



## USASF ROUTINE INTERRUPTION SUGGESTED GUIDELINES – 2026-2027 SEASON

### ROUTINE STOPPAGE OVERVIEW

A routine may be stopped by:

- Competition Officials
- Club Owner/Coach from the performing team
- Injured athlete/athlete in distress
- USASF Certified Legality Official

### Stopping a Routine

An athlete in distress may also create a potential safety hazard to other athletes because of the inability to hold, support, spot, or catch. For the safety of all athletes competing, a routine should be interrupted/stopped in cases of:

- **Obvious Injury** (*i.e. An athlete lands a skill and falls to the floor but doesn't get back up.*)
- **Perceived Injury** (*i.e. An athlete is crying, keeps grabbing injured area and/or does not resume their role in the routine within approximately 5 seconds of questionable injury.*)
- **Athlete in distress leaving the competition floor**
- **Bodily Fluids, including but not limited to vomit, blood** (*i.e. An athlete has a nosebleed while competing.*)
- **Uniform Malfunction** (See below for suggested protocols)

NOTE: If a routine is interrupted/stopped due to the above, it will be at the Competition Officials' discretion whether that team will be allowed to perform again at a later time.

### Uniform Malfunction

Protocols should be in place to help protect any athlete from unintentional exposure of any private body part, including but not limited to selecting uniforms in accordance with the Athletic Performance Standards. The USASF assumes no responsibility for Member Club uniform selections as they are made at the sole discretion of the Member Club.

Should an unintentional exposure occur during a team's performance, the USASF recommends the following protocols for USASF Sanctioned Event Producers, including but not limited to:

1. Stop the music.
2. Provide directions over the loudspeaker for the team to return backstage.

3. Dim the lights.
4. Cover the exposed athlete should time permit while on stage.
5. Provide a general announcement over the loudspeaker to the effect that those who may have recorded the performance should delete any images or videos from their electronic device, including phones, to comply with federal or state law concerning child pornography.

## Legality Officials

Record the time at which the routine was stopped (ex. 1:27 mark) and the reason for stopping the routine in your USASF Legality Tracking Report. If the effected team returns to perform a 2nd time, please note if the perceived athlete in distress is performing again.

## Emergency Medical Response

At first sight or sound of a medical emergency, the Competition Official should notify the EMT or Athletic Trainer on-site to respond with immediate medical care.

- The EMT or Athletic Trainer will typically activate EMS (Emergency Medical Services) if the emergency is life-threatening. (*i.e. An unconscious athlete, an athlete who is not breathing, someone who has an open fracture, someone who appears to be going into anaphylaxis, someone who appears to have sustained a head injury, etc.*)
- Be sure all protocols related to your Emergency Action Plan have been met (*i.e. incident or accident report completed, injured athlete follow-up*)

## RETURN TO COMPETITION

### Athletes:

An injured participant **MAY NOT** return to the competition floor unless the Competition Officials receive clearance from **ALL** the representatives listed below:

- Competition medical personnel attending to that participant.
- Parent/Guardian (if present).
- Head coach/Club owner of the competing team.

In the event of a suspected head injury, the participant cannot return to perform without clearance from a licensed medical professional that has training related to head injuries.

If an athlete is returning to perform **ALL** athletes' safety **MUST** be considered.

*(i.e. Can the injured athlete properly base, brace, lift, be lifted, etc. without concern for the safety of the athletes being supported and/or supporting the injured participant?)*

### Teams:

If a team is allowed to perform again following a routine interruption, the second performance requirements, scoring, etc. will be at the sole discretion of the Competition Official.

Typically, although at the discretion of the Competition Official, the team (pending the injury's impact on the routine) performs the routine again in its entirety full out but judging resumes from the point at which the

injury/interruption occurred as determined by the Competition Official. Typically, scoring and point deductions accumulated (if applicable) to that point carry over.

If a team is permitted to perform again but fails to perform the routine in its entirety (example: throwing back tucks instead of the full twist thrown in the original performance or single pirouettes instead of the a la seconde turns in the original performance), it is at the discretion of the Competition Official how that team's scores will be affected.

## **CLEANING BODY FLUIDS**

As stated in the USASF Sanctioning Standards, Event Producers need to provide a method of cleaning bodily fluids for all effected surfaces being used.

### **Prior to Competition**

It is the responsibility of the Event Producer to comply with local, state, and federal regulations regarding the clean-up and disposal of bodily fluids.

- Keep in mind this process may differ by state.
- Contact the venue to see if a proper protocol is in place that complies with the regulations within that state.
- You may need to contact the Department of Public Health in each state in which your competitions are being held.

### **During the Competition**

- In the event a routine is stopped due to an injury with blood, vomit, or other bodily fluids, be sure to properly clean, sterilize and dry the affected area before teams/athletes taking the floor for the next performance and/or awards ceremony.
- Remove mats/marley from the practice or performance area when applicable, then clean, sterilize, and dry.
- Sample products that may be used (again be sure to comply with state regulations and cleaning guidelines created by the company from which you purchased your flooring):
  - OSHA kits
  - Deluxe OSHA Compliance Pack by Safetec
  - Bleach and water blend

### **During the Competition**

Consider having the affected mats/marley professionally cleaned, sterilized, and dried, set by the recommendation of the company you purchased the mats/marley.

## **RESPONSE RECOMMENDATIONS**

Each Event Producer is responsible for ensuring they have reviewed these recommendations with their own legal counsel prior to the start of the season. The USASF assumes no responsibility for the Event Producer's response to such situation.