



SCHOOL CHEER CATEGORIES

CATEGORY is defined by the type of performance you select.

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. Please refer to the remainder of the School Cheer section for complete details on Show Cheer routine requirements.

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. Please refer to the remainder of the School Cheer section for complete details on Show Cheer routine requirements.

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: 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
 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, 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, 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: TIME LIMIT 1:15

DIVISIONS

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

GRADE

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

PARTICIPANTS*

(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)

*No less than 5 members and no more than 36 members are allowed on the floor under any circumstances.