



CHEERLEADING

	JUNIORS	SENIORS
PERFORMERS	Minimum 16 Maximum 30	Minimum 12 Maximum 20
PERFORMANCE AREA	16 m x 16 m	16 m X 16 m
TIME	Minimum 2:30 seconds Maximum 4:00 mins <ul style="list-style-type: none">Excluding entrance (30 secs) and exit (30 secs)Time starts from first movement/cheer/beat/note of music and ends at the last beat/note of music	Minimum 2:30 secs Maximum 4:00 mins <ul style="list-style-type: none">Excluding entrance (30 secs) and exit (30 secs)Time starts from first movement/cheer/beat/note of music and ends at the last beat/note of music
PROPS	<ul style="list-style-type: none">Banners/placards/signboardsFlagsMegaphonesPompoms <p>Note: Flags/banners with poles or any similar support are not allowed to be used with stunting or tumbling. Hard materials, electric signs, and</p>	<ul style="list-style-type: none">Banners/placards/signboardsFlagsMegaphonesPompoms <p>Note: Flags/banners with poles or any similar support are not allowed to be used with stunting or tumbling.Hard materials, electric signs, and sharp</p>

	sharp objects are prohibited. Maximum of 3 props are to be used.	objects are prohibited. Maximum of 3 props are to be used.
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ROUTINE REQUIREMENTS

	JUNIORS	SENIORS
SIDE LINE AND SCHOOL CHEER	<p>Minimum 20 secs Maximum 90 secs (1 min 30 secs)</p> <ul style="list-style-type: none"> • 1 school cheer and 1 side line • Must include 1 stunt (pyramid is optional) • All members must perform at least 4 different arm motions SIMULTANEOUSLY <p>Note: clasp, clap, hand on hips/thighs are not counted in the series</p>	<p>Minimum 20 secs Maximum 90 secs (1 min 30 secs)</p> <ul style="list-style-type: none"> • 1 school cheer and 1 side line • Must include 1 stunt (pyramid is optional) • All members must perform at least 4 different arm motions SIMULTANEOUSLY <p>Note: clasp, clap, hand on hips/thighs are not counted in the series</p>
CLIMBING	<ol style="list-style-type: none"> 1. Any flipping toss to the third layer of The pyramid is prohibited 2. Aerial twisting into a stunt or pyramid exceeding 1 rotation is prohibited 	<ol style="list-style-type: none"> 1. Any flipping toss to the third layer of The pyramid is prohibited 2. Aerial twisting into a stunt or pyramid exceeding 2 rotation is prohibited
DISMOUNT	<ol style="list-style-type: none"> 1. Top person cannot dismount directly towards floor unassisted from 2 	<ol style="list-style-type: none"> 1. Top person cannot dismount directly towards floor unassisted from 2

	<p>high or above</p> <ol style="list-style-type: none"> 2. Twisting dismount from stunt or pyramid exceeding 1 rotation is prohibited 3. Backward tumble dismount is prohibited 4. Front flip dismount is allowed if the 3 original bases will catch in a cradle position 5. Cartwheel dismount is not allowed 6. Dismount from hands to the floor is not allowed 	<p>high or above</p> <ol style="list-style-type: none"> 2. Twisting dismount from stunt or pyramid exceeding 2 rotations is prohibited 3. Backward tumble dismount is prohibited 4. Front flip dismount is allowed if the 3 original bases will catch in a cradle position 5. Cartwheel dismount is allowed with the requirement of 2 catchers for each flyer 6. Dismount from hands to the floor is allowed as long as the main base Breaks the fall of the flyer properly
LANDING	Landing on the ground other than the feet is not allowed.	Landing on the ground other than the feet is not allowed.
PARTNER STUNS AND PYRAMIDS	<ol style="list-style-type: none"> 1. Extended stunts are permitted up to 2 1/2 person high 2. Partner stunts must be performed with no more than 4 bases 3. Pyramids are up to 3 layer 2 1/2 high 4. No inversion in stunts and pyramids 	<ol style="list-style-type: none"> 1. Extended stunts are permitted up to 2 1/2 person high 2. Partner stunts must be performed with no more than 4 bases 3. Pyramids are up to 3 layer 2 1/2 high 4. No inversion in stunts and pyramids
TOSSES	<ol style="list-style-type: none"> 1. Maximum 1 flip 2. Maximum 1 twist (full down) 3. Toss must originate from a basket 	<ol style="list-style-type: none"> 1. Maximum 1 flip 2. Maximum 2 twists (double full down)

	<p>grip</p> <p>4. No transfer of bases</p> <p>5. No toe pitch/show release</p>	<p>3. Toss must originate from a basket grip</p> <p>4. No transfer of bases</p> <p>5. No toe pitch/show release</p>
NUMBER OF CATCHERS IN A DISMOUNT FROM 3RD LAYER OF A PYRAMID	Minimum of 3	Minimum of 3
TUMBLING	<p>1. Maximum of 1 flipping and 1 twist</p> <p>2. Tumbling while holding props is prohibited</p> <p>3. Assisted/spotted tumbling is prohibited</p> <p>4. All tumbling should start and end Inside the performance area.</p>	<p>1. Maximum of 1 flipping and 2 twists</p> <p>2. Tumbling while holding props is prohibited</p> <p>3. Assisted/spotted tumbling is prohibited</p> <p>4. All tumbling should start and end inside the performance area.</p>

Deduction Guidelines for Falls in Partner Stunts, Group Stunts (2 level)

DEDUCTION	
0.5 point	Very Shaky/ Incomplete stunt, extremely lack of rotation for climbing or dismount, failed to catch correctly but no floor contact
1.0 point	Fell after a pose position but (the team member(s) caught the top person safely), Extremely lack of perfection
1.5 points	Fell before a pose position, after falling the team member(s) caught the top person safely
3.0 points	Extremely dangerous fall (flyer has floor contact)

Deduction Guidelines for Falls in Pyramids-3 layers

DEDUCTION	
0.5 point	Very Shaky/Incomplete pyramid Failed to catch correctly but no floor contact
1.0 point	Fell after a pose position (the team member(s) caught the top person safely), extremely lack of perfection Extreme lack of rotation for climbing
1.5 points	Fell before the pose position After falling, the team member(s) caught the top person safely
3.0 points	Both the 2nd and 3rd layer of a pyramid fell, but were able to catch the flyers without floor contact
5.0 points	Extreme dangerous fall

PENALTIES

a) TIME VIOLATION

A penalty of 10 (ten) points will be deducted from the final score for a time violation.

b) ENTRANCE and EXIT VIOLATION

A penalty of 5 (five) points will be deducted from the final score.

c) AREA VIOLATION

A penalty of 5 (five) points will be deducted from final score for any line violation (A penalty will be taken for each athlete every time the line is crossed).

d) SAFETY GUIDELINE VIOLATION

A penalty of 10 (ten) points will be deducted from the final score for every time a violation of the Safety Guideline occurs.

e) COMPULSORY ELEMENTS VIOLATION

A penalty of 10 (ten) points will be deducted from the final score for failure to perform any of the compulsory exercises. (If the athlete cannot do the compulsory exercises because of injury during the performance, it will not be considered a violation.)