

# CHEER AND DANCE EXTREME – INDIVIDUAL, SMALL GROUP & STUNT GROUP DIVISIONS

## DIVISIONS & ROUTINE CLASSIFICATIONS

**SPECIAL NOTE:** An individual may be a member of a specific team/group. At all events cheerleaders will be placed in two overall divisions – Scholastic & All Star. In the event in which less than 5 entries are received it will be combined (unless specified below – i.e. partner stunt) Cheer and Dance Extreme wants a quality competition and does not like to see individuals competing against a score!

### **ALL STAR**

#### **All Star Team**

An All Star Team is a team that does not cheer for any sport and is formed for the primary purpose of competing. The team works out in a private gym or similar and/or is coached by a paid professional.

To be considered an All Star or Open/Collegiate Team one or all must apply:

- 1.) The sole purpose is practicing to compete at competitions – local, regional, state and national.
- 2.) The team/organization is governed by an organized gym for profit and/or is organized by a gym/board of directors as non-profit.
- 3.) The organized “open” team and/or school governed collegiate team’s purpose is to compete in events in Level 6. If we have enough teams to separate college and open we will. However, our purpose is to deliver the best competition experience and be competitive at this level.

### **SCHOLASTIC**

A scholastic division member is a member of a school, studio or recreation/youth league team.

#### **School**

A school division team is a team made up of official school team members or official school competition team members. All members **MUST** attend that school or cheer for that said school and be in grades Pre-K through 12<sup>th</sup> per each grade designated division.

To be entered as a school team one or all must apply:

- 1.) Team is governed by their associated school’s administration.
- 2.) The team’s main purpose is to cheer for the said school’s sports ( example: football) or be a school spirit “pep rally” club team.
- 3.) Must be currently an enrolled in school system (grade Pre- K-12) in 2008-2009.
- 4.) Home Schooled Students are eligible to participate on the associated school boundary team.

#### **Recreation/Youth League**

A recreation/youth league team is a community team that provides support for a sport or performs in recitals or parades. Coaches are non-paid, non-professionals.

To be entered as a Recreation/Youth Organization one or all must apply to the team:

- 1.) Governed by a Recreation Council or Recreation Board of Directors. You must be able to furnish proof.
- 2.) Are affiliated with a YMCA, County Recreation and Parks Program, or Boys and Girls Club.
- 3.) Cheers for the associated recreation sports club (football, soccer, basketball, wrestling, etc.)

## **CATEGORY DEFINITIONS**

Participants must pre-register for the following divisions. We will NOT take ANY on-site registrations for individual or partner stunt divisions.

**Individual Cheerleader** - An individual competitor is a participant who performs a “routine” by themselves. The total routine maximum: one minute and thirty seconds/ no minimum. Music may be used for the entire routine or just a portion of it. Pre-recorder music should be low during the cheer portion so that judges can hear the participant’s voice. Cheer and Dance Extreme’s Sound Staff are NOT allowed to “turn” down or fix levels of any recorder music. Routines should incorporate a variety of jumps, cheer/motions and dance. Non-Tumbling divisions should not include ANY tumbling at all. A roll is considered tumbling. No tumble passes are allowed during entrances and exits of a non-tumbling division. Tumbling divisions **MUST** include tumbling.

**Cheer Duo/Trio** – A routine in which two or three cheerleaders compete as a unit and performs a “routine” together. The total routine maximum is one minute and thirty seconds with NO minimum. Music may be used for the entire routine or just a portion of it. Routines should incorporate a variety of jumps, cheer/motions and dance. This is a TUMBLE division so some form of gymnastic (i.e. forward roll, back handspring) must be incorporated. **NO STUNTING.**

#### **Stunt Group Competition**

Stunt Group is four to five members in which the group incorporates a spotter. Time limit is a maximum of one minute and thirty seconds with no minimum.

All Star Partner Stunt Groups follow USASF Rules. Partner Stunt Groups can utilize stunt skill through and including Level 3 for Mini, through and including Level 5 for Youth, Junior and Senior; and Level 6 for Open All Star Stunt Groups. You can access a link through our website or go to [www.usasf.net](http://www.usasf.net)

Recreation/Scholastic Partner Stunt Groups follow NFHS Rules. You can access a link through our website or go to [www.nfhs.org](http://www.nfhs.org)

## DIVISIONS OFFERED

Category	Name of Division	Age	Gender	Size
<b>CHEER INDIVIDUAL</b>				
<b>Scholastic/Recreation</b>		<b>age on 8/31/2009</b>		
Tumble	Tiny	5 yrs and younger	M/F	Individual
Tumble	Mini	6 - 8 yrs old	M/F	Individual
Tumble	Youth	9 – 11 yrs old	M/F	Individual
Tumble	Junior	12 – 14 yrs old	M/F	Individual
Tumble	Senior	15 – 18 yrs old	M/F	Individual
NON TUMBLE	Tiny	5 yrs and younger	M/F	Individual
NON TUMBLE	Mini	6-8 yrs old	M/F	Individual
NON TUMBLE	Youth	9 – 11 yrs old	M/F	Individual
NON TUMBLE	Junior	12 – 14 yrs old	M/F	Individual
NON TUMBLE	Senior	15 – 18 yrs old	M/F	Individual
<b>CHEER INDIVIDUAL</b>				
<b>All Star</b>		<b>age on 8/31/2009</b>		
Tumble	Tiny	5 yrs and younger	M/F	Individual
Tumble	Mini	6 - 8 yrs old	M/F	Individual
Tumble	Youth	9 – 11 yrs old	M/F	Individual
Tumble	Junior	12 – 14 yrs old	M/F	Individual
Tumble	Senior	15 – 18 yrs old	M/F	Individual
NON TUMBLE	Tiny	5 yrs and younger	M/F	Individual
NON TUMBLE	Mini	6-8 yrs old	M/F	Individual
NON TUMBLE	Youth	9 – 11 yrs old	M/F	Individual
NON TUMBLE	Junior	12 – 14 yrs old	M/F	Individual
NON TUMBLE	Senior	15 – 18 yrs old	M/F	Individual
Category	Name of Division	Age	Gender	Size
<b>STUNT GROUP</b>				
<b>Scholastic/Recreation</b>		<b>age on 8/31/2009</b>		
	Mini	8 yrs and younger	M/F	5 members
*follows NFHS Rules	Youth	10 yrs and younger	M/F	5 members
	Junior Prep	12 yrs and younger	M/F	5 members
	Junior	14 yrs and younger	M/F	5 members
	Senior	18 yrs and younger	M/F	5 members
<b>STUNT GROUP</b>				
<b>All Star</b>		<b>age on 8/31/2009</b>		
Up to Level 3 – USASF	Mini	8 yrs and younger	M/F	5 members
Up to Level 5 – USASF	Youth	11 yrs and younger	M/F	5 members
Up to Level 5 – USASF	Junior	14 yrs and younger	M/F	5 members
Up to Level 5 - USASF	Senior	18 yrs and younger	M/F	5 members
Coed/Couples	Junior Couples	14 yrs and younger	M/F	2 + 1 spotter
Coed/Couples	Senior Couples	18 yrs and younger	M/F	2 + 1 spotter
<b>**All Star Stunt groups can perform skills up to Level Notated!</b>				
Category	Name of Division	Age	Gender	Size
<b>CHEER DUO/TRIO</b>				
<b>Scholastic/Recreation</b>		<b>age on 8/31/2009</b>		
	Mini	8 yrs and younger	M/F	2-3 members
*follows NFHS Rules	Youth	11 yrs and younger	M/F	2-3 members
	Junior	14 yrs and younger	M/F	2-3 members
	Senior	18 yrs and younger	M/F	2-3 members
<b>All Star</b>		<b>age on 8/31/2009</b>		
	Mini	8 yrs and younger	M/F	2-3 members
*follows USASF Level 5 rules	Youth	11 yrs and younger	M/F	2-3 members
	Junior	14 yrs and younger	M/F	2-3 members
	Senior	18 yrs and younger	M/F	2-3 members