

US SPIRIT CHAMPIONSHIPS

Routine Time Limits and Guidelines

IMPORTANT: Please check with USASF or NFHS for specific levels, safety guidelines and limitations for routines.

Cheer & Dance Teams

All Star Cheer Team – Total Time: 2:30 / Music Limits: All Music

Squads may not exceed 36 members. Teams may use an unlimited number of songs in their routine.

School Cheer Team – Total Time: 2:30 / Music Limits: No Limits

Squads may not exceed 36 members including the mascot if a part of the routine. A cheer or sideline is required. Teams may use an unlimited number of songs in their routine. The music portion may be divided into as many sections as desired.

Rec Cheer Team – Total Time: 2:30 / Music Limits: No Limits

Squads may not exceed 36 members. Teams may use an unlimited number of songs in their routine. Routines are not required to be all music.

Open Cheer Team – Total Time: 2:30 / Music Limits: All Music

Squads may not exceed 36 members. Teams may use an unlimited number of songs in their routine.

Dance Team – Total Time: 2:30 / Music Limits: All Music

There is no maximum limitation to the number of dancers. The minimum is 5. Teams may use an unlimited number of songs in their routine.

Individual & Duo Cheerleaders

Individual Cheerleader Tumbling & Non Tumbling – Total Time: 1:30 / Music Limits: No Limits

The music portion of the routine may be divided into as many sections as desired. Individuals may use an unlimited number of songs in their routine. The routine must include motions and at least one jump, one tumbling pass and a dance section. Routine should consist of a balance of all cheerleading skills, not just tumbling passes.

Duo/Trio Cheerleader – Total Time: 1:30 / Music Limits: No Limits

The music portion of the routine may be divided into as many sections as desired. May use an unlimited number of songs in the routine. The routine must include motions and at least one jump, tumbling (where applicable) and a dance section.

Individual & Duo Dancers

Individual Dancer – Total Time: 1:30 / Music Limits: All Music

Routines MUST include a minimum of one leap, one turn, and one kick. Individuals may use an unlimited number of songs in their routine. Routine Style may include; Jazz, Hip Hop or Pom

Dancer Duo/Trio – Total Time: 1:30 / Music Limits: All Music

Routines MUST include a minimum of one leap, one turn, and one kick. Individuals may use an unlimited number of songs in their routine. Routine Style may include; Jazz, Hip Hop or Pom

Stunt Teams & Co-ed Couples

All-Girl Stunt Team – Total Time: 1:15 / Music Limits: Music Only

Stunt Teams must consist of 5 members. Each performance must include at least five stunts. Tumbling into a stunt is permitted. No group or team tumbling. The flyer may come back to the floor as many times as necessary during the routine.

Co-Ed Partner Stunt Couples – Total Time: 1:15 / Music Limits: Music Only

Stunt Teams must consist of 3 members; a base, a flyer and a spotter. Each performance must include at least five stunts. Tumbling into a stunt is permitted. No group tumbling. The flyer may come back to the floor as many times as necessary during the routine.
