



INDIVIDUAL/SMALL GROUP PERFORMANCE GUIDELINES



Best Cheerleader

Only 1 performer allowed. Routines must consist of a cheer portion, a dance portion, at least three stamina jumps, and tumbling skills. Time limit is 1 ½ minutes. Music may be used for all or part of the routine. There is no limit to the number of incorporations (jumps, tumbling, etc.). Tumbling skills are limited to Level 5 Guidelines. Please visit our SCORING page for a Sample Score Sheet.

Best Cheerleader Small Group

Groups may include 2 or 3 participants. Any combination of male-female groups will compete against all female groups. Routines must consist of a cheer portion, a dance portion, at least three stamina jumps, and tumbling skills. Time limit is 1 ½ minutes. Music may be used for all or part of the routine. There is no limit to the number of incorporations (jumps, tumbling, etc.). Tumbling skills are limited to Level 5 Guidelines. Please visit our SCORING page for a Sample Score Sheet.

Best Dancer

Routine can consist of any style of dance, such as hip hop, jazz, pom, open, or a mix of styles. Time limit is 2 minutes. Props and costumes are allowed. Technique and/or Skill incorporation is recommended based on the performer's style choice. Please visit our SCORING page for a Sample Score Sheet.

Best Dancer Small Group

Groups may include 2 or 3 participants. Any combination of male-female groups will compete against all female groups. Time limit is 2 minutes. Props and costumes are allowed. Technique and/or Skill incorporation is recommended based on the group's style choice. Please visit our SCORING page for a Sample Score Sheet.

Power Tumbling

Performance must include 2 Running Tumbling passes (corner to corner). Passes may be different. Passes will have a point value based on the degree of difficulty and an execution score. Please visit our SCORING page for a Sample Score Sheet.

Power Jumps

Performance must include 5 Stamina Jumps (connected jumps) of your choice. Execution, Variety, and Difficulty will be considered when scoring. Please visit our SCORING page for a Sample Score Sheet.