

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

Group/Partner Stunt - Music Required - Time limit: 1:00

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. **Lack of required technical skills elements in a Show Cheer Routine will result in a 0 in those scoring elements.** 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. The performance of tumbling skills during the entrance or exit of a team onto/from the competition floor is prohibited.

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 **etc.** Legal stunt inversions into or from stunts will not be considered tumbling/gymnastics and are therefore allowed in this division. **Lack of required technical skills elements in a Show Cheer Non Tumbling Routine will result in a 0 in those scoring elements.** 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 **technical skill elements** may be incorporated **but must follow the Sideline Performance Cheer rules and limitations.** Basket tosses or sponge tosses are prohibited. At least one of the following props is required **but teams are strongly encouraged to use a variety of props that support crowd leading;** 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.**

GROUP/PARTNER STUNT: Performance using music, cheer or any combination thereof. Music is required in this category. Music is required in this category. Music may be positioned for a segment, half, or the entire performance. Building Skills are required; please see the Group and Partner Stunt Scoresheet for required building skills. All building skills are limited to Schools Level 3 Building allowances and must comply with NFHS Rules. 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. The performance of tumbling skills during the entrance or exit of a team onto/from the competition floor is prohibited. Group stunt is limited to 4-5 members. Partner Stunt is limited to 2 members. Partner Stunt routines may incorporate an additional spotter who may be used to **CATCH** dismounts from the partner stunts or catch the flyer due to a fall from a stunt. The spotter in Partner Stunt routines is PROHIBITED in assisting in the building of stunts, stabilization of stunts, and MAY NOT touch the stunt to assist in the pop for a dismount (but may assist in catching the dismount).

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	GRADE	PARTICIPANTS
Elementary Level 1	6th grade and under	(5- 36 members, male and/or female)
Elementary Level 2	6th grade and under	(5- 36 members, male and/or female)
Jr. High/Middle School Level 1	9th grade and under	(5- 36 members, male and/or female)
Jr. High/Middle School Level 2	9th grade and under	(5- 36 members, male and/or female)
Jr. High/Middle School Level 3	9th grade and under	(5- 36 members, male and/or female)
Freshman Level 1	9th grade ONLY	(5- 36 members, male and/or female)
Freshman Level 2	9th grade ONLY	(5- 36 members, male and/or female)
Junior Varsity Non-Tumbling Level 3	11th grade and under	(5- 36 members, male and/or female)
Junior Varsity Level 1	11th grade and under	(5- 36 members, male and/or female)
Junior Varsity Level 2	11th grade and under	(5- 36 members, male and/or female)
Junior Varsity Level 3.1	11th grade and under	(5- 36 members, male and/or female)
Junior Varsity Level 3	11th grade and under	(5- 36 members, male and/or female)
Varsity Non-Tumbling Level 1	12th grade and under	(5- 36 members, all female and up to 1 male)
Varsity Non-Tumbling Level 3	12th grade and under	(5- 36 members, all female and up to 1 male)
Varsity Level 1	12th grade and under	(5- 36 members, all female and up to 1 male)
Varsity Level 2	12th grade and under	(5- 36 members, all female and up to 1 male)
Varsity Level 3.1	12th grade and under	(5- 36 members, all female and up to 1 male)
Varsity Level 3	12th grade and under	(5- 36 members, all female and up to 1 male)
Varsity Co-Ed Non-Tumbling Level 3	12th grade and under	(5- 36 members, 2 or more males and female)
Varsity Co-Ed Level 1	12th grade and under	(5- 36 members, 2 or more males and female)
Varsity Co-Ed Level 2	12th grade and under	(5- 36 members, 2 or more males and female)
Varsity Co-Ed Level 3.1	12th grade and under	(5- 36 members, 2 or more males and female)
Varsity Co-Ed Level 3	12th grade and under	(5- 36 members, 2 or more males and female)

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

DIVISIONS	GRADE	PARTICIPANTS
Elementary	6th grade and under	(5- 36 members, male and/or female)
Jr. High/Middle School	9th grade and under	(5- 36 members, male and/or female)
Junior Varsity	11th grade and under	(5- 36 members, male and/or female)
Varsity	12th grade and under	(5- 36 members, all female and up to 1 male)
Varsity Co-Ed	12th grade and under	(5- 36 members, 2 or more males and female)

GROUP/PARTNER STUNT: Offered at Nationals ONLY - Time limit: 1:00

DIVISIONS	GRADE	PARTICIPANTS
Coed Partner Stunt	12th grade and under	(2 members, male and/or female)
Junior Varsity Group Stunt	11th grade and under	(4-5 members, all female)
Varsity Group Stunt	12th grade and under	(4-5 members, all female)