

# CELEBRITY

## INDIVIDUAL EVENT ROUTINE

### Requirements & Restrictions

## CHEER

#### AGE DIVISIONS

## DIVIDED BY GRADE

MUST FOLLOW AACCA RULES & GUIDELINES

#### 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.

#### 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.

#### 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.

#### 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.