All Star Prep (2017-18)

(Based on the May 19, 2017 release.)

ALL STAR PREP RULES & GUIDELINES

Level/Safety Rule Differences from Traditional All Star:

A. Routines may not exceed 2:00 minutes.

B. No Tosses permitted.
   Clarification: This includes "Sponge" (also known as Load In or Squish) tosses.
   Clarification: All waist level cradles are illegal.

C. 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.

All Star Cheer Prep Guidelines:

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

• Follows same rules for splitting by team size as All Star Cheer Club Divisions.

• All Star Cheer Prep Divisions can be offered at both 1 and 2-day events. HOWEVER, if offered at 2-day events, All Star Cheer Prep divisions will perform ONE TIME ONLY.

• Crossovers between All Star Prep Cheer and traditional All Star Cheer Club Divisions are not permitted at the same event.

• Please refer to the USASF 2017-2018 Cheer Safety Rules for modifications. The specific page number is referenced in the Table of Contents of the USASF 2017-2018 Cheer Safety Rules.