is required the team could be disqualified.