



Rules and Regulation All Star Prep

Advanced Spirit is please to offer All Star Prep divisions at all our events. In order to help gyms promote All Star Prep within their programs and to make it an affordable way to introduce your families to All Star, we here at Advanced Spirit will be offering the All Star Prep Advantage. The All Star Prep Advantage is discounted registration amounts at all our events. Awards may be differentiated from traditional divisions. All Star Prep teams will receive a placement banner at our classic events and nationals AND 1st place teams will receive a nationals' gift at our National events.

An All Star Prep Team is defined by Advanced SPIRIT as a team composed of members who do not cheer a "traditional" or "full" year season. Some gyms call them ½ year teams. These teams are usually new to the sport of cheerleading. The goal of the All Star Prep division is to provide for increased opportunities for these ½ year teams without forcing them to compete against traditional All Star teams which are more competitive in nature and have a longer season.

General rules to be followed in this division:

1. For the safety of the athletes competing in the All Star Prep division, teams must follow the USASF General Safety Rules and Guidelines.
2. Coaches are responsible for the safety of their athletes and should limit skills according to ability level of the athlete as opposed to the division they wish to enter.
3. Athletes registered in All Star Prep division are not allowed to crossover to another team competing in a USASF All-Star Cheer division at a given event.
4. All Star Cheer teams MAY NOT move into the All Star Prep division in order gain a competitive advantage.
5. Athletes registered in the All Star Prep division will count toward a gyms enrollment when determining their small gym status.
6. Teams registered in the All Star Prep division will NOT be combined into the USASF All-Star Cheer division, even if there is no other team in that division.
7. Athletes competing in the All Star Prep division **MUST** be a USASF members in order for an official USASF roster to be generated and submitted to the event producer on the day of the event.

USASF ALL STAR PREP

HOW WAS ALL STAR PREP CREATED?

During the 2012-2013 Season All Star Prep was offered on a trial basis with limited restrictions, thus allowing event producers and gyms to “test” the program and begin gathering information so that we could better understand the needs for this program nationwide.

Focus groups were assembled in each of the five USASF geographical regions to discuss a possible structure moving forward. A separate focus group of event producers met to provide feedback as well. All focus group participants were asked to participate in a survey to gather quantitative data to create a proposal that was presented to the Rules Committee. After the Rules Committee discussed and finalized the structure it was presented to and approved by the USASF Board of Directors.

ALL STAR PREP

All Star Prep is an entry level product that is offered as an introduction to traditional all star cheer and is intended to help gym owners build their program, create revenue, and grow the industry as a whole. The purpose may also include providing a program that allows athletes with limited financial resources to stay in the sport.

The typical all star prep program will provide an opportunity for the incoming athlete to be introduced to and experience all star with limited commitment and exposure. The program that is created by the gym should include a shorter season, limited weekly practices, a lower financial commitment, limited travel, and a uniform that differs from their traditional all star program.

Teams entering the all star prep divisions must be affiliated with a USASF member program (see program definition). All athletes must be registered with the USASF in the Athlete ID system accessed through the member program. All Star Prep athletes will not be included in the athlete count to determine gym size (small or large).

All Star Prep is NOT a division for teams that represent a school, pop warner or similar recreation-type program. All Star Prep is an all star division and only programs that have declared themselves all star (by joining the USASF as a member program) are permitted to participate in these divisions offered by member event producers.

AGE DIVISIONS, RULES & GUIDELINES

Routine time limit: Routines may not exceed 2 minutes

Crossovers: Crossovers between all star prep and traditional all star is not permitted at the same event.



Age Divisions:

Tiny Prep Level 1

Mini Prep Level 1 & 2

Youth Prep Level 1, 2 & 3

Junior Prep Level 1, 2 & 3

Senior Prep Level 1, 2 & 3

(all teams are combined female/male - prep teams will not be classified as co-ed, regardless of the number of males on a team)

Division Splits (team size):

Follow same rules for splitting small & large (that is on the current age grid)

Level/Safety Rule Differences from Traditional All Star:

No Basket Tosses permitted in all star prep

Events where the All Star Prep Divisions may be offered:

Divisions can be offered at both 1 and 2 day events. HOWEVER, if offered at 2-day events, prep divisions will perform ONE TIME ONLY.