



General Rules & Competition Guidelines

Sunday, February 1, 2026

Trotwood-Madison High School

- **Doors Open:** 10:00 AM
- **First Performance:** 11:00 AM

1. School Representation & Eligibility

All competitors must:

- Be enrolled at the school they represent (unless competing in *Exhibition*).
- Be current members of the official school cheerleading team (names must appear on the roster).
- Have cheered at least one season during the current school year.(football, basketball, or volleyball).
 - *Exception: Male athletes may be from other sports.*
- Varsity competition teams may include members from Freshman, JV, or Varsity squads.
- Waivers must be fully completed and received by all coaching staff and participants to enter all limited-access areas.

Divisions Offered

- High School Traditional
- Middle School Traditional
- Game Day
- Stomp N Shake (High School Only)
- Exhibition



Skill Levels

- Intermediate
- Advanced

Squad Size

- *Small:* 5–15 athletes
- *Large:* 16+ athletes

All-Star teams are NOT eligible to compete, but can perform as an exhibition. Teams may enter up to two categories.

2. Routine Guidelines

Timing

- **Traditional Routines (Non-Tumbling, Tumbling, Stomp N Shake, Exhibition):**
 - Max Overall: **2:30 (150 sec)**
 - Max Music Portion: **1:45 (105 sec)**
- **Game Day:**
 - Must include: *Band Chant, Crowd Leading, and Fight Song.*
 - Max Overall: **3:00 (180 sec)**
 - Entrance: **30 sec limit**

Timing Starts: First choreographed move, voice, or note of music.

Timing Ends: Final choreographed move, voice, or note of music.



Penalties for Time Overage:

- 1–5 sec over = **–1 point**
 - 6+ sec over = **–2 points**
(Judges allow a 3-sec grace period before deductions are applied. Retimed routines use exact time.)
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Traditional Tumbling Division

Allowed Standing Tumbling:

- Back handspring, tuck, layout, full
- Forward roll, cartwheel, front walkover
- Standing aerials, connected skills, running tumbling

Routine Must Include:

- 1 Crowd Cheer + 1 Sideline Cheer (or combo) + Dance

Music: **45 sec – 1:45 total**

Dance may be split (ex: two 45-sec sections) or one continuous routine.

Traditional Non-Tumbling Division

No stunts or tumbling allowed.

Routine Must Include:

- 1 Crowd Cheer + 1 Sideline Cheer (or combo) + Dance

Music: **45 sec – 1:45 total**

Same timing and dance split options as Tumbling Division.



Game Day Division

Bring the energy of a real game day! Must include:

- Band Chant
- Crowd Leading Section
- Fight Song (if no fight song, use a 2nd band chant)

Restrictions:

- No mounts, baskets, or waist-level tosses.
- No running tumbling.
- Standing tumbling allowed (must be single skills, may connect to a single jump).
- Band Dance: *No more than 3 consecutive 8-counts.*

Props allowed: poms, signs, megaphones, flags.

3. Awards & Special Categories

- Top 3 teams per category (Exhibition excluded).
 - *Grand Champion* awarded based on the overall highest scores.
 - *Best Jump Off* (1 winner).
 - *Senior Showcase* (Top 3 seniors).
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4. Deductions

Uniforms (–5 points)

- Midriff must be covered when standing at attention.



- Must represent school (colors, logo, mascot, etc.).
- No jewelry, glitter, or body paint.

Sportsmanship (–5 points)

- Positive behavior is expected at all times (athletes, coaches, and spectators).
 - Routines must be family-friendly (no profanity, vulgar choreography, or inappropriate gestures).
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5. Judging

Judges will evaluate routines based on the following:

- Timing, precision, and technique
- Showmanship and crowd engagement
- Motions, jumps, and tumbling (if allowed)
- Overall appearance and level of difficulty

Tiebreakers & Judging Decisions

- In the event of a tie, rankings will first be determined by the **Overall Performance** category score.
- If a tie remains, the decision will be based on deductions recorded by the **Head Judge**.
- All judges' decisions are **final** and may not be appealed.
- *Sample score sheets are available for review on the event website.*

Ties: Broken by *overall performance* category, then head judge deductions.

All judges' decisions are FINAL. Sample Scoresheets are available for review on website



6. Coaches' Responsibilities

- Report to the sound table when the team is “in the hole.”
 - Bring music (must have 2 playable sources: phone, iPod, etc.).
 - The coach/rep presses “play” at the DJ table.
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7. Music Guidelines

- Music mixes allowed.
 - Must be **clean** (no profanity or inappropriate content).
 - Device prep: *Mute, airplane mode, volume up.*
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8. Special Competitions

Jump Off

- 2 athletes per team
- Athletes perform jumps/jump combos as directed by judges
- Multiple rounds until the top 3 are determined

Senior Showcase

- 2 athletes per team (individually performed)
 - 2-minute performance (may include cheer, dance, tumbling, creative skills)
 - Top 3 seniors awarded
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9. Checklist

- Emergency Medical Forms
- Routine Music (2 copies)
- Release Agreement Form
- Completed Team Roster
- Team Picture

Submit to:
info@whorunitcheer.com



RELEASE AND AGREEMENTS

I, the undersigned, for myself, my heirs, executors, administrators, and assigns, do hereby release, hold harmless, indemnify, waive, and discharge Who Run It Cheer, LLC., and all of its administrators, employees, and volunteers from and against any claims, demands, actions, or causes of action arising from any injuries sustained by my participation in this activity. Furthermore, in full recognition and appreciation of the potential danger and the hazards inherent in such an activity, I do hereby agree to assume all the risks and responsibilities surrounding my participation in this activity undertaken in addition thereto.

The undersigned acknowledges having read and understood the foregoing information consent form.

In witness whereof, I have caused this release to be executed on the day of the event February 1, 2026.

SCHOOL NAME: _____

PARTICIPANT'S PRINTED NAME: _____

SIGNATURE OF PARTICIPANT: _____ Date: _____

GUARDIAN PRINTED NAME: _____

SIGNATURE OF GUARDIAN: _____ Date: _____



TEAM ROSTER

TEAM:

HEAD COACH:

1.	_____	15.	_____
2.	_____	16.	_____
3.	_____	17.	_____
4.	_____	18.	_____
5.	_____	19.	_____
6.	_____	20.	_____
7.	_____	21.	_____
8.	_____	22.	_____
9.	_____	23.	_____
10.	_____	24.	_____
11.	_____	25.	_____
12.	_____	26.	_____
13.	_____	27.	_____
14.	_____	28.	_____

Assistant Coaching Staff

1.	_____
2.	_____