

Individual Routine info

Cheer Time Limits

Squad/team events 2½ Minutes in Length for Performance
Best cheerleader/dancer 2 Minutes in Length for Performance
Best stunt group/partner stunts 1 Minutes in Length for Performance
Best tumbler 1 1/2 Minutes in Length for Performance
BEST jumper 30 seconds in Length for Performance

Recreation and All Star Teams may elect to perform any or all of their 2 ½ minute routine to music. School teams will NOT have a time limitation on music, but a cheer/chant section is required in the routine. Individuals choosing to compete in more than 1 individual category may forfeit warm-up time due to scheduling.

Divisions

TINY School/Youth Rec Squad – 5 years of age & younger
MINI School/Youth Rec Squad – 6 - 8 year olds
YOUTH School/Youth Rec Squad – 9 – 11 year olds
JUNIOR School/Youth Rec Squad – 12 – 14 year olds
SENIOR School/Youth Rec Squad-15-18
COLLEGE School/Youth Rec Squad-15-18
TINY All-Star Squad - 5 years & younger
MINI All-Star Squad - 6 - 8 year olds
YOUTH All-Star Squad – 9 – 11 year olds
JUNIOR All-Star Squad - 12 – 14 year olds
SENIOR All-Star Squad - 15 – 18 year olds

The age of the competitor as as specified in the USASF Rules

Best Cheerleader The time limit is 2 minutes.
Routines should include all aspects of cheerleading; motions, jumps, tumbling, and dance.
Timing penalties will apply (see penalty information).

Best Stunt Group -Best Group Stunt Competition is open to 5 members maximum from the same team.
The time limit for the routine is one (1) minute maximum, with background music.
The team is not required to choreograph directly to the music. Please refer to the **USASF Safety Guidelines – Level 5**.

Best Partner Stunt-Best Partner Stunt Competition is open to pairs.
Individuals may enter more than once with a different partner/base.
The time limit for the routine is one (1) minute maximum, with background music.
The couple is not required to choreograph directly to the music. Please refer to the **USASF Safety Guidelines – Level 5**.

Best Tumbler The time limit is 1 1/2 minutes.
Routines may include all aspects of cheerleading; motions, jumps, tumbling, and dance.
Routines will be judged on tumbling passes only. Tumblers must perform a minimum of 4 passes.

Best Jumper Best Jumper may enter only one jump routine.
The time limit is 30 seconds.

Routines may include all aspects of cheerleading; motions, jumps, tumbling, and dance.
Routine will be judged for JUMPS ONLY.
Jumpers must perform a minimum of 5 jumps and a maximum of 10.

In the event you category is not listed. You may write it in on the registration form and it will be added.