



**The ONE Finals
ALL STAR PREP DIVISIONS**



In order to maintain a competitive atmosphere, THE ONE FINALS reserves the right to close, combine or open divisions at any time leading up to each event. For the purposes of competition, **All Star Prep Divisions** will follow the rules and guidelines under USASF. THE ONE FINALS realizes that **All Star Prep** definitions may differ based on the region in which the program resides. THE ONE FINALS reserves the right to permit organizations to adhere to the guidelines set forth by such organization and suggests that teams select the division that best fits the age and ability of your athletes.

To be entered as an ALL STAR PREP Cheer Team:

All-Star Prep Cheer Divisions are for teams that do not allow the same commitment/participation (full-year) guidelines or requirements as a competitive all-star team. These teams may or may not be affiliated with an All-Star program. All-star Prep Cheer typically practices and compete less than full year All-star teams. All-star Prep Cheer teams are often half-year teams or teams that are intended to offer a shorter season, more relaxed environment and often less travel. All-star Prep cheer teams are designed with the purpose of introducing athletes into competitive cheerleading with a lower commitment than a full- year team.

Note: Full-year All-Star teams must compete in the appropriate All-Star division, NOT the All-Star Prep Cheer division. Recreation Cheer teams that cheer for a Recreation league sport should compete in a Recreation Cheer division. THE ONE FINALS has the right to MOVE teams to the appropriate division. Our GOAL is to GROW our sport not place a team in a division for an easy victory!

The age of the competitor as of August 31, 2016 will be the age used for competition purposes throughout the 2016-2017 season for all divisions.

LEVEL	AGE AS OF 8/31/2016	GENDER	TEAM SIZE
LEVEL 1			
Tiny AS Prep	5 years & younger	Female/Male	5-32 Members
Mini AS Prep	8 years & younger	Female/Male	5-32 Members
Youth AS Prep	11 years & younger	Female/Male	5-32 Members
Junior AS Prep	14 years & younger	Female/Male	5-32 Members
Senior AS Prep	18 years & younger	Female/Male	5-32 Members
LEVEL 2			
Mini AS Prep	8 years & younger	Female/Male	5-32 Members
Youth AS Prep	11 years & younger	Female/Male	5-32 Members
Junior AS Prep	14 years & younger	Female/Male	5-32 Members
Senior AS Prep	18 years & younger	Female/Male	5-32 Members
LEVEL 3			
Youth AS Prep	11 years & younger	Female/Male	5-32 Members
Junior AS Prep	14 years & younger	Female/Male	5-32 Members
Senior AS Prep	18 years & younger	Female/Male	5-32 Members

Additional Rules for All Star Prep Teams

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

Division Splits:

Follows the same rules for splitting small & large that are on the current age grid.

Level/Safety Rule Differences from Traditional All Star:

No Basket Tosses permitted in All Star Prep Divisions.

All Star Prep – At The ONE Finals Events:

All Star Prep divisions can be offered at both 1 and 2 day events. HOWEVER, at all of The ONE Finals events, prep divisions are only permitted to perform ONE TIME ONLY per USASF Guidelines.

Time Limit:

Time Limit is a maximum of Two (2) Minutes.

Crossovers:

All Star Prep athletes cannot cross over to Traditional All Star divisions at the same event.