



Allstar & Recreational Team Rules

The Spirit Factory's Sun & Spirit Open Nationals follows the rules and guidelines of the USASF. All squads must register as USASF levels 1, 2, 3, 4, 5 or 6. The USASF rules and guidelines can be found at www.usasf.net

High Schools and Middle Schools

All squads must register as USASF levels 1, 2, 3, 4, 5 or 6, with restrictions governed by **National Federation of State High School Association** <http://www.nfhs.org/>, **UCA** <http://www.uca.com/>, and **AACCA** <http://www.aacca.org/default.aspx>.