

SCHOOL CHEER CATEGORIES

CATEGORY is defined by the type of performance you select.

Show Cheer - Music Required - Time limit: 2:30

Sideline Performance Cheer - No music allowed - Time limit: 1:15

SHOW CHEER: Performance using music, cheer or any combination thereof. **Music is required in this category.** Music may be positioned for a segment, half, or the entire performance. Gymnastic skills are required as a component of the total team score; lack of tumbling in a Show Cheer Routine will result in a 0 in any tumbling category. **Building Skills are required; omission of stunts, tosses, pyramids, dismounts and/or jumps in a Show Cheer routine will result in a 0.** Poms, megaphones, signs, and banners are encouraged. Tear away uniforms or removal of clothing is prohibited. Formal entrances are prohibited (i.e. crowd response chants or cheers, choreographed marching, or stunts). A quick team huddle prior to performance is not allowed on the performance surface. Spirited entrances are allowed; teams should take no longer than 10 seconds to set for their routine.

SHOW CHEER NON TUMBLING: Performance using music, cheer or any combination thereof. **Music is required in this category.** Music may be positioned for a segment, half, or the entire performance. ALL gymnastic/tumbling skills are PROHIBITED, including but not limited to forward/backward rolls, handsprings, aerials. Legal stunt inversions into or from stunts will not be considered tumbling/gymnastics and are therefore allowed in this division. **Building skills are required; omission of stunts, tosses, pyramids, dismounts and/or jumps in a Show Cheer routine will result in a 0. All skills are limited to Level 3 Building Skills.** Poms, megaphones, signs, and banners are encouraged. Tear away uniforms or removal of clothing is prohibited. Formal entrances are prohibited (i.e. crowd response chants or cheers, choreographed marching, or stunts). A quick team huddle prior to performance is not allowed on the performance surface. Spirited entrances are allowed; teams should take no longer than 10 seconds to set for their routine.

SIDELINE PERFORMANCE CHEER: A performance using cheers, chants, crowd response and any combination thereof. **Music or amplified sound is strictly forbidden in this category.** Limited Gymnastic skills, jumps, and or stunts may be incorporated. Basket tosses or sponge tosses are prohibited. At least one of the following props is required; poms, banners, megaphones, flags, drum cadences or signs. **A spirited entrance is required and will be judged** and may include crowd response chants, cheers, choreographed marching, and or stunts. **This spirited entrance will be included in a team's total performance time limit.**



SCHOOL CHEER DIVISIONS

DIVISION is defined by the age of the oldest participant. **LEVEL** is defined by the degree of skill difficulty you select

SCHOOL SHOW CHEER: Music Required - Time limit: 2:30

DIVISIONS

Elementary Level 1
Elementary Level 2
Jr. High/Middle School Level 1
Jr. High/Middle School Level 2
Jr. High/Middle School Level 3
Freshman Level 1
Freshman Level 2
Junior Varsity Non-Tumbling
Junior Varsity Level 1
Junior Varsity Level 2
Junior Varsity Level 3.1
Junior Varsity Level 3
Varsity Non-Tumbling
Varsity Level 1
Varsity Level 2
Varsity Level 3.1
Varsity Level 3
Varsity Co-Ed Non-Tumbling
Varsity Co-Ed Level 1
Varsity Co-Ed Level 2
Varsity Co-Ed Level 3.1
Varsity Co-Ed Level 3

GRADE

6th grade and under
6th grade and under
9th grade and under
9th grade and under
9th grade and under
9th grade ONLY
9th grade ONLY
11th grade and under
11th grade and under
11th grade and under
11th grade and under
11th grade and under
11th grade and under
12th grade and under
12th grade and under
12th grade and under
12th grade and under
12th grade and under
12th grade and under
12th grade and under
12th grade and under
12th grade and under
12th grade and under
12th grade and under

PARTICIPANTS

(5- 36 members, male and/or female)
(5- 36 members, male and/or female)
(5- 36 members, male and/or female)
(5- 36 members, male and/or female)
(5- 36 members, male and/or female)
(5- 36 members, male and/or female)
(5- 36 members, male and/or female)
(5- 36 members, male and/or female)
(5- 36 members, male and/or female)
(5- 36 members, male and/or female)
(5- 36 members, all female and up to 1 male)
(5- 36 members, all female and up to 1 male)
(5- 36 members, all female and up to 1 male)
(5- 36 members, all female and up to 1 male)
(5- 36 members, all female and up to 1 male)
(5- 36 members, all female and up to 1 male)
(5- 36 members, 2 or more males and female)
(5- 36 members, 2 or more males and female)
(5- 36 members, 2 or more males and female)
(5- 36 members, 2 or more males and female)
(5- 36 members, 2 or more males and female)
(5- 36 members, 2 or more males and female)

SCHOOL SIDELINE PERFORMANCE CHEER: No Music Allowed - Time limit: 1:15

DIVISIONS

Jr. High/Middle School
Junior Varsity
High School
High School Co-Ed

GRADE

9th grade and under
11th grade and under
12th grade and under
12th grade and under

PARTICIPANTS

(5- 36 members, male and/or female)
(5- 36 members, male and/or female)
(5- 36 members, all female and up to 1 male)
(5- 36 members, 2 or more males and female)

GROUP/PARTNER STUNT: Offered at Nationals ONLY

DIVISIONS

Coed Partner Stunt
Junior Varsity Group Stunt
Varsity Group Stunt

GRADE

12th grade and under
11th grade and under
12th grade and under

PARTICIPANTS

(2 members, male and/or female)
(4-5 members, all female)
(4-5 members, all female)

