

CELEBRITY

INDIVIDUAL EVENT ROUTINE

Requirements & Restrictions

CHEER

AGE DIVISIONS

Division	Tiny	Mini	Youth	Junior	Senior	Open	Exhibition
Age	3-6	7-8	9-11	12-14	15-18	19+	Any Age

1. Age division is determined by the age of the athlete(s) as of August 31, 2017
2. In group events, the oldest athlete will determine the age division.

BEST CHEERLEADER

<i>Time Limit</i>	Routine cannot exceed 1:30
<i>Music</i>	Music may be used for the entire routine or a portion of it.
<i>Routine</i>	Should include jumps, tumbling (standing/running), and motions/dance.
<i>Tumbling</i>	Must follow USASF Level 5 Tumbling Guidelines.

CROWD PLEASER

<i>Time Limit</i>	Routine cannot exceed 1:30
<i>Music</i>	Music may be used for the entire routine or a portion of it.
<i>Routine</i>	Should include jumps and motions/dance.
<i>Tumbling</i>	Tumbling that involves hip-over-head rotation is not permitted.

JUMP ONLY

<i>Music</i>	Use of music is not permitted.
<i>Routine</i>	Must include 3 different jumps. May not execute more than 3 jumps. Tumbling skills are not included.

TUMBLE PASS

<i>Music</i>	Use of music is not permitted.
<i>Routine</i>	Limited to 1 pass and cannot exceed the length of 1 competition floor diagonal. Athlete must start and end on the competition floor. Skills are limited to 1 flipping and 2 twisting rotations.

CHEER GROUP

<i>Time Limit</i>	Routine cannot exceed 1:30.
<i>Music</i>	Music may be used for the entire routine or a portion of it.
<i>Routine</i>	2-4 athletes (any combination of male/female). Should include jumps, tumbling (standing/running), and motions/dance. Stunting is not permitted.
<i>Tumbling</i>	Must follow USASF Level 5 Tumbling Guidelines.

STUNT GROUP

<i>Time Limit</i>	Routine cannot exceed 1:30.
<i>Music</i>	Music may be used for the entire routine or a portion of it.
<i>Routine</i>	4-5 athletes (any combination of male/female). Must provide an additional spotter who is not involved in the execution of any stunts. Must adhere to USASF Safety Guidelines including those placed on age divisions. (i.e. a group competing in the Mini Division is not allowed to execute skills beyond Level 2).

PARTNER STUNT

<i>Time Limit</i>	Routine cannot exceed 1:30.
<i>Music</i>	Music may be used for the entire routine or a portion of it.
<i>Routine</i>	2 athletes (any combination of male/female). Must provide an additional spotter who is not involved in the execution of any stunts. Must adhere to USASF Safety Guidelines including those placed on age divisions. Partner Stunt is only offered in the Junior, Senior and Open Age Divisions.