

# Crowd Involvement Cheer

- Routine must be all Cheer.
- Music is not permitted.
- Length of Routine - 1 minute and 15 seconds to 1 minute and 30 seconds
- Deductions - please refer to Cheer Guidelines

## Jumps

- Routine must have at least two jumps performed by the entire team. More than two jumps are allowed in the routine. **(required)**

*Example: Ten girls doing toe touches while the other ten perform a different jump is permitted, and will count as one jump. However, ten girls jumping while the other ten stunt or tumble will NOT be counted as one of the two team jumps.*

- Jumps connected to standing tumbling are permitted but limited to one tumbling skill.

*Example: A toe-touch, back handspring is permitted. A toe-touch, back handspring, back tuck is NOT permitted.*

## Tumbling

- Routine must include at least one tumbling skill performed by at least one member of the squad. **(required)**
- Standing tumbling is permitted but limited to one skill.

*Example: A forward roll, cartwheel, back handspring, back tuck, pike and full are permitted as long as they originate from a standing position. A standing back handspring, back tuck is NOT permitted because it is two skills.*

- Running tumbling is NOT permitted

*Example: A round-off, back handspring is NOT permitted.*

## Partner Stunts

- Routine must include at least one partner stunt. **(required)**
- Only two-legged partner stunts are permitted and transitional partner stunts are permitted. One-legged partner stunts are NOT permitted.

*Example: A shoulder sit, thigh stand or full twist to an extension is permitted. A full twist to a liberty is NOT permitted.*

*Continued on reverse...*

## Pyramid

- Only one pyramid is permitted in the routine. One legged stunts are allowed in the pyramid as long as they are connected to a stunt at shoulder level or below.

*Example: Shoulder sits, halves, and thigh stands are all acceptable.*

- Pyramids may not include any transitions, including during the building and dismount of the pyramid. This means pyramids must go straight up and straight down. (See rules for dismounts.)

*Example: A straight up, hitch, full down dismount is permitted. A straight up, hitch, power press, heel stretch is NOT permitted. Tick tocks on the way up to the pyramid are NOT permitted*

## Baskets

- Permitted with a one skill toss.

*Example: A toe touch, kick, pike, and full twist are permitted. A kick-full or double twist is NOT permitted.*

## Dismounts

- Limited to one skill.

*Example: A straight cradle, twist, straddle, rewind, sponge, retake, etc. are permitted because they are one skill dismounts. Double downs, kick-full cradles, etc., are NOT permitted because they are two skill dismounts.*

## Props

- This routine must include exactly two out of the following four: **(required)**
  - Signs
  - Poms
  - Megaphones
  - Flags

*This cheer cannot be the same as the minute cheer in your  
Cheer with Music routine.*