



Specialty Division Rules 2009/2010

Specialty Division Rules

General Guidelines

- Individual and duo routines should be a maximum of 1 min 30 sec with no minimum.
- All stunt routines should be a maximum of 1 min with no minimum.
- All specialty division routines must be performed with music.
- All specialty division routines must follow IASF general safety guidelines as well as level rules.
- Mini competitors follow Level 3 IASF rules
- Youth to senior competitors follow Level 5 IASF rules
- Open competitors follow Level 6 IASF rules

Individual Competition

- A. All routines must include:
- Cheer (performed with or without music)
 - Dance
 - Jumps
 - Tumbling

Duo Competition

- A. All routines must include:
- A cheer (performed with or without music)
 - Dance
 - Jumps
 - Tumbling
- B. Stunts are not allowed.
- *Note: elements such as a double cartwheel are considered stunts and are therefore not allowed.*

Pair Stunt Competition

- A. Limited to two persons per group.
- B. A spotter may be present on the floor but is not permitted to touch the stunt.
- *Note: Spotters must sign a medical waiver before entering the warm-up gym.*
- C. Non-stunt choreography will not be evaluated.

Group Stunt Competition

- A. Limited to five persons per group.
- B. A spotter may be present on the floor but is not permitted to touch the stunt.
- *Note: Spotters must sign a medical waiver before entering the warm-up gym.*
- C. Non-stunt choreography will not be evaluated.