

# INDIVIDUAL AND SMALL GROUP DIVISIONS

## New Virtual Championships Individual and Small Group Divisions

AGE LEVEL	
Mini	Ages 5-8
Youth	Ages 5-11
Junior	Ages 6-15
Senior	Ages 12-18

INDIVIDUAL AND SMALL GROUP DIVISIONS		
Best Cheerleader		
Elite Best Cheerleader	The Junior and Senior Levels will be broken into separate Female and Male Divisions	
Elite Best Cheerleader Duo	Will compete in the age division of its oldest member, No restricted Skills, two athletes	
Elite Best Cheerleader Small Group	Will compete in the age division of its oldest member, No restricted Skills, 3-5 athletes	
Best Dancer		
Best Dancer Duo	Will compete in the age division of its oldest member, two athletes	
Best Dancer Small Group	Will compete in the age division of its oldest member, 3-5 athletes	
Cheer Only		
Spirit Leader		
Spirit Leader Duo	Will compete in the age division of its oldest member, two athletes	
Youth Stunt Group		female/male, 4-5 members
Junior Stunt Group		female only, 4-5 members
Senior Stunt Group		female only, 4-5 members
Coed Stunt Group		female/male, 4-5 members

<b>Junior Partner Stunts</b>		female/male, 2 athletes + required spotter
<b>Senior Partner Stunts</b>	12-18 years of age	female/male, 2 athletes + required spotter
<b>Power Jumps</b>	The Junior and Senior Levels will be broken into separate Female and Male Divisions	
<b>Power Tumbling</b>	The Junior and Senior Levels will be broken into separate Female and Male Divisions	

**Group & Partner Stunt** routines may be up to 60 seconds with music. The routine does not necessarily need to be choreographed to the music. Partner stunt participants must provide their own spotter. The spotter may not assist with stunts. Groups may have up to five members. Partner Stunts is two members.

**Spirit Leader** routines may be up to 90 seconds with music. The routine must include a cheer (over the music is allowed) and dance and should be designed to motivate the crowd. No tumbling is permitted. Participant must also incorporate at least three jumps.

**Spirit Leader Duo** must include two competitors; routines may be up to 90 seconds with music. Male/Female combinations are allowed. The routine must include a cheer (over the music is allowed) and dance and should be designed to motivate the crowd. No tumbling is permitted. Participants must also incorporate at least three jumps.

**Best Cheerleader** routines must consist of three stamina jumps, tumbling skills, a cheer and dance. NO Lay-outs or Full Twisting Tumbling Allowed. All flips must be in a TUCKED position! All flips from a standing position must originate from a back-handspring (No standing back tucks). Aerial Cartwheels ARE Permitted. Time limit is 90 seconds. Music may be used for all or part of the routine. There is no limit to the number of incorporations (jumps, tumbling, etc.). Standing Tumbling: Flips must be performed in a tuck position and must be performed from a back handspring. Running Tumbling: Flips must be performed in a tuck position. No tumbling after a flip. No twisting skills allowed. Aerial cartwheels permitted.

**Elite Best Cheerleader** routines must consist of three stamina jumps, tumbling skills, a cheer and dance. Time limit is 90 seconds. 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.

**Best Cheerleader Duo** routines must include two competitors. Time limit is 90 seconds. Routines must consist of three stamina jumps, tumbling skills, a cheer and dance. Music may be used for all or part of the routine. There is no limit to the number of incorporations. No stunts allowed. Tumbling skills are limited to Level 5 guidelines.

**Best Cheerleader Small Group** routines have the same guidelines as Best Cheerleader Duo. Groups are 3-5 participants. No stunts allowed. Tumbling skills are limited to Level 5 guidelines.

**Cheer Only** routines must consist of a cheer not to exceed 30 seconds. No jumps, tumbling or music allowed.

**Power Tumbling** must include two running passes (corner to corner). Passes may be different.

**Power Jumps** must include five stamina (connected) jumps of choice. Please be aware that variety is a category on the score sheet.

**Best Dancer** routines must not exceed 90 seconds. Props are allowed. A combination of any number of dance styles is allowed.

**Best Dancer Duo** routines must not exceed 90 seconds. Groups may include up to 2 participants. Props are allowed. A combination of any number of dance styles is allowed. Females and males will compete with one another.

**Best Dancer Small Group** routines must not exceed 90 seconds. Groups are 3 to 5 participants. Props are allowed. A combination of any number of dance styles is allowed. All combinations of females and males will compete with one another.

**Competition Information**

An athlete may compete in Best Cheerleader or Elite Best Cheerleader, BUT NOT BOTH.

IMPORTANT: Cheer America will combine divisions in the interest of competition while maintaining fairness.