



Individual & Small Group Divisions Competition Guidelines

BEST CHEERLEADER:

Time Limit: 1-1/2 minutes, maximum

Music: May be used for the entire routine or just a portion of it.

Routine: Should include the following: jumps, tumbling skills (standing or running), cheer/motions and a dance.

Tumbling: Skills are limited to 1 flipping and 2 twisting rotations.

CROWD PLEASER:

Time Limit: 1-1/2 minutes, maximum

Music: May be used for the entire routine or just a portion of it.

Routine: Should include the following: jumps, cheer/motions and a dance.

Tumbling: Tumbling that involves hip-over-head rotation is prohibited.

CHEER ONLY:

Time Limit: 30 seconds, maximum

Music: Music is prohibited.

Routine: Should include creative words and motions. Jumps are not allowed. Hand-held props (Poms, Megaphones, Flags and Signs ONLY) are allowed.

Tumbling: Tumbling that involves hip-over-head rotation is prohibited.

JUMPS ONLY:

Music: Music is prohibited.

Routine: Must execute 3 different jumps. No cheer/chants allowed. Only short, spirit-type motions will be allowed in between jumps.

Tumbling: Tumbling skills are not allowed.

TUMBLE PASS:

Music: Music is prohibited.

Routine: 1 Running Tumbling Pass allowed. Pass may only take up the equivalent of the diagonal length of the mat one time. Pass must begin and end on the competition floor. Standing Tumbling Passes are not allowed. Skills are limited to 1 flipping and 2 twisting rotations.

GROUP STUNT:

Time Limit: 1 minute, maximum

Music: Should be used for the entire routine but not required.

Routine: 4 – 5 Members (1 Male is allowed). Must provide an additional spotter. Spotters may not be involved in the execution of the stunts. The spotter must be a Coach and must have proper knowledge of the routine.

Division: In the Senior age division, no one younger than 12 years of age will be allowed to compete in this category.

Safety Rules: Must follow USASF Age Division and Level Safety Rules (i.e.: Mini group will not be allowed to perform Level 5 skills, Tiny groups are limited to Level 1 skills.)

PARTNER STUNT:

Time Limit: 1 minute, maximum

Music: Should be used for the entire routine but not required.

Routine: 2 Members (M/F). Must provide an additional spotter. Spotters may not be involved in the execution of the stunts, but may assist on dismounts. The spotter must be a Coach and must have proper knowledge of the routine.

Division: Only offered for Junior, Senior and Open age divisions. In the Senior age division, no one younger than 12 years of age will be allowed to compete in this category.

Safety Rules: Must follow USASF Age Division and Level Safety Rules (i.e.: Senior group will not be allowed to perform Level 6 skills)

CHEER GROUP:

Time Limit: 1-1/2 minutes, maximum

Music: May be used for the entire routine or just a portion of it.

Routine: 2-4 members (M/F) Should include the following: jumps, tumbling skills (standing or running), cheer/motions and a dance.

Tumbling: Skills are limited to 1 flipping and 2 twisting rotations.

Stunting: Stunting is prohibited. Dance lifts are allowed.

