

Rules and Restrictions for teams, individuals and stunt groups:

Individual Cheerleader and Individual/Duo Dance Competition Rules and Requirements

1. There will be four divisions offered:
 - a) Mini (8 years & younger)
 - b) Youth (9-11 years)
 - c) Junior (12-14 years)
 - d) Senior (15-18 years)
2. All individuals are eligible regardless of whether or not their squad is competing in the squad competition (cheer will be offered in both gymnastics and non-gymnastics).
3. Ninety seconds is the maximum time allowed to perform a combined cheer and dance routine. Timing will begin with the first word, movement, or note of music occurring after each contestant is announced and has taken his or her opening position on the floor. An automatic 5-point penalty will be deducted for going 3 or more seconds over the time limit. Entrances and exits will NOT be timed or judged, and should not be choreographed. NOTE: Music may be used for any or all of the 90 sec.
4. The only skills permitted in the non-gymnastic/division are cartwheels, forward roll, heel stretch and split.
5. Individual dancers, must follow dance team rules for skills permitted.
6. No props are permitted other than pompons, megaphones, and signs.

Best Stunt Group Rules and Requirements

1. There will be five divisions offered:
 - a) Youth (11 years & younger) up to five team members - all female
 - b) Junior (14 years & younger) up to five team members - all female
 - c) Senior (18 years & younger) up to five team members - all female
 - d) Junior Coed (14 years & younger) up to five team members
 - e) Senior Coed (18 years & younger) up to five team members
2. All cheerleaders are eligible regardless of whether or not their squad is competing in the squad competition.
3. Each stunt group can compete with a maximum of five squad members (all female), unless entered in the Junior & Senior Coed Division.
4. Participants must all be from the same team.
5. Each group will perform a 60-second or less routine with background music. Timing will begin with the first movement or note of music occurring after the group has been officially announced and has taken its opening position on the floor. An automatic 5-point penalty will be deducted for going 3 or more seconds over the time limit. Entrances and exits will NOT be timed or judged.

6. No props are permitted other than pompons, megaphones and signs.
7. The same stunt rules apply to Best Group Stunt Competition as apply in the squad competition. Refer to rules for Scholastic and Recreational Squads.