



2017 - 2018

# RULES BOOK FOR SPECIALTY ROUTINES

**Applicable to:**

**All All Star and School/Rec Athletes competing in:**

Individual Routines (Tumbling & Non Tumbling)

Duo Routines (Tumbling & Non Tumbling)

Partner & Stunt Groups

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AmeriCheer Family of Brands



# GENERAL INFORMATION FOR SPECIALTY DIVISIONS

**IMPORTANT: All Specialty Divisions will be broken into SEPARATE All Star & SEPARATE School/Rec divisions.**

**Eligibility of Participants-** Any competitor proven to be in violation of the age/grade requirements for any AmeriCheer Family of Brands Specialty Division may result in disqualification from the competition.

Requirements are as follows:

Competitors in divisions **based upon age** must meet the age requirements as of **August 31, 2017**. This **will** apply to all All Star and School/Rec athletes competing in any Specialty Division.

Note: The AmeriCheer Family of Brands reserve the right to disqualify a team/performance that does not adhere to the above Eligibility of Participants guidelines.

## General Competition Policies/Procedures

**Review of Placements -** In order to fairly serve all of our customers, it is the policy of The AmeriCheer Family of Brands that no performances be reviewed for placement discrepancies, etc. at the competition venue. You may call our office the Wednesday after the competition to receive information regarding an analysis of a routine; however, all decisions by the judges will be deemed final and an analysis of a routine will be for clarification purposes only.

**Music -** One representative may run the music, press play and must remain at the sound table throughout the entire performance. Please bring/supply two/three high-quality CDs and/or MP3 player and personal adapter. Have with you several music back-ups. All CDs/MP3 players should be marked with the team name and division. Review the content of the music for any inappropriate language/sounds (spoken/implied) and poor quality. Also, music time should be recorded (three to four seconds) under the maximum time allotted due to variations in music system speeds.

### Interruption of Performance -

**Music Interruption:** If your routine is interrupted due to failure of competition equipment, you will be allowed to perform again, going later in your division (if at all possible). Please check your music prior to competing. If interruption is due to failure of your equipment or supplies (i.e. scratched or burned CDs/MP3 player, etc.), you will have two options:

- Your team may perform again, using your own player or the back-up copy of your music; however, routine scoring will begin at the point where the interruption occurred.
- Your team may use the original performance.

**Interruption Due To Injury:** If a participant is visibly injured/ill and/or demonstrates he/she can not continue executing the routine and/or it appears the injured/ill person becomes a safety hazard to oneself or his/her teammates, the routine must/will be stopped! The only person(s) permitted to stop the routine are competition officials, the coach/advisor of team performing and an injured/ill athlete. The team will be allowed to perform later in the division (if at all possible). Routine scoring will begin at the point where the injury/illness occurred. Under no circumstances will the injured/ill team member be allowed to compete at a later time without official medical authorization. The AmeriCheer Family of Brands reserve the right to stop any performance due to injury/illness.

**Spotter Policies** - The AmeriCheer Family of Brands will not provide spotters at any competitive events; however, programs may provide their own spotters provided the following guidelines are met:

- Program spotters should be at least 18 years of age and be very familiar with all aspects of the routine.
- Program spotters should present themselves in a professional manner to include, but not limited to: appropriate mode of dress, acting in a manner that does not distract from the performance and distinguishing themselves as a separate group from the performers by not wearing any apparel that is similar to the performers' uniforms.
- Program spotters should be readily available to only spot building sections.
- Program spotters may not verbally/manually coach performing competitors in any way.
- Program spotters should stay to the back of the performance floor/mat when not spotting the building skills of their program's routines, as well as to be careful to not block the pathways of any performing competitors.

**Choreography, Music, Outfitting and Image/Appearance** - All choreography, music, outfitting and overall team image/appearance should be suitable for family viewing and always be in good taste. Therefore, point deductions may be assessed for inappropriate music/words/profanity (in music spoken/implicit), inappropriate moves and/or body positioning, appropriateness of uniform and overall appearance of each individual on or off the competition floor.

**Legality Verification** - For questions regarding the legality of a specific skill(s), etc. you must adhere to the following guidelines:

- Provide a DVD/video of the specific skill(s), etc. in question, shown from the front, side and back views.
- DVD/video will not be returned. It will become the property of The AmeriCheer Family of Brands and will be kept on file.
- Include with the DVD/video the team name, team division, coach name, address, cell phone number, email, name and date of the competition to be attended. Please submit DVD/video at least two weeks in advance of the competition to be attended. If DVD/video is received less than two weeks prior to the determined competition, The AmeriCheer Family of Brands will not guarantee a response.
- Mail DVD to The AmeriCheer Family of Brands - Legality Verification, 20 Collegeview Road, Westerville, OH 43081. Because of differences in terminology and interpretation, we reserve the right to not administer phone verifications!

**Procedural Questions** - All questions relating to any procedures of the competition are to be handled only by the **coach/advisor** and are to be directed to the competition director only. All questions must be made **prior** to the team competing.

**Music Compliance Challenges** - All questions regarding the validity of whether another performing team's music is compliant must be directed to the competition director immediately following the team in question's performance. The competition director will in turn provide an official Grievance form to be completed and submitted while at the competition. The team in question will have twenty-four hours to provide proof of compliance. If the team in question cannot provide proof or it is determined that the team in question's music is/was not compliant, that team will forfeit all awards for that event.

# Penalties/Rule Violations

## **Inappropriate or Un-Sportsmanlike Behavior - 1.0 point penalty**

Any inappropriate or un-sportsmanlike behavior from anyone including, but not limited to: coaches, athletes, parents, supporters, etc. per occurrence will result in a penalty. Because The AmeriCheer Family of Brands believe sportsmanship at any of our events is of the utmost importance and value, any un-sportsmanlike conduct will include, but is not limited to: approaching the competition judges (on or off the judges' riser/table) or any competition official with inappropriate comments, outbursts or gestures. Additionally, such behavior may result in a squad's disbarment from any future AmeriCheer Family of Brands events!

## **Performance Guidelines Violation(s), etc. - .25 point penalty**

Violating any specific performance guidelines **except** routine time limits (see below).

## **Safety Rule Violation(s) - .50 point penalty**

Any violation of a safety rule per occurrence.

## **Execution Error(s) - .25 point penalty**

Execution error may be assessed per occurrence if it appears to the Safety Judge(s) that the intent to perform the skill legally was clearly evident.

## **Routine Time Limits - .25 point penalty**

Routines that exceed the time run the risk of being assessed a penalty. Judges will use a stopwatch or similar device to measure the official time. Acknowledging the potential variance caused by human reaction speed and sound system time variations, judges will not issue a penalty until their stopwatch/clock shows a time that exceeds 2:33 and/or 1:33 respectively.

## **Spotters Role - .50 point penalty**

Violating the conditions of a program spotter's role during a performance.

## **Props - .25 point penalty**

All unapproved props must be placed outside the white boundary line. Placing an unapproved prop inside the white boundary line will constitute a penalty. Unapproved props include, but are not limited to: stuffed animals, dolls, jackets, bags, etc.

## **Boundary Violation(s) - .25 point penalty**

The performance surface is defined as the 54' x 42' or 42' x 42' competition floor. The competition boundary is defined as the performance surface and any immediate adjacent safety boarder. A penalty will be assessed per occurrence for an athlete that makes contact with both feet outside the competition boundary. Stepping on or just past the white tape is not a boundary violation.

## **Jewelry Violation(s) - .50 point penalty**

All jewelry must be removed when performing on the competition floor. Jewelry includes, but is not limited to: ear, lip, eyebrow, nose, tongue and belly button rings, facial rings, clear/plastic jewelry,

bracelets (of any type) including hair ties on wrists and silly bands, corsages, spacers, fishing line, necklaces and pins on uniforms. Jewelry may not be taped over, it must be removed! Exceptions are medical ID tags/bracelets (must be taped to the body) and rhinestones on uniforms.

## **Execution Deductions**

### **Athlete Falls - .25 point deduction per occurrence**

Examples:

- Hand(s)/head down in tumbling or jumps.
- Knee(s) down in tumbling or jumps.
- Drops to the floor during individual skills (tumbling, jumps, etc.).

### **Building Falls - .75 point deduction per occurrence**

Examples:

- Uncontrolled cradling, dismounting or lowering a building skill (not timing issues).
- Base or spotter falling to the floor during a building skill.

### **Major Building Falls - 1.25 point deduction per occurrence**

Examples:

- Falls from an individual stunt, pyramid, or toss to the floor (top person lands on floor or multiple bases/spotters land on floor).

### **Maximum Collapse - 1.75 point deduction per occurrence**

When multiple deductions should be assessed during an individual stunt or toss (by a single group) or during a pyramid collapse, then the sum of those deductions will not be greater than 1.75.

# 2017-18 Division Information

## 2017-2018 All Star Specialty Divisions

The age of the competitor as of August 31, 2017 will be the age used for competition purposes throughout the 2017-2018 season for all divisions. Exception: InterNational Open Divisions are ages as of December 31, 2018.

Individual & Duo Divisions	Female/Male	# on Team	Age
Tiny Tumbling Trio <i>(Skills cannot exceed USASF Level 1)</i>	Female/Male	3	5-6 Years
Tiny Non Tumbling Trio	Female/Male	3	5-6 Years
Tiny Tumbling Duo <i>(Skills cannot exceed USASF Level 1)</i>	Female/Male	2	5-6 Years
Tiny Non Tumbling Duo	Female/Male	2	5-6 Years
Tiny Tumbling Individual <i>(Skills cannot exceed USASF Level 1)</i>	Female/Male	1	5-6 Years
Tiny Non Tumbling Individual	Female/Male	1	5-6 Years
Mini Tumbling Trio <i>(Skills cannot exceed USASF Level 2)</i>	Female/Male	3	5-8 Years
Mini Non Tumbling Trio	Female/Male	3	5-8 Years
Mini Tumbling Duo <i>(Skills cannot exceed USASF Level 2)</i>	Female/Male	2	5-8 Years
Mini Non Tumbling Duo	Female/Male	2	5-8 Years
Mini Tumbling Individual <i>(Skills cannot exceed USASF Level 2)</i>	Female/Male	1	5-8 Years
Mini Non Tumbling Individual	Female/Male	1	5-8 Years
Youth Tumbling Trio <i>(Skills cannot exceed USASF Level 5R)</i>	Female/Male	3	5-11 Years
Youth Non Tumbling Trio	Female/Male	3	5-11 Years
Youth Tumbling Duo <i>(Skills cannot exceed USASF Level 5R)</i>	Female/Male	2	5-11 Years
Youth Non Tumbling Duo	Female/Male	2	5-11 Years
Youth Tumbling Individual <i>(Skills cannot exceed USASF Level 5R)</i>	Female/Male	1	5-11 Years
Youth Non Tumbling Individual	Female/Male	1	5-11 Years
Junior Tumbling Trio <i>(Skills cannot exceed USASF Level 5)</i>	Female/Male	3	5-14 Years
Junior Non Tumbling Trio	Female/Male	3	5-14 Years
Junior Tumbling Duo <i>(Skills cannot exceed USASF Level 5)</i>	Female/Male	2	5-14 Years
Junior Non Tumbling Duo	Female/Male	2	5-14 Years
Junior Tumbli g Individual <i>(Skills cannot exceed USASF Level 5)</i>	Female/Male	1	5-14 Years
Junior Non Tumbling Individual	Female/Male	1	5-14 Years
Senior Tumbling Trio <i>(Skills cannot exceed USASF Level 5)</i>	Female/Male	3	10-18 Years
Senior Non Tumbling Duo	Female/Male	3	10-18 Years
Senior Tumbling Trio <i>(Skills cannot exceed USASF Level 5)</i>	Female/Male	2	10-18 Years
Senior Non Tumbling Duo	Female/Male	2	10-18 Years
Senior Tumbli g Individual <i>(Skills cannot exceed USASF Level 5)</i>	Female/Male	1	10-18 Years
Senior Non Tumbling Individual	Female/Male	1	10-18 Years
Open Tumbling Trio <i>(Skills cannot exceed USASF Level 4)</i>	Female/Male	3	17 yrs & Older
Open Non Tumbling Trio	Female/Male	3	17 yrs & Older
Open Tumbling Duo <i>(Skills cannot exceed USASF Level 4)</i>	Female/Male	2	17 yrs & Older
Open Non Tumbling Duo	Female/Male	2	17 yrs & Older
Open Tumbling Individual <i>(Skills cannot exceed USASF Level 4)</i>	Female/Male	1	17 yrs & Older
Open Non Tumbling Individual	Female/Male	1	17 yrs & Older
Open Senior Elite Individual- <b>BEING DELETED!</b>	Female/Male	1	17 yrs & Older

InterNational Open Tumbling Individual 5 ( <i>Skills cannot exceed USASF Level 5</i> )	Female/Male	1	14 yrs & Older
InterNational Open Non Tumbling Individual	Female/Male	1	14 yrs & Older
InterNational Open Tumbling Individual 6 ( <i>Skills cannot exceed USASF Level 6</i> )	Female/Male	1	17 yrs & Older
InterNational Open Non Tumbling Individual	Female/Male	1	17 yrs & Older

\*Please see Specialty Divisions Rules & Guidelines Book BEFORE entering these divisions.

\*\*Note- All Star Specialty Division will follow USASF Rules & Guidelines. Please reference usasf.net to review level guidelines.

### 2017-2018 All Star Specialty Divisions (Stunt Groups & Partner Stunt Groups)

*The age of the competitor as of August 31, 2017 will be the age used for competition purposes throughout the 2017-2018 season for all divisions. Exception: InterNational Open Divisions are ages as of December 31, 2018.*

All Star Stunt Group Divisions	Female/Male	# on Team	Age
Tiny Stunt Group ( <i>Skills cannot exceed USASF Level 1</i> )	Female/Male	4 - 5	5-6 Years
Mini Stunt Group ( <i>Skills cannot exceed USASF Level 2</i> )	Female/Male	4 - 5	5-8 Years
Youth Stunt Group ( <i>Skills cannot exceed USASF Level 5R</i> )	Female/Male	4 - 5	5-11 Years
Junior Partner Stunt Group ( <i>Skills cannot exceed USASF Level 5</i> )	Female/Male	2 + 1 Spotter	5-14 Years
Junior Stunt Group ( <i>Skills cannot exceed USASF Level 5</i> )	No Males	4 - 5	5-14 Years
Junior Coed Stunt Group ( <i>Skills cannot exceed USASF Level 5</i> )	1 + Males/Females	4 - 5	5-14 Years
Senior Partner Stunt Group ( <i>Skills cannot exceed USASF Level 5</i> )	Female/Male	2 + 1 Spotter	10-18 Years
Senior Stunt Group ( <i>Skills cannot exceed USASF Level 5</i> )	No Males	4 - 5	10-18 Years
Senior Coed Stunt Group ( <i>Skills cannot exceed USASF Level 5</i> )	1 + Males/Females	4 - 5	10-18 Years
Open Partner Stunt Group ( <i>Skills cannot exceed USASF Level 4</i> )	Female/Male	2 + 1 Spotter	17 yrs & Older
Open Stunt Group ( <i>Skills cannot exceed USASF Level 4</i> )	No Males	4 - 5	17 yrs & Older
Open Coed Stunt Group ( <i>Skills cannot exceed USASF Level 4</i> )	1 + Males/Females	4 - 5	17 yrs & Older
InterNational Open Partner Stunt Group 5 ( <i>Skills cannot exceed USASF Level 5</i> )	Female/Male	2 + 1 Spotter	14 yrs & Older
InterNational Open Stunt Group 5 ( <i>Skills cannot exceed USASF Level 5</i> )	No Males	4 - 5	14 yrs & Older
InterNational Open Coed Stunt Group 5 ( <i>Skills cannot exceed USASF Level 5</i> )	1 + Males/Females	4 - 5	14 yrs & Older
InterNational Open Partner Stunt Group 6 ( <i>Skills cannot exceed USASF Level 6</i> )	Female/Male	2 + 1 Spotter	17 yrs & Older
InterNational Open Stunt Group 6 ( <i>Skills cannot exceed USASF Level 6</i> )	No Males	4 - 5	17 yrs & Older
InterNational Open Coed Stunt Group 6 ( <i>Skills cannot exceed USASF Level 6</i> )	1 + Males/Females	4 - 5	17 yrs & Older

\*Please see Specialty Divisions Rules & Guidelines Book BEFORE entering these divisions.

\*\*Note- All Star Specialty Division will follow USASF Rules & Guidelines. Please reference usasf.net to review level guidelines.

**2017-2018 School/Rec Specialty Divisions**

***The age of the competitor as of August 31, 2017 will be the age used for competition purposes throughout the 2017-2018 season for all divisions.***

<b>Individual &amp; Duo Divisions</b>	<b>Female/Male</b>	<b># on Team</b>	<b>Age</b>
Tiny Tumbling Trio	Female/Male	3	5-6 Years
Tiny Non Tumbling Trio	Female/Male	3	5-6 Years
Tiny Tumbling Duo	Female/Male	2	5-6 Years
Tiny Non Tumbling Duo	Female/Male	2	5-6 Years
Tiny Tumbling Individual	Female/Male	1	5-6 Years
Tiny Non Tumbling Individual	Female/Male	1	5-6 Years
Mini Tumbling Trio	Female/Male	3	7-8 Years
Mini Non Tumbling Trio	Female/Male	3	7-8 Years
Mini Tumbling Duo	Female/Male	2	7-8 Years
Mini Non Tumbling Duo	Female/Male	2	7-8 Years
Mini Tumbling Individual	Female/Male	1	7-8 Years
Mini Non Tumbling Individual	Female/Male	1	7-8 Years
Youth Tumbling Trio	Female/Male	3	9-11 Years
Youth Non Tumbling Trio	Female/Male	3	9-11 Years
Youth Tumbling Duo	Female/Male	2	9-11 Years
Youth Non Tumbling Duo	Female/Male	2	9-11 Years
Youth Tumbling Individual	Female/Male	1	9-11 Years
Youth Non Tumbling Individual	Female/Male	1	9-11 Years
Junior Tumbling Trio	Female/Male	3	12-14 Years
Junior Non Tumbling Trio	Female/Male	3	12-14 Years
Junior Tumbling Duo	Female/Male	2	12-14 Years
Junior Non Tumbling Duo	Female/Male	2	12-14 Years
Junior Tumbling Individual	Female/Male	1	12-14 Years
Junior Non Tumbling Individual	Female/Male	1	12-14 Years
Senior Tumbling Trio	Female/Male	3	15-18 Years
Senior Non Tumbling Trio	Female/Male	3	15-18 Years
Senior Tumbling Duo	Female/Male	2	15-18 Years
Senior Non Tumbling Duo	Female/Male	2	15-18 Years
Senior Tumbling Individual	Female/Male	1	15-18 Years
Senior Non Tumbling Individual	Female/Male	1	15-18 Years

\*Please see Specialty Divisions Rules & Guidelines Book BEFORE entering these divisions.

**2017-2018 School/Rec Specialty Divisions (Stunt Groups & Partner Stunt Groups)**

***The age of the competitor as of August 31, 2017 will be the age used for competition purposes throughout the 2017-2018 season for all divisions.***

<b>School/Rec Stunt Group Divisions</b>	<b>Female/Male</b>	<b># on Team</b>	<b>Age</b>
Mini Stunt Group	Female/Male	4 - 5	5-8 Years
Youth Stunt Group	Female/Male	4 - 5	9-11 Years
Junior Partner Stunt Group	1 Female/1 Male	2 + 1 Spotter	12-14 Years
Junior Stunt Group	No Males	4 - 5	12-14 Years



Senior Partner Stunt Group	1 Female/1 Male	2 + 1 Spotter	15-18 Years
Senior Stunt Group	No Males	4 - 5	15-18 Years

\*Please see Specialty Divisions Rules & Guidelines Book BEFORE entering these divisions.

## **All Star Specialty Routine Safety Rules Information**

The AmeriCheer Family of Brands will follow **2017-2018 USASF Level & Safety Rules** for all All Star Specialty Divisions. To view, log into your USASF Member Profile.

## **School/Rec Specialty Routine Safety Rules Information**

The AmeriCheer Family of Brands will follow the **2017-2018 NFHS Spirit Safety Rules** to include all **General, Tumbling, Stunts, Mounts/Pyramids and Tosses** for all School/Rec Specialty Divisions. To order a copy of the 2017-2018 NFHS Spirit Rules Book, visit [NFHS.org](http://NFHS.org) or call 317-972-6900.

**NOTE: All Elementary, Junior High/Middle School Teams, are not permitted to execute Basket Tosses, Elevator Tosses and similar Multi-Based Tosses.**

## **SPECIAL ROUTINE PERFORMANCE GUIDELINES**

### **Individual Routines**

**Total Routine Time: Maximum 1:30** (no minimum time).

- Routines should contain all elements reflected on the official Individual score sheet.
- Routines may be performed **entirely** to music or routine may contain a cheer/chant portion and the music may be stopped.
- Timing will begin with the first organized word, movement or first note of music, whichever comes first.
- When entering the performance area, an individual should simply walk onto the floor and immediately prepare to begin their routine. A participant may punch/wave, but may not jump, kick, tumble or do any type of organized chant, movement, etc.
- Approved props are poms, signs, (including flags with letters/words, etc.) and megaphones.
- Props must be physically used if placed within the performance boundaries.
- **NEW!** No person(s) is permitted to enter onto the performance floor at the completion of the routine. This includes coaches, etc.

## **Non Tumbling – Individual Routines**

**Total Routine Time: Maximum 1:30** (no minimum time).

- Routines should contain all elements reflected on the official Non Tumbling – Individual score sheet.
- Routines may be performed **entirely** to music or routine may contain a cheer/chant portion and the music may be stopped.
- Timing will begin with the first organized word, movement or first note of music, whichever comes first.
- When entering the performance area, an individual should simply walk onto the floor and immediately prepare to begin their routine. A participants may punch/wave, but may not jump, kick, tumble or do any type of organized chant, movement, etc.
- Approved props are poms, signs, (including flags with letters/words, etc.) and megaphones.
- Props must be physically used if placed within the performance boundaries.
- Tumbling skills (including forward/backward rolls) are not permitted.
- NEW! No person(s) is permitted to enter onto the performance floor at the completion of the routine. This includes coaches, etc.

## **Duo Routines**

**Total Routine Time: Maximum 1:30** (no minimum time).

- Routines should contain all elements reflected on the official Duo/Trio score sheet.
- Routines may be performed **entirely** to music or routine may contain a cheer/chant portion and the music may be stopped.
- Timing will begin with the first organized word, movement or first note of music, whichever comes first.
- When entering the performance area, participants should simply walk onto the floor and immediately prepare to begin their routine. Participants may punch/wave but may not jump, kick, tumble or do any type of organized chant, movement, etc.
- Approved props are poms, signs, (including flags with letters/words, etc.) and megaphones.
- Props must be physically used if placed within the performance boundaries.
- Stunting skills are not permitted.
- NEW! No person(s) is permitted to enter onto the performance floor at the completion of the routine. This includes coaches, etc.

## Non Tumbling – Duo Routines

**Total Routine Time: Maximum 1:30** (no minimum time)

- Routines should contain all elements reflected on the official Non Tumbling – Duo/Trio score sheet. (See sample score sheet)
- Routines may be performed **entirely** to music or routine may contain a cheer/chant portion and the music may be stopped.
- Timing will begin with the first organized word, movement or first note of music, whichever comes first.
- When entering the performance area, participants should simply walk onto the floor and immediately prepare to begin the routine. Participants may punch/wave but may not jump, kick, tumble or do any type of organized chant, movement, etc.
- Approved props are poms, signs, (including flags with letters/words, etc.) and megaphones.
- Props must be physically used if placed within the performance boundaries.
- Tumbling skills (including forward/backward rolls) are not permitted.
- Stunting skills are not permitted.
- NEW! No person(s) is permitted to enter onto the performance floor at the completion of the routine. This includes coaches, etc.

## Trio Routines

**Total Routine Time: Maximum 1:30** (no minimum time).

- Routines should contain all elements reflected on the official Duo/Trio score sheet.
- Routines may be performed **entirely** to music or routine may contain a cheer/chant portion and the music may be stopped.
- Timing will begin with the first organized word, movement or first note of music, whichever comes first.
- When entering the performance area, participants should simply walk onto the floor and immediately prepare to begin their routine. Participants may punch/wave but may not jump, kick, tumble or do any type of organized chant, movement, etc.
- Approved props are poms, signs, (including flags with letters/words, etc.) and megaphones.
- Props must be physically used if placed within the performance boundaries.
- Stunting skills are not permitted.
- NEW! No person(s) is permitted to enter onto the performance floor at the completion of the routine. This includes coaches, etc.

## Non Tumbling – Trio Routines

**Total Routine Time: Maximum 1:30** (no minimum time)

- Routines should contain all elements reflected on the official Non Tumbling – Duo/Trio score sheet. (See sample score sheet)
- Routines may be performed **entirely** to music or routine may contain a cheer/chant portion and the music may be stopped.
- Timing will begin with the first organized word, movement or first note of music, whichever comes first.
- When entering the performance area, participants should simply walk onto the floor and immediately prepare to begin the routine. Participants may punch/wave but may not jump, kick, tumble or do any type of organized chant, movement, etc.
- Approved props are poms, signs, (including flags with letters/words, etc.) and megaphones.
- Props must be physically used if placed within the performance boundaries.
- Tumbling skills (including forward/backward rolls) are not permitted.
- Stunting skills are not permitted.
- NEW! No person(s) is permitted to enter onto the performance floor at the completion of the routine. This includes coaches, etc.

## Partner/Stunt Group Routines

**Total Routine Time: Maximum 1:30** (no minimum time).

- Routines should contain all elements reflected on the official Partner/Stunt Group score sheet.
- Routine must be performed **entirely** to music.
- Timing will begin with the first note of music of the routine.
- When entering the performance area, individuals should simply walk onto the floor and immediately prepare to begin their routine. Participants may punch/wave but may not jump, kick, tumble or do any type of organized chant, movement, etc.
- Props of any type are not permitted.
- Tumbling skills (including forward/backward rolls) are not permitted. Exception: Tumbling transitions in/out of stunts.
- NEW! No person(s) is permitted to enter onto the performance floor at the completion of the routine. This includes coaches, etc.