



1. All cheerleading skills including tumbling, partner stunts, pyramids, and jumps must follow the USA Cheer Safety Guidelines. All skills should be carefully reviewed and supervised by a qualified adult coach. See specific skill restrictions for each category.
2. Each team will perform a choreographed routine not to exceed 2 minutes and 30 seconds.
3. In the Cheer Performance and Game Performance up to 1 minute and 30 seconds of the routine may be performed to music. No voice-overs or words may be recorded to make the team's vocal projection sound louder.
4. Organized, formal entrances or exits that involve organized cheers or run-ons with jumps, tumbling or stunts are not permitted. Cheerleaders must enter the performance area in a timely fashion.
5. Timing will begin with the first organized word, movement or note of music by the team after they are officially announced and have taken the floor. Cheerleaders must have at least one foot on the performing surface when the routine starts.
6. Cheer words should be practical, and flow of the words should be easy to understand by the crowd and judges.
7. In ALL Performance Divisions, mascots will not count towards participant count, mascots must be appropriately attired so their mobility, vision, etc. are not impaired. Mascots cannot participate in stunts, pyramids, or tumbling skills in any division.
8. The Non-Tumbling divisions will follow the Performance Division Guidelines and, in addition, will prohibit all tumbling, except for inversions into or from load in positions, stunts and pyramids. Tumbling is defined as any skill with feet over head rotation. Exception: a back handspring entry into stunts/pyramids will not be allowed. Non-Tumbling divisions may not be eligible for certain specialty awards.
9. Non-Building divisions. In these divisions no partner stunts, pyramids or tosses are allowed. If an athlete is ever lifted off of the performing surface by another athlete or athletes, it would be considered a 'building skill' and therefore illegal.