



CHEER AND DANCE EXTREME – TIME LIMITS

Cheer Team Division Time Limits

DIVISION	MUSIC MAXIMUM	TOTAL ROUTINE
Recreation	No maximum/unlimited	Up To Three (3) minutes
School	No maximum/unlimited	Up To Two (2) minutes thirty (30) seconds
College/Open	No maximum/unlimited	Up To Two (2) minutes thirty (30) seconds
All Star	No maximum/unlimited	Up To Two (2) minutes thirty (30) seconds
Specialty	No maximum/unlimited	Up To Two (2) minutes thirty (30) seconds

Cheer Individual/Partner Stunt Time Limits

DIVISION	MUSIC MAXIMUM	TOTAL ROUTINE
Cheer Individual Tumble	No maximum/unlimited	Up To One (1) minute thirty (30) seconds
Cheer Individual Non Tumble	No maximum/unlimited	Up To One (1) minute thirty (30) seconds
Partner Stunt	No maximum/unlimited	Up To One (1) minute thirty (30) seconds

Dance Team/Solo/Duet-Trio/Ensemble and Production Time Limits

DIVISION	MUSIC MAXIMUM	TOTAL ROUTINE
Solo	All Music	Up To Three (3) minutes
Duet/Trios	All Music	Up To Three (3) minutes
Ensemble	All Music	Up To Three (3) minutes
Team Competition	All Music	Up To Three (3) minutes

NOTES:

1. All team members must start within the competition boundary area and the pre-building of partner stunts or pyramids will not be allowed before timing starts. Participants must be supporting their own weight on the floor. Timing will begin with the first motion, word, movement, or sound of music (this includes pre-builds in which both feet of the flyer leave the ground) and end with the last beat of music or word.
2. Organized/Formal entrances and exits are not permitted.
3. Teams will have twenty (20) seconds to take the competition floor once their name is announced and twenty (20) seconds to clear the floor. If a team takes longer, a penalty will occur. This is important to keep the event on time and flowing.
4. Teams have a 3 second grace period.

Questions? 1-888-482-4337 or email us at info@cheeranddanceextreme.com