



CHEER AMERICA

Individual & Small Group

RULES

2024-2025



This document contains information for the Individual and Small group divisions offered for the 2024-2025 season. Please remember these divisions are only offered at select events.

BEST CHEERLEADER <i>PERFORMANCE TIME: 1 minute 30 seconds</i>	BEST DANCER <i>PERFORMANCE TIME: 2 minutes</i>
Individual or Small Group (2-4 athletes)	Individual or Small Group (2-4 athletes)
<ul style="list-style-type: none"> Athletes will provide their own music. All Skills performed must be legal in level 6 and follow all safety guidelines per the USASF. No Stunting Skills allowed. 	<ul style="list-style-type: none"> Athletes will provide their own music. All skills performed must be legal and follow safety guidelines set by the USASF.

GROUP STUNT <i>PERFORMANCE TIME: 1 minute</i>	PARTNER STUNT <i>PERFORMANCE TIME: 1 minute</i>
ALL GIRL (4 athletes)	COED or ALL-GIRL (3 athletes including a spotter)
<ul style="list-style-type: none"> Groups will provide their own music. All Skills performed must be legal in level 6 and follow all safety guidelines per the USASF. 	<ul style="list-style-type: none"> Athletes will provide their own music. All Skills performed must be legal in level 6 and follow all safety guidelines per the USASF.

POWER JUMPS <i>PERFORMANCE: Athletes choice of 3 Connected Jumps Only</i>	POWER TUMBLING <i>PERFORMANCE: 2 Running Tumbling passes</i>
INDIVIDUAL	INDIVIDUAL
<ul style="list-style-type: none"> Cheer America will provide background music. All Jumps performed must be legal in level 6 and follow all safety guidelines per the USASF. 	<ul style="list-style-type: none"> Cheer America will provide background music. All Skills performed must be legal in level 6 and follow all safety guidelines per the USASF.

CHEER ONLY <i>PERFORMANCE TIME: 30 seconds</i>	SPIRIT LEADER <i>PERFORMANCE TIME: 1 minute 30 seconds</i>
INDIVIDUAL	INDIVIDUAL
<ul style="list-style-type: none"> There will be no background music. No Skills should be performed. Motions only. 	<ul style="list-style-type: none"> Athletes will provide their own music. All Jumps performed must be legal in level 6 and follow all safety guidelines per the USASF. No Tumbling Skills Allowed.