



INDIVIDUAL (Solo) COMPETITION GUIDE

OVERVIEW

Each participant will perform a 1 1/2 minute routine that includes any combination of cheers, chants, dance / fight song, jumps, tumbling, and spirit.

- 1) **TIME:** Routine time limit is 1 1/2 (1.5) minutes maximum. Timing begins on the first beat of music or choreographed movement after you are announced on the floor.
- 2) **BEGINNING OF ROUTINE:** Routine must begin within the performance area. You will be allowed to set up poms or megaphones prior to your start.
- 3) **MUSIC:** Suggested music time limit is 1 minute. Your music can be in segments throughout your routine or played at one time. You may use 'All Music' but would have to vocalise over your music. You are required to bring two (2) cassette tapes or CD's of your music - one you will use and one for backup. A representative from your squad must start and stop your music.
- 4) **PERFORMANCE AREA:** You are not allowed outside the approx. 40' x 40' performance area after you begin your routine.
- 5) **PROPS:** Megaphones and poms are the only props allowed.
- 6) **ENDING OF ROUTINE:** Timing will stop when you come to a complete final stationary position or final beat of music. Failing to make the end of your routine clear may result in additional time being deducted.
- 7) **POINT DEDUCTIONS:** A penalty will be deducted from your final score for each rule infraction. The amount of the penalty depends on the severity of the infraction.

Due to schedule constraints, each club may enter one Solo per cheer division entered, on a first come first served basis, until all available solo schedule slots are filled.