



2017 - 2018

RULES BOOK FOR REC CHEER TEAM ROUTINES

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Bring Your Best
AmeriCheer Family of Brands



GENERAL INFORMATION FOR REC DIVISIONS

REC Definitions, Eligibility & Division Types

Recreation Definitions – To be considered a recreation organization, the following must apply:

Must report to, be affiliated with, and must be governed by an organization such as the following:

- Boys and Girls Club
- City, County Parks and Rec Program
- Community Youth Organization
- Pop Warner Association
- YMCA
- Any other community run program **not** associated with a secondary school and/or all star program.

Recreation Team Member Eligibility – All team members must fulfill the age requirements for the division they are entering which is **on/before August 31, 2017**. All participants may not represent more than one rec program and a team must provide their relationship and affiliation as well as any other documentation if requested to do so.

Recreation Division Types – All Rec Divisions are divided and subdivided into the following divisions:

Standard: Standard Rec is offered in **two** separate sub-divisions to include:

1. Traditional Rec – Defined as a **traditional** (not to exceed 2:30) routine with a musical segment(s) not exceed 1:30. A traditional Crowd Leading segment must be performed at some point during the routine whether it be before/middle and/or end of the routine. During the crowd leading segment, the music must be stopped. (See actual performance routine guidelines in this document for more details regarding specific skill restrictions and overall performance guidelines including what safety rules are followed. All Standard Rec Traditional routines are scored on the Standard Rec Traditional score sheet.

2. All Music Rec – Defined as an **all music** routine (not to exceed 2:30) that follows all skill limitations and performance guidelines of a Traditional Rec routine but does not contain any crowd leading segment. (See actual performance routine guidelines in this document for more details regarding specific skill restrictions and overall performance guidelines including what safety rules are followed. All Standard Rec All Music routines are scored on the Standard Rec All Music score sheet.

Performance Rec: Defined as a routine executed to **all music** and follows **USASF Safety and Level Restrictions** for all routine components. Teams will be judged on the Performance Rec Score Sheet. Levels offered in this division are:

- **Novice (Level 1)**
- **Intermediate (Level 2)**
- **Excel (Level 3)**
- **Advanced (Level 4)**

Note: The AmeriCheer Family of Brands reserve the right to disqualify a team/performance that does not adhere to the above Eligibility of Participants guidelines.

General Competition Policies/Procedures

Review of Placements - In order to fairly serve all of our customers, it is the policy of The AmeriCheer Family of Brands that no performances be reviewed for placement discrepancies, etc. at the competition venue. You may call our offices the Wednesday after the competition to receive information regarding an analysis of a routine; however, all decisions by the judges will be deemed final and an analysis of a routine will be for clarification purposes only.

Music - One representative may run the music, press play and must remain at the sound table throughout the entire performance. Please bring/supply two/three high-quality CDs and/or MP3 player and personal adapter. Have with you several music back-ups. All CDs/MP3 players should be marked with the team name and division. Review the content of the music for any inappropriate language/sounds (spoken/implicit) and poor quality. Also, music time should be recorded (three to four seconds) under the maximum time allotted due to variations in music system speeds.

Interruption of Performance -

Music Interruption: If your routine is interrupted due to failure of competition equipment, you will be allowed to perform again, going later in your division (if at all possible). Please check your music prior to competing. If interruption is due to failure of your equipment or supplies (i.e. scratched or burned CDs/MP3 player, etc.), you will have two options:

- Your team may perform again, using your own player or the back-up copy of your music; however, routine scoring will begin at the point where the interruption occurred.
- Your team may use the original performance.

Interruption Due To Injury: If a participant is visibly injured/ill and/or demonstrates he/she can not continue executing the routine and/or it appears the injured/ill person becomes a safety hazard to oneself or his/her teammates, the routine must/will be stopped! The only person(s) permitted to stop the routine are competition officials, the coach/advisor of team performing and an injured/ill athlete. The team will be allowed to perform later in the division (if at all possible). Routine scoring will begin at the point where the injury/illness occurred. Under no circumstances will the injured/ill team member be allowed to compete at a later time without official medical authorization. The AmeriCheer Family of Brands reserves the right to stop any performance due to injury/illness.

Spotter Policies - The AmeriCheer Family of Brands will not provide spotters at any competitive events; however, programs may provide their own spotters provided the following guidelines are met:

- Program spotters should be at least 18 years of age and be very familiar with all aspects of the routine.
- Program spotters should present themselves in a professional manner to include, but not limited to: appropriate mode of dress, acting in a manner that does not distract from the performance and distinguishing themselves as a separate group from the performers by not wearing any apparel that is similar to the performers' uniforms.
- Program spotters should be readily available to only spot building sections.
- Program spotters may not verbally/manually coach performing competitors in any way.
- Program spotters should stay to the back of the performance floor/mat when not spotting the building skills of their program's routines, as well as to be careful to not block the pathways of any performing competitors.

Choreography, Music, Outfitting and Image/Appearance - All choreography, music, outfitting and overall team image/appearance should be suitable for family viewing and always be in good taste. Therefore, point deductions may be assessed for inappropriate music/words/profanity (in music spoken/implied), inappropriate moves and/or body positioning, appropriateness of uniform and overall appearance of each individual on or off the competition floor.

Legality Verification - For questions regarding the legality of a specific skill(s), etc. you must adhere to the following guidelines:

- Provide a DVD/video of the specific skill(s), etc. in question, shown from the front, side and back views.
- DVD/video will not be returned. It will become the property of The AmeriCheer Family of Brands and will be kept on file.
- Include with the DVD/video the team name, team division, coach name, address, cell phone number, email, name and date of the competition to be attended. Please submit DVD/video at least two weeks in advance of the competition to be attended. If DVD/video is received less than two weeks prior to the determined competition, the AmeriCheer Family of Brands will not guarantee a response.
- Mail DVD to The AmeriCheer Family of Brands - Legality Verification, 20 Collegeview Road, Westerville, OH 43081. Because of differences in terminology and interpretation, we reserve the right to not administer phone verifications!

Procedural Questions - All questions relating to any procedures of the competition are to be handled only by the coach/advisor and are to be directed to the competition director only. All questions must be made prior to the team competing.

Music Compliance Challenges - All questions regarding the validity of whether another performing team's music is compliant must be directed to the competition director immediately following the team in question's performance. The competition director will in turn provide an official Grievance form to be completed and submitted while at the competition. The team in question will have twenty-four hours to provide proof of compliance. If the team in question cannot provide proof or it is determined that the team in question's music is/was not compliant, that team will forfeit all awards for that event.

Penalties/Rule Violations

Inappropriate or Un-Sportsmanlike Behavior - 1.0 point penalty

Any inappropriate or un-sportsmanlike behavior from anyone including, but not limited to: coaches, athletes, parents, supporters, etc. per occurrence will result in a penalty. Because The AmeriCheer Family of Brands believes sportsmanship at any of our events is of the utmost importance and value, any un-sportsmanlike conduct will include, but is not limited to: approaching the competition judges (on or off the judges' riser/table) or any competition official with inappropriate comments, outbursts or gestures. Additionally, such behavior may result in a squad's disbarment from any future AmeriCheer Family of Brands events!

Out of Skill Level Violation(s) - .50 point penalty for Tumbling & 1.0 penalty for Building

Any tumbling or building skills performed out of level.

Out of Division Violation(s) – 1.5 point penalty

Performing in the wrong or the incorrect division.

Performance Guidelines Violation(s), etc. – .25 point penalty

Violating any specific performance guidelines **except** routine time limits. (see below)

Safety Rule Violation(s) - .50 point penalty

Any violation of a safety rule per occurrence.

Execution Error(s) - .25 point penalty

Execution error may be assessed per occurrence if it appears to the Safety Judge(s) that the intent to perform the skill legally was clearly evident.

Routine Time Limits - .25 point penalty

Routines that exceed the time run the risk of being assessed a penalty. Judges will use a stopwatch 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 penalty until their stopwatch/clock shows a time that exceeds 2:33 and/or 1:33 respectively.

Spotters Role - .50 point penalty

Violating the conditions of a program spotter's role during a performance.

Props - .25 point penalty

All unapproved props must be placed outside the white boundary line. Placing an unapproved prop inside the white boundary line will constitute a penalty. Unapproved props include, but are not limited to: stuffed animals, dolls, jackets, bags, etc.

Boundary Violation(s) - .25 point penalty

The performance surface is defined as the 54' x 42' or 42' x 42" competition floor. The competition boundary is defined as the performance surface and any immediate adjacent safety boarder. A penalty 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.

Jewelry Violation(s) - .50 point penalty

All jewelry must be removed when performing on the competition floor. Jewelry includes, but is not limited to: ear, lip, eyebrow, nose, tongue and belly button rings, facial rings, clear/plastic jewelry, bracelets (of any type) including hair ties on wrists and silly bands, corsages, spacers, fishing line, necklaces and pins on uniforms. Jewelry may not be taped over, it must be removed! Exceptions are medical ID tags/bracelets (must be taped to the body) and rhinestones on uniforms.

Execution Deductions

Athlete Falls - .25 point deduction per occurrence

Examples:

- Hand(s)/head down in tumbling or jumps.
- Knee(s) down in tumbling or jumps.
- Drops to the floor during individual skills (tumbling, jumps, etc.).

Building Falls - .75 point deduction per occurrence

Examples:

- Uncontrolled cradling, dismounting or lowering a building skill (not timing issues).
- Base or spotter falling to the floor during a building skill.

Major Building Falls - 1.25 point deduction per occurrence

Examples:

- Falls from an individual stunt, pyramid, or toss to the floor (top person lands on floor or multiple bases/spotters land on floor).

Maximum Collapse - 1.75 point deduction per occurrence

When multiple deductions should be assessed during an individual stunt or toss (by a single group) or during a pyramid collapse, then the sum of those deductions will not be greater than 1.75.

2017-18 Division Information

2017-2018 Recreation Standard Cheer Divisions

The divisions listed below will be split into "Small" (5-12), "Medium" (13-18) and "Large" (19-24) "Super Large" (25-36) if there will be at least 2 teams in the respective division.

We reserve the right to add, delete or combine divisions based on enrollment.

The age of the competitor as of August 31, 2017 will be the age used for competition purposes throughout the 2017-2018 season for all divisions.

Rec Tiny Mount Traditional	Female/Male	5-36 Members	6 & Under
Rec Tiny Non Mount Traditional	Female/Male	5-36 Members	6 & Under
Rec Tiny Non Mount All Music	Female/Male	5-36 Members	6 & Under
Rec Tiny Mount All Music	Female/Male	5-36 Members	6 & Under
Rec Mini Mount Traditional	Female/Male	5-36 Members	8 & Under
Rec Mini Non Mount Traditional	Female/Male	5-36 Members	8 & Under
Rec Mini Non Mount All Music	Female/Male	5-36 Members	8 & Under
Rec Mini Mount All Music	Female/Male	5-36 Members	8 & Under
Rec Middle Mount Traditional	Female/Male	5-36 Members	10 & Under
Rec Middle Non Mount Traditional	Female/Male	5-36 Members	10 & Under
Rec Middle Non Mount All Music	Female/Male	5-36 Members	10 & Under
Rec Middle Mount All Music	Female/Male	5-36 Members	10 & Under
Rec Youth Mount Traditional	Female/Male	5-36 Members	12 & Under
Rec Youth Non Mount Traditional	Female/Male	5-36 Members	12 & Under
Rec Youth Non Mount All Music	Female/Male	5-36 Members	12 & Under
Rec Youth Mount All Music	Female/Male	5-36 Members	12 & Under
Rec Junior Mount Traditional	Female/Male	5-36 Members	14 & Under
Rec Junior Non Mount Traditional	Female/Male	5-36 Members	14 & Under
Rec Junior Non Mount All Music	Female/Male	5-36 Members	14 & Under
Rec Junior Mount All Music	Female/Male	5-36 Members	14 & Under
Rec Senior Mount Traditional	Female/Male	5-36 Members	18 & Under
Rec Senior Non Mount Traditional	Female/Male	5-36 Members	18 & Under
Rec Senior Non Mount All Music	Female/Male	5-36 Members	18 & Under
Rec Senior Mount All Music	Female/Male	5-36 Members	18 & Under

The divisions listed below will be split into "Small" (5-12), "Medium" (13-18) and "Large" (19-24) "Super Large" (25-36) if there will be at least 2 teams in the respective division.

We reserve the right to add, delete or combine divisions based on enrollment.

The age of the competitor as of August 31, 2017 will be the age used for competition purposes throughout the 2017-2018 season for all divisions.

Tiny Novice (L1)	Female/Male	5-36 Members	6 & Under
Mini Novice (L1)	Female/Male	5-36 Members	8 & Under
Middle Novice (L1)	Female/Male	5-36 Members	10 & Under
Youth Novice (L1)	Female/Male	5-36 Members	12 & Under

Junior Novice (L1)	Female/Male	5-36 Members	14 & Under
Senior Novice (L1)	Female/Male	5-36 Members	18 & Under
Mini Intermediate (L2)	Female/Male	5-36 Members	8 & Under
Middle Intermediate (L2)	Female/Male	5-36 Members	10 & Under
Youth Intermediate (L2)	Female/Male	5-36 Members	12 & Under
Junior Intermediate (L2)	Female/Male	5-36 Members	14 & Under
Senior Intermediate (L2)	Female/Male	5-36 Members	18 & Under
Youth Excel (L3)	Female/Male	5-36 Members	12 & Under
Junior Excel (L3)	Female/Male	5-36 Members	14 & Under
Senior Excel (L3)	Female/Male	5-36 Members	18 & Under
Junior Advanced (L4)	Female/Male	5-36 Members	14 & Under
Senior Advanced (L4)	Female/Male	5-36 Members	18 & Under

*Please see Performance Recreation Rules & Guidelines Book BEFORE entering these divisions.

Standard (Traditional & All Music) Routine Safety Rules Information

IMPORTANT!

The AmeriCheer Family of Brands will follow the **2017-2018 NFHS Spirit Safety Rules for all Standard Rec divisions including Traditional & All Music. These safety rules will apply to all General, Tumbling, Stunts, Mounts/Pyramids and Tosses.** To order a copy of the 2017-2018 NFHS Spirit Rules Book, visit NFHS.org or call 317-972-6900. Additionally, **all Elementary, Junior High/Middle School Teams, are not permitted to execute Basket Tosses, Elevator Tosses and similar Multi-Based Tosses in any Standard division.**

Performance Rec Routine Safety Rules Information

The AmeriCheer Family of Brands will follow the all **2017-2018 USASF General, Safety and Level Rule Restrictions for all Performance Rec routines.** Upon registering for an AmeriCheer Family of Brands event, you will in turn be emailed a copy of all USASF General, Safety and Level Rule Restrictions.

REC ROUTINE PERFORMANCE GUIDELINES

Standard Rec Mount – Traditional Routines

Total Routine Time: Maximum 2:30 (no minimum time).

Total Music Time: Maximum 1:30 (no minimum time).

- Routines should contain all elements reflected on the official Standard Rec Mount Traditional score sheet.
- Routines must contain a cheer/sideline **Crowd Leading portion** during which there may not be any music, i.e. the music must be stopped.
- Routine skills and elements are to follow the 2017-2018 NFHS Spirit Safety Rules.
- When entering the performance area, teams should simply walk onto the floor and immediately prepare to begin their routine. Participants may punch/wave, but may not jump, kick, tumble or do any type of organized chant, etc.
- Timing will begin with the first organized word, movement, note of music or the moment an individual is lifted or supported off of the performance floor, whichever comes first.
- Approved props are poms, signs, (including flags with letters/words, etc.) and megaphones.
- Props must be physically used if placed within the performance boundaries.
- NEW! No person(s) is permitted to enter onto the competition floor at the completion of the routine. This includes coaches, etc.

Standard Rec Non Mount – Traditional Routines

Total Routine Time: Maximum 2:30 (no minimum time).

Total Music Time: Maximum 1:30 (no minimum time).

- Routines should contain all elements reflected on the official Standard Rec Non Mount Traditional score sheet.
- All building skills/mounts/pyramids/tosses are not permitted.
- Routines must contain a cheer/sideline **Crowd Leading portion** during which there may not be any music, i.e. the music must be stopped.
- Routine skills and elements are to follow the 2017-2018 NFHS Spirit Safety Rules.
- When entering the performance area, teams should simply walk onto the floor and immediately prepare to begin their routine. Participants may punch/wave, but may not jump, kick, tumble or do any type of organized chant, etc.
- Timing will begin with the first organized word, movement or note of music, whichever comes first.
- Approved props are poms, signs, (including flags with letters/words, etc.) and megaphones.
- Props must be physically used if placed within the performance boundaries.
- NEW! No person(s) is permitted to enter onto the competition floor at the completion of the routine. This includes coaches, etc.

Standard Rec Mount – All Music Routines

Total Routine Time: Maximum 2:30 (no minimum time).

- Routines should contain all elements reflected on the official Standard Rec Mount All Music score sheet.
- Routines must be performed **entirely to music**.
- Routine skills and elements are to follow the 2017-2018 NFHS Spirit Safety Rules.

- When entering the performance area, teams should simply walk onto the floor and immediately prepare to begin their routine. Participants may punch/wave, but may not jump, kick, tumble or do any type of organized chant, etc.
- Timing will begin with the first note of music.
- Approved props are poms, signs, (including flags with letters/words, etc.) and megaphones.
- Props must be physically used if placed within the performance boundaries.
- NEW! No person(s) is permitted to enter onto the competition floor at the completion of the routine. This includes coaches, etc.

Standard Rec Non Mount – All Music Routines

Total Routine Time: Maximum 2:30 (no minimum time).

- Routines should contain all elements reflected on the official Standard Rec Non Mount All Music score sheet.
- Routines must be performed **entirely to music**.
- All building skills/mounts/pyramids/tosses are not permitted
- Routine skills and elements are to follow the 2017-2018 NFHS Spirit Safety Rules.
- When entering the performance area, teams should simply walk onto the floor and immediately prepare to begin their routine. Participants may punch/wave, but may not jump, kick, tumble or do any type of organized chant, etc.
- Timing will begin with the first note of music.
- Approved props are poms, signs, (including flags with letters/words, etc.) and megaphones.
- Props must be physically used if placed within the performance boundaries.
- NEW! No person(s) is permitted to enter onto the competition floor at the completion of the routine. This includes coaches, etc.

Performance Rec Routines

Total Routine Time: Maximum 2:30 (no minimum time).

- Routines should contain all elements reflected on the official Performance Rec score sheet.
- Routines must be performed **entirely to music**.
- Routine skills and elements are to follow the **2017-2018 USASF Safety Rules Guidelines AND Level Restrictions, i. e., Novice-Level 1, Intermediate-Level 2, Excel-Level 3 or Advanced-Level 4. A copy of these safety rules and level restrictions, etc. will be emailed to you upon receipt of registering for an event.**
- When entering the performance area, teams should simply walk onto the floor and immediately prepare to begin their routine. Participants may punch/wave, but may not jump, kick, tumble or do any type of organized chant, etc.
- Timing will begin with the first note of music.
- Approved props are poms, signs, (including flags with letters/words, etc.) and megaphones.
- Props must be physically used if placed within the performance boundaries.
- NEW! No person(s) is permitted to enter onto the competition floor at the completion of the routine. This includes coaches, etc.