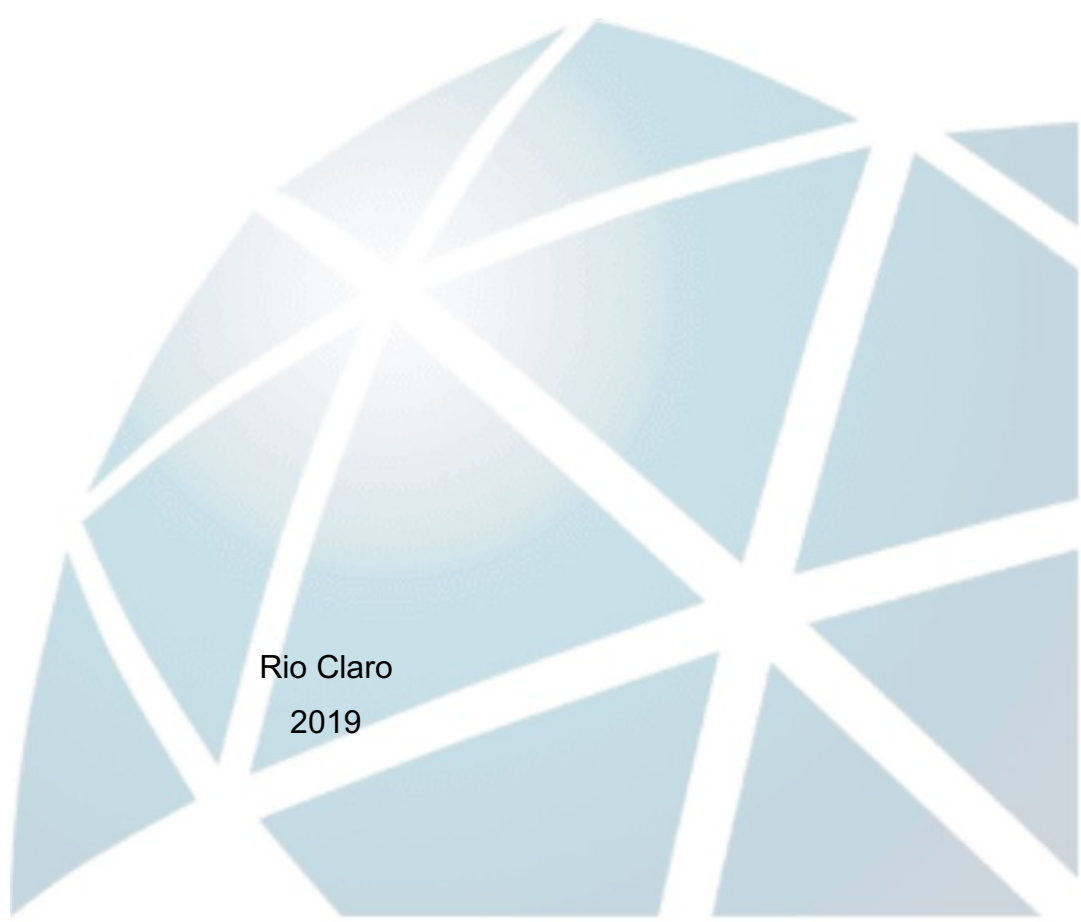

EDUCAÇÃO FÍSICA

Andreas Bredariol da Cunha

Uma breve história do cheerleading
no Brasil

Rio Claro
2019



Andreas Bredariol da Cunha

Uma breve história do cheerleading no Brasil

Orientador: **FLÁVIO SOARES ALVES**

Trabalho de Conclusão de Curso
apresentado ao Instituto de Biociências da
Universidade Estadual Paulista “Júlio de
Mesquita Filho” - Câmpus de Rio Claro,
para obtenção do grau de Bacharel em
Educação Física.

Rio Claro

2019

C972b Cunha, Andreas
Uma breve história do cheerleading no Brasil / Andreas
Cunha. -- Rio Claro, 2019
54 p.

Trabalho de conclusão de curso (Bacharelado - Educação
Física) - Universidade Estadual Paulista (Unesp), Instituto de
Biociências, Rio Claro
Orientador: Flávio Soares Alves

1. Cheerleading. 2. Cheerleading Brasileiro. 3. História do
Cheerleading. I. Título.

Sistema de geração automática de fichas catalográficas da Unesp. Biblioteca do
Instituto de Biociências, Rio Claro. Dados fornecidos pelo autor(a).

Essa ficha não pode ser modificada.

RESUMO

Nesta pesquisa fazemos uma descrição sobre a formação do “cheerleading” enquanto uma prática esportiva emergente na sociedade atual. Abordamos o modo com este esporte específico se constitui na interface com outros esportes e com a arte. Fazemos o registro de uma experiência individual com esta prática agregada de um material apropriado para a formação de atletas. Em nossa interpretação trazemos para o debate teórico os elementos referentes a uma dimensão ética, estética e política implicada na nova modalidade de esporte.

SUMÁRIO

1. INTRODUÇÃO	5
2. UMA BREVE HISTÓRIA DO CHEERLEADING	5
2.1 Terminologia.....	6
2.2 Regulamento	8
2.3 Tablado	8
2.4 Quantidade de Atletas	8
2.5 COED/All Girl.....	9
2.6 Universitário/All Star	9
2.7 Níveis de Segurança	10
3. CARACTERIZAÇÃO	11
4. COMPETIÇÕES	13
5. TREINAMENTO	15
6. MERCADO	17
7. A ALEGRIA	18
8. CONSIDERAÇÕES FINAIS	19
9. REFERNCIAS	21
10. Anexos	22
10.1. U.S. All Star Federation Club Cheer & Dance Team.....	22
10.2. U.S. All Star Federation Dance Age Grid Categories.....	39
10.3. Varsity All Star Scoring System.....	46

1. INTRODUÇÃO

O cheerleading tem sua criação nos EUA no final dos anos de 1800 e desde então, vem crescendo e se expandindo ao redor do mundo. No Brasil, desde 2007 pode-se observar seu crescimento, com a crescente quantidade de ginásios e equipes que surgem todo ano, assim como o mercado interno que se criou para atender algumas demandas desse público. Muito distante da imagem hoje conhecida, o cheerleading tem sua criação no final dos anos de 1800 nos EUA e era um universo ocupado apenas por homens.

Desde então, essa prática corporal vem se desenvolvendo e evoluindo, deixando de ser apenas para animar os jogos de outras modalidades e passar a ser reconhecida como um esporte, possuindo diversos órgãos internacionais que gerem e fomentam o esporte ao redor do mundo.

Visto isso, “Uma Breve História do Cheerleading no Brasil” representa com clareza o principal desejo desse projeto. Contar de forma breve, porém clara, as belezas e características do esporte.

Em mais de 6 anos de prática e envolvimento, pude acompanhar de perto, grande parte das mudanças dentro do cenário competitivo do país, desde o surgimento de novas equipes a cada ano, o crescimento no número de campeonatos e seus participantes, e pude ver e participar da formação de entidades voltadas a regularização e desenvolvimento do esporte no país.

Desde sua chegada no país, cerca de 10 anos atrás, hoje, já se tem um mercado interno e produção de diversos tipos de conteúdo para esse público específico. Os participantes desse processo evolutivo são como desbravadores, tudo é novo, assim como na cartografia, sempre ligada as inquietações humanas, em conhecer e descrever onde se habita, mas nesse caso, conhecer e descrever o esporte que tanto se ama.

2. UMA BREVE HISTÓRIA DO CHEERLEADING

No Brasil, o cheerleading é introduzido no ano de 2007, por meio de um atleta brasileiro recém retornado ao país, que tinha o sonho de manter seus treinos com uma equipe formada por atletas brasileiros, em Volta Redonda no estado do Rio de Janeiro. No mesmo período em São Paulo, surgia a primeira organização formal de cheerleading, voltada para a organização das apresentações durante os jogos de futebol americano.

Assim como nos EUA, o cheerleading foi crescendo, principalmente no universo universitário, e desde 2007, a quantidade de praticantes e de times cresce todos os anos. No ano de 2018, um dos diversos campeonatos que acontecem no país, teve a participação de mais de 1100 atletas, 53 rotinas, 7 estados brasileiros representados e 2 países participantes, Brasil e Chile.

2.1 Terminologia

Além de muito recente (no Brasil) o cheerleading é um esporte importado dos EUA e, portanto, nem sempre os termos são de conhecimento de uma maioria.

Vamos apresentar agora, alguns termos recorrentes dentro da prática que irão facilitar o entendimento das discussões ao longo do texto.

As bases (em uma tradução literal) são atletas que irão executar as elevações e lançamentos durante uma rotina, juntamente com os back spotters (traseiras, em uma tradução livre e adaptada) que são responsáveis por auxiliar a flyer e proteger a região da cabeça e dos ombros durante a execução dessas habilidades.

As flyers são os atletas que sobem e/ou são lançados durante uma rotina.

Por sua vez o spotter (segurança, em uma tradução livre e adaptada) é um atleta que não interagi diretamente com o stunt, a não ser que haja algum risco de queda ou de segurança para algum atleta. Ele é uma segurança a mais para todo o stunt. Esse é inclusive um motivo para o back spotter ter esse nome, por obrigatoriamente proteger toda a região da cabeça e ombros de suas flyers.

Quando um grupo de bases se uni para executar uma elevação ou um lançamento, temos um stunt group, freqüentemente chamado de stunt apenas. Ele pode possuir diversas configurações, indo de quatro atletas, para apenas um atleta. Quando temos um stunt formado por apenas um atleta, temos um partner stunt (base única, em uma tradução livre e adaptada).

O tumbling, por sua vez, traz diversos elementos da ginástica artística, como rolamentos, estrelas, rodantes, piruetas e saltos mortais. Entretanto, cada um desses elementos pertence a um grupo de habilidades que pertence a um (ou mais) determinado nível. Para melhor exemplificar isso, estrelas são

permitidas em todos os níveis, do 1 ao 7, entretanto, um salto mortal partindo do solo sem deslocamento caracteriza o tumbling de nível 4, estando esse presente em todos os outros níveis seguintes até o 7, mas não estando nos níveis anteriores.

As pirâmides são caracterizadas por mais de 1 stunt conectado por suas flyers executando uma determinada formação. Para melhor exemplificar, uma pirâmide com 2 stunts conectados por suas flyers, e uma pirâmide com 3 stunts conectados por suas flyers, já se caracterizam como duas formações diferentes.

Veja o exemplo:

Formação A

Stunt A – Stunt B

Formação B

Stunt A – Stunt B – Stunt C

Saltar é uma outra habilidade avaliada durante a rotina. Os saltos possuem duas divisões, uma básica e uma avançada. Os saltos básicos incluem o spread eagle, salto que, figurativamente, se assemelha a uma águia de asas abertas, mas que pode ser mais facilmente entendido como uma letra “X”, e o tuck jump, que nada mais é do que um salto grupado, ou seja, ocorre uma flexão de quadril e joelhos enquanto o indivíduo está em fase de vôo. Já os saltos avançados incluem o toe touch, conhecido no Brasil como afastado, onde durante a fase de vôo do salto, ocorre uma flexão de quadril porém os joelhos não flexionam e os atletas executam uma flexão plantar, com suas pernas em configuração afastada. Temos o pike, análogo ao toe touch, porém, as pernas dos atletas se encontram paralelas e sempre unidas, e o hurdle que se caracteriza por uma flexão de quadril e o joelho ipsilateral se mantém estendido, juntamente com uma flexão plantar e o joelho contralateral, executa uma leve flexão.

Os desmontes são as formas pelas quais as flyers podem “descer” de um stunt. Os desmontes são diferentes dos lançamentos (conhecidos como baskets) que por sua vez, se caracterizam por uma outra técnica de mãos e normalmente, possui mais potência e, portanto, executam lançamentos mais altos, existindo então a necessidade de seguirem outras regras de segurança dentro de cada um dos níveis.

2.2 Regulamento

Todas as regras que serão apresentadas nessa sessão seguem o 2019 – 2020 Varsity All Star Scoring System e o 2019-2020 USASF Safety Rules.

2.3 Tablado

Assim como todos os esportes, o cheerleading possui suas especificidades. De forma geral, o tablado (encontra-se pelo nome de Cheer Floor ou Área de Competição) não precisa ter essas exatas dimensões quando pensamos na sua prática de forma geral, porém, como o objetivo é caracterizar o cheerleading competitivo, as regras utilizadas em competições serão nossas diretrizes aqui.

O tablado deve ter 16 metros de comprimento (eixo x) e 12 metros de profundidade (eixo y) e deve ser dividido em 9 faixas, cada uma delas com cerca de 1,80 metros.

Todos os competidores devem iniciar e terminar sua rotina dentro da área de competição delimitada pelas dimensões acima citadas, bem como todas as habilidades devem ser originadas e concluídas dentro dos limites da competição. Nenhuma formação, habilidades ou transições são permitidas fora do limite da competição. O limite da competição é definido como o piso real da competição, os painéis de espuma aglomerados que se conectam ao piso e qualquer borda adicional que dê suporte/circunda o piso. Caso algum atleta viole essa regra, uma dedução na nota final da rotina será aplicada.

2.4 Quantidade de Atletas

O cheerleading é um esporte que, diferentemente da maioria, é dividido em níveis de segurança, indo dos níveis com movimentos mais seguros (movimentos sem giros, por exemplo) para os níveis com movimentos menos seguros (como giros de 360 graus no próprio eixo, por exemplo).

Para uma equipe competir é necessário um número mínimo de atletas, ou seja, com 5 atletas já é possível se executar uma rotina que cumpra todas as exigências de habilidades e ainda esteja dentro dos níveis de segurança

propostos. Além do numero mínimo, temos um numero máximo de 38 atletas por equipe.

2.5 COED/All Girl

Além das divisões em níveis de segurança, as competições contemplam uma outra divisão, coed e All Girl.

O coed (“misto” em uma tradução livre) é uma divisão onde homens e mulheres competem juntos em uma mesma rotina, tendo que executar todas as habilidades exigidas, além de cumprir todas as regras de segurança dentro do nível.

O All Girl (“somente mulheres” em uma tradução livre) é uma divisão onde somente mulheres competem, tendo que executar todas as habilidades exigidas, além de cumprir todas as regras de segurança dentro do nível.

Vale ressaltar que existem outras categorias para se competir além da Rotina, que são as categorias individuais (no Brasil, são conhecidas também como categorias extras) que seguem todas as regras de níveis propostos, porém, seguem outras formatações, como o tempo reduzido dentro do tablado, numero reduzido pessoas, podendo inclusive contemplar somente uma pessoa dentro da área de competição, até mesmo o All Boy, que como o próprio nome indica, somente homens competem tendo que executar todas as habilidades exigidas, além de cumprir todas as regras de segurança dentro do nível, porém, tudo isso acontece dentro de 1 minuto e somente um stunt dentro da área de competição.

2.6 Universitário/All Star

No Brasil temos basicamente essas duas divisões de equipe, as universitárias e as All Stars.

É importante salientar que o termo “Universitário” é uma tradução livre e um tanto quanto adaptada do termo “Collegiate” que sim, traduzindo se refere exatamente a “Universidade”, porem nos EUA esse termo está muito mais associado ao cheerleading que se funda nas escolas, ou seja, possui o caráter mais tradicional do cheer, apoiando e animando os jogos de outros esportes da sua escola/universidade. Entretanto, como no Brasil, não temos essa cultura nas escolas/colégios e, portanto, o termo se refere muito mais (se não,

somente) as equipes compostas exclusivamente por atletas de uma determinada universidade.

As equipes All Stars são formadas por indivíduos de diversas regiões geográficas e estão sempre associadas a um nome, um ginásio, e de certa forma uma marca.

Essas equipes tem o foco exclusivamente competitivo e tem apresentado um numero crescente no Brasil.

Para tentar exemplificar isso, vou utilizar o exemplo de um ginásio dos EUA, o Cheer Athletics. Considerado um dos maiores ginásios de cheerleading competitivo, com mais de mil atletas competindo em mais de 80 times, possui diversos locais de treino espalhados pelos EUA.

Tentando ser um pouco mais claro, ZetaCats, Panthers, Cheetahs são alguns exemplos de equipes que pertencem ao Cheer Athletics.

2.7 Níveis de Segurança

O cheerleading atualmente se encontra dividido em 7 níveis de segurança (regras para a temporada 2019-2020) indo dos níveis 1 ao 7.

Em cada um desses níveis são exemplificadas as habilidades que podem ser executadas durante uma rotina, indo de movimentos mais seguros para os movimentos menos seguros.

Cada um dos níveis é dividido em regras para tumbling (geral, parado e correndo), stunts, pirâmides e lançamentos. Para tentar exemplificar melhor a situação pegaremos como exemplo regras de lançamento do nível 2 e iremos comparar com as regras de lançamento no nível 4.

Para os lançamentos de nível 2 (também conhecidos como baskets) até 4 pessoas podem executar esse lançamento, com obrigatoriamente, uma delas atrás da flyer e auxiliando a mesma durante o percurso. Todos devem estar com os pés em contato com o solo e pelo menos 3 de suas bases originais devem executar a recepção da flyer protegendo a região da cabeça e dos ombros, além de estarem estacionárias durante o lançamento. A flyer não pode possuir nenhuma configuração de pernas (como afastá-las, ficar em posição carpada, entre outros) e não pode executar giros ou movimentos durante sua fase de vôo. Ela pode mudar sua configuração de braços (pode acenar, fazer gestos) sem que se altere sua posição de pernas e tronco.

Já para os lançamentos de nível 4 até 4 pessoas podem executar esse lançamento, com obrigatoriamente, uma delas atrás da flyer e auxiliando a mesma durante o percurso. Todos devem estar com os pés em contato com o solo e pelo menos 3 de suas bases originais devem executar a recepção da flyer protegendo a região da cabeça e dos ombros, além de estarem estacionárias durante o lançamento, com uma exceção ao kick full, onde a flyer faz uma rotação de $\frac{1}{4}$ em relação ao eixo inicial, e portanto, é permitido se movimentar para executar a recepção de forma segura. São permitidas até 2 habilidades durante os lançamentos, como exemplo o kick full já citado, que se caracteriza pela execução de 1 chute com $\frac{1}{4}$ de giro, seguido de uma pirueta de 360 graus no eixo da própria flyer.

Dessa forma, fica um pouco mais fácil de perceber que na verdade, os níveis são construídos de forma que a estrutura básica é a mesma em todos, apenas vão se implementando novas habilidades a cada nível, que exigem cada vez mais controle corporal dos atletas envolvidos e portanto, menos seguro quando comparado ao outros níveis, mas não necessariamente mais difícil.

3. CARACTERIZAÇÃO

Devido ao seu processo de desenvolvimento, o cheerleading moderno traz consigo diversas características de outras práticas corporais e esportes (como os elementos de ginástica artística, por exemplo), entretanto, isso não o faz uma “cópia” desses esportes. Dentro de uma rotina de competição existem diversas habilidades que são necessárias para se avaliar, são elas: elevações, lançamentos, pirâmides, saltos e dança.

As elevações são a habilidade mais marcante dentro do cheerleading. Um stunt group deve executar um número mínimo de elevações, lançamentos e desmontes, respeitando as regras estabelecidas em cada nível. Não existe um número obrigatoriamente máximo de habilidades que devem ser executadas, entretanto, o sistema de avaliação prevê e indica alguns números baseados de acordo com a quantidade de atleta de cada equipe.

Por exemplo, uma Equipe A composta por 21 atletas está na faixa prevista de 20 á 23, e assim, entende-se que 3 stunts é a maioria da equipe, e

4 stunts será o máximo dessa equipe. Essa diferenciação atua diretamente na nota da rotina.

Isso quer dizer que o número de atletas não faz diferença, uma vez que a quantidade de stunts é dividida por faixa de atletas, ou seja, uma Equipe B com 29 atletas está situada na faixa de 28 á 30 atletas, sendo considerado maioria 4 stunts e como máximo, 6 stunts. Portanto, em uma avaliação onde, hipoteticamente, as equipes desempenhassem exatamente a mesma seqüência, de forma idêntica, caso elas estejam dentro das mesmas faixas de maioria e máximo de stunts, a nota seria a mesma, independente de quantas pessoas compõem essa equipe.

As pirâmides, como já citado anteriormente, além de se caracterizarem por stunts conectados, devem mostrar que são capazes de executar outras elevações e desmontes enquanto trocam de formação. Talvez um dos momentos mais entusiasmante das rotinas, devido a quantidade de transições e movimentações rápidas que acontecem nos mais diversos planos, sejam elas baixos, médios ou altos.

Os saltos de uma rotina, assim como a quantidade de stuns, é previsto um número mínimo para cada uma das faixas de maioria e máximo. Além disso o sistema de pontuação prevê um numero mínimo de variação de saltos, além de prever a forma como se deve executar um salto para que ele seja validado, com os pés em contato com o solo nos momentos de impulsão para a fase área e o no momento de retorno da fase aérea. Cair de joelhos ou sentado, não conta como um salto valido.

A dança, por sua vez, não possui especificações no sistema de avaliação, porém, entende-se que dentro da composição da rotina, ela deve seguir alguns critérios de ocupação e utilização dos planos, e possuir uma movimentação fluida, ou minimamente plástica.

Vale ressaltar que essas características descritas se restringem somente as Rotinas. Existem divisões e categorias competitivas de dança, onde são incorporadas outras regras, como Jazz, Pom, High Kick, Contemporâneo, seguindo suas próprias especificações, previstas no USASF Dance Age Grid & Categories.

Além dessas características mais técnicas, os uniformes possuem formas e escolha de cores muito marcantes, bem como os remixes de músicas

para a composição das rotinas, que são conhecidos como cheermixes, obedecem certos padrões e características próprias, dando assim, mais camadas para esse esporte.

4. COMPETIÇÕES

Até o momento, foram descritos e exemplificados elementos e regras presentes dentro de uma das categorias que existem nas competições.

Normalmente, as competições contemplam duas divisões, Universitário e All Star, tendo algumas competições que adicionam outras categorias como Escolar e Junior. Dentro dessas divisões ocorrem diversas categorias, sendo as mais recorrentes Best Cheerleader, Best Jumper, Best Tumbler, Best Basket, Partner Stunt, Coed Stunts, All Girl Stunt e All Boy Stunt, sendo essas as categorias “individuais” e temos a categoria Cheer Team ou Rotina, que segue todas as regras apresentadas até o momento.

As categorias ditas como individuais seguem basicamente as mesmas regras, tendo algumas poucas diferenças como a quantidade de atletas (se restringindo a um stunt ou somente uma pessoa) e o tempo de apresentação, tendo que cumprir 60 segundos ou somente uma determinada quantidade de elementos e não dois minutos e meio, como na categoria de Rotina com toda a equipe.

Best Cheerleader

A categoria de Best Cheer é uma rotina coreografada com dança, tumblings, saltos e performance durante 60 segundos. Todos esses elementos seguem as mesmas regras de segurança porém, na grande maioria das categorias individuais, o nível não é especificado, ou seja, elementos de saltos e tumbling podem ser executados dentro de quaisquer um dos níveis presentes.

Best Jumper

A categoria de Best Jumper não oferece limite mínimo de tempo, somente de elementos, sendo eles dois saltos diferentes executados separadamente e uma seqüência compostas de 3 saltos que devem ser executados sem pausa entre eles, sendo não necessário a utilização de musica.

Best Tumbler

Essa categoria, assim como a anterior, possui somente limite de elementos, sendo necessário apresentar um elemento (ou uma passagem) de standing tumbling, ou seja, tumblings que se iniciam com o atleta parado, sem se deslocar para ganhar velocidade, e duas passagens de running tumbling, passagens onde o atleta deve estar em deslocamento para ganhar velocidade e executar os elementos. Assim como a categoria anterior não é necessário utilizar música.

Best Basket

Essa é uma categoria dita individual que apresenta mais pessoas. Nela é permitido apenas 1 stunt, com no máximo 5 atletas, que devem executar 3 tipos de lançamentos dentro de quaisquer um dos níveis presentes no regulamento. Também não é necessário a utilização de música.

Partner Stunt

Apesar de Partner Stunt (no Brasil também conhecido como Base Única) estar relacionado especificamente a uma base e uma flyer, são necessárias 3 pessoas para participar dessa categoria, pois uma delas deve ser a segurança para os atletas que estão executando os elementos de stunts. A rotina de elevações deve ter de 50 seg. a 60 seg., utilizando de música para compor a rotina e seguindo as regras de nível que os atletas se inscrevem, indo o 4 ao 6.

Coed Stunt

Nessa categoria um stunt composto por no máximo duas bases e uma flyer deve executar os elementos de elevações com música, durante o tempo de 50 seg. a 60 seg. As regras se assemelham muito a categoria de Partner, como um exemplo.

All Girl Stunt

Apenas um stunt composto por no máximo 5 mulheres. A rotina deve ser apresentada com música, tendo duração de 50 seg. a 60 seg., sendo obrigatório a apresentação de ao menos 1 lançamento (ou basket), podendo executar elementos de quaisquer um dos níveis de segurança.

All Boy Stunt

Análogo a categoria anterior, porém, nessa são permitidas somente homens na formação do stunt.

Rotina

As rotinas seguem todas as regras e elementos até agora descritos, e devem seguir as regras de segurança dentro de cada um dos níveis que se decide competir. Deve conter música, dança, elevações, lançamentos, saltos, pirâmides, tumblings e assim como todas as categorias, performance.

5. TREINAMENTO

Assim como todo esporte, o Cheerleading possui sua temporada com competições e portanto, se faz necessário que exista um planejamento para a periodização dos treinos.

Grande parte da experiência que vivenciei no esporte foi dentro da divisão universitária no estado de SP, tanto como atleta ou como técnico, e portanto vou me ater à essa divisão.

A temporada de competições tem início no primeiro semestre, porém, de forma muito regionalizada. Existem diversos campeonatos grandes que ocorrem no sul do país que contemplam somente a participação de equipes das faculdades de engenharia ou que somente as faculdades do sul do país podem participar, e portanto, para as equipes das demais regiões a temporada tem início no segundo semestre, em geral no mês de setembro com as competições estaduais.

Dessa forma existe um intervalo curto para executar a preparação dos atletas, visto que é necessário trabalhar as capacidades aeróbicas, potência muscular, força anaeróbia, flexibilidade, além de todos os elementos e técnicas pertencentes ao esporte, como as técnicas de elevações e lançamentos.

Como estamos pensando somente na questão universitária, o início dos treinos vai ao encontro do início do ano letivo, por volta de março. Assim, os treinos devem contemplar todas as habilidades e elementos necessários para execução de uma rotina em um período apenas 9 meses, visto que existe

um período de férias durante esse tempo e as competições ocorrem no início do mês de dezembro.

Portanto, sempre que necessário fazer essa periodização, faço uma divisão da temporada em duas partes, uma voltada ao ensino das técnicas do esporte juntamente com o trabalho de algumas capacidades físicas, e a segunda parte voltada para a melhora qualidade das execuções das habilidades juntamente com o trabalho de outras capacidades físicas.

Assim, no primeiro semestre são trabalhadas as capacidades físicas de força e resistência principalmente, pois facilitam o aprendizado das técnicas de elevações, lançamentos e tumblings, uma vez que são capacidades diretamente relacionadas a execução desses elementos.

Juntamente com essas capacidades, são ensinadas as técnicas específicas do esporte, afim de que, ao final do primeiro semestre os atletas tenham condições de executar tudo (ou grande parte) que se é necessário para uma rotina.

No segundo semestre tem-se o início da temporada de competições e portanto, damos início a uma nova fase de treino.

Durante o segundo semestre, trabalhamos no polimento das técnicas de elevações, lançamentos, saltos e tumblings com a intenção de que a execução fique cada vez mais plástica e sincronizada. Além disso, em alguns períodos do segundo semestre o treinamento das capacidades se direciona para a capacidade aeróbia.

Acho importante ressaltar isso pois apesar de ser um esporte de curta duração, indo de 60 seg. a 2 minutos e meio, utiliza-se muito da capacidade aeróbia também, principalmente resistência aeróbia. Dessa forma é um esporte misto, sendo um pouco difícil de caracterizar como um esporte aeróbio ou anaeróbio.

Portanto, o segundo semestre tem um volume de treino maior quando comparado ao primeiro semestre, uma vez que precisamos polir todas as execuções e deixar tudo o mais uniforme possível, uma vez que sincronia é de extrema importância para uma boa rotina. O fato de trabalhar a capacidade aeróbia durante esse período também contribui para o aumento do volume de treinos.

Apesar disso, o volume de treino varia durante o segundo semestre, uma vez que não é interessante manter um alto volume durante período próximo das competições, e portanto, ao final do segundo semestre damos mais ênfase em treinos curtos porém que exijam todas as capacidades, afim de que todos os atletas tenham tempo hábil para uma boa recuperação.

6. MERCADO

Ser cheerleader não é fácil, além de todos os estereótipos enfrentados, dificuldade em encontrar pessoas qualificadas para trabalhar, é um esporte elitizado e caro.

Acredito que ele seja elitizado pelo fato de que seu nicho mais forte no Brasil, sejam as universidades, que de forma geral não contemplam todas as classes sociais, além de ser importado e, portanto, os termos, as musicas e roupas, se pautam no que acontece no exterior e não na nossa realidade.

Apesar disso, o mercado nacional tem crescido ano a ano, com a aparição de empresas e grupos de pessoas, que se voltaram para a produção de uniformes, laços, camisetas, tênis, musicas e até mesmo jornalismo, mas ainda assim, são custosos quando comparados com equipamentos de outros esportes.

Penso que por ser um mercado pequeno, restrito a um grupo pequeno de atletas faz com que os preços não sejam tão baixos quanto deveriam. Em outros países da América do Sul, como a Colômbia ou o Chile, onde o cheerleading tem mais de 20 anos, existem empresas que conseguem oferecer um uniforme de treino, composto por camiseta, shorts e bolsa por um valor de R\$60,00. No Brasil, uma camiseta tem o valor médio de R\$40,00 reais.

Além disso, existe um mercado de técnicos que cresce a cada dia, infelizmente, de forma não regulamentada pela falta de existência de uma Confederação para regularizar a atuação dos mesmos, e também pelo não reconhecimento do Cheerleading como um esporte no Brasil.

Isso cria um mercado pouco saudável e, por muitas vezes, injusto. Digo isso pois a qualidade de um técnico, por diversas vezes, não é avaliada pela sua qualidade de ensino, conhecimentos técnicos ou formação acadêmica, mas sim pela quantidade de conquistas como atletas ou pela participação em competições de prestígio. É claro, um atleta pode sim ser um bom técnico independente do esporte, entretanto, ser um bom atleta não implica

necessariamente em ser um bom técnico. Além disso, ser um bom atleta não diz nada sobre ter conhecimentos biomecânicos, anatômicos, fisiológicos e estratégias pedagógicas de ensino e aprendizagem, todos eles extremamente necessários para desenvolver bons atletas de forma coerente e saudável.

As categorias individuais são um excelente exemplo disso. Atletas que conseguem ter uma representatividade maior nelas, ou que conseguem viajar para competições no exterior, assumem um status de autoridade, mesmo que não tenham nenhum curso de formação técnica voltada para o esporte, ou uma formação academia, como cursos de Educação Física. Acredito ainda que por não termos Confederação ou órgãos que fiscalizem e organizem o esporte a nível nacional, a atuação desses profissionais fica a deriva e pautada apenas na imagem, na propagando que cada um consegue fazer de si mesmo, uma resultante do mercado neoliberal, que acaba por dificultar a expansão e consolidação do cheerleading como um esporte reconhecido.

7. A ALEGRIA

Cheer, do inglês animar, aplaudir, alegrar e leader, do inglês, líder, diz muito do que se espera em uma competição ou rotina de cheerleading.

De fato, a performance, a animação, recebem pontos durante as execuções, é uma pontuação subjetiva, da mesma forma que acontece na ginástica artística por exemplo.

Quando assistimos a uma rotina, quase sempre todos sorrindo e no fazendo acreditar que o que está acontecendo no tablado seja muito fácil, talvez essa seja uma das coisas mais belas desse esporte.

Apesar das emoções serem um conjunto complexos de reações químicas e neurais, determinadas biologicamente e dependentes de mecanismos cerebrais, que atuam de forma direta no regulamento corporal e psíquico do ser humano, acredito que não seja possível treinar essa “capacidade”.

A alegria que cada um projeta dentro do tablado não é algo treinável ou condicionado, é uma expressão mais pura e verdadeira da emoção de trabalhar durante um ano todo, para ter 2 min. e 30 seg. de atuação dentro do solo, é a expressão e projeção de todas as experiências trocadas em cada treino, cada conquista, cada queda, que todos os atletas passam juntos.

Além disso, se pensarmos no conceito da cultura de consumo utópica, que é um conceito que se apropria das narrativas que vislumbram um mundo sem problemas, de uma realidade diferente, uma sociedade que se vê livre dos problemas humanos, e tenta pensar como é a nossa forma de consumo, nossa cultura de consumo, e como essas utopias, ou simulados de utopias nos são vendidos a todo momento, em formas de produtos ou experiências, podemos ver como isso se conversa muito bem com o cheerleading.

Acredito que além de toda a expressão e projeção das experiências individuais que cada um passa, existe esse caráter de expressar e projetar uma vontade de experimentar a felicidade pura e plena, mesmo que por um curto intervalo de tempo.

Penso ainda que talvez, esse seja um dos motivos pelos quais o cheerleading tenha diferenças tão visíveis quando assistimos equipes de outros lugares do mundo. As questões socioeconômicas, as dificuldades são expressas de formas e níveis diferentes em cada um dos atletas de cada um dos lugares, e assim, vão se consolidando estilos e estéticas, por mais que todo o material técnico seja igual, independente do lugar que se encontre.

8. CONSIDERAÇÕES FINAIS

Dentre as finitas dimensões ao qual nos encontramos diariamente, o corpo parece o ser espaço mais palpável onde a arte acontece, incluindo todas as formas de praticas corporais. É pelo corpo que os sentidos são estimulados, percebidos e nos permite a percepção de outro alguém, objeto ou espaço, tendo assim real possibilidade de interação.

Apesar de muito recente no Brasil, o cheerleading possui diversas ferramentas e possibilidades para se trabalhar o ser humano de forma holística, dentre suas dimensões físicas, psíquicas e sociais.

Muito mais do que pompons, o atletismo presente no cheerleading competitivo é um fator importantíssimo, que implica em um preparo de todas as capacidades físicas dos atletas, que por muitas vezes, são levados a situações de extremo desgaste e esforço físico em um intervalo pequeno, de apenas dois minutos e trinta segundos. Isso nos mostra, mais uma vez, que a simples experiência nessa prática, não é um fator definitivo para habilitar esses atletas a serem técnicos a frente das equipes, demandando de outros conhecimentos

teóricos da Educação Física (e de outras áreas) para a execução segura e correta dessa prática.

Para além disso, temos toda a convivência e construção de um grupo, os papéis assumidos pelos atletas, como se dão as tensões das relações entre eles, e como todas essas relações são fatores que podem vir a interferir na resultante da equipe ao final de uma temporada.

O crescimento do esporte no país acaba causando mudanças dentro do cenário nacional, podendo apontar um crescimento do mercado interno, que por sua vez modifica as relações que os indivíduos têm entre si e para com o esporte. O surgimento de novas empresas de uniformes, produtores de cheermixes, a abertura de oportunidades de empresas de outros países atuarem nesse mercado, a própria competitividade entre as equipes e seus técnicos, são reflexos desse crescimento, que só poderão ser apontados como positivos ou negativos quando pudermos revisitar esse momento, ao qual vivemos agora.

Entretanto, é fácil notar como já são facilmente pontuáveis mudanças positivas dentro do esporte no país. Os atletas foram estudando, se aprofundando e compreendendo mais sobre o esporte e assim, assumiram novas perspectivas sobre ele. Isso faz com que as pessoas de fora desse cenário, desconstruam estereótipos acerca dessa prática e assim, passem a credibilizar tanto a prática do esporte, quanto todo o mercado por ele gerado.

Assim como todo movimento produzido por nós, o cheerleading se encontra na esfera da política. O conceito de política mudou muito, assim como outras categorias contemporâneas, como a família, gênero ou o Estado. Tais categorias não cabem em seus campos de origem, a política também ganhou diferentes nuances e vem sendo desconstruída em sua dimensão formal mais comumente conhecida.

Dessa forma, a experimentação e prática do cheerleading é capaz de, além de produzir essas ações, não ser presa pelas amarras de um movimento retrógrado presente em nosso cotidiano. As composições de rotina, os movimentos, as temáticas, todos esses elementos se mostram como uma forma de resistência, e por assim dizer, um ato político. É claro que apesar de seu potencial de ação, falta o despertar das pessoas que compõe o cenário do cheerleading brasileiro, e entender que nossa prática não deve ser somente

uma copia, uma simples sombra do esporte americano, temos nossa própria realidade, nossa própria motivação, temos nosso próprio esporte.

9. REFERNCIAS

ANDRADE, Oswald de. **Estética e política**. Organização, introdução e notas de Maria Eugênia Boaventura. São Paulo: Globo, 2011.

BERESFORD, Heron. **A Ética e a Moral Social Através do Esporte**. Rio de Janeiro: Editora Sprint, 1994.

GIL, J. Movimento total. **O corpo e a dança**. São Paulo: Iluminuras, 2004.

PASSOS, E.; KASTRUP, V.; ESCÓSSIA, L. **Pistas do método da cartografia. Pesquisa-intervenção e produção de subjetividade**. Porto Alegre: Sulina, 2009.

PODOSHEN, JEFFREY & VENKATESH, VIVEK & JIN, ZHENG. **Theoretical reflections on dystopian consumer culture: Black metal. Marketing Theory**. (2014).

10. Anexos

10.1. U.S. All Star Federation Club Cheer & Dance Team

Documento oficial da Federação All Star que prevê as definições das divisões e categorias, bem como a faixa etária de cada uma delas.



2019-2020 Cheer Age Grid

All adjustments in **RED** indicate a change/addition since the previous year (2018-2019)
All adjustments in **BLUE** indicate a change/addition since the early release in Feb 2019.

2019-2020 Cheer Age Grid

This document contains the division offerings for the 2019-2020 season in the following classifications:

- All Star Elite
- All Star Elite International
- 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 any 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 7 team may crossover to one additional program's Level 7 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 **Prep and Elite or Prep and Elite International**.

MOVING TIERS

- **Moving between All Star Prep Cheer and (traditional) All Star Cheer Elite Club Divisions or All Star Prep Cheer and International Elite Cheer 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 (**Elite or Elite International**) to a lower tier (**Prep**) during the same season without approval from the USASF. *Approval may be granted for an individual athlete, one time, and the athlete cannot return to the prior tier during the season.*
Example: Novice may move to Prep, Novice may move to Elite, Prep may 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.
- International Divisions are considered an Elite Tier. Therefore, an athlete may be on an All Star Elite Club team and an Elite International team. An athlete may not be on All Star Prep and an Elite International team.
- **Athletes may be on a Novice team and a Prep team or a Novice team and Elite team or a Novice Team and Elite International 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 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 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 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 2019-2020

USASF All Star Elite Level 1					
Level	Division	Age	Age as of (date)	Female/Male	Number on Team
1	Tiny	5-6 years old	August 31, 2019	Female/Male	5-30 Members
1	Mini	5-8 years old	August 31, 2019	Female/Male	5-30 Members
1	Youth	5-11 years old	August 31, 2019	Female/Male	5-30 Members
1	Junior	5-14 years old	August 31, 2019	Female/Male	5-30 Members
1	Senior**	11-18 years old	August 31, 2019	Female/Male	5-30 Members
USASF All Star Elite Level 2					
Level	Division	Age	Age as of (date)	Female/Male	Number on Team
2	Mini	5-8 years old	August 31, 2019	Female/Male	5-30 Members
2	Youth	5-11 years old	August 31, 2019	Female/Male	5-30 Members
2	Junior	5-14 years old	August 31, 2019	Female/Male	5-30 Members
2	Senior**	11-18 years old	August 31, 2019	Female/Male	5-30 Members
USASF All Star Elite Level 3					
Level	Division	Age	Age as of (date)	Female/Male	Number on Team
3	Youth	5-11 years old	August 31, 2019	Female/Male	5-30 Members
3	Junior	5-14 years old	August 31, 2019	Female/Male	5-30 Members
3	Senior**	11-18 years old	August 31, 2019	No Males	5-30 Members
3	Senior Co-Ed**	11-18 years old	August 31, 2019	1 or more Males	5-30 Members
USASF All Star Elite Level 4					
Level	Division	Age	Age as of (date)	Female/Male	Number on Team
4	Youth	8-11 years old	August 31, 2019	Female/Male	5-30 Members
4	Junior	8-14 years old	August 31, 2019	Female/Male	5-30 Members
4	Senior **	11-18 years old	August 31, 2019	No Males	5-30 Members
4	Senior Co-Ed**	11-18 years old	August 31, 2019	1 or more Males	5-30 Members
4	Senior Open**	14 years & older	December 31, 2020 *	Female/Male	5-24 Members
USASF All Star Elite Level 4.2 (Building Level 4, Tumbling Level 2)					
Level	Division	Age	Age as of (date)	Female/Male	Number on Team
4.2	Senior**	11-18 years old	August 31, 2019	Female/Male	5-30 Members
USASF All Star Elite Level 5 [Formerly Level 5 Restricted]					
Level	Division	Age	Age as of (date)	Female/Male	Number on Team
5	Youth	9-11 years old	August 31, 2019	Female/Male	5-38 Members
5	Junior	9-14 years old	August 31, 2019	Female/Male	5-38 Members
5	Senior**	11-18 years old	August 31, 2019	Female/Male	5-38 Members
USASF All Star Elite Level 6 [Formerly Level 5]					
Level	Division	Age	Age as of (date)	Female/Male	Number on Team
6	Junior	9-14 years old	August 31, 2019	No Males	5-38 Members
6	Junior Co-Ed	9-14 years old	August 31, 2019	1 or more Males	5-38 Members
6	Senior XSmall (Worlds Division)	13-18 years old	August 31, 2019	No Males	5-16 Members
6	Senior Small (Worlds Division)	13-18 years old	August 31, 2019	No Males	17-22 Members
6	Senior Medium (Worlds Division)	13-18 years old	August 31, 2019	No Males	23-30 Members
6	Senior Large (Worlds Division)	13-18 years old	August 31, 2019	No Males	31-38 Members
6	Senior XSmall Co-Ed (Worlds Division)	13-18 years old	August 31, 2019	1-2 Males	5-16 Members
6	Senior Small Co-Ed (Worlds Division)	13-18 years old	August 31, 2019	1-5 Males	5-22 Members
6	Senior Medium Co-Ed (Worlds Division)	13-18 years old	August 31, 2019	1-8 Males	5-30 Members
6	Senior Large Co-Ed (Worlds Division)	13-18 years old	August 31, 2019	1-19 Males	5-38 Members
6	Senior Open (Worlds Division)	14 years & older	December 31, 2020 *	No Males	5-24 Members
6	Senior Open Small Co-Ed (Worlds Division)	14 years & older	December 31, 2020*	1-4 Males	5-24 Members
6	Senior Open Large Co-Ed (Worlds Division)	14 years & older	December 31, 2020*	5-12 Males	5-24 Members

*OPEN TEAM DIVISIONS: The USASF member database will calculate the age on December 31, 2020. 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, 2020.

NOTE: ** The Senior Division (Elite Club Divisions only) bottom age will be 13 years old for the 2020-2021 season.

USASF Elite INTERNATIONAL Divisions for 2019-2020

IASF All Star International Level 1					
Level	Division	Age	Age as of (date)	Female/Male	Number on Team
1	International Junior	10-16 years old	Age during 2020	Female/Male	16-24 members
1	International Senior	14-18 years old	Age during 2020	Female/Male	16-24 members
IASF All Star International Level 2					
Level	Division	Age	Age as of (date)	Female/Male	Number on Team
2	International Junior	10-16 years old	Age during 2020	Female/Male	16-24 members
2	International Senior	14-18 years old	Age during 2020	Female/Male	16-24 members
IASF All Star International Level 3					
Level	Division	Age	Age as of (date)	Female/Male	Number on Team
3	International Junior	10-16 years old	Age during 2020	Female/Male	16-24 members
3	International Senior	14-18 years old	Age during 2020	No males	16-24 members
3	International Senior Co-ed	14-18 years old	Age during 2020	Female/Male	16-24 members
IASF All Star International Level 4					
Level	Division	Age	Age as of (date)	Female/Male	Number on Team
4	International Junior	10-16 years old	Age during 2020	No Males	16-24 members
4	International Junior Co-ed	10-16 years old	Age during 2020	Female/Male	16-24 members
4	International Senior	14-18 years old	Age during 2020	No Males	16-24 members
4	International Senior Co-ed	14-18 years old	Age during 2020	Female/Male	16-24 members
4	International Open	14 years & older	December 31, 2020	No Males	16-24 members
4	International Open Co-Ed	14 years & older	December 31, 2020	Female/Male	16-24 members
IASF All Star International Level 6 [Formerly International Level 5]					
Level	Division	Age	Age as of (date)	Female/Male	Number on Team
6	International Senior	14-18 years old	Age during 2020	No Males	16-24 members
6	International Senior Co-Ed	14-18 years old	Age during 2020	1-8 Males	16-24 members
6	International Open NT (Non-Tumbling) (Worlds Division)	14 years & older	December 31, 2020	No Males	16-30 members
6	International Open Co-Ed NT (Non-Tumbling) (Worlds Division)	14 years & older	December 31, 2020	1-20 Males	16-30 members
6	International Open (Worlds Division)	14 years & older	December 31, 2020	No Males	16-24 members
6	International Open Small Co-Ed 4 (Worlds Division)	14 years & older	December 31, 2020	1-4 Males	16-24 members
6	International Open Large Co-Ed 16 (Worlds Division)	14 years & older	December 31, 2020	5-16 Males	16-24 members
6	International Global (Worlds Division)	14 years & older	December 31, 2020	No Males	16-24 members
6	International Global Co-Ed (Worlds Division)	14 years & older	December 31, 2020	1-16 Males	16-24 members
IASF All Star International Level 7 [Formerly International Level 6]					
Level	Division	Age	Age as of (date)	Female/Male	Number on Team
7	International Open (Worlds Division)	17 years & older	December 31, 2020	No Males	16-24 members
7	International Open Small Co-Ed 4 (Worlds Division)	17 years & older	December 31, 2020	1-4 Males	16-24 members
7	International Open Large Co-Ed 16 (Worlds Division)	17 years & older	December 31, 2020	5-16 Males	16-24 members

USASF sanctioned events may **ONLY** offer these International divisions. All divisions offered by the IASF are **not** all offered at USASF sanctioned events. Please see the International division list on this page to ensure division offerings at USASF sanctioned events. Competitions that follow IASF Guidelines may have additional rules/ restrictions for the International Divisions. Please check with the Event Producer directly for further information.

Please note the following:

- An athlete must meet the age requirement within the calendar year of 2020. The USASF member database will calculate the age on December 31, 2020.
 - 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 31st, 2020. 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 2020.
- 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, 2020.
- 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.

USASF All Star Cheer PREP Divisions for 2019-2020

USASF All Star PREP Level 1.1					
Level	Division	Age	Age as of (date)	Female/Male	Number on Team
1.1	Tiny	5-6 years old	August 31, 2019	Female/Male	5-30 Members
1.1	Mini	5-8 years old	August 31, 2019	Female/Male	5-30 Members
1.1	Youth	5-11 years old	August 31, 2019	Female/Male	5-30 Members
1.1	Junior	5-14 years old	August 31, 2019	Female/Male	5-30 Members
1.1	Senior	10-18 years old	August 31, 2019	Female/Male	5-30 Members
USASF All Star PREP Level 2.1/ Level 2.2					
Level	Division	Age	Age as of (date)	Female/Male	Number on Team
2.1	Mini	5-8 years old	August 31, 2019	Female/Male	5-30 Members
2.1	Youth	5-11 years old	August 31, 2019	Female/Male	5-30 Members
2.1	Junior	5-14 years old	August 31, 2019	Female/Male	5-30 Members
2.1	Senior	10-18 years old	August 31, 2019	Female/Male	5-30 Members
2.2	Mini	5-8 years old	August 31, 2019	Female/Male	5-30 Members
2.2	Youth	5-11 years old	August 31, 2019	Female/Male	5-30 Members
2.2	Junior	5-14 years old	August 31, 2019	Female/Male	5-30 Members
2.2	Senior	10-18 years old	August 31, 2019	Female/Male	5-30 Members
USASF All Star PREP Level 3.1					
Level	Division	Age	Age as of (date)	Female/Male	Number on Team
3.1	Youth	5-11 years old	August 31, 2019	Female/Male	5-30 Members
3.1	Junior	5-14 years old	August 31, 2019	Female/Male	5-30 Members
3.1	Senior	10-18 years old	August 31, 2019	Female/Male	5-30 Members
USASF All Star PREP Level 3.2					
Level	Division	Age	Age as of (date)	Female/Male	Number on Team
3.2	Youth	5-11 years old	August 31, 2019	Female/Male	5-30 Members
3.2	Junior	5-14 years old	August 31, 2019	Female/Male	5-30 Members
3.2	Senior	10-18 years old	August 31, 2019	Female/Male	5-30 Members

Please refer to the USASF 2019-2020 Cheer Rules for modifications. The specific page number is referenced in the Table of Contents of the USASF 2019-2020 Cheer Rules.

USASF All Star Cheer NOVICE Divisions for 2019-2020

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, 2019	Female/Male	5 * 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, 2019	Female/Male	5 * Members
1	Youth	5-11 years old	August 31, 2019	Female/Male	5 * Members
1	Junior	5-14 years old	August 31, 2019	Female/Male	5 * Members
1	Senior	10-18 years old	August 31, 2019	Female/Male	5 * 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, 2019	Female/Male	5 * Members
2	Youth	5-11 years old	August 31, 2019	Female/Male	5 * Members
2	Junior	5-14 years old	August 31, 2019	Female/Male	5 * Members
2	Senior	10-18 years old	August 31, 2019	Female/Male	5 * 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, 2019	Female/Male	5 * Members
3	Junior	5-14 years old	August 31, 2019	Female/Male	5 * Members
3	Senior	10-18 years old	August 31, 2019	Female/Male	5 * Members

Please refer to the USASF 2019-2020 Cheer Rules for modifications. The specific page number is referenced in the Table of Contents of the USASF 2019-2020 Cheer Rules.

USASF All Star Cheer FUNDamentals Program for 2019-2020

This is an in-house program only.

Teams will not compete but may choose to exhibition the USASF provided choreography (see exhibition guidelines).

FUNDamentals 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 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.
- 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. 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.
- Exhibition performances may be performed on spring floor or carpet bonded foam.

USASF All Star CheerABILITIES - Exceptional Athlete Division for 2019-2020

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	5 years & older	August 31, 2019	Female/Male	Unlimited

The USASF follows the definition of **disability** as defined by the American Disability Act.

An individual with a **disability** is defined by the ADA as a person who has a physical or mental impairment that substantially limits one or more major life activities, a person who has a history or record of such an impairment, or a person who is perceived by others as having such an impairment.

ALL STAR CheerABILITIES GUIDELINES

Please refer to the USASF 2019-2020 Cheer Rules for modifications. The specific page number is referenced in the Table of Contents of the USASF 2019-2020 Cheer 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.

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.

- Teams of different ages may not be combined into one division.
- Teams of different levels may not be combined into one division.
- **International** and **Open Divisions** may not split by **Small/ Medium /Large** team size.

DI/DII: Each Division is outlined with steps for how to split. The **first step** is for an Event Producer to decide if they are going to guarantee DI splits in all divisions with DI only events or DI only sessions (**see page 15**)

- *Teams from outside the U.S. competing at USASF Sanctioned Events will automatically be considered DI as DI/DII status may only be verified through the USASF member system.*

LEVELS 1-4 - Elite Tier

(Does not include Novice, Prep, Open or International Divisions)

- **Only Senior 3 Co-ed & Senior 4 Co-ed are guaranteed, stand-alone divisions. No other division may be split into Co-Ed and All Girl.**
- **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 (Small and Medium). A mandatory split would occur.
 - Teams of the same size from the same program will NOT be split and **must** compete against each other.

Step 1:

Small/ Medium SPLIT: Small (5-22), Medium (23-30)

An event producer **MAY** offer guaranteed Small and Medium Division splits at their discretion as long as there is at least one team per division.

Event producers **must** split the division into Small and Medium divisions when there are at least **two** teams registered in each division.

Step 2: Event producers may or may not choose to further split divisions in the interest of competition. The splits below are OPTIONAL and may be applied in any order. They may choose to implement any or all of the additional splits so long as they follow the guidelines. No division may be subdivided further if it means that only **one** team will be left in a division.

A/B SPLIT

If after implementing the Small/Medium 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 division.

OR

DI | DII SPLIT (see page 15)

If after implementing the Small/Medium split 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.

SENIOR LEVEL 4.2

- **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 (Small and Medium). A **mandatory split** would occur.
 - Teams of the **same size** from the **same program** will NOT be split and **must** compete against each other.

STEP 1:

Small/ Medium SPLIT: Small (5-22), Medium (23-30)

An event producer **MAY** offer guaranteed Small and Medium Division splits at their discretion as long as there is at least one team per division.

Event producers **must** split the division into Small and Medium divisions when there are at least **two** teams registered in each division.

STEP 2: Event producers **must** split the division by co-ed and all-girl when there are at least **two** teams registered in each division. If there are not two team registered for each division the Event Producer **must** move on to Step 3 leaving the co-ed and all-girl teams combined.

STEP 3: Event producers may or may not choose to further split divisions in the interest of competition. The splits below are OPTIONAL and may be applied in any order. They may choose to implement any or all of the additional splits so long as they follow the guidelines. No division may be subdivided further if it means that only one team will be left in a division.

A/B SPLIT

If after implementing the Small/Medium 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 division.

OR

DI | DII SPLIT (see page 15)

If after implementing the Small/Medium split 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.

SENIOR OPEN 4 DIVISIONS- Elite Tier

- **Teams from the same program:**
 - Teams of the **same size** from the **same program** will NOT be split and **must** compete against each other.
- **Open Divisions may not** split by **Small/ Medium** team size.

STEP 1: Event producers **may** split the division by co-ed and all-girl when there are at least **two** teams registered in each division. If there are not two team registered for each division the Event Producer **must** move on to Step 2 leaving the co-ed and all-girl teams combined.

STEP 2: Event producers may or may not choose to further split divisions in the interest of competition. The splits below are OPTIONAL and may be applied in any order. They may choose to implement any or all of the additional splits so long as they follow the guidelines. No division may be subdivided further if it means that only one team will be left in a division.

A/B SPLIT

If 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 division.

OR

DI | DII SPLIT (see page 15)

An Event producer **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.

LEVEL 5 (formerly Restricted 5) - Elite Tier

- Youth teams may NOT be split into Co-Ed and All Girl
- 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 (Small and Large). A mandatory split would occur.
 - There is NOT a mandatory split for Medium/Large team sizes from the same program in the same division and level.
 - Teams of the same size from the same program will NOT be split and **must** compete against each other.

STEP 1:

Small/ Large SPLIT: Small (5-22), Large (23-38)

An event producer **MAY** offer guaranteed Small and Large Division splits at their discretion as long as there is at least one team per division.

Event producers **must** split the division into Small and Large divisions when there are at least **two** teams registered in each division.

STEP 2: SENIOR 5 teams **must** split by co-ed and all-girl when there are at least **two** teams registered in each division. If there are not two team registered for each division the Event Producer **must** move on to Step 3 leaving the co-ed and all-girl teams combined.

JUNIOR 5 teams **may** split by co-ed and all-girl when there are at least **two** teams registered in each division. If there are not two team registered for each division the Event Producer **must** move on to Step 3 leaving the co-ed and all-girl teams combined.

STEP 3: Event producers may or may not choose to further split divisions. The splits below are OPTIONAL and may be applied in any order. They may choose to implement any or all of the additional splits so long as they follow the guidelines. No division may be subdivided further if it means that only one team will be left in a division.

Medium/Large SPLIT: Medium (23-30), Large (31-38)

Event producers **MAY** split into Medium and Large Team size when there are at least **two** teams registered in each division.

OR

A/B SPLIT

If after implementing the Small/Large 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 division.

OR

DI | DII SPLIT (see page 15)

If after implementing the Small/Large split 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.

LEVEL 6 (formerly level 5) JUNIORS ONLY - Elite Tier

(Does not include Open Divisions)

Co-ed / All- Girl: If there is one co-ed registration and one all-girl registration, the divisions **may** be combined.

Teams from the same program:

- o Teams from the same program, **regardless of their location**, will not have to compete against themselves if they have 2 teams of different size (Small and Large). A mandatory split would occur.
- o There is NOT a mandatory split for Medium/Large team sizes from the same program in the same division and level.
- o Teams of the same size from the same program will NOT be split and **must** compete against each other.

STEP 1:

Small/ Large SPLIT: Small (5-22), Large (23-38)

An event producer **MAY** offer guaranteed Small and Large Division splits at their discretion as long as there is at least one team per division.

Event producers **must** split the division into Small and Large divisions when there are at least **two** teams registered in each division.

STEP 2: Event producers may or may not choose to further split divisions in the interest of competition. The splits below are OPTIONAL and may be applied in any order. They may choose to implement any or all of the additional splits so long as they follow the guidelines. No division may be subdivided further if it means that only one team will be left in a division.

Medium/Large SPLIT: Medium (23-30), Large (31-38)

Event producers **may** split into Medium and Large Team size when there are at least **two** teams registered in each division.

OR

A/B SPLIT

If after implementing the Small/Large 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 division.

OR

DI | DII SPLIT (see page 15)

If after implementing the Small/Large split 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.

WORLDS DIVISIONS (at bid or non-bid giving events)

SENIOR OPEN 6 (formerly Open 5) DIVISIONS- Elite Tier

(Does not include International Divisions)

- **Teams from the same program:**
 - Teams from the same program will NOT be split and **must** compete against each other.
- **Open Divisions** may not split by Small/ Medium team size.
- **Co-Ed:** If there is only one registration in Small Co-ed or Large Co-ed an Event Producer **may** combine the divisions.
All Girl and Co-ed teams **may not** be combined.

STEP 1: Event producers may or may not choose to further split divisions in the interest of competition. The splits below are OPTIONAL and may be applied in any order. They may choose to implement any or all of the additional splits so long as they follow the guidelines. No division may be subdivided further if it means that only one team will be left in a division.

A/B SPLIT

If 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 division.

OR

DI | DII SPLIT (see page 15)

An Event producer **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.

LEVEL 6 (formerly level 5) SENIORS ONLY - Elite Tier Divisions Only

(Does not include Open or International Divisions)

- **Team Size:** XSmall, Small, Medium and Large divisions **may not** be combined.
- **Co-Ed:** Senior Open Small Co-ed & Senior Open Large Co-ed, the divisions **may** be combined.
- **Teams from the same program:**
 - Teams of the same size from the same program will NOT be split and **must** compete against each other.

STEP 1: Event producers may or may not choose to further split divisions in the interest of competition. The splits below are OPTIONAL and may be applied in any order. They may choose to implement any or all of the additional splits so long as they follow the guidelines. No division may be subdivided further if it means that only one team will be left in a division.

A/B SPLIT

If 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 division.

OR

DI | DII SPLIT (see page 15)

An Event producer **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.

LEVELS 6-7 - SENIORS ONLY - INTERNATIONAL Elite Tier Divisions Only

(Includes Non-Tumbling and Global Divisions)

- **International Divisions** may not split by Small/ Medium/ Large team sizes.
- **Co-Ed:** If there is only one registration in Small Co-ed or Large Co-ed an Event Producer **may** combine the divisions.
All Girl and Co-ed teams **may not** be combined.
- **Teams from the same program:**
 - Teams from the same program will NOT be split and **must** compete against each other.

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 / DII divisions must follow the USASF D II definition and **is only available to USASF member teams**.

"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.
- A PROGRAM that qualifies as DII by the registered athlete determination of 125 or fewer may OPT-IN to DI through their USASF Member Profile.
- The Programs Division – DI or DII – is noted in the Programs USASF Member Profile will appear on the official roster. A program may **ONLY** compete in the Division listed on the Roster. It is the responsibility of the program to make sure the Event Producer has them competing in the correct Division when applicable.
- A Program's Division will show DII until 125 athletes are associated to rosters that are associated to events. This includes DI programs who have not yet taken the qualifying number of athletes to an event or events. DI programs should "opt-in" to DI if they are attending an event before their total number of athletes exceeds 125.
- Multiple-location Branded programs will use the Program's total number of registered athletes from all locations (combined) to determine the Division of all locations associated to the PROGRAM.

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, **they must opt-in to DI through their program profile** and **ALL TEAMS** must compete in DI splits at this event and **ALL FUTURE EVENTS**.

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.

Register and associate all of their non-Worlds teams from their program to the DII only event

USASF Elite Tier - Splitting Divisions Overview

(These splits are not guaranteed. Please look at pages 10- 15 for the guidelines needed to make these splits for each specific division)

USASF All Star Elite Level 1					
Level	Division	1 st Split Size	2 nd Split CO-ED / All Girl	3 rd Split Optional	Number of athletes
1	Tiny	Team Size: Sm./Med.	n/a	A/B Split or D/DII Split	5-30 Members
1	Mini	Team Size: Sm./Med.	n/a	A/B Split or D/DII Split	5-30 Members
1	Youth	Team Size: Sm./Med.	n/a	A/B Split or D/DII Split	5-30 Members
1	Junior	Team Size: Sm./Med.	n/a	A/B Split or D/DII Split	5-30 Members
1	Senior	Team Size: Sm./Med.	n/a	A/B Split or D/DII Split	5-30 Members
USASF All Star Elite Level 2					
Level	Division	1 st Split Size	2 nd Split CO-ED / All Girl	3 rd Split Optional	Number of athletes
2	Mini	Team Size: Sm./Med.	n/a	A/B Split or D/DII Split	5-30 Members
2	Youth	Team Size: Sm./Med.	n/a	A/B Split or D/DII Split	5-30 Members
2	Junior	Team Size: Sm./Med.	n/a	A/B Split or D/DII Split	5-30 Members
2	Senior	Team Size: Sm./Med.	n/a	A/B Split or D/DII Split	5-30 Members
USASF All Star Elite Level 3					
Level	Division	1 st Split Size	2 nd Split CO-ED / All Girl	3 rd Split Optional	Number of athletes
3	Youth	Team Size: Sm./Med.	n/a	A/B Split or D/DII Split	5-30 Members
3	Junior	Team Size: Sm./Med.	n/a	A/B Split or D/DII Split	5-30 Members
3	Senior	Team Size: Sm./Med.	n/a	A/B Split or D/DII Split	5-30 Members
3	Senior Co-Ed	Team Size: Sm./Med.	n/a	A/B Split or D/DII Split	5-30 Members
USASF All Star Elite Level 4					
Level	Division	1 st Split Size	2 nd Split CO-ED / All Girl	3 rd Split Optional	Number of athletes
4	Youth	Team Size: Sm./Med.	n/a	A/B Split or D/DII Split	5-30 Members
4	Junior	Team Size: Sm./Med.	n/a	A/B Split or D/DII Split	5-30 Members
4	Senior	Team Size: Sm./Med.	n/a	A/B Split or D/DII Split	5-30 Members
4	Senior Co-Ed	Team Size: Sm./Med.	n/a	A/B Split or D/DII Split	5-30 Members
4	Senior Open	n/a	Co-Ed / All Girl	A/B Split or D/DII Split	5-24 Members
USASF All Star Elite Level 4.2					
Level	Division	1 st Split Size	2 nd Split CO-ED / All Girl	3 rd Split Optional	Number of athletes
4.2	Senior	Team Size: Sm./Med.	Co-Ed/ All Girl	A/B Split or D/DII Split	5-30 Members
USASF All Star Elite Level 5					
Level	Division	1 st Split Size	2 nd Split CO-ED / All Girl	3 rd Split Optional	Number of athletes
5	Youth	Team Size: Sm./Lg.	n/a	Med./Lg. or A/B or D/DII Split	5-38 Members
5	Junior	Team Size: Sm./Lg.	Co-Ed / All Girl	Med./Lg. or A/B or D/DII Split	5-38 Members
5	Senior	Team Size: Sm./Lg.	Co-Ed / All Girl	Med./Lg. or A/B or D/DII Split	5-38 Members
USASF All Star Elite Level 6					
Level	Division	1 st Split Size	2 nd Split CO-ED / All Girl	3 rd Split Optional	Number of athletes
6	Junior	Team Size: Sm./Lg.	n/a	Med./Lg. or A/B or D/DII Split	5-38 Members
6	Junior Co-Ed	Team Size: Sm./Lg.	n/a	Med./Lg. or A/B or D/DII Split	5-38 Members
6	Senior XSmall (Worlds Division)	n/a	n/a	A/B Split or D/DII Split	5-16 Members
6	Senior Small (Worlds Division)	n/a	n/a	A/B Split or D/DII Split	17-22 Members
6	Senior Medium (Worlds Division)	n/a	n/a	A/B Split or D/DII Split	23-30 Members
6	Senior Large (Worlds Division)	n/a	n/a	A/B Split or D/DII Split	31-38 Members
6	Senior XSmall Co-Ed (Worlds Division)	n/a	n/a	A/B Split or D/DII Split	5-16 Members
6	Senior Small Co-Ed (Worlds Division)	n/a	n/a	A/B Split or D/DII Split	5-22 Members
6	Senior Medium Co-Ed (Worlds Division)	n/a	n/a	A/B Split or D/DII Split	5-30 Members
6	Senior Large Co-Ed (Worlds Division)	n/a	n/a	A/B Split or D/DII Split	5-38 Members
6	Senior Open (Worlds Division)	n/a	n/a	A/B Split or D/DII Split	5-24 Members
6	Senior Open Small Co-Ed (Worlds Division)	n/a	n/a	A/B Split or D/DII Split	5-24 Members
6	Senior Open Large Co-Ed (Worlds Division)	n/a	n/a	A/B Split or D/DII Split	5-24 Members

10.2. U.S. All Star Federation Dance Age Grid Categories

Documento oficial da Federação All Star que prevê as definições das divisões dentro das categorias de dança.



2019-2020 USASF Dance Age Grid & Categories

USASF DANCE CATEGORIES

JAZZ

A Jazz routine can encompass any range of jazz movement including traditional jazz, commercial jazz, musical theater, jazz funk or stylized hard-hitting jazz. Movement is crisp and/or aggressive in approach and can include moments of softness while complementing musicality. Emphasis is placed on style, body alignment, extension, control, uniformity, technical elements, and communication.

POM

A Pom routine contains important characteristics such as strong pom technique (clean, precise and sharp motions), synchronization, visual effects and may incorporate **purposeful** Pom Elements (i.e. pom passes, jump sequences, leaps/turns, kick lines, etc). **Poms should be used throughout the routine. Inadequate use of poms may also affect the panel judges' overall impression and/or score of the routine.**

HIP HOP

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

CONTEMPORARY/LYRICAL

A Contemporary or Lyrical routine uses organic, expressive, pedestrian and/or traditional modern and/or ballet vocabulary as it complements the lyric, mood and/or rhythmic value of the music. Emphasis is placed on control, expressive movement, dynamics, alignment, use of breath, uniformity, communication and may incorporate purposeful elements and 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 should be performed throughout the routine. Inadequate utilization of kicks may also affect the panel judges' overall impression and/or score of the routine**

VARIETY

A Variety routine must incorporate a blend of at least two or more dance styles listed in the USASF 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.



2019-2020 USASF Dance Age Grid & Categories

USASF DANCE TIERS

NOVICE

- Novice teams are gender neutral and will not be split based on gender (novice teams will not be classified as co-ed, all male, etc).
- All Category styles in each Age Division will be combined in Novice, no exceptions.
- Members on a Novice team may crossover to a Prep or Elite team.
- Novice designation is for new and emerging athletes/programs/teams seeking experience with dance performance and evaluation. Novice will only be evaluated on a rating system and not scored/ranked against other teams.
 - Recommended ratings are Superior (Highest), Excellent, and Outstanding. Please check with your specific event producer for their rating system
- Novice Teams must follow the USASF Dance General Rules and USASF Prep Dance Rules with the following exceptions:
 - Routine may not exceed 1:30 (there is no time minimum)
 - No Lifts/Stunts allowed (all athletes must keep at least one body part on the ground while performing groups & pairs skills)
- 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.
- An Event Producer may offer a team of less than 4 athletes to perform, as long as they meet the age restrictions of the Age Grid. Prior approval from the Event Producer is required.

PREP

- All Category styles in each Age Division will be combined in Prep, unless the Prep splitting rule applies (See page 5)
- Members must follow the Prep crossover rules (See page 6)
- The Prep designation is offered for emerging teams and dancers and should be scored on a traditional scoresheet.
- Prep teams must follow the USASF Dance General Rules and USASF Prep Dance Rules
- May be offered and competed at one and two day events.

ELITE

- Term used to differentiate between the Prep and Novice tiers.
- The division will be referred to as Elite or simply by the Division and Category name.
Example: Senior Elite Pom or Senior Pom.
- Elite teams must follow the USASF Dance General Rules and USASF Category Specific Dance Rules for their teams applicable division and category.

DanceABILITIES for Exceptional Athletes: A team comprised of Dancers with a disability. The USASF follows the definition of disability as defined by the American with Disabilities Act (ADA). An individual with a disability is defined by the ADA as a person who has a physical or mental impairment that substantially limits one or more major life activities, a person who has a history or record of such an impairment, or a person who is perceived by others as having such an impairment.

Teams will follow the USASF General Dance Rules and DanceABILITIES Rules

Division	Age	Team Size	Gender	Age Determination
DanceABILITIES	5 Years & older	No min/max	N/A	August 31, 2019

Copyright © 2019 U.S.All Star Federation

BOD Approved 6/19/19



2019-2020 USASF Dance Age Grid & Categories

PRIMARY AGE DIVISIONS

Note: Divisions are listed by 1) Age 2) Team Size, then 3) Gender. The appropriate Routine Style Category (Jazz, Pom, etc.) will then be added to the end of the Division name.

Division	Age	Team Size	Gender	Age Determination
Tiny	4 years - 6 years	4 or more dancers	N/A	August 31, 2019
Mini Small	5 years - 9 years	4 - 14 dancers	0 males	August 31, 2019
Mini Large	5 years - 9 years	15 or more dancers	0 males	August 31, 2019
Mini Coed	5 years - 9 years	4 or more dancers	male(s) and female(s)	August 31, 2019
Mini Male	5 years - 9 years	4 or more dancers	0 females	August 31, 2019
Youth Small	8 years - 12 years	4 - 14 dancers	0 males	August 31, 2019
Youth Large	8 years - 12 years	15 or more dancers	0 males	August 31, 2019
Youth Coed	8 years - 12 years	4 or more dancers	male(s) and female(s)	August 31, 2019
Youth Male	8 years - 12 years	4 or more dancers	0 females	August 31, 2019
Junior Small *	10 years - 15 years	4 - 14 dancers	0 males	August 31, 2019
Junior Large *	10 years - 15 years	15 or more dancers	0 males	August 31, 2019
Junior Coed *	10 years - 15 years	4 or more dancers	male(s) and female(s)	August 31, 2019
Junior Male *	10 years - 15 years	4 or more dancers	0 females	August 31, 2019
Senior Small	12 years - 18 years	4 - 14 dancers	0 males	August 31, 2019
Senior Large	12 years - 18 years	15 or more dancers	0 males	August 31, 2019
Senior Small Coed	12 years - 18 years	4 - 14 dancers	male(s) and female(s)	August 31, 2019
Senior Large Coed	12 years - 18 years	15 or more dancers	male(s) and female(s)	August 31, 2019
Senior Male	12 years - 18 years	4 or more dancers	0 females	August 31, 2019
Open Elite**	14 years & older	6 - 15 dancers	0 males	December 31, 2020
Open Premier**	14 years & older	16 - 30 dancers	0 males	December 31, 2020
Open Coed Elite**	14 years & older	6 - 15 dancers	male(s) and female(s)	December 31, 2020
Open Coed Premier**	14 years & older	16 - 30 dancers	male(s) and female(s)	December 31, 2020
Open Male**	14 years & older	6 - 30 dancers	0 females	December 31, 2020

*JUNIOR TEAMS that submit to qualify and compete at The Dance Worlds ®: The date for age calculation will be based on the athletes age as of December 31, 2020. Athletes who turn 16 between Sept 1-Dec 31, 2019 will not be eligible to compete at The Dance Worlds. Athletes who will turn 9, 10, 11, 12, 13, 14, 15 or 16 between Jan 1-Dec 31 2020 will be eligible). Be vigilant when submitting for a Junior Bid to calculate ages correctly.

OPEN TEAM DIVISIONS: The USASF member database will calculate the age on December 31, 2020. **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, 2020



2019-2020 USASF Dance Age Grid & Categories

COMBINING and SPLITTING GUIDELINES

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 3 teams in any given division category. There will be instances, however, where there are not permissible combinations thus having a division that may only have one or two teams. The guidelines listed herein will provide the basis for how this will be accomplished. Event Producers may not further combine or split All-Star categories and/or divisions by style, level, skill, age or ability, other than outlined without prior written approval from USASF.

Definitions:

-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.

I. Splitting All Star Elite:

1. Event Producer's **must** first split by program. Teams from same program location will not be forced to compete against each other unless:
 - i. The coach creates two teams in same div/cat: (Ex: 2 small junior jazz teams)
 - ii. The coach may choose to have their teams compete against each other.
2. Event Producer's **must** then split by size and/or gender dependent upon which split will create the deepest competition for all teams entered in a particular division category **while** still ensuring no less than 3 teams remain in a particular division category.

Program Name	Division Category	Total # of athletes	Female	Male
Program A*	Youth Small Hip Hop	7	7	0
Program B	Youth Small Hip Hop	10	10	0
Program C	Youth Small Hip Hop	13	13	0
Program A*	Youth Large Hip Hop	16	16	0
Program D	Youth Small Coed Hip Hop	12	11	1
Program E	Youth Large Coed Hip Hop	15	14	1
Program F	Youth Large Coed Hip Hop	15	14	1
Program G	Youth Large Coed Hip Hop	17	12	5
Program H	Youth Large Coed Hip Hop	16	15	1
Program I	Youth Large Coed Hip Hop	24	23	1

Example: 10 Teams are registered in Youth Hip Hop (3 YSHH, 1, YLHH, 1 YSCHH, 5 YLCHH). Program A has entered an all-girl team in both Small and Large Youth Hip Hop. These teams will not be forced to compete against each, thus splitting by size is ideal placing 6 teams in YLHH and 4 teams in YSHH regardless of gender.*



2019-2020 USASF Dance Age Grid & Categories

II. Splitting Prep:

All performances, regardless of style, in these division categories will be judged against each other unless one of the splitting rules applies. Event Producers **must** split Prep routines into separate Categories (Prep Jazz, Prep Pom, Prep Hip Hop, Prep Contemporary/Lyrical, Prep Kick or Prep Variety) by Age Division if:

- a. There are two teams from the same program registered in the same Age Division. *(Example: Junior Prep Jazz and Junior Prep Pom teams from the same program will not compete against each other. However, if a program chooses to register two teams in the same Age, Team Size and Category, the teams will compete against each other.)*
- b. There are three or more teams in the same category style, and at least two remaining performances in any of the other category styles. *(Example: 3 Junior Prep Hip Hop, 1 Junior Prep Pom, and 1 Junior Prep Kick will be split into Junior Prep Hip Hop (with 3 teams) and Junior Prep All Styles (with 2 teams: Prep Pom and Prep Kick)*

III. Splitting Tiny:

All performances, regardless of style, in these division categories will be judged against each other unless one of the splitting rules applies. Then, Event Producers will split Tiny into separate Categories (Jazz, Pom, Hip Hop, etc.), if:

- a. There are two teams from the same program registered in the same Age Division. *(Example: Tiny Jazz and Tiny Pom teams from the same program will not compete against each other. However, if a program chooses to register two teams in the same Age, Team Size and Category, the teams will compete against each other.)*
- b. Event Producers **must** split Tiny Divisions within the same category into Small and Large (as outlined in grid) if there are 10 or more teams in the division before the split occurs. There **must** be at least 3 teams in each division once the split occurs
- c. There are three or more teams in the same category style, and at least two remaining performances in any of the other category styles

IV. Combining to Create an "All Styles" Category:

Event Producer's **may** create an "All Styles" category to combine routines of different styles within the same age division when fewer than three teams are registered in a particular category. If combined, all Category styles (Jazz, Pom, Hip Hop, Contemporary/Lyrical, Kick or Variety), in each Division, (Tiny, Mini, Youth, Junior, Senior or Open), may compete together in this category. *(Example: When one team is registered in Junior Jazz and two teams are registered in Junior Pom, the event producer **may** combine Junior Jazz and Junior Pom to create Junior All Styles)*

Exceptions:

- a. Categories with 3 or more teams registered in a particular age division will not combined with other categories into an All Styles category. *Example: If there are 3 teams in Junior Jazz, 2 in Junior Pom, 2 in Junior Hip Hop and 1 in Junior Kick, the event producer could combine the Pom, Hip Hop and Kick teams into the Junior All Styles Division/Category and leave Junior Jazz as a separate Division/Category. Note: There should always be more than one team in the All Styles category.*
- b. Categories will not combined into an All Styles category if it means that a program will compete against itself. *(Example: Junior Jazz and Junior Pom teams from the same program will not be combined into the All Styles category if that would cause them to compete against themselves, unless the program is agreeable to such a combination. If a program chooses to register two teams in the same Age, Team Size and Category, the teams will compete against each other.)*
- c. The "All Styles" category is not a Primary USASF or Worlds Bid category.



2019-2020 USASF Dance Age Grid & Categories

AGE REQUIREMENTS:

The USASF recognizes the concern with fielding teams of a broad age range and highly recommends that individual programs be vigilant in monitoring participants of various ages on the same team and that, whenever possible, a team's composition is made up of participants of similar ages.

The age of the competitor as of August 31, 2019 will be the club age used for competition purposes throughout the 2019-2020 season for Tiny, Mini, Youth, Junior*, Senior and DanceABILITIES Divisions.

For Open (International) Divisions, the eligible age for the athletes will be determined by the "calendar year of the competition" (Dec. 31 of the same year that the competition occurs) for its age cut-off date. *Athletes that are not 14 on or before December 31, 2019 may not compete with an Open team before November 1, 2019.* A calendar year is considered January 1st – December 31st.

- All USASF member athletes must be years of age in order to participate.
- Any team, from any country, may enter any USASF Division as long as they abide by the age requirements of that Division.
- Junior teams that compete for a bid to The Junior Dance Worlds will follow the age requirements outlined in the application process posted on USASF.net
- Age Requirements, Divisions and Categories for the 2020 Dance Worlds can be found at http://higherlogicdownload.s3.amazonaws.com/USASFMEMBERS/72e522c8-9dd8-4785-bd5b-2efe2156cc4a/UploadedImages/doc/Worlds/USASF_Worlds_Dance_Divisions_2019.pdf

CROSSOVERS

1. 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.
2. Prep
 - a. Dancer(s) may compete in both Prep and Non-Prep categories with the following limitations:
 - i. They may not compete in routines in the same category. (i.e. Dancer(s) may not compete in Youth Hip Hop and Youth Prep Hip Hop)
 - ii. They may not compete in routines in the same category in a different age division. (i.e. Dancer(s) may not compete in Youth Prep Pom and Junior Pom)
 - iii. Jazz & Contemporary/Lyrical ONLY:
Dancer(s) may not crossover and compete in Prep and Non-Prep performances in the Jazz & Contemporary/Lyrical categories. (i.e. Dancer(s) may not compete in Youth Prep Cont/Lyrical and Youth Jazz)
 - b. Dancer(s) may progress from a Prep to a Non-Prep Team in the same category style over time, but may not first compete on a Non-Prep team and later compete on a Prep team in the same style. *(Clarification: dancers may only move forward in levels of progression, not backward). (Exception: When only one team is registered in a Prep Division Category at an event the team **may** move to the Non-Prep category at that event without breaking Crossover Rule 2b at future events.)*

10.3. Varsity All Star Scoring System

Documento oficial da Varsity, base para grande parte das regras de pontuação que se utilizam nas competições do Brasil.

2019 - 2020 ALL STAR SCORING SYSTEM - BUILDING LEVEL 1 – 5 & 6 JR

STUNT DIFFICULTY			BUILDING QUANTITY CHART			STUNT QUANTITY	
3.0 - 3.5	BELOW	Skills performed do not meet Low range requirement	# OF ATHLETES	MAJORITY	MOST	BASED ON A TRADITIONAL GROUP OF 4 OR MORE, RIPPLED OR SYNCHRONIZED IN THE SAME SECTION WITHOUT RECYCLING ATHLETES.	
3.5 - 4.0	LOW	4 different level appropriate skills performed by Most of the team	5 - 11	1	1	4.0	Less than a Majority of the team performs a level appropriate building skill
4.0 - 4.5	MID	4 different level appropriate skills performed by Most of the team, 1 of which is Elite level appropriate	12 - 15	1	2	4.2	Majority of the team performs a level appropriate building skill
4.5 - 5.0	HIGH	4 different level appropriate skills performed by Most of the team, 2 of which are Elite level appropriate	16 - 19	2	3	4.4	Most of the team performs a level appropriate building skill
Stunt Skills will only receive full credit if they show control through the pop or transition to another skill. BODY POSITIONS • Lib and platform are not considered body positions • Body positions include: Stretch, bow and arrow, arabesque, scale, scorpion.			20 - 23	3	4	4.6	Less than a Majority of the team performs the same Elite level appropriate building skill
			24 - 27	4	5	4.8	Majority of the team performs the same Elite level appropriate building skill
			28 - 30	4	6	5.0	Most of the team performs the same Elite level appropriate building skill
			31 - 38	5	7		

PYRAMID DIFFICULTY			TOSS DIFFICULTY		DIFFICULTY DRIVERS
3.0 - 3.5	BELOW	Skills performed do not meet Low range requirement	4.0	Less than a Majority of the team performs a toss	
3.5 - 4.0	LOW	2 different level appropriate skills and 2 structures performed by Most of the team	4.5	Majority of the team performs a level appropriate toss	
4.0 - 4.5	MID	3 different level appropriate skills and 2 structures performed by Most of the team	5.0	Majority of the team performs a level appropriate toss rippled or synchronized in the same section	
4.5 - 5.0	HIGH	4 different level appropriate skills and 2 structures performed by Most of the team	Same Section - Athletes may not be recycled.		

COED QUANTITY - LEVEL 3 & 4 SENIOR/INTERNATIONAL TEAMS			COED QUANTITY CHART		COED QUANTITY
BASED ON A GROUP OF 3, RIPPLED OR SYNCHRONIZED IN THE SAME SECTION WITHOUT RECYCLING ATHLETES. STUNTS MUST BE HELD FOR 4 COUNTS			# OF MALES ON TEAM	# OF STUNTS	Includes the following divisions: • Senior Coed 3 • International Senior Coed 3 • Senior Coed 4 • International Senior Coed 4 • International Open Coed 4 • Only the skills listed on the coed requirement grid will count for Coed Quantity.
	Coed Style ASSISTED	Coed Style UNASSISTED	1 - 3	1	
			4 OR MORE	2	
			COED STYLE		
			• Consists of a Base, Top Person and Spotter. • Entry must be a Toss or Walk-In. • The same entry and skill must be used by all groups. If there is a mixture of unassisted and assisted stunts, credit will be given for the assisted version. • Toss - Top person starts with both feet on performing surface. Base starts with hands on Top Person's waist. • Walk-In - Top person and Base start facing each other with one-foot loaded in. • Base must be directly under the stunt. • Base and Spotter may not be chest to chest. • Coed stunts must have a controlled dismount /pop off to the performance surface to receive full Coed Quantity credit.		
3.5	Skills performed do not meet 4.0 requirement	N/A			
4.0	Walk-in Hands Toss Hands	Skills performed do not meet 4.4 requirement			
4.2	Walk-in Hands press Extension Toss Hands press Extension	N/A			
4.4	Walk-in Extended double leg stunt Toss Extended double leg stunt (Level 4 ONLY) Walk-in Hands press Extended single leg stunt/single arm stunt Toss Hands press Extended single leg stunt/single arm stunt	Walk-in Hands Toss Hands			
4.6	Walk-in Extended single leg stunt/single arm stunt Toss Extended single leg stunt/single arm stunt (Level 4 ONLY)	Walk-in Hands press Extension Toss Hands press Extension			
4.8	N/A	Walk-in Extended double leg stunt Toss Extended double leg stunt (Level 4 ONLY) Walk-in Hands press Extended single leg stunt/single arm stunt Toss Hands press Extended single leg stunt/single arm stunt			
5.0	N/A	Walk-in Extended single leg stunt/single arm stunt Toss Extended single leg stunt/single arm stunt (Level 4 ONLY)			

2019 - 2020 ALL STAR SCORING SYSTEM - BUILDING LEVEL 6 & 7 WORLDS - ALL GIRL

STUNT DIFFICULTY			PYRAMID DIFFICULTY		
3.0 - 3.5	BELOW	Skills performed do not meet Low range requirement	3.0 - 3.5	BELOW	Skills performed do not meet Low range requirement
3.5 - 4.0	LOW	4 different level appropriate skills performed by Most of the team	3.5 - 4.0	LOW	2 different level appropriate skills and 2 structures performed by Most of the team
4.0 - 4.5	MID	4 different level appropriate skills performed by Most of the team, 1 of which is Elite level appropriate	4.0 - 4.5	MID	3 different level appropriate skills and 2 structures performed by Most of the team
4.5 - 5.0	HIGH	4 different level appropriate skills performed by Most of the team, 2 of which are Elite level appropriate	4.5 - 5.0	HIGH	4 different level appropriate skills and 2 structures performed by Most of the team

BUILDING QUANTITY CHART			DIFFICULTY DRIVERS
# OF ATHLETES	MAJORITY	MOST	
5 - 11	1	1	
12 - 15	1	2	
16 - 19	2	3	
20 - 23	3	4	• Degree of difficulty • Percent of team participation • Combination of skills (level and non-level appropriate) • Pace of skills performed
24 - 27	4	5	
28 - 30	4	6	
31 - 38	5	7	

STUNT DIVISION EXPECTATIONS					
MUST BE PERFORMED BY GROUPS OF 3 OR MORE ATHLETES. RIPPLED OR SYNCHRONIZED IN THE SAME SECTION WITHOUT RECYCLING ATHLETES.					
X SMALL (5-16)	SMALL (17-22)	MEDIUM (23-30)	LARGE (31-38)	INTERNATIONAL (16-24) and OPEN (5-24)	
4.0 1 group performs a level appropriate skill	4.0 1-2 groups perform a level appropriate skill	4.0 1-4 groups perform a level appropriate skill	4.0 1-6 groups perform a level appropriate skill	4.0	1-3 groups perform a level appropriate skill
4.2 2 groups perform a level appropriate skill	4.2 3 groups perform a level appropriate skill	4.2 5 groups perform a level appropriate skill	4.2 7 groups perform a level appropriate skill	4.2	4 groups perform a level appropriate skill
4.4 3 groups perform a level appropriate skill	4.4 4 groups perform a level appropriate skill	4.4 6 groups perform a level appropriate skill	4.4 8 groups perform a level appropriate skill	4.4	5 groups perform a level appropriate skill
4.6 4 groups perform a level appropriate skill	4.6 5 groups perform a level appropriate skill	4.6 7 groups perform a level appropriate skill	4.6 9 groups perform a level appropriate skill	4.6	6 groups perform a level appropriate skill
4.8 3 groups perform an ELITE level appropriate skill	4.8 4 groups perform an ELITE level appropriate skill	4.8 6 groups perform an ELITE level appropriate skill	4.8 8 groups perform an ELITE level appropriate skill	4.8	5 groups perform an ELITE level appropriate skill
5.0 4 groups perform an ELITE level appropriate skill	5.0 5 groups perform an ELITE level appropriate skill	5.0 7 groups perform an ELITE level appropriate skill	5.0 9 groups perform an ELITE level appropriate skill	5.0	6 groups perform an ELITE level appropriate skill

2019 - 2020 ALL STAR SCORING SYSTEM - BUILDING LEVEL 6 & 7 WORLDS - COED

STUNT DIFFICULTY		
3.0 - 3.5	BELOW	Skills performed do not meet Low range requirement
3.5 - 4.0	LOW	4 different level appropriate skills performed by Most of the team
4.0 - 4.5	MID	4 different level appropriate skills performed by Most of the team, 1 of which is Elite level appropriate
4.5 - 5.0	HIGH	4 different level appropriate skills performed by Most of the team, 2 of which are Elite level appropriate
For Level 7 Stunts: All Level 6 & 7 level appropriate skills will be considered Level Appropriate for scoring purposes (at least 2 different Level 7 skills are required to score in High range). Stunt Skills will only receive full credit if they show control through the pop or transition to another skill. BODY POSITIONS • Lib and platform are not considered body positions • Body positions include: Stretch, bow and arrow, arabesque, scale, scorpion.		
TOSS DIFFICULTY		
4.0	Less than a Majority of the team performs a toss	
4.5	Majority of the team performs a level appropriate toss	
5.0	Majority of the team performs a level appropriate toss rippled or synchronized in the same section	
Same Section - Athletes may not be recycled.		

BUILDING QUANTITY CHART		
# OF ATHLETES	MAJORITY	MOST
5 - 11	1	1
12 - 15	1	2
16 - 19	2	3
20 - 23	3	4
24 - 27	4	5
28 - 30	4	6
31 - 38	5	7

PYRAMID DIFFICULTY		
3.0 - 3.5	BELOW	Skills performed do not meet Low range requirement
3.5 - 4.0	LOW	2 different level appropriate skills and 2 structures performed by Most of the team
4.0 - 4.5	MID	3 different level appropriate skills and 2 structures performed by Most of the team
4.5 - 5.0	HIGH	4 different level appropriate skills and 2 structures performed by Most of the team

DIFFICULTY DRIVERS		
• Degree of difficulty		
• Percent of team participation		
• Combination of skills (level and non-level appropriate)		
• Pace of skills performed		

COED STYLE		
• Consists of a Base, Top Person and Spotter.		
• Entry must be a Toss or Walk-In.		
• The same entry and skill must be used by all groups. If there is a mixture of unassisted and assisted stunts, credit will be given for the assisted version.		
• Toss - Top person starts with both feet on performing surface. Base starts with hands on Top Persons' waist.		
• Walk-In - Top person and Base start facing each other with one-foot loaded in.		
• Base must be directly under the stunt.		
• Base and Spotter may not be chest to chest.		
• Coed stunts must have a controlled dismount/pop off to the performance surface to receive full Coed Quantity credit.		

COED QUANTITY - LEVEL 6 & 7 WORLDS TEAMS BASED ON A GROUP OF 3, RIPPLED OR SYNCHRONIZED IN SAME SECTION WITHOUT RECYCLING ATHLETES. STUNTS MUST BE HELD FOR 4 COUNTS.		
	Coed Style ASSISTED	Coed Style UNASSISTED
3.5	Skills performed do not meet 4.0 requirement	N/A
4.0	Walk-in Extended double leg stunt Toss Extended double leg stunt Walk-in Hands press Extended single leg stunt/single arm stunt Toss Hands press Extended single leg stunt/single arm stunt	Skills do not meet 4.2 requirement
4.2	Walk-in Extended single leg stunt/single arm stunt Toss Extended single leg stunt	Walk-in Hands press Extension Toss Hands press Extension
4.4	Toss ¼ - ¾ Twist to Extended single leg stunt	Walk-in Extended double leg stunt Toss Extended double leg stunt Walk-in Hands press Extended single leg stunt/ single arm stunt Toss Hands press Extended single leg stunt/single arm stunt
4.6	Toss Extended single arm stunt Toss Full up to Extended Stunt Toss Front handspring 1/2 up to Extended stunt	Walk-in Extended single leg stunt/single arm stunt Toss Extended single leg stunt
4.8	N/A	Toss ¼ - ¾ Twist to Extended single leg Stunt
5.0	N/A	Toss Extended single arm stunt Toss Full up to Extended Stunt Toss Front handspring 1/2 up to Extended Stunt

COED QUANTITY CHART	
# OF MALES ON TEAM	# OF STUNTS
1 - 3	1
4 - 5	2
6 - 7	3
8 - 9	4
10 - 11	5
12 - 13	6
14 - 19	7

COED QUANTITY	
Includes the following divisions:	
• Senior XSmall Coed 6	
• Senior Small Coed 6	
• Senior Medium Coed 6	
• Senior Large Coed 6	
• Senior Open Small Coed 6	
• Senior Open Large Coed 6	
• International Senior Coed 6	
• International Open Coed NT 6	
• International Open Small Coed 6	
• International Open Large Coed 6	
• International Global Coed 6	
• International Open Small Coed 7	
• International Open Large Coed 7	
• Only the skills listed on the coed requirement grid will count for Coed Quantity.	

2019 - 2020 ALL STAR SCORING SYSTEM - TUMBLING LEVEL 1 – 5 & 6 JR

STANDING TUMBLING DIFFICULTY		
3.0 - 3.5	BELOW	Skills performed do not meet Low range requirement
3.5 - 4.0	LOW	Most of the team performs a level appropriate pass
4.0 - 4.5	MID	Majority of the team performs the same level appropriate pass which must be synchronized from initiation of the pass
4.5 - 5.0	HIGH	Most of the team performs the same level appropriate pass which must be synchronized from initiation of the pass, plus Majority of the team performs an additional level appropriate pass

RUNNING TUMBLING DIFFICULTY		
3.0 - 3.5	BELOW	Skills performed do not meet Low range requirement
3.5 - 4.0	LOW	Less than a Majority of the team performs a level appropriate pass
4.0 - 4.5	MID	Majority of the team performs a level appropriate pass
4.5 - 5.0	HIGH	Most of the team performs a level appropriate pass

JUMP DIFFICULTY	
JUMPS MUST USE THE WHIP APPROACH TO BE CONSIDERED CONNECTED.	
3.5	Skills performed do not meet 4.0 requirement
4.0	Most of the team performs 1 advanced jump
4.5	Most of the team performs 2 connected advanced jumps. Must be synchronized and must include a variety. Tiny/Mini: Most of the team performs 2 advanced jumps must be synchronized, but DO NOT need to be connected or include a variety.
5.0	Most of the team performs 3 connected advanced jumps or 2 connected advanced jumps, plus 1 additional advanced jump. Must be synchronized and include a variety. Tiny/Mini: Most of the team performs 3 advanced jumps must be synchronized, but DO NOT need to be connected or include a variety.

TUMBLING/JUMP QUANTITY CHART		
# OF ATHLETES	MAJORITY	MOST
5 - 7	2	3
8 - 9	4	5
10 - 11	5	6
12 - 14	6	7
15 - 16	7	9
17 - 19	8	10
20 - 22	10	12
23 - 25	11	13
26 - 27	13	15
28 - 30	14	16
31 - 38	15	18

DIFFICULTY DRIVERS	
- Degree of difficulty - Percent of team participation - Combination of skills - Synchronization of passes - Variety of passes	

STANDING TUMBLING DIFFICULTY	
In an effort to reduce the number of Standing Tumbling passes performed in L1-L5, the following criteria will be used when awarding higher scores within a range: - Degree of Difficulty of the passes - Variety of Passes - Satisfies or exceeds the quantity requirement utilizing grouped or synchronized passes	

STANDING TUMBLING/RUNNING TUMBLING	
- Tumbling passes must land on feet to be considered level appropriate and receive difficulty credit (i.e. jump 3/4 front flip to seat, back handsprings which lands in a prone position, etc. would not count). - L1 - L5 Standing Tumbling - Same level appropriate synchronized pass cannot be used to fulfill Majority pass requirement. - No skills out of a RO that are ILLEGAL in L1 will count for level appropriate credit in L2. - No skills out of a BHS step out ½ turn that are ILLEGAL in L2 will count for level appropriate credit in L3. - No skills out of a Tuck, in Standing Tumbling, that are ILLEGAL in L4 will count for level appropriate credit in L5 (i.e. BHS-Tuck-BHS-Tuck). - Punch front forward roll will not count for level appropriate credit in L4. - Jumps within a pass will not break up the pass (i.e. Toe Touch BHS Toe Touch BHS is 1 pass in L3). - T-Jumps are not considered a jump and will break up a pass into two separate passes.	

JUMPS	
- Variety - at least 2 different jumps. Performing the same jump with different legs doesn't constitute as variety. (i.e. left/right hurdler). - Jump skills must land on feet to be considered level appropriate and receive difficulty credit (i.e. jumps that land on knee(s) or seat, etc. would not count). - Basic Jumps: Spread Eagle, Tuck Jump - Advanced Jumps: Pike, Right/Left Hurdles (front or side), Toe Touch	

2019 - 2020 ALL STAR SCORING SYSTEM - TUMBLING LEVEL 6 & 7 WORLDS

STANDING TUMBLING DIFFICULTY

SAME SECTION - SINGLE PORTION OF THE ROUTINE WHERE SKILLS FROM A SKILL SET ARE PERFORMED.

3.0 - 3.5	BELOW	Skills performed do not meet Low range requirement
3.5 - 4.0	LOW	Most of the team performs a level appropriate pass
4.0 - 4.5	MID	Majority of the team performs an Elite level appropriate pass
4.5 - 5.0	HIGH	Most of the team performs an Elite level appropriate pass in the same section

STANDING TUMBLING/RUNNING TUMBLING

- Tumbling passes must land on feet to be considered level appropriate and receive difficulty credit (i.e. jump 3/4 front flip to seat, back hand-springs which lands in a prone position, etc. would not count).
- Standing Tumbling skills ending in a layout that are LEGAL in L5 will not receive Level Appropriate credit for L6 and L7 (i.e. BHS-BHS Layout).
- Jumps within a pass will not break up the pass (i.e. Toe Touch BHS Toe Touch BHS Full is 1 pass).
- T-Jumps are not considered a jump and will break up a pass into two separate passes.

RUNNING TUMBLING DIFFICULTY

3.0 - 3.5	BELOW	Skills performed do not meet Low range requirement
3.5 - 4.0	LOW	Majority of the team performs a level appropriate pass
4.0 - 4.5	MID	Most of the team performs a level appropriate pass
4.5 - 5.0	HIGH	Majority of the team performs an Elite level appropriate pass

DIFFICULTY DRIVERS

- Degree of difficulty
- Percent of team participation
- Combination of skills
- Synchronization of passes
- Variety of passes

JUMP DIFFICULTY

JUMPS MUST USE THE WHIP APPROACH TO BE CONSIDERED CONNECTED.

3.5	Skills performed do not meet 4.0 requirement
4.0	Most of the team performs 1 advanced jump
4.5	Most of the team performs 2 connected advanced jumps. Must be synchronized and must include a variety.
5.0	Most of the team performs 3 connected advanced jumps or 2 connected advanced jumps, plus 1 additional advanced jump. Must be synchronized and include a variety.

TUMBLING/JUMP QUANTITY CHART

# OF ATHLETES	MAJORITY	MOST
5 - 7	2	3
8 - 9	4	5
10 - 11	5	6
12 - 14	6	7
15 - 16	7	9
17 - 19	8	10
20 - 22	10	12
23 - 25	11	13
26 - 27	13	15
28 - 30	14	16
31 - 38	15	18

JUMPS

- Variety - at least 2 different jumps. Performing the same jump with different legs doesn't constitute as variety. (i.e. left/right hurdler).
- Jump skills must land on feet to be considered level appropriate and receive difficulty credit (i.e. jumps that land on knee(s) or seat, etc. would not count).
- Basic Jumps: Spread Eagle, Tuck Jump
- Advanced Jumps: Pike, Right/Left Hurdlers (front or side), Toe Touch

2019 - 2020 ALL STAR SCORING SYSTEM - OVERALL

STUNT CREATIVITY

2.0 - 2.5	Stunt skills incorporate visual, unique or innovative ideas. This includes level and non-level appropriate skills.
-----------	--

PYRAMID CREATIVITY

2.0 - 2.5	Pyramid skills incorporate visual, unique or innovative ideas. This includes level and non-level appropriate skills.
-----------	--

DANCE

9.0 - 10	A team's ability to demonstrate a high level of energy and entertainment value which incorporates multiple visual elements including a variety of levels, formation changes, partner work, footwork and floorwork. This includes technique, perfection, synchronization, pace and intricacy of dance moves performed.
----------	---

PERFORMANCE

9.0 - 10	A team's ability to demonstrate high levels of energy and excitement while maintaining genuine enthusiasm and showmanship. This will include appropriate athletic impression throughout the routine.
----------	--

ROUTINE COMPOSITION

9.0 - 10	A team's ability to demonstrate precise spacing in formations and seamless patterns of movement in transitions performed throughout the routine. This includes innovative, visual and intricate ideas, as well as, any additional skills performed to enhance overall appeal.
----------	---

2019 - 2020 ALL STAR SCORING SYSTEM - EXECUTION

EXECUTION	
3.5 - 5.0	Athletes are expected to demonstrate excellent technique when performing each skill. A team's execution will be determined by all athletes performing the skill. • Scores will start at a 5.0 and may be reduced by .1, .2 or .3 based on the lack of technical execution of each driver • .1 - Minor technique issues by the team, not just 1 athlete in Tumbling/Jumps or 1 athlete in Stunts/Pyramids/Tosses • .2 - Multiple technique issues by the team • .3 - Widespread technique issues by the team • No more than .3 will be taken off for a single driver. • Stylistic differences will not factor into a teams' Execution score.

STUNT/PYRAMID DRIVERS	
Each driver may include, but is not limited to, the below examples:	
Top Person	• Body control • Uniform flexibility • Motion placement • Legs straight/locked and toes pointed
Bases/Spotters	• Stability of the stunt • Solid stance • Positioned shoulder width apart • Feet stationary
Transitions	• Entries • Dismounts • Speed/control/flow from skill to skill
Synchronization*	• Timing
Obvious Mistakes	• 2 - 2 errors (Bobbles, Building Falls, and/or Major Building Falls) • 3 - 3 or more errors (Bobbles, Building Falls, and/or Major Building Falls)

*Teams that do not perform at least 1 level appropriate skill/transition by 2 or more groups in Stunts and Pyramids will automatically receive .3 off for Synchronization.

STANDING/RUNNING TUMBLING DRIVERS	
Each driver may include, but is not limited to, the below examples:	
Approach	• Arm placement into a pass/skill • Swing/prep • Chest placement • Flow from skill to skill in a pass
Speed	• Consistent or increases through pass/skills • Connection of pass/skills
Body Control	• Head placement • Arm/shoulder placement in skills • Hips • Leg placement in skills • Pointed toes
Landings	• Controlled • Legs/feet together • Chest placement • Finished pass/skill • Incomplete twisting skills
Synchronization	• Timing

*Teams that do not perform 2 or more passes synchronized in a group will automatically receive .3 off for Synchronization.

TOSS DRIVERS	
Each driver may include, but is not limited to, the below examples:	
Top Person	• Body control • Consistent execution of skill/trick • Legs straight/toes pointed • Arm placement
Bases/Spotters	• Using arms/legs to throw together • Solid stance • Positioned shoulder width apart • Timing
Height	• Relative to the size of the athletes performing the toss
Cradle	• Arms up to catch high • Legs used to absorb catch • Group positioned no more than shoulder width apart • Controlled
Obvious Mistakes	• .3 - Building Falls, and/or Major Building Falls

JUMP DRIVERS	
Each driver may include, but is not limited to the below examples:	
Approach	• Consistent entry • Swing/prep
Arm Placement	• Arm position within jump(s)
Leg Placement	• Straight legs • Pointed toes • Hip placement/rotation • Hyperextension • Height
Landings	• Legs/feet together • Chest placement
Synchronization	• Timing

2019 - 2020 ALL STAR SCORING SYSTEM - STUNTS

LEVEL 1					
INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STUNTS	
• INVERSION TO GROUND LEVEL	• SWITCH UP TO LIB BELOW PREP LEVEL • SWITCH UP TO BODY POSITION BELOW PREP LEVEL • TIC TOC BELOW PREP LEVEL (LIB TO LIB) • TIC TOC BELOW PREP LEVEL (LIB TO BODY POSITION)	• ½ TWISTING TRANSITION TO BELOW PREP LEVEL • ½ DOWN TO GROUND LEVEL • ½ TWISTING TRANSITION FROM PREP LEVEL	• STEP DOWN • STRAIGHT CRADLE	• BACK STAND • PREP LEVEL SHOW & GO • STRADDLE SIT • FLAT BACK • EXTENDED STRADDLE SIT • BELOW PREP LEVEL 1 LEG STUNT • EXTENDED FLAT BACK • PREP LEVEL 1 LEG STUNT WITH BRACER • PREP LEVEL TO PRONE • 1 LEG STUNT BELOW PREP LEVEL • SHOULDER SIT • CHAIR • SHOULDER STAND • COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY • TRANSITION FROM BELOW PREP LEVEL TO PREP LEVEL BODY POSITION STUNT WITH BRACER	
	• TIC TOC BELOW PREP LEVEL (BODY POSITION TO BODY POSITION)	• ½ TWISTING TRANSITION TO PREP		• ½ TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT WITH BRACER	
LEVEL 2					
INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STUNTS	
• INVERSION FROM GROUND LEVEL TO BELOW PREP LEVEL	• SWITCH UP TO LIB PREP LEVEL	• ½ TWISTING TRANSITION TO BELOW PREP LEVEL • ½ TWISTING TRANSITION TO PREP LEVEL • ½ TWISTING TRANSITION TO PREP LEVEL 1 LEG	• STRAIGHT CRADLE FROM EXTENSION • STRAIGHT CRADLE FROM PREP LEVEL BODY POSITION	• PRONE • PREP LEVEL 1 LEG STUNT • EXTENSION • BARREL ROLL • LEAP FROM VARIATIONS • ½ TWIST TO PRONE	
• INVERSION FROM GROUND LEVEL TO PREP LEVEL	• TIC TOC PREP LEVEL (LIB TO BODY POSITION)	• ½ TWISTING TRANSITION TO PREP LEVEL BODY POSITION • ½ TWISTING TRANSITION TO EXTENDED STUNT	• ½ TWISTING DISMOUNT FROM PREP OR EXTENSION	• WALK IN PREP LEVEL PRESS EXTENSION • COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY	
• INVERSION FROM GROUND LEVEL TO EXTENDED STUNT	• TIC TOC PREP LEVEL (BODY POSITION TO BODY POSITION)	• ½ TWISTING TRANSITION TO EXTENDED STUNT		• ½ TWISTING INVERSION TO EXTENDED STUNT • TWISTING TIC TOC TO PREP LEVEL 1 LEG STUNT • ½ TWISTING INVERSION TO PREP LEVEL 1 LEG STUNT	
LEVEL 3					
INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STUNTS	
• INVERTED BELOW PREP LEVEL	• RELEASE TO PREP LEVEL OR BELOW • SWITCH UP TO PREP LEVEL LIB • BALL UP, STRADDLE UP AND/OR RELEASE TO PREP LEVEL LIB	• FULL UP BELOW PREP LEVEL • FULL UP PREP LEVEL STUNT • ½ TWISTING TRANSITION TO EXTENDED 1 LEG STUNT	• STRAIGHT CRADLE FROM EXTENDED 1 LEG STUNT • FULL DOWN FROM PREP • ½ TWISTING DISMOUNT FROM EXTENDED 1 LEG	• FULL TWIST TO PRONE FROM PREP LEVEL • EXTENDED 1 LEG STUNT • SUSPENDED FRONT FLIP • SPECIAL SUSPENDED FRONT FLIP (NON-TWISTING) • SUSPENDED TWISTING FRONT FLIP • TOSS HANDS • SINGLE BASED 1 LEG EXTENDED STUNTS • TOSS HANDS PAUSE PRESS EXTENSION • WALK IN EXTENSION • COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY	
• DOWNWARD INVERSION FROM BELOW PREP LEVEL	• TIC TOC BELOW PREP LEVEL TO PREP LEVEL (LIB TO LIB) • TIC TOC PREP LEVEL LIB TO EXTENDED BODY POSITION	• FULL UP TO PREP LEVEL 1 LEG STUNT • PREP LEVEL FULL TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT	• FULL DOWN FROM EXTENSION • SINGLE SKILL CRADLE FROM 2 LEG STUNT (NON-TWISTING)		
• INVERSION TO EXTENDED 1 LEG STUNT	• SWITCH UP TO PREP LEVEL BODY POSITION • BALL UP OR STRADDLE UP TO PREP LEVEL BODY POSITION • RELEASE TO PREP LEVEL BODY POSITION	• FULL UP TO PREP LEVEL BODY POSITION • ½ TWISTING TRANSITION TO EXTENDED 1 LEG STUNT • PREP LEVEL FULL TWISTING TRANSITION TO PREP LEVEL BODY POSITION		• ½ TWISTING INVERSION TO EXTENDED 1 LEG STUNT • FULL TWISTING TIC TOC AT PREP LEVEL (LIB TO BODY POSITION)	
LEVEL 4					
INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STUNTS	
• RELEASED INVERSION TO PREP LEVEL OR BELOW PREP LEVEL	• SWITCH UP TO EXTENDED 1 LEG STUNT • RELEASE TO EXTENDED STUNT • TIC TOC LIB TO LIB (HIGH TO LOW)	• 1 ½ TWISTING TRANSITION TO BELOW PREP LEVEL • 1 ½ TWISTING TRANSITION TO EXTENDED STUNT • FULL UP TO EXTENDED 2 LEG STUNT	• FULL DOWN FROM EXTENDED 1 LEG STUNT • DOUBLE DOWN FROM PREP LEVEL • DOUBLE DOWN FROM EXTENDED STUNT	• TOSS EXTENSION • TOSS 3 LEG EXTENDED STUNT	
• DOWNWARD INVERSION FROM PREP LEVEL	• RELEASE TO EXTENDED LIB • SWITCH UP TO EXTENDED BODY POSITION	• FULL TWISTING RELEASE TO PREP LEVEL • 1 ½ TWISTING TRANSITION TO PREP LEVEL 1 LEG STUNT	• KICK FULL TWISTING DISMOUNT	• COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY	
• EXTENDED INVERTED STUNT	• FULL TWISTING RELEASE TO PREP LEVEL OR BELOW • RELEASE FROM PREP LEVEL TO PREP LEVEL				
• RELEASED INVERSION FROM BELOW PREP LEVEL TO EXTENDED STUNT	• TIC TOC EXTENDED BODY POSITION TO PREP LEVEL OR BELOW BODY POSITION (HIGH TO LOW) • BALL UP OR STRADDLE UP TO EXTENDED BODY POSITION • RELEASE TO EXTENDED BODY POSITION (NOT INCLUDING SWITCH UP)	• FULL UP TO EXTENDED LIB (NOT BODY POSITION) • 1 ½ TWISTING TRANSITION TO PREP LEVEL BODY POSITION • EXTENDED FULL TWISTING TRANSITION TO EXTENDED STUNT		• FULL TWISTING INVERSION TO EXTENDED STUNT • FULL TWISTING TIC TOC RELEASE TO PREP LEVEL 1 LEG STUNT • FULL TWISTING BALL UP, STRADDLE UP AND/OR SWITCH UP TO PREP LEVEL BODY POSITION • 1 ½ TWISTING BALL UP, STRADDLE UP AND/OR SWITCH UP TO PREP LEVEL 1 LEG STUNT	

This document includes examples of level appropriate skills. Coaches are still responsible for ensuring that any skills performed in their routine are compliant with the USAF Safety Rules. Please check back as this document may be updated throughout the season.

2019 - 2020 ALL STAR SCORING SYSTEM - STUNTS

LEVEL 5					
INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STUNTS	
- DOWNWARD INVERSION FROM EXTENDED STUNT - DOWNWARD INVERSION FROM EXTENDED 1 LEG STUNT - RELEASED INVERSION FROM PREP LEVEL TO EXTENSION	1/2 TURN SWITCH UP TO EXTENDED 1 LEG STUNT - TIC TOC LIB TO LIB (HIGH TO HIGH) - LIB TO LIB TIC TOC (LOW TO HIGH) 1/2 TURN SWITCH UP TO EXTENDED 1 LEG STUNT - TIC TOC LIB TO BODY POSITION (LOW TO HIGH) - TWISTING HELICOPTER RELEASE MOVES	1 1/2 UP TO EXTENDED STUNT - DOUBLE UP TO PREP LEVEL STUNT	- DOUBLE DOWN FROM 1 LEG STUNT - KICK DOUBLE TWISTING DISMOUNT	1 1/2 - 2 TWIST TO PRONE - TOSS 1/2 - 1/4 TWIST TO EXTENDED STUNT - TOSS EXTENDED 1 ARM STUNT - TOSS FULL TWIST TO EXTENDED STUNT - COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY	
RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO EXTENDED 1 LEG STUNT	- TIC TOC EXTENDED 1 LEG STUNT TO BODY POSITION (HIGH TO HIGH) - SWITCH UP FULL TWIST TO EXTENDED 1 LEG STUNT 1/2 TWISTING BALL UP TO EXTENDED BODY POSITION	- FULL UP TO EXTENDED BODY POSITION 1 1/2 UP TO EXTENDED STUNT		1/2 - 3/4 TWISTING TIC TOC TO EXTENDED 1 LEG STUNT - FULL TWISTING TIC TOC TO EXTENDED 1 LEG STUNT (LOW TO HIGH) - UNASSISTED COED STYLE TOSS EXTENDED 1 ARM STUNT	

LEVEL 6					
INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STUNTS	
- DOWNWARD INVERSION FROM EXTENDED STUNT - DOWNWARD INVERSION FROM EXTENDED 1 LEG STUNT - RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO EXTENSION - RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO LIB	1/2 TURN SWITCH UP TO EXTENDED 1 LEG STUNT - TIC TOC LIB TO LIB (HIGH TO HIGH) - TIC TOC LIB TO LIB (LOW TO HIGH) 1/2 TURN SWITCH UP TO EXTENDED 1 LEG STUNT - TIC TOC LIB TO BODY POSITION (HIGH TO HIGH) - TIC TOC LIB TO BODY POSITION (LOW TO HIGH) - TWISTING HELICOPTER RELEASE MOVES - SWITCH UP FULL TWIST TO EXTENDED 1 LEG STUNT 1/2 TWISTING BALL UP TO EXTENDED BODY POSITION	- FULL UP TO EXTENDED 1 LEG STUNT 1 1/2 - 1 3/4 UP TO EXTENDED STUNT 1 1/2 - 1 3/4 UP TO EXTENDED 1 LEG STUNT - DOUBLE UP TO EXTENDED STUNT	- DOUBLE DOWN FROM 1 LEG STUNT - KICK DOUBLE TWISTING DISMOUNT	1 1/2 - 2 TWIST TO PRONE - COED STYLE TOSS 1/2 - 3/4 TWIST TO EXTENDED STUNT 1/2 - 3/4 TWISTING TIC TOC TO EXTENDED 1 LEG STUNT - FULL TWISTING TIC TOC TO EXTENDED 1 LEG STUNT (LOW TO HIGH) - COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY	
RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO EXTENDED BODY POSITION	- SWITCH UP FULL TWIST TO EXTENDED BODY POSITION - TIC TOC BODY POSITION TO BODY POSITION (HIGH TO HIGH) - FULL TWISTING BALL UP TO EXTENDED BODY POSITION	1 1/2 UP TO EXTENDED BODY POSITION 1 3/4 UP TO EXTENDED BODY POSITION - DOUBLE UP TO EXTENDED 1 LEG STUNT		- UNASSISTED COED STYLE TOSS EXTENDED 1 ARM STUNT - COED STYLE TOSS FRONT HANDSPRING RELEASE 1/2 TWIST TO EXTENDED STUNT - UNASSISTED COED STYLE TOSS FULL TWIST TO EXTENDED STUNT - FULL TWISTING TIC TOC TO EXTENDED 1 LEG STUNT (HIGH TO HIGH) - TOSS FRONT HANDSPRING 1/2 UP RELEASE TO EXTENDED STUNT 2 TWISTING RELEASED INVERSION TO EXTENDED STUNT - FULL TWISTING TIC TOC TO EXTENDED BODY POSITION (LOW TO HIGH)	

LEVEL 7					
INVERSION STYLE	RELEASE STYLE	TWISTING	DISMOUNT STYLE	OTHER STUNTS	
- FREE FLIPPING FROM GROUND LEVEL TO CRADLE (LB) - FLIPPING FROM GROUND LEVEL TO PREP LEVEL (LB) - FLIPPING FROM GROUND LEVEL TO EXTENSION (LB) - DOWNWARD INVERSION FROM EXTENDED STUNT - DOWNWARD INVERSION FROM EXTENDED 1 LEG STUNT - RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO EXTENSION - RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO LIB	1/2 TURN SWITCH UP TO EXTENDED 1 LEG STUNT - TIC TOC LIB TO LIB (HIGH TO HIGH) - TIC TOC LIB TO LIB (LOW TO HIGH) 1/2 TURN SWITCH UP TO EXTENDED 1 LEG STUNT - TIC TOC LIB TO BODY POSITION (HIGH TO HIGH) - TIC TOC LIB TO BODY POSITION (LOW TO HIGH) - TWISTING HELICOPTER RELEASE MOVES - SWITCH UP FULL TWIST TO EXTENDED 1 LEG STUNT 1/2 TWISTING BALL UP TO EXTENDED BODY POSITION	- FREE FLIPPING WITH TWISTING FROM GROUND LEVEL TO CRADLE (LB) - FLIPPING WITH TWISTING FROM GROUND LEVEL TO PREP LEVEL (LB) - FLIPPING WITH TWISTING FROM GROUND LEVEL TO EXTENSION (LB) - FULL UP TO EXTENDED 1 LEG STUNT 1 1/2 - 1 3/4 UP TO EXTENDED STUNT 1 1/2 - 1 3/4 UP TO EXTENDED 1 LEG STUNT - DOUBLE UP TO EXTENDED STUNT	- FRONT FREE FLIPPING TO GROUND LEVEL (LB) - FREE FLIPPING FROM PREP LEVEL OR BELOW TO CRADLE (LB) - FREE FLIPPING WITH TWISTING FROM PREP LEVEL OR BELOW TO CRADLE (LB) - DOUBLE DOWN FROM 1 LEG STUNT - KICK DOUBLE TWISTING DISMOUNT	1 1/2 - 2 TWIST TO PRONE - COED STYLE TOSS 1/2 - 3/4 TWIST TO EXTENDED STUNT 1/2 - 3/4 TWISTING TIC TOC TO EXTENDED 1 LEG STUNT - COMBINATION OF TWO OR MORE LEVEL APPROPRIATE SKILLS PERFORMED SIMULTANEOUSLY	
- FLIPPING FROM GROUND LEVEL TO EXTENDED SINGLE LEG AND/OR SINGLE ARM STUNT (LB) - RELEASED INVERSION FROM PREP LEVEL OR ABOVE TO EXTENDED BODY POSITION	- SWITCH UP FULL TWIST TO EXTENDED BODY POSITION - TIC TOC BODY POSITION TO BODY POSITION (HIGH TO HIGH) - FULL TWISTING BALL UP TO EXTENDED BODY POSITION	- FLIPPING WITH TWISTING FROM GROUND LEVEL TO EXTENDED SINGLE LEG (LB) 1 1/2 UP TO EXTENDED BODY POSITION 1 3/4 UP TO EXTENDED BODY POSITION - DOUBLE UP TO EXTENDED 1 LEG STUNT		- BACKHANDSPRING FULL UP TO EXTENDED STUNT (LB) - UNASSISTED COED STYLE TOSS EXTENDED 1 ARM STUNT - FRONT HANDSPRING 1 1/2 UP TO EXTENDED STUNT - COED STYLE TOSS FRONT HANDSPRING RELEASE 1/2 TWIST TO EXTENDED STUNT - COED STYLE TOSS FULL TWIST TO EXTENDED STUNT - FULL TWISTING TIC TOC TO EXTENDED BODY POSITION (LOW TO HIGH) - FRONT HANDSPRING 1/2 UP TO EXTENDED STUNT	

This document includes examples of level appropriate skills. Coaches are still responsible for ensuring that any skills performed in their routine are compliant with the USASF Safety Rules. Please check back as this document may be updated throughout the season.

2019 - 2020 ALL STAR SCORING SYSTEM - TOSSES

LEVEL 2	
NON - TWISTING	TWISTING
STRAIGHT RIDE TOSS	

LEVEL 3	
NON - TWISTING	TWISTING
BALL ARCH • PRETTY GIRL ARCH • PIKE ARCH KICK ARCH • BALL X • TOE TOUCH	FULL TWIST

LEVEL 4	
NON - TWISTING	TWISTING
BALL KICK • PIKE X • HITCH KICK • SWITCH KICK • DOUBLE TOE TOUCH	BALL FULL • PIKE FULL • KICK FULL TOE TOUCH FULL • FULL UP TOE TOUCH • DOUBLE FULL

LEVEL 5	
NON - TWISTING	TWISTING
PIKE HITCH KICK • PIKE KICK PRETTY GIRL PIKE SWITCH KICK • HITCH KICK KICK	HITCH KICK FULL • SWITCH KICK FULL • KICK KICK FULL • PIKE KICK FULL KICK FULL KICK

LEVEL 6	
NON - TWISTING	TWISTING
PIKE HITCH KICK • PIKE KICK PRETTY GIRL PIKE SWITCH KICK • HITCH KICK KICK	BALL DOUBLE FULL • PIKE DOUBLE FULL • KICK DOUBLE FULL TOE TOUCH DOUBLE FULL • DOUBLE UP TOE TOUCH • HITCH KICK DOUBLE FULL SWITCH KICK DOUBLE FULL • KICK FULL KICK FULL

LEVEL 7	
NON - TWISTING	TWISTING
TUCK • X-OUT • PIKE • LAYOUT	LAYOUT FULL • LAYOUT DOUBLE FULL • X-OUT FULL SPLIT FULL • ARABIAN 1 1/2 • PIKE OPEN DOUBLE FULL

This document includes examples of level appropriate skills. Coaches are still responsible for ensuring that any skills performed in their routine are compliant with the USASF Safety Rules. Please check back as this document may be updated throughout the season.



2019 - 2020 ALL STAR SCORING SYSTEM - TUMBLING

4.18.19

LEVEL 1

STANDING TUMBLING SKILLS	RUNNING TUMBLING SKILLS
FORWARD ROLL • STRADDLE ROLL • HANDSTAND • HANDSTAND FORWARD ROLL • FRONT LIMBER FRONT WALK OVER • CARTWHEEL • BACKWARD ROLL BACK EXTENSION ROLL • PUSH UP TO BACKBEND • STANDING BACKBEND BACKBEND KICK OVER • BACK WALKOVER	CARTWHEEL • FRONT WALKOVER • ROUND OFF • CARTWHEEL BACK WALKOVER FRONT WALKOVER TO CARTWHEEL/ROUND OFF CARTWHEEL 1/2 TURN FRONT WALKOVER • CONNECTED SKILLS -CARTWHEEL/BACK WALKOVER

LEVEL 2

STANDING TUMBLING SKILLS	RUNNING TUMBLING SKILLS
STANDING BACK HANDSPRING • BACK HANDSPRING STEP OUT BACK EXTENSION ROLL BACK HANDSPRING • BACK WALKOVER BACK HANDSPRING	CARTWHEEL BHS • ROUND OFF BHS • ROUND OFF BHS STEP OUT ROUND OFF BHS SERIES • FRONT WALKOVER TO ROUND OFF BHS SERIES

LEVEL 3

STANDING TUMBLING SKILLS	RUNNING TUMBLING SKILLS
BHS SERIES • JUMP TO BHS • JUMP TO BHS SERIES BHS SERIES JUMP BHS SERIES • BHS STEP OUT BHS COMBO	AERIALS • PUNCH FRONT • ROUND OFF TUCK • ROUND OFF BHS BACK TUCK ROUND OFF BHS SERIES TO BACK TUCK • FRONT WALKOVER TO ROUND OFF BHS BACK TUCK FRONT WALKOVER TO ROUND OFF BHS SERIES BACK TUCK

LEVEL 4

STANDING TUMBLING SKILLS	RUNNING TUMBLING SKILLS
STANDING BACK TUCK • BHS BACK TUCK • BHS SERIES TO BACK TUCK JUMP BHS BACK TUCK • JUMP BHS SERIES TO BACK TUCK	CARTWHEEL BACK TUCK • ROUND OFF LAYOUT ROUND OFF BHS LAYOUT/LAYOUT STEP OUT / X-OUT • ROUND OFF BHS SERIES TO LAYOUT FRONT WALKOVER THROUGH TO LAYOUT • PUNCH FRONT STEP OUT TO LAYOUT ROUND OFF BHS SERIES TO LAYOUT • ROUND OFF BHS WHIP BHS TO LAYOUT PUNCH FRONT STEP OUT TO ROUND OFF BHS WHIP BHS TO BACK TUCK FRONT HANDSPRING PUNCH FRONT FRONT HANDSPRING PUNCH FRONT THROUGH TO ROUND OFF BHS BACK TUCK/LAYOUT

LEVEL 5

STANDING TUMBLING SKILLS	RUNNING TUMBLING SKILLS
JUMP BACK TUCK • BHS SERIES TO WHIPS AND LAYOUTS • JUMP BHS SERIES TO WHIPS AND LAYOUTS BHS WHIP BHS SERIES TO LAYOUT/LAYOUT STEP OUT/X-OUT	ROUND OFF FULL • ROUND OFF BHS FULL • FRONT WALKOVER THROUGH TO FULL PUNCH FRONT STEP OUT TO FULL • ROUND OFF WHIP BHS TO FULL

LEVEL 6 & 7

STANDING TUMBLING SKILLS	RUNNING TUMBLING SKILLS
JUMP BACK TUCK	CARTWHEEL FULL • ROUND OFF FULL • ROUND OFF BHS FULL • FRONT WALKOVER THROUGH TO FULL SIDE AERIAL/FRONT AERIAL/ONODI THROUGH TO FULL • FRONT FULL
ELITE LEVEL APPROPRIATE STANDING FULL • JUMP FULL • BHS FULL • JUMP BHS FULL • BHS SERIES TO FULL JUMP BHS SERIES TO FULL • BHS WHIP TO BHS SERIES TO FULL • BHS SERIES TO DOUBLE FULL JUMP BHS SERIES TO DOUBLE FULL • BHS WHIP TO BHS SERIES TO DOUBLE FULL	ELITE LEVEL APPROPRIATE FRONT HANDSPRING FRONT FULL • PUNCH FRONT STEP OUT TO FULL • ROUND OFF BHS WHIP TO FULL ROUND OFF ARABIAN ROUND OFF BHS FULL • ROUND OFF BHS FULL BHS SERIES TO FULL ROUND OFF DOUBLE FULL ROUND OFF BHS DOUBLE FULL • FRONT WALKOVER THROUGH TO DOUBLE FULL PUNCH FRONT STEP OUT TO DOUBLE FULL • ROUND OFF BHS WHIP TO DOUBLE FULL ROUND OFF ARABIAN ROUND OFF BHS DOUBLE FULL • ROUND OFF BHS FULL BHS SERIES TO DOUBLE FULL ROUND OFF BHS DOUBLE FULL BHS SERIES TO DOUBLE FULL

This document includes examples of level appropriate skills. Coaches are still responsible for ensuring that any skills performed in their routine are compliant with the USA Softball Safety Rules.
Please check back as this document may be updated throughout the season.



2019 - 2020 ALL STAR SCORING DEDUCTION SYSTEM

4.18.19

All deductions may include, but are not limited to the following examples:

ROUTINE INFRACTIONS

ATHLETE FALL - .25

- Drops to the performance surface during tumbling and/or jump skills

Includes the following:

- Hand, hands or head down in tumbling or jump skills
- Knee or knees down in tumbling or jump skills

BUILDING FALL - .75

- Drops to a cradle and/or load in position from a stunt, pyramid and/or toss

Includes the following:

- Base or spotter drops to the performance surface during a building skill

MAJOR BUILDING FALL - 1.25

- Drops to the performance surface from a stunt, pyramid or toss by the top person and/or the bases/spotters

Includes the following:

- Top person drops to the performance surface
- Multiple bases and/or spotters drop to the performance surface
- Top person lands on base and/or spotter who drops to the performance surface

MAXIMUM - 1.75

- When multiple deductions should be assessed during a stunt or toss (by a single group) or during a pyramid sequence, then the sum of those deductions will not be greater than 1.75. During pyramids where a fall continues to effect other portions of the pyramid, the deduction will not exceed 1.75. Two separated pyramids will result in separate deductions. The MAX deduction for a pyramid will not exceed 3.5.

RULE VIOLATIONS

BOUNDARY VIOLATIONS - .25

The performance surface is defined as the 42' x 54' competition floor. The competition boundary is defined as the performance surface and any immediate adjacent safety border. A .25 deduction will be assessed per occurrence for an athlete that makes contact with both feet outside the competition boundary. Stepping on, or just past the white tape is not a boundary violation.

TIME LIMIT VIOLATIONS - .25

Teams that exceed 2:30 will be subject to the following deduction:

- 1 or more seconds over time will result in a .25 deduction

The routine time limit is 2:30. Routines that exceed this time limit run a risk of being assessed a deduction. Judges will use a stop watch or similar device to measure the official time. Acknowledging the potential variance caused by human reaction speed and sound system time variations, judges will not issue a deduction until their stopwatch/clock shows a time that exceeds 2:32.

SAFETY VIOLATIONS

- **.50** - Tumbling skills performed out of level and General Safety Guidelines will be issued a .50 deduction.
- **1.0** - Building skills performed out of level will be issued a 1.0 deduction.

IMAGE POLICY - .25

Inappropriate choreography, uniform and/or music, as well as violations that break the image policy will be issued a .25 deduction.

UNSPORTSMANLIKE CONDUCT DEDUCTION - 1.0

When a coach is in discussion with an official, other coaches, athletes and parents/spectators they must maintain proper professional conduct. Failing to do so will result in 1.0 deduction and removal of coach or disqualification.

Includes the following:

- Inappropriate and deliberate physical contact between athletes during the event
- Abuse of equipment or any items associated with the event
- Using language or a gesture that is obscene, offensive, or insulting
- Using language or gestures that offend race, religion, color, descent or national or ethnic origin
- Failing to perform a routine
- Excessive appealing at AccuScore
- Showing dissent towards scoring official decision by word or action
- Threat of assault to an event representative
- Public criticism of an event related incident or event official

MINIMUM ATHLETE REQUIREMENT

If a team competes with fewer than the minimum number of athletes for their specific division, a deduction will not be assessed if that team is registered and rostered with the minimum amount of athletes required for that division. Teams that register, roster, and compete with fewer than the number of athletes required for a specific division will either be moved to the correct division or issued a 5 point deduction.

From a judging perspective, all teams competing with fewer than the number of athletes required will be scored as if they meet the minimum athletes requirement (in terms of majority and most) and will not be eligible for bids to any end-of-season events.

Uma breve história do cheerleading no Brasil

Orientador

Aluno