

Routine Requirements

SCHOOL CHEER/MUSIC ROUTINES

- Total routine time can not exceed 2 minutes and 30 seconds.
- Routine must consist of at least one cheer.
- A musical segment of at least 45 seconds.
- Timing begins with the first organized movement and/or first word of cheer or beat of dance.
- Organized entrances that involve cheers or run ons with jumps, tumbling or stunts are not permitted. Cheerleaders should enter the performance area in a timely fashion.
- Timing will end with holding of the final movement, pyramid or stunt.
- Partner stunts and pyramids are permitted in all divisions but non mount.
- Routines should be choreographed so that the routine flows from one segment to the next.
- Gymnastics and jumps are permitted and encouraged.
- Teams can have no less that 5 participants.
- Mascots are welcome to perform with their teams, however, they will counted when determining the number of participants.
- There are to be no props used in the routine with the exception of signs, pom pons, flags and megaphones.
- Team names will be called twice:once as the team on deck and once as the next team to perform.
- Teams must follow the National Federation Safety Rules. Call 1-800-776-3462 to obtain a current copy.
- All routines should be appropriate for family viewing. Any vulgar or suggestive movements, words, or music will result in a score deduction. No tear-away uniforms or removal of clothing is allowed.

NON-MOUNT DIVISIONS

- Total routine time can not exceed 2 minutes and 30 seconds.
- Routine must consist of at least one cheer.
- A musical segment of at least 45 seconds.
- Timing begins with the first organized movement and/or first word of cheer or beat of dance.
- Organized entrances that involve cheers or run ons with jumps, tumbling or stunts are not permitted. Cheerleaders should enter the performance area in a timely fashion.
- Timing will end with holding of the final movement, pyramid or stunt.
- Partner stunts and pyramids are NOT permitted.
- Routines should be choreographed so that the routine flows from one segment to the next.
- Gymnastics and jumps are permitted and encouraged.
- Teams can have no less that 5 participants.
- Mascots are welcome to perform with their teams, however, they will counted when determining the number of participants.

- There are to be no props used in the routine with the exception of signs, pom poms, flags and megaphones.
- Team names will be called twice: once as the team on deck and once as the next team to perform.
- Teams must follow the National Federation Safety Rules. Call 1-800-776-3462 to obtain a current copy.
- All routines should be appropriate for family viewing. Any vulgar or suggestive movements, words, or music will result in a score deduction. No tear-away uniforms or removal of clothing is allowed.

NON-MOUNT/NON-TUMBLE ROUTINES

- Total routine time can not exceed 2 minutes and 30 seconds.
- Routine must consist of at least one cheer.
- A musical segment of at least 45 seconds.
- Timing begins with the first organized movement and/or first word of cheer or beat of dance.
- Organized entrances that involve cheers or run ons with jumps, tumbling or stunts are not permitted. Cheerleaders should enter the performance area in a timely fashion.
- Timing will end with holding of the final movement, pyramid or stunt.
- Partner stunts and pyramids are NOT permitted.
- Gymnastics/Tumbling are NOT permitted.
- Routines should be choreographed so that the routine flows from one segment to the next.
- Teams can have no less than 5 participants.
- Mascots are welcome to perform with their teams, however, they will be counted when determining the number of participants.
- There are to be no props used in the routine with the exception of signs, pom poms, flags and megaphones.
- Team names will be called twice: once as the team on deck and once as the next team to perform.
- Teams must follow the National Federation Safety Rules. Call 1-800-776-3462 to obtain a current copy.
- All routines should be appropriate for family viewing. Any vulgar or suggestive movements, words, or music will result in a score deduction. No tear-away uniforms or removal of clothing is allowed.

SCHOOL INTERMEDIATE/ADVANCED DIVISIONS

Intermediate – Mirror USASF Level 3 in addition to the NFHS Rules.

Advanced – Mirror USASF Level 5 Restricted in addition to the NFHS Rules.

ALL STAR/REC ROUTINES

- Total routine time can not exceed 2 minutes and 30 seconds.

- Timing begins with the first organized movement and/or first word of cheer or beat of dance.
- Organized entrances that involve cheers or run ons with jumps, tumbling or stunts are not permitted. Cheerleaders should enter the performance area in a timely fashion.
- Timing will end with holding of the final movement, pyramid or stunt.
- Partner stunts and pyramids are permitted by level guidelines.
- Routines should be choreographed so that the routine flows from one segment to the next.
- Gymnastics and jumps are permitted and encouraged by level guidelines.
- Teams can have no less than 5 participants.
- There are to be no props used in the routine with the exception of signs, pom poms, flags and megaphones.
- Team names will be called twice: once as the team on deck and once as the next team to perform.
- Teams must follow the U.S.A.S.F. All Star Rules.
- All routines should be appropriate for family viewing. Any vulgar or suggestive movements, words, or music will result in a score deduction. No tear-away uniforms or removal of clothing is allowed.

ALL STAR PREP DIVISIONS

- Routine maximum length is 2 minutes.
- Teams may not practice more than 3 hours per week.
- Teams should be designed with a purpose to introduce athletes into cheerleading without the full commitment. These are 1/2 year teams or "Local" teams that do not travel as much as the rest of the organization.
- **No athlete may crossover between teams competing in a standard division and teams competing in a "Prep" division and vice versa.**

OPEN/COLLEGIATE TEAM ROUTINES

- Total routine time can not exceed 2 minutes and 30 seconds.
- Timing begins with the first organized movement and/or first word of cheer or beat of dance.
- Organized entrances that involve cheers or run ons with jumps, tumbling or stunts are not permitted. Cheerleaders should enter the performance area in a timely fashion.
- Timing will end with holding of the final movement, pyramid or stunt.
- Partner stunts and pyramids are permitted by level guidelines.
- Routines should be choreographed so that the routine flows from one segment to the next.
- Gymnastics and jumps are permitted and encouraged by level guidelines.
- Teams can have no less than 5 participants.
- There are to be no props used in the routine with the exception of signs, pom poms, flags and megaphones.
- Team names will be called twice: once as the team on deck and once as the next team to perform.
- Teams must follow the U.S.A.S.F. All Star Rules or NCAA Rules.

- All routines should be appropriate for family viewing. Any vulgar or suggestive movements, words, or music will result in a score deduction. No tear-away uniforms or removal of clothing is allowed.

DANCE ROUTINES

- Each team will perform a routine not to exceed 2 minutes and 15 seconds.
- The team should enter the performance area in a timely fashion.
- Timing will begin with the first organized movement, word or beat of music.
- Soft-soled dance shoes may be worn while competing. Bare feet are acceptable. Socks only is prohibited.
- Dance teams may wear approved jewelry as part of their costume. Approved jewelry includes post earrings and hair accessories. Hoop earrings, tongue, belly, nose rings etc. are prohibited and will result in a 5 point penalty per occurrence. Medical necklaces or bracelets may be worn, but should be removed from the neck area and secured to the body with tape.
- Team names will be called twice: once as the team on deck and once as the next team to perform.
- Teams must follow the U.S.A.S.F. All Star Rules or the NFISA School team Rules.
- All routines should be appropriate for family viewing. Any vulgar or suggestive movements, words, or music will result in a score deduction. No tear-away uniforms or removal of clothing is allowed.

***CHEER SOLO**

- All music format only. Participants will be placed in the appropriate age group based on their age as of August 31st and the appropriate level. All Star MUST FOLLOW ALL STAR LEVEL RULES.
- Overall performance may not exceed 1 minute and 30 seconds. Timing will begin with the first sound of music or word. Music is required for the entire performance. Judging is based on showmanship, motion/dance execution, spirit, ability in the area of jumps and tumbling as well as overall impression.

***CHEER DOUBLES/TRIO**

- All music format only. Participants will be placed in the appropriate age group based on their age as of August 31st and the appropriate level. All Star MUST FOLLOW ALL STAR LEVEL RULES.
- Placement will be by the oldest age of the two/three participants.
- The participants will perform the following to music: three consecutive jumps, one consecutive tumbling pass and a dance portion, performed in any order.
- The dance may include cheer motion technique and words of a cheer.
- Overall performance may not exceed 1 minute and 30 seconds. Timing will begin with the first sound of music or word. Music is required for the entire performance. Judging is based on showmanship, motion/dance execution, spirit, ability in the area of jumps and tumbling as well as overall impression.

***BEST GROUP STUNT/PARTNER STUNT**

- Each group stunt routine may be up to but no longer than 1 minute 15 seconds with background music.
- Timing will begin with the first sound of music or movement of the team. The routine does not have to be choreographed to the music.
- Teams will be judged on technique, strength and stability of stunts, flow of routine, degree of difficulty (taking into consideration the number of stunts), perfection of routine and overall impression.
- No jumps or tumbling are permitted.
- There will be a penalty each time there is a violation of CCC Guidelines, High School or All Star Safety Guidelines. A separate penalty if your team routine exceeds the time limit.

***DANCE SOLO**

- Participants will be placed in the appropriate age group based on their age at the time of the competition.
- Overall performance may not exceed 1 minute and 30 seconds. Timing will begin with the first sound of music or word.

***DANCE DUO/TRIO**

- Participants will be placed in the appropriate age group based on their age at the time of the competition. Placement will be by the oldest age of the two/three participants.
- Overall performance may not exceed 1 minute and 30 seconds. Timing will begin with the first sound of music or word.

*Performers can only participate in 3 total specialty divisions due to scheduling and costuming issues.