



CHEER AMERICA

Individual & Small Group

RULES

2026-2027



*This document contains information for the Individual and Small group divisions offered for the 2024-2025 season.
Please remember these divisions are only offered at select events.*

BEST CHEERLEADER <u>PERFORMANCE TIME: 1 minute 30 seconds</u>	BEST DANCER <u>PERFORMANCE TIME: 2 minutes</u>
Individual or Small Group (2-4 athletes)	Individual or Small Group (2-4 athletes)
- Athletes will provide their own music. - All Skills performed must be legal in level 6 and follow all safety guidelines per the USASF. No Stunting Skills allowed.	- Athletes will provide their own music. - All skills performed must be legal and follow safety guidelines set by the USASF.
GROUP STUNT <u>PERFORMANCE TIME: 1 minute</u>	PARTNER STUNT <u>PERFORMANCE TIME: 1 minute</u>
ALL GIRL (4 athletes)	COED or ALL-GIRL (3 athletes including a spotter)
- Groups will provide their own music. - All Skills performed must be legal in level 6 and follow all safety guidelines per the USASF.	- Athletes will provide their own music. - All Skills performed must be legal in level 6 and follow all safety guidelines per the USASF.
POWER JUMPS <u>PERFORMANCE: Athletes choice of 3 Connected Jumps Only</u>	POWER TUMBLING <u>PERFORMANCE: 2 Running Tumbling passes</u>
INDIVIDUAL	INDIVIDUAL
- Cheer America will provide background music. - All Jumps performed must be legal in level 6 and follow all safety guidelines per the USASF.	- Cheer America will provide background music. - All Skills performed must be legal in level 6 and follow all safety guidelines per the USASF.
CHEER ONLY <u>PERFORMANCE TIME: 30 seconds</u>	SPIRIT LEADER <u>PERFORMANCE TIME: 1 minute 30 seconds</u>
INDIVIDUAL	INDIVIDUAL
- There will be no background music. - No Skills should be performed. Motions only.	- Athletes will provide their own music. - All Jumps performed must be legal in level 6 and follow all safety guidelines per the USASF. No Tumbling Skills Allowed.