

## 2025 FLYFCL CHEER ROUTINE REQUIREMENTS

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\* These requirements are in addition to anything listed on the 2025 FLYFCL Score Sheet

\* A pyramid is when 2 flyers are connected in the air.

\* 2025 FLYFCL Deductions

- (Reference to Section Five)

\*\*Flag: Minimum 1 minute

\*\*C, B & A Divisions: Minimum 1 minute 30 seconds.

All Divisions: Maximum 2 minutes 30 seconds

\*Cheer portion is NOT timed separately. It is included.

### FLAG DIVISION:

#### Cheer Section

- Must include 1 skill (jump, tumbling,
- Not required to be full team
- No cheering over music
- Not timed

#### Music Section

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

### C DIVISION

#### Cheer Section

- Must include 1 skill (jump, tumbling,
- Not required to be full team
- No cheering over music
- Not timed

#### Music Section

- 2 Team Jump
- Tumbling
- Partner Stunts
- Pyramid

included in the 2:30 total.

or stunt)

- Dance: Must include 3 eight-counts

## B DIVISION

### Cheer Section

- Must include 1 skill (jump, tumbling,
- Not required to be full team
- No cheering over music
- Not timed

### Music Section

- 2 Team Jump
- Tumbling
- Partner Stunts
- Pyramid
- Dance: Must include 3 eight-counts

## A DIVISION

### Cheer Section

- Must include 1 skill (jump, tumbling,
- Not required to be full team
- No cheering over music
- Not timed

### Music Section

- 2 Team Jump
- Tumbling
- Partner Stunts
- Pyramid
- Dance: Must include 3 eight-counts