

# 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, AS LONG AS THE **3 JUMPS ARE PERFORMED IN A ROW.**

**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, AS LONG AS THE **3 JUMPS ARE PERFORMED 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. **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.**

## **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, AS LONG AS THE **3 JUMPS ARE PERFORMED IN A ROW.**

**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!**

## **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.

