



Competition Routine Requirements

ROUTINE REQUIREMENTS FOR EVERY DIVISION

It is important to know the routine rules and regulations of cheer and dance competitions in your category.

These are the requirements for each division. Keep in mind that these will vary depending on your region and group size.

***All Music routine:** This is one way to incorporate dance into your performance without using any gymnastics skills; it's also great if you don't have as many dancers available.*

SCHOOL CHEER/MUSIC ROUTINES

Attention **school teams**- You have the option to compete in either an **All Music Routine** or **Cheer/Music Routine** format. If you choose to perform an All Music Routine it must not exceed 2 minutes and 30 seconds and must follow the guidelines below with the exception of a cheer portion. Cheer/Music format guidelines are listed below.

- Total routine time **cannot** exceed 2 minutes and 30 seconds.
- The routine must consist of at least one cheer.
- A musical segment of at least 45 seconds.
- Timing begins with the first organized movement and/or first word of cheer or beat of the dance.
- Organized entrances that involve cheers or run-ons with jumps, tumbling or stunts are not permitted. Cheerleaders should enter the performance area in a timely fashion.
- Timing will end with the holding of the final movement, pyramid, or stunt.
- Partner stunts and pyramids are permitted in all divisions but non-mount.
- Routines should be choreographed so that the routine flows from one segment to the next.
- Gymnastics and jumps are permitted and encouraged.
- Teams can have no less than 5 participants.
- Mascots are welcome to perform with their teams; however, they will be counted when determining the number of participants.
- There are to be no props used in the routine with the exception of signs, pompons, flags, and megaphones.
- Team names will be called twice: once as the team on deck and once as the next team to perform.
- Teams must follow the [National Federation Safety Rules](#). Call 1-800-776-3462 to obtain a current copy.
- All routines should be appropriate for family viewing. Any vulgar or suggestive movements, words, or music will result in a score deduction. No tear-away uniforms or removal of clothing is allowed.

NON-MOUNT DIVISIONS

- Total routine time cannot exceed 2 minutes and 30 seconds.
- The routine must consist of at least one cheer.
- A musical segment of at least 45 seconds.
- Timing begins with the first organized movement and/or first word of cheer or beat of the dance.
- Organized entrances that involve cheers or run-ons with jumps, tumbling or stunts are not permitted. Cheerleaders should enter the performance area in a timely fashion.
- Timing will end with the holding of the final movement, pyramid, or stunt.
- Partner stunts and pyramids are NOT permitted.
- Routines should be choreographed so that the routine flows from one segment to the next.
- Gymnastics and jumps are permitted and encouraged.
- Teams can have no less than 5 participants.
- Mascots are welcome to perform with their teams; however, they will be counted when determining the number of participants.
- There are to be no props used in the routine with the exception of signs, pompons, flags, and megaphones.
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- Teams must follow the [National Federation Safety Rules](#). Call 1-800-776-3462 to obtain a current copy.
- All routines should be appropriate for family viewing. Any vulgar or suggestive movements, words, or music will result in a score deduction. No tear-away uniforms or removal of clothing is allowed.

NON-MOUNT/NON-TUMBLE ROUTINES

- Total routine time cannot exceed 2 minutes and 30 seconds.
- The routine must consist of at least one cheer.
- A musical segment of at least 45 seconds.
- Timing begins with the first organized movement and/or first word of cheer or beat of the dance.
- Organized entrances that involve cheers or run-ons with jumps, tumbling or stunts are not permitted. Cheerleaders should enter the performance area in a timely fashion.
- Timing will end with holding of the final movement, pyramid or stunt.
- Partner stunts and pyramids are NOT permitted.
- Gymnastics/Tumbling are NOT permitted.
- Routines should be choreographed so that the routine flows from one segment to the next.
- Teams can have no less than 5 participants.
- Mascots are welcome to perform with their teams; however, they will be counted when determining the number of participants.
- There are to be no props used in the routine with the exception of signs, pom poms, flags and megaphones.
- Team names will be called twice: once as the team on deck and once as the next team to perform.
- Teams must follow the [National Federation Safety Rules](#). Call 1-800-776-3462 to obtain a current copy.
- All routines should be appropriate for family viewing. Any vulgar or suggestive movements, words, or music will result in a score deduction. No tear-away uniforms or removal of clothing is allowed.

SCHOOL INTERMEDIATE/ADVANCED DIVISIONS

Intermediate - Mirror USASF Level 3 in addition to the NFHS Rules.

Advanced - Mirror USASF Level 5 Restricted in addition to the NFHS Rules.

GAME DAY PERFORMANCE GUIDELINES

Total Routine Time: Maximum 3:00 (no minimum time)

- Game Day Routines showcase traditional crowd leading. Teams will be scored on their ability to lead the crowd, proper game day skill incorporation/performance, motion/dance, and overall routine.
- The routine performance will follow this order: Band Chant, Situational sideline into Cheer, Fight Song. The sideline and cheer section will be defined as the Crowd Leading Portion of the routine.
- The use of crowd-leading tools such as signs, poms, flags, and/or megaphones is encouraged.
- The incorporation of skills (stunts and tumbling) is only allowed during the fight song, sideline, and cheer. **Stunts and Tumbling are not allowed in the BAND DANCE** or as a transition before/between sections, this includes entry and exit from the performance surface.
- The Band Dance should have an emphasis on crowd appeal and practicality – No stunts or tumbling permitted however jumps and kicks will be allowed.
- Following completion of the band dance, **there will be no announcement of a game situation.** Teams can perform any game situation chant they choose which transitions the squad into the crowd leading portion.
- Teams in the Game Day Non-Mount Division will not be permitted to build any stunts at any time during the performance. Teams registered in this division that build any stunts will be moved to the “Game Day” division.
- Each section should have a beginning and end. Note: Spirited crowd-leading interaction between each section is encouraged to continue the game-day feel.
- Traditional cheer uniforms are required. No costumes and/or specialty/themed uniforms are
- Props permitted are poms, signs (including flags with words/letters), and megaphones. These items are highly encouraged to better enhance the cheer’s overall effect. ***Hint: The more props incorporated the better for effective crowd***
- Props must be physically used if placed within the performance
- No “gimmicks” (i.e. confetti, balls, candy, etc.) are permitted nor permitted to be thrown into the audience at any time before, during, or after the performance.
- When entering the performance area, teams should simply walk onto the floor and immediately prepare to begin their Game Day category (in this order) -

Band Chant, Game situational sideline chant into Crowd Leading Cheer, and Fight Song.

- Timing will begin with the first organized word or movement, whichever comes first
- No person(s) is permitted to enter/run onto the performance floor at the completion of the routine. This includes coaches.

ALL STAR/REC ROUTINES

- Total routine time cannot exceed 2 minutes and 30 seconds.
- Timing begins with the first organized movement and/or first word of cheer or beat of the dance.
- Organized entrances that involve cheers or run-ons with jumps, tumbling or stunts are not permitted. Cheerleaders should enter the performance area in a timely fashion.
- Timing will end with the holding of the final movement, pyramid, or stunt.
- Partner stunts and pyramids are permitted by level guidelines.
- Routines should be choreographed so that the routine flows from one segment to the next.
- Gymnastics and jumps are permitted and encouraged by level guidelines.
- Teams can have no less than 5 participants.
- There are to be no props used in the routine with the exception of signs, pompons, flags, and megaphones.
- Team names will be called twice: once as the team on deck and once as the next team to perform.
- Teams must follow the [U.S.A.S.F. All Star Rules](#).
- All routines should be appropriate for family viewing. Any vulgar or suggestive movements, words, or music will result in a score deduction. No tear-away uniforms or removal of clothing is allowed.

ALL STAR PREP DIVISIONS

- The maximum routine length is 2 minutes.
- Teams may not practice for more than 3 hours per week.
- Teams should be designed with the purpose to introduce athletes into cheerleading without the full commitment. These are 1/2-year teams or "Local" teams that do not travel as much as the rest of the organization.
- **No athlete may crossover between teams competing in a standard division and teams competing in a "Prep" division and vice versa.**

DANCE ROUTINES

- Each team will perform a routine not to exceed 2 minutes and 15 seconds.
- The team should enter the performance area in a timely fashion.
- Timing will begin with the first organized movement, word, or beat of the music.
- Soft-soled dance shoes may be worn while competing. Bare feet are acceptable. Performing in socks is prohibited.
- Dance teams may wear approved jewelry as part of their costume. Approved jewelry includes post-earrings and hair accessories. Hoop earrings, tongue, belly, nose rings, etc. are prohibited and will result in a 5 point penalty per occurrence. Medical necklaces or bracelets may be worn but should be removed from the neck area and secured to the body with tape.
- Team names will be called twice: once as the team on deck and once as the next team to perform.
- Teams must follow the [U.S.A.S.F. All Star Rules](#) or [NFSA School team Rules](#).
- All routines should be appropriate for family viewing. Any vulgar or suggestive movements, words, or music will result in a score deduction. No tear-away uniforms or removal of clothing is allowed.

ALL OTHER ROUTINES

***CHEER SOLO**

- All music format only. Participants will be placed in the appropriate age group based on their age as of August 31st and the appropriate level. All Star MUST FOLLOW ALL STAR LEVEL RULES.
- Overall performance may not exceed 1 minute and 30 seconds. Timing will begin with the first sound of music or word. Music is required for the entire performance. Judging is based on showmanship, motion/dance execution, spirit, ability in the area of jumps and tumbling as well as overall impression.
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***CHEER DOUBLES/TRIO**

- All music format only. Participants will be placed in the appropriate age group based on their age as of August 31st and the appropriate level. All Star MUST FOLLOW ALL STAR LEVEL RULES.
- Placement will be by the oldest age of the two/three participants.
- The participants will perform the following to music: three consecutive jumps, one consecutive tumbling pass, and a dance portion performed in any order.
- The dance may include cheer motion technique and words of a cheer.
- Overall performance may not exceed 1 minute and 30 seconds. Timing will begin with the first sound of music or word. Music is required for the entire performance. Judging is based on showmanship, motion/dance execution, spirit, ability in the area of jumps and tumbling as well as overall impression.

***BEST GROUP STUNT/PARTNER STUNT**

- Each group stunt routine may be up to but no longer than 1 minute 15 seconds with background music.
- Timing will begin with the first sound of music or movement of the team. The routine does not have to be choreographed to the music.
- Teams will be judged on technique, strength and stability of stunts, the flow of routine, degree of difficulty (taking into consideration the number of stunts), the perfection of routine, and overall impression.
- No jumps or tumbling are permitted.
- There will be a penalty each time there is a violation of CCC Guidelines, High School, or All-Star Safety Guidelines. A separate penalty if your team routine exceeds the time limit.

***DANCE SOLO**

- Participants will be placed in the appropriate age group based on their age at the time of the competition.
- Overall performance may not exceed 1 minute and 30 seconds. Timing will begin with the first sound of music or word.

***DANCE DUO/TRIO**

- Participants will be placed in the appropriate age group based on their age at the time of the competition. Placement will be by the oldest age of the two/three participants.
- Overall performance may not exceed 1 minute and 30 seconds. Timing will begin with the first sound of music or word.

****Performers can only participate in 3 total specialty divisions due to scheduling and costuming issues.***