

INDIVIDUAL CHEER EVENT CATEGORY GUIDELINES

(All USASF/IASF Rules apply)

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 the following: 3 jumps, cheer/motions and a dance.

- These skills may be performed in any order. Must perform at least 3 jumps in routine.

Tumbling: **TUMBLING THAT INVOLVES HIP-OVER-HEAD ROTATION, IS PROHIBITED. THIS INCLUDES ENTERING AND EXITING THE PERFORMANCE AREA.**

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 (M/F). Should include jumps, cheer/motions and a dance. Skills may be presented in any order.

Tumbling: **TUMBLING THAT INVOLVES HIP-OVER-HEAD ROTATION, IS PROHIBITED. THIS INCLUDES ENTERING AND EXITING THE PERFORMANCE AREA.**

Stunting is prohibited.

Dance lifts/ partnering- That involves hip-over-head rotation is prohibited.

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, cheer/motions and a dance.

- These skills may be performed in any order. Must perform at least 3 jumps in routine.

Tumbling:

- **Standing Tumbling** – Flips without hand support may be executed in a tuck position only and must be performed from a back handspring entry. **Aerial cartwheels are permitted. NO TWISTING SKILLS ALLOWED. NO TUMBLING ALLOWED AFTER A FLIP!**
- **Running Tumbling** – Flips without hand support may be executed in a tuck position only. **NO TWISTING SKILLS ALLOWED. Aerial cartwheels and ¾ front flips are permitted.**

BEST CHEERLEADER 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 (M/F). Should include the following: jumps, tumbling skills, cheer/motions and a dance.

Tumbling:

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

Stunting is prohibited.

Dance lifts/ partnering- That involves hip-over-head rotation is prohibited.

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), cheer/motions and a dance.

- These skills may be performed in any order. Must perform at least 3 jumps in routine.

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

ELITE BEST CHEERLEADER 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 (M/F). Should include jumps, tumbling skills (standing or running), 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.

Dance lifts/ partnering- That involves hip-over-head rotation is prohibited.

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.

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

Jumps: Are not allowed. (INCLUDING as you enter or exit the performance area.)

JUMP ONLY:

Music: is prohibited.

Routine: Competitors must execute 3 different 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!**

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

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**.

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

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. The spotter will be required to assist on all cradles and other dismounts.

- 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 yrs. of age and older.
- Must follow USASF/IASF General Safety & Levels 1-5 Rules. **Exception:** Pro-Open must follow USASF/IASF Level 1- 6 Rules.

GROUP STUNT:

Time limit: 1 minute, maximum: routine may be performed to music. Groups may have 4 – 5 members. 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.

- 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.
- Must follow USASF/IASF General Safety & Levels 1-5 Rules. **Exception:** Pro Open must follow USASF/IASF Level 1- 6 Rules.