



2018-2019 US Finals School Divisions

Division	Grade Level
Novice Elementary	6th Grade and below
Intermediate Elementary	6th Grade and below
Novice Junior High/Middle School	9th Grade and below
Novice JV/Freshman	9th-11th Grade
Novice High School	9th-12th Grade
Intermediate Junior High/Middle School	9th Grade and below
Intermediate JV/Freshman	9th-11th Grade
Intermediate High School	9th-12th Grade
Intermediate High School Open	12th Grade and below*
Intermediate Non-Tumbling	9th-12th Grade
Advanced Junior High/Middle School	9th Grade and below
Advanced High School	9th-12th Grade
Advanced High School Open	12th Grade and below*
Advanced Non-Tumbling	9th-12th Grade

*For High School Open divisions, athletes younger than 9th grade will be allowed to participate if they are enrolled in the school they are representing, are recognized as full time cheerleaders for that school, and receive written permission from Varsity Louisville prior to the competition.

**For questions regarding what division is the best option for your school, please email
Adriana Jaimes at ajaimes@varsity.com.**





2018-2019 US Finals School Rules/Restrictions

LEGALITY VERIFICATION

As a coach, it is important to be current on the Varsity Louisville & AACCA Safety Rules. If you have questions concerning any safety rules or questions regarding specific performance elements, please follow these steps. This will ensure that you receive a timely and accurate response to your questions.

- All questions must be in written-email form.
- Due to the differences in interpretation and terminology; no phone calls will be accepted.
- Do not rely on prior rulings from Varsity Louisville competitions.
- A separate video must be submitted for each competition to ensure legality.
- For all Legality questions, you must send a video that contains the skill in question.
- Video must include the following:
 1. Front, side and back view of skill.
 2. Name of the competition where you will be performing skill and the Division you will be performing in.
 3. Include your name, team name, email and phone number with your video.
 4. Do not send the entire routine, only the SKILL(S) in question.

VIDEOS THAT ARE NOT IN THE ABOVE FORMAT WILL NOT BE VIEWED. VIDEOS MUST BE RECEIVED IN THE VARSITY LOUISVILLE OFFICE at least ONE WEEK PRIOR to the event date. Videos not received in the Varsity Louisville office one week prior to the event date will NOT be reviewed. You must email your videos to: msegur@varsity.com. Note: Emailed videos may not exceed 10MB and should be in either Windows Media Player or Quicktime formats.

DO NOT DEPEND ON YOUR CHOREOGRAPHER TO DETERMINE IF SOMETHING IS LEGAL. IF YOU FEEL THAT SOMETHING MAY BE ILLEGAL, SEND A VIDEO TO THE VARSITY LOUISVILLE OFFICE.

AACCA rules regarding safety can be found at:

<https://aacca.org/safety-rules/>

Any general scoring questions can be directed to Adriana Jaimes at ajaimes@varsity.com.





2018-2019 US Finals School Rules/Restrictions

MUSIC GUIDELINES

Varsity Louisville will follow the Varsity Spirit Music Guidelines for all competitions. Please visit varsity.com/music for the most up-to-date guidelines and latest resources.

PERFORMANCE ROUTINE REQUIREMENTS

- Each team will perform a choreographed routine not to exceed 2 minutes and 30 seconds (150 seconds).
- Organized, formal entrances that involve organized cheers or run-ons with jumps, tumbling or stunts are not permitted. Cheerleaders should enter the performance area in a timely fashion.
- Timing will begin with the first organized word, movement or note of music by the team after they are officially announced and have taken the floor. Cheerleaders must have at least one foot on the performing surface when the routine starts.
- Timing will end with the last organized word, movement or note of music by the team. Teams must exit the performance area immediately following the routine.
- Teams should utilize all areas of their squad's technical strength in jumps, tumbling, partner stunts, pyramids, motion technique, projection and expression, choreography, showmanship and dance.
- Routines must be appropriate for family viewing. Any vulgar or suggestive movements, words or music will result in a score deduction. No tear-away uniforms or removal of clothing is allowed.

NON-TUMBLING DIVISIONS

The Non-Tumbling divisions will prohibit all tumbling, except for inversions into or from load in positions, stunts and pyramids. Tumbling is defined as any skill with feet over head rotation.





2018-2019 US Finals School Rules/Restrictions

TIME LIMIT VIOLATIONS

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

- 1 - 5 seconds over time will result in a .5 deduction
- 6 or more seconds over time will result in a 1.0 deduction

The routine time limit is 2:30. Up to 1:30 of the routine may be performed to music. Routines that exceed this time limit run a risk of being assessed a deduction. Judges will use a stop watch or similar device to measure the official time. Acknowledging the potential variance caused by human reaction speed and sound system time variations, judges will not issue a deduction until their stopwatch/clock shows a time that exceeds 2:33.

SAFETY VIOLATIONS

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

UNSPORTSMANLIKE CONDUCT DEDUCTION

When a coach is in discussion with an official, other coaches, athletes and parents/spectators they must maintain proper professional conduct. Failing to do so may result in a 2.0 deduction, removal of coach, or disqualification.

BOUNDARY VIOLATIONS

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

INAPPROPRIATE CHOREOGRAPHY / MUSIC / OUTFITTING

All facets of a performance or routine, including choreography, music selection and outfitting (cheerleading), should be suitable for family viewing and listening. Uniforms for all team types should be appropriate for the age of the participants performing the routine. Outfitting for cheerleading performances should follow traditional dress standards. In general, school performances, including but not limited to the actual routine, signs, cheers, chants and hand signals/gestures, should adhere to outfitting, performance and music guidelines and criteria in place and approved by the administration or institution to which the school team belongs.

A **deduction of 1.0** will be given for vulgar or suggestive choreography, which includes, but is 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. Deductions will be given for 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, mention of specific parts of the body torso, and/or violent acts or behavior. Removing improper language or words from a song and replacing with sound effects or other words constitutes inappropriate, and deductions will be made accordingly.

Varsity Louisville has adopted the NFHS ruling that states: "when standing at attention, apparel must cover the midriff." If a school or recreational team is found to be in violation of this rule, the team will receive a **1.0 deduction** off of their final score.

Any uniform or music in which the appropriateness is questionable or with which uncertainty exists should be submitted to Varsity Louisville for approval. Because multiple performances of a routine when compared to one another will generally lack distinction, Varsity Louisville is not able to approve with absoluteness the appropriateness of choreography. However, choreography, if questionable, may be submitted to Varsity Louisville for feedback.





Varsity Louisville Scoring Process

The scoring process for Varsity Louisville events will be on a 100 point scale. Scores for each category will range from 0-10, including tenths of points (example: 5.5, 9.2, etc.). These scores will be entered into a computer that will add the scores. All point deductions and/or penalties will be deducted from the subtotal to get the FINAL SCORE. Deductions/penalties are assessed at the sole discretion of the judges based on the criteria set forth here. All judges decisions are final.

Deduction System

BUILDING FALL - .75

Examples:

- Cradling, dismounting, or bringing down a stunt or pyramid early (not timing issues)
- Base falling to the floor during a cradle or dismount

ATHLETE FALL - .25

Examples:

- Hand(s) down in tumbling or jumps
- Knee(s) down in tumbling or jumps
- Blatant incomplete tumbling twist(s)
- Multiple body parts touch the floor in tumbling or jumps
- Drops to the floor during individual skills (tumbling, jumps, etc.)

MAJOR BUILDING FALL - 1.25

Examples:

- Falls from individual stunt, pyramid or tosses to the ground (top person lands on ground or multiple bases land on ground)

MAXIMUM - 1.75

- 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 1.0.





2018-2019 US Finals School Rules/Restrictions

Novice Skill Restrictions

Novice teams will follow AACCA Safety Guidelines with these additional skill restrictions.

STANDING TUMBLING: Standing tumbling is limited to a standing single back handspring. Standing back handspring series and jump/back handspring combinations are not allowed. Standing tucks are not allowed.

RUNNING TUMBLING: Running tumbling is limited to front and back handspring series. Flips and aerials are not allowed (no tucks).

STUNTS: Single leg stunts may not be held or pass through an extended position. No extended liberties. Twisting transitions are limited to a ½ twist by the top person. Exception: Log Rolls/Barrel rolls are allowed. All release moves must land in a cradle. The only inversions allowed are transitions from ground level inversions to non-inverted positions. No other inversions are allowed. Example: Going from a handstand on the ground to a non-inverted stunt such as a shoulder sit is allowed. Example: Going from a cradle to a handstand or from a prone position to a forward roll is not allowed.

PYRAMIDS: Extended one leg stunts must be braced by at least one person at prep level or below. Connection must be made prior to executing single leg extended stunt and must be made at prep level or below. Any time a top person is released by the bases and braced by other top persons, they may not perform any skill during transition and must land in a cradle. Inversion in pyramids are not allowed with the exceptions of the inversions allowed under Novice Stunts. Release moves in pyramids are not allowed with the exception of the release moves allowed under Novice Stunts.

DISMOUNTS: Only straight pop downs, basic straight cradles and ¼ turns are allowed.

TOSSES: The only body position allowed is a straight ride.

Intermediate Skill Restrictions

Intermediate teams will follow AACCA Safety Guidelines with these additional skill restrictions.

STANDING TUMBLING: Flips are not allowed. No standing back tucks or back handspring back tucks.

RUNNING TUMBLING: Flips may ONLY be performed in tuck position only and from a round off or round off back hand spring(s). Other skills with hand support prior to the round off or round off back handspring are allowed. Punch fronts are not allowed. No twisting while airborne. (Exception: Aerial cartwheels are allowed.) No tumbling is allowed after a flip or an aerial cartwheel. Cartwheel tucked flips and/or cartwheel – back handspring(s) – tucks are not allowed.

STUNTS: Twisting transitions to and from an extended position may not exceed ½ twisting transition. Twisting transitions to, from and at prep level may not exceed 1 twisting transition. Release moves must start below prep level and must be caught at prep level or below. Release moves may not pass above extended arm level.

PYRAMIDS: Braced flips are not allowed.

DISMOUNTS: Only straight pop downs, basic straight rides, and ¼ turns are allowed from any single leg stunt. Up to 1¼ twists are allowed from any two leg stunt.

TOSSES: Up to 1 trick allowed during a toss. Tosses may not exceed 1 twisting rotation.

JUNIOR HIGH / MIDDLE SCHOOL / ELEMENTARY SKILLS RESTRICTIONS

Junior High, Middle School, and Elementary teams will follow Additional Restrictions as listed in the AACCA Safety Guidelines.

<https://aacca.org/safety-rules/>

ADVANCED SKILLS RESTRICTIONS

Advanced teams will follow the standard AACCA Safety Guidelines with no other skill restrictions.

<https://aacca.org/safety-rules/>





2018-2019 US Finals School Rules/Restrictions

The following grid outlines the point ranges for specific skill sets performed by MOST of the team. Skills performed by LESS than most of the team will move the score into a lower range. In each category, most of the team must master each listed skill unless the skills are separated by the word "or." MOST is defined as approximately 75% of the team.

Novice Divisions

Stunt Difficulty	Pyramid Difficulty	Tumbling Difficulty
3-4	3-4	3-4
Extension Preps or one leg variations below prep level.	Pyramids involving extended two leg stunts and/or one leg stunts at prep level.	Cartwheels or round offs or forward/backward rolls.
4-5	4-5	4-5
Extensions or one leg variations at prep level.	Pyramids involving extended one leg stunts.	Round-off BHS or Standing BHS.

TOSSES

Tosses are not required, but may be rewarded in the "Pyramid" category.

JUMP DIFFICULTY (4.0 - 5.0)

- 4.0 – Single jumps
- 4.2 – Double jump combinations
- 4.4 – Triple jump combinations with no variety
- 4.6 – Triple jump combinations with variety
- 4.8 – Quad jump combinations or triple jump combinations and a single jump, no variety
- 5.0 – Quad jump combinations or triple jump combinations and a single jump, must include variety

TIMING (9.0 - 10.0) Synchronization and uniformity

ROUTINE COMPOSITION (9.0 - 10.0) Spacing, seamless movement and patterns, execution of formations

VOICE/INFLECTION (9.0 - 10.0) Pace of cheer is practical, flow of words is easy to understand

MOTIONS/GIRLS DANCE (9.0 - 10.0) This category will be judged based on a team's ability to incorporate transitions, level changes, footwork and floorwork, with a variety of visual movement in their dance with a high level of perfection. Motion technique throughout the routine will also be considered.

PERFORMANCE/SHOWMANSHIP (9.0 - 10.0) Genuine enthusiasm and energy level throughout routine

SCHOOL REPRESENTATION (9.0 - 10.0) Image, sportsmanship, performance integrity. How well the institution has been represented by its cheerleading team's presentation, props and appearance.

Jump Combination = Jumps connected with continuous movement, using either a whip or prep approach

BHS = Back Handspring





2018-2019 US Finals School Rules/Restrictions

The following grid outlines the point ranges for specific skill sets performed by MOST of the team. Skills performed by LESS than most of the team will move the score into a lower range. In each category, most of the team must master each listed skill unless the skills are separated by the word "or." MOST is defined as approximately 75% of the team.

Intermediate Divisions

Stunt Difficulty	Pyramid Difficulty	Tumbling Difficulty
2-3	2-3	2-3
Extensions, preps or one leg variations below prep level.	Pyramids involving extended two leg stunts and/or one leg stunts at prep level.	Cartwheels or round offs or forward/backward rolls.
3-4	3-4	3-4
Extensions or one leg variations at prep level.	Pyramids involving extended one leg stunts.	Round-off BHS or Standing BHS.
4-5	4-5	4-5
Extended one leg stunts. Required dismount: Single twist from two leg stunt.	Pyramids involving extended one leg stunts with multiple transitional sequences, at least one of which is a release pyramid transition and multiple extended structures.	Round-off BHS Back Tucks or Round-off Tucks or Standing BHS Series or Jump/BHS combinations.

TOSSES

Tosses are not required, but may be rewarded in the "Pyramid" category.

JUMP DIFFICULTY (4.0 - 5.0)

- 4.0 – Single jumps
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- 4.8 – Quad jump combinations or triple jump combinations and a single jump, no variety
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PERFORMANCE/SHOWMANSHIP (9.0 - 10.0) Genuine enthusiasm and energy level throughout routine

SCHOOL REPRESENTATION (9.0 - 10.0) Image, sportsmanship, performance integrity. How well the institution has been represented by its cheerleading team's presentation, props and appearance.

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Advanced Divisions

Stunt Difficulty	Pyramid Difficulty	Tumbling Difficulty
2-3	2-3	2-3
Extensions, preps or one leg variations below prep level. One leg variations at prep level.	Pyramids involving extended two leg stunts and/or one leg stunts at prep level. Extended one leg stunts.	Cartwheels or round offs or forward/backward rolls. Round-off BHS or Standing BHS.
3-4	3-4	3-4
Extended one leg stunts. Required dismount: Single twist from two leg stunt.	Pyramids involving extended one leg stunts with multiple transitional sequences, at least one of which is a release pyramid transition and multiple extended structures.	Round-off BHS Back Tucks or Round-off Tucks or Standing BHS Series or Jump/BHS combinations.
4-5	4-5	4-5
Elite Skills* Single twist from one leg stunts or extended stunt sequence performed by a single base, unassisted.	Pyramids involving extended one leg stunts with multiple transitional sequences, at least one of which is a braced flip transition/arm braced tick tock and multiple extended structures.	Layouts or standing back tucks or stands BHS back tucks.

ELITE STUNT SKILLS* INCLUDE (BUT ARE NOT LIMITED TO): • Full up to extended position • Release moves that land in an extended position • Tick tock variations • Toss extended stunts • Other unique mounts and transitions of similar difficulty level

*Advanced Divisions only

TOSSES

Tosses are not required, but may be rewarded in the "Pyramid" category.

JUMP DIFFICULTY (4.0 - 5.0)

4.0 – Single jumps

4.2 – Double jump combinations

4.4 – Triple jump combinations with no variety

4.6 – Triple jump combinations with variety

4.8 – Quad jump combinations or triple jump combinations and a single jump, no variety

5.0 – Quad jump combinations or triple jump combinations and a single jump, must include variety

Jump Combination = Jumps connected with continuous movement, using either a whip or prep approach

BHS = Back Handspring

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2018-2019 US Finals School Score Sheet

Building Skills				
	Maximum Value	Difficulty	Maximum Value	Technique (4-5)
Stunts	5		5	
Pyramids	5		5	
Timing (9-10)	10			
Tumbling Skills				
	Maximum Value	Difficulty	Maximum Value	Technique (4-5)
Tumbling	5		5	
Jumps	5		5	
Routine Composition (9-10)	10			
Overall Routine				
	Maximum Value	Difficulty	Maximum Value	Technique (4-5)
Voice/Inflection (9-10)	10			
Motions/Dance (9-10)	10			
Performance (9-10)	10			
School Representation (9-10)	10			

Total Points Possible= 100 points

Any general scoring questions can be directed to Marissa Segur at msegur@varsity.com.

