

# 2010 DRAGON FEST

## INDIVIDUAL GUIDELINES

### **RULES ARE SPECIFIC TO CHEER SOLOS/GROUPS & STUNT**

1. Best Cheerleader Solo and Duo routines cannot exceed 2 minutes. Solo and duo routines must contain at least one cheer. The cheer may be performed over the music or in the absence of music. Dragon Fest places no limit on the number of skills performed in the Solo or duo routine (jumps, dance, tumbling and cheer must be incorporated). No stunting is allowed in the Best Cheerleader Solo and Duo routines.
2. Stunt Group routines cannot exceed 2 minutes. All music. Only stunt skills should be included in this performance. Tumbling, jumps, etc. will not be scored.
3. Partner Stunt routines cannot exceed 2 minutes. All music. Only stunt skills should be included in this performance. Tumbling, jumps, etc. will not be scored. In the interest of the safety, partner stunt competitors must provide their own qualified spotter.
4. Cheer Only routines cannot exceed 45 seconds. Routines must contain jumps. The cheer may not be performed to any music. Dragon Fest places no limit on the number of jumps or motions performed in the routine. **NO TUMBLING OR MUSIC IS ALLOWED IN THE CHEER ONLY ROUTINES.**
5. Best Tumbler routines cannot exceed 2 minutes. Routines must contain at least two running passes and one standing pass. The routine may be performed over music. Jumps may be added on to standing passes for more difficulty. Dragon Fest places no limit on the number of skills performed in the tumbling routine (except the min). No cheers or dances are allowed in this event.
6. Best Jumper routines must include 3 consecutive jumps (double jumps count as two jumps). **NO MUSIC IS ALLOWED IN THIS EVENT.**

**UNDERSTAND THE RULES — FAILURE TO FOLLOW THEM COULD  
RESULT IN DISQUALIFICATION!**

