



INDIVIDUAL CHEER: DIVISIONS 2022-2023 SEASON



AGE LEVEL	
MINI	Ages 5-8
YOUTH	Ages 5-11
JUNIOR	Ages 6-15
SENIOR	Ages 12-18

INDIVIDUAL & SMALL GROUP DIVISIONS	
BEST CHEERLEADER <i>(1 athlete)</i>	Junior and Senior Levels will be broken into separate Female and Male Divisions
BEST CHEERLEADER- SMALL GROUP <i>(2-5 athletes)</i>	The group will compete in the age division of its oldest member - <i>All combinations of Males & Females will compete together</i>
BEST DANCER <i>(1 athlete)</i>	Junior and Senior Levels will be broken into separate Female and Male Divisions
BEST DANCER- SMALL GROUP <i>(2-5 athletes)</i>	The Group will compete in the age division of its oldest member - <i>All combinations of Males & Females will compete together</i>
GROUP STUNT <i>(up to 5 athletes)</i>	Junior and Senior Levels will be broken into separate All Girl and COED Divisions
PARTNER STUNT <i>(2 athletes & 1 spotter)</i>	Junior and Senior Levels will be broken into separate All Girl and COED Divisions
POWER JUMPER <i>(1 athlete)</i>	The Junior & Senior Levels will be broken into separate Female and Male Divisions
POWER TUMBLING <i>(1 athlete)</i>	The Junior & Senior Levels will be broken into separate Female and Male Divisions
CHEER ONLY <i>(1 athlete)</i>	Males & Females will compete together in all age divisions
SPIRIT LEADER <i>(1 athlete)</i>	Males & Females will compete together in all age divisions

DESCRIPTION OF DIVISIONS

- **BEST CHEERLEADER (1 athlete)**: Routines must consist of three stamina jumps, tumbling skills, a cheer and dance. Time limit is 90 seconds and 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 6 guidelines.
- **BEST CHEERLEADER- SMALL GROUP (2-5 athletes)**: Routines must consist of three stamina jumps, tumbling skills, a cheer and dance. Time limit is 90 seconds and 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 6 guidelines.
- **GROUP STUNT (up to 5 athletes)**: Routines may be up to 60 seconds with music. The routine does not necessarily need to be choreographed to the music.
- **PARTNER STUNT (2 athletes & spotter)**: Routines may be up to 60 seconds with music. The routine does not necessarily need to be choreographed to the music. Must provide their own spotter, & the spotter may NOT assist with stunts.
- **BEST DANCER (1 athlete)**: Routines may not exceed 90 seconds. Props are allowed. A combination of any number of dance styles is allowed.
- **BEST DANCER SMALL GROUP (2-5 athletes)**: Routines may not exceed 90 seconds. Props are allowed. A combination of any number of dance styles is allowed.
- **POWER TUMBLING (1 athlete)**: Must include two running passes (corner to corner). Passes may be different.
- **POWER JUMPS (1 athlete)**: Must include five stamina (connected) jumps of choice. Please be aware that variety is a category on the score sheet.
- **CHEER ONLY (1 athlete)**: Routines must consist of a cheer not to exceed 30 seconds. No jumps, tumbling or music allowed.
- **SPIRIT LEADER (1 athlete)**: 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.