



CHEER SOLO

- Time Limit – 1:30
- Routine may consist of all music, all cheer, or a combination of music and cheer.
- All tumbling skills must follow USASF/AACCA guidelines.
- Building skills are not allowed.
- Athletes will be scored in the following categories:

Points

- 5 Jump Difficulty
- 10 Jump Technique
- 5 Standing Tumbling Difficulty
- 10 Standing Tumbling Technique
- 5 Running Tumbling Difficulty
- 10 Running Tumbling Technique
- 10 Motions & Dance Difficulty
- 10 Motions & Dance Technique
- 10 Overall Creativity, Originality & Choreography
- 10 Transitions, Use of Floor & Flow of Routine
- 15 Expression, Showmanship & Crowd Appeal
- 100 TOTAL

CHEER DUET-TRIO

- Time Limit – 1:30
- Routine must include 2-3 people.
- Routine may consist of all music, all cheer, or a combination of music and cheer.
- All tumbling skills must follow USASF/AACCA guidelines.
- Building skills are not allowed.
- Athletes will be scored in the following categories:

Points

- 5 Jump Difficulty
- 10 Jump Technique
- 5 Standing Tumbling Difficulty
- 10 Standing Tumbling Technique
- 5 Running Tumbling Difficulty
- 10 Running Tumbling Technique
- 10 Motions & Dance Difficulty
- 10 Motions & Dance Technique
- 10 Overall Creativity, Originality & Choreography
- 10 Transitions, Use of Floor & Flow of Routine
- 15 Expression, Showmanship & Crowd Appeal
- 100 TOTAL



CHEER SOLO (NON-TUMBLING)

- Time Limit – 1:30
- Routine may consist of all music, all cheer, or a combination of music and cheer.
- Building skills are not allowed.
- Athletes will be scored in the following categories:

Points

- 10 Jump Difficulty
- 15 Jump Technique
- 15 Motions & Dance Difficulty
- 15 Motions & Dance Technique
- 15 Overall Creativity, Originality & Choreography
- 15 Transitions, Use of Floor & Flow of Routine
- 15 Expression, Showmanship & Crowd Appeal
- 100 TOTAL

CHEER DUET-TRIO (NON-TUMBLING)

- Time Limit – 1:30
- Routine may consist of all music, all cheer, or a combination of music and cheer.
- Building skills are not allowed.
- Athletes will be scored in the following categories:

Points

- 10 Jump Difficulty
- 15 Jump Technique
- 15 Motions & Dance Difficulty
- 15 Motions & Dance Technique
- 15 Overall Creativity, Originality & Choreography
- 15 Transitions, Use of Floor & Flow of Routine
- 15 Expression, Showmanship & Crowd Appeal
- 100 TOTAL



DANCE SOLO

- Time Limit – 1:30
- A dancer may perform a solo with choreography that supports one of the following categories: Hip Hop, Jazz, Lyrical/Contemporary, or Open. (Any style that is not listed may be performed in the open solo division.)
- Athletes will be scored in the following categories:

Points

- 10 Content & Choreography
- 10 Routine Difficulty
- 10 Skill Difficulty
- 5 Creativity
- 10 Quality of Movement
- 20 Placement/Alignment
- 10 Expression
- 10 Routine Perfection
- 15 Overall Impression
- 100 TOTAL

DANCE DUET / TRIO

- Time Limit – 1:30
- A small group of dancers may perform a duet/trio with choreography that supports one of the following categories: Hip Hop, Jazz, Lyrical/Contemporary, or Open. (Any style that is not listed may be performed in the open solo division.)
- Athletes will be scored in the following categories:

Points

- 10 Content & Choreography
- 10 Routine Difficulty
- 10 Skill Difficulty
- 5 Creativity
- 10 Quality of Movement
- 20 Placement/Alignment
- 10 Expression
- 10 Routine Perfection
- 15 Overall Impression
- 100 TOTAL



STUNT GROUP

- Time Limit – 1:30
- All building skills must follow USASF guidelines.
- A stunt group may consist of 4 or 5 people.
 - Those athletes must fill the position of base, base, top person, back spot, and may additionally include a front spot (although it is not required.)
- Athletes will be scored in the following categories:

Points

- 15 Stunt Difficulty
- 15 Perfection of Routine
- 20 Base/Spotter Technique
- 20 Top Person Technique
- 15 Creativity & Crowd Appeal
- 15 Transitions & Flow of Routine
- 100 TOTAL

COED PARTNER STUNT

- Time Limit – 1:30
- All building skills must follow USASF guidelines.
- A stunt group must consist of 3 people.
 - Those athletes must fill the position of base, top person, and spotter. The spotter may only assist the base with the catching of the dismount to ensure the safety of the top person, and cannot assist the base with the load-in's or stunt transitions. The spotter must follow the USASF glossary definition.
- Athletes will be scored in the following categories:

Points

- 15 Stunt Difficulty
- 15 Perfection of Routine
- 20 Base Technique
- 20 Top Person Technique
- 15 Creativity & Crowd Appeal
- 15 Transitions & Flow of Routine
- 100 TOTAL