



## ALL STAR PREP

**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.

**COMPETITION GUIDELINES** – 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. Official USASF rosters must be submitted 2 weeks prior to event. Crossovers between All Star Prep and traditional All Star is not permitted at the same event.

**USASF REQUIREMENTS** – Teams entering the All Star Prep divisions must be affiliated with a USASF member program. All athletes must be registered with the USASF in the Athlete ID system accessed through the member program. All Star Prep athletes are included in the athlete count to determine gym size (Division I and Division II). Crossovers between All Star Prep and traditional All Star is not permitted at the same event.

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.

## ROUTINE GUIDELINES

**Time Limit:** Maximum time limit for a routine is **2 minutes**.

**Division Splits (team size):** Follows same rules for splitting by team size as All Star Cheer Club Divisions.

**Level/Safety Rule Differences from Traditional All Star:** No Tosses permitted. Clarification: This includes "Sponge" (also known as Load In or Squish) tosses. Clarification: All waist level cradles are illegal.

<b><u>AGE DIVISIONS / LEVELS OFFERED</u></b>				
Age divisions are determined by the athlete's age as of August 31, 2017				
<b><u>TINY</u></b>	5-6 Years Old	Female/Male	5-30 Members	Level 1 only
<b><u>MINI</u></b>	5-8 Years Old	Female/Male	5-30 Members	Levels 1-2 only
<b><u>YOUTH</u></b>	5-11 Years Old	Female/Male	5-30 Members	Levels 1-3
<b><u>JUNIOR</u></b>	5-14 Years Old	Female/Male	5-30 Members	Levels 1-3
<b><u>SENIOR</u></b>	10-18 Years Old	Female/Male	5-30 Members	Levels 1-3

\*Visit [usasfrules.com](http://usasfrules.com) for USASF General Safety and Levels 1-3 Rules.