

CHEER ELITE

Cheer Divisions

Teams

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.

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

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.

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.

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.

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.

Game Cheer - May consist of a floor cheer, chant, tumbling, jumps and stunts. There is no music allowed in this division. May not exceed 1 ½ minutes.

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 time out at a ball game.

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

Teams may enter in all 9 of the cheer divisions at each competition.

Individuals/Stunt Groups

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

Partner Stunt - Max. time limit of 2 min and 30 seconds. Must contain music. Max of 2 participants= 1 base, 1 flyer. May have additional spotter.

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