

# CHEER CATEGORIES

**CATEGORY** is defined by the type of performance you select.

**SHOW CHEER:** (Time Limit: 2 min 30 sec) This category is offered for the following levels: 1, 2, 3 and 4. Performance using music, cheer or any combination thereof. Music is required in this category. Music may be incorporated for a segment, half, or the entire performance. Failure to perform required skills will result in a 0. Poms, megaphones, signs, flags and banners are allowed. Please refer to the remainder of the cheer section for complete details on Show Cheer routine requirements and allowances as well as the AYC Rules.

## CHEER ROUTINE GUIDELINES

*THE GENERAL REQUIREMENTS FOR THE FORMAT OF YOUR ROUTINE.*

(Any violations from this section will be a 1.0 point deduction).

New rule changes are marked in **RED**.

- 1) Each team will perform a choreographed performance not to exceed:
  - a. Show Cheer: 2 minutes 30 seconds
  - b. Special Performances/Inspire: 2 minutes 30 seconds
  - c. Mascot: 2 minutes 30 seconds
- 2) Formal entrances and exits are prohibited (i.e. crowd response chants or cheers, team huddles or stunts). Teams should take no longer than **20 seconds** to enter and set for their routine. Teams should enter and go directly to their starting position immediately upon taking the floor, unless they are setting signs, poms, flags, or props for the routine. **Walking directly in uniformed fashion to team's starting position is allowed. Spirited entrances and exits are allowed but must not include tumbling or stunt skills.**
- 3) Timing will begin with the first choreographed word, movement, skill, or note of music following the team's entrance to the performance surface. Timing will end with the last choreographed word, movement, skill, or note of music preceding the team's exit from the performance surface. Coaches may not delay the start of the routine in order to fix formations.
- 4) All participants must be in contact with the performance surface at the start of the routine (exception: Flyers may start with both feet in bases' hands provided each of the bases have both hands in contact with the performance surface).
- 5) Only registered participants of a team are allowed on the performance surface. Coaches may NOT set up signs, poms, etc. for the team (exception: Exhibition and Special Performances/Inspire).
- 6) Tear away uniforms and/or removal of clothing is not allowed. Items that may damage the performance surface are prohibited.
- 7) Routines must be appropriate for family viewing. Appropriate choreography and music **MUST** be used. Teams using excessive vulgar or suggestive movements, words or music will be penalized, forced to forfeit, or disqualified. Actions taken will be under the discretion of an event official.
- 8) **Uniforms** and make up should be age appropriate and suitable for family viewing. **Anything affixed to uniform or athlete that becomes loose or falls off may become a safety hazard and therefore a penalty may be incurred.** Actions taken will be under the discretion of an event official.
- 9) For the categories mentioned below, violations of the following will result in a forfeiture of scores (team receives a final score of 0):
  - a. Show Cheer: Music must be incorporated into the performance.
  - b. Show Cheer: Required skills are listed on the score sheet.
- 10) **Please be aware that all rules in this packet are in addition to any specific AYC rules.**