



ACE General Competition Guidelines 2009-10

ACE follows USASF performance guidelines, RCCA guidelines, NFHS and AACCA safety guidelines

Participation

- Teams must be placed under the supervision and leadership of qualified, knowledgeable, and safety savvy coaches.
- **Gyms, schools, and organizations must carry both liability and accident insurance and be able to provide evidence of the policy upon request**
- All performers must be official members of their respective teams and be eligible under competition requirements.
- **Substitutions** for ill or injured team members may not exceed 10% of team, rounded up.
- **Participants:** The minimum number per team is 5 and the maximum is 36
- **Crossovers: NO FULL TEAM is permitted to double compete in two different cheer levels. Example Level II and Level IV**
- **Crossovers: Individual** team members may elect to cross over to an additional team competition at a different level for a reduced fee per person. Coaches must not demand special schedule placement to deal with time constraints, but we do our best to meet requests
- Performance order is determined by registration receipt or by judging panel order

Performance

- **Time limits:** All-star and college cheer routines are limited to two and one half minutes with Fall Recreation limit at three and one half minutes. Timing begins with the first movement, word, or musical note.
- **Cheer Execution:** Every cheer routine must include one cheer or chant with motions; the cheer may be separate from the music or woven into the routine over the music.
- **Non mount team routines** are limited to two and one half minutes and may include all skills except for stunts and pyramids.
- **Spring floors, measuring 42 x 54, are used at all ACE events.** Carpet over foam cheer floor is used for warm ups and where required..
- **Dance teams** will perform on the spring floor for 2009-10, unless noted otherwise
- **Props:** Poms, signs and megaphones are permitted. No hats, no gloves, no masks permitted except as USASF permits. Glitter which is greasy or flaky is prohibited.
- **Prop use:** props such as poms or signs, must be safely discarded to the side of the performance mat so as not to interfere with team movement.
- **Out of bounds:** During the performance of a skill, performers are not permitted to step off nor to land off the mats. The penalty is assessed by the Safety Judge..
- **Permission/release forms** for each team member are **mandatory** for participation. Online registrants may elect to use the 1Form, a universal release form for 18 companies..
- Teams must supply their own spotters and must perform only skills they have mastered.
- **Professional spotters** are present only at selected events and will be provided for a team performance at the coaches' discretion. Coaches should be aware that professional spotters do not know the routines and can unwittingly impede or block the movement of performers on the floor.

- **A sound system** is provided in the performance area. Coaches must have a backup music tape or cued CD and designated music manager. Backup CD or tape will be presented to sound engineer before performance begins.
- **Cancellations** Since ACE has no control over no-shows, no team is guaranteed another team to compete against. **Under USASF rules, team consolidations of large and small divisions will be required at some events**
- **Equipment failure:** Should a routine be interrupted because of management's equipment or facility failure, the team will be permitted to resume performing at the point of interruption or at the discretion of event manager.
- **Routine interruption:** Should a routine be interrupted because of a failure of the team's equipment or supplies, the team should continue the performance or withdraw from the event at the discretion of the event manager. Should a routine be interrupted because of an injury, the team will be given a set amount of time to regroup or to withdraw from the event.
- **Suitable material:** **Performance material should be suitable for family viewing and should not contain obscene or sexually suggestive content and should be age appropriate. This is judged!**
- **Good Sportsmanship** is not limited to the performance arena but is ongoing. ACE feels that being a positive role model and exemplary representative of the community is what the sport is all about. Profanity, yelling, obscene gesturing, threatening verbal or physical abuse, destruction of property or any other unacceptable behavior is grounds for ejection and disqualification at the discretion of any ACE staff member. No refunds will be issued

Judges, Score Sheets, and Awards

- All judges' decisions are final.
- Approaching any judge with a competition matter is off limits. Please see competition Manager
- Rule interpretations or qualification matters should be directed to the ACE /ADE Office for clarification prior to the event. Do not wait till the coaches' meeting!
- Performance or scoring questions should be directed to the ACE office after the conclusion of the event.
- Any team not adhering to the requirements or rules of the event is subject to disqualification.
- Score sheets will be handed out at the end of the session or end of day, or may be mailed at coach's request, during the week following the competition.
- Should a single team compete in a division, that team will compete against the score sheet. Final scores will determine place award presented. Please note: **USASF requires consolidation among large and small levels to reach a minimum of two teams in each division. Only one combine is made. For example, if large and small divisions are combined, separation into coed and all-girl is not required.**
- Championship awards will be given for each division of two or more teams or in keeping with USASF requirements.
- Every eligible competing team receives a place award.

Team Challenges

- Team challenges will be handled on an individual basis and will only be accepted from an official group coach or director. Challenging teams should be prepared to provide their own documentation at the time of the challenge.

- **Coaches must be able to provide proof of age and grade for each participant in their organization. Acceptable documentation includes: Birth certificate, student ID, report card, passport, driver's license, or Childprint ID**

Safety

- Safety guidelines meet accepted National Safety Standards. Coaches may request an ACE copy after registering or download a copy from the website. **A USASF certified safety judge will be appointed to oversee performances; any safety infraction will result in a pre-set penalty per occurrence.**

Miscellaneous

- No team is permitted to stunt without a qualified coach present. No team is permitted to stunt or to tumble off the safety mats. Please make your teams aware of this rule. Repeatedly ignoring the rule will disqualify a team from competition.
- Professional photographers and sports writers may be present at events.
- DVD/tapes of the morning or afternoon competitions will be available for purchase through contracted service providers at selected events, such as nationals
- Some events may permit videotaping, but it is permitted only from spectator seating and is not permitted in the aisles or from the floor.
- **ACE reserves the right to deny participation in an event by any team or individual or entry to an event by any spectator(s)**
- **Cancellation Policy**
ACE will not be held responsible for acts of war, God, government regulation, disaster, strikes, curtailment of transportation, or other emergencies making it impossible to proceed with the event. Makeup dates TBA when possible or credit vouchers given.

Group Stunt/Partner Stunt

Judged on Showmanship, Execution, Athleticism, Difficulty, Perfection of Routine

1. Routine time limit is one and one half minute
2. Routines must be performed to music
3. Groups are limited to five members
4. Partners are limited to two performers plus a spotter

Individual/Solo Championships

Judged on Showmanship, Execution, Athleticism, Difficulty, Perfection of Routine

1. Routine limit is one and one half minute
2. Routine may include music
3. Routine must include minimum one cheer with motions
4. Routine must include 2 consecutive jumps (nationals requires 3 consecutive jumps)
5. Routine must include a minimum of one tumbling skill

Team Jazz, Funk, Hip-Hop and Pom Dance

Judged on showmanship, choreography, difficulty, artistry, execution, and precision

USASF rules will apply to all-star dance teams.

1. Routine time limits: All-Star 2 minutes, 15 seconds School/Rec three minutes
2. Teams will perform on a carpeted spring floor
3. Shoes, suitable for the activity, must be worn
4. No running tumbling, stunting or pyramiding
5. No tumbling skills beyond forward or backward rolls and walkovers
6. No knee drops or drops to pushup position or lifts (College level teams are permitted to perform traditional dance lifts)
7. After any leap or jump, Dancer must land on at least one foot before landing in another position
8. Costume elements may include items such as hats, gloves, scarves, masks, or glasses
9. Poms may only be used in Pom Dance division
10. Pom division requires poms be used a minimum of three quarters of routine
11. Team substitutions may be made of 10%, rounded up, unless this conflicts with an accepted national rule.