

All-Star Show Cheer School Show Cheer Divisions -

Time length: 2 1/2 minutes. Routines must follow the U.S. Spiritleaders Safety Guidelines and comply with the levels or rules of the selected division. Please read the AACA and USASF links for rules on signs and props for School and All Star teams.

All-Star Show Cheer - All-Star teams may perform to cheer/music or all music. All divisions are based on the level guidelines of the USASF and NACCC associations. Please refer to www.usasf.net for division levels.

School Advanced Show Cheer Intermediate Show Cheer Novice Show Cheer

School teams must perform a cheer with words and also use music. All school divisions must follow the U.S. Spiritleaders Safety Guidelines which recognizes that teams attend other events. Teams may perform skills that are allowed by USA, NCA, UCA, COA, and U.S. Spiritleaders events and competitions.

Non-Tumbling - Tumbling is not allowed. All other show cheer rules apply. Please see the U.S. Spiritleaders School Guidelines.

Dance Divisions - Pom/Song Pom/Dance Jazz/Dance Lyrical Hip Hop/Funk

Time Length: 2:15 minutes. Costumes are allowed for all dance divisions. Please read the appropriate Division Rules for School and All Star Dance listed as PDF forms on our website. There will be a 3 point penalty per pom drop.

Pom/Song (School: Pom/Song Novice and Pom/Song Intermediate) (All-Star: Pom/Song) - Emphasis on synchronization and visual effects created by poms. Please refer to the U.S. Spiritleaders Dance Guidelines PDF file for each of the divisions performance guidelines.

Pom/Dance (School: Pom/Dance Advanced) (All-Star: Pom/Dance) - Any dance studio skills may be performed for evaluation but there must still be an emphasis on pom visual effects. The general rule of thumb is: Could this routine have been performed without the use of poms. If so, it should be performed in the Jazz / Dance division.

Jazz / Dance - Routines will be judged on properly executed dance technique, choreography, and overall team performance. All styles of dance such as studio dance, thrash jazz, and hip hop may be evaluated.

Lyrical Dance - Routines will be judged on technical jazz, choreography and performance that is suited to lyrical interpretation.

Hip Hop/Funk - Street-style and funk video type steps will be judged. Dance skills may be performed but will not be evaluated or add to the team's score. Teams will also be evaluated on precision, style, and rhythm.

Partner Stunt Group Stunt/Pyramid Individual Cheer Individual Dance Duo or Trio Dance

Time Length: 1:30 minutes. All categories must follow the same safety and penalty guidelines set for team performances.

Group division entrants must all be from the same team. Individuals are not allowed any assistance while performing.

Partner Stunt - All Girl: 4/5 maximum, including spotter. Co-ed: Two members plus a spotter. The spotter must be a member of the team, and for Co-Ed they may not help base or hold up the stunts. The spotter must assist all cradles that require an additional catcher. Each infraction is a 3 point penalty.

Group Stunt/Pyramid - No member limit. Teams will be evaluated on their ability to cleanly execute pyramid and stunt transitions of their choice. Tumbling, jumps, and basket tosses are not allowed. Minimal motions or dance steps are allowed but will not effect the total score. Each infraction is a 3 point penalty.

Indiv. Cheer - Perform a routine using either all music, music/cheer over music, music and just cheer that demonstrate technical cheer-leading skills, as well as crowdleading abilities. Projection, motions, jumps, dance, and gymnastics will also be judged.

Indiv. Dance - (Pom, Jazz, Lyrical, Hip Hop) Perform a routine demonstrating the dance skills of the selected division. All guidelines of the chosen dance division apply. The individual will be judged on technique, dance ability, and overall performance.

Duo or Trio Dance - Perform a routine in the selected division incorporating choreography that highlights duo or trio uniformity and visuals.

Youth/Rec Divisions

Time length: 2 1/2 minutes. Routines must follow U.S. Spiritleaders Safety Guidelines.

Youth/Rec - Teams must cheer together for a full season at an educational institution or recreation league. Teams will be divided into non-building and stunt divisions. All other show cheer rules apply.

Performance Crowdleading Rally Divisions

Time length: 2 1/2 minutes. Routines must follow U.S. Spiritleaders Safety Guidelines.

Performance - No music is allowed. In addition to technical skills, teams will be evaluated on voice, words, and projection.

Crowdleading - Teams must set-up and perform a fight song routine and a game re-action cheer of their choice. Teams will be judged on crowdleading and technical skills. Varsity, J.V., Frosh Cheer squads, Pom/Dance, Flags, and Mascots may perform together.

Mascot

Time Length: 2 minutes with 1 minute to set up and 1 minute to breakdown. Props and costumes are allowed except for liquid, confetti, or any sort of litter. All props must be non marking: i.e. padding or rubber wheels are suggested. All performers must perform in the official mascot uniform. Additional performers are not permitted to be visible: i.e. cheerleaders. Mascots may not stunt, tumble, or basket toss. The division will be divided into individual and group mascots depending on enrollment.

Pep Flag - One or Two

Time Length: 2 1/2 minutes. Flag shafts must have rubber or plastic tips on both ends. A deduction of .5 will be taken for each dropped flag. Partner stunts may be used only if the mounter's hips are not above the base's head Pyramids, basket tosses, and tumbling are illegal. A deduction of .5 will be taken if you do not use the flag(s) for more than 2 eight counts.