



SCHOOL CHEER CATEGORIES

CATEGORY is defined by the type of performance you select.

SHOW CHEER: Performance using music, cheer or any combination thereof. **Music is required in this category.** Music may be positioned for a segment, half, or the entire performance. Gymnastic skills are required as a component of the total team score; lack of tumbling in a Show Cheer Routine will result in a 0 in any tumbling category. **Building Skills are required; omission of stunts, tosses, pyramids, dismounts and/or jumps in a Show Cheer routine will result in a 0.** Poms, megaphones, signs, and banners are encouraged. Tear away uniforms or removal of clothing is prohibited. Formal entrances are prohibited (i.e. crowd response chants or cheers, choreographed marching, or stunts). A quick team huddle prior to performance is not allowed on the performance surface. Spirited entrances are allowed; teams should take no longer than 10 seconds to set for their routine. Please refer to the remainder of the School Cheer section for complete details on Show Cheer routine requirements.

SHOW CHEER NON-TUMBLING: Performance using music, cheer or any combination thereof. **Music is required in this category.** Music may be positioned for a segment, half, or the entire performance. ALL gymnastic/tumbling skills are PROHIBITED, including but not limited to forward/backward rolls, handsprings, aerials. Legal stunt inversions into or from stunts will not be considered tumbling/gymnastics and are therefore allowed in this division. **Building skills are required; omission of stunts, tosses, pyramids, dismounts and/or jumps in a Show Cheer routine will result in a 0. All skills are limited to Level 3 Building Skills.** Poms, megaphones, signs, and banners are encouraged. Tear away uniforms or removal of clothing is prohibited. Formal entrances are prohibited (i.e. crowd response chants or cheers, choreographed marching, or stunts). A quick team huddle prior to performance is not allowed on the performance surface. Spirited entrances are allowed; teams should take no longer than 10 seconds to set for their routine. Please refer to the remainder of the School Cheer section for complete details on Show Cheer routine requirements.

SIDELINE PERFORMANCE CHEER: A performance using cheers, chants, crowd response and any combination thereof. **Music or amplified sound is strictly forbidden in this category.** Limited Gymnastic skills, jumps, and or stunts may be incorporated. Basket tosses or sponge tosses are prohibited. At least one of the following props is required; poms, banners, megaphones, flags, drum cadences or signs. **A spirited entrance is required and will be judged** and may include crowd response chants, cheers, choreographed marching, and or stunts. **This spirited entrance will be included in a team's total performance time limit.**

PLAY. PERFORM. INSPIRE.

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