



General Rules & Competition Guidelines

Sunday, February 1, 2026

Trotwood-Madison High School

- **Doors Open:** TBD
- **First Performance:** TBD

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.)



- **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)



Game Day Division 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.

Stomp & Shake Division

Bring the energy! This division celebrates traditional cheer fundamentals combined with strong body motions, rhythmic stomping, sharp arm movements, and high-intensity performance style. Teams should showcase power, confidence, and crowd connection through movement—not stunting.

Rules & Guidelines

- No stunts or lifts permitted
(No athlete may support another athlete's weight off the floor)
- Routine Length: Up to 2:30
- Required Elements:
 - 1 Crowd Cheer
 - 1 Sideline Cheer (or a combination of both)
- Dance Requirements:
 - 1–2 dances allowed
 - Maximum combined dance time = 1:45

Music

- Total music time must be 45 seconds – 1:45

Put your style on full display—precision, energy, voice, and attitude are key in this division

Senior Showcase

- Open to seniors only (must register by January 9th).
- Routine Length: max 2 minutes 30 seconds (including intro/outro).



- Tumbling is allowed in this category only.
 - Must be performed solo.
 - Music rules the same as above.
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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).

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

9. Checklist

- Emergency Medical Forms
- Routine Music (2 copies)
- Release Agreement Form for all participants and coaching staff
- Completed Team Roster
- Team Picture

Submit highlighted items to:
info@whorunitcheer.com