



# 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.



# CHEER AMERICA INDIVIDUAL SMALL GROUP AGES & DIVISIONS



## Individual/Small Group Age Grid

DIVISION	AGE
Mini	5-8 years of age
Youth	9-11 years of age
Junior	12-14 years of age
Senior	15-18 years of age

- Age Divisions are determined by the age of the athlete as of August 31, 2019.
- All Individuals must compete within their qualified Age Division (*please note that we are no longer offering a Tiny Division*).
- Small Groups will compete by the age of the group's OLDEST member.

**IMPORTANT:** We will be offering **INDIVIDUAL/SMALL GROUP** competition all of our events for the 2017-2018 season with the exception of Cheer Bowl Nationals. Cheer America may combine or split divisions in the interest of competition while maintaining fairness. Splitting or combining divisions is based on competition enrollment and may change from event to event.

## Individual/Small Group Categories

CATEGORY	GUIDELINES
Best Cheerleader - Individual	1 Performer, Max Time = 1:30, See "Routine Guidelines" for specific requirements
Best Cheerleader - Small Group	2 or 3 Performers, Max Time = 1:30, See "Routine Guidelines" for specific requirements
Best Dancer - Individual	1 Performer, Max Time = 2:00, See "Routine Guidelines" for specific requirements <b>STYLE NOTES:</b> <ul style="list-style-type: none"> <li>• Mini Individuals will be classified as OPEN style.</li> <li>• Youth, Junior, and Senior Individuals MAY be broken into styles IF enrollment allows (Hip Hop, Jazz, Lyrical)</li> </ul>
Best Dancer - Small Group	2 or 3 Performers, Max Time = 2:00, See "Routine Guidelines" for specific requirements <b>STYLE NOTES:</b> <ul style="list-style-type: none"> <li>• Mini Individuals will be classified as OPEN style.</li> <li>• Youth, Junior, and Senior Individuals MAY be broken into styles IF enrollment allows (Hip Hop, Jazz, Lyrical)</li> </ul>
Power Tumbling	1 Performer, 2 Running Tumbling Passes
Power Jumps	1 Performer, 5 Consecutive Jumps

The following divisions will be divided into MALE and FEMALE (if applicable):

- Best Cheerleader – Junior and Senior
- Power Tumbling – Junior and Senior
- Power Jumps – Junior and Senior