

CHEER SOLO

- Time Limit – 1:30
- Routine may consist of all music, all cheer, or a combination of music and cheer.
- All tumbling skills must follow USASF/AACCA guidelines.
- Building skills are not allowed.
- Athletes will be scored in the following categories:

	<u>Points</u>
Jump Difficulty	5
Jump Technique	10
Standing Tumbling Difficulty	5
Standing Tumbling Technique	10
Running Tumbling Difficulty	5
Running Tumbling Technique	10
Motions & Dance Difficulty	10
Motions & Dance Technique	10
Overall Creativity, Originality & Choreography	10
Transitions, Use of Floor & Flow of Routine	10
Expression, Showmanship & Crowd Appeal	15
TOTAL	100

CHEER DUET-TRIO

- Time Limit – 1:30
- Routine must include 2-3 people.
- Routine may consist of all music, all cheer, or a combination of music and cheer.
- All tumbling skills must follow USASF/AACCA guidelines.
- Building skills are not allowed.
- Athletes will be scored in the following categories:

	<u>Points</u>
Jump Difficulty	5
Jump Technique	10
Standing Tumbling Difficulty	5
Standing Tumbling Technique	10
Running Tumbling Difficulty	5
Running Tumbling Technique	10
Motions & Dance Difficulty	10
Motions & Dance Technique	10
Overall Creativity, Originality & Choreography	10
Transitions, Use of Floor & Flow of Routine	10
Expression, Showmanship & Crowd Appeal	15
TOTAL	100