

RULES AND REGULATIONS

2009 NATIONAL ALL STAR CHEERLEADING CHAMPIONSHIP

* **BOLD PRINT** denotes a change or clarification in rule from the prior year



I. GENERAL RULES

A. DIVISIONS – SEE AGE LEVEL CHART FOR 2008-2009 DIVISIONS

B. TIME LIMITATIONS

- 1) All Routines must be “Music Only” and performance time may not exceed **two minutes and thirty** seconds. Timing will begin with the first movement, voice, or note of music, whichever comes first.
- 2) If a team exceeds the time limit, a five point per judge penalty will be assessed for each violation. **BECAUSE PENALTIES ARE SEVERE, IT IS RECOMMENDED THAT ALL TEAMS TIME THEIR PERFORMANCE SEVERAL TIMES PRIOR TO COMPETITION AND LEAVE A SEVERAL SECOND CUSHION TO ALLOW FOR VARIATIONS IN SOUND EQUIPMENT.**
- 3) All introductions (tumbling, entrances, chants, spell-outs, etc.) are considered part of the routine and are timed as part of the performance. There should not be any organized exits or other activities after the official ending of the routine.

C. MUSIC

- 1) Teams may use an unlimited number of songs in their routine at the NASCC.
- 2) Due to television network requirements, all music used by teams competing at the National All Star Cheerleading Championship must be licensed by either ASCAP or BMI (or both). Any violation of the licensing requirement will subject the team to disqualification from the Championship and omission from any associated television programs.
- 3) Teams may not use Disney themes, however, Disney music that is ASCAP, BMI or SESAC is acceptable.

D. COMPETITION AREA

- 1) Teams may line up anywhere inside the competition area.
- 2) The competition area will be determined by the tournament director according to the size of the facility being used.
- 3) Approximate floor size will be 54 feet wide by 42 feet deep (9 strips). Check event listing for Spring Floor availability.

E. CROSSOVERS

- 1) Crossovers at **The National All Star Cheerleading Championship** WILL BE ALLOWED given the following restrictions:
 - a) Participants may only cross over into a division within the same USASF Level (ex: Level 2 Jr Coed and Level 2 Small Senior).
 - b) Participant may only represent up to a maximum of two teams.
 - c) Participant may only represent one gym.
 - d) A maximum of five crossover participants is allowed per team.
 - e) Participant must pay an additional crossover registration fee in full to perform on the second team

- 2) UCA will attempt to ensure teams from the same program do not have overlapping performances during the preliminary schedule. However, UCA cannot guarantee that a performance overlap will not occur during the final schedule.

F. NASCC QUALIFICATION

- 1) Teams attending the National Championship must compete in the same skill level and the same age division that they qualified in at a Regional Tournament.
- 2) If a team would like to change categories (team size) they will be assessed a \$500 change fee (i.e. Large Senior to Small Senior). **Teams may not change age divisions or skill levels.** This change must be made prior to February 13, 2009.

G. VIOLATIONS

Teams in violation of any USASF Safety Guideline or these Rules and Regulations will be subject to deductions and/or disqualification.

II. INTERRUPTION OF PERFORMANCE

A. UNFORESEEN CIRCUMSTANCES

- 1) If, in the opinion of the competition officials, a team's routine is interrupted because of failure of the competition equipment, facilities, or other factors attributable to the competition rather than the team, the team affected should **STOP** the routine.
- 2) The team will perform the routine again in its entirety, but will be evaluated **ONLY** from the point where the interruption occurred. The degree and effect of the interruption will be determined by the competition officials.

B. FAULT OF TEAM

- 1) In the event a team's routine is interrupted because of failure of the team's own equipment, the team must either continue the routine or withdraw from the competition.
- 2) The competition officials will determine if the team will be allowed to perform at a later time. If decided by officials, the team will perform the routine again in its entirety, but will be evaluated **ONLY** from the point where the interruption occurred.

C. INJURY

- 1) In the event that an injury causes the team's routine to be interrupted, the team must either continue the routine or withdraw from the competition.
- 2) Competition officials reserve the right to stop the routine if an injury occurs.
- 3) The competition officials will determine if the team will be allowed to perform at a later time. If decided by officials, the team will perform the routine again in its entirety, but will be evaluated **ONLY** from the point where the interruption occurred.

III. HOW TO HANDLE PROCEDURAL QUESTIONS

A. RULES & PROCEDURES

Any questions concerning the rules or procedures of the competition will be handled exclusively by the owner/coach of the team and will be directed to the Competition Director. Such questions should be made prior to the team's competition performance.

B. PERFORMANCE

Any questions concerning the team's performance should be made to the Competition Director **immediately** after the team's performance and/or following the outcome of the competition.

IV. INTERPRETATIONS AND/OR RULINGS

Any interpretation of any aspect of these Rules and Regulations or any decision involving any other aspect of the competition will be rendered by the Rules Committee. The Rules Committee will render a judgment in an effort to ensure that the competition proceeds in a manner consistent with the general spirit and goals of the competition. The Rules Committee will consist of the Competition Director, Head Judge, and a designated competition official.

V. SPORTSMANSHIP

All participants agree to conduct themselves in a manner displaying good sportsmanship throughout the competition with positive presentation upon entry and exit from the performance area as well as throughout the routine. The gym owner and coach of each team is responsible for seeing that team members, coaches, parents and other persons affiliated with the team conduct themselves accordingly. Severe cases of unsportsmanlike conduct are grounds for disqualification.

VI. DEDUCTIONS

Any team in violation of any USASF Safety Guideline will be assessed a ten point (10) per judge deduction for each violation. This deduction does not apply to violations mentioned above that are designated a lesser point value.

VII. DISQUALIFICATION

Any team that does not adhere to the terms and procedures of these “Rules and Regulations” will be subject to disqualification from the competition, will automatically forfeit any right to any prizes or awards presented by the competition, and may also forfeit the opportunity to participate in a competition or the National Championship the following year.

VIII. FINALITY OF DECISIONS

By participating in this championship, each team agrees that the decisions by the judges will be final and results may **ONLY** be reviewed for clarification. Each team acknowledges the necessity for the judges to make prompt and fair decisions in this competition and each team therefore expressly waives any legal, equitable, administrative or procedural review of such decisions.

IX. SCORES AND RANKINGS

Individual judges score sheets are for the exclusive use of each particular judge. Each judge has the responsibility and authority to review and submit his/her final score and rankings prior to the final tally of the score for all teams. Score and rankings will be available only to gym owners or coaches at the conclusion of the competition.

X. ALL STAR JUDGING CRITERIA

UCA scoring system contains seven skill sections which allow scores to be given for both difficulty and execution. Difficulty points are earned when the majority of a team executes their highest level of difficulty with precision. The three remaining categories allow the teams to score points for the overall performance of the routine. For more information on scoring, score sheet, judging criteria and skills grids as well as a complete description of the point totals, please visit us at <http://uca.varsity.com>.

UNIVERSAL CHEERLEADERS ASSOCIATION ALL STAR SCORE SHEET	
Competition: _____ Judge No. _____	
Team Name: _____ Division: _____ Level (circle one) 1 2 3 4 5	
SKILLS - 80 POINTS	BUILDING SKILLS EXECUTION
STUNTS - Proper Technique, Timing, Transitions _____	10 pts _____
PYRAMIDS - Proper Technique, Timing, Transitions _____	5 pts _____
TOSSES - Proper Technique, Timing, Height, Form _____	5 pts _____
DIFFICULTY OF BUILDING SKILLS - (see UCA All Star Scoring Grid for Difficulty)	
Transitions in and out of stunts/pyramids, use of original bases and skills performed by a majority in synchronization	
Stunts (10) _____ Pym (5) _____ Toss (5) _____	(Total Difficulty Score) _____
COMMENTS: _____	
RUNNING TUMBLING - Proper Technique, Timing, Height, Form _____	5 pts _____
STANDING TUMBLING - Proper Technique, Timing, Height, Form _____	5 pts _____
JUMPS - Proper Technique, Timing, Height, Form _____	5 pts _____
DIFFICULTY OF TUMBLING/JUMPS - (see UCA All Star Scoring Grid for Difficulty)	
Tumbling, Degree of difficulty, specialty tumbling combinations, variety of skills, and skills performed by a majority	
Jumps: Jump/Tumbling combinations, and skills performed by a majority in synchronization	
R. Tumbling (5) _____ St. Tumbling (5) _____ Jumps (5) _____	(Total Difficulty Score) _____
COMMENTS: _____	
DANCE / MOTIONS - Motion Placement, Timing, Transitions, Sharpness _____	5 pts _____
DIFFICULTY OF DANCE / MOTIONS (Difficulty) _____	5 pts _____
Movement, Pace/Tempo, Level Changes, Posture, and Formation Changes	
COMMENTS: _____	
OVERALL PERFORMANCE - 20 POINTS	
TRANSITIONS / FORMATIONS Place and Flow of Routine, Use of Floor, Overall Spacing _____	10 pts _____
CHOREOGRAPHY Innovative Creativity, Creativity, and Entertainment _____	5 pts _____
PRESENTATION Age-appropriate Performance (Including - Music, Makeup, Uniform) Spontaneous Behavior _____	5 pts _____
100 TOTAL POINTS POSSIBLE	TOTAL _____

XI. THE 2009 CHEERLEADING WORLDS

UCA will be awarding four paid bids and sixteen at large bids for The 2009 Cheerleading Worlds. Four paid and eight at large bids will be awarded in Small Senior Level 5, Large Senior Level 5, Small Senior Limited Coed Level 5, Large Senior Limited Coed Level 5, Senior Semi-Limited Coed Level 5, and Senior Unlimited Coed Level 5. UCA will also be awarding eight at large bids in the following divisions: International Open Level 5, International Open Coed Level 5, Small Junior Level 5, Large Junior Level 5, and Junior Coed Level 5. UCA reserves the right to distribute these bids within the designated divisions regardless of placement. The division in which a team is awarded a bid at the 2009 National All Star Cheerleading Championship is the division in which the team must compete at The 2009 Cheerleading Worlds. Winning the division does not guarantee a paid or at large bid.

XII. 2008- 2009 GENERAL SAFETY GUIDELINES AND GLOSSARY

UCA All Star competitions will follow the USASF Safety Guidelines. Please go to <http://www.usasf.net> for changes and a complete glossary of terms.

GENERAL SAFETY RULES AND ROUTINE REQUIREMENTS

- All athletes must be supervised during all official functions by a qualified director/coach.

- Coaches must require proficiency before skill progression. Coaches must consider the athlete, group, and team skill levels with regard to proper performance level placement.
- All teams, gyms, coaches and directors must have an emergency response plan in the event of an injury.
- Athletes and coaches may not be under the influence of alcohol, narcotics, performance enhancing substances, or over-the-counter medications while participating in a practice or performance that would hinder the ability to supervise or execute a routine safely.**
- Athletes **must** always practice and perform on an appropriate surface.
- Soft-soled shoes must be worn while competing. No dance shoes/boots, and/or gymnastics slippers (or similar) allowed. Shoes must have a solid sole.
- Jewelry of any kind including but not limited to ear, nose, tongue, belly button and facial rings, clear plastic jewelry, bracelets, necklaces and pins on uniforms are not allowed. Jewelry must be removed and may not be taped over. (Exception: medical ID tags/bracelets, and uniform rhinestones. Rhinestones are not allowed when adhered to the skin as opposed to a uniform. Temporary tattoos are also allowed.)
- Any height increasing apparatus used to propel an athlete is not allowed. (Exception: spring floor)
- Flags, banners, signs, pom poms, megaphones, and pieces of cloth are the only props allowed. Props with poles or similar support apparatus may not be used in conjunction with any kind of stunt or tumbling. All props must be safely discarded out of harms way (e.g. throwing a hard sign across the mat from a stunt would be illegal). Any uniform piece purposefully removed from the body and used for visual effect will be considered a prop.
- Casts that are hard and unyielding or have rough edges must be appropriately covered with a padded material. *Clarification: The appropriately padded material must be such that it protects both the athlete and fellow athletes from injury.*
- On the level grid, all skills allowed for a particular level encompass all skills allowed in the preceding level.
- Required spotters for all skills must be your own team's members.
- Drops including but not limited to knee, seat, thigh, front, back, and split drops from a jump, stunt, or inverted position are not allowed unless the majority of the weight is first borne on the hands or feet, which breaks the impact of the drop. Shushinovas are allowed.
- Competition routines shall not exceed 2 minutes and 30 seconds.
- Athletes must have at least one foot, **hand or body part (other than hair)** on the performing surface when the routine begins. **Exception: Athletes may have their feet in the hands of base(s) if the base(s) hands are resting on the performing surface.**

LEVEL 1 RULES

Level 1 General Tumbling

- All tumbling must originate from and land on the performing surface. (Exception: Tumbler may [without hip-over-head rotation] rebound from his/her feet into a stunt transition. Rebounding to a prone position in a stunt is allowed.)
- Tumbling over, under, or through a stunt, individual, or prop, is not allowed.
- Tumbling while holding or in contact with any prop is not allowed.
- Assisted, or connected tumbling is not allowed.
- Dive rolls are not allowed.

Level 1 Standing/Running Tumbling

- Skills must involve constant physical contact with the performing surface. (Exception: block cartwheels/round offs) **Tumbling skills must involve hand support with both hands when passing through the inverted position.**
- Forward and backward rolls, front and back walkovers, and handstands are allowed.
- Cartwheels and round offs are allowed.
- Front and back handsprings are not allowed.

Level 1 Stunts

- A spotter is required for all stunts at shoulder level and above (exception: shoulder sits and straddle sits). (Example: suspended splits, flat-bodied positions, extension preps, etc). *Clarification: The center base in an extended v-sit may be considered a spotter as long as they are in a position to protect the head and shoulders of the top person.*
 - Extended stunts are not allowed (see definition of extended stunts in glossary). A stunt may not be held at or pass through an extended position. *Clarification: If it is obvious to the safety judge that the intent of the stunt group is to gain a competitive advantage by passing through an extended position, then it is a violation of this rule. Taking the top person above the head of the bases would be illegal.*
- Single leg stunts are only allowed below shoulder (prep) level. *Clarification: If the primary bases squat, go to their knees or drop the overall height of the stunt and hold the top person at their shoulder level, this skill would be considered shoulder level and therefore illegal, regardless of the back spot's positioning.*
- Twisting stunts and transitions are allowed up to 1/4 twist by the top person.
- During transitions, all bases need to remain in contact with the stunt. Transitional stunts may not involve changing bases.
- Free flipping or assisted flipping stunts and transitions are not allowed.
- No stunt, pyramid, or individual may move over or under another separate stunt, pyramid or individual (example: shoulder sits walking under prep).
- Pendulum and pendulum style transitional stunts, where the top person falls away from the original bases, must use at least three stationary catchers, at least two of which are not original bases. Physical contact must be maintained with all of the original base(s).**
- Single based split catches are not allowed.
- Single based double awesomes/cupies require a separate spotter for each top person.
- Level 1 Stunts - Release Moves**
 - Release moves are not allowed other than those allowed at Level 1 in "Dismounts".
 - Release moves may not land in a prone position.
 - Release moves must return to original bases.
 - Helicopters are not allowed.
 - A single full twisting log/barrel roll is not allowed.
 - Release moves may not intentionally travel.
- Level 1 Stunts - Inversions**
 - All inversions must maintain contact with the performance surface (Example: supported handstand).

Level 1 Pyramids

- Pyramids must follow Level 1 "Stunts" and "Dismounts" rules and are allowed up to 2 high.
- Top person must receive primary support from a base.
- Two leg extended stunts
 - Two leg extended stunts must be braced by at least two

persons at prep level or below with hand/arm connection only.

- 2. The connection must be made at or below prep level.
- D. Single leg stunts at prep level
 - 1. Single leg stunts at prep level must be braced by at least two persons at prep level or below with hand/arm connection only.
 - 2. The connection must be made prior to executing single leg stunt and must be made at or below prep level.
- E. No stunt, pyramid, or individual may move over or under another **separate** stunt, pyramid or individual.

Level 1 Dismounts

- A. Cradles from single based stunts at prep level must have a **separate** spotter with at least one hand/arm supporting the head and shoulder area through the cradle.
- B. Cradles from multi-based stunts at prep level must have two catchers and a separate spotter **with at least one hand/arm supporting** the head and shoulder area through the cradle.
- C. Dismounts to the performing surface from stunts and pyramids **at prep level** must be assisted by an original base.
- D. Only straight pop downs and basic straight cradles are allowed.
- E. Twisting dismounts (including 1/4 turns) are not allowed.
- F. No **dismounts** are allowed from extended stunts in pyramids.
- G. No free flipping or assisted flipping dismounts allowed.
- H. Tension drops/rolls of any kind are not allowed.
- I. When cradling single based double awesome/cupies, 2 catchers must catch each top person.

Level 1 Tosses

- A. No tosses allowed.

LEVEL 2 RULES

Level 2 General Tumbling

- A. All tumbling must originate from and land on the performing surface. (Exception: Tumbler may [without hip-over-head rotation] rebound from his/her feet into a stunt transition. Rebounding to a prone position in a stunt is allowed.)
- B. Tumbling over, under, or through a stunt, individual, or prop, is not allowed.
- C. Tumbling while holding or in contact with any prop is not allowed.
- D. Assisted, or connected tumbling is not allowed.
- E. **Dive rolls:**
 - 1. Dive rolls performed in a swan/arched position are not allowed.
 - 2. Dive rolls that involve twisting are not allowed.

Level 2 Standing Tumbling

- A. Flips and aerials are not allowed.
- B. Series front and back handsprings are not allowed. *Clarification: A back walk over into a back handspring is allowed.*
- C. Jump skills in immediate combination with handspring(s) are not allowed. (Example: toe touch handsprings and handspring toe touches)
- D. **Non-airborne skills must involve hand support with at least one hand when passing through the inverted position. Example: Front and back walkovers, cart-wheels and round offs**
- E. Airborne skills must involve hand support with both hands when passing through the inverted position. Example: Front and back handsprings
- F. No twisting while airborne. (Exception: Round offs)

Level 2 Running Tumbling

- A. Flips and aerials are not allowed.
- B. Series front and back handsprings are allowed.
- C. Airborne skills must involve hand support with at least one hand when passing through the inverted position.
- D. No twisting while airborne. (Exception: Round offs)

Level 2 Stunts

- A. A spotter is required for all extended stunts.
- B. Single leg stunts may not be held at or pass through an extended position.

Clarifications:

 - 1. *If it is obvious to the safety judge that the intent of the stunt group is to gain a competitive advantage by passing through an extended position, then it is a violation of this rule. Taking the top person above the head of the bases would be illegal.*
 - 2. *If the primary bases squat, go to their knees or drop the overall height of the stunt while extending their arms, this skill would be considered extended and therefore illegal, regardless of the back spot's positioning.*
- C. Twisting mounts and transitions are allowed up to a total of 1/2 twist between the bases and the top person combined. *Clarification: a half twist performed with an additional half turn by the bases would be illegal if performed simultaneously.*
- D. During transitions, at least one base must remain in contact with the top person.
- E. Free flipping or assisted flipping stunts and transitions are not allowed.
- F. No stunt, pyramid, or individual may move over or under another **separate** stunt, pyramid or individual (e.g. shoulder sits walking under prep).
- G. **Pendulum and pendulum style transitional stunts, where the top person falls away from the original bases, must use at least three stationary catchers, at least two of which are not original bases. Physical contact must be maintained with all of the original base(s).**
 - H. Single based split catches are not allowed.
 - I. Single based double awesomes/cupies require a separate spotter for each top person.
 - J. Log rolls are allowed and may only be assisted by a base. **Clarification: The log roll may not be assisted by another top person.**

Level 2 Stunts - Release Moves

- 1. No release moves allowed other than those allowed at Level 2 in "Dismounts" and "Tosses."
- 2. Release moves may not land in a prone position.
- 3. Release moves must return to original bases.
- 4. Helicopters are not allowed.
- 5. A single full twisting log/barrel roll is allowed as long as it starts and ends in a cradle position. *Clarification: Log/Barrel roll must return to original bases and may not include any skill other than the twist (ex: no kick full twists).*
- 6. **Release moves may not intentionally travel.**

Level 2 Stunts - Inversions

- 1. **All inversions must maintain contact with the performance surface. Exception: Transitions from ground level inversions to non-inverted positions are allowed.**

Clarifications:

Legal: Going from a handstand on the ground to a non-inverted stunt such as a shoulder sit.

Illegal: Going from a cradle to a handstand or from a prone position to a forward roll.

Level 2 Pyramids

- A. Pyramids must follow Level 2 "Stunts" and "Dismounts" rules and are allowed up to 2 high.
- B. Top persons must receive primary support from a base. *Clarification: Anytime a top person is released by the bases during a pyramid transition, the top person must land in a cradle or dismount to the performing surface.*
- C. Extended single leg stunts may not brace or be braced by any other extended stunts.
- D. No stunt, pyramid, or individual may move over or under another **separate** stunt, pyramid or individual (e.g. shoulder sits walking under prep).
- E. Extended single-leg stunts
 - 1. Must be braced by two top persons at prep level or below.
 - 2. The connection to the braces can be hand or foot and must be established at or below prep level.
 - 3. Prep level top persons must have both feet in bases hands. (Exception: shoulder sit, double base thigh stand or shoulder stand)

Level 2 Dismounts

- A. Cradles from single based stunts at prep level **and above** must have a **separate** spotter with at least one hand/arm supporting the head and shoulder area through the cradle.
- B. Cradles from multi-based stunts at prep level **and above** must have two catchers and a separate spotter **with at least one hand/arm supporting** the head and shoulder area through the cradle.
- C. Dismounts to the performing surface from stunts and pyramids from prep level and above must be assisted by an original base.
- D. Only straight pop downs, basic straight cradles and 1/4 turns are allowed.
- E. Twisting dismounts exceeding 1/4 turn are not allowed. All other positions (e.g. toe touch, pike, tuck, etc) are not allowed.
- F. Cradles from extended single leg stunts in pyramids are allowed.
- G. No free flipping or assisted flipping dismounts allowed.
- H. Tension drops/rolls of any kind are not allowed.
- I. When cradling single based double awesomes/cupies, 2 catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of the dismount.

Level 2 Tosses

- A. Tosses are allowed up to a total of 4 tossing bases. One base must be behind the top person during the toss and may assist the top person into the toss.
- B. Tosses must be performed from ground level and must land in a cradle position. Top person must be caught in a cradle position by at least 3 original bases one of which is positioned at the head and shoulder area of the top person. Bases must remain stationary during the toss (i.e. No intentional traveling tosses).
- C. **Flipping, inverted or traveling tosses are not allowed.**
- D. No stunt, pyramid, individual, or, prop may move over or under a toss, and a toss may not be thrown over, under, or through

stunts, pyramids, individuals, or props.

- E. The only body positions allowed are straight rides.
- F. During the straight body ride, the top person may use different arm variations such as (but not limited to) a salute or blowing a kiss but must keep the legs and body in the straight ride position.

LEVEL 3 RULES

Level 3 General Tumbling

- A. All tumbling must originate from and land on the performing surface. (Exception: Tumbler may [without hip-over-head rotation] rebound from his/her feet into a stunt transition. Rebounding to a prone position in a stunt is allowed.)
- B. Tumbling over, under, or through a stunt, individual, or prop, is not allowed.
- C. Tumbling while holding or in contact with any prop is not allowed.
- D. Assisted, or connected tumbling is not allowed. **Clarification: Double cartwheels and double forward rolls are allowed because they will be interpreted as stunts, not assisted tumbling.**
- E. Dive rolls:
 1. Dive rolls performed in a swan/arched position are not allowed.
 2. Dive rolls that involve twisting are not allowed.

Level 3 Standing Tumbling

- A. Flips are not allowed.
- B. Series front and back handsprings are allowed.
- C. Airborne skills must involve hand support with at least one hand when passing through the inverted position.
- D. No twisting while airborne (Exception: round offs).

Level 3 Running Tumbling

- A. Flips:
 1. Flips may ONLY be performed in tuck position only from a round off or round off back handspring(s). (Exception: aerial cartwheels, running tuck fronts, and **3/4 front flips** are allowed). The following tumbling skills are examples of skills not allowed: X-outs, layouts, layout step outs, whips, pikes, aerial walkovers, and arabians.
 2. Other skills with hand support prior to the round off or round off back handspring are allowed. Example: front handsprings and front walkover through to round off back handspring back tucks
 3. Cartwheel tucked flips are not allowed.
- B. No tumbling is allowed after a flip or an aerial cartwheel. (Exception: a forward or backward roll is allowed after a tuck flip; however, no tumbling is allowed after the roll.)
- C. No twisting while airborne. (Exception: round offs)

Level 3 Stunts

- A. A spotter is required for all extended stunts.
- B. Single leg extended stunts are allowed.
- C. Twisting mounts and transitions:
 1. Twisting mounts and transitions are allowed up to one twist by the top person.
 2. **Full twisting transitions may land or originate from prep level or below only. (ex: full up to an extended stunt would not be allowed.) Clarification: 3/4 up to an extended stunt or down from an extended stunt is allowed.**
 3. **Full twisting transitions to/from an extended stunt are not allowed. Clarification: a half twist performed with an additional half turn by the bases to an**

extended position would be illegal if performed simultaneously.

- D. During transitions, at least one base must remain in contact with the top person.
- E. Free flipping stunts and transitions are not allowed.
- F. No stunt, pyramid, or individual may move over or under another **separate** stunt, pyramid or individual (e.g. shoulder sits walking under prep).
- G. **Prep level or above pendulum and pendulum style transitional stunts where the top person falls away from the bases requires three stationary catchers, at least two of which are not original bases. Physical contact must be maintained with all of the original base(s).**
- H. Single based split catches are not allowed.
- I. Single based double awesomes/cupies require a separate spotter for each top person.
- J. **Level 3 Stunts - Release Moves**
 1. No release moves allowed other than those allowed at Level 3 in "Dismounts" and "Tosses." Exception: Single based, coed style toss stunts to prep level are allowed.
 2. Release moves may not land in a prone position.
 3. Release moves must return to original bases.
 4. Helicopters are not allowed.
 5. A single full twisting log/barrel roll is allowed as long as it starts and ends in a cradle position. **Clarification: Log/Barrel roll must return to original bases and may not include any skill other than the twist (ex: no kick full twists).**
 6. Release moves may not intentionally travel.

K. Level 3 Stunts - Inversions

- 1. No inverted stunts above shoulder level. (Exception: Double base suspended forward roll dismount to a cradle or the performing surface is allowed.) The connection and support of the top person with the base(s) must be at shoulder level or below.
- 2. Downward inversions are only allowed below prep level and must be assisted by at least two bases positioned at the head and shoulder area. Top person must maintain contact with an original base. **Clarification: The stunt may not pass through prep level and then become inverted below prep level (the momentum of the top person coming down is the primary safety concern). Clarification: Catchers must physically catch the person at the head and shoulder area.**

Level 3 Pyramids

- A. Pyramids must follow Level 3 "Stunts" and "Dismounts" rules and are allowed up to 2 high.
- B. Top persons must receive primary support from a base.
- C. Extended single leg stunts may not brace or be braced by any other extended stunts.
- D. No stunt, pyramid, or individual may move over or under another **separate** stunt, pyramid or individual (ex: shoulder sits walking under prep).
- E. **Level 3 Pyramids - Release Moves**
 1. During a pyramid transition, a top person may pass above 2 persons high while in direct physical contact with at least **two** persons at prep level or below.
 2. Top person must remain in direct arm-to-arm contact with at least two different top persons at prep level or below. **Clarification:**
 - a. *Being braced on one side with both arms and the other side by hand-foot connection is NOT allowed.*
 - b. *If top person is braced on each side with arm-to-*

arm connection and a THIRD bracer with hand-foot connection, the skill would be legal.

- 3. These release transitions may not involve changing bases.
- 4. **These transitions must be caught by at least 2 catchers.**
 - a. **Both catchers must be stationary.**
 - b. **Both catchers must maintain visual contact with the top person throughout the entire transition.**

Level 3 Pyramids - Inversions

- 1. Must follow Level 3 Stunt Inversions rules

Level 3 Pyramids - Release Moves w/ Braced Inversions

- 1. Pyramid transitions may not involve inversions while released from the bases.

Level 3 Dismounts

- A. Cradles from single based stunts at prep level **and above** must have a **separate** spotter with at least one hand/arm supporting the head and shoulder area through the cradle.
- B. Cradles from multi-based stunts at prep level **and above** must have two catchers and a separate spotter **with at least one hand/arm supporting** the head and shoulder area through the cradle.
- C. Dismounts to the performing surface from stunts and pyramids at prep level and above must be assisted by an original base.
- D. Only straight pop downs, basic straight cradles and quarter turns are allowed from any single leg stunt.
- E. Up to 1-1/4 twists are allowed from any two leg stunts.
- F. Up to 1 trick allowed during a dismount from any two leg stunt.
- G. No free flipping dismounts allowed.
- H. Tension drops/rolls of any kind are not allowed.
- I. When cradling single based double awesomes/cupies, 2 catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of the dismount.

Level 3 Tosses

- A. Tosses are allowed up to a total of 4 tossing bases. One base must be behind the top person during the toss and may assist the top person into the toss.
- B. Tosses must be performed from ground level and must land in a cradle position. Top person must be caught in a cradle position by at least 3 original bases one of which is positioned at the head and shoulder area of the top person. Bases must remain stationary during the toss (i.e. No intentional traveling tosses).
- C. Flipping, **inverted** or traveling tosses are not allowed.
- D. No stunt, pyramid, individual, or prop may move over or under a toss, and a toss may not be thrown over, under, or through stunts, pyramids, individuals, or props.
- D. Up to 1 trick allowed during a toss. Twisting tosses may not exceed 1 twisting rotation. (Legal: toe-touch, ball out, pretty girl, etc...) (Illegal: Switch kick, pretty girl-kick, double toe-touch) **Clarification: The 'arch' does not count as a trick. Exception: a Ball X is allowed at this level.**
- E. During a twisting toss, no skill other than the twist is allowed. (e.g. kick fulls, 1/2 twist toe touches, etc... are not allowed)

LEVEL 4 RULES

Level 4 General Tumbling

- A. All tumbling must originate from and land on the performing surface. (Exception: Tumbler may [without hip-over-head rotation] rebound from his/her feet into a stunt transition. Rebounding to a prone position in a stunt is allowed.)

- B. Tumbling over, under, or through a stunt, individual, or prop, is not allowed.
- C. Tumbling while holding or in contact with any prop is not allowed.
- D. Assisted, or connected tumbling is not allowed. **Clarification: Double cartwheels and double forward rolls are allowed because they will be interpreted as stunts, not assisted tumbling.**
- E. Dive rolls:
 1. Dive rolls performed in a swan/arched position are not allowed.
 2. Dive rolls that involve twisting are not allowed.

Level 4 Standing Tumbling

- A. Standing flips and flips from a back handspring entry are allowed.
- B. Skills are allowed up to 1 flipping and 0 twisting rotations. (Exception: aerial cartwheel, Onodi)
- C. Consecutive flip-flip combinations are not allowed (ex: back tuck-back tuck, back tuck-punch front, etc).
- D. Jump skills are not allowed in immediate combination with a standing flip (Example: toe touch back tucks, back tuck toe touches, pike jump front flips) **Clarification: toe touch back handspring back tucks are allowed because the flip skill is not connected immediately after the jump skill.**

Level 4 Running Tumbling

- A. Skills are allowed up to 1 flipping and 0 twisting rotations. (Exception: aerial cartwheel, Onodi)

Level 4 Stunts

- A. A spotter is required for all extended stunts.
- B. Single leg extended stunts are allowed.
- C. Twisting mounts and transitions are allowed up to 1-1/2 twists by the top person.
- D. No stunt, pyramid, or individual may move over or under another **separate** stunt, pyramid or individual (e.g. shoulder sits walking under prep).
- E. Free flipping mounts or transitional stunts are not allowed.
- F. During transitions, at least one base must remain in contact with the top person. (Exception: See "Release Moves")
- G. **Prep level or above pendulum and pendulum style transitional stunts where the top person falls away from the bases requires three stationary catchers, at least two of which are not original bases. Physical contact must be maintained with all of the original base(s).**
- H. Single based split catches are not allowed.
- I. Single based double awesomes/cupies require a separate spotter for each top person.

Level 4 Stunts - Release Moves

1. Release moves are allowed but must not exceed extended arm level (exception: cradles). (i.e. Tick-tocks are allowed.)
2. Release moves may not land in a prone position.
3. Release moves must return to original bases.
4. Helicopters are not allowed.
5. Release moves may not intentionally travel.

Level 4 Stunts - Inversions

1. Extended inverted stunts allowed. Also, see "Stunts" and "Pyramids."
2. Downward inversions are allowed at prep level or below and must be assisted by at least three bases, at least two of which are positioned to protect the head and shoulder

area. **Clarification: The stunt may not pass above prep level and then become inverted at prep level. (The momentum of the top person coming down is the primary safety concern.)** **Clarification: Catchers must make contact with the head and shoulder area.**

3. Downward inversions must maintain contact with an original base.
4. **Clarification: Downward inversions from prep level that land in an inverted position ARE NOW ALLOWED this season.**

Level 4 Pyramids

- A. Pyramids must follow Level 4 "Stunts" and "Dismounts" rules and are allowed up to 2 high.
- B. Top persons must receive primary support from a base.
- C. Extended single leg stunts may not brace or be braced by any other extended stunts.
 1. No stunt or pyramid may move over or under another **separate** stunt or pyramid (e.g. shoulder sits walking under prep).
 2. In a pyramid transition, a top person may travel over another top person while connected to that top person at prep level or below. **Clarification: Leap frog pyramids are legal.**

Level 4 Pyramids Release Moves

1. During a pyramid transition, a top person may pass above 2 persons high while in direct physical contact with at least one person at prep level or below.
2. Primary weight may not be borne at second level. **Clarification: The transition must be continuous.**
3. **Non-inverted pyramid release moves must be caught by at least 2 catchers.**
 - a. **In pyramids where the top person travels over their bracer (i.e. leap frogs or wolf wall transitions), both catchers must be stationary.**
 - b. **Both catchers must maintain visual contact with the top person throughout the entire transition.**
4. Non-inverted transitional pyramids may involve changing bases. When changing bases:
 - a. **The top person must maintain physical contact with a person at prep level or below.**
 - b. **The top person must be caught by at least 2 catchers. Both catchers must be stationary and may not be involved with any other skill or choreography when the transition is initiated.**

Level 4 Pyramids- Inversions

1. Must follow Level 4 Stunt Inversions rules.

Level 4 Pyramids - Release Moves w/ Braced Inversions

1. Pyramid transitions may involve braced inversions (including braced flips) while released from the bases if contact is maintained with at least 2 persons at prep level or below. Contact must be maintained throughout entire transition with either the top person(s) or the base(s).
2. Braced inversions (including braced flips) are allowed up to 1-1/4 flipping rotations, 0 twisting rotations.
3. Braced inversions (including braced flips) may not involve changing bases.
4. Braced inversions (including braced flips) must be in con-

tinuous movement.

5. All braced inversions (including braced flips) must be caught by at least 3 catchers.
 - a. **All catchers must be stationary**
 - b. **All catchers must maintain visual contact with the top person throughout the entire transition.**
 - c. **The 3 catchers may not be involved with any other skill or choreography when the transition is initiated.**
6. Braced inversions (including braced flips) may not travel downward while inverted.

Level 4 Dismounts

- A. Cradles from single based stunts at prep level **and above** must have a **separate** spotter with at least one hand/arm supporting the head and shoulder area through the cradle.
- B. Cradles from multi-based stunts at prep level **and above** must have two catchers and a separate spotter **with at least one hand/arm supporting** the head and shoulder area through the cradle.
- C. Dismounts to the performing surface from stunts and pyramids prep level and above must be assisted by an original base.
- D. Up to a 2-1/4 twisting rotation allowed from all two legged stunts.
- E. Up to a 1-1/4 twisting rotation allowed from all single leg stunts.
- F. During a cradle that exceeds 1-1/4 twists, no skill other than the twist is allowed.
- G. No free flipping dismounts allowed.
- H. Tension drops/rolls of any kind are not allowed.
- I. When cradling single based double awesomes/cupies 2 catchers must catch each top person. Catchers and bases must be stationary prior to the initiation of the dismount.

Level 4 Tosses

- A. Tosses are allowed up to a total of 4 tossing bases. One base must be behind the top person during the toss and may assist the top person into the toss.
- B. Tosses must be performed from ground level and must land in a cradle position. Top person must be caught in a cradle position by at least 3 original bases one of which is positioned at the head and shoulder area of the top person. Bases must remain stationary during the toss (i.e. No intentional traveling tosses). (Exception: A 1/2 turn is allowed by bases as in a kick full basket.)
- C. Flipping, **inverted** or traveling tosses are not allowed.
- D. No stunt, pyramid, individual, or prop may move over or under a toss, and a toss may not be thrown over, under, or through stunts, pyramids, individuals, or props.
- E. Up to 2 tricks allowed during a toss. (e.g. kick full, full up toe touch, etc.)
- F. During a toss that exceeds 1-1/2 twisting rotations, no skill other than the twist is allowed. (e.g. kick doubles are not allowed)
- G. Tosses may not exceed 2 twisting rotations.

LEVEL 5 RULES

Level 5 General Tumbling

- A. All tumbling must originate from and land on the performing surface. (Exception: Tumbler may [without hip-over-head rotation] rebound from his/her feet into a stunt transition. Rebounding to a prone position in a stunt is allowed.)
- B. Tumbling over, under, or through a stunt, individual, or prop, is not allowed.
- C. Tumbling while holding or in contact with any prop is not allowed.
- D. Assisted, or connected tumbling is not allowed. **Clarification: Double cartwheels and double forward rolls are allowed because they will be interpreted as stunts, not assisted tumbling.**
- E. Dive rolls:
 - 1. Dive rolls performed in a swan/arched position are not allowed.
 - 2. Dive rolls that involve twisting are not allowed.

Level 5 Standing/Running Tumbling

- A. Skills are allowed up to 1 flipping and 2 twisting rotations.

Level 5 Stunts

- A. A spotter is required for all extended stunts.
- B. Single leg extended stunts are allowed.
- C. Twisting mounts and twisting transitions are allowed up to 2 twisting rotations by the top person.
- D. Free flipping stunts or transitional are not allowed.
- E. **This rule no longer exists.**
- F. **Prep level or above pendulum and pendulum style transitional stunts where the top person falls away from the bases requires three stationary catchers, at least two of which are not original bases. Physical contact must be maintained with all of the original base(s).**
- G. Single based split catches are not allowed.
- H. Single based double awesomes/cupies require a separate spotter for each top person.

I. Level 5 Stunts - Release Moves

- 1. Release moves are allowed but must not exceed more than eighteen inches above extended arm level. (Example: Tic-tocks are allowed.)
- 2. Release moves may not land in a prone position.
- 3. Release moves must return to original bases.
- 4. Helicopters are allowed up to a 180 degree rotation with a 1/2 twist and must be caught by at least 3 catchers, one of which is positioned at head and shoulder area of the top person.
- 5. **Release moves may not intentionally travel.**

J. Level 5 Stunts - Inversions

- 1. Extended inverted stunts allowed. Also, see "Stunts" and "Pyramids."
- 2. Downward inversions are allowed from prep level and

above and must be assisted by at least three bases, at least two of which are positioned to protect the head and shoulder area. Contact must be initiated at the shoulder level (or above) of the bases. (Exception: A controlled powerpressing of an extended inverted stunt (i.e. needle) to shoulder level is allowed).

Clarification: Catchers must make contact with the head and shoulder area.

- 3. Downward inversions must maintain contact with an original base.
- 4. **Downward inversions from above prep level may not be caught and/or land in an inverted position. Clarification: Top person may not be caught or land with their shoulders below their hips.**

Level 5 Pyramids

- A. Pyramids must follow Level 5 "Stunts" and "Dismounts" rules and are allowed up to 2 high.
- B. Top persons must receive primary support from a base.

C. Level 5 Pyramids - Release Moves

- 1. During a pyramid transition, a top person may pass above 2 persons high while in direct physical contact with at least one person at prep level or below.
- 2. Primary weight may not be borne at second level. **Clarification: The transition must be continuous.**
- 3. **Non-inverted pyramid release moves must be caught by at least 2 catchers.**
 - a. **In pyramids where the top person travels over their bracer (i.e. leap frogs or wolf wall transitions), both catchers must be stationary.**
 - b. **Both catchers must maintain visual contact with the top person throughout the entire transition.**
- 4. **Non inverted transitional pyramids may involve changing bases. When changing bases:**
 - a. **The top person must maintain physical contact with a person at prep level or below.**
 - b. **The top person must be caught by at least 2 catchers. Both catchers must be stationary and may not be involved with any other skill or choreography when the transition is initiated.**

D. Level 5 Pyramids - Inversions

- 1. Must follow Level 5 Stunt Inversions rules.

E. Level 5 Pyramids - Release Moves w/Braced Inversions

- 1. Pyramid transitions may involve braced inversions (including braced flips) while released from the bases if contact is maintained with at least 1 persons at prep level or below. Contact must be maintained throughout entire transition with either the top person(s) or the base(s).

- 2. Braced inversions (including braced flips) are allowed up to 1-1/4 flipping rotations.
- 3. Braced inversions (including braced flips) are allowed up to 1 twist if contact is maintained with 2 top persons at prep level or below.
- 4. Inverted transitional pyramids may involve changing bases.
- 5. Braced inversions (including braced flips) must be in continuous movement.
- 6. **All braced inversions (including braced flips) must be caught by at least 3 catchers.**
 - a. **All catchers must be stationary.**
 - b. **All catchers must maintain visual contact with the top person throughout the entire transition.**
 - c. **The 3 catchers may not be involved with any other skill or choreography when the transition is initiated.**
- 7. Braced inversions (including braced flips) may not travel downward while inverted.

Level 5 Dismounts

- A. Cradles from single based stunts at prep level **and above** must have a **separate** spotter with at least one hand/arm supporting the head and shoulder area through the cradle.
- B. Cradles from multi-based stunts at prep level **and above** must have two catchers and a separate spotter **with at least one hand/arm supporting** the head and shoulder area through the cradle.
- C. Dismounts to the performing surface must be assisted by an original base.
- D. Up to a 2-1/4 twisting rotations allowed from all stunts.
- E. No free flipping dismounts allowed.
- F. Tension drops/rolls of any kind are not allowed.
- G. When cradling single based double awesomes/cupies 2 catchers must catch each top person.

Level 5 Tosses

- A. Tosses are allowed up to a total of 4 tossing bases. One base must be behind the top person during the toss and may assist the top person into the toss.
- B. Tosses must be performed from ground level and must land in a cradle position. Top person must be caught in a cradle position by at least 3 original bases one of which is positioned at the head and shoulder area of the top person. Bases must remain stationary during the toss (i.e. No intentional traveling tosses). (Exception: A 1/2 turn is allowed by bases as in a kick full basket.)
- C. **Flipping, inverted or traveling tosses are not allowed.**
- D. No stunt, pyramid, individual, or prop may move over or under a toss, and a toss may not be thrown over, under, or through stunts, pyramids, individuals, or props.
- E. Up to 2-1/2 twisting rotations allowed.

XIII. 2008-2009 UCA ALL STAR AGE LEVEL CHARTS

USASF LEVEL 1

TINY	5 YRS & YOUNGER	FEMALE/MALE	5-36 MEM.
MINI	8 YRS & YOUNGER	FEMALE/MALE	5-36 MEM.
SMALL YOUTH	11 YRS & YOUNGER	FEMALE/MALE	5-20 MEM.
LARGE YOUTH	11 YRS & YOUNGER	FEMALE/MALE	21-36 MEM.
SMALL JUNIOR	14 YRS & YOUNGER	FEMALE/MALE	5-20 MEM.
LARGE JUNIOR	14 YRS & YOUNGER	FEMALE/MALE	21-36 MEM.
SENIOR	11-18 YRS OLD	FEMALE/MALE	5-36 MEM.

USASF LEVEL 2

MINI	8 YRS & YOUNGER	FEMALE/MALE	5-36 MEM.
SMALL YOUTH	11 YRS & YOUNGER	FEMALE/MALE	5-20 MEM.
LARGE YOUTH	11 YRS & YOUNGER	FEMALE/MALE	21-36 MEM.
SMALL JUNIOR	14 YRS & YOUNGER	FEMALE/MALE	5-20 MEM.
LARGE JUNIOR	14 YRS & YOUNGER	FEMALE/MALE	21-36 MEM.
SENIOR OPEN	18 YRS & YOUNGER	LIMIT 4 MALES	5-36 MEM.
SMALL SENIOR	11-18 YRS OLD	FEMALE/MALE	5-20 MEM.
LARGE SENIOR	11-18 YRS OLD	FEMALE/MALE	21-36 MEM.

USASF LEVEL 3

MINI	8 YRS & YOUNGER	FEMALE/MALE	5-36 MEM.
SMALL YOUTH	11 YRS & YOUNGER	FEMALE/MALE	5-20 MEM.
LARGE YOUTH	11 YRS & YOUNGER	FEMALE/MALE	21-36 MEM.
SMALL JUNIOR	14 YRS & YOUNGER	NO MALES	5-20 MEM.
LARGE JUNIOR	14 YRS & YOUNGER	NO MALES	21-36 MEM.
JUNIOR COED	14 YRS & YOUNGER	1 OR MORE MALES	5-36 MEM.
SENIOR OPEN	18 YRS & YOUNGER	LIMIT 4 MALES	5-36 MEM.
SMALL SENIOR	11-18 YRS OLD	NO MALES	5-20 MEM.
LARGE SENIOR	11-18 YRS OLD	NO MALES	21-36 MEM.
SENIOR COED	11-18 YRS OLD	1 OR MORE MALES	5-36 MEM.

USASF LEVEL 4

SMALL YOUTH	11 YRS & YOUNGER	FEMALE/MALE	5-20 MEM.
LARGE YOUTH	11 YRS & YOUNGER	FEMALE/MALE	21-36 MEM.
SMALL JUNIOR	14 YRS & YOUNGER	NO MALES	5-20 MEM.
LARGE JUNIOR	14 YRS & YOUNGER	NO MALES	21-36 MEM.
JUNIOR COED	14 YRS & YOUNGER	1 OR MORE MALES	5-36 MEM.
SENIOR OPEN	18 YRS & YOUNGER	LIMIT 4 MALES	5-36 MEM.
SMALL SENIOR	11-18 YRS OLD	NO MALES	5-20 MEM.
LARGE SENIOR	11-18 YRS OLD	NO MALES	21-36 MEM.
SENIOR COED	11-18 YRS OLD	1 OR MORE MALES	5-36 MEM.

USASF LEVEL 4.2

SENIOR OPEN	18 YRS & YOUNGER	LIMIT 4 MALES	5-36 MEM.
-------------	------------------	---------------	-----------

USASF LEVEL 5

YOUTH	11 YRS & YOUNGER	FEMALE/MALE	5-36 MEM.
SMALL JUNIOR	14 YRS & YOUNGER	NO MALES	5-20 MEM.
LARGE JUNIOR	14 YRS & YOUNGER	NO MALES	21-36 MEM.
JUNIOR COED	14 YRS & YOUNGER	1 OR MORE MALES	5-36 MEM.
SMALL SENIOR	11-18 YRS OLD	NO MALES	5-20 MEM.
LARGE SENIOR	11-18 YRS OLD	NO MALES	21-36 MEM.
SMALL SR. LIMITED COED	11-18 YRS OLD	1-4 MALES	5-20 MEM.
LARGE SR. LIMITED COED	11-18 YRS OLD	1-4 MALES	5-36 MEM.
SENIOR SEMI-LIMITED COED	11-18 YRS OLD	5-12 MALES	5-36 MEM.
SENIOR UNLIMITED COED	11-18 YRS OLD	5 OR MORE MALES	5-36 MEM.

INTERNATIONAL DIVISIONS LEVEL 5

INTERNATIONAL OPEN ALL GIRL	14 YRS & OLDER	NO MALES	5-24 MEM.
INTERNATIONAL OPEN COED	14 YRS & OLDER	1-12 MALES	5-24 MEM.

SPECIAL ATHLETE

SPECIAL ATHLETE	ANY AGE	FEMALE/MALE	UNLIMITED
-----------------	---------	-------------	-----------

AGE ELIGIBILITY

The age of the competitor as of May 31, 2008 will be the age used for competition.

COMBINATION OF DIVISION

UCA reserves the right to combine two divisions within the same age groups depending on the size of the two divisions for that particular competition.

SMALL GYM DIVISIONS

“Small Gym” divisions will only be offered in the divisions listed and only after the standard USASF division has first been split by team size into large and small and then only if at least 3 teams will ultimately compete in the designated “Small Gym” division AND the non “Small Gym” division (ex: 6 teams registered in Small Youth 2, 3 of which fall under the definition of “Small Gym”). **(PLEASE SEE SMALL GYM DIVISIONS LISTED ON USASF.NET.)**

SMALL GYM DEFINITION: A “Small Gym” is defined as having 100 or less participants and is defined as having one physical address for its location and has 100 or less athletes registered in its competitive cheer program at the time of competition. Exhibition teams, crossover athletes, special needs teams and dance teams do not count toward the 100 or less athletes.

We have reviewed the Rules and Regulations with our entire team and we accept the Rules and Regulations as a fair and integral part of the rules of the tournament and agree to adhere to the rules, policies and procedures contained herein.

Team Name

Date

City, State

Owner's Signature

Division - Small, Mini, Large Senior, etc. Level: 1 2 3 4 4.2 5

Coach's Signature

Please tear out along the perforations. You may make copies of this form.