

Cheer Competition

Classes & Description

Levels:

CHEER COMPETITION CLASSES

<u>Jr. Pee Wee</u>	<u>Pee Wee</u>	<u>Jr. Midget</u>	<u>Midget</u>
Small	Small	Small	Small
Large	Large	Large	Large
		Elite	Elite

Small squads are considered 13 or less. Squads with 13 or more are considered a large squad. Elite squad has no limit.

DESCRIPTION LEVEL

Small & Large (Jr. Pee Wee/ Pee Wee) Teams entering at this level have limited stunting experience or have never stunted before. Examples of skills allowed at this level include: Cartwheels, Round-offs, Back Handsprings, Show-n-Go, Extension preps, Extensions, Single-Leg Extension Stunts at a prep-level shoulder-height, unless braced in a pyramid by an extension prep on each side, Single-Leg Extension/or full when braced on both sides by and Extension Prep /or half, Straight ride cradles ONLY (no moving alternate positions or

twisting). Jr. Pee Wee's are allowed to do Liberties, ONLY with an extension prep on both sides. Pee Wee's are allowed to do: 1-Legged Stunts such as Liberties, Full Extension Liberties, Scorpions, Scales and Arabesques.

NOTE: Flips, Sponges Tosses and Basket Tosses are NOT allowed for Jr. Pee Wee's and Pee Wee's. Please see article XXII Cheer Safety Rule for guidelines and or addition restrictions regarding Tumbling, Stunts, Pyramids, Tosses and Dismounts.

Small & Large (Jr. Midgets/Midget) Teams entering this level have some stunt experience including solid extension prep with a clean cradle. Examples of skills allowed at this level include: Extension Preps, Extensions, Single Leg extended Stunts, Non-Twisting alternate cradles (tow tough, tuck arch, bottle rockets, etc.), Straight Ride Cradles ONLY from a single leg extended stunt, NO sponge Tosses or Basket Tosses. Examples of tumbling skills allowed at this level include: Cartwheels, Round Offs, Series of back handsprings, Slip from a round off or round off back handspring entry, Running front flips. Please see Article XXII Cheer Safety Rules for additional guidelines or restrictions regarding Tumbling, Stunts, Pyramids, Tosses and Dismounts.

Elite (Jr. Midgets/Midget) Teams entering this level have a high level of stunting experience including a solid extension with a clean cradle. Examples of skills allowed at this level include: Extension Preps, Extensions, Single-Leg Extended Stunts, Alternate and Full Twist Cradles, Sponge Tosses, Basket Tosses. Example of Tumbling skills allowed at this level include: Cartwheels, Round-Offs, Series of Back Handsprings, Flips, Full-Twisting Flips, Running Front Flips. Please see Article XXII Cheer Safety Rules for additional guidelines or restrictions regarding Tumbling, Stunts, Pyramids, Tosses and Dismounts.