• **2:30 Total Routine Time.** Timing will begin with the first word or beat of the voice over or music. Exceeding this time limit by more than 6 seconds will result in a **3.0 deduction** from your final score.

• All competitors must begin the routine with at least one foot on the ground.

• You can do either an **All-Music Routine** or a **Traditional** Routine with Music.

• Squads must adhere to the **FCC National Regulations.** Failure to do so will result in a **5.0 deduction** from your final score.

• Performance will be on a 42' by 54' matted cheer floor for all competitions. Any individual who completely leaves the mat will result in a **.50 deduction** from your final score. *(No penalty will be assessed for accidentally stepping off the mat with one foot.)*

• **You must compete in the division of your oldest cheerleader competing.** *(Because of USA Cheer/AACCA rules that target certain age groups, please consider your team's safety first when deciding what Age Division to go into.)*

• Please keep in mind, this is a Christian competition, and all movements, music, and voiceovers must be chosen in good taste. Failure to do so could jeopardize your standing. *(Voiceovers may be previously recorded in the routine music.)*

• Squads must adhere to the **FCC ELITE** Division Rules/Guidelines and USA Cheer/AACCA High School guidelines. Failure to do so will result in a **5.0 deduction** from your final score.
- **2:30 Total Routine Time.** Timing will begin with the first word or beat of the voice over or music. Exceeding this time limit by more than **6 seconds** will result in a **3.0 deduction** from your final score.

- All competitors must begin the routine with at least one foot on the ground.

- You can do either an **All-Music Routine** or a **Traditional Routine** with Music.

- Squads must adhere to the **FCC National Regulations.** Failure to do so will result in a **5.0 deduction** from your final score.

- Performance will be on a 42' by 54' matted cheer floor for all competitions. Any individual who completely leaves the mat will result in a **.50 deduction** from your final score. *(No penalty will be assessed for accidentally stepping off the mat with one foot.)*

- **You must compete in the division of your oldest cheerleader competing.** *(Because of USA Cheer/AACCA rules that target certain age groups, please consider your team’s safety first when deciding what Age Division to go into.)*

- Please keep in mind, this is a Christian competition, and all movements, music, and voiceovers must be chosen in good taste. Failure to do so could jeopardize your standing. *(Voiceovers may be previously recorded in the routine music.)*

- Squads must adhere to the **FCC INTERMEDIATE Division Rules/Guidelines** and **USA Cheer/AACCA High School guidelines.** Failure to do so will result in a **5.0 deduction** from your final score.
• **2:30 Total Routine Time.** Timing will begin with the first word or beat of the voice over or music. Exceeding this time limit by more than **6 seconds** will result in a **3.0 deduction** from your final score.

• All competitors must begin the routine with at least one foot on the ground.

• You can do either an **All-Music Routine** or a **Traditional Routine** with Music.

• Squads must adhere to the **FCC National Regulations.** Failure to do so will result in a **5.0 deduction** from your final score.

• Performance will be on a 42' by 54' matted cheer floor for all competitions. Any individual who completely leaves the mat will result in a **.50 deduction** from your final score. *(No penalty will be assessed for accidentally stepping off the mat with one foot.)*

• **You must compete in the division of your oldest cheerleader competing.** *(Because of USA Cheer/AACCA rules that target certain age groups, please consider your teams safety first when deciding what Age Division to go into.)*

• Please keep in mind, this is a Christian competition, and all movements, music, and voiceovers must be chosen in good taste. Failure to do so could jeopardize your standing. *(Voiceovers may be previously recorded in the routine music.)*

• Squads must adhere to the **FCC NOVICE Division Rules/Guidelines and USA Cheer/AACCA High School guidelines.** Failure to do so will result in a **5.0 deduction** from your final score.
• **2:30 Total Routine Time.** Timing will begin with the first word or beat of the voice over or music. Exceeding this time limit by more than **6 seconds** will result in a **3.0 deduction** from your final score.

• All competitors must begin the routine with at least one foot on the ground.

• You can do either an **All-Music Routine** or a **Traditional Routine with Music**.

• Squads must adhere to the **FCC National Regulations**. Failure to do so will result in a **5.0 deduction** from your final score.

• Performance will be on a 42' by 54' matted cheer floor for all competitions. Any individual who completely leaves the mat will result in a **.50 deduction** from your final score. *(No penalty will be assessed for accidentally stepping off the mat with one foot.)*

• **You must compete in the division of your oldest cheerleader competing.** *(Because of USA Cheer/AACCA rules that target certain age groups, please consider your teams safety first when deciding what Age Division to go into.)*

• Please keep in mind, this is a Christian competition, and all movements, music, and voiceovers must be chosen in good taste. Failure to do so could jeopardize your standing. *(Voiceovers may be previously recorded in the routine music.)*

• Non-Tumbling teams must adhere to the **2019–2020 USA Cheer/AACCA H.S. Guidelines**, as well as the **FCC Non–Tumbling Guidelines**. Failure to do so will result in a **5.0 deduction** from your final score.

**STANDING/RUNNING TUMBLING RESTRICTIONS**

- This division prohibits all standing and/or running tumbling.
- This includes forward and backward rolls, cartwheels, round offs, handsprings, tucks (flips), etc.
- Skills connected and/or within stunts are allowed.
  - Example: Braced forward suspended roll dismount is allowed.
  - Example: Round-off rebound in to load-in position.
• **3:00 Total Routine Time.** Timing will begin with the first word or beat of the voice over or music. Exceeding this time limit by more than 6 seconds will result in a **3.0 deduction** from your final score.

• Teams should take the floor immediately with spirit and enthusiasm, but without excessive gestures. (Ex: running of the flags, chest bumps, intricate handshakes)

**CROWD LEADING & FIGHT SONG — Skill Restrictions**

• Stunts are not allowed during the team’s entry to the floor or any time prior to starting the performance.
• No tosses (basket, sponge or elevator) are allowed.
• No inversions are allowed.
• No twisting released dismounts are allowed.
• No running tumbling is allowed.
• Single leg stunts are limited to liberties and liberty hitches.
• Standing tumbling is limited to one tumbling skill.
• A back tuck is the most elite tumbling skill allowed.
  ▪ Clarification: Standing full is not allowed.
  ▪ Clarification: Rippled single back handsprings would be allowed.
  ▪ Clarification: Jump tumble (single skill) would be allowed.

**BAND CHANT — Skill Restrictions**

• Nothing allowed other than kicks and jumps.

• All competitors must begin the routine with at least one foot on the ground.

• Squads must adhere to the **FCC National Regulations.** Failure to do so will result in a **5.0 deduction** from your final score.

• Performance will be on a 42’ by 54’ matted cheer floor for all competitions. Any individual who completely leaves the mat will result in a **.50 deduction** from your final score. *(No penalty will be assessed for accidentally stepping off the mat with one foot.)*

• **You must compete in the division of your oldest cheerleader competing.** *(Because of USA Cheer/AACCA rules that target certain age groups, please consider your teams safety first when deciding what Age Division to go into.)*

• Please keep in mind, this is a Christian competition, and all movements, music, and voiceovers must be chosen in good taste. Failure to do so could jeopardize your standing. *(Voiceovers may be previously recorded in the routine music.)*

• Squads must adhere to the **FCC GAME DAY** Division Rules/Guidelines and USA Cheer/AACCA High School guidelines. Failure to do so will result in a **5.0 deduction** from your final score.
• **1:15 total routine time** with a maximum of 45 sec. of music. *(Music is optional!)*

• **Judging will be based on:**
  - Standing Tumbling
  - Running Tumbling
  - Motions & Dance
  - Jumps
  - Showmanship/Crowd Appeal
  - Voice Projection
  - Creativity/Choreography
  - Overall Impression

• **NON-TUMBLING DIVISION**
  **Judging will be based on:**
  - Motions & Dance
  - Jumps
  - Showmanship/Crowd Appeal
  - Voice Projection
  - Creativity/Choreography
  - Overall Impression

• **Impact:**
  - **1:15 total routine time** with a maximum of 60 sec of music. *(Judging will be the same.)*

• **All-Star:**
  - **1:15 total routine time** with a maximum of 60 sec of music. *(Judging will be the same.)*
• **1:15 total routine time** with a maximum of **45 sec. of music**.

• **Judging will be based on:**
  - Standing Tumbling
  - Running Tumbling
  - Motions & Dance
  - Jumps
  - Showmanship/Crowd Appeal
  - Voice Projection
  - Creativity/Choreography
  - Overall Impression

• **NON-TUMBLING DIVISION**
  Judging will be based on:
  - Motions & Dance
  - Jumps
  - Showmanship/Crowd Appeal
  - Voice Projection
  - Creativity/Choreography
  - Overall Impression

• **Impact:**
  - **1:15 total routine time** with a maximum of **60 sec. of music.** *(Judging will be the same.)*

• **All-Star:**
  - **1:15 total routine time** with a maximum of **60 sec. of music.** *(Judging will be the same.)*
• 1:00 total routine time, and a maximum of 5 participants.

• All-Girl Stunt:
  o can use up to 5 female participants

• Coed Stunt:
  o can use up to 5 participants, with a max of 3 males.

• 2-Man Stunt:
  o can use up to 3 participants (plus spotter), with a max of 2 males.

• Partner Stunt (Single Based):
  o can use up to 2 participants (plus spotter).

• Judging will be based on:
  o Stunts
  o Basket Tosses (for Jr. Varsity & Varsity, but not for Partner Stunt)
  o Difficulty
  o Cleanliness
  o Creativity (Entrance, Dismounts & Transitions)
  o Overall Impression
  o FCC National Regulations must be followed.

• Groups must adhere to the AACCA High School guidelines.