

# INDIVIDUAL CHEER EVENT CATEGORY GUIDELINES

(All USASF General and Safety Team Guidelines apply)

## **BEST CHEERLEADER:**

**Time limit:** 1-1/2 minutes, maximum

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

Pre-recorded music should be low during the cheer portion, so that the judges can hear the participant's voice.

**Routine:** should include the following: 3 jumps, tumbling skills, a cheer/motions and a dance.

- These skills may be performed in any order, AS LONG AS THE 3 JUMPS ARE PERFORMED IN A ROW. A **5-point penalty** will be assessed for not performing 3 jumps IN A ROW.

**Tumbling:**

- **Standing Tumbling** – Flips without hand support may be executed in a tuck position only and must be performed from a back handspring entry. **NO TWISTING SKILLS ALLOWED. NO TUMBLING ALLOWED AFTER A FLIP! Aerial cartwheels are permitted.**
- **Running Tumbling** – Flips without hand support may be executed in a tuck position only. **NO TWISTING SKILLS ALLOWED. Aerial cartwheels are permitted.**

## **ELITE BEST CHEERLEADER:**

**Time limit:** 1-1/2 minutes, maximum.

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

Pre-recorded music should be low during the cheer portion, so that the judges can hear the participant's voice.

**Routine:** should include the following: 3 jumps, tumbling skills (standing or running), a cheer/motions and a dance.

- These skills may be performed in any order, AS LONG AS THE 3 JUMPS ARE PERFORMED IN A ROW. A **5-point penalty** will be assessed for not performing 3 jumps IN A ROW.

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

## **NEW! ELITE CHEER GROUP:**

**Time limit:** 1-1/2 minutes, maximum.

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

Pre-recorded music should be low during the cheer portion, so that the judges can hear the participant's voice.

**Routine:** 2 – 4 members. Should include jumps, tumbling skills (standing or running), a cheer/motions and a dance. Skills may be presented in any order.

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

**Stunting is prohibited.** There will be a **5-point penalty** assessed, per violation, for stunting in a cheer group routine.

## **CROWD PLEASER:**

**Time limit:** 1-1/2 minutes, maximum.

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

Pre-recorded music should be low during the cheer portion, so that the judges can hear the participant's voice.

**Routine:** Should include jumps, a cheer/motions and a dance. **NO TUMBLING ALLOWED.** Skills may be presented in any order.

**Tumbling: MAY NOT BE USED AT ALL, INCLUDING ENTERING AND EXITING THE PERFORMANCE AREA.** Tumbling will result in a **5-point penalty**, per violation.

## **NEW! CROWD PLEASER GROUP:**

**Time limit:** 1-1/2 minutes, maximum

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

Pre-recorded music should be low during the cheer portion, so that the judges can hear the participant's voice.

**Routine:** 2 – 4 members. Should include jumps, a cheer/motions and a dance. **NO TUMBLING ALLOWED.** Skills may be presented in any order.

**Tumbling: MAY NOT BE USED AT ALL, INCLUDING ENTERING AND EXITING THE PERFORMANCE AREA.**

Tumbling will result in a **5-point penalty**, per violation.

## **CHEER ONLY:**

**Time limit:** **30 seconds**, maximum.

**Music:** is prohibited.

**Routine:** Cheers should be fun and entertaining, with creative words and motions. Hand-held props (**Poms, Megaphones, Flags and Signs ONLY**) are allowed. **A 5-point penalty will be assessed for using an illegal prop.**

- **A 5-point penalty will be assessed, per violation, for jumping or tumbling in a Cheer Only routine. INCLUDING tumbling or jumping as you enter or exit the performance area.**
- **The cheer will be judged on motion technique, creativity, difficulty of the motions and showmanship/strength of voice projection.** In the difficulty category, the judges will be looking for level changes, floor work, footwork and difficult arm movements. The length of the cheer is also important, but do not go over the limit!

## **JUMP ONLY:**

**Music:** is prohibited.

**Routine:** Competitors must execute 3 different jumps. A **5-point penalty** will be assessed for not performing 3 different jumps or for performing more than 3 jumps.

- **No cheers/chants allowed. Only SHORT, spirit-type motions and/or words will be allowed in between jumps. These must be kept to a minimum! A 5-point penalty will be assessed, at the judges' discretion, for excessive words and/or motions.**

## **TUMBLE PASS:**

**Music:** is prohibited.

**Routine:** Select **only 1 tumble pass.** The pass will be performed only **ONE TIME.**

- The difficulty category on the score sheet will not include basic tumbling that is less difficult than a back handspring (the scoring scale will begin with a back handspring). If a participant only executes basic tumbling skills that are less difficult than a back handspring, the judges will mark through that section of the score sheet, and the participant will not receive a score in the difficulty category.
- The pass must begin and end on the competition floor.
- **No standing tumbling will be allowed.**
- Tumble passes may only take up the equivalent of the diagonal length of the mat **ONE TIME.**
- A **5-point penalty** will be assessed, per violation.

## **PARTNER STUNT:**

**Time limit:** 1 minute, maximum: Routine may be performed to music.

**Routine:** The participants must provide a spotter. The spotter must be a COACH (for safety purposes, you must provide a spotter who has proper knowledge of the routine and is capable of spotting the routine). No one will be allowed to compete without a proper spotter. The spotter may not help support or hold up a stunt, and there will be a **5-point penalty** assessed each time the spotter helps with the stunt. The spotter will be required to assist on all cradles and other dismounts required by USASF Safety Guidelines, such as dismounting to the ground from extended stunts.

- Partner Stunt couples may be male/female or female/female.
- Dance/Cheer motions, jumps and tumbling that are not performed with direct progression into a stunt will not be considered in the scoring process; therefore we strongly suggest that your routines consist of stunts only.
- Partner Stunt Category is open to 12 yr olds and older (Junior Level and up) **BOTH PARTNERS MUST BE AT LEAST 12 YRS OLD!!!**

## **GROUP STUNT:**

**Time limit:** 1 minute, maximum: routine may be performed to music. Groups may have 4 – 5 members. **NEW! 1 Male** is allowed.

**Routine:** The participants must provide a spotter. The spotter must be a COACH (for safety purposes, you must provide a spotter who has proper knowledge of the routine and is capable of spotting the routine). No one will be allowed to compete without a proper spotter. The spotter may not help support or hold up a stunt and may not help with dismounts. There will be a **5-point penalty** assessed each time a spotter assists in a group stunt routine.

- In the VARSITY age division, no one younger than 12 years of age will be allowed to compete in this category.
- Dance/Cheer motions, jumps and tumbling that are not performed with direct progression into a stunt will not be considered in the scoring process; therefore we strongly suggest that your routines consist of stunts only.

## **NEW! N-SYNC TUMBLING:**

**Music:** is prohibited.

**Routine:** 2 members select **1 tumble pass**. The pass will be performed only **ONE TIME**.

- The difficulty category on the score sheet will not include basic tumbling that is less difficult than a back handspring (the scoring scale will begin with a back handspring). If the participants only execute basic tumbling skills that are less difficult than a back handspring, the judges will mark through that section of the score sheet, and the participants will not receive a score in the difficulty category.
- **Both participants must execute the same skills in synchronization.**
- The pass must begin and end on the competition floor.
- **No standing tumbling will be allowed.**
- Tumble passes may only take up the equivalent of the diagonal length of the mat **ONE TIME**.
- A **5-point penalty** will be assessed, per violation.