

FCC Nationals Regulations

Christian, Private, and Parochial School Cheer Divisions

- 2:30 Total Routine Time, with music not exceeding 1:30. Timing will begin with the first word or beat of the cheer or music. Exceeding this time limit will result in a 1 point deduction from your final score. All competitors must begin with at least one foot on the ground.
- Squads must adhere to the safety guidelines. Failure to do so will result in a 1 point deduction from your final score.
- Performance will be on a 42' by 54' matted cheer floor for all competitions. No penalty will be assessed for stepping off the mat.
- Squads choosing to perform in more than one division must use a completely different routine. Failure to do so will result in a 5 point deduction from your final score.
- You must compete with the division of the oldest cheerleader competing.
- Please keep in mind, this is a Christian competition, and all movements and music must be chosen in good taste. Failure to do so could jeopardize your standing.
- Squads must adhere to the AACCA High School guidelines.

Christian, Private, and Parochial Varsity Level Novice Divisions

- Squads must adhere to the aforementioned cheer guidelines with the following additions:
- Squads may only use rolls (forwards, backwards), cartwheels, and round-offs as tumbling.
- Squads may only do two-legged extended stunts. No extended one-legged stunts will be allowed. Exception: In a pyramid braced on both sides.
- Only straight cradles will be allowed.
- No basket tosses are allowed.

Christian, Private, and Parochial Junior Level Novice Divisions (includes Junior High and Junior Varsity)

- Squads must adhere to the aforementioned cheer guidelines with the following additions:
- Squads may only use rolls (forwards, backwards), cartwheels, and round-offs as tumbling.
- Squads may only stunt at prep level. No extended stunts will be allowed.
- Exception: Extension (2-legged) show-n-go.
- Only straight cradles will be allowed.
- No basket tosses are allowed.

Christian, Private, and Parochial School All-Music Divisions

- 2:30 Total Routine Time, with a minimum of two (2) eight counts of voice over. Timing will begin with the first word or beat of the voice over or music. Exceeding the time limit of 2:30 or failing to reach two (2) eight counts of voice over will result in a 1 deduction from your final score. All competitors must begin with at least one foot on the ground.
- Squads must adhere to the safety guidelines. Failure to do so will result in a 1 point deduction from your final score.
- Performance will be on a 42' by 54' matted cheer floor for all competitions. No penalty will be assessed for stepping off the mat.
- Squads choosing to perform in more than one division must use a completely different routine. Failure to do so will result in a 5 point deduction from your final score.
- You must compete with the division of the oldest cheerleader competing.
- Please keep in mind, this is a Christian competition, and all movements and music must be chosen in good taste. Failure to do so could jeopardize your standing.
- Squads must adhere to the AACCA High School guidelines.

All-Star Divisions

- 2:30 total routine time with the cheer section being optional. Timing will begin with the first word or beat of the cheer or music. Exceeding this time limit will result in a 1 point deduction from your final score.
- Squads must adhere to the safety guidelines. Failure to do so will result in a 1 point deduction.
- Performance will be on a matted 42' by 54' area.
- No penalty will be assessed for stepping off the mat.
- Please keep in mind, this is a Christian competition, and all movements and music must be chosen in good taste. Failure to do so could jeopardize your standing.

Individual Divisions

- 1:15 total routine time with a maximum of 45 sec of music. (Music is optional!) Judging will be based on Jumps, Tumbling, Voice Projection, Creativity/Originality/Chorography, Crowd Appeal, and Motion Technique.
- All-Star: 1:15 total routine time with a maximum of 60 sec of music. Judging same.

Duo Divisions

- 1:15 total routine time with a maximum of 45 sec of music. Judging will be based on Jumps, Tumbling, Voice Projection, Creativity/Originality/Chorography, Crowd Appeal, and Motion Technique
- All-Star: 1:15 total routine time with a maximum of 60 sec of music. Judging same.

All-Girl Stunt Divisions

- 1:00 total routine time. All participants must be female, with a maximum of 5 girls.
- You will be judged on the following: Difficulty, Cleanliness, Creativity, and Overall Impression. FCC Safety guidelines must be followed.
- Groups must adhere to the AACCA High School guidelines.

Partner Stunt Divisions

- 1:00 total routine time.
- You will be judged on the following: Difficulty, Cleanliness, Creativity, and Overall Impression. FCC Safety guidelines must be followed.
- Groups must adhere to the AACCA High School guidelines.