

Cheer Specialty Divisions Rules Book 2022-2023

SOLOS, DUOS, TRIOS, STUNT GROUPS,
PARTNER STUNTS



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General information

Individual Routines, Duos, Trios:

- ▶ 1, (2), (3) person, 1:30 maximum routine
- ▶ Tumbling and Non Tumbling available
- ▶ Performed to music and/or cheer section.

Partner Stunt and Stunt Groups:

- ▶ Partner stunt- 2 individuals plus one spotter, 1:30 maximum routine.
- ▶ Group Stunt- up to 5 total members, 1:30 maximum routine.
- ▶ Performed entirely to music.
- ▶ Only scored on stunts- no additional dance, motion section or tumbling is required nor will be scored.
- ▶ The only tumbling skills allowed are those required for transitional purposes or showcasing a stunt skill. (i.e.. A rewind is acceptable since it is a stunt skill.)

Divisions and Age Grids

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	5-8 Years
Mini Non Tumbling Trio	Female/Male	3	5-8 Years
Mini Tumbling Duo	Female/Male	2	5-8 Years
Mini Non Tumbling Duo	Female/Male	2	5-8 Years
Mini Tumbling Individual	Female/Male	1	5-8 Years
Mini Non Tumbling Individual	Female/Male	1	5-8 Years
Youth Tumbling Trio	Female/Male	3	5-11 Years
Youth Non Tumbling Trio	Female/Male	3	5-11 Years
Youth Tumbling Duo	Female/Male	2	5-11 Years
Youth Non Tumbling Duo	Female/Male	2	5-11 Years
Youth Tumbling Individual	Female/Male	1	5-11 Years
Youth Non Tumbling Individual	Female/Male	1	5-11 Years

Junior Tumbling Trio	Female/Male	3	5-14 Years
Junior Non Tumbling Trio	Female/Male	3	5-14 Years
Junior Tumbling Duo	Female/Male	2	5-14 Years
Junior Non Tumbling Duo	Female/Male	2	5-14 Years
Junior Tumbling Individual	Female/Male	1	5-14 Years
Junior Non Tumbling Individual	Female/Male	1	5-14 Years
Senior Tumbling Trio	Female/Male	3	10-18 Years
Senior Non Tumbling Trio	Female/Male	3	10-18 Years
Senior Tumbling Duo	Female/Male	2	10-18 Years
Senior Non Tumbling Duo	Female/Male	2	10-18 Years
Senior Tumbling Individual	Female/Male	1	10-18 Years
Senior Non Tumbling Individual	Female/Male	1	10-18 Years
Open Tumbling Trio	Female/Male	3	17 yrs & Older
Open Non Tumbling Trio	Female/Male	3	17 yrs & Older
Open Tumbling Duo	Female/Male	2	17 yrs & Older
Open Non Tumbling Duo	Female/Male	2	17 yrs & Older
Open Tumbling Individual	Female/Male	1	17 yrs & Older
Open Non Tumbling Individual	Female/Male	1	17 yrs & Older

All Star Stunt Groups and Partner Stunt Groups

Tiny Stunt Group	Female/Male	4 - 5	5-6 Years
Mini Stunt Group	Female/Male	4 - 5	5-8 Years
Youth Stunt Group	Female/Male	4 - 5	5-11 Years
		2 + 1	
Junior Partner Stunt Group	Female/Male	Spotter	5-14 Years
Junior Stunt	No Males	4 - 5	5-14 Years
Junior Coed Stunt Group	1 + Males/Females	4 - 5	5-14 Years
		2 + 1	
Senior Partner Stunt Group	Female/Male	Spotter	10-18 Years
Senior Stunt Group	No Males	4 - 5	10-18 Years
Senior Coed Stunt Group	1 + Males/Females	4 - 5	10-18 Years
		2 + 1	
Open Partner Stunt Group 5 (Skills cannot exceed USASF Level 5)	Female/Male	Spotter	14yrs & Older
Open Stunt Group 5 (Skills cannot exceed USASF Level 5)	No Males	4 - 5	14 yrs & Older
Open Coed Stunt Group 5 (Skills cannot exceed USASF Level 5)	1 + Males/Females	4 - 5	14 yrs & Older
		2 + 1	
Open Partner Stunt Group 6 (Skills cannot exceed USASF Level 6)	Female/Male	Spotter	17 yrs & Older
Open Stunt Group 6 (Skills cannot exceed USASF Level 6)	No Males	4 - 5	17 yrs & Older
Open Coed Stunt Group 6 (Skills cannot exceed USASF Level 6)	1 + Males/Females	4 - 5	17 yrs & Older

School Stunt Groups and Partner Stunt Groups

Mini Stunt Group	Female/Male	4 - 5	5-8 Years
Youth Stunt Group	Female/Male	4 - 5	9-11 Years
Junior Partner Stunt Group	Female/Male	2 + 1 Spotter	12-14 Years
Junior Stunt	No Males	4 - 5	12-14 Years
Junior Coed Stunt Group	1 + Males/Females	4 - 5	12-14 Years
Senior Partner Stunt Group	Female/Male	2 + 1 Spotter	15-18 Years
Senior Stunt Group	No Males	4 - 5	15-18 Years
Senior Coed Stunt Group	1 + Males/Females	4 - 5	15-18 Years

Deductions and Scoring

SOLOS, DUOS AND TRIOS ARE NOT SEPARATED BY SKILL LEVEL UNLESS THERE IS ENOUGH TO SEPARATE INTO DIVISIONS. (IE. LEVEL 1,2,3,4)

STUNTS GROUPS FOLLOW USASF (ALL STAR GROUPS) OR NFHS (SCHOOL GROUPS) RULES.

Scoring:

JUMP EXECUTION: (3.0 - 5.0)

3.0 – Single jumps

3.5 – Double jump combinations no variety

4.0 – Double jump combinations with variety

4.5 – Triple jump combinations OR double jump combinations and a single jump, with no variety

5.0 – Triple jump combinations OR double jump combinations and a single jump, must include variety

Jump Combination = Jumps connected with continuous movement.

JUMP DIFFICULTY: (3.0 - 5.0)

Jump Variety= two or more different jumps.

Showmanship/Presentation: Enthusiasm, excitement, energy, confidence, eye contact (3.0-5.0)

Perfection: Overall perfection, lack of errors, polished/well re-hearsed look. (3.0-5.0)

Routine Composition: choreography, timing, creativity, innovations, variety, seamless transitions, fluidity (6.0-10.0)

Dance: Execution/ Difficulty

Tumbling: Execution/ Difficulty (Tumble only)

Stunting: Execution/ Difficulty (Building only)