

CHAMPION PERFORMANCE REQUIREMENTS

CHEER TEAMS*

- **Total Routine Time:** 2:30 maximum
- **Your Choice:** All teams may add a cheer/chant or use all music.
- Must perform skills in a specific LEVEL only. (Please study Level breakdowns)
- Must perform all elements of the particular score sheet that pertains to each of your All-Star/School Teams, Individuals, and Stunt Groups.
 - a) EXCEPTION: NON-TUMBLE Divisions use all skills, but NO TUMBLING permitted
 - b) EXCEPTION: NON-MOUNT Divisions use all skills, but NO PARTNER STUNTS or PYRAMIDS permitted
- Each cheer team must have a minimum of 5 participants

DANCE TEAMS*

- **Total Routine Time:** 2:15 maximum
- Entire routine performed to music
- Must perform all elements of the particular score sheet that pertains to each of your Teams and Individuals in your choreography
- Please include groundwork, formation, and level changes, visuals and creativity along with your particular division.
- Tumbling and stunting (Please see USASF Dance rules, tumbling & tricks); Dance lifts are permitted as long as they do not go above shoulder level. (Please see USASF for all Dance rules)
- Each dance team must have a minimum of 5 participants, no maximum.
- Dancers may wear approved jewelry as part of their costumes. Approved earrings include posts only.
- Soft-soled shoes must be worn while competing. Wearing "socks only" is prohibited.
- Sandal soles, toe thongs, jazz shoes & sneakers are appropriate.
- Manipulating/discarding of costuming is permitted
- Pom - 80-% or more of routine w/poms and no other prop
- Jazz - incorporate technical jazz moves and no props allowed
- Funk/Hip Hop - incorporate the latest street and hip-hop funk elements. No props allowed.
- Open Dance - Routines can be made up of one style (for Tiny & Mini) or a mix of dance styles. Any combination of jazz, pom, and funk/hip hop, etc... Emphasis is placed on choreography, proper technical execution, visual effect creativity, staging and team uniformity. No props.
- **All costuming should be age appropriate and acceptable for family viewing.**

INDIVIDUAL CHEER ROUTINES*

- **Total Routine Time:** 1:00 minimum, 1:30 maximum
- At least one cheer, chant, or sideline
- At least one (8) count of dance
- Routines must be choreographed to include all components of the score sheet

INDIVIDUAL DANCE ROUTINES*

- **Total Routine Time:** 1:00 minimum, 1:30 maximum
- Entire routine performed to music
- No tumbling permitted (Unless entered in Open; excluding forward, one-shoulder, backward and side rolls)
- Dancers may wear approved jewelry as part of their costumes. Approved earrings include posts only.
- Soft-soled shoes must be worn while competing. Wearing "socks only" is prohibited.
- Sandal soles, toe thongs, jazz shoes & sneakers are appropriate.
- Manipulating/discarding of costuming is permitted

STUNT GROUP & Co-Ed STUNT ROUTINES*

- **Total Routine Time:** 1:00 maximum
- Entire routine performed to music
- No Tumbling or jumps unless needed as part of a direct transition into a stunt.
- No cheers, chants or dances.
- No props permitted
- Choreography should include a variety of stunts and transitions
- Maximum number of Participants:
 - a) Coed: 1 male/1 female (spotter optional/Champion can provide)
 - b) Group: 4/5 team members (all Girl)

PARENT FUN TEAM*

- Hey Parents! This is your chance to relive those cheerleading days gone by, and show your kids how it's done! **(Max# or participants 36)**
- This division will compete on one day only! **(Will follow Open Team Rules/Guidelines)**

CALL US WITH QUESTIONS/ 1.800.732.2309 or 919.851.5436