



ALL-STAR CHEERLEADING OVERVIEW

All Star Cheer is a competition sport that involves boys and girls performing, on average, a two-minute and thirty-second routine composed of tumbling, stunting, pyramids, dance, and jumps. Athletes are placed on age and ability level appropriate teams on the following basis: Tumbling (difficulty and technique), jumps, dance ability, flexibility (flyers), mental toughness, and benefit for the team. The routines are scored by a panel of judges and then ranked on difficulty and execution of skills. The United States AllStar Federation (USASF) is currently the main governing presence in our industry. Crown Athletics creates competitive teams based on the USASF age and ability level requirements. Crown Athletics has teams in several LEVELS in each of these AGE groups.

TEAM PLACEMENTS

All teams are built based upon placing each team in a position to score as high as possible in competition. Each team must be able to stunt, jump, tumble, dance, etc., at a level that will enable them to maximize the score sheet in difficulty AND **execution**. This means all athletes on a team may not have the same tumbling ability. Please trust the staff to build teams that will be successful in the competition arena. After tryouts, athletes are placed on teams and/or workout groups in order to finalize teams by choreography. Though we try to move athletes as little as possible, there **WILL BE** movement within our program of athletes from one team to another, potentially all the way until choreography arrives. In certain cases moves may still be made after choreography. Our focus is to build the strongest teams possible and to make sure each athlete is placed on a team where he/she can excel and have a positive experience. The position an athlete can fill on a team (flyer, base, backspot) is highly evaluated when picking teams. We must have the appropriate number of each athlete in order to stunt and maximize the score sheet. There will be times when a member is normally a flyer and may have to base as well, depending on the team. Also, typically, an athlete is placed within his/her appropriate age team. Athletes may be moved out of their age category if a particular team does not have enough flyers, bases, etc. However, we try our best to place athletes with their appropriate age group.

USASF All Star Cheer ELITE TIER CLUB Divisions 2023-24

Level	Division	Approximate Ages	Eligibility by Birth Year	Gender	Team Size
1	Tiny	6-7 years old	2016-2018	Female/Male	5-30 Members
1	Mini	7-9 years old	2014-2017	Female/Male	5-30 Members
1	Youth	8-12 years old	2011-2016	Female/Male	5-30 Members
1	Junior	9-15 years old	2008-2015	Female/Male	5-30 Members
1	Senior	13-19 years old	6/1/04-2011	Female/Male	5-30 Members
2	Mini	7-9 years old	2014-2017	Female/Male	5-30 Members
2	Youth	8-12 years old	2011-2016	Female/Male	5-30 Members
2	Junior	9-15 years old	2008-2015	Female/Male	5-30 Members
2	Senior	13-19 years old	6/1/04-2011	Female/Male	5-30 Members
3	Youth	8-12 years old	2011-2016	Female/Male	5-30 Members
3	Junior	9-15 years old	2008-2015	Female/Male	5-30 Members
3	Senior	13-19 years old	6/1/04-2011	No Males	5-30 Members
3	Senior Coed	13-19 years old	6/1/04-2011	1 or more Males	5-30 Members
4	Youth	8-12 years old	2011-2016	Female/Male	5-30 Members
4	Junior	9-15 years old	2008-2015	Female/Male	5-30 Members
4	Senior	13-19 years old	6/1/04-2011	No Males	5-30 Members
4	Senior Coed	13-19 years old	6/1/04-2011	1 or more Males	5-30 Members
4	Senior Open	18+ years old	5/31/06 & Before	Female/Male	5-24 Members
4	Senior Open Coed	18+ years old	5/31/06 & Before	1 or more Males	5-24 Members
4.2	Senior	13-19 years old	6/1/04-2011	No Males	5-30 Members
4.2	Senior Coed	13-19 years old	6/1/04-2011	1 or more Males	5-30 Members
5	Youth	8-12 years old	2011-2016	Female/Male	5-38 Members
5	Junior	9-15 years old	2008-2015	Female/Male	5-38 Members
5	Senior	13-19 years old	6/1/04-2011	No Males	5-38 Members
5	Senior Coed	13-19 years old	6/1/04-2011	1 or more Males	5-38 Members
5	Senior Open	18+ years old	5/31/06 & Before	No Males	5-24 Members
5	Senior Open Coed	18+ years old	5/31/06 & Before	1 or more Males	5-24 Members
6	Junior	9-15 years old	2008-2015	Female/Male	5-38 Members
6	Senior XSmall *	14-19 years old	6/1/04-2010	No Males	5-16 Members
6	Senior Small *	14-19 years old	6/1/04-2010	No Males	17-22 Members
6	Senior Medium *	14-19 years old	6/1/04-2010	No Males	23-30 Members
6	Senior Large *	14-19 years old	6/1/04-2010	No Males	31-38 Members
6	Senior XSmall Coed *	14-19 years old	6/1/04-2010	1-2 Males	5-16 Members
6	Senior Small Coed *	14-19 years old	6/1/04-2010	1-5 Males	5-22 Members
6	Senior Medium Coed *	14-19 years old	6/1/04-2010	1-8 Males	5-30 Members
6	Senior Large Coed *	14-19 years old	6/1/04-2010	1-19 Males	5-38 Members
* Indicates Worlds Eligible Division					

Levels listed in X.Y format follow Level X rules for Building Skills (Stunts, Pyramids, Dismounts, & Tosses) and Level Y rule for Tumbling Skills. Example: Level 4.2 follows Level 4 building rules with Level 2 tumbling rules.



USASF All Star Cheer PREP TIER Divisions 2023-24					
Level	Division	Approximate Ages	Eligibility by Birth Year	Gender	Team Size
1.1	Tiny	6-7 years old	2016-2018	Female/Male	5-30 Members
1.1	Mini	7-9 years old	2014-2017	Female/Male	5-30 Members
1.1	Youth	8-12 years old	2011-2016	Female/Male	5-30 Members
1.1	Junior	9-15 years old	2008-2015	Female/Male	5-30 Members
1.1	Senior	12-19 years old	6/1/04-2012	Female/Male	5-30 Members
2.1	Mini	7-9 years old	2014-2017	Female/Male	5-30 Members
2.1	Youth	8-12 years old	2011-2016	Female/Male	5-30 Members
2.1	Junior	9-15 years old	2008-2015	Female/Male	5-30 Members
2.1	Senior	12-19 years old	6/1/04-2012	Female/Male	5-30 Members
2.2	Mini	7-9 years old	2014-2017	Female/Male	5-30 Members
2.2	Youth	8-12 years old	2011-2016	Female/Male	5-30 Members
2.2	Junior	9-15 years old	2008-2015	Female/Male	5-30 Members
2.2	Senior	12-19 years old	6/1/04-2012	Female/Male	5-30 Members
3.1	Youth	8-12 years old	2011-2016	Female/Male	5-30 Members
3.1	Junior	9-15 years old	2008-2015	Female/Male	5-30 Members
3.1	Senior	12-19 years old	6/1/04-2012	Female/Male	5-30 Members
3.2	Youth	8-12 years old	2011-2016	Female/Male	5-30 Members
3.2	Junior	9-15 years old	2008-2015	Female/Male	5-30 Members
3.2	Senior	12-19 years old	6/1/04-2012	Female/Male	5-30 Members

Levels listed in X.Y format follow Level X rules for Building Skills (Stunts, Pyramids, Dismounts, & Tosses) and Level Y rules for Tumbling Skills. Example: Level 2.1 follows Level 2 building rules with Level 1 tumbling rules.

ATHLETICS



USASF All Star Cheer NOVICE TIER Divisions 2023-24

Level	Division	Approximate Ages	Eligibility by Birth Year	Gender	Team Size
1 w/Restrictions	Tiny	4-7 years old	2016-2020	Female/Male	3 + Members
1 w/Restrictions	Mini	7-9 years old	2014-2017	Female/Male	5 + Members
1 w/Restrictions	Youth	8-12 years old	2011-2016	Female/Male	5 + Members
1 w/Restrictions	Junior	9-15 years old	2008-2015	Female/Male	5 + Members
1 w/Restrictions	Senior	12-19 years old	6/1/04-2012	Female/Male	5 + Members
2 w/Restrictions	Mini	7-9 years old	2014-2017	Female/Male	5 + Members
2 w/Restrictions	Youth	8-12 years old	2011-2016	Female/Male	5 + Members
2 w/Restrictions	Junior	9-15 years old	2008-2015	Female/Male	5 + Members
2 w/Restrictions	Senior	12-19 years old	6/1/04-2012	Female/Male	5 + Members
3 w/Restrictions	Youth	8-12 years old	2011-2016	Female/Male	5 + Members
3 w/Restrictions	Junior	9-15 years old	2008-2015	Female/Male	5 + Members
3 w/Restrictions	Senior	12-19 years old	6/1/04-2012	Female/Male	5 + Members



2023-24 Season	DIVISIONS	USASF ATHLETE BIRTH YEAR ("x" indicates eligible for that division)																			APPROX AGES
TIER		2003 or before	1/1/04- 5/31/04	6/01/04- 12/31/04	2005	1/1/06- 5/31/06	6/01/06- 12/31/06	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020
ELITE CLUB	Senior Open(L4/L5)	x	x	x	x	x															18+
	Senior (L6)			x	x	x	x	x	x	x	x										14-19
	Senior (L1-5)			x	x	x	x	x	x	x	x	x									13-19
	Junior (L1-6)								x	x	x	x	x	x	x	x					9-15
	Youth (L1-5)											x	x	x	x	x	x				8-12
	Mini (L1-2)														x	x	x	x			7-9
	Tiny (L1)																x	x	x		6-7
PREP	Senior Prep (L1.1, 2.1, 2.2, 3.1, 3.2)			x	x	x	x	x	x	x	x	x	x								12-19
	Junior Prep (L1.1, 2.1, 2.2, 3.1, 3.2)								x	x	x	x	x	x	x	x					9-15
	Youth Prep (L1.1, 2.1, 2.2, 3.1, 3.2)											x	x	x	x	x	x				8-12
	Mini Prep (L1.1, 2.1, 2.2)														x	x	x	x			7-9
	Tiny Prep (L1.1)																x	x	x		6-7
NOVICE	Senior Novice(L1-3 w/restrictions)			x	x	x	x	x	x	x	x	x	x								12-19
	Junior Novice (L1-3 w/restrictions)								x	x	x	x	x	x	x	x					9-15
	Youth Novice(L1-3 w/restrictions)											x	x	x	x	x	x				8-12
	Mini Novice (L1-2 w/restrictions)														x	x	x	x			7-9
	Tiny Novice(L1 w/restrictions)																x	x	x	x	4-7
CheerABILITIES	CheerABILITIES Elite (L2 w/restrictions)	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x		6+
	CheerABILITIES Novice (L1 w/restrictions)	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x		6+
	CheerABILITIES Exhibition (L2 w/restrictions)	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x		6+
	CheerABILITIES Unified Exhibition			x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x		6-19
	CheerABILITIES Unified Open Exhibition	x	x	x	x	x															18+
ELITE INTERNATIONAL	International Open (L7)	x	x	x	x	x															18+
	International Open/NT/Global (L6)	x	x	x	x	x															18+
	International U18 (L1-4, 6NT)				x	x	x	x	x	x	x										14-18
	International U16 (L1-4)							x	x	x	x	x	x								12-16

Use the **Birth Year** columns to verify athlete eligibility for all divisions. The **Approx. Ages** are reflective of the typical age range athletes are at some point during the 2024 calendar year based on their birth year.



Tumbling is not the only factor in placing an athlete on a certain skill level team. Listed below are some level-appropriate skills.

PLEASE NOTE THAT STANDING TUMBLING SKILLS ARE VERY IMPORTANT.

	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5	LEVEL 6
	LEVEL APPROPRIATE TUMBLING					
STANDING	*Forward Roll *Backward Roll *Cartwheel *back bend Kick over *Front limber	*Back Handspring * Back HS stepout	*Multiple BHS *Jump connected to BHS	*Standing back tuck *Standing BHS Tuck	*Standing BHS to layout	*Jump Tuck combination *Jumps to BHS Full *Standing BHS to whip punch full
RUNNING	*Roundoff *Front walkover *Power hurdle cartwheel	*Roundoff BHS *R/O multiple BHS *Front handspring * Bounders	*Round off back tuck * Front Punch *Round off BHS tuck *Side aerial	*Roundoff BHS layout *Cartwheel tuck *front punch stepout to BHS tuck	*Round off BHS Full	*Punch front Roundoff BHS Full *Roundoff BHS Whip to Full
	ADVANCED TUMBLING					
STANDING	*Handstand Forward Roll *Back walkover Front walkover Multiple Back Walkovers *Back extension roll *Valdez *Connected skills	*Back walkover BHS * Back handspring step out *Back ext roll Back HS	*Standing BHS Stepout BHS * jump connected to multiple BHS *3 connected skills	*BWO to tuck *Jumps to BHS(S) to tuck *BHS stepout Back tuck	*Jump BHS(S) to layout *Standing BHS(S) to whip to layout	*Standing BHS(S) to double Full *Jump BHS(S) to double Full *Standing Full *Jump to Standing Full *Standing BHS(S) to Whip Punch double Full
RUNNING	*Cartwheel Back Walkover *Front walkover to Cartwheel *Cartwheel BWO BWO *3 connected skills	*Front Walkover to Roundoff BHS(s) *Boulder To BHS(s) *3 connected skills	*Front Walkover to Roundoff BHS Tuck *FWO Aerial *Front Punch R/O BHS Tuck *connected skills	*Punch Front Connected to Roundoff BHS Layout *Whip to Layout *Roundoff BHS Whip Punch Layout *Front Handspring Punch Front to Roundoff BHS Layout	*Front Walkover Roundoff BHS Full *Punch Front Roundoff BHS Full *Whip to Full *Roundoff Arabian Pause Roundoff BHS Full	*Roundoff BHS Double Full *Punch Front Roundoff BHS to Double Full *Whip to Double Full *Arabian to Double Full *Whip Punch Double full

TEAM EXPECTATIONS

Summer Practices: Summer practice attendance is **required**; however, we do allow for summer vacations. We ask that absence requests for vacations must be turned in two weeks in advance or at registration, if you already know which dates you will be gone for vacations. Please email ALL requests to nicky@crowmathleticsla.com. We will only have one practice per week for the summer (June – July). It is highly beneficial to attend ALL summer practices to secure your positions on the teams. The summer practices are when we will be deciding in which stunt positions everyone will be placed. The summer is also a great time to advance and perfect your tumbling, jumping, and stunting skills.

Team Skills camps and Choreography camps: Skills camps will be held during the summer to offset the second practice day. These camps are **mandatory** for each team member. Choreography camp will be mandatory for all athletes. We are planning choreography to be held Sept. 7th - Sept 16th for most teams. Choreography will be held at MSC. Choreography camp usually takes place over a 2-3 day period. We will release the specific choreography camp times and additional info ASAP. Stunt/skills camps are scheduled for Aug. 11&12 for most teams. Additional info to follow.

Practice Wear: Practice wear will be available for purchase in mid-June. Each team member is required to purchase practice outfits and wear the correct practice outfit to each practice. Each practice outfit consists of one pair of shorts/bottoms and one shirt/top. If you are dressed incorrectly, you will condition/jump after practice.

-Shoes must be worn.

-Hair must be out of face and in a high ponytail with practice bow.

-No jewelry of any kind may be worn.

Competition Wear: All members will be required to be fitted for competition uniforms which will be in the first two weeks of August. A parent or guardian must be present at the uniform fitting to sign off on the order. We plan to keep the same uniform for three years. This will be year one of this uniform.

Competitions: We expect to attend 5-7 competitions this season. Competitions will most likely begin in December and continue through April. We will finalize our 2023-2024 competition schedule before June 30. We feel blessed to be located in an area that is full of quality competitions. We endeavor to bring a high quality experience without an extreme financial price. The majority of our competitions will not require a hotel stay. The majority of our competitions will be one-day events that are within driving distance. All this is to keep costs down. At any over-night competitions, we will encourage families to stay at the team hotel. At these rare events we will require athletes to arrive the evening prior to competition, as we will have practice the day prior. Please understand that competitions may take the whole day, so do not plan other activities on a competition day.

Injury/Illness Policy:

If you have a doctor's note for an injury or illness that will require you to miss any practices, performances, and/or competitions, you will be required to have a "fill in" (an athlete that can fulfill your spots on the team in stunting and tumbling). Your spot on the team may or may not be available when you are cleared to return. When/if the coaches feel you are able to safely perform all the tumbling and stunting skills you previously did before your injury/illness in a routine with consistency, then you will be able to return. The substitute will be practicing, performing, and/or competing for you until you are placed back in the routine. If this time frame falls the week before a competition and/or back-to-back competitions, your substitute will likely compete for you. If an athlete is injured and must refrain from activities, we must have a doctor release the athlete before returning to activity.

TRYOUT INFORMATION

Try- Outs:

When: MAY 20, 2023 (specific times for each age group listed below)

Where: Tryouts will be held at Mandeville Sports Complex, 23052 Hwy. 1088, Mandeville, LA 70448.

How: Each athlete should attend try-outs with their hair pulled back in a ponytail, wearing tee shirt/tank/sports top, shorts, socks and tennis shoes. The staff will review jumps and teach athletes a short dance. Athletes will demonstrate their best standing tumbling skills, running tumbling skills, jumps, and floor presence. The staff may also ask athletes to stunt and/or show flexibility. ***Tiny Novice (Exhibition Team). Interested athletes will be evaluated for proper team placement. Parents must remain in the viewing area during evaluations.*

Cost: \$20 per athlete

TRY- OUTS: SATURDAY, MAY 20, 2023

Ages 4-5:	9:00 am - 11:00 am
Ages 6-8:	11:00 am - 2:00 pm
Ages 9-11:	2:15pm – 5:15pm
Ages 12 & up:	5:30 pm - 8:30 pm

If you are unable to make the tryout day, please contact coach Nicky at nicky@crowmathleticsla.com to set up an individual evaluation.

Team Placements will be emailed to the email provided upon registration on May 27th.

Mandatory parent meetings will be held during the athlete's scheduled practice time starting June 5th. No formal practice for that week.

Items Required at Mandatory Parents' Meeting (first parent meeting after tryouts--you will attend your new team-specific meeting):

- Annual Registration Form along with \$55.00 Registration Fee
- Bank Auto Draft information
- Signed Rules and Regulations Form
- Signed Financial Obligation Form