

CHEER ELITE

Cheer Divisions

School, All Star and Rec Teams may enter in all 10 of the cheer divisions at each competition.

1. 2 ½ Minute Routine - May consist of cheer, jumps, tumbling, stunts, dance and music for all or part of the routine. No voice-overs or words may be recorded to make the team's vocal projection sound louder.

2. Game Day - The format is inspired by what teams do to demonstrate the game day environment at their school. With all four elements combined, the Game Day performance cannot exceed a 3 minute time limit.

BAND CHANT: The teams should demonstrate spirit and enthusiasm while entering the performance floor and before the music begins. A cue will **not** be given to start the Band Chant. Once the music begins, the teams cannot incorporate any skills other than kicks and jumps. Squads should utilize spirit raising props and focus on creative movements such as level changes or ripples, execution of the material and encouraging the crowd to participate.

CROWD LEADING: Following the Band Chant, the announcer will **not** give squads a game scenario indicating an offense or defense situation. The teams will use their discretion as to which one they will perform. Teams should show their definitive understanding of the situation with an offensive or defensive sideline. After the Situational Sideline, teams will move into their Cheer which can include one reflective of a timeout, general sideline/spell-out or other cheer material that incites a response and encourages the crowd to yell along. Teams will be evaluated on their ability to lead the crowd, crowd effectiveness, proper use of motions/crowd leading tools and execution of stunts/tumbling relevant to a game day environment. **NOTE:** It is a requirement to incorporate skills (stunts and/or tumbling, if the division allows) into the Crowd Leading section.

FIGHT SONG: The final element should reflect your school's traditional Fight Song. Teams should incorporate crowd effective skills (stunts and/or tumbling, if the division allows) and can include spirit raising props to enhance the overall effect. Fight Song incorporation is limited to three (3) consecutive 8-counts of stunts and/or tumbling. Counting will begin with the initiation of a skill and continue until either the incorporation is complete or the end of the 3rd 8-count. Building skills must remain stationary prior to the end of the 3rd 8-count and remain stationary until the end of the routine. (If the Fight Song repeats, the incorporation will only be permitted both times if the skills are repeated exactly the same.) For teams that do not have an official Fight Song, it is recommended to use a second selection of band chant music

3. Non Building Cheer : No partner stunts, pyramids or tosses allowed. (Example: Thigh stands are prohibited.) Tumbling is allowed. May not exceed 1 ½ minutes.

4. Non Tumbling Cheer- Prohibits all tumbling. Tumbling is defined as any skill with feet over head rotation. (Example: Handstands, handstand roll downs, forward rolls, backward rolls, cartwheels, etc. are prohibited.) Stunts ARE allowed. May not exceed 1 ½ minutes.

5. Sideline Plain - Consists of one sideline that you perform five times in a row that only consist of the cheer. No jumps, no tumbling, no stunts and no music.

6. Sideline Optional - Consists of one sideline that you perform five times in a row. CAN consist of jumps and standing tumbling. No stunts and no music.

7. Fight Song – Consists of the squad performing their school fight song/chant to the school fight song music. May contain standing tumbling and jumps. No stunts and no running tumbling. May not exceed 1 ½ minutes.

8. Game Cheer - May consist of a floor cheer, chant, tumbling, jumps and stunts. There is no music allowed in this division. Consists of the squad performing a cheer that they would typically perform during half time of a ball game. May not exceed 1 ½ minutes.

9. Time Out Dance - Consists of the squad performing a dance or pom routine no longer than 1 minute that they would typically perform during a full time out at a ball game.

10. Time Out Cheer - Consists of the squad performing a cheer no longer than 1 minute that they would typically perform during a full time out at a ball game.

Individuals/Stunt Groups

Individual Cheer w/music - May not exceed 2 minutes and 30 seconds. Must contain a cheer. May contain jumps, tumbling, dance and music.

Partner Stunt - Max. time limit of 2 minutes and 30 seconds. Must contain music. Max of 2 competing participants= 1 base, 1 flyer. MUST provide additional spotter that knows routine (Example: coach spotter)

Stunt Group - Max. time limit of 2 minutes and 30 seconds. Must contain music. Max of 5 competing participants= 4 bases and 1 flyer.