

2018-2019 Varsity Louisville Collegiate Rules/Restrictions

Collegiate Cheer Divisions

Collegiate Intermediate Division– Will mirror the Varsity All Star **Level 4** Division.

Collegiate Advanced Division– Will mirror the Varsity All Star **Level 6** Division.

Scoring/Level Appropriate Examples

For score sheets and level appropriate examples visit: <https://www.varsity.com/all-star/competitions/scoring-judges/>.

USASF Safety Rules

Varsity Louisville complies with the USASF Safety rules. For rules, please email ajaimes@varsity.com.

Team Routine Requirements

1. Each team will perform a choreographed routine not to exceed 2 MINUTES AND 30 SECONDS.
2. Music is allowed for all or part of each routine.
3. Organized, formal entrances that involve organized cheers or run-ons with jumps, tumbling, or stunts are not permitted. Cheerleaders, dancers and mascots should enter the performance area in a timely fashion.
4. Timing will begin with the first organized word, movement, or note of music by the team or individual after they are officially announced. Performers must have at least one foot on the performing surface when the Routine starts.
5. Timing will end with the last organized word, movement, or note of music by the team or individual. Teams or individuals must exit the performance area immediately following the Routine.
6. Only the following props are allowed for cheer teams: flags, banners, megaphones, pom poms, and signs. Flags and/or banners with poles or similar support apparatus may not be used in conjunction with a stunt or tumbling.

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.

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



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LEGALITY VERIFICATION

As a coach, it is important to be current on the Varsity Louisville & USASF 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: ajaimes@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.



Intermediate Collegiate Scoring (Mirrors Level 4)

Below are some key safety and skill restriction details for this division. For a complete list of the USASF rules please email ajaimes@varsity.com. For level appropriate examples and scoring documents please visit: <https://www.varsity.com/all-star/competitions/scoring-judges/>.

<p style="text-align: center;">Stunts</p> <ul style="list-style-type: none"> • A spotter is required for each top person above prep level. • Single leg extended stunts are allowed. • Twisting stunts and transitions to prep level and below are allowed up to 1-½ twisting rotations by the top person in relation to the performing surface. • Twisting stunts and transitions to an extended position are allowed up to 1/2 twisting rotations by the top person if landing in a one leg body position and up to 1 twisting rotation if landing in a two leg stunt, platform or liberty. • Free flipping stunts and transitions are not allowed. • Release moves are allowed but must not exceed extended arm level, can't land inverted, and originate from waist level or below if landing at an extended level. • Extended inverted stunts allowed. Downward inversions are allowed at prep level. 	<p style="text-align: center;">Pyramids</p> <ul style="list-style-type: none"> • Are allowed up to 2 high. • Twisting stunts and transitions to extended skills are allowed up to 1 1/2 twist if connected to a bracer at prep level or below. • Extended single leg stunts may not brace or be braced by other single leg extended stunts. • No stunt or pyramid may move over or under another separate stunt or pyramid. • 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. Contact must be maintained with the same bracer(s) throughout entire transition. • In a pyramid transition, a top person may travel over another top person while connected to that top person at prep level or below. • 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 with the same bracers throughout entire transition. • Braced inversions (including braced flips) are allowed up to 1-¼ flipping rotations, 0 twisting rotations.
<p style="text-align: center;">Dismounts</p> <ul style="list-style-type: none"> • Up to a 2-¼ twisting rotations allowed from all two leg stunts. • Up to a 1-¼ twisting rotation allowed from all single leg stunts. • During a cradle that exceeds 1-¼ twists, no skill other than the twist is allowed. 	<p style="text-align: center;">Tosses</p> <ul style="list-style-type: none"> • Flipping, inverted or traveling tosses are not allowed. • Up to 2 tricks allowed during a toss. • During a toss that exceeds 1-½ twisting rotations, no skill other than the twist is allowed. • Tosses may not exceed 2-¼ twisting rotations.
<p>Tumbling</p> <ul style="list-style-type: none"> • Standing flips and flips from a back handspring entry are allowed. • Skills are allowed up to 1 flipping and 0 twisting rotations. • Consecutive standing flip-flip combinations are not allowed. • No tumbling is allowed after a flip, aerial cartwheel or Onodi. 	

Advanced Collegiate Scoring (Mirrors Level 6)

Below are some key safety and skill restriction details for this division. For a complete list of the USASF rules please email ajaimes@varsity.com. For level appropriate examples and scoring documents please visit: <https://www.varsity.com/all-star/competitions/scoring-judges/>.

<p style="text-align: center;">Stunts</p> <ul style="list-style-type: none"> • Single leg extended stunts are allowed. • Twisting stunts and transitions are allowed up to 2 ¼ twisting rotations by the top person in relation to the performing surface. • Rewinds (free flipping) and assisted flipping stunts and transitions are allowed. Rewinds must originate from ground level only and are allowed up to 1 flipping and 1¼ twisting rotations. • Release moves are allowed but must not exceed more than eighteen inches above extended arm level and may not land in an inverted position. • Helicopters are allowed up to a 180 degree rotation must be caught by at least 2 catchers, one of which is positioned at head and shoulder area of the top person. • Downward inversions from above prep level must be assisted by at least 2 catchers. Top person must maintain contact with a base. 	<p style="text-align: center;">Pyramids</p> <ul style="list-style-type: none"> • Pyramids are allowed up to 2 1/2 high. • For 2 ½ high pyramids, there must be a spotter in front and back for each person on the top level, and the spotters must be in position the entire time the top person(s) is at the 2 ½ high level (s). Spotters may not be a primary support of the pyramid. • Free-flying mounts or transitions originating from ground level are allowed up to 1 flipping and 1 twisting rotation, or 0 flipping and 2 ¼ twisting rotations. Free-flying mounts or transitions originating from above ground level stunts are permitted and are allowed up to 1 flipping and 0 twisting rotation, or up to 0 flipping and 2 twisting rotations. • During a pyramid transition, a top person may pass above 2 ½ high. • Inverted skills are allowed up to 2 ½ persons high. • Braced inversions (including braced flips) are allowed up to 1 ¼ flipping and 1 twisting rotation. • Free release moves from 2 1/2 high pyramids may not land in a prone or inverted position and are allowed up to 0 flipping and 1 twisting rotation.
<p style="text-align: center;">Dismounts</p> <ul style="list-style-type: none"> • Up to a 2 ¼ twist cradle is allowed from all stunts and pyramids up to 2 persons high and requires at least 2 catchers. Cradles from 2 ½ high pyramids are allowed up to 1 ½ twist and require 2 catchers, 1 of which must be stationary at the initiation of the cradle. • Free flipping dismounts to cradle are allowed up to 1 1/4 flipping and 1/2 twisting rotations and must originate from prep level or below. • Free flipping dismounts to the performing surface are only allowed in front flipping rotation. 	<p style="text-align: center;">Tosses</p> <ul style="list-style-type: none"> • Flipping tosses are allowed up to 1 ¼ flipping rotation and 2 additional skills. A tuck, pike or lay out are not counted in the 2 additional skills. A pike open double full is legal. A tuck X-out double full is illegal because the X-out is considered a skill. • Non-flipping tosses may not exceed 3 ½ twists.
<p>Tumbling</p> <ul style="list-style-type: none"> • Skills are allowed up to 1 flipping and 2 twisting rotations. 	