

2025 FLYFCL Cheer Routine Requirements

GENERAL NOTES

- Requirements are in addition to the 2025 FLYFCL Score Sheet.
- Pyramid = two flyers connected in the air.
- Routine Time Limits:
 - Flag - Minimum 1:00
 - C, B & A - Minimum 1:30
 - All Divisions - Maximum 2:30
- Cheer portion is NOT timed for any division.

FLAG DIVISION

Cheer Section (Not Timed):

- Must include 1 skill: jump, tumbling, or stunt
- Does not need to be full team
- Cannot cheer over music

Music Section:

- 1 Team Jump (all athletes jump together)
- Tumbling
- Partner Stunts
- Pyramid
- Dance: 3 eight-counts

C DIVISION

Cheer Section (Not Timed):

- Must include 1 skill: jump, tumbling, or stunt
- Does not need to be full team
- Cannot cheer over music

Music Section:

- 1 Team Jump (all athletes jump together)
- Tumbling
- Partner Stunts
- Pyramid
- Dance: 3 eight-counts

B DIVISION

Cheer Section (Not Timed):

- Must include 1 skill: jump, tumbling, or stunt
- Does not need to be full team
- Cannot cheer over music

Music Section:

- 2 Team Jumps (all athletes jump together)
- Tumbling
- Partner Stunts
- Pyramid
- Dance: 3 eight-counts

A DIVISION

Cheer Section (Not Timed):

- Must include 1 skill: jump, tumbling, or stunt
- Does not need to be full team
- Cannot cheer over music

Music Section:

- 2 Team Jumps (all athletes jump together)
- Tumbling
- Partner Stunts
- Pyramid
- Dance: 3 eight-counts