

Number of Participants allowed for each competition Category:

<u>CATEGORY</u>	COMPETITORS	SUBSTITUTES	EXT. SPOTTERS	COACHES	ACCOMPANIMENTS
Team Cheer	8* – 24	max. 5	max. 5	max. 3	max. 2
Group Stunt	3 – 5	max. 1 (base)	max. 1	max. 1	max. 2
Partner Stunt	2	0	1	max. 1	max. 1
Individual	1	0	0	max. 1	max. 1
Team Performance	8* – 24	max. 5	0	max. 3	max. 2
Performance Doubles	2	max. 1	0	max. 1	max. 1

The competition performance must meet the following time limits:

<u>CATEGORY</u>	PART OF PERFORMANCE	TIME LIMIT	
Team Cheer & Team Hobby & Team Parents	Cheer	<b>min 0:30</b>	<i>(at least thirty seconds at the beginning or middle of the performance)</i>
	Intermediate time	max 0:20	<i>(no more than twenty seconds between cheer and music part)</i>
	Music time (part)	<b>max 2:15</b>	<i>(two minutes and fifteen seconds maximum)</i>
Group Stunt & Partner Stunt	Music time	<b>max 1:00</b>	<i>(maximum one minute)</i>
Individual	Cheer	<b>min 0:30</b>	<i>(at least thirty seconds at the beginning or middle of the performance)</i>
	Intermediate time	max 0:20	<i>(no more than twenty seconds between cheer and music part)</i>
	Music time	<b>max 1:00</b>	<i>(maximum one minute)</i>
Team Performance	Music time	<b>max 2:15</b>	<i>(two minutes and fifteen seconds maximum)</i>
Performance Doubles	Music time	<b>max 1:30</b>	<i>(maximum one minute and thirty seconds)</i>

The preparation time before and after the performance is a total of thirty seconds.

The performance must start and end on the competition floor and must comply with the CACH Safety Rules at all times.