



## 2013-2014 General Guidelines

It is the responsibility of the directors and/or coaches to adhere to all rules and guidelines of All Day Cheerleading, Inc. Please distribute a copy to all directors, coaches, and choreographers

### Cancellation Policies

If your team needs to cancel their performance at an event please contact us IMMEDIATELY at (704)785-0508. Although subject to terms and eligibility, the following policies apply:

- If your team needs to cancel for ANY reason, 60 or more days out from an event, you are eligible to receive a **FULL** refund.
- If your team needs to cancel for ANY reason, 59-15 days before an event, you are eligible to **TRANSFER** your fees to another event. This must be submitted in writing. The event must occur within the same competition season.
- If your team needs to cancel for ANY reason, 14 days or less before an event, there is **NO REFUND**.
- If your team needs to reduce participant numbers for ANY reason, there is **NO REFUND** of the difference.
- **ABSOLUTELY NO REFUNDS FOR A NO-SHOW, DROPOUT OR SCRATCH AT A COMPETITION.**

If an event is cancelled by All Day Cheerleading, Inc. and not rescheduled, the team may transfer the payment to another event, or may receive a FULL refund.

### Weather Cancellation Policies

If the facility is open, the competition WILL take place. (Exception: If the venue is located inside of a hotel, or another 24 hour facility, the venue may still be open. However, All Day Cheerleading, Inc. reserves the right to postpone an event for any reason).

If the facility is closed, the competition will be rescheduled if at all possible.

**NO REFUNDS** will be given:

- If a team cannot make an event due to weather.

- A team not attending the rescheduling of the event due to weather.
- **Full refunds will only be given if the event is cancelled and NOT rescheduled.**

### **Eligibility**

In order to be eligible to compete at All Day Cheerleading, Inc. events, all teams, regardless of division and classification, MUST follow the published Division and Rule Guidelines for All Day Cheerleading, Inc. , USASF (All-Star Cheer teams), AACCA/NFHS (Recreation and School/College Cheer teams, Dance teams). All-Star organizations **must** submit their official Event Roster via USASF.

### **Proof of Age**

If a dispute regarding a participant's age arises, the coach/director **must** provide an official document that legally verifies and certifies the correct name and age of the team member in question. Acceptable forms of certified identification include, but not limited to a birth certificate, passport, school-issued photo identification card, USASF ID card or a valid, state-issued driver's license. If the dispute is found to be accurate, the team may be disqualified from competition. All Day Cheerleading, Inc. will use the official USASF Event Roster for Date of Birth verification for All-Star teams.

### **Challenges of Age**

Coaches are required to bring documentation of ages (see above "Proof of Age" for list) for every participant. Coaches **ONLY** of a competing team within the same division may challenge the eligibility of another team to an All Day Cheerleading, Inc Official. The challenging coach must provide actual proof of ineligibility. Saying "she is too tall to be a Youth 8 years and under" or "she looks too old to be in our division" is not proof. If sufficient evidence warrants at that point, All Day Cheerleading, Inc. will require the challenged team to provide proof of eligibility. All Day Cheerleading, Inc. will use the official USASF Event Roster for Date of Birth verification for All-Star teams.

An administrative fee of \$100 (cash only) will be charged to the challenging coach for this challenge (payable at the time of the challenge which will be refunded if the challenge is determined to be valid). If a challenge is deemed to be valid, the challenged team may be disqualified at the All Day Cheerleading, Inc. discretion. Challenges may **ONLY** be made the day of the event, no later than 1 hour prior to that division's award ceremony!

### **Music / Time Limits**

Timing begins with the first movement, cheer, or note of music, whichever comes first. Any organized entrances, chants, spell-outs, tumbling, etc. will automatically start the clock. Teams will be assessed a penalty if the routine exceeds two minutes and thirty-five seconds

- **Cheer Teams** – 2:30 minutes (exception All-Star Prep maximum of 2:00 minutes) – may consist of all music or any combination of cheer and music.
- **Dance Teams** – 2:30 minutes (minimum 1:45)

## Music

Music may be on a CD, iPod or MP3 Player. If on a CD, it must be in the CDR format; it SHOULD NOT be in the CDRW (CD re-writable) format. It is to your advantage to use a high quality CD. Please bring back-up CDs; All Day Cheerleading, Inc. will not be responsible if you're CD, iPod or MP3 Player cannot be read by the sound equipment. Please label all CDs, iPod and MP3 Players, clearly with your team's name. When your team is called 'on deck', a coach or adult affiliated with your organization must report to the sound station. This representative is responsible for starting, pausing, and stopping your music and must be instructed to remain at the sound station, throughout your team's entire performance. **Tapes and CDRW's will not be able to be played by our DJ's equipment.**

## Routine Start

- **Cheer Teams** – Prior to the start of your routine, participants must be positioned inside the performance area boundary and must have one foot, hand, or body part on the floor. (Exception: Flyer may have their feet positioned in their base(s) hands as long as the base(s) hands are resting on the performance surface). Please remember that hair is not a body part!
- **Dance Teams** – Timing begins with the first movement or note of music, whichever comes first.
- **Tiny/Mini Teams ONLY** – For those teams who have Tiny or Mini division teams, the coach may assist in placing the participants into their first formation in a timely fashion, but then must exit the mat immediately. Those coaches may remain seated in the front of the mat to help visually guide the routine. (NOTE: Excessive motions, words, jumping up and down, etc that could be distracting to the judges in any way will NOT be permitted.)

## Out of Bounds

- **Cheer Teams:** There is no penalty for cheer participants stepping off the mat. Any element (i.e. jump, tumbling, basket toss, or pyramid and partner stunts) performed off the competition mat is NOT permitted. All elements/tumbling passes must begin and end within bounds. Landing of tumbling passes or dismounts from stunts off the performance surface is also illegal and will be subject to a penalty.
- **Dance Teams:** There is no penalty for stepping out of the performance area. However, all technical skills performed out of the performances surface are illegal and will be subject to a penalty.

## Crossovers

All Day Cheerleading, Inc. allows cheer and dance participants to perform for more than one team and/or additional performances within the same organization. Each participant must pay the FULL registration fee for the first performance. Second performance will not be charged. If a member of one organization crosses over to a new organization, (Example: School team to an

All-Star team) then that participant must pay the FULL registration fee for BOTH organizations. Both organizations must contact All Day Cheerleading, Inc. with what participant is a crossover from one organization to the other. Registration must indicate all crossover information and payment. All Day Cheerleading, Inc. will do its best to allow time in between performances. However, All Day Cheerleading, Inc. cannot guarantee separations between practice times, awards ceremonies or if a coach is responsible for multiple teams.

### **Performance Area**

All Day Cheerleading, Inc. will provide a 54'x 42' (9 strips) spring floor on the main performance floor. A 54'x 42' (9 strip) foam mat and a 12'x 60' spring tumble track for warm-up floor (Depending on the floor plan of the venue, these dimensions may vary slightly.) Dance teams will perform on a 54' x 42' spring floor unless it is school related. School teams will compete on a 54x42 foam floor.

### **Routine Interruption**

All Day Cheerleading, Inc. sound technicians, and/or event staff will not be responsible for any labeling mistakes or poorly recorded music and will assume no responsibility for the quality of the recording or its compatibility with the venue's equipment. However if your routine is interrupted by our equipment failure, the failure of your CD or from All Day Cheerleading, Inc. staff you will have the following options:

- Your team must perform their routine full-out, by using your own player or your back up copy of your music. The team must perform the routine again in its entirety, but judging will resume from the point at which the injury/interruption occurred as determined by the judges. All skills must be performed full-out from the beginning of the routine. All point deductions accumulated to that point (if any) will carry over.
- Your team may use the original performance with the interruption.

### **Injury Interruption**

#### **Routine Stoppage**

1. The only individuals that may stop a routine for injury are:
  - a. Competition Officials
  - b. Gym Owner/Coach from the team performing
  - c. Injured Individual
  - d. USASF Certified Safety Judge
2. An injured athlete may create a potential safety hazard because of the inability to hold, support, spot or catch. For the safety of all athletes competing, a routine may be interrupted if:
  - a. An athlete is clearly injured.
  - b. An athlete is questionably injured and does not resume their role in the routine within 5 seconds of questionable injury.

- c. An athlete leaves the competition floor due to an injury.
3. In the event that a routine is interrupted due to injury, it will be at the Competition Officials' discretion whether or not that team will be allowed to perform again at a later time.

#### **Athlete Returning to Competition**

1. An Injured Participant may not return to the competition floor unless the competition officials receive clearance from all of the representatives listed below:
  - a. Event Medical Personnel attending to that participant
  - b. Parent/Guardian (if present)
  - c. Head Coach/Gym Owner of competing team
2. In the event of a suspected head injury, the participant cannot return to perform without clearance from a licensed medical professional that has training related to head injuries.

#### **Team Performance**

In the event that a team is allowed to perform again following a routine interruption, the new performance time will be at the sole discretion of the Competition Official. The team must (pending the injury's impact on the routine) perform the routine again in its entirety, but judging will resume from the point at which the injury/interruption occurred as determined by the judges. All skills must be performed full-out from the beginning of the routine. All point deductions accumulated to that point (if any) will carry over.

If a team is permitted to perform again, but fails to perform the routine in its entirety (example: throwing back tucks instead of the full twist thrown in the original performance), it is at the discretion of the Competition Official how that team's scores will be affected.

If an injury occurs during warm-up, All Day Cheerleading, Inc. will do its best to work your team back into the schedule, as close as possible to your original performance order. Furthermore, it will be up to the All Day Cheerleading, Inc. Official whether or not to schedule your team's performance out of sequence.

#### **Late Arrivals**

If a team or member is late for their assigned warm-up or performance time, the team or member will either have the option of competing on schedule (no penalty) or being moved to a new performance time with a **5-point** penalty being assessed for going out of the performance sequence.

#### **Scoring EXCEPTIONS**

We reserve the right to combine, split, or delete divisions based on USASF and AACCA/NFHS guidelines. All Day Cheerleading, Inc. may move your team to the appropriate division based on

registration. All such changes will be indicated on the preliminary schedule that will be emailed to all directors and/or coaches.

- Competing against a score – a team must receive 75% or higher of the total possible score to be awarded 1st place.
- In the event of a tie the winner shall be determined by the team that has the highest total score in the “Overall” Category. If the tie remains because of identical totals in “Overall” Category, then the team with the least amount of total point deductions will be declared the winner.

### **Choreography & Appearance**

Because cheerleading and its audiences are generally family-oriented, all choreography should be age appropriate. Additionally, any inappropriate uniforms, choreography or music (language, sexual gestures, explicit language, profanity and sexual moves including bumping/grinding and facials using vulgar movements) should be discouraged. Any infraction of this rule may result in a significant penalty being assessed by the All Day Cheerleading, Inc. Official or Head Judge.

The following are the new USASF Guidelines for All-Star organizations:

#### ***COVER UP GUIDELINES***

Athletes with non-full top uniforms must wear a t-shirt or other suitable cover up over their uniforms unless they are in the warm-up area, traveling as a group directly to or from the warm-up area, or on the performance stage.

#### ***APPROPRIATE CHOREOGRAPHY***

All facets of a performance/routine, including both choreography and music selection, should be appropriate and suitable for family viewing and listening.

Examples of inappropriate choreography may include, but are not limited to, movements such as hip thrusting and inappropriate touching, gestures, hand/arm movements and signals, slapping, positioning of body parts and positioning to one another. Music or words unsuitable for family listening, which includes, but is not limited, to swearwords and connotations of any type of sexual act or behavior, drugs, explicit mention of specific parts of the body torso, and/or violent acts or behavior are other examples of inappropriate choreography. Removing improper language or words from a song and replacing with sound effects or other words may still constitute ‘inappropriate.’

Music or movement in which the appropriateness is questionable or with which uncertainty exists should be assumed by the coach to be inappropriate and removed as to not put their team in an unfortunate situation.

## **Sportsmanship**

All Day Cheerleading, Inc. believes that sportsmanship is one of the most important aspects of cheerleading. We strive to keep all competitions positive, friendly, enjoyable and competitive. Unsportsmanlike behavior may include, but is not limited to: the use of any type of profanity; approaching or taunting fans, parents, cheerleaders, coaches, All Day Cheerleading, Inc. staff members, and or judges in a manner that does not show mutual respect and cooperation. Any display of unsportsmanlike behavior by a team member, coach, or parent and teams who don't remove themselves in a timely matter from the warm-up area/floor when their assigned time has elapsed will be penalized.

Penalties for unsportsmanlike conduct may result in a deduction (see scoring deductions), removal of coach, or disqualification.

In the event you witness unsportsmanlike behavior, please report the incident to an All Day Cheerleading, Inc Official or Head Judge, who will review the complaint and make a decision whether or not, a penalty will be imposed.

## **Spotters**

Competition routines and individual cheerleading skills continue to become more dynamic each year. Routines are consistently featuring partner stunts, basket tosses, pyramids and tumbling sequences that are nearly impossible to spot effectively without the safety spotters having intimate knowledge of each routine prior to a competition. In an effort to address this concern and to maintain our long standing record of safety, All Day Cheerleading, Inc. has implemented the following guidelines with regards to safety spotters at All Day Cheerleading, Inc. events.

The following stipulations will apply:

- All Day Cheerleading, Inc. will NOT provide spotters at events.
- Each team will be permitted to provide a maximum of (5) five Safety Spotter during their routine.
- Safety Spotters:
  - Must be 16 years or older.
  - Must be affiliated with the organization.
  - Must be attired differently than the team performing (team warm-ups preferred).
  - Must follow all Rules and Guidelines. Rules governing jewelry, clothing, and all other safety concerns must be adhered to by the spotters or will result in a safety deduction.
  - Should be trained to know proper spotting and catching technique.
- There should be NO verbal coaching by the Safety Spotters while their team is on the performance surface or during their routine. Any occurrence will be considered a general rule violation and will result in a deduction.

## **Legality Questions**

If you need a clarification or have a question regarding the legality of a particular skill (stunt, pyramid or tumbling), please adhere to the following guidelines:

- a. Provide a DVD (or email) of the stunt, pyramid and/or tumbling in question. Please submit your legality, at least, three (3) weeks, in advance of the event you are attending. Mail your video to:

All Day Cheerleading, Inc.  
Attn: Andrew Day  
226 Dehart Dr.  
Shelby, NC 28152

Email: [Andrew@alldaycheerleading.com](mailto:Andrew@alldaycheerleading.com)

Include the team name, team division, team level, coach's name, phone number(s), and email address.

- b. Make sure you show the skill in question by both the front and side views along with a written explanation. All DVDs will not be returned and will become the property of All Day Cheerleading, Inc.
- c. All Day Cheerleading, Inc. will contact you by email with the official ruling of the stunt in question.
- d. All Day Cheerleading, Inc. can only interpret the skill in question by how it is performed on the video. However, if the stunt, tumbling and/or pyramid are performed at our events differently than originally submitted on video, you will incur safety deductions

**Please note:** Please be aware that due to the fast pace of today's routines, it may be possible that some safety violations during an All Day Cheerleading, Inc. event may be missed. Therefore this does not mean that they are legal, and that your team will not be called for them during another All Day Cheerleading, Inc. event or any USASF sanctioned event.

## **Judging Procedures**

All Day Cheerleading, Inc. judges are contracted employees. These judges are not full-time, salaried employees of All Day Cheerleading, Inc. nor do they hold any permanent affiliations or loyalties to All Day Cheerleading, Inc. These cheerleading and dance judges are vetted from a selective pool of highly qualified and knowledgeable individuals whose attendance, at our events, varies. Our judges may serve on a panel at one event, and may not serve on a panel until the end of the season. Scores will sometimes vary slightly between each event, but our judges are reminded to retain objectivity. Moreover, safety violations are infractions based on the rules and guidelines set forth by All Day Cheerleading, Inc., USASF, and AACCA. We realize that organizations attend many different events like the ours and other USASF sanctioned events throughout the season and some infractions are never "called" or given warnings. When a skill is performed illegally at an All Day Cheerleading, Inc. event, that team will receive a



deduction. Our philosophy is to deduct for these infractions because they violate safety issues and concerns laid out by All Day Cheerleading, Inc., USASF, and AACCA Rules.