



2009-2010 Cheer Solo Rules

<p>Athletes will have up to 1 minute & 45 seconds to perform a routine. 10 points will be deducted if time goes over.</p>	<p><i>Level 1 Cheer Solo Routines-</i> Must follow level 1 tumbling rules found in the cheer team section.</p>
<p>Cheer must be performed. It may be placed any where within the routine. (Including the beginning and end.)</p>	<p><i>Level 2 Cheer Solo Routines-</i> Must follow level 2 tumbling rules found in the cheer team section.</p>
<p>Routine must have 3 different jumps. A 25-point deduction will be taken from the final score if 3 different jumps are absent.</p>	<p><i>Level 3 Cheer Solo Routines-</i> Must follow level 3 tumbling rules found in the cheer team section.</p>
<p>Athletes must show a dance portion in the routine. A 25-point deduction will be taken from the final score if a dance section is absent.</p>	<p><i>Level 4 Cheer Solo Routines-</i> Must follow level 4 tumbling rules found in the cheer team section.</p>
<p>Routine must include a minimum of one (1) tumbling series of 2 or more skills. 10 points will be deducted if series is not shown</p>	<p><i>Level 5 Cheer Solo Routines-</i> Must follow level 5 tumbling rules found in the cheer team section.</p>
<p>Athletes may not perform tumbling skills exceeding 2 ½ twisting rotations or 1 flipping rotation. Double backs and triple fulls will result in void routine.</p>	
	<p>All age and level divisions should be found on the same grid as the cheer team age and level divisions.</p>