



Individual Cheer Event Category Guidelines

Be sure to enter Individual Divisions to Qualify for High Point. High Point is available for Individual Cheer and Dance Divisions

Best Cheerleader Division

- 1 min 30 seconds maximum performance time.
- Participant will be judged on cheer motion technique, jumps-minimum of three of your best jumps, tumbling skills, short dance and overall crowd appeal. (In ANY order) **(Your 3-Jumps are Performed In A Row)**
- Participant will have spirit, enthusiasm, and voice projection.
- Music can be used for half or entire routine and should be low during cheer portion.

Tumbling Skills: (your choice of Standing or Running)

Standing - Any flips without hand support may be executed in a tuck position from a back handspring entry. Aerial Cartwheels Permitted. No twisting skills allowed or tumbling after a flip.

Running - Any flips without hand support may be executed in a tuck positions only. Aerial cartwheels permitted. No Twisting skills allowed.

Elite Best Cheerleader Division

- 1 min 30 seconds maximum performance time.
- Participant will be judged on cheer motion technique, jumps-minimum of three of your best jumps, tumbling skills, short dance and overall crowd appeal. (In ANY order) **(Your 3-Jumps are Performed In A Row)**
- Participant will have spirit, enthusiasm, and voice projection.
- Music can be used for half or entire routine and should be low during cheer portion.

Tumbling Skills: (your choice of Standing or Running) (Are limited to 1 flipping and 2 twisting rotations)

Best Cheer Group

- 1 min 30 seconds maximum performance time.
- Group will consist of 2-4 members ONLY.
- Participant will be judged on cheer motion technique, jumps, tumbling skills, short dance and overall crowd appeal. (In ANY order)
- Participant will have spirit, enthusiasm, synchronization and voice projection.
- Music can be used for half or entire routine and should be low during cheer portion.

No Stunting in this Cheer Group Division.

Tumbling Skills: (your choice of Standing or Running) (Are limited to 1 flipping and 2 twisting rotations)

Spirit Leader Division

- Participants will be judged on the same guidelines as **Best Cheerleader Division**.
- **Exception: No TUMBLING IN THIS DIVISION.** (Entering, Exiting, or During the Performance) will be allowed.

Cheer ONLY Division

- 30 seconds maximum time.
- Participant will be judged on cheer motion technique, creativity, difficulty, execution of motions, voice projection, and enthusiasm.
- No tumbling skills, music, or jumps allowed in this division.
- Hand-held props, Flags, Megaphones, Poms, and Signs are ALLOWED.
- Judges will look for Fun Entertaining Routines, level changes, difficulty, execution, floor work, creativity, and foot work. **Remember no tumbling entering or exiting the performance floor.**

NEW! Power Jumps Division

- 20 seconds maximum time.
- **Participants will execute 5 stamina jumps of (Your Choice).** Jumps must be connected. **Please note**, that this year Variety is a category on the score sheet.
- No cheering or tumbling skills allowed in this division

NEW! Power Tumbling Division (Note: No Standing Tumbling in this division)

- Participants must complete **Two Tumbling Passes. (From corner to corner)**
- Judges will begin scoring in the difficulty category ONLY when the participant executes tumbling skills that began with a back handspring.
- No standing tumbling, jumps, dance, or cheering allowed.
- Passes may be different. The degree of difficulty counts more!

JUNIOR Partner Stunt Division (This division is Open to 14 yrs and younger)

- 1 min maximum performance time.
- Partner stunt couples may be paired as: Female/Female or Male/Female.
- Couples must provide own spotters.
- Coaches can spot and must be knowledgeable of the routine and capable of spotting. The spotter may not help support or hold up a stunt.
- Stunting ability will be the main focus but short, spirit-type motions and/or words will be allowed in between jumps.
- Judges will look for difficulty, execution, creativity, and how well the couples perform together.

SENIOR Partner Stunt Division (This division is Open to 12-18)

- 1 min maximum performance time.
- Partner stunt couples may be paired as: Female/Female or Male/Female.
- Couples must provide own spotters.
- Coaches can spot and must be knowledgeable of the routine and capable of spotting. The spotter may not help support or hold up a stunt.
- Stunting ability will be the main focus but short, spirit-type motions and/or words will be allowed in between jumps.
- Judges will look for difficulty, execution, creativity, and how well the couples perform together.

Stunt Group (YOUTH – AGES 11-UNDER).

- 1 min maximum performance time .Group will consist of 4-5 members, females/female or male/female.
- Group must provide own spotters.
- Coaches can spot and must be knowledgeable of the routine and capable of spotting.
- Stunting ability will be the main focus but short, spirit-type motions and/or words will be allowed in between jumps. Judges will look for difficulty, execution, creativity, and synchronization.

Stunt Group (JUNIOR – AGES 14-UNDER).

- 1 min maximum performance time .Group will consist of 4-5 members, females/female or male/female.
- Group must provide own spotters.
- Coaches can spot and must be knowledgeable of the routine and capable of spotting.
- Stunting ability will be the main focus but short, spirit-type motions and/or words will be allowed in between jumps. Judges will look for difficulty, execution, creativity, and synchronization.

Stunt Group (SENIOR – AGES 12-18).

- 1 min maximum performance time .Group will consist of 4-5 members, Female Only.
- Group must provide own spotters.
- Coaches can spot and must be knowledgeable of the routine and capable of spotting.
- Stunting ability will be the main focus but short, spirit-type motions and/or words will be allowed in between jumps. Judges will look for difficulty, execution, creativity, and synchronization.

Stunt Group (SENIOR CO-ED – AGES 12-18).

- 1 min maximum performance time .Group will consist of 4-5 members, females/male.
- Group must provide own spotters.
- Coaches can spot and must be knowledgeable of the routine and capable of spotting.
- Stunting ability will be the main focus but short, spirit-type motions and/or words will be allowed in between jumps. Judges will look for difficulty, execution, creativity, and synchronization.

NEW! Mascot Division (This division is Open for "Youth" 11 & younger & "Varsity" 12-18 years of age - NO TUMBLING ALLOWED)

- 1 min 30 seconds maximum performance time.
- Mascots must use a costume and props.
- Music can be used for entire routine or just a portion of the routine.
- Mascots MUST perform the routine by themselves.

NEW! Partner Tumbling Division "No Standing Tumbling in this division"

- 2 members ONLY, Participants must complete ONE TUMBLING PASS.
- Judges will begin scoring in the difficulty section ONLY when the participants execute tumbling skills that began with a back handspring.
- No standing tumbling, jumps, dance, or cheering ALLOWED.
- Both participants MUST perform in synchronization during the execution of the tumbling pass.
- Running pass can ONLY be performed ONCE. Difficulty counts more if the tumble pass is executed the length of the floor.

Example: Executing a pass from corner to corner is executing a long tumble pass.

Violation of any of these requirements will result in a **1.0(Category); 2.0(Safety); 1.0(Overtime & General) point deduction per violation** from final score.