

# **2017 FLYFCL Cheer Championship**

*Saturday, October 21<sup>st</sup> @ RIT*

Routines need to be a

MINIMUM of 1 minute for Flag and 1 minute 30 seconds for C, B, and A Teams

MAXIMUM of 2 minutes and 30 seconds

Flag:

Must have a cheer portion

Must have a dance portion

Cannot "cheer" over music as your cheer portion

Must have 1 team jump (all members of the squad jumping at the same time)

Must have 1 form of tumbling (forward roll / cart wheel / round off / back handspring)

Must have 1 stunt

Must have 1 pyramid (flyers connecting in the air)

C Squad

Must have a cheer portion

Must have a dance portion

Cannot "cheer" over music as your cheer portion

Must have 1 team jump (all members of the squad jumping at the same time)

Must have 1 form of tumbling (forward roll / cart wheel / round off / back handspring etc.)

Must have 1 stunt

Must have 1 pyramid (flyers connecting in the air)

B Squad

Must have a cheer portion

Must have a dance portion

Must have 2 jump sequences (all members of the squad jumping at the same time)

Must have 1 form of tumbling (forward roll / cart wheel / round off / back handspring etc.)

Must have 2 stunts

Must have 1 pyramid (flyers connecting in the air)

A Squad

Must have a cheer portion

Must have a dance portion

Must have 2 jump sequences (all members of the squad jumping at the same time)

Must have 2 form of tumbling (forward roll / cart wheel / round off / back handspring etc.)

Must have 2 stunts

Both forms of tumbling and stunts can be done at the same time or individually at separate times

Must have 1 pyramid (flyers connecting in the air)