

GLOBAL SKILLS

2023 – 2024



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- **Time limit is 1:00 Minute**
- **When registering, select the appropriate skills level based on a 90% skills perfection.**
- **When level is selected, choreograph the routine to the requirements in the rubrics for the specific skill and level.**
- **Dance should be age appropriate, not sexual or provocative in nature.**
- **Motions should not be violent in nature or have a sexual connotations.**

- **Individual / Duo / Trio Tumbling Division**
 - Routines need to include motions, standing tumble, running tumble and dance.
 - Routines an include both male and female athletes.
- **Stunt Group Division**
 - Routines are restricted to level appropriate building skills.
 - See level skills breakdown to ensure you register for the correct building level.
 - Transitions can include tumbling into and out of building skills.
 - A spotter is permitted on the performance surface if required for safety. The spotter may not assist or help with building execution. The spotter may step in and make catches if safety is in question.
 - Cheerabilities athletes in the stunt division are required to have a spotter on the performance surface. The spotter can assist with stunt execution.
- **COED Stunt Group Division**
 - Routines are restricted to building skills only.
 - Building skills must follow level appropriate guidelines outlined within this document.
 - One (1) additional spotter is required in this division. The spotter may assist with the catch and dismount only.
 - Coed style stunt division can consist of both male and female athletes.
- **Team Stunt Division**
 - Routines are restricted to level appropriate building skills.
 - See level skills breakdown to ensure you register for the correct building level.
 - Transitions can include tumbling into and out of building skills.
 - A spotter is permitted on the performance surface if required for safety. The spotter may not assist or help with building execution. The spotter may step in and make catches if safety is in question.
 - Cheerabilities athletes in the stunt division are required to have a spotter on the performance surface. The spotter can assist with stunt execution.