

# 2016-2017 Varsity Louisville School Scoring

Varsity Louisville events offer the following school divisions. To continue to cater to our school customers and promote safe skill progressions, we offer **Novice**, **Intermediate**, **Excel**, and **Advanced** levels.

School scoring aligns with all-star prep scoring for level 2, 3, 4, and restricted 5 respectively with some additional general restrictions to better coordinate with AACCA and NFHS.

- Novice: Will mirror USASF Level 2**
- Intermediate: Will mirror USASF Level 3**
- Excel: Will mirror USASF Level 4**
- Advanced: Will mirror USASF Level 5R**

The **2016-2017 Varsity All Star PREP Scoring Grids** can be found at [www.varsityallstar.com/scoring](http://www.varsityallstar.com/scoring). Please note the following differences:

- Difficulty Ranges will be capped at the LOW range.
- Jump Difficulty will be capped at the 4.8 Range.
- NO Stunt Quantity or Co-Ed Quantity Requirements, regardless of division
- NO Toss Difficulty or Toss Technique scores for Elementary/Junior High/Middle School
  - *Below is the TOSS Difficulty Rubric for HIGH SCHOOL teams ONLY*

TOSS DIFFICULTY	
4.0	Tosses are thrown, but none are level appropriate
4.2	Less than majority performs a level appropriate toss
4.4	Majority performs a level appropriate toss
4.6	Majority performs a level appropriate toss, plus one additional toss
4.8	Squad (with or without front spots) performs a level appropriate toss
5.0	Squad (with or without front spots) performs a level appropriate toss, plus one additional toss

SQUAD = The maximum number of tosses that can be thrown during one sequence (If 4 or more athletes are not involved in the toss sequence, it would not count as a squad toss). Must be rippled or synchronized.

Please see the “2016-2017 Varsity Louisville School Rules and Restrictions” on page 2 for more information on restrictions and rules for the 2016-2017 season.

For questions regarding School **Divisions and Registration**, please contact  
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For questions regarding School **Rules and Restrictions**, please contact  
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# 2016-2017 Varsity Louisville School Rules and Restrictions

*All Levels will be subject to the additional general restrictions below, which supersede the USASF rules:*

## **General Tumbling**

- No Dive Rolls, regardless of division
- No  $\frac{3}{4}$  Front Flips, regardless of division

## **General Stunting**

- Twisting Skills
  - No twisting dismounts exceeding  $1\frac{1}{4}$ , regardless of division.
- Release Moves
  - No release moves that originate from extended position other than legal dismounts, regardless of division.
    - For example, no high to high tic-tocs
  - Prep Level or below releases may land at prep level or below
    - Exception: switch-up to extended position is ALLOWED in Excel and Advanced
    - Exception: low to high tic-tocs are ALLOWED in Advanced.
- Inversions
  - In Excel and Advanced, downward inversions are allowed to PASS through the extended level; however, they may not start or stall at extended level
  - No Downward inversions from above prep level are allowed, regardless of division
- No Stunt Quantity or Co-Ed Quantity Requirement

## **General Tosses**

- Tosses are **NOT** allowed for Elementary, Middle School and Junior High teams
- Tosses are limited to  $1\frac{1}{4}$  twisting rotation and 0 flipping, regardless of level.

## **General Pyramid**

- Release Moves
  - Connections must be hand/arm to hand/arm
  - In Excel and Advanced, braced flips are allowed, but:
    - May NOT start at an extended position
    - Must have TWO bracers
    - Allowed up to  $1\frac{1}{4}$  flipping rotation and no more than  $\frac{1}{2}$  twist

# 2016-2017 Varsity Louisville Recreation Scoring, Rules & Restrictions

All Recreational Teams will follow the USASF Rules and Regulations for the levels in which they are competing. To view those rules, please visit [www.usasfrules.com](http://www.usasfrules.com).

Scoring Grids and Level Appropriate Skills documents can be found at [www.varsityallstar.com/scoring](http://www.varsityallstar.com/scoring).

**Performance Rec** is defined as a competitive rec division that has level restrictions and will be judged on the **Varsity All Star Score Sheet**, and follow the level guidelines for All Star cheer set forth by USASF.net. Teams in Performance Rec divisions often practice more, have competition practices and/or compete on a regular basis.

**Traditional Rec** is defined as a lower commitment and/or entry-level competitive rec division that has level restrictions and will be judged on the **Varsity All Star Prep Score Sheet**. Teams in Traditional Rec divisions typically practice less than Performance Rec teams, focus on cheering for their organization's athletic teams and/or compete very sporadically.

*In order to maintain the integrity of these Traditional Rec divisions, the following skill caps will be in place:*

- 1) No basket tosses allowed at any level
- 2) No stunt quantity or coed quantity requirement
- 3) Jumps are capped to the 4.8 range
- 4) Stunt difficulty, pyramid difficulty, standing tumbling difficulty and running tumbling difficulty are capped at the LOW range

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# 2016-2017 Varsity Louisville

## Recreation Scoring, Rules & Restrictions (cont)

Programs must choose one style (Performance or Traditional) and all teams within the program must compete in these divisions.

Varsity Louisville events recognize that Recreational Cheerleading does not have an official governing body to refer to, and that Rec Cheer Teams may have different guidelines to follow within their individual organizations. Please adhere to the guidelines set forth by your organization, and select the division that best fits both the age and abilities of the athletes on the team so that your team will be given the best opportunity for success at Varsity Louisville events.

For the purpose of competing at Varsity events, both Traditional and Performance Rec Cheer is defined below. All teams competing in these divisions must meet these criteria in order to compete in these divisions:

- 1) Must be affiliated with, report to, and be governed by an organization such as the following:
  - a. YMCA
  - b. Boys & Girls Club
  - c. City/County Parks and Rec Program
  - d. Community Youth Organization
  - e. Pop Warner Association
  - f. Any other community run program not associated with a school or all-star program
- 2) A team must be able to prove their relationship and affiliation with their said organization if requested. Their organization's president or higher seated authority must submit a formal letter stating their endorsement.
- 3) 50% of the team must have cheered for a sport (i.e. football, basketball) with that association or organization within the current cheer season. Proof must be provided in a timely fashion upon request.
  - a. If the organization the team is representing or associated with **does not** offer cheering for a sport, this rule may be waived only if the president or higher seated official writes a letter to the event producer informing them that this option is not available. This is the only reason a team should not be allowed to cheer for a sport. This also does not guarantee that you will be allowed to compete in a rec division.
- 4) A team may not have more than 25% all star athletes on its teams. Proof must be provided upon request.
- 5) Participants may not represent more than one recreational program in a season. Proof must be provided upon request.

# 2016-2017 Varsity Louisville Recreation Scoring, Rules & Restrictions (cont)

A Recreational/Organizational Cheerleading team may do or have the following:

- 1) Can hold tryouts
- 2) Can have their own practice facility or gym
- 3) Can practice and/or attend tumbling classes at gymnastics or all star facilities
- 4) Can combine team members from other teams within the organization

If a team does not meet all of the above criteria they may be disqualified.

Rec Cheer Teams who do not cheer for a sport, or are affiliated with all-star programs or schools, even if it is a half-year or introductory team, will need to register in the all-star, prep or school division that best suits their ability level at Varsity Louisville events. They are NOT considered Rec Cheer teams and cannot register in the Rec Cheer Divisions listed above for Varsity Louisville events.

All Recreational Teams will follow the USASF Rules and Regulations for the levels they are competing for. To view those rules, please visit [www.usasfrules.com](http://www.usasfrules.com). Scoring Grids and Level Appropriate documents can be found at [www.varsityallstar.com/scoring](http://www.varsityallstar.com/scoring).

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# 2016-2017 Varsity Louisville Collegiate Scoring, Rules & Restrictions

Varsity Louisville events offer the following collegiate division. Collegiate scoring aligns with all-star level 6 with some additional general restrictions to better coordinate with AACCA.

**Collegiate: Will mirror USASF Level 6**

The **2016-2017 Varsity All Star Scoring Grids** can be found at [www.varsityallstar.com/scoring](http://www.varsityallstar.com/scoring). All collegiate divisions will be subject to the additional general restrictions below, which supersede the USASF rules. Please note the following differences:

## **General Tumbling**

- No double twisting skills allowed or required.

## **General Stunting**

- No twisting in rewind skills
- No Stunt Quantity or Co-Ed Quantity Requirement

For questions regarding Collegiate **Divisions and Registration**, please contact

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