

ALL STAR CheerABILITIES DIVISIONS

Exceptional Athletes

(SPECIAL NEEDS TEAM)

General Rules for CheerABILITY Competition and Exhibition Teams:

- A. All teams will follow the USASF General Rules, All Level Rules and APS.
- B. Assistants will be dressed in contrasting t-shirt and jeans/dark pants and sneakers so it is clear to the judges who is the athlete and who is the Assistant. EX: if athlete is in light color uniform top, Assistants will be in a dark matching t-shirt, if athlete is in light uniform top, all Assistants will be in dark colored matching t-shirt. NO FLIP-FLOPS or Jewelry worn by Assistants as to not cause injury. Assistants may not be in any type of cheer uniform.
- C. Wheelchair/Walking Devices/Aids
 - 1. All wheelchairs must be visually locked when using as a base for athletes to stand or put any amount of weight on the chair.
 - 2. Non-motorized wheelchairs
 - a. With or without assistance, must have at least 2 wheels on the floor at all times. Either 2 front or 2 back wheels. Must not tip to side. Tipping backwards or forwards only allowed with aid of tipping device.
 - b. When non-motorized wheelchairs are in motion, if there is an individual pushing the exceptional athlete in the wheelchair, that individual must remain in contact with the wheelchair while it is in motion. The wheelchair MUST NOT be released during motion.
 - 3. Motorized wheelchairs must have all 4 wheels on floor at all times (exception – if assistance is needed to lift back wheels onto cheer floor).
 - 4. Any Assistive Walking Devices/Aids such as canes, crutches or elbow crutches, etc., cannot be used as a prop in any manner. Please refer to USASF Coach App to send in videos of use of device if in question.
- D. It is the responsibility of the coach to determine the capability and proficiency of the individuals when choosing the skill to be performed.

Additional Rules for CheerABILITY Competition Teams

- A. Teams may execute skills up to and including Level 2. **Exception:** Tosses are not permitted.
Clarification: This includes "Sponge" (also known as Load In or Squish) tosses. Clarification: All waist level cradles are illegal.
- B. Coach/Assistant(s) may not provide support to athletes while the athletes are performing building skills.
- C. ALL Stunts and Pyramids (at prep level or above) performed without a Coach/Assistant require an additional spotter that is a coach/assistant. (See glossary for definition of spotter)
- D. Spotted and assisted tumbling is not allowed.
- E. Up to 3 Coaches/Assistants allowed to signal from the front of the mat and may not obstruct view of the judges.
There is no limit to the number of assistants around the perimeter of the floor in a squat position or on the floor assisting wheelchairs and sight impaired athletes to their spots/positions on the floor.

Additional Rules for CheerABILITY Exhibition Teams

- A. Teams may execute skills up to and including Level 2. **Exception:** Tosses are not permitted.
 - 1. If Coaches/Buddies/Assistants are fulfilling a **required** position (base, back spot, top person, etc.) the group may only do **waist level** stunts and below.
- B. Coaches/Assistants cannot replace an Exceptional Athlete when it comes to meeting the number of bases or back spots required for a specific skill.
- C. Spotted and assisted tumbling is allowed
- D. There is no limit to the number of assistants on the floor assisting in skills but they MAY NOT be included in choreography of dance and formations.