



GENERAL RULES & REGULATIONS

Performance Area

- Non Spring Floor Performance dimensions are 54 x 42.
- Spring Floor Performance area dimensions are 54 x 42.
- Boundaries: Tumbling tricks are not allowed to start or end off of the performance area; however, there will be no penalty for stepping out of bounds.

General Information

- Any team may compete in both the cheer and dance divisions.
- No rehearsed entrances, no tumbling to or on the performance area or tumbling or stunting off the performance area during entry and exit off of performance area.
- Timing of routine will begin at first organized movement or sound of music.
- Participants may do spirited exits. The timing of the routine will end when the squad hits its final motion or the final note of music. Coaches will need to time routines before competition, penalties are severe. Quest allows a 5 second buffer for music time limits as some players play tapes and CDs slower.
- A coach or representative will be needed to run your music while your team is performing. Please keep in mind that no voice-overs are permitted on the CD. We are not responsible for burned CD's not working, we highly advise you to bring a second copy as a back up. Rest assured we use the highest quality of equipment.
- In the event your routine is interrupted because of failure of equipment, facilities, etc. you will be permitted to begin your routine over from the point of failure. In the event your routine is interrupted because of failure of your CD, equipment, supplies or coach, you may continue or withdraw. Quest does not take responsibility for a coaching error. In the event an injury occurs during your performance, Quest will work with you to help rework if needed and help you to continue, we will rework you in the schedule. We also reserve the right to stop a performance. Teams will also have the option to withdraw with out refund.
- Participants should walk on to the floor, place their props and immediately go to their starting position.
- Props: Only props permitted are poms, signs, flags and megaphones.
- No other props for dance teams are allowed (wearable items are not considered props).
- Mascots are considered part of your participant number on the floor.
- Quest reserves the right to add, combine, delete, and split divisions as well as to move teams around to different divisions. Teams are not guaranteed to have a team to compete against. We will make an effort to combine divisions wherever possible so that there is a level of competition for all. Should your team choose not to attend, there are no refunds.
- No team members can be older than 18, the only exception is the Open Cheer division or College division.
- No team members competing may have earned a high school diploma or GED certificate with the exception of the Level 6 Open Cheer division or College division.

- All cheer routines must include: motions, dance, stunts/pyramids, jumps and tumbling unless otherwise stated. Non-mount teams must include tumbling, motions and dance and non-tumbling routines must include stunts, dance and motions.
- Quest is not responsible for inclement weather or acts of God. We also reserve the right to make changes for teams due to flight delays, unforeseen changes in travel plans, etc. There are no refunds for these changes.
- Our judges are not required to provide comments on score sheets, but may do so at their discretion. Our judges are certified and go thru training of our score sheets and routine expectations.

General Safety Guidelines

- All cheer and dance competitors must wear appropriate athletic shoes to compete.
- No height increasing apparatus allowed on the floor for assistance (I.e. Mini tramp, spring board, etc.)
- All all-star teams and dance teams will follow the USASF guidelines at all Quest events. All School/Recreation teams will follow the NFHS guidelines at all Quest events.
- No pitch flips of any kind.
- All basket tosses must be cradled by the same individuals that threw.
- No tumbling with props of any kind with the exception of Poms.

ALL-STAR CHEER DIVISIONS

The total time for All-Star Cheer Divisions cannot exceed 2 minutes and 30 seconds. All-star routines may be choreographed to all music and may contain cheers or chants. Cheers or chants may be used with music. The time given to the cheer and chant portion within a routine is completely left up to each team/coach.

All-star divisions follow USASF divisions and ruling. This information can be found on our website or by going to the USASF website for further clarification. Please double check and make sure you are signed up in the proper divisions.

DANCE TEAM DIVISIONS

The total routine time for dance team routines cannot exceed 2 minutes and 15 seconds. Dance teams follow the USASF dance guidelines. All dance divisions can be found on our registration form. Please double check and make sure you have signed up for the proper division.

SCHOOLS & RECREATIONAL TEAMS

The total routine time for School and Recreational teams cannot exceed 2 minutes and 30 seconds. All School and Recreational routines may be choreographed to all music or may contain a cheer or chant. Words may also be used with music or during the musical portion of the routine. The time given to the cheer/chant portion is completely up to the team/coach.

All School and Recreational divisions can be found on our registration form. Please double check and make sure you have signed up for the proper division. Schools will also follow the National High School Federation rules.

OPEN CHEER TEAMS / COLLEGE CHEER DIVISIONS

Open Cheer Teams and College cheer routines may not exceed 2 minutes and 30 seconds. Routines may be performed to all music. Routines may also contain a cheer or chant. All Open Cheer Teams and College Team divisions can be found on our registration form. Please double check and make sure you have signed up for the proper division.

Open Cheer Teams will follow the guidelines specified by USASF for level 6 allstar teams. Any questions please call our offices.

INDIVIDUAL CHEER & STUNT DIVISIONS

Individual cheer routines cannot exceed 1 minute and 30 seconds. The cheer may be performed over the music but does not have to be. There is no required length of cheer whether it is performed over the music or throughout the routine. Individual routines should include dance, cheer, motions, standing/running tumbling and jumps. The same rules apply for duo and trio cheer groups. No stunting in duo and trio cheer groups. Individual divisions are open with skills ranging from level 1 thru level 5.

Stunt group routines may not exceed 1 minute and 15 seconds. The entire routine should be all music. Only stunt skills should be included in this performance. All stunt groups must provide their own qualified spotter. Stunt groups can include up to 5 members and are open with skills ranging from level 1 thru level 5 stunt skills. Mini stunt groups may only perform level 1-3 skills in their stunt routine.

Partner stunt routines cannot exceed 1 minute and 15 seconds. The entire routine should be all music. Only stunt skills should be included in this performance. All partner stunt competitors must provide their own qualified spotter (spotter should not be involved in actual routine) Partner stunt groups can include up to 2 members (plus spotter) and are open with skills ranging from level 1 thru level 5.

DANCE SOLOS, DUOS / TRIOS

All solo, duo, trio routines cannot exceed 1 minute and 30 seconds. Solo, duo, trio divisions can be found on our registration form. Please double check and make sure you have signed up for the proper division.

Tumbling of any kind is not permitted. With limited exception (i.e. forward rolls, shoulder rolls, back bend kicks/walk-over and aerial cartwheels are allowed). Dance lifts of any kind are not permitted.