

Performance Division Rules

- The performance division is your standard cheer routine. This is the style that you would see on TV or at most competitions.
- Total routine is limited to 2 minutes and 30 seconds.
- Music is permitted/encouraged.
 - Music section may be the entire routine length or only a small portion of the routine, there are no restrictions to music length other than music and total routine must be under 2 mins and 30 seconds.

Sections to Include

You will be judged on the following sections:

- Motions/Dance
 - Sharpness and Strength of motions
- Stunts
 - Technique, Difficulty, and Timing
- Pyramid
 - Technique, Difficulty, and Timing
- Jumps
 - Technique, Difficulty, and Timing
- Tumbling
 - Standing and Running
- Dance.
- Creativity

Restrictions

- All routines must follow **AACCA** rules, no exceptions.

