

Junior High - Session 1

| Division/Session | Participants | Time Limit (Maximum) | Music | Requirements | Costuming/Uniform | Tumbling/Stunting | Misc. |
|--|--|----------------------|---|--|--|-----------------------------------|---|
| Junior High - Session 1 | | | | | | | |
| Junior High Show Cheer | Students in 8th grade or younger All girls and/or 1 boy allowed | 2 1/2 minutes | Minimum - 20 seconds Maximum - 1 1/2 minutes | 1 Cheer/Chant 1 Dance & 1 Pyramid | School Uniform | Allowed | Signs and Poms allowed |
| Junior High Performance Cheer | Students in 8th grade or younger All Girls and/or 1 Boy | 1 1/2 minutes | Music NOT Permitted | Cheer/Chant Jumps Transitions Level Changes Strong Arm Movements | School Uniform | Optional | Signs and Poms allowed |
| Junior High All Girl Stunt | Students in 8th grade or younger All Girls - can use 4 or 5 girls | 1 Minute | Can be a combination of Music and Chant/Cheer | Strong Arm Motions Creative Use of Stunting, Level Changes, Jumps and Floor use | School Uniform | Allowed | No Props |
| Junior High Pom | Students in 8th grade or younger Girls and/or Boys | 2 1/2 Minutes | All Music | Poms must be used at least 50% of routine if used 2 Roll Offs 1 Kick Line 3 Formation Changes | School Uniform | Lifts and Aerobatics Allowed | Poms are only props allowed |
| Junior High Dance Solo (pom, Jazz or hip hop) | Students in 8th grade or younger | 1 Minute | All Music | Demonstrate mastery style of type of dance performing | School Uniform, or Appropriate Costume | Small hand held props are allowed | Medals awarded to 1st, 2nd and 3rd place - Cash Prize to 1st |