



## 2009 -10 Individual Competition Categories, Rules and Guidelines

### Cheer Only –

- No music
- Cheer with motions only
- No tumbling allowed

### Best Cheerleader / Elite –

- Time limit: 1-1/2 minutes, maximum
- Music may be used for the entire routine
- Routine to include 3 jumps, tumbling pass, a cheer with motions and a dance. (Skills can be done in any order.)
- 3-Jumps must be executed consecutively.
- For Standing Tumbling – Flips in a tuck position, may be performed without hands from a back handspring entry.
- Twisting in standing tumbling is prohibited. Aerial cartwheels are allowed.
- No tumbling after a flip.
- For Running Tumbling - Flips in a tuck position, may be performed without hands. Aerial cartwheels are allowed
- Elite – Level 4 and above tumbling

### Best Cheerleader Duo -

- Time limit: 1-1/2 minutes, maximum
- Music may be used for the entire routine
- Routine to include 3 jumps, tumbling pass, a cheer with motions and a dance.

### Best Tumbling Pass –

- Music is optional
- Standing tumbling is not permitted
- 2 tumbling passes are required as per the level of skill of the performer.

### Best Dancer –

- Time Limit – 2 minutes Maximum
- Any Style of dance – all routines compete together. Fun Cheer reserves the right to divide into categories depending on number of participants..
- Routine to include dance movements and techniques, leaps, turns and kicks.
- Scored on proper technique, body control, execution, skills performed, projection and showmanship, as well as creativity and use of floor.
- Tumbling is allowed as long as one foot or hand is always touching the floor while inverted.
- Aerial cartwheels are not allowed.

### Best Jumps -

- No Music
- Cheerleader must perform 3 different jumps in their sequence.
- Reduction in points will be assessed for not executing 3 different jumps, or for executing more than 3.

### Best Stunt Group-

- Time limit – 1 minute max. Music is allowed.
- Groups (5 members maximum). 1 male is permitted.
- Participants must have a spotter present that is experienced with the routine and is able to spot the routine.
- If the spotter assists with the stunt, there will be a deduction of points from the score sheet.
- Routines to consist of Stunts only
- This is open to Junior Level and up (14 years and older.) All partners in Stunt group must be at least 14 years old.

## Fun Cheer Individual Competition Categories, Rules and Guidelines (con't)

### Partner Stunt –

- Time limit – 1 minute max. Music is allowed.
- Participants must have a spotter present that is experienced with the routine and is able to spot the routine.
- If the spotter assists with the stunt, there will be a deduction of points from the score sheet.
- The spotter will be required to assist on all cradles and other dismounts required by USASF Safety Guidelines, such as dismounting to the ground from extended stunts.
- Partners may be male/female or female/female
- Routines to consist of Stunts only
- This is open to Junior Level and up (12 years and older.) All partners in Stunt group must be at least 12 years old.

### Small Group Dance –

- Time Limit – 2 minutes Maximum
- 2-4 participants in a group.
- Any Style of Dance – All routines compete together. Fun Cheer reserves the right to divide into categories depending on number of participating groups.
- Routine to include dance movements and techniques, leaps, turns and kicks.
- Scored on proper technique, body control, execution, skills performed, projection and showmanship, as well as creativity and use of floor.
- Tumbling is allowed as long as one foot or hand is always touching the floor while inverted.
- Aerial cartwheels are not allowed.