

# **Individual Event Rules**

All individual routines follow The Open Championship safety rules. Athletes will be judged on the areas listed on each scoresheet; there is no required number of 8-counts or specific time per section, unless otherwise noted. Routines should be built to showcase the athlete's strengths.

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## **Best Cheerleader**

***Time: 1:30 max • Solo***

A 1:30 routine that must incorporate jumps, tumbling (standing and running, if the athlete has it), and a Dance section.

Each judged area is listed on the scoresheet for reference.

## **Best Tumbler**

***Levels 1–6***

One running tumbling pass and one standing tumbling pass. Skills and safety rules follow The Open Championship Levels 1–6 tumbling guidelines.

## **Best Jumper**

***3 Advanced Jumps • No tumbling***

Three advanced jumps as listed in The Open Championship scoring rubric. Jumps must be connected; for example, one jump connected into two whipped jumps, or any variation that keeps them linked.

No pause is allowed between jumps; they must all be connected in some manner. Tumbling is not allowed in this division.

## **Best Stunt Group**

***Up to 5 members • 1:30 max • All-girl***

A regular all-girl stunt group with up to 5 members. Routines are a maximum of 1:30 with music you provide.

Stunts must follow The Open Championship cheer safety rules for Levels 1–6.

## **Individual Dance**

***Time: 1:30 max • Solo***

An individual dance routine of up to 1:30, offered in the following categories:

- Hip Hop
- Jazz
- Contemporary / Lyrical

All categories follow The Open Championship safety rules for the chosen style.

## **Duet & Trio Dance**

***Time: 1:30 max • 2–3 athletes***

The same dance categories are offered for Duets (2 athletes) and Trios (3 athletes):

- Hip Hop
- Jazz
- Contemporary / Lyrical

All categories follow The Open Championship safety rules for the chosen style.