

K A N S A S C I T Y



Cheer & Dance Competition *Celebration*

**COMPETITION DIVISIONS, RULES & GENERAL INFORMATION**

**ALL STAR CHEER DIVISIONS**

Level 1			
Tiny	5 yrs & Younger	Female/Male	5 – 36 Members
Mini	8 yrs & Younger	Female/Male	5 – 36 Members
Youth	11 yrs & Younger	Female/Male	5 – 36 Members
Junior	14 yrs & Younger	Female/Male	5 – 36 Members
Senior	18 yrs & Younger	Female/Male	5 – 36 Members
Level 2			
Mini	8 yrs & Younger	Female/Male	5 – 36 Members
Youth	11 yrs & Younger	Female/Male	5 – 36 Members
Junior	14 yrs & Younger	Female/Male	5 – 36 Members
Senior	18 yrs & Younger	Female/Male	5 – 36 Members
Level 3			
Mini	8 yrs & Younger	Female/Male	5 – 36 Members
Youth	11 yrs & Younger	Female/Male	5 – 36 Members
Junior	14 yrs & Younger	No Males	5 – 36 Members
Junior coed	14 yrs & Younger	1 or more Males	5 – 36 Members
Senior	18 yrs & Younger	No Males	5 – 36 Members
Senior Coed	18 yrs & Younger	1 or more Males	5 – 36 Members

Level 4			
Youth	11 yrs & Younger	Female/Male	5 – 36 Members
Junior	14 yrs & Younger	No Males	5 – 36 Members
Junior Coed	14 yrs & Younger	1 or more Males	5 – 36 Members
Senior	18 yrs & Younger	No Males	5 – 36 Members
Senior Coed	18 yrs & Younger	1 or more Males	5 – 36 Members
Senior 4.2	18 yrs & Younger	Female/Male	5 – 36 Members
Level 5			
Youth	11 yrs & Younger	Female/Male	5 – 36 Members
Junior	14 yrs & Younger	No Males	5 – 36 Members
Junior coed	14 yrs & Younger	1 or more Males	5 – 36 Members
Senior Open See tumbling restrictions	18 yrs & younger	0-4 males	5 – 36 Members
Senior	12 yrs - 18yrs	No Males	5 – 36 Members
Senior Limited Coed	12 yrs - 18yrs	1 - 4 Males	5 – 36 Members
Senior Semi – Limited Coed	12 yrs - 18 yrs	5 - 12 Males	5 – 36 Members
Senior Un Limited Coed	12 yrs - 18 yrs	5 or more Males	5 – 36 Members
International Open	14 yrs & older	No Males	5 – 24 Members
International Open Coed	14 yrs & older	1-12 Males	5 – 24 Members
Level 6			
Open	17 yrs & Older	No Males	5 – 24 Members
Open Coed	17 yrs & Older	1 or more males	5 – 24 Members
Special Athlete			
Special Athlete	All Ages	Female/Male	Unlimited

## SCHOOL & RECREATIONAL, COLLEGE, INDIVIDUAL CHEER AND DANCE DIVISIONS

School & Recreational Cheer			
Youth	5 <sup>th</sup> Grade & Under	Female/Male	36 Members Max
Junior	6 <sup>th</sup> – 8 <sup>th</sup> Grade	Female/Male	36 Members Max
Senior	9 <sup>th</sup> – 12 <sup>th</sup> Grade	Female/Male	36 Members Max
Teams made up of cheerleaders from a recreational program that cheers for recreational basketball, football, Pop Warner, or junior & senior high school teams. These cheerleaders are not from an All-Star program paying a monthly fee. They are representing their school squad or recreational program and do not compete on a regular basis.			
Music – 2 minutes and 30 seconds max, may perform your routine to all or part music			
College Cheer			
All Girl	College	Female	36 Members Max
Coed	College	Female/Male	36 Members Max
Please follow USASF Level 6 Guidelines for College Division.			
All-Star, School or Studio Dance ( 5 members and up- no max) Time: 2 min 30 seconds max			
Pom  Poms must be used 80% of the time. Judged on arm placement, formations, and visual effects.	Mini	8 yrs & under	Female/Male
	Youth	11 yrs & under	Female/Male
	Junior	14 yrs & under	Female/Male
	Senior	18 yrs & under	Female/Male
	College	College	Female/Male
Jazz  Judged on technical skills such as leaps, jumps, turns, body placement, style, control and precision.	Mini	8 yrs & under	Female/Male
	Youth	11 yrs & under	Female/Male
	Junior	14 yrs & under	Female/Male
	Senior	18 yrs & under	Female/Male
	College	College	Female/Male
Hip Hop / Open  Props and costumes may be used. Judged on choreography, hip movements, kicks and jumps. Please note that technical skills not required.	Mini	8 yrs & under	Female/Male
	Youth	11 yrs & under	Female/Male
	Junior	14 yrs & under	Female/Male
	Senior	18 yrs & under	Female/Male
	College	College	Female/Male

Individual Cheer & Stunt Groups			
Best Jumper  Any 5 jumps Double jump counts as 2 jumps	Mini	8 yrs & under	Female/Male
	Youth	11 yrs & under	Female/Male
	Junior	14 yrs & under	Female/Male
	Senior	18 yrs & under	Female/Male
	College	College	Female/Male
Best Tumbler  2 running & 1 standing pass Music optional	Mini	8 yrs & under	Female/Male
	Youth	11 yrs & under	Female/Male
	Junior	14 yrs & under	Female/Male
	Senior	18 yrs & under	Female/Male
	College	College	Female/Male
Best Cheer Only  Cheer & jumps, no tumbling 90 seconds max	Mini	8 yrs & under	Female/Male
	Youth	11 yrs & under	Female/Male
	Junior	14 yrs & under	Female/Male
	Senior	18 yrs & under	Female/Male
	College	College	Female/Male
Best All-Around Cheerleader  Show your best all around ability in cheer, dance, tumbling and jumps. 90 seconds max	Mini	8 yrs & under	Female/Male
	Youth	11 yrs & under	Female/Male
	Junior	14 yrs & under	Female/Male
	Senior	18 yrs & under	Female/Male
	College	College	Female/Male
Best Dancer  Dance on cheer mat. 90 seconds max	Mini	8 yrs & under	Female/Male
	Youth	11 yrs & under	Female/Male
	Junior	14 yrs & under	Female/Male
	Senior	18 yrs & under	Female/Male
	College	College	Female/Male
Best Group / Partner Stunt  Max of 5 in group 90 seconds max	Mini	8 yrs & under	Female/Male
	Youth	11 yrs & under	Female/Male
	Junior	14 yrs & under	Female/Male
	Senior	18 yrs & under	Female/Male
	College	College	Female/Male

## RULES AND INFORMATION

### USASF Rules Apply for All Star Cheer Teams

Age eligibility requirements are based on ages of participants on August 31<sup>st</sup>, 2010. Visit [www.USASF.net](http://www.USASF.net) for All-Star Cheer rules and guidelines. High Schools will be going by KSHSAA rules and awards will be based on a rating system.

### Crossover Rules

You may cross over to another team if you wish. However, we will not adjust the competition schedule due to crossover conflicts.

### Sound System / Judges / Rules

We will provide a high quality sound system for both cassette and CD playing for this event. Cheerleaders will perform on a 42 X 54 spring floor. Time limit is 2 minutes and 30 seconds with music throughout the entire routine, unless otherwise noted. Professional and experienced judges will be hired for this event. Illegal skill based on choreography -10 pt deduction. Participant error – 5pt deduction.

### Practice Times / Awards

If the event is running ahead or behind, please check in for practice time as stated. Each team will be allowed 20 minutes in the practice room. Practice times start 1-hour prior to competition time. Please no stunting in the hallway. Awards will be given throughout the day. We will do our best to post a tentative schedule one week prior to the event.

### Location, Start Time & Admission Cost

Blue Valley West High School located at 16200 Antioch, Overland Park, KS. Competition will start at approximately 9:00 AM. Admission cost \$10 for adults and students. Children ages 5 and under is free.

### Pictures

Pictures taken during the event may be used in advertising promoting this event in the future. We encourage all teams to take a picture. If your squad is ready please take your picture prior to going to the practice room.

**Sleigh Ride, Crown Center Ice Terrace, and Hotel Discounts** Mention the KC Christmas Celebration to get your discount.